

LAKE FARM 25KM - PORT ELIZABETH - 2024/03/09

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1	355	MELIKHAYA	FRANS League	IKHAMVA	M	34	SM	1.26.55	5
2	2	1320	THABANG	MOSIAKO	NEDBANK	M	29	SM	1.26.55	5
3	10	1879	ROSS	BARNARD	HOLLYWOO	M	33	SM	1.29.34	5
4	3	440	Archie	Zake	CHILLIEP	M	23	SM	1.30.37	5
5	288	1475	LONWABO	MKONZA	NEDBANK	M	38	35-39M	1.35.37	5
6	401	1339	MILA	PASIYA	NEDBANK	M	44	40-44M	1.35.49	5
7	402	425	GODFREY	STUURMAN	CHILLIEP	M	23	SM	1.35.59	4
8	190	950	CHARLES	SEGALO	CHARLO	M	36	35-39M	1.41.06	4
9	231	423	SANDISO	NGXISHE	CHILLIEP	M	53	50-54M	1.42.06	5
10	403	426	ONATHI	STUURMAN	CHILLIEP	M	25	SM	1.44.50	3
11	291	1522	HANNES	PELSER	NEDBANK	M	41	40-44M	1.45.50	3
12	73	1076	DALE	MOULTON	ACH	M	43	40-44M	1.46.01	3
13	293	232	NATHAN	LE ROUX	TEMP	M	26	SM	1.46.09	0
14	170	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	1.47.19	4
15	145	999	GRAHAM	ESHMADE	CHARLO	M	46	45-49M	1.47.21	4
16	160	1127	BRADLEY	MACKENZIE	ACH	M	52	50-54M	1.47.24	5
17	57	5034	LUKE	KIRK	VITALITY	M	29	SM	1.49.23	3
18	171	908	KAYLA	NELL	CHARLO	F	29	SF	1.49.31	4
19	118	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	1.50.06	3
20	175	985	CHRISTOFF	PUREN	CHARLO	M	33	SM	1.50.10	3
21	292	231	MORGAN	CAMPBELL	TEMP	M	32	SM	1.53.13	0
22	195	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	1.53.22	2
23	134	406	LONWABO	NDLALENI	CHILLIEP	M	46	45-49M	1.55.22	3
24	404	2166	GRAHAM	TERBLANCHE	MADIBAZ	M	59	55-59M	1.56.07	4
25	38	156	STANTON	FREEMAN	ACT AC	M	46	45-49M	1.56.14	3
26	214	1770	KAHNGELANI	HALOM	TRANSNET	M	42	40-44M	1.59.44	2
27	276	1052	CHRISTIAN	DU PREEZ	XCEL	M	54	50-54M	2.00.41	3
28	161	898	PATRIC	MAKWENKWE	CHARLO	M	57	55-59M	2.00.44	3
29	224	1425	DARRYL	BAGLEY	NEDBANK	M	48	45-49M	2.00.50	2
30	88	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	2.01.34	2
31	122	5122	GARY	BUBB	TEMP	M	32	SM	2.02.18	0
32	172	1822	MZWANELE	NQOQO	VUKANI	M	46	45-49M	2.02.52	2
33	272	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	2.02.58	2
34	405	249	LYLE	ROCKMAN	TEMP	M	29	SM	2.03.01	0
35	97	731	GAVIN	ROGERS	CRUSADE	M	59	55-59M	2.03.14	3
36	29	1038	PHILLIP	DU PLESSIS	XCEL	M	53	50-54M	2.03.42	2
37	203	2229	LUTHANDO	NDZAMBO	MADIBAZ	M	40	40-44M	2.03.50	2
38	167	938	THOBELO	MFIKILI	CHARLO	M	37	35-39M	2.04.02	2
39	220	5220	ESTEE	COCKROFT	TEMP	F	39	35-39F	2.04.14	0
40	115	1156	GERHARD	VERMAAK	JBAY	M	29	SM	2.04.29	2
41	153	932	DEAN	HOYLE	CHARLO	M	54	50-54M	2.04.30	2
