

## VOLKSWAGEN HEALTH RUN 10KM - UITENHAGE - 2024/05/11

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1328	396	LITHEBE	MENZELELELI	IKHAMVA	M	24	SM	0.30.31	1
2	1463	2236	BONGANI	BANDA	MADIBAZ	M	24	SM	0.30.44	1
3	1355	356	LUYANDA	TSHANGANA	IKHAMVA	M	40	40-44M	0.31.44	1
4	1473	1376	GIFT	CHIGOMARAWA	NEDBANK	M	36	35-39M	0.32.05	1
5	1461	2150	SICELO	MASHABA	MADIBAZ	M	23	SM	0.32.27	1
6	1333	1499	OYAMA	NTANTISO	NEDBANK	M	19	SM	0.32.55	1
7	1353	2167	PHATHUTSHEDZO	TLOU	MADIBAZ	M	23	SM	0.33.19	1
8	1436	430	TAWANDA	CHIKOTI	CHILLIEP	M	25	SM	0.33.25	1
9	1442	40128	OKUHLE	DLOTO	TINARHA	M	16	JM	0.33.25	1
10	1443	40127	SEMIHLE	BEDA	TINARHA	M	17	JM	0.33.29	1
11	1417	1458	GEORGE	NTSHILIZA	BLUEBAY	M	44	40-44M	0.33.34	1
12	1447	444	TOM	LUSASENI	TINARHA	M	35	35-39M	0.33.45	1
13	1409	1409	SIBUSISO	THU	NEDBANK	M	37	35-39M	0.33.53	1
14	1444	40126	LUKHANYISO	APRIL	TINARHA	M	16	JM	0.33.55	1
15	1437	440	Archie	Zake	CHILLIEP	M	24	SM	0.34.16	1
16	1480	1388	MELIKHAYA	KEPE	NEDBANK	M	47	45-49M	0.34.25	1
17	1392	374	HOPEWELL	JABAVU	IKHAMVA	M	40	40-44M	0.34.34	1
18	1477	1391	MNCEDI	KHANTI	NEDBANK	M	44	40-44M	0.34.40	1
19	1045	40386	Brad	Solomon	MADIBA	M	17	JM	0.34.50	1
20	1325	1335	ANELE	MALIZA	NEDBANK	M	46	45-49M	0.34.56	1
21	1435	437	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	20	SM	0.35.22	1
22	1445	425	GODFREY	STUURMAN	CHILLIEP	M	23	SM	0.35.32	1
23	1265	40509	JANCO	LANDMAN	VARSITY	M	15	JM	0.35.40	1
24	1393	1806	BATHANDWA	MOOI	VUKANI	M	39	35-39M	0.36.04	1
25	1399	1475	LONWABO	MKONZA	NEDBANK	M	38	35-39M	0.36.17	1
26	1412	40341	AVENATHI	ANTONI	SIBALEKA	M	16	JM	0.36.24	1
27	1476	1511	APHLYN	TAAI	NEDBANK	M	41	40-44M	0.36.27	1
28	1448	1355	MARTIN	VON ALLEMANN	NEDBANK	M	43	40-44M	0.36.31	1
29	1426	2429	SAZISO	PANGINDAWO	NMBAC	M	42	40-44M	0.37.08	1
30	1446	436	Sothembela	Makedama	CHILLIEP	M	26	SM	0.37.08	1
31	1433	40149	LATHITHA	VENA	CHILLIEP	M	15	JM	0.37.11	1
32	1284	2335	JEMAIN	WILSON	VITALITY	M	36	35-39M	0.37.12	1
33	1451	1063	ALUTHA	MASELE	CHILLI	M	22	SM	0.37.23	0
34	1266	40510	Henrico	Louw	VARSITY	M	15	JM	0.37.25	1
35	1033	74	TUMELO	MOCHELENYANE	SAPPE	M	41	40-44M	0.37.37	1
36	1416	1334	GAVIN	THORNE	NEDBANK	M	42	40-44M	0.38.29	1
37	1326	814	BIANCA	MEISTRE	32GI	F	38	35-39F	0.38.30	1
38	1401	40578	DESNAY	O'GRADY	VARSITY	F	13	JF	0.39.14	1
39	1414	40354	SENZO	NDZOTOYI	SIBALEKA	M	15	JM	0.39.37	1
40	1462	2237	AMANDA	DETSHE	MADIBAZ	F	19	SF	0.39.37	1
