

PLASTIC SPECTRUM SUNRIDGE COMMUNITY RUN - 2026/03/28

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	304	1361	ANDILE	MOTWANA	NEDBANK	M	29	SM	0.31.28	5
2	843	1499	OYAMA	NTANTISO	NEDBANK	M	21	SM	0.31.35	5
3	839	3389	SICELO	MASHABA	CHILLIEP	M	25	SM	0.32.08	5
4	72	1154	GIFT	CHIGOMARAWA	ACH	M	38	35-39M	0.32.35	5
5	785	2266	KHAYA	GQWETHA	VUKANI	M	40	40-44M	0.32.55	5
6	436	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.33.18	5
7	898	40401	HLOMLA	NCUMANI	MOTHER	M	18	JM	0.33.22	5
8	328	2149	XOLISA	NDLUMBINI	TRANSNET	M	43	40-44M	0.33.38	5
9	206	1354	ANDRE	KETCHEM	NEDBANK	M	42	40-44M	0.34.15	5
10	308	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	0.34.27	5
11	313	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	0.34.49	5
12	208	280	ANELE	KHALIPA	MUIRITE	M	36	35-39M	0.34.57	5
13	897	40143	AGCOBILE	JEZILE	MOTHER	M	17	JM	0.35.08	5
14	500	1156	KEANU	WELCH	EMERIS	M	20	SM	0.35.11	5
15	285	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.35.26	5
16	873	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	0.35.31	5
17	29	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.35.38	5
18	73	1152	PATRIDGE	CHIMWENDO	ACH	M	23	SM	0.35.46	5
19	262	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	0.36.30	4
20	921	2210	THEMBELANI	MBENENGE	SIBALEKA	M	31	SM	0.36.46	4
21	900	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.36.57	5
22	730	2730	MANDISI	ZAMANI	TEMP	M	33	SM	0.37.13	0
23	409	400	LEBOHANG	SENTI	IKHAMVA	M	39	35-39M	0.37.24	4
24	349	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.37.32	5
25	299	74	TUMELO	MOCHELENYANE	SAPPE	M	43	40-44M	0.37.33	5
26	290	1022	Reegan	Meyer	CHARLO	M	19	SM	0.37.35	4
27	505	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	0.37.39	5
28	211	817	ALISTAIR	KINGWILL	32GI	M	49	45-49M	0.37.53	5
29	510	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	0.38.03	4
30	435	1511	APHLYN	TAAI	NEDBANK	M	43	40-44M	0.38.15	5
31	874	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.38.34	5
32	720	2720	MZAMO	VILI	TEMP	M	20	SM	0.38.52	0
33	343	1871	SAPHO	NKATA	HOLLYWOO	M	48	45-49M	0.38.57	5
34	416	1330	RUAN	SMALBERGER	NEDBANK	M	36	35-39M	0.39.08	3
35	352	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	0.39.13	5
36	523	1216	WESSEL	WOLMARANS	ELITEAC	M	48	45-49M	0.39.18	5
37	422	1642	NICO	SMITH	MADIBA	M	40	40-44M	0.39.18	4
38	856	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	0.39.18	5
39	335	1639	VANDRE	NEL	MADIBA	M	41	40-44M	0.39.22	4
40	383	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.39.27	5
41	426	1106	Sipesihle	Sofute	ACH	M	29	SM	0.39.29	3
42	507	282	ABDUL	WICOMB	MUIRITE	M	47	45-49M	0.39.30	5
43	276	1707	IAIN	MAUGHAN-BROWN	MADIBA	M	37	35-39M	0.39.30	3
44	306	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.39.57	5
45	137	1105	MARK	FRASER	ACH	M	32	SM	0.39.58	3
46	110	2263	BABONKE	DINGA	VUKANI	M	37	35-39M	0.40.04	3
47	908	2146	SLULAMI	JACK	TRANSNET	M	50	50-54M	0.40.07	5
48	427	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	0.40.14	5
49	344	2076	ZOLANI	NOGAYI	SANDFEP	M	35	35-39M	0.40.15	3
50	721	2721	RICCO	VISSER	TEMP	M	24	SM	0.40.26	0
51	882	1064	GRAHAM	ESHMADE	ACH	M	48	45-49M	0.40.37	4

52	888	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	0.40.58	3
53	846	2608	Sipholele	Skiti	Bestmed	M	22	SM	0.41.18	3
54	4	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	44	40-44F	0.41.21	5
55	918	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	0.41.23	3
56	831	78	LINDEN	NZEZA	SAPPE	M	42	40-44M	0.41.26	3
57	471	2379	ELNE	VAN NIEKERK	JBAY	F	26	SF	0.41.26	4
58	376	2547	TEDDY	PRUSENT	VITALITY	M	38	35-39M	0.41.32	3
59	844	2150	KHANGELANI	HALOM	TRANSNET	M	44	40-44M	0.41.39	3
60	670	2670	ZAKHELE	NGOBESE	TEMP	M	28	SM	0.41.51	0
61	450	2065	Qhawe	Tshayingwe	HOLLYWOO	M	26	SM	0.41.57	2
62	213	40367	MATTHEW	KINGWILL	SCHOOL	M	15	JM	0.42.01	2
63	131	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	0.42.16	5
64	606	2606	SHEPHERD	JARATI	TEMP	M	43	40-44M	0.42.29	0
65	289	2900	SABELO	MELITAFA	CSEP	M	46	45-49M	0.42.44	3
66	835	815	EDGAR	NIIT	TEMP	M	32	SM	0.42.59	0
67	249	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	59	55-59M	0.43.33	5
68	475	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	0.43.40	3
69	808	1647	JUSTIN	LEESON	MADIBA	M	40	40-44M	0.43.45	2
70	694	2694	ASIVE	SOLOMON	TEMP	M	15	JM	0.43.58	0
71	886	2185	DANNY	HARTZENBERG	TRANSNET	M	49	45-49M	0.44.04	3
72	338	193	ABONGILE	NGCAMBU	SAPPE	M	26	SM	0.44.07	2
73	878	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.44.11	2
74	351	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	0.44.13	4
75	28	3256	FUNEKA	BEFILI	CHEETAHS	M	34	SM	0.44.20	2
76	260	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	0.44.28	4
77	767	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	0.44.33	3
78	391	3392	SEAN	ROSS	ACH	M	35	35-39M	0.44.44	2
79	222	40331	HENDRIK	KRUGER	SCHOOL	M	16	JM	0.44.48	2
80	257	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	0.44.48	2
81	40	888	RAHUL	BHANA	CHARLO	M	22	SM	0.44.57	2
82	195	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	0.45.04	2
83	663	2663	TRISTAN	NAIDOO	TEMP	M	20	SM	0.45.14	0
84	648	2648	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	0.45.15	0
85	428	5316	ANEL	STRAUSS	TUKKIES	F	21	SF	0.45.23	0
86	912	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	36	35-39M	0.45.28	2
87	8	113	BADROEDEEN	ABRAHAMS	MALABAR	M	39	35-39M	0.45.32	2
88	296	2280	FERLANDO	MKIVA	VUKANI	M	32	SM	0.45.35	2
89	275	2304	QAQAMBA	MATUNDU	VUKANI	F	27	SF	0.45.39	2
90	385	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	0.45.42	3
91	437	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.45.49	5
92	800	788	RYAN	PIENAAR	TEMP	M	49	45-49M	0.45.55	0
93	869	55	SIMCELILE	SITHEMBU	SAPPE	M	34	SM	0.45.59	2
94	292	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	0.46.10	2
95	339	2284	MZWANELE	NQOQO	VUKANI	M	48	45-49M	0.46.14	2
96	699	2699	SIBUSISO	THEMBANI	TEMP	M	30	SM	0.46.18	0
97	736	202	WERNER	MEYER	SAPPE	M	52	50-54M	0.46.20	3
98	875	2184	FREEK	DANIELS	TRANSNET	M	59	55-59M	0.46.30	3
99	147	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	0.46.32	3
100	438	40328	JAYDENE	TEE	SCHOOL	F	15	JF	0.46.33	2
101	220	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	0.46.34	2
102	895	2737	JACOB	ABRAHAM	BODYCON	M	59	55-59M	0.46.35	3
103	55	49	PHIL	BRADLEY	SAPPE	M	42	40-44M	0.46.40	2
104	60	844	THERESA	BUCHNER	32GI	F	40	40-44F	0.46.41	3