42	406	706	STEPHEN	MCCARTHY	CRUSADE	M	63	60-64M	2.04.31	3
43	156	919	KELVIN	JOOSTE	CHARLO	M	37	35-39M	2.04.34	2
44	141	411	SIYABONGA	ZULU	CHILLIEP	M	42	40-44M	2.04.57	2
45	206	1859	KESETSELEMANG	THAGAKANE	HOLLYWOO	M	40	40-44M	2.05.13	2
46	17	856	THERESA	BUCHNER	32GI	F	38	35-39F	2.06.01	2
47	173	1658	KOOS	OLIVIER	MADIBA	M	66	65-69M	2.06.14	4
48	191	1862	SIMPHIWE	SOCI	HOLLYWOO	M	58	55-59M	2.07.03	3
49	44	1092	EDEN	GRUNDLINGH	ACH	M	34	SM	2.07.11	2
50	407	640	SAMKELO	SINYONGO	ASPEN	M	42	40-44M	2.07.58	2
51	215	5192	JUDE	ROSS	TEMP	M	28	SM	2.08.06	0
52	408	1810	XOLANI	NTEYI	VUKANI	M	45	45-49M	2.08.23	2
53	212	1833	SITHA	SIGENU	VUKANI	F	40	40-44F	2.08.24	2
54	150	551	RODGER	GYSMAN	RUN4C	M	50	50-54M	2.08.36	2
55	78	1639	VANDRE	NEL	MADIBA	M	39	35-39M	2.09.07	2
56	217	1642	NICO	SMITH	MADIBA	M	38	35-39M	2.09.08	2
57	188	1216	WESSEL	WOLMARANS	ELITEAC	M	46	45-49M	2.09.08	2
58	65	648	MVULELI	MAGAWULANA	ASPEN	M	47	45-49M	2.09.21	2
59	205	825	GRANT	HOYLE	32GI	M	50	50-54M	2.09.24	2
60	166	1370	WERNER	MEYER	NEDBANK	M	50	50-54M	2.09.38	2
61	410	380	MBOLEKWA	MAYILA	IKHAMVA	M	44	40-44M	2.10.02	2
62	202	524	FREDERIK	VAN DER WESTHUIZEN	RUN4C	M	30	SM	2.10.03	2
63	290	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	2.10.12	2
64	180	955	SIVUYILE	SCHEEPERS	CHARLO	M	30	SM	2.10.18	2
65	201	534	MIEKE	WESTRAADT	RUN4C	F	28	SF	2.10.29	2
66	182	5182	TEDDY	PRUSENT	TEMP	M	35	35-39M	2.10.33	0
67	116	1618	SUZETTE	VICTOR	MADIBA	F	53	50-54F	2.10.59	3

68	177	957	PIERRE	RENSHAW	CHARLO	M	50	50-54M	2.11.13	2
69	278	1564	LEON	WEITSZ	DESPATCH	M	49	45-49M	2.11.21	2
70	282	890	SIMPHIWE	BLOU League	CHARLO	M	51	50-54M	2.11.27	2
71	49	1489	ANNEMIE	HOLTZHAUZEN	NEDBANK	F	38	35-39F	2.11.33	2
72	35	1633	ENRICO	ELS	MADIBA	M	45	45-49M	2.12.13	2
73	411	1815	GUGU	BUDAZA	VUKANI	M	23	SM	2.12.32	1
74	53	796	REBECCA	JORDAAN	32GI	F	33	SF	2.12.33	2
75	139	970	MALCOLM	BLANDY	CHARLO	M	42	40-44M	2.12.36	2
76	163	952	CINDY	MARAIS	CHARLO	F	46	45-49F	2.12.36	2
77	131	344	ANTON	AUGUST	MUIRITE	M	41	40-44M	2.12.40	2
78	76	5110	HASSAN	NDZAKANA	NEDBOR	M	54	50-54M	2.12.52	0
79	295	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	2.12.56	2
80	413	360	LUVUYO	BANGAZI	TEMP	M	47	45-49M	2.22.58	0
81	414	1067	MICHAEL	WALLIS	ACH	M	45	45-49M	2.23.10	1
82	223	418	LEBOGANG	MAKOLOI	CHILLIEP	M	43	40-44M	2.13.28	2
83	264	435	NKOSINATHI	CLAY	CHILLIEP	M	59	55-59M	2.13.35	2
