

NMB KARIEGA HUMAN RACE 21.1KM INCORPORATING EP CHAMPIONSHIPS - 2023/03/18

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|------|--------|---------------|---------------|----------|-----|-----|--------|---------|-----|------|
| 1 | 430 | 1320 | THABANG | MOSIAKO | NEDBANK | M | 28 | SM | 1.03.36 | 5 | 25 |
| 2 | 352 | 355 | MELIKHAYA | FRANS | IKHAMVA | M | 33 | SM | 1.04.55 | 5 | 24 |
| 3 | 446 | 363 | CWENGA | NOSE | IKHAMVA | M | 22 | SM | 1.06.11 | 5 | 23 |
| 4 | 431 | 1361 | ANDILE | MOTWANA | NEDBANK | M | 26 | SM | 1.06.43 | 5 | 22 |
| 5 | 464 | 357 | SINAWO | POTI | IKHAMVA | M | 21 | SM | 1.08.01 | 5 | 21 |
| 6 | 422 | 2288 | LITHEBE | MENZELELELI | IKHAMVA | M | 23 | SM | 1.08.44 | 5 | 20 |
| 7 | 1296 | 401 | BONGANI | BANDA | CHILLIE | M | 23 | SM | 1.08.53 | 5 | 0 |
| 8 | 497 | 356 | LUYANDA | TSHANGANA | IKHAMVA | M | 39 | 35-39M | 1.09.59 | 5 | 19 |
| 9 | 440 | 1836 | XOLISA | NDLUMBINI | VUKANI | M | 40 | 40-44M | 1.12.30 | 5 | 18 |
| 10 | 1412 | 370 | DESMOND | ZIBI | IKHAMVA | M | 59 | 55-59M | 1.13.07 | 5 | 17 |
| 11 | 369 | 376 | HOPEWELL | JABAVU | IKHAMVA | M | 39 | 35-39M | 1.13.16 | 5 | 16 |
| 12 | 362 | 1825 | KHAYA | GQWETHA | VUKANI | M | 37 | 35-39M | 1.13.29 | 5 | 15 |
| 13 | 1434 | 1319 | MZOLISI | MAKHANDA | NEDBANK | M | 40 | 40-44M | 1.14.17 | 5 | 14 |
| 14 | 375 | 866 | MELIKHAYA | KEPE | NEDBANK | M | 46 | 45-49M | 1.15.19 | 5 | 13 |
| 15 | 1361 | 142 | TANDISILE | XOSHOMBA | ACT AC | M | 27 | SM | 1.15.33 | 5 | 0 |
| 16 | 390 | 1335 | ANELE | MALIZA | NEDBANK | M | 45 | 45-49M | 1.15.53 | 5 | 12 |
| 17 | 1426 | 20193 | SIYABONGA | ROFUZANA | NEDBANK | M | 18 | JM | 1.16.20 | 5 | 11 |
| 18 | 1422 | 1322 | SINETHEMBA | MIRELE | NEDBANK | M | 25 | SM | 1.17.52 | 5 | 10 |
| 19 | 1295 | 20134 | LITHETHA | GCUME | CHILLIE | M | 17 | JM | 1.18.50 | 5 | 0 |
| 20 | 1386 | 1768 | THULANI | MDLALO | TRANSNET | M | 38 | 35-39M | 1.19.30 | 5 | 9 |
| 21 | 1212 | 1212 | BANATRI | SILILI | TEMP | M | 26 | SM | 1.19.58 | 0 | 0 |
| 22 | 342 | 2275 | JEANDRY | DEERLING | IKHAMVA | M | 30 | SM | 1.20.35 | 4 | 8 |
| 23 | 1314 | 20303 | AVELA | QUTU | YOUTH | M | 19 | JM | 1.20.46 | 4 | 7 |
| 24 | 1279 | 1806 | BATHANDWA | MOOI | VUKANI | M | 38 | 35-39M | 1.20.47 | 5 | 6 |
| 25 | 1320 | 20300 | SIBUSISO | COLEPI | MOTHER | M | 18 | JM | 1.21.51 | 4 | 5 |
| 26 | 1364 | 1384 | LESLEY | KOESEBA | NEDBANK | M | 49 | 45-49M | 1.22.29 | 5 | 4 |
| 27 | 1273 | 810 | SANDISO | NGXISHE | NMBAC | M | 52 | 50-54M | 1.22.52 | 5 | 0 |
| 28 | 1405 | 1400 | KELLY | VAN VLIET | NEDBANK | F | 35 | 35-39F | 1.22.57 | 5 | 25 |
| 29 | 149 | 1728 | NOEL | ADAMS | GELVAN | M | 50 | 50-54M | 1.23.39 | 5 | 3 |
| 30 | 130 | 1345 | JEAN-PIERE | ROUX | NEDBANK | M | 35 | 35-39M | 1.24.18 | 4 | 2 |
| 31 | 1192 | 1192 | JEZWIN | KOETAAN | TEMP | M | 21 | SM | 1.24.23 | 0 | 0 |
| 32 | 1308 | 1255 | ERROL | WHITTAL | ELITEAC | M | 47 | 45-49M | 1.24.25 | 5 | 1 |
| 33 | 1375 | 1911 | SIMPIWE | MASELE | SIBALEKA | M | 34 | SM | 1.25.09 | 3 | 0 |
| 34 | 1297 | 426 | ONATHI | STUURMAN | CHILLIE | M | 24 | SM | 1.25.18 | 3 | 0 |
| 35 | 468 | 1398 | MUTEKILE | RASMENI | NEDBANK | M | 58 | 55-59M | 1.25.24 | 5 | 0 |
| 36 | 1328 | 1357 | MALIBONGWE | MBELU | NEDBANK | M | 50 | 50-54M | 1.26.26 | 5 | 0 |
| 37 | 1342 | 565 | SEBASTIAN | KLEU | RUN4C | M | 47 | 45-49M | 1.26.27 | 5 | 0 |
| 38 | 702 | 2194 | STANDIWE | BONGISO | TEMP | M | 21 | SM | 1.27.15 | 0 | 0 |
| 39 | 1383 | 1752 | LWAZI | MDUNYA | TRANSNET | M | 37 | 35-39M | 1.27.20 | 3 | 0 |
| 40 | 1304 | 1216 | WESSEL | WOLMARANS | ELITEAC | M | 45 | 45-49M | 1.27.29 | 5 | 0 |
| 41 | 350 | 999 | GRAHAM | ESHMADE | CHARLO | M | 45 | 45-49M | 1.27.29 | 5 | 0 |
| 42 | 442 | 908 | KAYLA | NELL | CHARLO | F | 28 | SF | 1.28.01 | 5 | 24 |
| 43 | 1365 | 1381 | JOHN | DU PREEZ | NEDBANK | M | 57 | 55-59M | 1.28.44 | 5 | 0 |
| 44 | 1432 | 1353 | MZUKISI | KLAAS | NEDBANK | M | 54 | 50-54M | 1.28.53 | 5 | 0 |
| 45 | 488 | 1406 | REFELOE | SOLOMONS | NEDBANK | F | 41 | 40-44F | 1.29.13 | 5 | 23 |
| 46 | 353 | 157 | STANTON | FREEMAN | ACT AC | M | 45 | 45-49M | 1.29.19 | 4 | 0 |
| 47 | 1321 | 1436 | NTSIKELELO | SEBE | NEDBANK | M | 40 | 40-44M | 1.29.24 | 3 | 0 |
| 48 | 432 | 993 | THEMBEKILE | MSIPA | CHARLO | M | 48 | 45-49M | 1.29.27 | 4 | 0 |
| 49 | 385 | 1340 | WELCOME | LOLIWE | NEDBANK | M | 58 | 55-59M | 1.29.36 | 5 | 0 |
| 50 | 129 | 1465 | HENRY | CRAUSE | NEDBANK | M | 40 | 40-44M | 1.29.54 | 3 | 0 |
| 51 | 363 | 1359 | THEMBINKOSI | HAMBIYANI | NEDBANK | M | 51 | 50-54M | 1.29.57 | 5 | 0 |