105	23	3032	NICHOLAS	BANGO	VITALITY	M	38	35-39M	0.46.43	2
106	433	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	0.46.44	2
107	615	2615	DAWID	KEYSER	TEMP	M	47	45-49M	0.46.52	0
108	364	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	0.47.04	2
109	183	3033	PIETER	HUYSAMEN	VITALITY	M	45	45-49M	0.47.07	2
110	865	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.47.09	5
111	879	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	0.47.22	2
112	684	2684	RUDOLPH	RUDOLPH	TEMP	M	27	SM	0.47.23	0
113	803	1062	NICK	CHAPMAN	ACH	M	54	50-54M	0.47.25	2
114	858	442	MSINDISI	QALINGE	CHILLIEP	M	31	SM	0.47.31	2
115	269	952	CINDY	MARAIS	CHARLO	F	48	45-49F	0.47.37	3
116	891	16	ABRÉ	GOUSSARD	PEAAC	M	42	40-44M	0.47.41	2
117	46	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	0.47.42	2
118	234	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	0.47.46	2
119	759	1053	SALWYN	DENNIS	XCEL	M	48	45-49M	0.47.56	2
120	377	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	0.48.01	2
121	909	2521	JESSICA	ZEELIE	TEMP	F	33	SF	0.48.12	0
122	818	1113	ROGER	TRADER	ACH	M	72	70+M	0.48.14	5
123	787	775	ANDRE	PIENAAR	TEMP	M	55	55-59M	0.48.19	0
124	816	2511	KADER	ABDULLA	Bestmed	M	49	45-49M	0.48.25	2
125	608	2608	KUHLE	JOBELA	TEMP	M	31	SM	0.48.29	0
126	462	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	0.48.29	2
127	141	249	GEORGE	STERN	MUIRITE	M	20	SM	0.48.30	2
128	66	66	LINDSEY O-NEILL	CAMPHER	TEMP	M	20	SM	0.48.36	0
129	21	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	0.48.37	2
130	366	417	PETER	MSIZA	CHILLIEP	M	53	50-54M	0.48.40	2
131	753	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.48.53	2
132	876	1042	EUGENE	VAN WYK	XCEL	M	54	50-54M	0.48.55	2
133	345	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.48.56	2
134	212	839	HESTER	KINGWILL	32GI	F	45	45-49F	0.48.56	3
135	521	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	0.48.56	2
136	506	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	0.48.57	2
137	887	860	KYLIE	RIDDIN	32GI	F	40	40-44F	0.48.59	2
138	26	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	0.49.03	2
139	861	2139	BHEKA	MSELEKU	TRANSNET	M	57	55-59M	0.49.08	2
140	569	2569	JARED	DE DONCKER	TEMP	M	25	SM	0.49.11	0
141	142	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.49.18	2
142	197	796	REBECCA	JORDAAN	32GI	F	35	35-39F	0.49.24	2
143	890	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	0.49.26	3
144	851	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	0.49.29	2
145	798	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	41	40-44M	0.49.30	2
146	393	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	0.49.36	5
147	598	2598	JARED	HEYNS	TEMP	M	20	SM	0.49.40	0
148	80	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	0.49.42	4
149	54	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	0.49.43	2
150	7	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	0.49.51	2
151	494	1027	NELSON	VLAKBOK	CHARLO	M	61	60-64M	0.49.52	2
152	100	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.49.52	2
153	617	2617	HLUMELO	KLAAS	TEMP	M	24	SM	0.50.01	0
154	571	2571	JADEN	DELPORT	TEMP	M	24	SM	0.50.01	0
155	681	2681	JONATHAN	RAUCH	TEMP	M	29	SM	0.50.03	0
156	162	115	THOZAMILE	GROOTBOOM	MALABAR	M	49	45-49M	0.50.14	2
157	65	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	0.50.23	2

158	94	1713	CHARL	DE LANGE	MADIBA	M	41	40-44M	0.50.23	2
159	407	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.50.33	2
160	793	1483	IAN	AGNEW	NEDBANK	M	54	50-54M	0.50.37	2
161	464	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	0.50.46	3
162	116	858	KIM	DRINKWATER	32GI	F	49	45-49F	0.50.47	2
163	355	2383	MORNE	OWEN	JBAY	M	53	50-54M	0.50.49	2
164	42	40071	CONNOR	BIRD	ELITEAC	M	14	JM	0.50.49	1
165	917	2140	SISEKO	HOLLAND	TRANSNET	M	41	40-44M	0.50.52	1
166	737	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.50.53	3
167	62	40345	RUBENN	BUCKLEY	SCHOOL	M	14	JM	0.51.02	1
168	495	50732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	0.51.04	0
169	542	2542	COLE	ADAMS	TEMP	M	26	SM	0.51.08	0
170	185	628	CT	JACOBS	ASPEN	M	42	40-44M	0.51.13	1
171	83	40334	KEAGAN	COUTTS	SCHOOL	M	14	JM	0.51.15	1
172	174	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	0.51.15	2
173	867	1131	CHRISTIAAN	MARAIS	ACH	M	42	40-44M	0.51.18	1
174	265	800	JONATHAN	MANDELL	32GI	M	61	60-64M	0.51.18	2
175	881	1450	NKHATHALLENG	KHIBA	NEDBANK	F	44	40-44F	0.51.22	2
176	786	3396	BOMKAZI	NTONI	ACH	F	38	35-39F	0.51.23	2
177	34	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	0.51.27	2
178	777	2270	ANELE	MESANI	VUKANI	M	46	45-49M	0.51.37	2
179	399	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.51.40	5
180	82	40337	ETHAN	COUTTS	SCHOOL	M	18	JM	0.51.49	1
181	870	2818	THABISO	NGCONGO	ABSAEP	M	26	SM	0.51.54	1
182	526	2195	LUYANDA	NCWADI	TRANSNET	M	44	40-44M	0.51.59	1
183	842	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	0.52.12	1
184	914	2133	DESMOND	MVUNDLELA	TRANSNET	M	44	40-44M	0.52.15	1
185	20	1043	DAVID	BAINS	XCEL	M	59	55-59M	0.52.16	2
186	190	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	0.52.18	3
187	934	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	0.52.29	1
188	477	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	0.52.31	2
189	254	2817	SINETHEMBA	MAGUTYWA	ABSAEP	M	43	40-44M	0.52.32	1
190	600	2600	REUBEN	HOLTZHAUSEN	TEMP	M	14	JM	0.52.33	0
191	380	104	PRASHAAN	RAGA	INFINITY	M	27	SM	0.52.33	1
192	207	40335	RUBEN	KEYSER	SCHOOL	M	14	JM	0.52.33	1
193	447	1592	BENNIE	THYSSE	DESPATCH	M	68	65-69M	0.52.34	2
194	369	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	0.52.34	1
195	802	40317	LOGAN	JUBBER	SCHOOL	M	14	JM	0.52.34	1
196	244	1008	Darryl	Long	CHARLO	M	48	45-49M	0.52.37	1
197	14	2112	ALLISTER	ARENDS	ATLANTIC	M	41	40-44M	0.52.37	1
198	255	3012	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	0.52.41	1
199	472	1696	JANET	VAN NIEKERK	MADIBA	F	49	45-49F	0.52.45	2
200	813	811	NICOLE	LE ROUX	TEMP	F	25	SF	0.52.48	0
201	666	2666	SIPHELELE	NELANI	TEMP	M	29	SM	0.52.49	0
202	552	2552	NICO	BOSSCHA	TEMP	M	71	70+M	0.53.02	0
203	589	2589	JUAN	GRIGOR	TEMP	M	20	SM	0.53.04	0
204	765	1145	JOANNE	HOYLE	ACH	F	56	55-59F	0.53.07	2
205	511	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	0.53.13	2
206	404	1017	JOE	SCHOEMAN	CHARLO	M	45	45-49M	0.53.15	1
207	480	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.53.17	2
208	672	2672	ZOLA	NGWEKAZI	TEMP	M	53	50-54M	0.53.22	0
209	575	2575	SANDILE	DYAKOPU	TEMP	M	30	SM	0.53.27	0
210	647	2647	SONWABO	MBANGO	TEMP	M	29	SM	0.53.28	0

211	235	843	ALECIA	LE ROUX	32GI	F	28	SF	0.53.28	1
212	30	1215	PIERRE	BELLEW	ELITEAC	M	36	35-39M	0.53.32	1
213	245	1009	MEGAN	LONG	CHARLO	F	40	40-44F	0.53.40	1
214	130	42	SAM	ERASMUS	SAPPE	M	68	65-69M	0.53.40	2
215	487	983	PETER	VENTER	CHARLO	M	45	45-49M	0.53.40	1
216	243	741	MARGARET	LLOYD	CRUSADE	F	62	60-64F	0.53.42	3
217	90	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	0.53.43	1
218	127	40310	Ruan	Els	CRUSADE	M	14	JM	0.53.44	1
219	128	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.53.46	1
220	797	293	Karli	Greyling	MUIRITE	F	24	SF	0.53.53	1
221	396	283	LORENZO	SAMUELS	MUIRITE	M	41	40-44M	0.53.53	1
222	866	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	0.53.55	1
223	31	1622	DARREN	BENECKE	MADIBA	M	34	SM	0.54.01	1
224	632	2632	ADAM	MACKENZIE	TEMP	M	42	40-44M	0.54.01	0
225	679	2679	NICOLE	PRICE	TEMP	F	43	40-44F	0.54.01	0
226	33	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	0.54.05	1
227	68	1336	DON	CHARLES	NEDBANK	M	76	70+M	0.54.06	2
228	152	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.54.06	1
229	429	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.54.07	2
230	760	2503	CHRISTOPHER	HECHTER	TEMP	M	24	SM	0.54.08	0
231	390	991	GREGORY	ROSS	CHARLO	M	52	50-54M	0.54.11	1
232	36	907	CHARL	BEZUIDENHOUT	CHARLO	M	47	45-49M	0.54.11	1
233	99	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.54.17	2
234	210	1118	BRUCE	KING	ACH	M	59	55-59M	0.54.22	1
235	114	149	ZIYAAD	DOLLEY	MALABAR	M	57	55-59M	0.54.24	1
236	788	776	CONNOR	GROBLER	TEMP	M	23	SM	0.54.25	0
237	579	2579	RITAE	ELS	TEMP	F	21	SF	0.54.26	0
238	87	1088	PERCY	DALTON	ACH	M	77	70+M	0.54.30	2
239	840	327	ELWIN	WOODS	MUIRITE	M	62	60-64M	0.54.36	2
240	635	2635	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	0.54.38	0
241	117	1125	BRENDON	DRYDEN	ACH	M	57	55-59M	0.54.40	1
242	363	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	0.54.42	2
243	779	771	EMMA	LACEY	TEMP	F	19	SF	0.54.47	0
244	780	772	SEAN	LACEY	TEMP	M	55	55-59M	0.54.48	0
245	95	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	0.54.52	1
246	135	1681	DEAN	FINLAY	MADIBA	M	59	55-59M	0.54.56	1
247	530	1628	NELESH	JAGANATH	MADIBA	M	45	45-49M	0.54.58	1
248	770	2733	IVO	MEYER	BODYCON	M	51	50-54M	0.55.00	1
249	829	2344	SIDWELL	MATINYANE	VUKANI	M	60	60-64M	0.55.01	1
250	101	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.55.03	1
251	735	40258	JOSHUA	LOUW	32GI	M	17	JM	0.55.04	1
252	423	1994	haig	smuts	WALMER	M	32	SM	0.55.04	1
253	762	778	ELAINE	GLENDINNING	32GI	F	30	SF	0.55.05	1
254	528	862	JEAN-PERI	REDOÑA	32GI	M	38	35-39M	0.55.05	1
255	123	1277	DENVER	ELLIE	VWAC	M	45	45-49M	0.55.07	1
256	622	2622	KEITH	LEMINI	TEMP	M	43	40-44M	0.55.07	0
257	711	2711	DALEEN	VAN DYK	TEMP	F	48	45-49F	0.55.07	0
258	527	866	MICHA	CRONJE	32GI	F	36	35-39F	0.55.09	1
259	761	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	0.55.09	1
260	763	777	STEVEN	GAGIANO	32GI	M	45	45-49M	0.55.10	1
261	576	2576	NEIL	EBEN LOUW	TEMP	M	34	SM	0.55.13	0
262	215	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.55.15	2
263	256	9997	DUMISANI	MAJOMBOZI	TV	M	30	SM	0.55.16	0

