

## LAKE FARM CENTRE 10KM CHARITY RUN - 2024/03/09

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	649	1361	ANDILE	MOTWANA	NEDBANK	M	27	SM	0.32.18	1
2	844		SIBAHLE	MAQWARA	NEDBANK	M	22	SM	0.33.13	1
3	827	358	MZWANELE	MAPHEKULA	IKHAMVA	M	47	45-49M	0.34.54	1
4	691	40386	Brad	Solomon	MADIBA	M	16	JM	0.37.58	1
5	828	1391	MNCEDI	KHANTI	NEDBANK	M	44	40-44M	0.38.11	1
6	803	1458	GEORGE	NTSHILIZA	NEDBANK	M	44	40-44M	0.38.54	1
7	608	40011	Mpilontle	Meko	RUN4C	M	18	JM	0.39.56	1
8	532	40023	REECE	FREEMAN	ACT AC	M	16	JM	0.40.23	1
9	561	40510	Henrico	Louw	VARSIITY	M	15	JM	0.40.57	1
10	683	1091	LEIGH	CALLAGHAN	ACH	F	29	SF	0.41.01	1
11	822	1330	RUAN	SMALBERGER	NEDBANK	M	34	SM	0.41.56	1
12	830	5230	WELCOME	LOLIWE	TEMP	M	59	55-59M	0.42.14	0
13	840	844	NKONGELEKO	NGCOSHOLA	32GI	M	32	SM	0.42.39	1
14	517	40186	JADEN	DE RIDDER	ELITEAC	M	18	JM	0.43.10	1
15	910	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	0.43.27	1
16	826	410	INGE	WILLIAMS	TEMP	F	34	SF	0.44.37	0
17	727	5727	ELI	PRITCHARD	TEMP	M	15	JM	0.44.46	0
18	879	5215	SIYOMCELO	MBELEKANE	TEMP	M	29	SM	0.45.51	0
19	675	1252	CHAD	WEWERS	ELITEAC	M	30	SM	0.46.11	1
20	771	545	RUHAN	VAN RENSBURG	RUN4C	M	31	SM	0.46.34	1
21	562	295	HIELDE	MARAI	MUIRITE	F	23	SF	0.47.09	1
22	699	205	ZUKISANI	NJOKWENI	CSEP	M	34	SM	0.48.08	1
23	761	5191	MARK	FRASER	ACH	M	30	SM	0.48.24	1
24	846	1494	TAWFEEQ	VYVER	NEDBANK	M	25	SM	0.48.35	1
25	767	1009	JACOB	ABRAHAM	BODYCON	M	57	55-59M	0.49.45	1
26	831	5235	WIAN	ROBERTS	TEMP	M	15	JM	0.49.58	0
27	662	564	GAVIN	SILLS	RUN4C	M	50	50-54M	0.49.59	1
28	615	40189	ILKE	WOLMARANS	ELITEAC	F	16	JF	0.50.15	1
29	593	40340	Marco	Sprong	MADIBAZ	M	18	JM	0.50.16	1
30	688	1676	ANTHONY	BUTTON	MADIBA	M	62	60-64M	0.50.35	1
31	799	872	JEFFREY	VAN NIEKERK	CHARLO	M	51	50-54M	0.52.04	1
32	539	2060	MAURITZ	GOUWS	DESPATCH	M	36	35-39M	0.52.18	1
33	866	417	LINDSAY	PETERS	TEMP	M	40	40-44M	0.52.48	0
34	611	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	0.53.01	1
35	518	1230	PHILLIP	DE RIDDER	ELITEAC	M	47	45-49M	0.53.11	1
36	806	787	EDDELENE	BOUWER	32GI	F	44	40-44F	0.53.15	1
37	852	1099	DEAN	FINLAY	ACH	M	57	55-59M	0.53.33	1
38	560	741	MARGARET	LLOYD	CRUSADE	F	60	60-64F	0.53.38	1
39	754	2318	TANYA	BENTLEY	VITALITY	F	31	SF	0.54.03	1
40	726	5726	ARINDA	PRITCHARD	TEMP	F	45	45-49F	0.54.11	0
41	711	5711	DAWID	KEYSER	TEMP	M	45	45-49M	0.54.13	0
42	853	581	HANNO	ENGELBRECHT	RUN4C	M	25	SM	0.54.14	1
43	670	78	HANNELI	VAN GREUNEN	SAPPE	F	33	SF	0.54.33	1
44	556	576	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.54.39	1
45	698	5187	KELLY	KINGWILL	TEMP	F	33	SF	0.54.47	0
46	716	5716	HANSEN	LUKA	TEMP	M	49	45-49M	0.54.58	0