41	1329	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	42	40-44F	0.39.50	1
42	1204	6204	VUSUMZI	RUNELI	TEMP	M	51	50-54M	0.41.12	0
43	1370	2276	SIYANDA	PETER	SIBALEKA	M	35	35-39M	0.41.21	1
44	1341	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	0.41.24	1
45	1332	908	KAYLA	NELL	CHARLO	F	29	SF	0.41.53	1
46	1271	295	HIELDE	MARAIS	MUIRITE	F	23	SF	0.41.56	1
47	1040	1944	MUSA	SENTI	BLUEBAY	M	31	SM	0.41.58	1
48	1300	829	WYNAND	DU PREEZ	32GI	M	51	50-54M	0.42.02	1
49	1376	2486	ELROY	MATTHEWS	DESPATCH	M	54	50-54M	0.42.27	1
50	1293	878	DANE	CRONJE	CHARLO	F	26	SF	0.42.52	1
51	1405	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	34	SM	0.43.01	1
52	1360	545	RUHAN	VAN RENSBURG	RUN4C	M	32	SM	0.43.53	1
53	1350	1394	DAVERA	MAGSON	NEDBANK	F	49	45-49F	0.44.25	1
54	1323	1395	MICHAEL	MAGSON	NEDBANK	M	48	45-49M	0.44.25	1
55	1298	40579	CANDICE	DEYSEL	VARSITY	F	14	JF	0.44.34	1
56	1449	205	ZUKISANI	NJOKWENI	CSEP	M	34	SM	0.44.54	1
57	1127	1127	LUZUKO	XAYIMPI	TEMP	M	29	SM	0.45.00	0
58	1285	40189	ILKE	WOLMARANS	ELITEAC	F	16	JF	0.45.00	1
59	1391	1745	SHAFIK	RASIEN	GELVAN	M	52	50-54M	0.45.14	1
60	1302	1347	LUVUYO	STEPHEN	NEDBANK	M	54	50-54M	0.45.15	1
61	1423	290	JAN	LE ROUX	MUIRITE	M	51	50-54M	0.45.26	1
62	1438	40146	BANELE	MTABA	CHILLIEP	M	17	JM	0.45.28	1
63	1472	1432	DELIWE	NYANGA	NEDBANK	F	35	35-39F	0.45.35	1

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64	1157	949	WELCOME	BASKITI	CHARLO	M	56	55-59M	0.45.42	1
65	1032	2559	UNATHI	MELENI	ACT AC	M	29	SM	0.45.42	1
66	1287	1316	MORNE	BUIS	NEDBANK	M	31	SM	0.46.03	1
67	1334	1734	DENVER	PETERSEN	GELVAN	M	40	40-44M	0.46.46	1
68	1365	1457	RICHARD	MAZUNGULA	NEDBANK	M	47	45-49M	0.46.55	1
69	1119	1119	MZIBANZI	TYIWA	TEMP	M	47	45-49M	0.47.19	0
70	1142	271	MELANIE	SLABBERT	MUIRITE	F	38	35-39F	0.47.57	1
71	1143	273	ROBERT	SLABBERT	MUIRITE	M	37	35-39M	0.47.58	1
72	1406	1618	SUZETTE	VICTOR	MADIBA	F	53	50-54F	0.48.06	1
73	1258	1659	HANNES	ELS	MADIBA	M	74	70+M	0.48.25	1
74	1247	1247	SHANNON	SEPTEMBER	TEMP	F	30	SF	0.48.27	0
75	1024	576	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.48.38	1
76	1380	1061	CHESTER	BROOKS	XCEL	M	66	65-69M	0.48.50	1
77	1372	1238	PIETER	GERBER	ELITEAC	M	48	45-49M	0.48.53	1
78	1330	1809	SIBONGILE	MGQEBA	VUKANI	F	37	35-39F	0.49.19	1
79	1363	1256	JANINE	WHITTAL	ELITEAC	F	43	40-44F	0.49.21	1
80	1085	1085	MONDE	MHLETYWA	TEMP	M	50	50-54M	0.49.24	0
81	1402	2294	GIFT	MBEDZI	SIBALEKA	M	27	SM	0.49.31	1