264	775	770	MARIO	LOCKEM	TEMP	M	42	40-44M	0.55.21	0
265	163	2277	Thembela	Gxamza	VUKANI	F	36	35-39F	0.55.23	1
266	907	1374	LUYOLO	DYUBHELE	NEDBANK	M	32	SM	0.55.23	1
267	820	2511	CRAIG	SMITH	TEMP	M	49	45-49M	0.55.26	0
268	233	937	KIJANA	LARSEN	CHARLO	F	25	SF	0.55.30	1
269	547	2547	WAYNE	BENN	TEMP	M	37	35-39M	0.55.49	0
270	546	2546	IZETTE	BENN	TEMP	F	36	35-39F	0.55.49	0
271	848	1567	JACOBUS	WYATT	DESPATCH	M	62	60-64M	0.55.50	1
272	227	127	MUSTAFA	LAGARDIEN	MALABAR	M	33	SM	0.55.51	1
273	733	2733	RENAD	ZEELIE	TEMP	M	41	40-44M	0.55.52	0
274	773	768	BENJAMIN	PICK	TEMP	M	40	40-44M	0.55.54	0
275	868	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	0.55.54	1
276	10	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	0.56.03	2
277	766	1346	KALLIE	KLINKENBURG	NEDBANK	M	42	40-44M	0.56.05	1
278	742	762	AIDEN	PARFITT	TEMP	M	19	JM	0.56.07	0
279	741	761	TRISTAN	PARFITT	TEMP	M	22	SM	0.56.11	0
280	479	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	0.56.12	2
281	613	50803	SIVIWE	MEVENI	REALGIJ	M	39	35-39M	0.56.19	0
282	359	819	ANGELA	PARKER	32GI	F	49	45-49F	0.56.24	1
283	490	265	KAYLA	VERMAAK	MUIRITE	F	24	SF	0.56.25	1
284	432	3073	BANDLAKAZI	SWAZI	VITALITY	F	32	SF	0.56.26	1
285	774	769	PHIL	NAUDE	TEMP	M	45	45-49M	0.56.27	0
286	314	1142	SAMANTHA	MUKHEIBIR	ACH	F	47	45-49F	0.56.29	1
287	120	1609	WILLEMIEN	DU RANDT	DESPATCH	F	51	50-54F	0.56.31	1
288	922	50738	MIHLALI	SONDLO	MTHATHA	M	25	SM	0.56.33	0
289	106	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	0.56.34	1
290	300	718	DEENOLAN	MOODLEY	CRUSADE	M	29	SM	0.56.37	1
291	596	2596	ALVARO	HENRIQUES	TEMP	M	47	45-49M	0.56.38	0
292	476	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.56.40	1
293	751	825	JOY	PREGNOLATO	32GI	F	55	55-59F	0.56.41	2
294	384	1259	SIYABULELA	RELU	VWAC	M	48	45-49M	0.56.42	1
295	451	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	0.56.45	1
296	852	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	0.56.52	1
297	854	3092	LEKELA	NKONKI	VITALITY	M	54	50-54M	0.57.01	1
298	177	1001	KEANO	HITZEROTH	CHARLO	M	25	SM	0.57.05	1
299	448	1173	KELLY	TITUS	EMERIS	F	22	SF	0.57.14	1
300	705	2705	NJABULO	TONI	TEMP	M	28	SM	0.57.15	0
301	564	2564	ROBYN	CLEMENCE	TEMP	F	23	SF	0.57.16	0
302	272	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.57.39	1
303	636	2636	BONGANI	MAJENGE	TEMP	M	29	SM	0.57.40	0
304	93	804	VALMAINE	DE KLERK	32GI	F	48	45-49F	0.57.40	1
305	850	2800	ASANDA	KAYINGANA	ABSAEP	F	42	40-44F	0.57.41	1
306	892	2607	IVAN	MOSES	Bestmed	M	63	60-64M	0.57.41	1
307	853	2249	SOLOMZI	MQATAZAMA	SIBALEKA	M	58	55-59M	0.57.42	1
308	814	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	0.57.42	1
309	614	2614	SIYANDA	KETANI	TEMP	M	38	35-39M	0.57.42	0
310	118	1155	CARYNNE	DRYDEN	ACH	F	51	50-54F	0.57.42	1
311	643	2643	SIFISO	MASALEGUBA	TEMP	M	32	SM	0.57.42	0
312	933	2522	GERRIT	MEYER	TEMP	M	39	35-39M	0.57.42	0
313	702	2702	CARMEN	THURNHER	TEMP	F	28	SF	0.57.43	0
314	529	3030	TRACY	PAGE	VITALITY	F	49	45-49F	0.57.43	1
315	341	1846	Simo	Nkanyuza	HOLLYWOO	M	39	35-39M	0.57.43	1
316	739	14131	THOMAS	HOROWITZ	TV	M	47	45-49M	0.57.43	0

317	517	424	Luthando	Yibe	CHILLIEP	M	45	45-49M	0.57.43	1
318	611	2611	AUTHLEY	KASHESHA	TEMP	M	24	SM	0.57.43	0
319	634	2634	CECIL	MADZIWA	TEMP	M	48	45-49M	0.57.44	0
320	857	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	0.57.45	1
321	731	2731	NGONIDZASHE	ZATA	TEMP	M	33	SM	0.57.45	0
322	375	1937	AMANDA	PRIDEAUX	BLUEBAY	F	50	50-54F	0.57.48	1
323	293	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	0.57.52	1
324	188	1128	ADRIAN	JANSEN	ACH	M	63	60-64M	0.57.52	1
325	845	1930	TIM	BRAY	BLUEBAY	M	62	60-64M	0.57.55	1
326	144	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.58.11	2
327	602	2602	SILIZIWE	JAKO	TEMP	M	28	SM	0.58.18	0
328	631	2631	ZENANDE	MABINI	TEMP	M	30	SM	0.58.19	0
329	796	2509	RACHEL	BLANDFORD	TEMP	F	26	SF	0.58.21	0
330	204	641	JACQUES	KEIRSGIETER	ASPEN	M	37	35-39M	0.58.28	1
331	81	982	CHARLES	CORBY	CHARLO	M	55	55-59M	0.58.28	1
332	414	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.58.35	1
333	386	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.58.37	1
334	508	805	A J	WILLIAMS	32GI	M	40	40-44M	0.58.39	1
335	905	1552	THERESA	OOSTHUIZEN	DESPATCH	F	54	50-54F	0.58.43	1
336	37	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	0.58.47	1
337	456	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	0.58.48	1
338	801	1186	ZANE	Jubber	ELITEAC	F	19	SF	0.58.49	1
339	109	2010	JAMES	DICKER	WALMER	M	34	SM	0.58.50	1
340	525	40069	ANYA	DE RIDDER	ELITEAC	F	19	JF	0.58.54	1
341	441	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	0.58.55	1
342	170	1932	THABO	HEADBUSH	BLUEBAY	M	55	55-59M	0.58.56	1
343	27	893	MAGDA	BECKER	CHARLO	F	38	35-39F	0.58.58	1
344	150	2745	BRUCE	GIE	BODYCON	M	52	50-54M	0.59.00	1
345	486	932	KIM	VENTER	CHARLO	F	41	40-44F	0.59.02	1
346	884	426	NOSITA	NQWATA	CHILLIEP	F	43	40-44F	0.59.04	1
347	333	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	0.59.04	1
348	11	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.59.05	1
349	239	1722	RAYMOND	LEIBRAND	GELVAN	M	62	60-64M	0.59.10	1
350	789	2970	SIYABULELA	JAFTA	TRANSNET	F	44	40-44F	0.59.11	1
351	39	956	NEELESH	BHANA	CHARLO	M	54	50-54M	0.59.15	1
352	143	1635	DORIS	GERBER	MADIBA	F	55	55-59F	0.59.17	1
353	795	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	0.59.18	1
354	723	2723	JENNA	WALTERS	TEMP	F	26	SF	0.59.27	0
355	48	1284	DEAN	BOSMAN	VWAC	M	43	40-44M	0.59.30	1
356	532	2532	KYLE	BOLTON	TEMP	M	25	SM	0.59.34	0
357	641	2641	DIANA	MARAIS	TEMP	F	68	65-69F	0.59.36	0
358	885	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	0.59.38	1
359	722	2722	DANELLE	VORSTER	TEMP	F	40	40-44F	0.59.39	0
360	17	978	CHRISTOPHER	AYERST	CHARLO	M	59	55-59M	0.59.41	1
361	334	1232	SONIKA	NEL	ELITEAC	F	26	SF	0.59.42	1
362	519	1675	MARIUS	ZEELIE	MADIBA	M	60	60-64M	0.59.42	1
363	776	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	0.59.42	1
364	446	732	MANUELA	THURNHER	CRUSADE	F	60	60-64F	0.59.43	1
365	812	810	MTHOKOZISI	KHULU	TEMP	M	37	35-39M	0.59.49	0
366	133	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	0.59.49	1
367	832	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	0.59.50	1
368	43	794	ROBYN	BIRD	32GI	F	54	50-54F	0.59.55	1
369	75	2283	ANDISWA	CINGO	VUKANI	F	40	40-44F	0.59.57	1