47	728	5728	LEANDRA	ROSSLEE	TEMP	F	39	35-39F	0.55.01	0
48	795	1061	CHESTER	BROOKS	XCEL	M	66	65-69M	0.55.07	1
49	729	5729	WALDIMAR	ROSSLEE	TEMP	M	43	40-44M	0.55.10	0
50	834	1444	MFUNDISO	LUVALO	NEDBANK	M	54	50-54M	0.55.11	1
51	873	200	BRANDON	PHILLIPS	TEMP	M	26	SM	0.55.12	0
52	715	5715	HYLTON	LOVEMORE	TEMP	M	20	SM	0.55.13	0
53	550	711	Mark	Kaplen	CRUSADE	M	22	SM	0.55.13	1

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54	538	1238	PIETER	GERBER	ELITEAC	M	48	45-49M	0.55.18	1
55	534	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	63	60-64F	0.55.20	1
56	847	91	DENZIL	KOOPMAN	INFINITY	M	53	50-54M	0.55.23	1
57	583	1211	SANETTE	RYAN	ELITEAC	F	53	50-54F	0.55.36	1
58	535	791	CHARL	GERBER	32GI	M	47	45-49M	0.55.42	1
59	766	5194	THABO	NKWANDLA	TEMP	M	24	SM	0.55.44	0
60	759	2254	LAUREN	ALCOCK	MADIBAZ	F	23	SF	0.55.45	1
61	557	577	YOLANDIE	LANDMAN	RUN4C	F	48	45-49F	0.55.50	1
62	810	342	Jonathan	Bakker	MUIRITE	M	32	SM	0.56.08	1
63	604	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	0.56.12	1
64	778	5202	ANDREW	PORTER	TEMP	M	52	50-54M	0.56.15	0
65	519	40187	STACEY	DE RIDDER	ELITEAC	F	14	JF	0.56.26	1
66	744	5744	SAMANTHA	WENTZEL	TEMP	F	21	SF	0.56.27	0
67	575	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.56.40	1
68	765	5193	UNATHI	MELENI	TEMP	M	29	SM	0.56.50	0
69	760	2179	JAIME	ALCOCK	MADIBAZ	F	21	SF	0.57.01	1
70	509	1610	Petrus	Bothma	DESPATCH	M	42	40-44M	0.57.14	1
71	880	5216	XOLANI	MHLANGU	TEMP	M	35	35-39M	0.57.14	0
72	700	1510	PRESTON	PETERSEN	NEDBANK	M	35	35-39M	0.57.18	1
73	855	414	DEWALT	VERMEULEN	TEMP	M	52	50-54M	0.57.19	0
74	676	876	GEORGE	WINSHIP	CHARLO	M	58	55-59M	0.57.22	1
75	529	745	KATHLEEN	FLANAGAN	CRUSADE	F	38	35-39F	0.57.23	1
76	750	5750	MC	BURRI	TEMP	M	27	SM	0.57.26	0
77	650	633	DAVID	NEL	ASPEN	M	36	35-39M	0.57.33	1
78	815	407	RIAAN	STRYDOM	TEMP	M	46	45-49M	0.57.35	0
79	820	820	EUGENE	BEZUIDENHOUT	TEMP	M	55	55-59M	0.57.36	0
80	758	1219	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	0.57.49	1
81	585	283	LORENZO	SAMUELS	MUIRITE	M	39	35-39M	0.57.57	1
82	606	1085	ANDRE	VILJOEN	ACH	M	69	65-69M	0.58.00	1
83	808	830	NATALIE	BOSHOFF	32GI	F	37	35-39F	0.58.02	1
84	807	788	Marizaan	Schultz	32GI	F	39	35-39F	0.58.03	1
85	564	15532	PATRICK	MCILWANE	FOURWAYS	M	64	60-64M	0.58.03	0
86	627	1088	PERCY	DALTON	ACH	M	75	70+M	0.58.05	1
87	713	5713	RICHARD	KUNNEKE	TEMP	M	52	50-54M	0.58.24	0
88	755	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	0.58.36	1
89	635	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	0.58.38	1
90	782	5205	ENRICO	ENGELBRECHT	TEMP	M	27	SM	0.58.44	0
91	874	210	DORIANNE	PHILLIPS	TEMP	F	51	50-54F	0.58.45	0