84	271	1283	URAN	LE ROUX	VWAC	M	57	55-59M	2.13.36	2
85	286	1750	BASIL	STEVENS	GELVAN	M	52	50-54M	2.13.36	2
86	165	879	DAVID	MASTERTON	CHARLO	M	53	50-54M	2.13.39	2
87	119	1369	CHRISTINE	WIENAND	NEDBANK	F	44	40-44F	2.13.50	2
88	7	1142	ADRIAAN	BADENHORST	JBAY	M	53	50-54M	2.13.51	2
89	13	416	OLWETHU	BOMVANA	CHILLIEP	F	37	35-39F	2.14.07	2
90	219	1914	LONWABO	MTSHAKE	SPAREC	M	53	50-54M	2.15.00	2
91	136	978	CHRISTOPHER	AYERST	CHARLO	M	56	55-59M	2.15.06	2
92	50	1422	DEON	HOLTZHAUSEN	NEDBANK	M	38	35-39M	2.15.30	1
93	243	5243	BRUCE	HARBOTTLE	TEMP	M	39	35-39M	2.15.41	0
94	154	983	JOANNE	HOYLE	CHARLO	F	54	50-54F	2.15.43	2
95	127	5127	PHATHULUVO	MGULI	TEMP	M	39	35-39M	2.16.28	0
96	140	944	DISEMBA	BLOU	CHARLO	M	65	65-69M	2.16.30	2
97	196	1811	AYANDA	FAKU	VUKANI	M	37	35-39M	2.16.38	1
98	79	1112	SHANE	NORRIS	ACH	M	50	50-54M	2.16.51	2
99	198	1775	BONKE	GOYI	VUKANI	M	35	35-39M	2.16.59	1
100	265	1745	SHAFIK	RASIEN	GELVAN	M	52	50-54M	2.17.18	2
101	144	1714	ROLAND	DACE	GELVAN	M	69	65-69M	2.17.31	2
102	273	1637	CHARL	MEISTRE	MADIBA	M	39	35-39M	2.17.39	1
103	415	887	LYNNE	NEUBERT	CHARLO	F	51	50-54F	2.18.03	2
104	416	1694	LEONARD	ERASMUS	GELVAN	M	66	65-69M	2.18.06	2
105	417	106	THEMBALETHU	MANA	VARSIY	M	48	45-49M	2.18.09	1
106	138	893	HISHAAN	BHANA	CHARLO	M	27	SM	2.18.10	1
107	109	19228	LUNGA	TUKANI	VITALGN	M	42	40-44M	2.18.12	0
108	240	5240	MARYKE	GEYSER	TEMP	F	25	SF	2.18.15	0
109	98	1643	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	2.18.47	1
110	296	1954	LEONARD	CONRADIE	BLUEBAY	M	69	65-69M	2.18.58	2
111	9	1673	KAREN	BARNARD	MADIBA	F	34	SF	2.18.58	1
112	45	1282	SEBASTIAN	HAARHOFF	VWAC	M	46	45-49M	2.19.10	1
113	47	1467	CLIFFORD	HICKEN	NEDBANK	M	66	65-69M	2.19.12	2
114	90	1553	STEPHEN	PHILLIPSON	DESPATCH	M	60	60-64M	2.19.41	2
115	283	1590	ANNEKE	MOORE	DESPATCH	F	40	40-44F	2.19.44	2
116	213	507	VUSIKAYA	MANCAPA	MOTHER	M	58	55-59M	2.19.58	2
117	48	1666	Julia	Hofart	MADIBA	F	40	40-44F	2.20.20	2
118	71	1496	Robert	Magotsi	NEDBANK	M	53	50-54M	2.20.23	1
119	418	1819	ZOLANI	MQOQI	VUKANI	M	47	45-49M	2.20.54	1
120	419	237	ANDREW	MOLOISANE	TEMP	M	40	40-44M	2.20.58	0
121	94	1131	TINEKE	RADEMEYER	JBAY	F	30	SF	2.21.01	1
122	99	789	KELVIN	SAMUEL	32GI	M	40	40-44M	2.21.29	1
123	420	1721	LIZETTE	OLIVER	GELVAN	F	37	35-39F	2.21.31	1
124	287	1701	VERNON	NEWFELDT	GELVAN	M	57	55-59M	2.21.47	2
125	421	401	SIPHE	MZAYIDUME	CHILLIEP	M	29	SM	2.21.47	1