82	1345	40182	Dylan-John	Steyn	CHARLO	M	15	JM	0.49.34	1
83	1091	1091	VUYOLWETHU	NGALO	TEMP	M	31	SM	0.49.33	0
84	1479	1870	THOBELA	MTANGA	HOLLYWOO	M	37	35-39M	0.50.03	1
85	1310	637	MARK	GODDARD	ASPEN	M	27	SM	0.50.12	1
86	1306	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	0.50.12	1
87	1014	1910	THANDO	FRANS	SPAREC	M	46	45-49M	0.50.41	1
88	1327	1431	GIDEON	MENGO	NEDBANK	M	46	45-49M	0.51.18	1
89	1237	1237	ELIZE	THOMPSON	TEMP	F	32	SF	0.51.18	0
90	1347	552	GEOFFREY	SWARTBOOI	RUN4C	M	48	45-49M	0.51.23	1
91	1377	2068	Clarence	Manuel	GELVAN	M	29	SM	0.51.28	1
92	1361	883	LINDI	VAN TONDER	CHARLO	F	46	45-49F	0.51.36	1
93	1209	1209	TEVIN	PRINSLOO	TEMP	M	29	SM	0.51.39	0
94	1016	1664	ARNO	GERBER	MADIBA	M	53	50-54M	0.51.42	1
95	1340	1643	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	0.51.43	1
96	1234	1234	GUNTHER	HOUGH	TEMP	M	50	50-54M	0.52.07	0
97	1459	2263	DURAN	THOMAS	TEMP	M	27	SM	0.52.17	0
98	1320	885	HANSEN	LUKA	CHARLO	M	49	45-49M	0.52.34	1
99	1152	1152	JARRYD	JACOBS	TEMP	M	27	SM	0.52.49	0
100	1239		THEMBINKOSI	STOKWE	TEMP	M	45	45-49M	0.52.50	0
101	1430	1098	SIZINZO	KAMA	ACH	M	72	70+M	0.52.58	1
102	1434	40153	NOMANDLA	TOLWANA	CHILLI	M	16	JM	0.53.09	0
103	1455	1455	THABO	NKWANDLA	TEMP	M	24	SM	0.53.12	0
104	1359	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.53.14	1
105	1474	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	63	60-64F	0.53.19	1
106	1025	577	YOLANDIE	LANDMAN	RUN4C	F	48	45-49F	0.53.21	1
107	1305	556	ARTHUR	WILLIAMS	RUN4C	M	61	60-64M	0.53.22	1
108	1397	555	MELANIE	BUITENDAGH	RUN4C	F	41	40-44F	0.53.22	1
109	1404	50803	SIVIWE	MEVENI	REALGIJ	M	37	35-39M	0.53.38	0
110	1371	277	DE WET	WILLIAMS	MUIRITE	M	62	60-64M	0.53.48	1
111	1173	1173	ELEXANDER	RANTSEMA	TEMP	M	29	SM	0.53.50	0
112	1456	2266	SINETHEMBA	MTANGA	TEMP	M	34	SM	0.54.05	0
113	1400	1560	PIETER	STRYDOM	DESPATCH	M	62	60-64M	0.54.11	1
114	1107	1107	JEREMY	SCOTT	TEMP	M	52	50-54M	0.54.27	0
115	1301	1512	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.54.27	1
116	1256	75	HESTER	DEKKER	SAPPE	F	52	50-54F	0.54.27	1
117	1103	1103	ABULELE	ROZANA	TEMP	M	28	SM	0.54.47	0
118	1106	1106	SIMON	SCHOLTZ	TEMP	M	28	SM	0.54.48	0
119	1413	2277	LUBABALO	JUSAYI	SIBALEKA	M	33	SM	0.55.12	1
120	1135	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	0.55.15	1
121	1050	2333	TENIELLE	DE ANDRADE	VITALITY	F	39	35-39F	0.55.26	1
122	1403	1963	OWEN	NCUBE	BLUEBAY	M	43	40-44M	0.55.28	1
123	1385	278	CATHY	CURTAIN	MUIRITE	F	53	50-54F	0.55.29	1