92	690	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	0.58.46	1
93	578	783	SHIRLEY	PURDON	32GI	F	58	55-59F	0.58.48	1
94	582	750	PIETER	ROUX	CRUSADE	M	69	65-69M	0.58.56	1
95	524	582	JOHAN	ENGELBRECHT	RUN4C	M	60	60-64M	0.58.59	1
96	818	1493	TOEGEDA	VYVER	NEDBANK	F	51	50-54F	0.59.13	1
97	589	1690	WILLEM	SCHOEMAN	MADIBA	M	34	SM	0.59.13	1
98	530	1846	Simo	Nkanyuza	HOLLYWOO	M	37	35-39M	0.59.14	1
99	511	603	Andries	Coetsee	RUN4C	M	38	35-39M	0.59.18	1
100	597	1648	KEITH	VALENTINE	MADIBA	M	33	SM	0.59.21	1
101	553	2255	Brooke	Kruger	MADIBAZ	F	21	SF	0.59.26	1
102	696	619	BRETT	HOLMES	ASPEN	M	49	45-49M	0.59.32	1
103	695	618	KELLY	HOLMES	ASPEN	F	47	45-49F	0.59.32	1
104	784	2417	MARIZA	FREWEN	MADIBA	F	62	60-64F	0.59.34	1
105	743	5743	LAUREN	VAN ZYL	TEMP	F	36	35-39F	0.59.35	0
106	748	5189	DIANA	MARAIS	TEMP	F	66	65-69F	0.59.41	0
107	709	5709	ANNA	HEYDENRYCH	TEMP	F	40	40-44F	0.59.43	0

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108	797	1075	GAVIN	SCHONKNECHT	ACH	M	56	55-59M	0.59.47	1
109	710	5710	CAREL	JACOBS	TEMP	M	39	35-39M	0.59.49	0
110	845	1492	DEON	VYVER	NEDBANK	M	57	55-59M	0.59.51	1
111	504	1208	CHRISTINE	BIRD	ELITEAC	F	52	50-54F	0.59.52	1
112	520	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	0.59.54	1
113	694	1215	PIERRE	BELLEW	ELITEAC	M	34	SM	0.59.57	1
114	794	1910	THANDO	FRANS	SPAREC	M	46	45-49M	1.00.02	1
115	793	2509	SELLO	KOTU	ABSAEP	M	30	SM	1.00.05	1
116	514	2333	TENIELLE	DE ANDRADE	VITALITY	F	38	35-39F	1.00.14	1
117	554	595	MARISKA	KRUGER	RUN4C	F	46	45-49F	1.00.19	1
118	576	2173	Carmen	Pollock	MADIBAZ	F	20	SF	1.00.20	1
119	812	1628	NELESH	JAGANATH	MADIBA	M	43	40-44M	1.00.20	1
120	819	408	ELZET	BEZUIDENHOUT	TEMP	F	47	45-49F	1.00.22	0
121	814	406	EMILIO	CAMPBELL	TEMP	M	32	SM	1.00.39	0
122	763	5334	JUANITA	BANK	KIMBH	F	45	45-49F	1.00.42	0
123	832	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	1.00.52	1
124	811	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	1.00.55	1
125	616	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	1.00.59	1
126	647	840	BRONWIN	MEYER	32GI	F	51	50-54F	1.01.33	1
127	783	2416	JOHN	FREWEN	MADIBA	M	61	60-64M	1.01.45	1
128	734	5734	GREG	SMITH	TEMP	M	39	35-39M	1.01.46	0
129	833	2127	BERNARD	PETERSEN	MADIBAZ	M	58	55-59M	1.01.47	1
130	665	40181	JANE	STEYN	CHARLO	F	15	JF	1.02.14	1
131	735	5735	NICOLE	SMITH	TEMP	F	38	35-39F	1.02.21	0
132	737	5737	TARYN	SMITH	TEMP	F	35	35-39F	1.02.28	0
133	697	5186	TIMOTHY	DU PREEZ	TEMP	M	21	SM	1.02.42	0
134	515	1254	Zileke	De Jager	ELITEAC	F	23	SF	1.02.47	1
135	816	1575	LESLEY-ANN	BUSH	DESPATCH	F	51	50-54F	1.02.47	1
136	605	592	JOHAN	VERMEUEN	RUN4C	M	56	55-59M	1.02.48	1
137	544	535	GERT	HARMSE	RUN4C	M	57	55-59M	1.02.54	1