126	58	57	JASON	KIVEDO	SAPPE	M	38	35-39M	2.22.50	1
127	67	650	TAFADZWA	MARAMBIRE	ASPEN	M	41	40-44M	2.23.03	1
128	422	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	2.23.03	1
129	32	733	ALEX	DU TOIT	CRUSADE	M	59	55-59M	2.23.11	1
130	19	1289	NICK	CHAPMAN	VWAC	M	52	50-54M	2.23.16	1
131	135	177	NICOLA	MONGOMERY	ACT AC	F	37	35-39F	2.23.26	1
132	169	964	JUSTIN	MOGRIDGE	CHARLO	M	35	35-39M	2.23.31	1
133	147	892	GARETH	FLETCHER	CHARLO	M	49	45-49M	2.23.33	1
134	15	1586	MAUDY	BOTES	DESPATCH	F	42	40-44F	2.23.39	1
135	61	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	2.23.39	1
136	36	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	2.23.49	1

137	5	121	YASEEN	ABRAHAMS	MALABAR	M	52	50-54M	2.24.19	1
138	184	905	JANET	VAN NIEKERK	CHARLO	F	47	45-49F	2.24.21	2
139	68	170	THANDEKA	MHLANGA League	ACT AC	F	33	SF	2.24.24	1
140	39	1664	ARNO	GERBER	MADIBA	M	53	50-54M	2.24.29	1
141	70	23526	CHANTELLE	MOLL	MAVERICK	F	24	SF	2.24.36	0
142	84	1481	ROCHENDA	ASHWORTH	NEDBANK	F	27	SF	2.24.45	1
143	242	5242	LUKE	BINNEMAN	TEMP	M	31	SM	2.24.45	0
144	81	8204	MAXWELL	NTABANKULU	CHILLI	M	40	40-44M	2.25.22	0
145	207	1854	NTOMBENTSHA	NAZO	HOLLYWOO	F	40	40-44F	2.25.32	1
146	248	144	AHMAD	KADER	MALABAR	M	35	35-39M	2.25.43	1
147	227	39	NADIA	WESSELS	PEAAC	F	53	50-54F	2.26.32	2
148	435	16783	LINCOLN	MYOLI	SOUTHS	M	48	45-49M	2.27.00	0
149	433	317	JEAN-PIERRE	VAN DER MERWE	MUIRITE	M	26	SM	2.27.25	1
150	179	982	PRISHEN	RYAN	CHARLO	M	33	SM	2.27.31	1
151	269	532	JUDY	GERBER	RUN4C	F	57	55-59F	2.27.51	2
152	128	5128	RODNEY	BUTTERS	TEMP	M	61	60-64M	2.28.13	0
153	432	813	SANDRA	LOCHNER	32GI	F	37	35-39F	2.28.28	1
154	222	1454	WENDY	SORENSEN	NEDBANK	F	49	45-49F	2.28.44	1
155	28	1074	BRENDON	DRYDEN	ACH	M	55	55-59M	2.28.55	1
156	106	812	LEANIE	STRYDOM	32GI	F	37	35-39F	2.29.03	1
157	105	1222	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	2.29.34	2
158	300	1040	NIGEL	DANIELS	XCEL	M	48	45-49M	2.29.49	1
159	437	1042	EUGENE	VAN WYK	XCEL	M	52	50-54M	2.30.04	1
160	83	1552	THERESA	OOSTHUIZEN	DESPATCH	F	52	50-54F	2.30.05	1
161	164	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	2.30.33	1
162	132	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	2.30.27	1
163	62	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	41	40-44M	2.31.28	1
164	142	1588	JACQUES	BOTHA	DESPATCH	M	49	45-49M	2.31.49	1
165	193	1874	MBULELO	TSHIKILA	HOLLYWOO	M	50	50-54M	2.31.49	1