| 52 | 434 | 367 | VUSI | MSUTHWANA | IKHAMVA | M | 51 | 50-54M | 1.30.06 | 5 | 0 |
| 53 | 1338 | 217 | SAPHO | NKATA | CSEP | M | 45 | 45-49M | 1.30.50 | 4 | 0 |
| 54 | 1317 | 1925 | SIYANDA | PETER | SIBALEKA | M | 34 | SM | 1.31.26 | 3 | 0 |
| 55 | 1348 | 1046 | JEMAIN | WILSON | XCEL | M | 35 | 35-39M | 1.31.30 | 3 | 0 |
| 56 | 500 | 20550 | RONAN | VAN DER VAART | ACH | M | 17 | JM | 1.31.36 | 3 | 0 |
| 57 | 459 | 1744 | MARIO | PLAATJIES | GELVAN | M | 42 | 40-44M | 1.32.26 | 3 | 0 |
| 58 | 439 | 406 | LONWABO | NDLALENI | CHILLIE | M | 45 | 45-49M | 1.32.37 | 3 | 0 |
| 59 | 386 | 1344 | CHRISTOPHER | MABENGEZA | NEDBANK | M | 56 | 55-59M | 1.33.50 | 5 | 0 |
| 60 | 1257 | 1437 | DARREN | VAN VLIET | NEDBANK | M | 39 | 35-39M | 1.33.51 | 2 | 0 |
| 61 | 389 | 898 | PATRIC | MAKWENKWE | CHARLO | M | 56 | 55-59M | 1.34.08 | 5 | 0 |
| 62 | 1301 | 444 | MELIKHAYA | DYUBELE | BATHURST | M | 43 | 40-44M | 1.34.28 | 3 | 0 |
| 63 | 1481 | 834 | VUYISILE | SIMAYILE | NEDBANK | M | 35 | 35-39M | 1.34.49 | 2 | 0 |
| 64 | 448 | 931 | ANDILE | NYOKA | CHARLO | M | 50 | 50-54M | 1.34.58 | 4 | 0 |
| 65 | 1339 | 1719 | ANDRE | OWNHOUSE | GELVAN | M | 55 | 55-59M | 1.35.16 | 5 | 0 |
| 66 | 1284 | 414 | MNQWENO | TYOKOLO | CHILLIE | M | 40 | 40-44M | 1.35.20 | 3 | 0 |
| 67 | 1343 | 2175 | THOZAMILE | BOKOLO | MADIBAZ | M | 61 | 60-64M | 1.35.21 | 5 | 0 |
| 68 | 294 | 1516 | THERESA | BUCHNER | 32GI | F | 37 | 35-39F | 1.35.26 | 4 | 22 |
| 69 | 1271 | 1859 | KESETSELEMANG | THAGAKANE | HOLLYWOO | M | 39 | 35-39M | 1.35.29 | 2 | 0 |
| 70 | 427 | 366 | LIZO | MOHAPI | IKHAMVA | M | 33 | SM | 1.35.50 | 2 | 0 |
| 71 | 1205 | 441 | MELUMZI | GWATA | BATHURST | M | 41 | 40-44M | 1.35.51 | 2 | 0 |
| 72 | 1351 | 184 | SANELE | SAM | CSEP | M | 30 | SM | 1.35.56 | 2 | 0 |
| 73 | 472 | 731 | GAVIN | ROGERS | CRUSADE | M | 58 | 55-59M | 1.36.00 | 5 | 0 |
| 74 | 1319 | 2292 | ASANDA | ZAMISA | SIBALEKA | F | 39 | 35-39F | 1.36.09 | 3 | 21 |
| 75 | 1299 | 1416 | CHRISTINE | CLAASEN | NEDBANK | F | 58 | 55-59F | 1.36.33 | 5 | 20 |
| 76 | 1373 | 1252 | CHAD | WEWERS | ELITEAC | M | 29 | SM | 1.36.43 | 2 | 0 |
| 77 | 1362 | 640 | SAMKELO | SINYONGO | ASPEN | M | 41 | 40-44M | 1.37.37 | 2 | 0 |
| 78 | 470 | 1526 | CANDICE | RICHARDS | 32GI | F | 30 | SF | 1.37.57 | 3 | 19 |

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|------|--------|------------|--------------------|----------|-----|-----|--------|---------|-----|------|
| 79 | 1355 | 1581 | LILY | JANSE VAN RENSBURG | DESPATCH | F | 47 | 45-49F | 1.38.01 | 5 | 18 |
| 80 | 1378 | 255 | NTSIKELELO | Magawu | TINARHA | M | 48 | 45-49M | 1.38.06 | 3 | 0 |
| 81 | 1270 | 706 | STEPHEN | MCCARTHY | CRUSADE | M | 62 | 60-64M | 1.38.07 | 5 | 0 |
| 82 | 1305 | 558 | JENE | BANFIELD | RUN4C | F | 52 | 50-54F | 1.38.15 | 5 | 17 |
| 83 | 1294 | 20130 | BANELE | MTABA | CHILLIE | M | 16 | JM | 1.38.18 | 2 | 0 |
| 84 | 1293 | 1748 | RICHARD | RAMATSASA | GELVAN | M | 47 | 45-49M | 1.38.58 | 2 | 0 |
| 85 | 1335 | 1943 | LUYANDA | NGESI | BLUEBAY | M | 30 | SM | 1.39.00 | 2 | 0 |
| 86 | 373 | 1052 | ASHWELL | JONAS | ACH | M | 49 | 45-49M | 1.39.05 | 2 | 0 |
| 87 | 372 | 1441 | MARTIN | JANSEN | NEDBANK | M | 54 | 50-54M | 1.39.06 | 3 | 0 |
| 88 | 451 | 1385 | KOOS | OLIVIER | NEDBANK | M | 65 | 65-69M | 1.39.15 | 5 | 0 |
| 89 | 1371 | 1061 | MICHAEL | WALLIS | ACH | M | 44 | 40-44M | 1.39.55 | 2 | 0 |
| 90 | 1358 | 658 | CASSANDRA | MACLACHLAN | ALBANY | F | 28 | SF | 1.40.05 | 2 | 16 |
| 91 | 1379 | 264 | PETER | NTSHIKILA | TINARHA | M | 60 | 60-64M | 1.40.06 | 5 | 0 |
| 92 | 1387 | 1822 | MZWANELE | NQOQO | VUKANI | M | 45 | 45-49M | 1.40.07 | 2 | 0 |
| 93 | 1353 | 1847 | MHLENGI | MAHLABA | HOLLYWOO | M | 31 | SM | 1.40.35 | 2 | 0 |
| 94 | 354 | 1796 | VUTU | FREEMAN | VUKANI | M | 58 | 55-59M | 1.41.01 | 3 | 0 |
| 95 | 1182 | 1182 | BRUCE | LE GRANGE | TEMP | M | 30 | SM | 1.41.08 | 0 | 0 |
| 96 | 1315 | 2264 | BRUCHANE | WILLIAMS | GELVAN | M | 36 | 35-39M | 1.41.10 | 2 | 0 |
| 97 | 392 | 201 | MPUMZI | MAPASA | CSEP | M | 32 | SM | 1.41.25 | 2 | 0 |
| 98 | 381 | 625 | ROBIN | LAKE | ASPEN | M | 33 | SM | 1.41.32 | 2 | 0 |
| 99 | 1369 | 2274 | ABDUL | LILLAH | MALABAR | M | 33 | SM | 1.41.36 | 2 | 0 |
| 100 | 1179 | 1179 | NICHOLAS | KELLY | TEMP | M | 38 | 35-39M | 1.41.53 | 0 | 0 |
| 101 | 289 | 970 | MALCOLM | BLANDY | CHARLO | M | 41 | 40-44M | 1.42.07 | 2 | 0 |
| 102 | 398 | 1457 | RICHARD | MAZUNGULA | NEDBANK | M | 46 | 45-49M | 1.42.22 | 2 | 0 |
| 103 | 1408 | 1334 | SUZETTE | VICTOR | NEDBANK | F | 52 | 50-54F | 1.42.35 | 5 | 15 |