370	827	3075	LWAZI	ZWELIBANZI	VITALITY	M	36	35-39M	0.59.57	1
371	278	432	MVELELI	MBANDE	CHILLIEP	M	39	35-39M	0.59.57	1
372	915	1838	PHATHULUVO	MGULI	HOLLYWOO	M	41	40-44M	0.59.57	1
373	381	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	0.59.59	1
374	863	8222	DEE-JAY	LOMBARD	TEMP	M	82	70+M	0.59.59	0
375	849	1568	TALANA	WYATT	DESPATCH	F	34	SF	1.00.01	1
376	461	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	1.00.03	1
377	187	1594	ADEL	JANSE VAN RENSBURG	DESPATCH	F	55	55-59F	1.00.14	1
378	320	1278	LEANNE	NAIDOO	VWAC	F	52	50-54F	1.00.17	1
379	148	959	JOHAN	GERBER	CHARLO	M	47	45-49M	1.00.19	1
380	387	2985	CURT	ROBERTS	ACH	M	41	40-44M	1.00.22	1
381	826	51571	WENDY	MQAI	NEDBOR	F	34	SF	1.00.25	0
382	660	2660	KAYA	MTYWARU	TEMP	M	53	50-54M	1.00.26	0
383	557	2557	JAKO	BURGER	TEMP	M	27	SM	1.00.28	0
384	590	2590	JOSH	GROENER	TEMP	M	18	JM	1.00.33	0
385	563	2563	ROBERT	CLARKE	TEMP	M	49	45-49M	1.00.35	0
386	929	2297	ZOLANI	MQOQI	VUKANI	M	49	45-49M	1.00.41	1
387	115	1195	SAMANTHA	DOUGLAS	ELITEAC	F	38	35-39F	1.00.42	1
388	271	2176	SIMPHIWE	MASHININI	TRANSNET	M	36	35-39M	1.00.48	1
389	498	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.00.50	1
390	556	2556	CHARMAINE	BURGER	TEMP	F	25	SF	1.01.00	0
391	911	1553	MINIQUE	VAN TONDER	DESPATCH	F	19	SF	1.01.04	1
392	696	2696	MORNE	STEYN	TEMP	M	46	45-49M	1.01.04	0
393	836	816	CHRISTOPHER	STOUT	TEMP	M	45	45-49M	1.01.18	0
394	56	50735	JUANITA	BRINK	KIMBH	F	47	45-49F	1.01.21	0
395	172	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.01.22	1
396	581	2581	SINETHEMBA	FATMAN	TEMP	M	31	SM	1.01.24	0
397	847	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	1.01.26	1
398	283	2337	MKONYISELA	MCUBASE	VUKANI	M	39	35-39M	1.01.29	1
399	682	2682	RIAN	ROSSOUW	TEMP	M	54	50-54M	1.01.29	0
400	499	726	KEITH	VOSLOO	CRUSADE	M	62	60-64M	1.01.32	1
401	452	189	OMPHILE	TSOMOKO	SAPPE	M	35	35-39M	1.01.36	1
402	811	307	DENVER	HUME	MUIRITE	M	48	45-49M	1.01.40	1
403	181	318	KAREN	HUME	MUIRITE	F	47	45-49F	1.01.41	1
404	645	2645	MVELISO	MATHONTSI	TEMP	M	36	35-39M	1.01.48	0
405	469	1063	CRYSTAL	VAN HEERDEN	ACH	F	31	SF	1.01.52	1
406	126	769	MEGAN	ELS	CRUSADE	F	41	40-44F	1.01.56	1
407	280	1920	NOZBELE	MBETHE	BLUEBAY	F	51	50-54F	1.01.57	1
408	489	1693	WENDY	VENTER	MADIBA	F	54	50-54F	1.02.00	1
409	620	2620	XOLA	KUSE	TEMP	M	39	35-39M	1.02.00	0
410	169	1115	PALESA	HEADBUSH	ACH	F	47	45-49F	1.02.02	1
411	168	1067	MARK	HEADBUSH	ACH	M	81	70+M	1.02.03	1
412	678	2678	NICHOLAS	PRICE	TEMP	M	48	45-49M	1.02.09	0
413	238	850	PAIGE	LEE	32GI	F	59	55-59F	1.02.09	1
414	784	774	CLAYTON	GOODWIN	TEMP	M	51	50-54M	1.02.10	0
415	743	764	JASON	NADER	TEMP	M	47	45-49M	1.02.11	0
416	740	760	GARTH	PARFITT	TEMP	M	51	50-54M	1.02.11	0
417	301	905	MICHELE	MOOLMAN	CHARLO	F	41	40-44F	1.02.16	1
418	421	1627	NATASHA	SMITH	MADIBA	F	39	35-39F	1.02.17	1
419	332	1636	LISTIA	NEL	MADIBA	F	51	50-54F	1.02.17	1
420	864	1271	LEZELL	HARRIS	VWAC	F	52	50-54F	1.02.23	1
421	261	1850	MVULELI	MALAHLA	HOLLYWOO	M	52	50-54M	1.02.23	1
422	79	2238	ANZA	GELEBE	SIBALEKA	F	32	SF	1.02.25	1

423	374	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	1.02.30	1
424	434	77	LOUIS	SWIEGELAAR	SAPPE	M	60	60-64M	1.02.34	1
425	703	2703	SIPHOKAZI	TILI	TEMP	F	46	45-49F	1.02.39	0
426	744	744	LEON	NORTJE	RUNEDGE	M	54	50-54M	1.02.40	0
427	454	52033	SONGEZO	TUNTULWANA	MTHATHA	M	41	40-44M	1.02.43	0
428	193	145	FADIELA	JOHNSON	MALABAR	F	61	60-64F	1.02.44	1
429	35	1317	MARIUS	BESTER	VWAC	M	55	55-59M	1.02.46	1
430	748	748	SHAWN	WILKE	TEMP	M	54	50-54M	1.02.49	0
431	558	2558	RODNEY	BUTTERS	TEMP	M	63	60-64M	1.02.50	0
432	834	814	MARTIN	LANGLEY	TEMP	M	46	45-49M	1.02.56	0
433	13	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.02.57	1
434	69	783	JARED	CHARLTON	32GI	M	35	35-39M	1.02.58	1
435	503	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.02.59	1
436	85	1167	CHLOE	CRITCHLOW	EMERIS	F	21	SF	1.02.59	1
437	478	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.03.08	1
438	431	1835	MZWABANTU	SWAPI	HOLLYWOOD	M	46	45-49M	1.03.13	1
439	781	773	XOLISILE	NOMDATYA	TEMP	M	45	45-49M	1.03.18	0
440	782	2975	AYANDA	BOTILE	CHILLIEP	M	39	35-39M	1.03.18	1
441	392	1166	ISABELLA	ROUX	EMERIS	F	20	SF	1.03.27	1
442	295	2111	GEROME	MINTOOR	ATLANTIC	M	58	55-59M	1.03.27	1
443	138	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	46	45-49M	1.03.29	1
444	425	913	SHARON	SMUTS	CHARLO	F	59	55-59F	1.03.31	1
445	125	2459	JOHANN	ELS	JBAY	M	52	50-54M	1.03.32	1
446	460	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.03.36	1
447	194	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	1.03.37	1
448	88	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.03.40	1
449	24	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.03.41	1
450	417	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.03.41	1
451	367	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.03.42	1
452	268	2816	Xhanti	Mantshiyo	ABSAEP	M	58	55-59M	1.03.44	1
453	318	689	NOSIPHIWO	MZANYWA	ASPEN	F	37	35-39F	1.03.48	1
454	768	2506	TRISH	OTTO	TEMP	F	51	50-54F	1.03.49	0
455	119	3341	ANCHERIEN	DU PLESSIS	CHARLO	F	61	60-64F	1.03.51	1
456	444	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.03.52	1
457	707	2707	EMMA	VAN BAALEN	TEMP	F	14	JF	1.04.04	0
458	904	2519	SIYANDA	MLISA	TEMP	F	35	35-39F	1.04.16	0
459	594	2594	KOENA	HEADBUSH	TEMP	M	47	45-49M	1.04.18	0
460	541	2541	KELSEY	ABERSALIE	TEMP	F	26	SF	1.04.20	0
461	161	1658	ARISTA	GRIGOR	MADIBA	F	47	45-49F	1.04.27	1
462	483	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.04.32	1
463	901	2516	SIVENATI	RASI	TEMP	M	30	SM	1.04.33	0
464	102	808	LECHELLE	DE VRIES	32GI	F	45	45-49F	1.04.35	1
465	424	1995	LYNETTE	SMUTS	WALMER	F	59	55-59F	1.04.36	1
466	373	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.04.36	1
467	158	1007	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.04.38	1
468	159	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.04.40	1
469	566	2566	KELLY-JO	COLLIER	TEMP	F	33	SF	1.04.40	0
470	59	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.04.41	1
471	567	2567	MICHAEL	COLLIER	TEMP	M	33	SM	1.04.41	0
472	15	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.04.42	1
473	725	2725	TARYN	WHITFIELD	TEMP	F	34	SF	1.04.43	0
474	745	745	TARA	TREGONING	TEMP	F	33	SF	1.04.43	0
475	19	984	BELINDA	BAIN	CHARLO	F	63	60-64F	1.04.47	1