166	277	1565	BONITA	WEITZ	DESPATCH	F	51	50-54F	2.31.55	1
167	31	1609	WILLEMIEN	DU RANDT	DESPATCH	F	49	45-49F	2.32.07	1
168	254	2419	BRENDAN	BOSMAN	MADIBA	M	39	35-39M	2.32.08	1
169	4	561	DARRYL	CALVERT	RUN4C	M	48	45-49M	2.32.12	1
170	51	1261	FRANKLIN	HUMAN	VWAC	M	48	45-49M	2.32.29	1
171	46	1402	RENE	HATTINGH	NEDBANK	F	46	45-49F	2.32.31	1
172	238	528	ANELISA	MAGAMA	TEMP	F	37	35-39F	2.32.33	0
173	12	1439	MARISSA	BLACK	NEDBANK	F	45	45-49F	2.32.38	1
174	257	2313	ZANDILE	SIYATA	VITALITY	F	45	45-49F	2.32.39	1
175	294	1702	LEONARD	GROVES	GELVAN	M	60	60-64M	2.33.08	1
176	143	894	TONY	CLARKE	CHARLO	M	63	60-64M	2.33.16	1
177	40	1635	DORIS	GERBER	MADIBA	F	53	50-54F	2.33.20	1
178	149	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	2.33.55	1
179	155	915	JOEL	HUMAN	CHARLO	M	51	50-54M	2.34.03	1
180	274	52	DARIUS	SWIEGELAAR	SAPPE	M	28	SM	2.34.17	1
181	43	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	2.34.21	1
182	234	1356	JEROME	MAY	NEDBANK	M	57	55-59M	2.34.23	1
183	210	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	2.34.32	1
184	237	632	SELLO	MANGANYI	ASPEN	M	41	40-44M	2.34.38	1
185	137	1043	DAVID	BAINS	XCEL	M	57	55-59M	2.35.32	1
186	75	1220	KELLY	NAIDOO	ELITEAC	F	42	40-44F	2.35.45	1
187	200	800	JONATHAN	MANDELL	32GI	M	59	55-59M	2.35.47	1
188	440	130	IGHSAAN	ISAACS	MALABAR	M	58	55-59M	2.36.05	1
189	113	1150	TANYA	VAN DER WESTHUIZEN	JBAY	F	40	40-44F	2.36.14	1
190	120	5120	ANDREW	TALJAARD	TEMP	M	47	45-49M	2.36.17	0
191	37	1598	LERENZO	FRANCIS	DESPATCH	M	37	35-39M	2.36.41	1
192	246	66	ANITA	VISAGIE	SAPPE	F	45	45-49F	2.37.16	1
193	192	5192	SITHEMBISO	SOYAYA	TEMP	M	42	40-44M	2.37.19	0
194	174	922	Sherwin	Plaatjies	CHARLO	M	43	40-44M	2.37.22	1
195	438	1925	WALTER	ZIMBEVA	SPAREC	M	43	40-44M	2.37.50	1
196	112	284	ESTELLE	VAN DER MERWE	MUIRITE	F	58	55-59F	2.37.56	1
197	187	556	ARTHUR	WILLIAMS	RUN4C	M	61	60-64M	2.38.01	1
198	18	555	MELANIE	BUITENDAGH	RUN4C	F	41	40-44F	2.38.05	1
199	95	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	2.38.06	1
200	299	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	2.38.25	1
201	85	1165	Petrus	Peacock	JBAY	M	53	50-54M	2.38.26	1
202	431	1271	LEZELL	HARRIS	VWAC	F	50	50-54F	2.38.54	1
203	54	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	2.40.02	1
204	126	5126	LUQMAAN	ADAMS	TEMP	M	52	50-54M	2.40.19	0
205	104	5104	ROBYN	STEYN	TEMP	F	52	50-54F	2.40.41	0

206	33	5033	MICHELLE	ELFICK	TEMP	F	53	50-54F	2.40.44	0