124	1206	1206	CARSTEN	BERGER	TEMP	M	51	50-54M	0.55.29	0
125	1214	1214	ABDULLAH	ERDIN	TEMP	M	40	40-44M	0.55.29	0
126	1221	1221	FABIAN	TRIEGARDT	TEMP	M	23	SM	0.55.33	0
127	1314	690	WARREN	KNOTT	MUIRITE	M	47	45-49M	0.55.38	1

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128	1186	6186	GRAYSON	KNOTT	TEMP	M	11	JM	0.55.38	0
129	1432	40144	AMA	FORTEIN	CHILLIEP	F	16	JF	0.56.04	1
130	1111	1111	LUVUYO	SISWANA	TEMP	M	27	SM	0.56.21	0
131	1278	2173	Carmen	Pollock	MADIBAZ	F	20	SF	0.56.22	1
132	1181	6181	LUSANDA	BHADI	TEMP	F	48	45-49F	0.56.43	0
133	1381	1493	TOEGEDA	VYVER	NEDBANK	F	52	50-54F	0.56.45	1
134	1267	728	Paul	Lubbe	CRUSADE	M	62	60-64M	0.56.54	1
135	1175	1175	SOLOMON	TEMBENI	TEMP	M	30	SM	0.56.59	0
136	1373	2509	SELLO	KOTU	ABSAEP	M	31	SM	0.57.05	1
137	1226	1226	KUDWAKWASHE	NYAMUTSAMBIRA	TEMP	M	33	SM	0.57.14	0
138	1475	947	GANIEF	DAVIDS	CHARLO	M	58	55-59M	0.57.40	1
139	1047	2494	Benice	Van der Mescht	DESPATCH	F	22	SF	0.57.57	1
140	1046	2493	DEON	VAN DER MERWE	DESPATCH	M	54	50-54M	0.57.57	1
141	1313	79	BRENDON	JACOBS	SAPPE	M	34	SM	0.58.17	1
142	1379	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	0.58.22	1
143	1378	1567	JACOBUS	WYATT	DESPATCH	M	61	60-64M	0.58.23	1
144	1382	1492	DEON	VYVER	NEDBANK	M	57	55-59M	0.58.35	1
145	1429	333	DERICK	BIRCH	MUIRITE	M	69	65-69M	0.58.36	1
146	1012	529	ANDRE	FOURIE	RUN4C	M	77	70+M	0.58.37	1
147	1088	1088	SHAUN	MOSTERT	TEMP	M	35	35-39M	0.58.40	0
148	1059	1059	TRISTEN	DU RANDT	TEMP	M	24	SM	0.58.47	0
149	1223	1223	CHRISTO	STUMKE	TEMP	M	67	65-69M	0.58.48	0
150	1009	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	0.58.52	1
151	1336	889	PETER	POHLMANN	CHARLO	M	60	60-64M	0.58.58	1
152	1003	1268	ALBERT	BRAND	VWAC	M	42	40-44M	0.59.05	1
153	1349	40012	YARDON	SWARTBOOI	RUN4C	M	15	JM	0.59.09	1
154	1254	603	Andries	Coetsee	RUN4C	M	38	35-39M	0.59.13	1
155	1195	6195	LAURE	PIETERSE	TEMP	M	53	50-54M	0.59.22	0
156	1172	1172	ANAM	NYUBUSE	TEMP	M	29	SM	0.59.35	0
157	1147	1147	DEMI	DA SILVA	TEMP	F	26	SF	0.59.35	0
158	1155	1155	XABISO	KONA	TEMP	F	28	SF	0.59.36	0
159	1324	352	ZUKO	MALIWA	IKHAMVA	M	46	45-49M	0.59.38	1
160	1222	1222	LIEZEL	GOUSSARD	TEMP	F	41	40-44F	0.59.40	0
161	2238	2238	HALOCK	MOOSA	TEMP	M	30	SM	0.59.45	0
162	1210	1210	ALLIWIE	FRITZ	TEMP	M	41	40-44M	0.59.52	0
163	1124	1124	BIANCA	WEHMEYER	TEMP	F	46	45-49F	0.59.55	0
164	1275	52496	MPHAKS	MZAMO	TITAN	M	40	40-44M	0.59.56	0