| 104 | 387 | 1010 | JAN | VAN EEDEN | NEDBANK | M | 64 | 60-64M | 1.42.52 | 4 | 0 |
| 105 | 290 | 890 | SIMPHIWE | BLOU | CHARLO | M | 50 | 50-54M | 1.43.12 | 2 | 0 |
| 106 | 1350 | 20033 | INDIPHILE | MKHOSANA | ACT AC | F | 16 | JF | 1.43.22 | 2 | 0 |
| 107 | 1207 | 1207 | LEFU | RAMPINE | TEMP | M | 33 | SM | 1.43.24 | 0 | 0 |
| 108 | 268 | 360 | LUVUYO | BANGAZI | IKHAMVA | M | 46 | 45-49M | 1.43.27 | 2 | 0 |
| 109 | 1253 | 1049 | SHAUN | COETZEE | XCEL | M | 53 | 50-54M | 1.43.47 | 2 | 0 |
| 110 | 1173 | 1173 | MARCELLE | DE LANGE | TEMP | M | 27 | SM | 1.44.08 | 0 | 0 |
| 111 | 1174 | 1174 | LISE | DE VILLIERS | TEMP | F | 24 | SF | 1.44.08 | 0 | 0 |
| 112 | 1336 | 385 | LONWABO | MTSHAKE | SPAREC | M | 52 | 50-54M | 1.44.10 | 2 | 0 |
| 113 | 1334 | 1944 | MUSA | SENTI | BLUEBAY | M | 30 | SM | 1.44.15 | 2 | 0 |
| 114 | 1172 | 1172 | PATRICK | CHIKOTE | TEMP | M | 31 | SM | 1.44.15 | 0 | 0 |
| 115 | 1316 | 20228 | Sivenathi | Sodladla | SIBALEKA | M | 15 | JM | 1.44.39 | 2 | 0 |
| 116 | 1370 | 125 | FUARD | DE JAGER | MALABAR | M | 44 | 40-44M | 1.44.47 | 2 | 0 |
| 117 | 1313 | 591 | MIRACLE | CHAUKE | YOUTH | M | 39 | 35-39M | 1.44.59 | 2 | 0 |
| 118 | 1292 | 1734 | DENVER | PETERSEN | GELVAN | M | 39 | 35-39M | 1.45.16 | 2 | 0 |
| 119 | 467 | 554 | PETRUS | RADEMEYER | RUN4C | M | 48 | 45-49M | 1.45.20 | 2 | 0 |
| 120 | 457 | 1957 | HENRY | PIENAEYR | BLUEBAY | M | 51 | 50-54M | 1.45.27 | 2 | 0 |
| 121 | 1307 | 1256 | JANINE | WHITTAL | ELITEAC | F | 41 | 40-44F | 1.45.38 | 2 | 14 |
| 122 | 1377 | 1926 | GIFT | MBEDZI | SIBALEKA | M | 26 | SM | 1.45.42 | 2 | 0 |
| 123 | 484 | 564 | GAVIN | SILLS | RUN4C | M | 49 | 45-49M | 1.45.51 | 2 | 0 |
| 124 | 1267 | 52305 | MALWANDE | MAGADLA | SABC | M | 34 | SM | 1.46.00 | 0 | 0 |
| 125 | 469 | 957 | PIERRE | RENSHAW | CHARLO | M | 49 | 45-49M | 1.46.12 | 2 | 0 |
| 126 | 341 | 758 | WERNER | DE LANGE | CRUSADE | M | 35 | 35-39M | 1.46.14 | 2 | 0 |
| 127 | 1347 | 1761 | SLULAMI | JACK | TRANSNET | M | 47 | 45-49M | 1.46.18 | 2 | 0 |
| 128 | 1202 | 1202 | ANTHONY | BUTTON | TEMP | M | 61 | 60-64M | 1.46.39 | 0 | 0 |
| 129 | 1329 | 5937 | MANENTSA | FEZILE | EVANDER | M | 38 | 35-39M | 1.47.07 | 0 | 0 |
| 130 | 1215 | 263 | LINDIKHAYA | NTEYI | TINARHA | M | 43 | 40-44M | 1.47.39 | 2 | 0 |
| 131 | 1176 | 1176 | RAY | GORDON | TEMP | M | 30 | SM | 1.47.47 | 0 | 0 |
| 132 | 1206 | 1206 | SIPHESIHLE | BULOSE | TEMP | M | 34 | SM | 1.48.08 | 0 | 0 |
| 133 | 489 | 555 | BURNITA | STRYDOM | RUN4C | F | 54 | 50-54F | 1.48.25 | 3 | 13 |
| 134 | 1331 | 1440 | DON | CHARLES | NEDBANK | M | 73 | 70+M | 1.48.26 | 5 | 0 |
| 135 | 1217 | 1217 | STEYN | WILLIAMS | TEMP | M | 23 | SM | 1.48.56 | 0 | 0 |
| 136 | 1219 | 740 | TALITHA | SEDDON | CRUSADE | F | 38 | 35-39F | 1.49.09 | 2 | 12 |
| 137 | 455 | 539 | SERGIO | PETERSON | RUN4C | M | 44 | 40-44M | 1.49.12 | 2 | 0 |
| 138 | 1220 | 51840 | SANDISELE | MPAYIPHELI | PUMPKINS | M | 28 | SM | 1.49.13 | 0 | 0 |
| 139 | 1360 | 1809 | SIBONGILE | MGQEBE | VUKANI | F | 36 | 35-39F | 1.49.36 | 2 | 11 |
| 140 | 1390 | 1033 | SALWYN | DENNIS | XCEL | M | 45 | 45-49M | 1.50.03 | 2 | 0 |
| 141 | 428 | 1618 | PATRICK | MONKS | MADIBA | M | 55 | 55-59M | 1.50.28 | 2 | 0 |
| 142 | 1303 | 1621 | CHARL | DE LANGE | MADIBA | M | 38 | 35-39M | 1.50.47 | 1 | 0 |
| 143 | 1354 | 1584 | LINDIE | STANDER | DESPATCH | F | 38 | 35-39F | 1.51.10 | 2 | 10 |
| 144 | 396 | 1035 | JEROME | MAY | XCEL | M | 56 | 55-59M | 1.51.21 | 2 | 0 |
| 145 | 1193 | 1193 | CALEB | DOMINGO | TEMP | M | 15 | JM | 1.52.05 | 0 | 0 |
| 146 | 454 | 1027 | SIYABONGA | PANDLE | XCEL | M | 53 | 50-54M | 1.52.26 | 2 | 0 |
| 147 | 1175 | 1175 | REBECCA | GATANGI | VUKANI | F | 37 | 35-39F | 1.52.37 | 2 | 9 |
| 148 | 357 | 1846 | SIYABONGA | GAZIYA | HOLLYWOO | M | 38 | 35-39M | 1.52.39 | 1 | 0 |
| 149 | 291 | 508 | OLWETHU | BOMVANA | MOTHER | F | 36 | 35-39F | 1.52.51 | 2 | 8 |
| 150 | 336 | 1088 | PERCY | DALTON | ACH | M | 74 | 70+M | 1.52.55 | 3 | 0 |
| 151 | 483 | 1001 | AMANDA | SHAW | BODYCON | F | 58 | 55-59F | 1.52.56 | 3 | 7 |
| 152 | 1213 | 1213 | MANUAL | ALVES | TEMP | M | 62 | 60-64M | 1.52.58 | 0 | 0 |
| 153 | 1401 | 905 | JANET | VAN NIEKERK | CHARLO | F | 46 | 45-49F | 1.52.59 | 2 | 6 |
| 154 | 1382 | 1042 | EUGENE | VAN WYK | XCEL | M | 51 | 50-54M | 1.53.34 | 2 | 0 |
| 155 | 1291 | 1907 | SONWABISO | JIKA-JIKA | SIBALEKA | M | 37 | 35-39M | 1.53.34 | 1 | 0 |
| 156 | 1171 | 1171 | BRENDAN | BOSMAN | TEMP | M | 38 | 35-39M | 1.53.35 | 0 | 0 |
| 157 | 1385 | 1378 | TEMBELANI | MABONGO | NEDBANK | M | 45 | 45-49M | 1.53.42 | 1 | 0 |