138	876	1275	PLAAITJIE	DAMONS	VWAC	M	60	60-64M	1.03.00	1
139	648	911	TANYA	MEYER	CHARLO	F	39	35-39F	1.03.02	1
140	558	1227	CLAUDETTE	LE ROUX	ELITEAC	F	39	35-39F	1.03.03	1
141	614	2497	FRANCOIS	WIUM	DESPATCH	M	41	40-44M	1.03.04	1
142	547	1641	DEBBIE	HILTON	MADIBA	F	52	50-54F	1.03.12	1
143	626	903	KESVAL	CHETTY	CHARLO	M	59	55-59M	1.03.17	1
144	862	1939	RUDY	BUYS	BLUEBAY	M	47	45-49M	1.03.38	1
145	533	2327	MISHALE	FUTCHER	VITALITY	F	28	SF	1.03.40	1
146	813	529	ANDRE	FOURIE	RUN4C	M	76	70+M	1.04.20	1
147	536	40188	Lauren	Gerber	ELITEAC	F	16	JF	1.04.24	1
148	673	880	WENDY	VENTER	CHARLO	F	52	50-54F	1.04.46	1
149	877	213	MICHELLE	MEYER	TEMP	F	43	40-44F	1.04.48	0
150	527	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	1.04.51	1
151	599	1629	ARINDA	VAN DER LINDE	MADIBA	F	34	SF	1.05.03	1
152	559	1934	SANDRA	LEIBRANDT	BLUEBAY	F	58	55-59F	1.05.11	1
153	654	996	PAULA	PEARCE	CHARLO	F	55	55-59F	1.05.22	1
154	629	947	GANIEF	DAVIDS	CHARLO	M	57	55-59M	1.05.26	1
155	752	5752	ERIK	DE LANGE	TEMP	M	21	SM	1.05.27	0
156	689	1617	CHARMAINE	BUTTON	MADIBA	F	60	60-64F	1.05.46	1
157	621	956	NEELESH	BHANA	CHARLO	M	52	50-54M	1.06.04	1
158	780	5204	BHATISANI	WIDZANI	TEMP	M	41	40-44M	1.06.08	0
159	824	2329	BRENDA	MUKOMBE	VITALITY	F	36	35-39F	1.06.11	1
160	594	5594	WALTER	STRONACH	TEMP	M	34	SM	1.06.12	0
161	508	1611	Magdalena	Bothma	DESPATCH	F	42	40-44F	1.06.13	1

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162	617	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	61	60-64M	1.06.19	1
163	792	2111	GEROME	MINTOOR	ATLANTIC	M	56	55-59M	1.06.41	1
164	860	639	GRAHAM	COMPTON	ASPEN	M	40	40-44M	1.06.45	1
165	854	631	MAURITZ	BESSINGER	ASPEN	M	43	40-44M	1.06.45	1
166	579	784	TEGAN	PURDON	32GI	F	31	SF	1.06.49	1
167	848	1742	DESIREE	TITUS	GELVAN	F	58	55-59F	1.06.54	1
168	849	413	LIEZL	DE KOCK	TEMP	F	48	45-49F	1.07.05	0
169	609	1119	TREMAINE	WESSON	ACH	M	63	60-64M	1.07.06	1
170	666	1560	PIETER	STRYDOM	DESPATCH	M	62	60-64M	1.07.15	1
171	588	1665	JACQUELINE	SCHOEMAN	MADIBA	F	34	SF	1.07.26	1
172	510	1111	GRAHAM	CHANNON	ACH	M	74	70+M	1.07.26	1
173	875	140	WAJDIE	SOLOMON	MALABAR	M	59	55-59M	1.07.28	1
174	786	5246	DELANI	THUSI	TEMP	M	41	40-44M	1.07.34	0
175	505	1631	AMANDA	BLIGNAULT	MADIBA	F	64	60-64F	1.07.36	1
176	516	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.07.39	1
177	867	5418	TOBI	LAMP	TEMP	M	41	40-44M	1.07.40	0
178	841	705	OCTAVIA	BOSHOFF	CRUSADE	F	54	50-54F	1.07.59	1
179	637	1104	CATHY	IVES	ACH	F	70	70+F	1.08.00	1
180	768	51	MELISSA	DU RANDT	SAPPE	F	33	SF	1.08.01	1
181	804	2189	MOMELEZI	KULA	MADIBAZ	M	46	45-49M	1.08.09	1
182	601	2496	CLAUDEAN	VAN GREUNEN	DESPATCH	F	42	40-44F	1.08.10	1