476	809	450	SIHLE	QWEMESHA	CHILLIEP	F	31	SF	1.04.49	1
477	481	86	LORRAINE	VAN VUUREN	INFINITY	F	49	45-49F	1.04.53	1
478	919	2620	WAYNE	MAC GEAR	Bestmed	M	62	60-64M	1.04.55	1
479	356	1002	LEE	PAGE	CHARLO	F	42	40-44F	1.05.00	1
480	342	2295	SIPHESIHLE	NKASAYI	VUKANI	F	30	SF	1.05.03	1
481	25	1102	KEN	BARWOOD	ACH	M	70	70+M	1.05.04	1
482	149	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.05.05	1
483	430	3038	MELISSA	SWANEPOEL	VITALITY	F	37	35-39F	1.05.05	1
484	154	2567	MLULEKI	GQOBOSE	Bestmed	M	56	55-59M	1.05.10	1
485	303	1092	NIKKI	MOSS	ACH	F	45	45-49F	1.05.12	1
486	51	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.05.20	1
487	77	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.05.20	1
488	902	2517	SEVINATHI	LUFATA	TEMP	F	27	SF	1.05.21	0
489	618	2618	RODNEY	KLEINGELD	TEMP	M	51	50-54M	1.05.22	0
490	6	861	Marion	Abernerthy	32GI	F	30	SF	1.05.22	1
491	307	3068	NTOMBIZINE	MTANDA	VITALITY	F	49	45-49F	1.05.27	1
492	877	823	GARY	LEURS	TEMP	M	30	SM	1.05.28	0
493	612	2612	GODFREY	KATHAN	TEMP	M	51	50-54M	1.05.29	0
494	817	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	1.05.31	1
495	354	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.05.31	1
496	184	1104	CATHY	IVES	ACH	F	72	70+F	1.05.36	1
497	171	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.05.41	1
498	311	151	Phumelele	Mtshali	ACT AC	F	38	35-39F	1.05.42	1
499	18	128	DAWOOD	BABOO	MALABAR	M	39	35-39M	1.05.44	1
500	160	1207	CHARL	GRIESEL	ELITEAC	M	62	60-64M	1.05.49	1
501	205	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.05.50	1
502	650	2650	YAMKELA	MLISA	TEMP	M	27	SM	1.05.52	0
503	315	751	NICK	MULLINS	CRUSADE	M	69	65-69M	1.05.56	1
504	654	2654	MOHAMMED	MOOSAGIE	TEMP	M	20	SM	1.06.11	0
505	52	40081	Meriska	Bouwer	ELITEAC	F	19	JF	1.06.12	1
506	98	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.06.13	1
507	747	633	DAVID	NEL	ASPEN	M	38	35-39M	1.06.20	1
508	783	637	MARK	GODDARD	ASPEN	M	29	SM	1.06.22	1
509	746	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	1.06.22	1
510	331	700	KATHERINE	NEL	ASPEN	F	36	35-39F	1.06.22	1
511	592	2592	JACQUES	HAGGARD	TEMP	M	27	SM	1.06.23	0
512	63	725	WENDY	BULULU	CRUSADE	F	43	40-44F	1.06.24	1
513	562	2562	SUSAN	CHAMBERLAIN	TEMP	F	30	SF	1.06.25	0
514	225	713	CLAIRE	LA MUDE	CRUSADE	F	40	40-44F	1.06.26	1
515	337	2057	SINALO	NGALO	ACH	F	37	35-39F	1.06.26	1
516	47	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.06.27	1
517	644	2644	MONICA	MASHISHI	TEMP	F	21	SF	1.06.32	0
518	799	777	SUSANN	CHAPMAN	TEMP	F	50	50-54F	1.06.35	0
519	668	2668	MAWANDE	NGCELWANE	TEMP	M	25	SM	1.06.38	0
520	326	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	1.06.43	1
521	455	1680	JANI	VALENTINE	MADIBA	F	32	SF	1.06.45	1
522	599	2599	CLIVE	HOFART	TEMP	M	42	40-44M	1.06.48	0
523	273	1828	ASHLEY	MATEO	HOLLYWOO	F	25	SF	1.06.52	1
524	772	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.06.59	1
525	750	765	SAPHILA	MBOKENI	TEMP	M	26	SM	1.06.59	0
526	584	2584	CRAIG	GLEAVES	TEMP	M	58	55-59M	1.06.59	0
527	247	3215	Heathon	Lottering	MUIRITE	M	35	35-39M	1.07.01	1
528	872	825	CARMEN	DE LANGE	TEMP	F	37	35-39F	1.07.04	0

529	253	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.07.09	1
530	348	2138	Angela	Ntanga	TRANSNET	F	30	SF	1.07.13	1
531	709	2709	MILANIE	VAN DER MERWE	TEMP	F	42	40-44F	1.07.16	0
532	572	2572	JACQUES	DIRKER	TEMP	M	34	SM	1.07.24	0
533	587	2587	DEAN	GOOSEN	TEMP	M	34	SM	1.07.31	0
534	310	51822	NOLUBABALO	MTSHAKAZI	KOMANIR	F	46	45-49F	1.07.32	0
535	545	2545	COLIN	BENADIE	TEMP	M	58	55-59M	1.07.32	0
536	574	2574	TAINE	DUNCAN	TEMP	M	23	SM	1.07.32	0
537	514	2354	WILBUR	WRIGHT	JBAY	M	50	50-54M	1.07.33	1
538	12	2802	FUNDISWA	ANTONY	ABSAEP	F	53	50-54F	1.07.33	1
539	738	1350	RONEL	NIKSCH	NEDBANK	F	63	60-64F	1.07.34	1
540	894	839	LWANI	TUTANI	TEMP	M	31	SM	1.07.35	0
541	893	838	ZUSAKHE	GQAMANA	TEMP	M	31	SM	1.07.35	0
542	860	2514	PHILISWA	MAKI	TEMP	F	34	SF	1.07.36	0
543	621	2621	CHRISTINE	LEE	TEMP	F	32	SF	1.07.39	0
544	732	2732	SISA	ZAZA	TEMP	M	32	SM	1.07.44	0
545	625	2625	ROSE	LOLO	TEMP	F	31	SF	1.07.45	0
546	44	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.07.57	1
547	92	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.07.58	1
548	824	1326	LULAMILE	PHONGOLA	NEDBANK	M	68	65-69M	1.08.02	1
549	749	735	LIBBY	WILKE	CRUSADE	F	52	50-54F	1.08.03	1
550	57	2377	Kenny	Brown	JBAY	M	75	70+M	1.08.04	1
551	580	2580	TARIKA	ELS	TEMP	F	19	SF	1.08.09	0
552	931	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	1.08.10	1
553	394	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.08.14	1
554	323	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	1.08.20	1
555	916	629	VICKI	VAN SCHALKWYK	ASPEN	F	44	40-44F	1.08.24	1
556	713	2713	SHAWN	VAN EYK	TEMP	M	58	55-59M	1.08.33	0
557	199	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.08.33	1
558	156	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.08.33	1
559	474	3003	ADEL	VAN RENSBURG	VITALITY	F	47	45-49F	1.08.38	1
560	420	1706	BRUCE	SMITH	MADIBA	M	50	50-54M	1.08.39	1
561	309	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	1.08.40	1
562	58	2351	LILLY	BROWN	JBAY	F	66	65-69F	1.08.42	1
563	630	2630	KIRSTEN	LYONS	TEMP	F	23	SF	1.08.44	0
564	365	1993	JODI	PIENAAR	WALMER	M	32	SM	1.08.51	1
565	683	2683	TALITA	ROUX	TEMP	F	51	50-54F	1.08.53	0
566	362	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	1.09.01	0
567	70	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	1.09.01	1
568	601	2601	HOWARD	HUGHES	TEMP	M	54	50-54M	1.09.03	0
569	862	2515	NODLELA	RADEBE	TEMP	F	41	40-44F	1.09.17	0
570	591	2591	ANNELL	HAGGARD	TEMP	F	26	SF	1.09.20	0
571	671	2671	VUYANI	NGOXO	TEMP	M	45	45-49M	1.09.30	0
572	321	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.09.40	1
573	906	2520	MIA	JANSEN VAN RENSBURG	TEMP	F	19	JF	1.09.47	0
574	458	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.09.47	1
575	200	131	SHUKRY	KAFAAR	MALABAR	M	40	40-44M	1.09.47	1
576	626	2626	CLIVIAN	LOTTERING	TEMP	M	34	SM	1.09.48	0
577	555	2555	MICHELLE	BRITS	TEMP	F	32	SF	1.09.53	0
578	549	2549	NAMHLA	BILISHO	TEMP	F	48	45-49F	1.09.56	0
579	619	2619	EMILE	KLEYNHANS	TEMP	M	41	40-44M	1.09.56	0
580	726	2726	LULAMA	YALO	TEMP	F	23	SF	1.09.57	0
581	673	2673	KHETHIWE	NGWENYA	TEMP	F	26	SF	1.09.58	0