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|------|--------|--------------|---------------------|----------|-----|-----|--------|---------|-----|------|
| 158 | 1324 | 5062 | PHATHULUVO | MGULI | CLUBMYK | M | 38 | 35-39M | 1.53.53 | 0 | 0 |
| 159 | 1345 | 1450 | NKHATHALLENG | KHIBA | NEDBANK | F | 41 | 40-44F | 1.53.54 | 2 | 5 |
| 160 | 495 | 1420 | GRAEME | TING CHONG | NEDBANK | M | 54 | 50-54M | 1.54.09 | 2 | 0 |
| 161 | 269 | 893 | HISHAAN | BHANA | CHARLO | M | 26 | SM | 1.54.23 | 1 | 0 |
| 162 | 1410 | 876 | GEORGE | WINSHIP | CHARLO | M | 57 | 55-59M | 1.54.26 | 2 | 0 |
| 163 | 1263 | 771 | SUNE | DIEDERICKS | CRUSADE | F | 52 | 50-54F | 1.54.29 | 2 | 4 |
| 164 | 1402 | 1250 | PETER | VAN RENSBURG | ELITEAC | M | 64 | 60-64M | 1.54.47 | 2 | 0 |
| 165 | 1282 | 2253 | JANICE | ISAACS | 32GI | F | 38 | 35-39F | 1.55.01 | 2 | 3 |
| 166 | 458 | 455 | JODI | PIENAAR | WALMER | M | 29 | SM | 1.55.08 | 1 | 0 |
| 167 | 1337 | 1916 | VUSUMZI | TWANA | SIBALEKA | M | 44 | 40-44M | 1.55.11 | 1 | 0 |
| 168 | 441 | 2126 | LUTHANDO | NDZAMBO | MADIBAZ | M | 39 | 35-39M | 1.55.31 | 1 | 0 |
| 169 | 348 | 1619 | JASON | ENSOR | MADIBA | M | 44 | 40-44M | 1.55.47 | 1 | 0 |
| 170 | 379 | 1023 | ZAKO | KRUGER | BODYCON | M | 37 | 35-39M | 1.55.49 | 1 | 0 |
| 171 | 355 | 899 | KIRSTEN | FULLER | CHARLO | F | 31 | SF | 1.55.55 | 1 | 2 |
| 172 | 1222 | 1236 | STEPHEN | KLUE | ELITEAC | M | 64 | 60-64M | 1.56.30 | 2 | 0 |
| 173 | 1352 | 619 | BRETT | HOLMES | ASPEN | M | 48 | 45-49M | 1.56.38 | 1 | 0 |
| 174 | 1311 | 1693 | GILROY | DOMINGO | GELVAN | M | 50 | 50-54M | 1.57.00 | 1 | 0 |
| 175 | 1283 | 1827 | NDABA | NDZOMBANE | VUKANI | M | 62 | 60-64M | 1.57.16 | 2 | 0 |
| 176 | 299 | 894 | TONY | CLARKE | CHARLO | M | 62 | 60-64M | 1.57.24 | 2 | 0 |
| 177 | 1264 | 634 | JO-ANNE | FORSON | ASPEN | F | 35 | 35-39F | 1.57.27 | 1 | 1 |
| 178 | 303 | 1954 | LEONARD | CONRADIE | BLUEBAY | M | 68 | 65-69M | 1.57.39 | 2 | 0 |
| 179 | 1262 | 1018 | IVO | MEYER | BODYCON | M | 48 | 45-49M | 1.57.43 | 1 | 0 |
| 180 | 1312 | 435 | NKOSINATHI | CLAY | CHILLIE | M | 58 | 55-59M | 1.57.44 | 2 | 0 |
| 181 | 1356 | 1721 | LIZETTE | OLIVER | GELVAN | F | 36 | 35-39F | 1.58.28 | 1 | 0 |
| 182 | 1323 | 1158 | TINA | OLCKERS | JBAY | F | 43 | 40-44F | 1.58.47 | 1 | 0 |
| 183 | 1333 | 52378 | SIYAMBONGA | VUTUAL | MERCEDEZ | M | 32 | SM | 1.58.54 | 0 | 0 |
| 184 | 1428 | 52407 | MSIMELELO | TOM | MERCEDEZ | M | 38 | 35-39M | 1.58.54 | 0 | 0 |
| 185 | 1191 | 1191 | SHELLEY | MAINS SHEARD | TEMP | F | 32 | SF | 1.59.05 | 0 | 0 |
| 186 | 1384 | 119 | THEMALETHU | MANA | VARSITY | M | 47 | 45-49M | 1.59.13 | 1 | 0 |
| 187 | 1210 | 1210 | IVAN | MOSES | TEMP | M | 60 | 60-64M | 1.59.18 | 0 | 0 |
| 188 | 1363 | 551 | RODGER | GYSMAN | RUN4C | M | 49 | 45-49M | 1.59.44 | 1 | 0 |
| 189 | 377 | 1396 | BUYELWA | KOBOKANA | NEDBANK | F | 58 | 55-59F | 2.00.24 | 2 | 0 |
| 190 | 471 | 727 | ANGELA | ROGERS | CRUSADE | F | 53 | 50-54F | 2.00.25 | 2 | 0 |
| 191 | 460 | 922 | Sherwin | Plaatjies | CHARLO | M | 42 | 40-44M | 2.00.27 | 1 | 0 |
| 192 | 1289 | 1435 | THOLAKELE | SITELA | NEDBANK | M | 33 | SM | 2.00.31 | 1 | 0 |
| 193 | 1404 | 926 | TREVOR | VAN RENSBURG | CHARLO | M | 70 | 70+M | 2.00.58 | 2 | 0 |
| 194 | 358 | 1214 | BENITA | GERBER | ELITEAC | F | 58 | 55-59F | 2.01.08 | 2 | 0 |
| 195 | 1349 | 1691 | CRAIG | ADAMS | GELVAN | M | 45 | 45-49M | 2.01.46 | 1 | 0 |
| 196 | 1194 | 1067 | MTHETHELI | MBETHE | ACH | M | 43 | 40-44M | 2.02.01 | 1 | 0 |
| 197 | 1423 | 50129 | SANNAH | MPUKULA | ARCELOR | F | 49 | 45-49F | 2.02.20 | 0 | 0 |
| 198 | 481 | 428 | THABISO | SETHUOA | CHILLIE | M | 33 | SM | 2.02.27 | 1 | 0 |
| 199 | 297 | 32 | LUVUYO | CAMAGU | PEAAC | M | 32 | SM | 2.02.45 | 1 | 0 |
| 200 | 485 | 930 | IMKE | SMIT | CHARLO | F | 34 | SF | 2.03.06 | 1 | 0 |
| 201 | 1372 | 251 | VUYO | GROOTBOOM | TINARHA | M | 45 | 45-49M | 2.03.08 | 1 | 0 |
| 202 | 394 | 928 | ALLISTER | MARRAN | CHARLO | M | 47 | 45-49M | 2.03.11 | 1 | 0 |
| 203 | 1254 | 1777 | JAMAL | ASANI | VUKANI | M | 36 | 35-39M | 2.03.27 | 1 | 0 |
| 204 | 384 | 741 | MARGARET | LLOYD | CRUSADE | F | 59 | 55-59F | 2.03.32 | 2 | 0 |
| 205 | 1286 | 721 | FIONA | FLEUR | CRUSADE | F | 38 | 35-39F | 2.03.49 | 1 | 0 |
| 206 | 397 | 1356 | JEROME | MAY | NEDBANK | M | 56 | 55-59M | 2.03.56 | 1 | 0 |
| 207 | 196 | 1201 | CATHY | ALLERS | ELITEAC | F | 61 | 60-64F | 2.04.05 | 2 | 0 |
| 208 | 1424 | 6576 | PHUNYEZWA | NDEVU | SABC | F | 56 | 55-59F | 2.04.26 | 0 | 0 |