183	851	5851	CLINT	TESSNER	TEMP	M	42	40-44M	1.08.15	0
184	521	1680	JANI	DEYZEL	MADIBA	F	30	SF	1.08.17	1
185	622	882	ARMIN	BRANDLE	CHARLO	M	72	70+M	1.08.27	1
186	640	969	GARY	KELLEHER	CHARLO	M	66	65-69M	1.08.28	1
187	796	1574	CHRISTO	GERBER	DESPATCH	M	49	45-49M	1.08.30	1
188	705	5705	NICOLA	DRYDEN	TEMP	F	53	50-54F	1.08.49	0
189	747	5747	COURNEY	WICKENS	TEMP	F	21	SF	1.08.50	0
190	775	5191	QUINTA	KIECK	TEMP	F	21	SF	1.08.50	0
191	850	2323	CHRISTO	STEYN	VITALITY	M	55	55-59M	1.08.51	1
192	528	2394	Deone	Ferreira	DESPATCH	F	27	SF	1.08.54	1
193	603	2309	ADEL	VAN RENSBURG	VITALITY	F	45	45-49F	1.08.55	1
194	507	1689	SILKE	BOTHA	MADIBA	F	27	SF	1.09.11	1
195	865	2433	THEMBELA	MANYA	NMBAC	F	40	40-44F	1.09.21	1
196	624	904	MARI	CALITZ	CHARLO	F	63	60-64F	1.09.22	1
197	523	738	SAM	DU TOIT	CRUSADE	F	54	50-54F	1.09.23	1
198	572	1248	EULIDA	OELOFSE	ELITEAC	F	50	50-54F	1.09.57	1
199	708	5708	JUDY	GOMES	TEMP	F	47	45-49F	1.10.00	0
200	703	5703	DEMI	DA SILVA	TEMP	F	25	SF	1.10.04	0
201	672	927	ANTON	VAN WYK	CHARLO	M	56	55-59M	1.10.06	1
202	785	2418	MEGAN	BOSMAN	MADIBA	F	37	35-39F	1.10.10	1
203	776	1695	Andrea	JAck	GELVAN	F	21	SF	1.10.13	1
204	825	1790	LUVUYO	SIWUNDLA	VUKANI	M	44	40-44M	1.10.14	1
205	753	5753	GARFIELD	TSATSANE	TEMP	M	58	55-59M	1.10.14	0
206	512	100	LYNETTE	CRAUSE	INFINITY	F	64	60-64F	1.10.22	1
207	859	562	JUDITH	NIENABER	RUN4C	F	64	60-64F	1.10.43	1
208	596	1420	GRAEME	TING CHONG	NEDBANK	M	55	55-59M	1.10.51	1
209	618	1103	LIZ	AUSTIN	ACH	F	65	65-69F	1.10.52	1
210	552	1621	WILHELM	KILIAN	MADIBA	M	47	45-49M	1.11.09	1
211	580	1421	ANNELINE	RAUTENBACH	NEDBANK	F	56	55-59F	1.11.19	1
212	723	5723	SHOWNA	PETZER	TEMP	F	40	40-44F	1.11.28	0
213	506	1587	MARISKA	OLIVIER	DESPATCH	F	36	35-39F	1.11.37	1
214	869	1551	WERNER	OLIVIER	DESPATCH	M	39	35-39M	1.11.41	1
215	600	1386	JOHLI	VAN EEDEN	NEDBANK	F	55	55-59F	1.11.44	1

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216	656	902	KRISH	PILLAY	CHARLO	M	62	60-64M	1.11.45	1
217	731	5731	WARREN	SCHOEMAN	TEMP	M	36	35-39M	1.11.45	0
218	573	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.11.47	1
219	643	1802	THOBEKA	MABUSELA	VUKANI	F	62	60-64F	1.11.54	1
220	707	5707	DEBBIE	FREITAG	TEMP	F	35	35-39F	1.11.55	0
221	522	1288	ASANDA	DLAMINI	VWAC	F	43	40-44F	1.12.01	1
222	809	345	GARY	HENDRICKS	MUIRITE	M	56	55-59M	1.12.05	1
223	742	5742	JENNA	VAN ROOY	TEMP	F	16	JF	1.12.10	0
224	772	1619	CISCO	STRYDOM	MADIBA	M	53	50-54M	1.12.16	1
225	842	790	HEIDRIN	GERBER	32GI	F	54	50-54F	1.12.18	1
226	586	1045	YUSUF	SAMUELS	XCEL	M	64	60-64M	1.12.23	1
227	790	150	ZAHEER	SOOMAN	MALABAR	M	52	50-54M	1.12.33	1
228	501	1141	LIESEL	BADENHORST	JBAY	F	50	50-54F	1.12.34	1