582	467	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	44	40-44F	1.10.04	1
583	132	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.10.04	1
584	791	2729	LINDA	BARKHUIZEN	BODYCON	F	57	55-59F	1.10.13	1
585	201	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.10.18	1
586	459	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.10.19	1
587	281	1845	Unathi	Mboniswa	HOLLYWOO	F	44	40-44F	1.10.23	1
588	124	1315	NICOLE	ELLIE	VWAC	F	41	40-44F	1.10.23	1
589	728	2728	GWEN	YOUNG	TEMP	F	36	35-39F	1.10.24	0
590	729	2729	TIMOTHY	YOUNG	TEMP	M	32	SM	1.10.24	0
591	597	2597	RUAAN	HEUNIS	TEMP	M	34	SM	1.10.28	0
592	297	3110	THAMSANQA	MNOTOZA	VITALITY	M	53	50-54M	1.10.34	1
593	913	1333	MBULELO	SOBIKWA	NEDBANK	M	71	70+M	1.10.35	1
594	837	817	JUANE	ELS	TEMP	F	24	SF	1.10.46	0
595	680	2680	LISA	RANDALL	TEMP	F	45	45-49F	1.10.49	0
596	550	2550	MICHELLE	BLOM	TEMP	F	48	45-49F	1.10.49	0
597	226	2370	JOSINA	LABUSCHAGNE	JBAY	F	70	70+F	1.10.58	1
598	151	1108	COMINE	GIERZ	ACH	F	60	60-64F	1.10.59	1
599	855	2512	JADE	HOGGONS	TEMP	F	37	35-39F	1.11.03	0
600	642	2642	SARAH	MARX	TEMP	F	33	SF	1.11.04	0
601	815	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	1.11.04	1
602	604	2604	DAVID	JANTJIES	TEMP	M	55	55-59M	1.11.04	0
603	473	253	Michal	van Rayner	MUIRITE	F	22	SF	1.11.11	1
604	350	953	PHUMELELA	NTUNGWA	CHARLO	F	39	35-39F	1.11.15	1
605	830	813	BIANCA	WELGEMOED	TEMP	F	47	45-49F	1.11.16	0
606	675	2675	LIZELLE	OOSTHUIZEN	TEMP	F	49	45-49F	1.11.19	0
607	627	2627	SARAH-LEE	LOTTERING	TEMP	F	29	SF	1.11.21	0
608	105	41	TINA	DERBYSHIRE	SAPPE	F	71	70+F	1.11.26	1
609	16	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.11.28	1
610	49	2588	Joshua	Bosman	Bestmed	M	22	SM	1.11.42	1
611	924	842	LIFA	HATTO	TEMP	M	33	SM	1.11.42	0
612	504	129	MUHAMMAD	WHITE	MALABAR	M	39	35-39M	1.11.50	1
613	186	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.11.57	1
614	792	2290	CWAYITA	MAPEKULA	VUKANI	F	42	40-44F	1.11.59	1
615	284	2201	NOCAWE	MDAZUKA	SIBALEKA	F	42	40-44F	1.12.16	1
616	415	2877	RIAN	SMALBERGER	CSEP	M	71	70+M	1.12.20	1
617	524	2501	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.12.28	0
618	146	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.12.34	1
619	78	3009	Rosemary	Clark	VITALITY	F	60	60-64F	1.12.38	1
620	708	2708	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.12.46	0
621	237	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.12.52	1
622	692	2692	JORDYN	SLABBERT	TEMP	F	27	SF	1.13.01	0
623	896	1604	HENRY	HULME	DESPATCH	M	61	60-64M	1.13.03	1
624	646	2646	SISIPHO	MAYO	TEMP	F	28	SF	1.13.06	0
625	790	2507	RUAN	MULLER	TEMP	M	36	35-39M	1.13.10	0
626	53	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.13.14	1
627	695	2695	ONKE	SOTYATO	TEMP	M	30	SM	1.13.16	0
628	880	827	KEARABETSWE	MALEMO	TEMP	F	25	SF	1.13.27	0
629	155	52051	LUVUYO	GQOLA	STUT	M	45	45-49M	1.13.28	0
630	22	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.13.29	1
631	398	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.13.29	1
632	267	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.13.33	1
633	103	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.13.33	1
634	457	292	CHANTELL	VAN BAALLEN	MUIRITE	F	49	45-49F	1.13.34	1

635	173	1182	ARLENE	HELBERG	ELITEAC	F	62	60-64F	1.13.39	1
636	76	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.13.40	1
637	651	2651	MADZANANDILE	MLONDLINI	TEMP	M	28	SM	1.13.41	0
638	176	683	ABONGILE	HINTSA	ASPEN	F	28	SF	1.13.47	1
639	353	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.13.47	1
640	825	50716	SANELISIWE	FUNANI	MTHATHA	M	42	40-44M	1.13.55	0
641	512	98	AMANDA	WOLMARANS	INFINITY	F	67	65-69F	1.13.57	1
642	368	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.14.00	1
643	322	1572	NANDIPHA	NAIDOO	DESPATCH	F	47	45-49F	1.14.17	1
644	685	2685	DANIEL	SCHLUTER	TEMP	M	33	SM	1.14.19	0
645	605	2605	+27743624281	JANUARY	TEMP	F	62	60-64F	1.14.21	0
646	139	772	SUNIL	GAJJAR	CRUSADE	M	60	60-64M	1.14.25	1
647	198	264	SIMONE	JORDAAN	MUIRITE	F	46	45-49F	1.14.26	1
648	805	806	SANELISIWE	SKAAP	TEMP	F	37	35-39F	1.14.30	0
649	413	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.14.32	1
650	259	2323	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.14.35	1
651	548	2548	NOMHLE	BHALA	TEMP	F	28	SF	1.14.36	0
652	250	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.14.38	1
653	676	2676	BONGEKU	PETER	TEMP	F	36	35-39F	1.15.19	0
654	492	394	THEMBISILE	VETSHEZA	IKHAMVA	F	46	45-49F	1.15.24	1
655	833	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.15.27	1
656	175	1641	DEBBIE	HILTON	MADIBA	F	54	50-54F	1.15.29	1
657	157	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	51	50-54F	1.15.30	1
658	113	3244	SIPHOKAZI	DOKWANA	CONTI	F	30	SF	1.15.34	0
659	121	1869	NWABISA	DUKADA	HOLLYWOO	F	53	50-54F	1.15.39	1
660	655	2655	LORRAINE	MOTSWENYANE	TEMP	F	40	40-44F	1.15.44	0
661	136	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.15.48	1
662	714	2714	SUSAN	VAN NIEKERK	TEMP	F	59	55-59F	1.15.56	0
663	336	1197	NOREEN	NELSON	ELITEAC	F	61	60-64F	1.16.10	1
664	319	2189	Nangamso	Nabe	TRANSNET	F	37	35-39F	1.16.16	1
665	279	1212	Siyamtanda	Mbayeka	ELITEAC	F	27	SF	1.16.20	1
666	294	695	JACQUES	MINNIE	ASPEN	M	27	SM	1.16.25	1
667	717	2717	CLARISSE	VERWEY	TEMP	F	25	SF	1.16.25	0
668	258	1390	VUYISEKA	MAKALIMA	NEDBANK	F	41	40-44F	1.16.25	1
669	718	2718	ROCCO	VERWEY	TEMP	M	56	55-59M	1.16.25	0
670	291	1352	VOLENTI	MEYER	NEDBANK	F	48	45-49F	1.16.34	1
671	616	2616	WENDY	KHWETANI	TEMP	F	30	SF	1.16.34	0
672	859	2513	SINOMTHA	MASE	TEMP	F	32	SF	1.16.39	0
673	823	1512	DEON	ENGELBRECHT	NEDBANK	M	58	55-59M	1.16.47	1
674	84	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.17.04	1
675	286	97	INA	MEAKER	INFINITY	F	64	60-64F	1.17.15	1
676	263	2250	NODUMO	MALINGE	SIBALEKA	F	31	SF	1.17.22	1
677	442	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	1.17.29	1
678	140	744	KAREN	CUNNINGHAM	CRUSADE	F	63	60-64F	1.17.30	1
679	180	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.17.40	1
680	810	809	LUNGA	MINYAYO	TEMP	M	41	40-44M	1.17.51	0
681	217	1239	YOLANDE	KNOETZE	ELITEAC	F	58	55-59F	1.17.57	1
682	559	2559	SANDY	BUTTERS	TEMP	F	60	60-64F	1.18.04	0
683	153	2569	VEONNA	GOLIATH	Bestmed	F	53	50-54F	1.18.09	1
684	358	448	KHOLISA	PAPU	CHILLIEP	F	38	35-39F	1.18.18	1
685	570	2570	TAMERYN	DE JESUS SCHLUTER	TEMP	F	31	SF	1.18.21	0
686	794	2508	GAIL	AGNEW	TEMP	F	51	50-54F	1.18.24	0
687	757	2502	SIPHOKAZI	TOTO	TEMP	F	33	SF	1.18.35	0