| 209 | 1280 | 700 | LEKELA | NKONKI | VITALITY | M | 51 | 50-54M | 2.04.50 | 1 | 0 |
| 210 | 1388 | 412 | NOSITO | NQWATA | CHILLIE | F | 40 | 40-44F | 2.04.53 | 1 | 0 |
| 211 | 1277 | 50165 | NOMLA-AS | NGWENZE | CHEETAH | F | 40 | 40-44F | 2.05.00 | 0 | 0 |
| 212 | 425 | 170 | THANDEKA | MHLANGA | ACT AC | F | 32 | SF | 2.05.01 | 1 | 0 |
| 213 | 1330 | 1330 | MARIUS | VANDER | GREENM | M | 61 | 60-64M | 2.05.02 | 0 | 0 |
| 214 | 499 | 284 | ESTELLE | VAN DER MERWE | MUIRITE | F | 57 | 55-59F | 2.05.11 | 2 | 0 |
| 215 | 1368 | 765 | LESLIE | FERREIRA | CRUSADE | M | 27 | SM | 2.05.17 | 1 | 0 |
| 216 | 361 | 1775 | BONKE | GOYI | VUKANI | M | 34 | SM | 2.05.26 | 1 | 0 |
| 217 | 382 | 2124 | ELMAR | LANDMAN | 32GI | M | 29 | SM | 2.05.46 | 1 | 0 |
| 218 | 1376 | 127 | AM | ENSAL | MALABAR | M | 47 | 45-49M | 2.05.48 | 1 | 0 |
| 219 | 444 | 205 | ZUKISANI | NJOKWENI | CSEP | M | 33 | SM | 2.05.48 | 1 | 0 |
| 220 | 498 | 1629 | ARINDA | VAN DER LINDE | MADIBA | F | 33 | SF | 2.06.36 | 1 | 0 |
| 221 | 148 | 1700 | ELIZE | ADAMS | GELVAN | F | 48 | 45-49F | 2.08.09 | 1 | 0 |
| 222 | 424 | 1527 | WILMA | MEYER | 32GI | F | 45 | 45-49F | 2.09.17 | 1 | 0 |
| 223 | 359 | 1512 | CHARL | GERBER | 32GI | M | 46 | 45-49M | 2.09.35 | 1 | 0 |
| 224 | 1265 | 633 | DAVID | NEL | ASPEN | M | 35 | 35-39M | 2.10.15 | 1 | 0 |
| 225 | 340 | 1503 | TENIELLE | DE ANDRADE | 32GI | F | 37 | 35-39F | 2.10.20 | 1 | 0 |
| 226 | 421 | 781 | YENZILE | MDODANA | NMBAC | F | 31 | SF | 2.10.27 | 1 | 0 |
| 227 | 295 | 967 | MIKE | BURGER | CHARLO | M | 63 | 60-64M | 2.10.32 | 1 | 0 |
| 228 | 1275 | 1826 | AKHONA | NTANJANA | VUKANI | F | 35 | 35-39F | 2.10.34 | 1 | 0 |
| 229 | 1252 | 1532 | BRIDGET | JANSEN VAN RENSBURG | 32GI | F | 37 | 35-39F | 2.10.48 | 1 | 0 |
| 230 | 429 | 1531 | AURETTE | MOODALEY | 32GI | F | 49 | 45-49F | 2.11.17 | 1 | 0 |
| 231 | 1216 | 1216 | JOHANN | VAN DER MERWE | TEMP | M | 59 | 55-59M | 2.11.18 | 0 | 0 |
| 232 | 391 | 783 | THEMBELA | MANYA | NMBAC | F | 39 | 35-39F | 2.11.24 | 1 | 0 |
| 233 | 344 | 1795 | SIPHESIHLE | DLWATI | VUKANI | M | 32 | SM | 2.12.39 | 1 | 0 |
| 234 | 1325 | 1673 | COLIN | INGRAM | MADIBA | M | 63 | 60-64M | 2.12.50 | 1 | 0 |
| 235 | 1272 | 1818 | ANDILE | BOVUNGANA | VUKANI | M | 56 | 55-59M | 2.12.57 | 1 | 0 |
| 236 | 1357 | 419 | AMANDA | NOHAJI | CHILLIE | F | 34 | SF | 2.13.03 | 1 | 0 |

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|------|--------|----------------|--------------|----------|-----|-----|--------|---------|-----|------|
| 237 | 1374 | 1790 | SIDWELL | MATINYANE | VUKANI | M | 57 | 55-59M | 2.13.08 | 1 | 0 |
| 238 | 494 | 1429 | RIKA | TERBLANCHE | NEDBANK | F | 45 | 45-49F | 2.13.09 | 1 | 0 |
| 239 | 1430 | 1447 | NELSON | MGUBASI | NEDBANK | M | 65 | 65-69M | 2.13.22 | 1 | 0 |
| 240 | 231 | 975 | ROBERTO | ARDUINI | CHARLO | M | 37 | 35-39M | 2.13.41 | 1 | 0 |
| 241 | 1201 | 1201 | NATHI | DWAYI | TEMP | M | 30 | SM | 2.13.45 | 0 | 0 |
| 242 | 1310 | 213 | SHARON | SMUTS | CSEP | F | 56 | 55-59F | 2.13.59 | 1 | 0 |
| 243 | 1367 | 389 | WALTER | ZIMBEVA | SPAREC | M | 43 | 40-44M | 2.14.18 | 1 | 0 |
| 244 | 1178 | 1178 | BRENNAN | HONSBEIN | TEMP | M | 35 | 35-39M | 2.14.25 | 0 | 0 |
| 245 | 493 | 2263 | LIONEL | TERBLANCHE | GELVAN | M | 46 | 45-49M | 2.14.40 | 1 | 0 |
| 246 | 370 | 1924 | XOLELANI | JAM-JAM | SIBALEKA | M | 34 | SM | 2.15.06 | 1 | 0 |
| 247 | 1266 | 2130 | JOHAN | WESTRAADT | MADIBAZ | M | 41 | 40-44M | 2.16.00 | 1 | 0 |
| 248 | 487 | 1008 | VERONICA | SMITH | BODYCON | F | 56 | 55-59F | 2.16.11 | 1 | 0 |
| 249 | 1268 | 1687 | NORMAN | SILKE | MADIBA | M | 44 | 40-44M | 2.16.19 | 1 | 0 |
| 250 | 1223 | 1223 | PAKISO | MOEKETSI | TEMP | M | 42 | 40-44M | 2.16.38 | 0 | 0 |
| 251 | 345 | 82 | LETA | DOS SANTOS | INFINITY | F | 58 | 55-59F | 2.17.07 | 1 | 0 |
| 252 | 1302 | 1059 | SIZINZO | KAMA | ACH | M | 71 | 70+M | 2.17.42 | 1 | 0 |
| 253 | 426 | 403 | XOLISA | MHULUHULU | CHILLIE | M | 44 | 40-44M | 2.17.43 | 1 | 0 |
| 254 | 1340 | 361 | JULIUS | SHOGOLE | IKHAMVA | M | 70 | 70+M | 2.17.47 | 1 | 0 |
| 255 | 292 | 1689 | SILKE | BOTHA | MADIBA | F | 26 | SF | 2.17.56 | 1 | 0 |
| 256 | 1427 | 50520 | RUA | SHELDON | WORC | M | 51 | 50-54M | 2.18.00 | 0 | 0 |
| 257 | 1306 | 2106 | NATALIE | MELS | BODYCON | F | 28 | SF | 2.18.03 | 1 | 0 |
| 258 | 1332 | 1680 | JANI | DEYZEL | MADIBA | F | 29 | SF | 2.18.14 | 1 | 0 |
| 259 | 1380 | 1648 | KEITH | VALENTINE | MADIBA | M | 32 | SM | 2.18.33 | 1 | 0 |
| 260 | 1344 | 1285 | EUGENE | MAC GEAR | VWAC | M | 54 | 50-54M | 2.18.34 | 1 | 0 |