229	667	895	GIANNI	TISTELLI	CHARLO	M	52	50-54M	1.12.45	1
230	631	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.12.51	1
231	669	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	1.12.52	1
232	770	5196	MICHELLE	HARDY-BERRINGTON	VWAC	F	38	35-39F	1.12.56	1
233	787	5206	NCUMISA	MBANDE	TEMP	F	35	35-39F	1.13.04	0
234	779	1807	MZI	BALENI	VUKANI	M	52	50-54M	1.13.09	1
235	864	198	RIAN	SMALBERGER	CSEP	M	69	65-69M	1.13.14	1
236	686	566	JANINE	VILJOEN	RUN4C	F	54	50-54F	1.13.37	1
237	685	567	RIAN	VILJOEN	RUN4C	M	55	55-59M	1.13.38	1
238	712	5712	CHANTAL	KILIAN	TEMP	F	49	45-49F	1.13.41	0
239	872	1622	ZELDA	STRYDOM	MADIBA	F	42	40-44F	1.13.49	1
240	730	5730	LUZANNE	SCHOEMAN	TEMP	F	34	SF	1.14.00	0
241	568	52097	NOLUBABALO	MTSHAKAZI	KOMANI	F	44	40-44F	1.14.30	0
242	829	1603	RONNIE	JONKER	DESPATCH	M	54	50-54M	1.14.32	1
243	623	624	BANDLAKAZI	CABA	ASPEN	F	36	35-39F	1.14.35	1
244	801	1743	THOMAS EDWARD	PLAATJIES	GELVAN	M	47	45-49M	1.14.40	1
245	868	419	KIM LIN	JONES	TEMP	M	31	SM	1.14.47	0
246	678	5678	VAL	DUMINY	TEMP	F	67	65-69F	1.15.02	0
247	574	1231	HELENE	OPPEL	ELITEAC	F	74	70+F	1.15.04	1
248	641	920	LOCHI	LOCHNER	CHARLO	M	76	70+M	1.15.18	1
249	858	416	MICHELLE	BLOM	TEMP	F	46	45-49F	1.15.27	0
250	857	416	LISA	RANDALL	TEMP	F	43	40-44F	1.15.29	0
251	642	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	1.15.35	1
252	555	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	1.15.52	1
253	725	5725	LOUIS	POTGIETER	TEMP	M	62	60-64M	1.16.03	0
254	625	923	EVA	CHETTY	CHARLO	F	55	55-59F	1.16.03	1
255	651	974	LIESL	NEL	CHARLO	F	49	45-49F	1.16.05	1
256	878	5214	SHAVONNE	VAN STADEN	TEMP	F	42	40-44F	1.16.39	0
257	762	645	KHULISO	NEPHALAMA	ASPEN	M	33	SM	1.16.45	1
258	789	143	ZAHEERA	NANABHAY	MALABAR	F	42	40-44F	1.16.46	1
259	610	776	CHANDRE	WEST	CRUSADE	F	48	45-49F	1.16.50	1
260	773	458	LYNETTE	SMUTS	WALMER	F	57	55-59F	1.16.55	1
261	861	1940	JACKI	LYLE	BLUEBAY	F	43	40-44F	1.17.00	1
262	569	1286	SHANDRY	NAZER	VWAC	F	35	35-39F	1.17.08	1
263	664	1277	DENVER	ELLIE	VWAC	M	43	40-44M	1.17.16	1
264	817	1495	SHANAAZ	FRITZ	NEDBANK	F	45	45-49F	1.17.17	1
265	681	5681	MONIQUE	VAN WILLING	TEMP	F	25	SF	1.17.18	0
266	680	5680	JANUS	VAN LOGGERENBERG	TEMP	M	33	SM	1.17.30	0
267	549	2440	ANDISWA	JAFTA	NMBAC	F	32	SF	1.17.36	1
268	566	97	INA	MEAKER	INFINITY	F	62	60-64F	1.17.39	1
269	634	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	1.17.40	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
270	668	918	HANNAH	TRUTER	CHARLO	F	31	SF	1.17.44	1
271	701	5701	CORNE	BESTBIER	TEMP	M	44	40-44M	1.17.46	0
272	587	2491	STEPHANIE	SCHEEPERS	DESPATCH	F	27	SF	1.17.52	1