207	436	239	JOANNE	TUCKER	TEMP	F	56	55-59F	2.40.44	0
208	60	587	KIRSTI	KUHN League	RUN4C	F	35	35-39F	2.40.59	1
209	233	1559	NOLEEN	AMBRAAL	DESPATCH	F	53	50-54F	2.41.24	1
210	96	727	ANGELA	ROGERS	CRUSADE	F	54	50-54F	2.41.42	1
211	442	307	DENVER	HUME	MUIRITE	M	46	45-49M	2.42.08	1
212	24	1151	MARISKA	de Wet	JBAY	F	40	40-44F	2.42.13	1
213	281	1688	MARYANNE	VICTOR-SMITH	MADIBA	F	39	35-39F	2.42.20	1
214	439	574	EUGENE	BONTHUYS	RUN4C	M	40	40-44M	2.42.22	1
215	441	1561	RIAAAN	DELPORT	DESPATCH	M	38	35-39M	2.42.23	1
216	77	1636	LISTIA	NEL	MADIBA	F	48	45-49F	2.42.36	1
217	208	75	HESTER	DEKKER	SAPPE	F	52	50-54F	2.42.42	1
218	146	765	LESLIE	FERREIRA	CRUSADE	M	28	SM	2.42.45	1
219	285	1600	YVETTE	JONKER	DESPATCH	F	51	50-54F	2.42.46	1
220	279	1555	LYDIA	POTGIETER	DESPATCH	F	49	45-49F	2.42.52	1
221	297	28405	MARK	HEADBUSH	UNKNOWN	M	79	70+M	2.42.53	0
222	434	1601	ANIZE	GERBER	DESPATCH	F	51	50-54F	2.42.53	1
223	275	1937	AMANDA	PRIDEAUX	BLUEBAY	F	48	45-49F	2.42.54	1
224	22	1654	MARYKA	COETZER	MADIBA	F	41	40-44F	2.43.30	1
225	178	991	GREGORY	ROSS	CHARLO	M	50	50-54M	2.43.42	1
226	152	992	CYNTHIA	HEYNS	CHARLO	F	40	40-44F	2.43.44	1
227	197	850	PAIGE	LEE	32GI	F	57	55-59F	2.43.44	1
228	249	5244	WESLEY	REGNART	TEMP	M	34	SM	2.43.56	0
229	244	122	BAVERSHAN	NAIDOO	MALABAR	M	33	SM	2.44.07	1
230	25	1772	ABENA	DLAKAVU	VUKANI	F	36	35-39F	2.44.07	1
231	26	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	2.44.15	1
232	176	997	NOLUVUYOLWETHU	QOKWENI	CHARLO	F	42	40-44F	2.45.04	1
233	74	1267	ANAND	NAIDOO	VWAC	M	54	50-54M	2.45.05	1
234	130	1309	GERALD	PIETERSEN	VWAC	M	43	40-44M	2.45.06	1
235	230	5021	DHIRESH	VALLABH	SCOTTAC	M	38	35-39M	2.45.08	0
236	185	883	LINDI	VAN TONDER	CHARLO	F	46	45-49F	2.45.18	1
237	216	625	YOLANDA	SIDWABA	ASPEN	F	33	SF	2.46.00	1
238	72	438	AKHONA	MOSIANE	CHILLIEP	F	37	35-39F	2.46.02	1
239	469	2149	WAYNE	MAC GEAR	MADIBAZ	M	60	60-64M	2.46.02	1
240	473	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	2.46.20	1
241	27	1257	SAMANTHA	DOUGLAS	ELITEAC	F	36	35-39F	2.46.35	1
242	111	1451	MARIANE	VAN DER LINDE	NEDBANK	F	45	45-49F	2.46.58	1
243	52	141	FAIQ	JAPPIE	MALABAR	M	51	50-54M	2.47.11	1
244	8	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	2.47.17	1
245	114	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	2.47.36	1
246	92	1094	MARIETJIE	PIETERSEN	ACH	F	67	65-69F	2.47.53	1