| 261 | 351 | 1935 | XENOPHON | FERREIRA | BLUEBAY | M | 61 | 60-64M | 2.18.42 | 1 | 0 |
| 262 | 1381 | 1712 | BRAMWELL | FLEURS | GELVAN | M | 44 | 40-44M | 2.18.50 | 1 | 0 |
| 263 | 1287 | 1717 | ANTOINETTE | HUMAN | GELVAN | F | 54 | 50-54F | 2.19.06 | 1 | 0 |
| 264 | 399 | 796 | XOLA | MBATSHA | NMBAC | M | 42 | 40-44M | 2.19.17 | 1 | 0 |
| 265 | 465 | 997 | NOLUVUYOLWETHU | QOKWENI | CHARLO | F | 41 | 40-44F | 2.19.49 | 1 | 0 |
| 266 | 1269 | 2093 | GEROME | MINTOOR | ATLANTIC | M | 55 | 55-59M | 2.20.22 | 1 | 0 |
| 267 | 293 | 924 | GRAHAM | BROOM | CHARLO | M | 52 | 50-54M | 2.20.42 | 1 | 0 |
| 268 | 476 | 1045 | YUSUF | SAMUELS | XCEL | M | 63 | 60-64M | 2.21.15 | 1 | 0 |
| 269 | 449 | 1248 | EULIDA | OEOFSE | ELITEAC | F | 49 | 45-49F | 2.21.30 | 1 | 0 |
| 270 | 1288 | 50156 | SITATU | NYIKANA | CHILLIEB | M | 48 | 45-49M | 2.21.35 | 0 | 0 |
| 271 | 1278 | 51813 | LUBABALO | ZWELIBANZI | KOMANI | M | 40 | 40-44M | 2.21.39 | 0 | 0 |
| 272 | 271 | 956 | NEELES | BHANA | CHARLO | M | 51 | 50-54M | 2.21.40 | 1 | 0 |
| 273 | 1189 | 1189 | CLAUDEAN | VAN GREUNEN | TEMP | F | 41 | 40-44F | 2.21.42 | 0 | 0 |
| 274 | 383 | 1331 | JAN | LE ROUX | NEDBANK | M | 63 | 60-64M | 2.21.50 | 1 | 0 |
| 275 | 311 | 100 | LYNETTE | CRAUSE | INFINITY | F | 63 | 60-64F | 2.22.22 | 1 | 0 |
| 276 | 1255 | 296 | LIZ | JENKERSON | MUIRITE | F | 76 | 70+F | 2.22.26 | 1 | 0 |
| 277 | 423 | 1352 | VOLENTI | MEYER | NEDBANK | F | 45 | 45-49F | 2.22.37 | 1 | 0 |
| 278 | 1406 | 990 | KIM | VENTER | CHARLO | F | 38 | 35-39F | 2.23.06 | 1 | 0 |
| 279 | 1407 | 992 | PETER | VENTER | CHARLO | M | 42 | 40-44M | 2.23.07 | 1 | 0 |
| 280 | 437 | 1737 | LYNDLE | NAIDOO | GELVAN | F | 31 | SF | 2.23.09 | 1 | 0 |
| 281 | 435 | 410 | JANUARY | MTSHWENI | CHILLIE | M | 40 | 40-44M | 2.23.36 | 1 | 0 |
| 282 | 1196 | 1196 | ANDISWA | CINGO | TEMP | F | 37 | 35-39F | 2.23.38 | 0 | 0 |
| 283 | 368 | 528 | JOEL | HUMAN | RUN4C | M | 50 | 50-54M | 2.24.11 | 1 | 0 |
| 284 | 349 | 1424 | SAM | ERASMUS | NEDBANK | M | 65 | 65-69M | 2.24.12 | 1 | 0 |
| 285 | 1290 | 509 | XHANDI | MANTSHIYO | MOTHER | M | 55 | 55-59M | 2.24.22 | 1 | 0 |
| 286 | 1260 | 1624 | ESTELLE | DE KLERK | MADIBA | F | 56 | 55-59F | 2.24.23 | 1 | 0 |
| 287 | 1261 | 1631 | AMANDA | BLIGNAULT | MADIBA | F | 63 | 60-64F | 2.24.24 | 1 | 0 |
| 288 | 443 | 2226 | KHULISO | NEPHALAMA | ASPEN | M | 32 | SM | 2.25.18 | 1 | 0 |
| 289 | 1259 | 1466 | AT | SCHOEMAN | NEDBANK | M | 66 | 65-69M | 2.26.15 | 1 | 0 |
| 290 | 478 | 935 | BRENTON | SCHNETLER | CHARLO | M | 48 | 45-49M | 2.26.46 | 1 | 0 |
| 291 | 343 | 72 | HERMAN | DEKKER | SAPPE | M | 78 | 70+M | 2.27.09 | 1 | 0 |
| 292 | 1403 | 1638 | SHELLEY ANNE | VAN RENSBURG | MADIBA | F | 53 | 50-54F | 2.27.16 | 1 | 0 |
| 293 | 298 | 903 | KESVAL | CHETTY | CHARLO | M | 58 | 55-59M | 2.28.34 | 1 | 0 |
| 294 | 1274 | 1348 | XOLILE | GOMOMO | NEDBANK | M | 70 | 70+M | 2.29.23 | 1 | 0 |
| 295 | 380 | 1936 | MARKUS | KUNNEKE | BLUEBAY | M | 53 | 50-54M | 2.30.16 | 1 | 0 |
| 296 | 334 | 1380 | BANDILE | CUNTU | NEDBANK | M | 58 | 55-59M | 2.30.40 | 1 | 0 |
| 297 | 1285 | 1387 | ALTA-MARI | GREBE | NEDBANK | F | 41 | 40-44F | 2.30.41 | 1 | 0 |
| 298 | 1251 | 838 | BABALO | MAKALIMA | NEDBANK | M | 39 | 35-39M | 2.30.42 | 1 | 0 |
| 299 | 1389 | 1805 | LUVUYO | QANDANA | VUKANI | M | 39 | 35-39M | 2.30.49 | 1 | 0 |
| 300 | 452 | 1956 | SONJA | OLIVIER | BLUEBAY | F | 55 | 55-59F | 2.30.55 | 1 | 0 |
| 301 | 420 | 1670 | HELEN | MCLEAN | MADIBA | F | 62 | 60-64F | 2.33.03 | 1 | 0 |
| 302 | 400 | 1669 | BASIL | MCLEAN | MADIBA | M | 63 | 60-64M | 2.33.03 | 1 | 0 |
| 303 | 1180 | 1180 | ALEX | KHUZWAYO | SAPPE | M | 60 | 60-64M | 2.33.48 | 1 | 0 |
| 304 | 285 | 1140 | HANNES | BISSCHOFF | JBAY | M | 78 | 70+M | 2.34.25 | 1 | 0 |
| 305 | 1327 | 1349 | CAROLINE | ZINTO | NEDBANK | F | 42 | 40-44F | 2.34.29 | 1 | 0 |
| 306 | 395 | 1789 | BULELWA | MASOKA | VUKANI | F | 42 | 40-44F | 2.34.52 | 1 | 0 |
| 307 | 1326 | 1333 | MBULELO | SOBIKWA | NEDBANK | M | 68 | 65-69M | 2.34.53 | 1 | 0 |
| 308 | 701 | 2193 | TEMBISA | BANGISO | TEMP | F | 50 | 50-54F | 2.34.54 | 0 | 0 |
| 309 | 339 | 799 | GANIEF | DAVIDS | NMBAC | M | 56 | 55-59M | 2.35.42 | 1 | 0 |
| 310 | 1181 | 1181 | NADIA | KRIEL | TEMP | F | 25 | SF | 2.35.52 | 0 | 0 |
| 311 | 475 | 620 | MARK | ROSS | ASPEN | M | 57 | 55-59M | 2.36.26 | 1 | 0 |
| 312 | 1300 | 397 | THANDO | FRANS | SPAREC | M | 45 | 45-49M | 2.36.27 | 1 | 0 |
| 313 | 473 | 748 | MELINDA | ROIG-VARELA | CRUSADE | F | 53 | 50-54F | 2.36.39 | 1 | 0 |
| 314 | 1211 | 1184 | DOROTHY | MALULEKA | TEMP | F | 45 | 45-49F | 2.37.22 | 0 | 0 |