688	107	1204	YOLANDA	DEYSEL	ELITEAC	F	50	50-54F	1.18.37	1
689	221	95	ZELDA	KRIGE	INFINITY	F	65	65-69F	1.18.38	1
690	657	2657	PHIWE	MSIZI	TEMP	F	31	SF	1.18.41	0
691	712	2712	DEIDRE	VAN EYK	TEMP	F	56	55-59F	1.18.47	0
692	821	2204	LELETHU	JARA	SIBALEKA	F	38	35-39F	1.18.58	1
693	838	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.18.58	1
694	554	2554	BIANCA	BRINK	TEMP	F	31	SF	1.19.03	0
695	145	276	CHRISTIAN	GERBER	MUIRITE	M	51	50-54M	1.19.04	1
696	637	2637	THANDISWA	MALANDULE	TEMP	F	20	SF	1.19.16	0
697	698	2698	ANRI	SWART	TEMP	F	22	SF	1.19.17	0
698	112	2151	NOLITHA	DLUMGANA	TRANSNET	F	36	35-39F	1.19.18	1
699	214	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.19.18	1
700	111	2873	Siyasanga	Dlaku	CSEP	F	39	35-39F	1.19.18	1
701	522	3320	SCHRICKA	TERBLANCHE	CITYC	F	42	40-44F	1.19.30	1
702	401	1016	JOSHUA	SCHNETLER	CHARLO	M	22	SM	1.19.32	1
703	400	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	1.19.32	1
704	241	1013	ANTOINETTE	LEVER	CHARLO	F	31	SF	1.19.52	1
705	664	2664	CHWAYITA	NCEDANA	TEMP	F	43	40-44F	1.20.05	0
706	930	1746	ARDEN	GROOTBOOM	GELVAN	F	44	40-44F	1.20.37	1
707	903	2492	NOLUSINDISO	LAMBATA	JBAY	F	40	40-44F	1.20.37	1
708	122	1794	MOHAMED	KHADRAOUI	GELVAN	M	28	SM	1.20.43	1
709	923	923	ZOLISA	NCEZULA	TEMP	M	47	45-49M	1.20.53	0
710	264	1313	KAGISO	MANAIOA	VWAC	M	33	SM	1.20.53	1
711	710	2710	CHANE	VAN DER MESCHT	TEMP	F	25	SF	1.21.07	0
712	561	2561	LISCHKA	CARVER	TEMP	F	31	SF	1.21.08	0
713	573	2573	SISONKE	DUMALISILE	TEMP	F	37	35-39F	1.21.27	0
714	828	812	SPAKES	XAPILE	TEMP	F	39	35-39F	1.21.37	0
715	610	2610	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.21.52	0
716	653	2653	KAYCE	MOORE	TEMP	F	29	SF	1.21.57	0
717	379	102	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.22.12	1
718	166	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.22.13	1
719	242	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.22.15	1
720	752	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.22.16	1
721	298	3308	NKULE	MNQWAZI	VWAC	F	35	35-39F	1.22.50	1
722	179	1686	ROUXLE	HORN	MADIBA	F	32	SF	1.22.52	1
723	443	204	ABEGAIL	TEYISE	SAPPE	F	53	50-54F	1.23.06	1
724	841	2248	NONKULULEKO	MTHEMBU	SIBALEKA	F	43	40-44F	1.23.10	1
725	439	1241	MARLENE	TERBLANCE	ELITEAC	F	76	70+F	1.23.13	1
726	228	2539	Priscah	Lakane	Bestmed	F	29	SF	1.23.16	1
727	758	1270	LEIGH	KLINK	VWAC	F	43	40-44F	1.23.21	1
728	593	2593	MARCUS	HAILE-SLASSIE	TEMP	M	25	SM	1.23.22	0
729	628	2628	PAULIEN	LOUW	TEMP	F	53	50-54F	1.23.29	0
730	203	642	ESTINE	KEIRSGIETER	ASPEN	F	38	35-39F	1.23.35	1
731	340	79	NONTUTHUZELO	NGXONONO- DOUSE	SAPPE	F	57	55-59F	1.23.36	1
732	419	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.23.43	1
733	719	2719	TIRSA	VERWEY	TEMP	F	39	35-39F	1.23.52	0
734	583	2583	KYRIA	GERBER	TEMP	F	32	SF	1.23.58	0
735	305	3306	Busisiwe	Mqingwana	VWAC	F	41	40-44F	1.24.01	1
736	470	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	1.24.09	1
737	192	192	SIYABONGA	JIKEKA	TEMP	M	45	45-49M	1.24.20	0
738	764	2504	PHAKAMA	MDAKAMELA	TEMP	F	36	35-39F	1.24.28	0
739	312	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.24.37	1
740	372	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.24.39	1

741	687	2687	TASMIN	SCHOULTZ	TEMP	F	34	SF	1.24.42	0
742	771	2734	CLAIRWEN	MEYER	BODYCON	F	47	45-49F	1.24.44	1
743	497	1012	CINDY	VOSLOO	CHARLO	F	43	40-44F	1.24.54	1
744	96	1759	Tasneem	De Maine	GELVAN	F	36	35-39F	1.24.59	1
745	883	828	ADELE	PULLEN	TEMP	F	43	40-44F	1.25.44	0
746	518	2061	JOCELYN	YOUNG	ACH	F	58	55-59F	1.25.49	1
747	756	767	AGNES	KGANYAGO	TEMP	F	35	35-39F	1.25.58	0
748	218	2573	ALGENE	KOEBERG	Bestmed	F	43	40-44F	1.26.02	1
749	493	1653	WENDY	VICTOR	MADIBA	F	43	40-44F	1.26.09	1
750	689	2689	SIMA	SILWANA	TEMP	F	24	SF	1.26.32	0
751	61	1697	CHANTAL	BUCKLEY	MADIBA	F	33	SF	1.26.35	1
752	727	2727	AMANDA	YOUNG	TEMP	F	50	50-54F	1.26.43	0
753	189	2191	RONALD	JANTJIES	TRANSNET	M	54	50-54M	1.27.02	1
754	403	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	1.27.02	1
755	104	2358	ISABEL	DEATS	JBAY	F	64	60-64F	1.27.40	1
756	652	2652	MOKGADI	MOLOISI	TEMP	F	22	SF	1.27.53	0
757	329	2537	Asiphe	Ndoto	Bestmed	F	29	SF	1.28.00	1
758	466	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	1.28.07	1
759	910	1931	NOSIPO	DONDASHE	BLUEBAY	F	53	50-54F	1.28.25	1
760	697	2697	JO-ANNE	STUURMAN	TEMP	F	47	45-49F	1.28.44	0
761	623	2623	DIANE	LIBBRECHT	TEMP	M	57	55-59M	1.28.52	0
762	624	2624	DIANE	LIBBRECHT	TEMP	F	51	50-54F	1.28.53	0
763	629	2629	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.28.57	0
764	704	2704	FRANCOIS	TIMOTHEUS	TEMP	M	48	45-49M	1.28.59	0
765	440	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.29.03	1
766	445	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.29.06	1
767	167	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.29.13	1
768	553	2553	SINETHEMBA	BOYANA	TEMP	F	36	35-39F	1.29.22	0
769	560	2560	MISHKA	BUTTRESS	TEMP	F	30	SF	1.29.23	0
770	778	1471	SHIRLEEN	CLARKE	NEDBANK	F	63	60-64F	1.29.31	1
771	411	1302	PORTIA	LELAKA	VWAC	F	48	45-49F	1.29.31	1
772	513	99	MARIUS	WOLMARANS	INFINITY	M	68	65-69M	1.29.42	1
773	690	2690	KHULILE	SIQITI	TEMP	M	39	35-39M	1.29.55	0
774	691	2691	ZIMKHITHA	SIQITI	TEMP	F	34	SF	1.29.56	0
775	806	807	TANDEKA	YAKOBI	TEMP	F	33	SF	1.29.57	0
776	688	2688	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.30.10	0
777	807	808	YONELA	NDESI	TEMP	F	33	SF	1.30.14	0
778	330	3018	PHILISA	NDZAMELA	VITALITY	F	46	45-49F	1.30.26	1
779	609	2609	NTSIKELELO	JOJWANA	TEMP	M	46	45-49M	1.30.34	0
780	382	682	DIKELEDI	RAMOROKA	ASPEN	F	42	40-44F	1.30.40	1
781	515	2221	TUMEKA	XENTSA	SIBALEKA	F	43	40-44F	1.30.44	1
782	899	2242	LUNGISWA	PUWE	SIBALEKA	F	45	45-49F	1.30.45	1
783	716	2716	DRIES	VERHOEF	TEMP	M	78	70+M	1.30.57	0
784	32	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.31.17	0
785	669	2669	NTOMBIFUTHI	NGCOBO	TEMP	F	24	SF	1.31.23	0
786	412	2861	Phumeza	Sidloyi	CSEP	F	40	40-44F	1.31.46	1
787	920	743	MARY-LOU	EMSLIE	CRUSADE	F	62	60-64F	1.32.03	1
788	251	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.32.27	1
789	665	2665	HOPE	NDALA	TEMP	F	32	SF	1.32.37	0
790	410	1657	SANDRA	SHARE	MADIBA	F	60	60-64F	1.32.56	1
791	389	2707	GUGU	ROJIE	MUIRITE	F	30	SF	1.33.03	1
792	582	2582	SHIREEN	FELIX	TEMP	F	48	45-49F	1.33.08	0
793	715	2715	NADIA	VAN WYK	TEMP	F	49	45-49F	1.33.21	0