247	253	31	HENNIE	VAN DER KOLF	PEAAC	M	65	65-69M	2.47.58	1
248	298	5234	ZENITTA	DURRHEIM	TEMP	F	44	40-44F	2.49.13	0
249	268	2188	JOHANN	VAN DER MERWE	MADIBAZ	M	60	60-64M	2.49.23	1
250	151	456	TRACEY-LYNNE	HERMAN	WALMER	F	51	50-54F	2.49.52	1
251	80	1880	MELUMZI	NORUSHU	HOLLYWOO	M	55	55-59M	2.49.53	1
252	107	1472	ALTON	THOMAS	NEDBANK	M	48	45-49M	2.50.18	1
253	6	1623	SUSAN	ALCOCK	MADIBA	F	58	55-59F	2.50.20	1
254	252	32	JANETTE	VAN DER KOLF	PEAAC	F	64	60-64F	2.50.30	1
255	21	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	2.51.06	1
256	209	72	HERMAN	DEKKER	SAPPE	M	79	70+M	2.51.32	1
257	159	728	Paul	Lubbe	CRUSADE	M	61	60-64M	2.51.39	1
258	263	228	SARETHA	MARAIS	TEMP	F	38	35-39F	2.52.01	0
259	186	972	CONRAD	VENTER	CHARLO	M	32	SM	2.52.10	1
260	89	142	RUSHDA	JAPPIE	MALABAR	F	53	50-54F	2.52.21	1
261	247	127	AM	ENSAL	MALABAR	M	48	45-49M	2.52.22	1
262	474	1717	ANTOINETTE	HUMAN	GELVAN	F	55	55-59F	2.52.26	1
263	468	2232	ALVADO	ARENDSE	MADIBAZ	M	49	45-49M	2.52.31	1
264	199	1704	KEITH	SEZOE	GELVAN	M	53	50-54M	2.52.32	1
265	101	2061	CHRIS	SLABBERT	DESPATCH	M	33	SM	2.52.33	1
266	108	2062	STACEY	TIMMS	DESPATCH	F	33	SF	2.52.49	1
267	262	1389	BABALO	MAKALIMA	NEDBANK	M	40	40-44M	2.52.49	1
268	121	5121	GABRIELLA	DU PREEZ	TEMP	F	29	SF	2.52.51	0
269	69	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	2.54.01	1
270	465	1804	BULELANI	LENGOASA	VUKANI	M	52	50-54M	2.54.03	1
271	467	2154	NADA	MPUPU	MADIBAZ	F	24	SF	2.54.05	1
272	56	139	WARDAH	KAFAAR	MALABAR	F	44	40-44F	2.54.29	1
273	258	432	MVELELI	MBANDE	CHILLIEP	M	37	35-39M	2.54.29	1
274	235	433	NCUMISA	KEPE	CHILLIEP	F	43	40-44F	2.54.30	1

275	466	1818	ANDILE	BOVUNGANA	VUKANI	M	57	55-59M	2.54.31	1
276	20	573	BRITTANY	CILLIERS	RUN4C	F	31	SF	2.54.33	1
277	245	4598	THEMBA	NTANZI League	WATER	M	48	45-49M	2.55.49	0
278	228	5200	SASANTI	SASANTI	TEMP	F	34	SF	2.56.25	0
279	102	1627	NATASHA	SMITH	MADIBA	F	37	35-39F	2.56.31	1
280	470	1060	COREEN	LEANDER	XCEL	F	50	50-54F	2.56.31	1
281	16	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	51	50-54M	2.56.43	1
282	42	293	Karli	Greyling	MUIRITE	F	22	SF	2.56.44	1
283	103	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	2.56.44	1
284	261	2198	DOINA	NAUDE	MADIBAZ	F	42	40-44F	2.57.10	1
285	255	427	BANOYOLO	GQOLI	CHILLIEP	F	42	40-44F	2.57.31	1
286	256	434	NQABISA	BENYA	CHILLIEP	F	43	40-44F	2.58.11	1
287	218	5218	IZAK	COETZEE	TEMP	M	43	40-44M	2.58.12	0