273	502	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	1.17.59	1
274	633	906	TARYN	FERREIRA	CHARLO	F	42	40-44F	1.18.00	1
275	682	585	JEANETTE	PIENAAR	RUN4C	F	75	70+F	1.18.03	1
276	565	15553	JAYNE	MCIWAINE	FOURWAYS	F	64	60-64F	1.18.18	0
277	764	1117	GRAHAM	NELL	ACH	M	72	70+M	1.18.24	1
278	632	713	DENISE	FERREIRA	CRUSADE	F	62	60-64F	1.18.27	1
279	628	968	DENISE	DARLOW	CHARLO	F	55	55-59F	1.18.36	1
280	567	1791	NOZUKO	DLAMBA	VUKANI	F	46	45-49F	1.18.39	1
281	838	468	IRMA	DE JAGER	WALMER	F	63	60-64F	1.18.43	1
282	751	5751	SIMONE	DE BEER	TEMP	F	22	SF	1.18.47	0
283	714	5714	WIEHAN	LOUW	TEMP	M	40	40-44M	1.18.51	0
284	584	1274	GAYLE	SAAYMAN	VWAC	F	35	35-39F	1.19.11	1
285	720	5720	MIHLALI	MBANGENI	TEMP	F	25	SF	1.19.11	0
286	781	1850	Nomfundo	Gwegwe	HOLLYWOO	F	47	45-49F	1.19.27	1
287	835	8351	MARILYN	FRASER	TEMP	F	51	50-54F	1.19.35	0
288	870	702	Brenda	Laires	CRUSADE	F	60	60-64F	1.19.37	1
289	590	1310	PUMLA	SIBALI	VWAC	F	44	40-44F	1.19.44	1
290	745	5745	MARK	WEYER	TEMP	M	59	55-59M	1.19.46	0
291	543	536	ELIZMA	HARMSE	RUN4C	F	63	60-64F	1.19.52	1
292	607	1303	WARREN	WAGENAAR	VWAC	M	48	45-49M	1.19.56	1
293	687	544	JACQUELENE	DU TOIT	RUN4C	F	51	50-54F	1.20.11	1
294	639	886	CELEST	JOYCE	CHARLO	F	55	55-59F	1.20.22	1
295	741	5741	ZANÁ©	VAN DER WESTHUIZEN	TEMP	F	24	SF	1.20.53	0
296	722	5722	TAMMY	NEVELING	TEMP	F	31	SF	1.20.54	0
297	724	5724	SAMANTHA	PORTER	TEMP	F	30	SF	1.21.08	0
298	721	5721	THOKOZANI	MTIMKULU	TEMP	F	27	SF	1.21.13	0
299	746	5746	TERSIA	WEYER	TEMP	F	56	55-59F	1.21.18	0
300	655	901	EUSENTHA	PILLAY	CHARLO	F	58	55-59F	1.21.19	1
301	581	2231	CHENEL	ROBEY	MADIBAZ	F	45	45-49F	1.21.54	1
302	802	50265	AYANDA	NOMOYI	BAYETHE	F	45	45-49F	1.21.56	0
303	769	5195	JACOB	MOSIANE	TEMP	M	39	35-39M	1.22.07	0
304	598	5598	MITSH	VALLABH	TEMP	M	48	45-49M	1.22.18	0
305	658	909	THURAYA	PILLAY	CHARLO	F	22	SF	1.22.38	1
306	684	5185	TRENTON	BOWERS	TEMP	M	48	45-49M	1.22.44	0
307	757	40001	ZANTE	DEKKER	SAPPE	F	17	JF	1.22.55	1
308	756	70	BIANCA	SWARTS	SAPPE	F	21	SF	1.23.03	1
309	823	5404	TEMPTATION	NCUBE	TEMP	M	33	SM	1.23.06	0
310	545	1434	DIANNE	HARTZENBERG	NEDBANK	F	65	65-69F	1.23.10	1
311	788	5207	SUMAYA	SOOMAR	TEMP	F	45	45-49F	1.23.38	0
312	740	5740	TOM	VAN DEN BERG	TEMP	M	56	55-59M	1.23.40	0
313	733	5733	SIMAMKELE	SIXIMBA	TEMP	F	29	SF	1.23.47	0
314	843	227	VUYISEKA	MAKALIMA	TEMP	F	39	35-39F	1.23.48	0
315	546	93	STEPHANIE	HAY	INFINITY	F	68	65-69F	1.24.02	1
316	531	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.24.07	1
317	636	971	DEIDRE	GERBER	CHARLO	F	52	50-54F	1.24.31	1
318	800	1740	JANICE	JONES	GELVAN	F	47	45-49F	1.24.58	1
319	525	1089	HELEN	ERLANK	ACH	F	42	40-44F	1.25.06	1