794	402	936	MARGOT	SCHNETLER	CHARLO	F	48	45-49F	1.33.54	1
795	67	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.34.01	1
796	202	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.34.42	1
797	223	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	1.34.55	1
798	656	2656	MVUYISI	MPOMPOSHE	TEMP	M	36	35-39M	1.35.05	0
799	224	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.35.31	1
800	658	2658	WABO	MSIZI	TEMP	F	65	65-69F	1.35.43	0
801	607	2607	BABALWA	JIKEKA	TEMP	F	39	35-39F	1.36.06	0
802	408	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.36.37	1
803	639	2639	UNATHI	MANINJWA	TEMP	F	33	SF	1.37.37	0
804	649	2649	SEKELA	MKUMBUZI	TEMP	F	42	40-44F	1.38.03	0
805	216	1650	PIERRE	KNOESEN	MADIBA	M	71	70+M	1.39.52	1
806	925	925	NOMBULELO	MTYUPU	TEMP	F	51	50-54F	1.39.54	0
807	496	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.41.35	1
808	693	2693	ANDISWA	SOFISA	TEMP	F	32	SF	1.49.14	0
809	734	2734	ZANELE	ZONDI	TEMP	F	24	SF	1.52.15	0
HELPERS RUN										
H1	1001	611	JENIEL	ZANA	RUN4C	M	30	SM	0.35.15	5
H2	1002	613	JORDAN	FORTUIN	RUN4C	M	20	SM	0.39.17	3
H3	1003	614	Aphelele	Bam	RUN4C	M	19	SM	0.43.14	2
H4	1004	560	FENANDO	KIEWIETS	RUN4C	M	40	40-44M	0.43.41	2
H5	1005	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	0.44.31	4
H6	1006	546	ANOLD	CHIYAMA	RUN4C	M	40	40-44M	0.44.32	2
H7	1007	545	RUHAN	VAN RENSBURG	RUN4C	M	34	SM	0.45.12	2
H8	1008	481	ETHAN	BRUWER	RUN4C	M	19	SM	0.45.51	2
H9	1009	40008	JUDE	JACOBS	RUN4C	M	14	JM	0.45.53	2
H10	1010	572	GRANT	RUDMAN	RUN4C	M	48	45-49M	0.46.15	2
H11	1011	1114	MILES	HOLLINS	ACH	M	53	50-54M	0.46.37	3
H12	1012	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	0.46.38	2
H13	270	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	0.46.56	2
H14	1014	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	0.47.27	2
H15	1015	40014	JAMIE-LEE	BESTER	RUN4C	F	17	JF	0.48.02	2
H16	1016	532	JUDY	GERBER	RUN4C	F	59	55-59F	0.48.14	5
H17	1017	3307	ANDILE	POSWA	VWAC	M	47	45-49M	0.48.38	2
H18	1018	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	0.49.55	2
H19	1019	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	0.52.09	2
H20	1020	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.52.18	2
H21	1021	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	0.52.22	2
H22	1022	1277	DENVER	ELLIE	VWAC	M	45	45-49M	0.52.31	1
H23	229	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.52.46	2
H24	232	669	TERENCE	LANTZ	ASPEN	M	46	45-49M	0.53.01	1
H25	1025	554	PETRUS	RADEMEYER	RUN4C	M	51	50-54M	0.53.01	1
H26	1026	2989	Asiphesona	Mfukuli	RUN4C	M	26	SM	0.53.42	1
H27	1027	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	0.54.00	2
H28	1028	485	WANDILE	BATAYI	RUN4C	M	30	SM	0.54.52	1
H29	274	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	0.55.17	2
H30	1030	2988	Stephan	Van der Walt	RUN4C	M	57	55-59M	0.55.58	1
H31	1031	474	FERDY	JACOBS	RUN4C	M	52	50-54M	0.56.54	1
H32	1032	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.57.16	1
H33	41	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	0.57.55	1
H34	1034	616	RUAN	LUNDT	RUN4C	M	39	35-39M	0.57.59	1
H35	1035	615	JANDRE	WENTSEL	RUN4C	M	41	40-44M	0.57.59	1
H36	1036	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	0.58.00	1

H37	1037	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	0.58.22	1
H38	230	1615	STEVE	LAMBRECHTS	DESPATCH	M	43	40-44M	0.58.22	1
H39	1039	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	0.58.51	1
H40	1040	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.58.53	1
H41	1041	484	Maryka	Meyer	RUN4C	F	30	SF	0.59.08	1
H42	1043	555	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.59.20	1
H43	1044	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	0.59.44	1
H44	1045	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	0.59.44	1
H45	1046	525	WESSEL	EBERSOHN	RUN4C	M	36	35-39M	0.59.59	1
H46	1047	570	JENNY	AH CHONG	RUN4C	F	58	55-59F	1.00.24	1
H47	134	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	1.00.24	1
H48	1049	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	1.00.30	1
H49	1050	490	MARTIN	CLOETE	RUN4C	M	47	45-49M	1.00.46	1
H50	302	775	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	1.00.47	1
H51	1052	512	ANSIE	BENADE	RUN4C	F	66	65-69F	1.00.53	1
H52	1053	504	JACQUES	LANGLEY	RUN4C	M	37	35-39M	1.01.24	1
H53	360	996	PAULA	PEARCE	CHARLO	F	57	55-59F	1.02.24	1
H54	1055	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	1.02.25	1
H55	1056	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.02.30	1
H56	1057	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	1.02.33	1
H57	1058	511	ELRINDA	WANNENBURG	RUN4C	F	45	45-49F	1.03.20	1
H58	1059	556	ARTHUR	WILLIAMS	RUN4C	M	63	60-64M	1.03.20	1
H59	1060	571	CELESTE	OOSTHUIZEN	RUN4C	F	35	35-39F	1.03.33	1
H60	1061	494	Shaferon	Johannes	RUN4C	F	43	40-44F	1.03.33	1
H61	1062	2987	PIETER	VAN LOGGERENBERG	RUN4C	M	45	45-49M	1.03.54	1
H62	1063	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.04.39	1
H63	1064	473	Michelle	Simon	RUN4C	F	36	35-39F	1.04.40	1
H64	1065	189	OMPHILE	TSOMOKO	SAPPE	M	35	35-39M	1.04.51	1
H65	1066	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.05.02	1
H66	1067	564	GAVIN	SILLS	RUN4C	M	52	50-54M	1.05.03	1
H67	1068	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	1.05.06	1
H68	1069	1109	JENNI	STROBOS	ACH	F	43	40-44F	1.05.17	1
H69	1070	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	1.05.17	1
H70	1071	479	MONIQUE	SENEKAL	RUN4C	F	34	SF	1.06.02	1
H71	1072	547	LEANDRA	VOSLOO	RUN4C	F	39	35-39F	1.06.14	1
H72	1073	498	TAMMY	NEVELING	RUN4C	F	33	SF	1.06.35	1
H73	1074	492	NTOKOZO	NGUBANE	RUN4C	F	31	SF	1.06.36	1
H74	1075	620	Justin	De Beer	RUN4C	M	41	40-44M	1.06.57	1
H75	1076	588	RENIER	LIEBENBERG	RUN4C	M	43	40-44M	1.07.17	1
H76	1077	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.07.37	1
H77	453	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.08.26	1
H78	1079	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	1.09.18	1
H79	1080	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.09.58	1
H80	1081	562	JUDITH	NIENABER	RUN4C	F	66	65-69F	1.09.59	1
H81	1082	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.10.28	1
H82	1083	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.10.29	1
H83	1084	541	ULRICH	NIEUWOUDT	RUN4C	M	30	SM	1.10.31	1
H84	1085	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.10.39	1
H85	1086	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.11.43	1
H86	1087	476	LIANE	PETZER	RUN4C	F	57	55-59F	1.11.48	1
H87	1088	471	SHOWNA	PETZER	RUN4C	F	42	40-44F	1.11.48	1
H88	1089	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	1.11.49	1
H89	1090	75	HESTER	DEKKER	SAPPE	F	54	50-54F	1.11.49	1

H90	1091	40001	ZANTE	DEKKER	SAPPE	F	19	JF	1.11.53	1
H91	71	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.12.51	1
H92	1093	544	JACQUELENE	DU TOIT	RUN4C	F	53	50-54F	1.14.41	1
H93	1094	488	CHERYL	CUPIDO	RUN4C	F	57	55-59F	1.15.09	1
H94	1095	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.15.27	1
H95	1096	478	NOMAZIBUKO	STOUT	RUN4C	F	43	40-44F	1.16.24	1
H96	1097	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.16.25	1
H97	246	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.17.46	1
H98	219	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.17.46	1
H99	1100	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.18.01	1
H100	1101	596	NICOLETTE	POTGIETER	RUN4C	F	51	50-54F	1.19.42	1
H101	1102	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.19.44	1
H102	89	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.20.26	1
H103	1104	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.23.36	1
H104	196	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.24.02	1
H105	38	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.24.02	1
H106	1107	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.24.33	1
H107	1108	568	Dominique	Jackson	RUN4C	M	23	SM	1.24.46	1
H108	1109	597	ALICIA	ELS	RUN4C	F	47	45-49F	1.24.48	1
H109	1110	527	Kamohelo	Mota	RUN4C	F	32	SF	1.26.26	1
H110	1111	580	MARIA	MAHWEHWE	RUN4C	F	52	50-54F	1.27.43	1
H111	1112	486	CHRISTOPHER	MAHWEHWE	RUN4C	M	57	55-59M	1.27.43	1
H112	1113	1113	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	1.28.43	0
H113	1114	441	NOZUKO	YEYE	CHILLIEP	F	54	50-54F	1.28.48	1
H114	1115	586	LISA	BEDFORD	RUN4C	F	51	50-54F	1.29.30	1
H115	1116	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.29.33	1
H116	1117	604	SIMONE	DEYSEL	RUN4C	F	34	SF	1.30.10	1
H117	1118	608	PENNY	OLWAGE	RUN4C	F	52	50-54F	1.30.11	1