288	460	2088	MPUMELELO	SEBANYONI	SANDFEP	M	34	SM	2.58.46	1
289	157	1509	Kobie	Jooste	NEDBANK	F	63	60-64F	2.59.48	1
290	93	803	MICHAEL	PRICE	32GI	M	49	45-49M	3.00.10	1
291	229	1725	PEARL	DAMONS	GELVAN	F	60	60-64F	3.00.48	1
292	14	1284	DEAN	BOSMAN	VWAC	M	41	40-44M	3.01.46	1
293	125	5125	KEVIN	GARDNER	TEMP	M	44	40-44M	3.01.58	0
294	23	565	RONEL	DE TARNOWSKY	RUN4C	F	43	40-44F	3.02.52	1
295	461	340	Elize	Botha	MUIRITE	F	48	45-49F	3.03.10	1
296	472	1911	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	3.04.07	1
297	64	1077	THERESA	LILLIS	ACH	F	67	65-69F	3.04.41	1
298	266	753	PLACXEDES	NDHLOVU	CRUSADE	F	49	45-49F	3.05.49	1
299	232	1691	JASMINE	JACK	GELVAN	F	52	50-54F	3.07.46	1
300	475	1048	HENRY	JANSEN	XCEL	M	49	45-49M	3.07.46	1
301	55	131	SHUKRY	KAFAAR	MALABAR	M	38	35-39M	3.08.03	1
302	189	935	BRENTON	SCHNETLER	CHARLO	M	49	45-49M	3.08.05	1
303	241	5241	AIMEE	TAYLOR	TEMP	F	29	SF	3.09.47	0
304	471	1841	BUYISWA	NGXONONO	HOLLYWOO	F	47	45-49F	3.11.12	1
305	239	413	ASEMAHLE	MAQUNGO	CHILLIEP	F	28	SF	3.11.35	1
306	221	1332	THANDIWE	NKWANDLA	NEDBANK	F	58	55-59F	3.11.47	1
307	280	5229	JULIUS	SHOGOLE	TEMP	M	71	70+M	3.13.04	0
308	260	2067	ROBIN	NOMDOE	GELVAN	M	36	35-39M	3.13.08	1
309	194	1738	GERALDINE	LEO	GELVAN	F	66	65-69F	3.13.27	1
310	66	1134	ERNST	MARAI	JBAY	M	75	70+M	3.13.28	1
311	226	417	PETER	MSIZA	CHILLIEP	M	50	50-54M	3.16.16	1
312	225	1266	DAVID	CHENGWE	VWAC	M	46	45-49M	3.16.17	1
313	158	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	3.16.30	1
314	59	1739	XABISO	KROQWANA	GELVAN	M	34	SM	3.18.30	1
315	133	50345	ROBERT	BUTTON	OLDSELB	M	64	60-64M	3.21.12	0
316	124	5124	JAYDE	HOWITZ	TEMP	F	34	SF	3.22.45	0
317	117	1294	SIYABULELA	MTEMBU	VWAC	M	36	35-39M	3.23.44	1
318	162	1800	CWAYITA	MAPEKULA	VUKANI	F	40	40-44F	3.23.57	1
319	259	5754	BONISWA	ZONDANI	TEMP	F	40	40-44F	3.29.33	0
320	30	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	3.29.35	1
321	82	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	3.29.35	1
322	211	600	ANDRE	PIENAAR	RUN4C	M	61	60-64M	3.29.37	1
323	87	1279	NURENA	PETERSEN	VWAC	F	40	40-44F	3.31.23	0
324	86	1270	MUHAMMED	PETERSEN	VWAC	M	40	40-44M	3.31.23	0
325	123	5123	JACKIE	ELOFF	TEMP	F	51	50-54F	3.33.27	0
326	181	5181	SANDRA	BUTTERS	TEMP	F	58	55-59F	3.36.30	0
327	41	570	PIETER	GERBER	RUN4C	M	65	65-69M	3.36.50	0
328	63	1693	JASON	LE ROUX	GELVAN	M	28	SM	3.46.41	0
329	148	998	ROBERT	GALLOWAY	CHARLO	M	72	70+M	3.47.45	0