320	551	710	LEONA	KEMP	CRUSADE	F	68	65-69F	1.25.20	1
321	693	744	KAREN	CUNNINGHAM	CRUSADE	F	61	60-64F	1.25.33	1
322	513	761	NTOKOZO	DAMBUZA	CRUSADE	F	45	45-49F	1.26.00	1
323	571	1720	NOLEEN	NORRIS	GELVAN	F	66	65-69F	1.26.01	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
324	659	889	PETER	POHLMANN	CHARLO	M	60	60-64M	1.26.14	1
325	653	953	PHUMELELA	NTUNGWA	CHARLO	F	37	35-39F	1.26.32	1
326	836	453	JO-ANNE	MUIR	WALMER	F	54	50-54F	1.26.33	1
327	837	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.26.57	1
328	570	5198	MIECQE	KOTZE	TEMP	F	20	SF	1.26.58	0
329	736	5736	SHANNON	SMITH	TEMP	F	27	SF	1.27.03	0
330	595	712	NDILEKA	THOMPSON	CRUSADE	F	46	45-49F	1.27.17	1
331	577	53	KEZIA	PRINSLOO	SAPPE	F	39	35-39F	1.27.28	1
332	645	531	NEVILLE	MARTIN	RUN4C	M	64	60-64M	1.27.48	1
333	619	2507	CLARISSA	BENDER	ABSAEP	F	51	50-54F	1.27.56	1
334	503	586	LISA	BEDFORD	RUN4C	F	49	45-49F	1.28.27	1
335	732	5732	BRENDA	SCHOLTZ	TEMP	F	58	55-59F	1.29.03	0
336	738	5738	NOLUBABALO	SOHABA	TEMP	F	35	35-39F	1.29.16	0
337	702	5702	WARREN	COLLIER	TEMP	M	65	65-69M	1.30.23	0
338	652	1471	SHIRLEEN	CLARKE	NEDBANK	F	61	60-64F	1.30.28	1
339	613	1640	CHERYL	WITTE	MADIBA	F	61	60-64F	1.31.08	1
340	679	5679	CHRISTIE	VAN LOGGERENBERG	TEMP	M	68	65-69M	1.32.10	0
341	821	5411	EVOL	SELOANE	TEMP	M	55	55-59M	1.32.44	0
342	674	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.32.55	1
343	692	744	KAREN	CUNNINGHAM	CRUSADE	F	61	60-64F	1.33.11	1
344	863	743	MARY-LOU	EMSLIE	CRUSADE	F	60	60-64F	1.33.15	1
345	661	939	DINA	SCHUTTE	CHARLO	F	58	55-59F	1.34.03	1
346	537	571	RITA	GERBER	RUN4C	F	63	60-64F	1.34.06	1
347	839	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	1.34.44	1
348	612	1616	JACQUI	WIGHTMAN	MADIBA	F	50	50-54F	1.34.53	1
349	644	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.35.26	1
350	541	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.36.16	1
351	542	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.36.16	1
352	739	5739	LIESEL	VAN DEN BERG	TEMP	F	54	50-54F	1.37.02	0
353	856	1307	FIKISWA	NGONYAMA	VWAC	F	40	40-44F	1.37.51	1
354	540	5477	WALDEMAR	GRAY	SWIND	M	79	70+M	1.38.07	0
355	563	304	FOZA	MARTIN	MUIRITE	F	63	60-64F	1.38.39	1
356	677	987	SHANTE	WRIGHT	CHARLO	F	25	SF	1.41.12	0
357	663	884	SHAMEMMA	SOLOMON	CHARLO	F	43	40-44F	1.41.19	0
358	777	5201	MATTHEW	PORTER	TEMP	M	22	SM	1.41.20	0
359	805	1095	MOF	BOTHA	ACH	M	68	65-69M	1.43.51	0
360	638	559	SILVIA	JONCK	RUN4C	F	62	60-64F	1.52.08	0
361	630	1991	LYNDENE	DAVIDSON	PROFILES	F	48	45-49F	1.52.13	0
362	717	5717	NANGAMSO	MABUSELA	TEMP	F	31	SF	1.52.24	0
363	660	1992	VAL	SANDOW	PROFILES	F	78	70+F	1.54.57	0
364	749	5749	LEON	BOTHA	TEMP	M	40	40-44M	1.58.13	0