| 315 | 1281 | 35 | JEANETTE | PIENAAR | PEAAC | F | 74 | 70+F | 2.37.25 | 1 | 0 |

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|--------------------|------|--------|-------------|--------------------|----------|-----|-----|--------|---------|-----|------|
| 316 | 371 | 1028 | FRANSI | JANSE VAN RENSBURG | XCEL | F | 51 | 50-54F | 2.37.57 | 1 | 0 |
| 317 | 1346 | 98 | AMANDA | WOLMARANS | INFINITY | F | 64 | 60-64F | 2.38.02 | 1 | 0 |
| 318 | 1190 | 1190 | ADEL | VAN RENSBURG | TEMP | F | 44 | 40-44F | 2.38.41 | 0 | 0 |
| 319 | 378 | 1739 | XABISO | KROQWANA | GELVAN | M | 33 | SM | 2.38.46 | 1 | 0 |
| 320 | 450 | 1713 | LYDIA | OLIVER | GELVAN | F | 54 | 50-54F | 2.39.05 | 1 | 0 |
| 321 | 1298 | 387 | NANDIPA | MYELEYELE | SPAREC | F | 35 | 35-39F | 2.39.29 | 1 | 0 |
| 322 | 1318 | 20226 | KHUSELWA | MJONGILE | SIBALEKA | F | 18 | JF | 2.39.31 | 1 | 0 |
| 323 | 338 | 968 | DENISE | DARLOW | CHARLO | F | 54 | 50-54F | 2.39.37 | 1 | 0 |
| 324 | 374 | 969 | GARY | KELLEHER | CHARLO | M | 65 | 65-69M | 2.39.38 | 1 | 0 |
| 325 | 1208 | 1208 | SITEMBILE | GOQWANA | TEMP | M | 38 | 35-39M | 2.39.52 | 0 | 0 |
| 326 | 1209 | 1209 | JOHN | RAMABOEA | TEMP | M | 40 | 40-44M | 2.39.52 | 0 | 0 |
| 327 | 456 | 530 | ANDRE | PIENAAR | RUN4C | M | 60 | 60-64M | 2.40.20 | 1 | 0 |
| 328 | 346 | 572 | SHANTE | DU PLESSIS | RUN4C | F | 30 | SF | 2.40.49 | 1 | 0 |
| 329 | 1203 | 1203 | FLOYD | MKONTWANA | TEMP | M | 43 | 40-44M | 2.41.21 | 0 | 0 |
| 330 | 1218 | 1218 | KWANELE | LUDZIYA | TEMP | M | 36 | 35-39M | 2.41.44 | 0 | 0 |
| 331 | 477 | 578 | TANIA | SCHNEIDER | RUN4C | F | 62 | 60-64F | 2.41.57 | 1 | 0 |
| 332 | 463 | 906 | LUZAAN | POTGIETER | CHARLO | F | 26 | SF | 2.42.21 | 1 | 0 |
| 333 | 195 | 947 | MEGAN | ALBERTS | CHARLO | F | 26 | SF | 2.42.22 | 1 | 0 |
| 334 | 433 | 368 | NWABISA | MSUTHWANA | IKHAMVA | F | 42 | 40-44F | 2.42.31 | 1 | 0 |
| 335 | 1221 | 1221 | NOMTHA | HADI | TEMP | F | 38 | 35-39F | 2.42.55 | 0 | 0 |
| 336 | 1341 | 50745 | HUBERT | NTEYI | CELTIC | M | 68 | 65-69M | 2.42.55 | 0 | 0 |
| 337 | 1183 | 1183 | RENIER | LIEBENBERG | TEMP | M | 40 | 40-44M | 2.42.56 | 0 | 0 |
| 338 | 438 | 753 | PLACXEDES | NDHLOVU | CRUSADE | F | 48 | 45-49F | 2.46.43 | 1 | 0 |
| 339 | 486 | 1343 | BERENICE | SMITH | NEDBANK | F | 58 | 55-59F | 2.47.13 | 1 | 0 |
| 340 | 461 | 1743 | THOMAS | PLAATJIES | GELVAN | M | 46 | 45-49M | 2.47.46 | 1 | 0 |
| 341 | 296 | 624 | BANDLAKAZI | CABA | ASPEN | F | 35 | 35-39F | 2.49.12 | 1 | 0 |
| 342 | 453 | 543 | NIEKIE | OOSTHUIZEN | RUN4C | F | 52 | 50-54F | 2.54.22 | 1 | 0 |
| 343 | 360 | 570 | PIETER | GERBER | RUN4C | M | 64 | 60-64M | 2.54.22 | 1 | 0 |
| 344 | 466 | 557 | CHARLENE | RADEMEYER | RUN4C | F | 41 | 40-44F | 2.54.30 | 1 | 0 |
| 345 | 491 | 94 | DENISE | TERBLANCHE | INFINITY | F | 75 | 70+F | 2.55.13 | 1 | 0 |
| 346 | 1204 | 1204 | KHOLISWA | MKONTWANA | TEMP | F | 43 | 40-44F | 2.55.22 | 0 | 0 |
| 347 | 496 | 1773 | EYETHU | TISO | VUKANI | F | 30 | SF | 2.57.40 | 1 | 0 |
| 348 | 364 | 1434 | DIANNE | HARTZENBERG | NEDBANK | F | 64 | 60-64F | 2.58.45 | 1 | 0 |
| 349 | 1198 | 1198 | THOMAS | MATTHEWS | TEMP | M | 58 | 55-59M | 2.59.34 | 0 | 0 |
| 350 | 1195 | 1195 | ERICA | ERASMUS | TEMP | F | 53 | 50-54F | 2.59.39 | 0 | 0 |
| 351 | 1197 | 1197 | LINDA | MATTHEWS | TEMP | F | 59 | 55-59F | 3.00.33 | 0 | 0 |
| 352 | 1366 | 1740 | JANICE | JONES | GELVAN | F | 47 | 45-49F | 3.01.33 | 1 | 0 |
| 353 | 1200 | 1200 | DOLLY | NDUDE | TEMP | F | 50 | 50-54F | 3.02.20 | 0 | 0 |
| 354 | 388 | 1794 | NOMLINDO | MAKUBALO | VUKANI | F | 48 | 45-49F | 3.04.07 | 1 | 0 |
| 355 | 1199 | 2376 | HANSON | SINGAPHI | ACH | M | 45 | 45-49M | 3.04.09 | 1 | 0 |
| 356 | 365 | 93 | STEPHANIE | HAY | INFINITY | F | 67 | 65-69F | 3.04.47 | 1 | 0 |
| 357 | 367 | 1686 | ROUXLE | HORN | MADIBA | F | 29 | SF | 3.04.50 | 1 | 0 |
| 358 | 1276 | 1276 | MZI | NGWENZE | CHEETAH | M | 45 | 45-49M | 3.05.27 | 0 | 0 |
| 359 | 474 | 617 | CHANTEL | ROSS | ASPEN | F | 46 | 45-49F | 3.06.07 | 1 | 0 |
| 360 | 1359 | 1914 | SICELO | THABETHE | SIBALEKA | M | 49 | 45-49M | 3.07.05 | 1 | 0 |
| 361 | 1214 | 1214 | YOLANDE | DE VOS | TEMP | F | 48 | 45-49F | 3.08.25 | 0 | 0 |
| 362 | 482 | 1657 | SANDRA | SHARE | MADIBA | F | 57 | 55-59F | 3.08.33 | 1 | 0 |
| 363 | 1429 | 51301 | MBALI | ZUMA | DEPTRA | F | 40 | 40-44F | 3.08.38 | 0 | 0 |
| 364 | 1186 | 1186 | YOLISWA | MATWA | TEMP | F | 40 | 40-44F | 3.09.34 | 0 | 0 |
| 365 | 1185 | 1185 | LIRIKEN | MATTHEWS | TEMP | F | 28 | SF | 3.12.48 | 0 | 0 |
| 366 | 436 | 797 | SEIPATE | MZANANDA | NMBAC | F | 43 | 40-44F | 3.15.35 | 1 | 0 |
| 367 | 1409 | 1616 | JACQUI | WIGHTMAN | MADIBA | F | 49 | 45-49F | 3.18.59 | 1 | 0 |
| HELPERS RUN | | | | | | | | | | | |
| H1 | 2243 | 2243 | THOBELA | NTAMO | DESPATCH | M | 37 | 35-39M | 1.39.12 | 2 | 0 |
| H2 | 1569 | 1569 | NEEVRA | BELLINGAN | DESPATCH | F | 36 | 35-39F | 1.41.47 | 3 | 0 |
| H3 | 1482 | 482 | MAKHI | MONDILE | ADVEN | M | 51 | 50-54M | 1.43.00 | 2 | 0 |
| H4 | 1490 | 490 | MELUSI | SIBANDA | ADVEN | M | 42 | 40-44M | 1.43.52 | 2 | 0 |
| H5 | 317 | 317 | JEAN-PIERRE | VAN DER MERWE | MUIRITE | M | 25 | SM | 1.47.25 | 2 | 0 |
| H6 | 1032 | 1032 | CHRISTIAN | DU PREEZ | XCEL | M | 53 | 50-54M | 1.47.40 | 2 | 0 |
| H7 | 2263 | 1263 | KAHN | LANGFORD | VWAC | M | 44 | 40-44M | 1.48.00 | 2 | 0 |
| H8 | 1566 | 1566 | RUAN | WELGEMOED | DESPATCH | M | 28 | SM | 1.50.50 | 1 | 0 |
| H9 | 1496 | 496 | VUYO | PHEKANA | ADVEN | M | 41 | 40-44M | 1.52.00 | 1 | 0 |
| H10 | 2287 | 2287 | CECIL | MAHALUBA | ADVEN | M | 51 | 50-54M | 1.52.00 | 2 | 0 |
| H11 | 2283 | 1283 | URAN | LE ROUX | VWAC | M | 56 | 55-59M | 1.54.46 | 2 | 0 |
| H12 | 1592 | 1592 | BENNIE | THYSSE | DESPATCH | M | 65 | 65-69M | 1.55.50 | 2 | 0 |
| H13 | 50 | 50 | MICHAEL | DEKKER | SAPPE | M | 50 | 50-54M | 1.56.56 | 1 | 0 |
| H14 | 319 | 319 | KERNEELS | MEINTJIES | MUIRITE | M | 63 | 60-64M | 1.56.56 | 2 | 0 |
| H15 | 2262 | 1262 | SABIR | SALIE | VWAC | M | 35 | 35-39M | 1.59.23 | 1 | 0 |
| H16 | 1597 | 1597 | EDVIN | DONLEY | DESPATCH | M | 45 | 45-49M | 2.00.48 | 1 | 0 |
| H17 | 1608 | 1608 | HERMAN | SCHEEPERS | DESPATCH | M | 47 | 45-49M | 2.01.47 | 1 | 0 |
| H18 | 1575 | 1575 | LESLEY-ANN | BUSH | DESPATCH | F | 50 | 50-54F | 2.01.57 | 2 | 0 |
| H19 | 1614 | 1614 | ISCHKE | LAMBRECHTS | DESPATCH | F | 39 | 35-39F | 2.02.07 | 1 | 0 |
| H20 | 1586 | 1586 | MAUDY | BOTES | DESPATCH | F | 41 | 40-44F | 2.02.31 | 1 | 0 |
| H21 | 1588 | 1588 | JACQUES | BOTHA | DESPATCH | M | 48 | 45-49M | 2.05.28 | 1 | 0 |
| H22 | 1552 | 1552 | THERESA | OOSTHUIZEN | DESPATCH | F | 51 | 50-54F | 2.05.49 | 1 | 0 |
| H23 | 1601 | 1601 | ANIZE | GERBER | DESPATCH | F | 50 | 50-54F | 2.10.36 | 1 | 0 |
| H24 | 284 | 284 | ESTELLE | VAN DER MERWE | MUIRITE | F | 57 | 55-59F | 2.11.00 | 1 | 0 |
| H25 | 281 | 281 | MONIQUE | RICHARDSON | MUIRITE | F | 27 | SF | 2.11.00 | 1 | 0 |
| H26 | 300 | 300 | CAROL | BOOYSEN | MUIRITE | F | 54 | 50-54F | 2.14.19 | 1 | 0 |

| POS | RNO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|------|--------|-----------|--------------------|----------|-----|-----|--------|---------|-----|------|
| H27 | 2264 | 1264 | LAVINIA | PIETERSE | VWAC | F | 48 | 45-49F | 2.14.45 | 1 | 0 |
| H28 | 1585 | 1585 | GEORGE | BOTES | DESPATCH | M | 49 | 45-49M | 2.14.55 | 1 | 0 |
| H29 | 1600 | 1600 | YVETTE | JONKER | DESPATCH | F | 50 | 50-54F | 2.16.10 | 1 | 0 |
| H30 | 1607 | 1607 | ILANA | BOSHOFF | DESPATCH | F | 43 | 40-44F | 2.16.14 | 1 | 0 |
| H31 | 1590 | 1590 | ANNEKE | MOORE | DESPATCH | F | 39 | 35-39F | 2.16.14 | 1 | 0 |
| H32 | 2271 | 1271 | LEZELL | HARRIS | VWAC | F | 49 | 45-49F | 2.16.26 | 1 | 0 |
| H33 | 1555 | 1555 | LYDIA | POTGIETER | DESPATCH | F | 48 | 45-49F | 2.16.41 | 1 | 0 |
| H34 | 1612 | 1612 | ARUSHKE | HAEFELE | DESPATCH | F | 43 | 40-44F | 2.16.41 | 1 | 0 |
| H35 | 1582 | 1582 | MARINET | VAN TONDER | DESPATCH | F | 44 | 40-44F | 2.17.10 | 1 | 0 |
| H36 | 1615 | 1615 | STEPHANUS | LAMBRECHTS | DESPATCH | M | 40 | 40-44M | 2.17.28 | 1 | 0 |
| H37 | 2291 | 1291 | ASHENDA | MAKONIE | VWAC | F | 47 | 45-49F | 2.17.28 | 1 | 0 |
| H38 | 2285 | 285 | VANESSA | COETZEE | MUIRITE | F | 46 | 45-49F | 2.18.15 | 1 | 0 |
| H39 | 2269 | 1269 | SIMON | LELAKA | VWAC | M | 50 | 50-54M | 2.25.57 | 1 | 0 |
| H40 | 2298 | 298 | SANET | BOUCHER | MUIRITE | F | 43 | 40-44F | 2.27.00 | 1 | 0 |
| H41 | 1579 | 1579 | JHANINEN | BOSHOFF | DESPATCH | F | 57 | 55-59F | 2.33.11 | 1 | 0 |
| H42 | 1594 | 1594 | ADELE | JANSE VAN RENSBURG | DESPATCH | F | 52 | 50-54F | 2.33.11 | 1 | 0 |
| H43 | 2299 | 299 | JOHANNES | HERBST | MUIRITE | M | 77 | 70+M | 2.37.00 | 1 | 0 |
| H44 | 324 | 324 | JOHNDAVID | METCALF | MUIRITE | M | 65 | 65-69M | 2.50.49 | 1 | 0 |
| H45 | 3287 | 1287 | BANDILE | GWAMANDA | VWAC | M | 53 | 50-54M | 2.52.25 | 1 | 0 |
| H46 | 331 | 331 | MARGARET | DU TOIT | MUIRITE | F | 61 | 60-64F | 3.04.38 | 1 | 0 |
| H47 | 302 | 302 | HELEN | DEYZEL | MUIRITE | F | 50 | 50-54F | 3.04.38 | 1 | 0 |
| H48 | 286 | 286 | SANET | BLOM | MUIRITE | F | 55 | 55-59F | 3.04.38 | 1 | 0 |