165	1249	1249	NOSIPHIWO	MZANYWA	TEMP	F	35	35-39F	0.59.59	0
166	1290	903	KESVAL	CHETTY	CHARLO	M	59	55-59M	1.00.05	1
167	1169	1169	MZUMVIKILE	MOOI	TEMP	M	57	55-59M	1.00.09	0
168	1188	6188	DANIEL	LOUW	TEMP	M	25	SM	1.00.15	0
169	1187	6187	NICOLE	KLOCHOWICZ	TEMP	F	23	SF	1.00.15	0
170	1243	1243	ANESIPHIWO	MAGADLA	TEMP	F	23	SF	1.00.27	0
171	1346	977	VINCENT	SWART	CHARLO	M	50	50-54M	1.00.34	1
172	1123	1123	LWANI	TUTANI	TEMP	M	29	SM	1.00.34	0
173	1356	1356	ZUSAKHE	GQAMANA	TEMP	M	29	SM	1.00.34	0
174	1184	6184	JADE	FESTUS	TEMP	M	34	SM	1.00.34	0
175	1407	1950	Nicole	GRAY	BLUEBAY	F	23	SF	1.00.47	1
176	1125	1125	WEHMEYER	WEHMEYER	TEMP	M	48	45-49M	1.00.47	0
177	1058	1058	HELENA	DE BEER	TEMP	F	32	SF	1.01.08	0
178	1374	40188	Lauren	Gerber	ELITEAC	F	16	JF	1.01.14	1
179	1457	2265	RYNO	LATEGAN	TEMP	M	15	JM	1.01.15	0
180	1422	1124	LIZ	PRINS	ACH	F	54	50-54F	1.01.20	1
181	1420	1103	LIZ	AUSTIN	ACH	F	65	65-69F	1.01.21	1
182	1331	1737	LYNDLE	NAIDOO	GELVAN	F	32	SF	1.01.21	1
183	1092	1092	SIVE	NGQOKWE	TEMP	F	27	SF	1.01.35	0
184	1055	1055	ASEMAHLE	CAKWEBE	TEMP	F	24	SF	1.01.36	0
185	1163	1930	TIM	BRAY	BLUEBAY	M	61	60-64M	1.01.50	1
186	1253	693	NOMFUSI	CESHEMBA	VUKANI	F	42	40-44F	1.01.52	1
187	1235	1235	ROXY	VON GORDON	TEMP	F	37	35-39F	1.01.54	0
188	1478	2178	STEVEN	THOMAS	MADIBAZ	M	58	55-59M	1.01.54	1
189	1411	2232	ALVADO	ARENDSE	MADIBAZ	M	50	50-54M	1.02.10	1
190	1312	1207	CHARL	GRIESSEL	ELITEAC	M	60	60-64M	1.02.14	1
191	1064	1064	JOLENE	JANSEN	TEMP	F	38	35-39F	1.02.20	0

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192	1104	1104	LEANDI	SCHIPPER	TEMP	F	32	SF	1.02.20	0
193	1144	1144	MARIUS	ADRIES	TEMP	M	51	50-54M	1.02.21	0
194	1261	2250	PHILIPP	HOELZER	MADIBAZ	M	40	40-44M	1.02.21	1
195	1425	2433	THEMBELA	MANYA	NMBAC	F	40	40-44F	1.02.26	1
196	1367	4	SHANE	SAUNDERS	RUN4C	M	56	55-59M	1.02.28	1
197	1431	195	JOHN	APPELS	CSEP	M	49	45-49M	1.02.39	1
198	1428	361	JULIUS	SHOGOLE	IKHAMVA	M	71	70+M	1.02.51	1
199	1388	1771	PHUMLA	CHELESI	VUKANI	F	43	40-44F	1.02.55	1
200	1263	2488	RUAN	JONKER	DESPATCH	M	24	SM	1.02.59	1
201	1408	1945	Janine	Gray	BLUEBAY	F	46	45-49F	1.03.03	1
202	1134	100	LYNETTE	CRAUSE	INFINITY	F	64	60-64F	1.03.04	1
203	1174	1174	MEGAN	SPRIGGS	TEMP	F	23	SF	1.03.09	0
204	1185	6185	JOHAN	GERBER	TEMP	M	45	45-49M	1.03.13	0
205	1027	2326	MATHONGO	MAKHIWANE	BLUEBAY	M	48	45-49M	1.03.15	1
206	1094	1094	BULELANI	NTSHINTSHI	TEMP	M	41	40-44M	1.03.22	0
207	1006	1602	LIEZL	DE KOCK	DESPATCH	F	48	45-49F	1.03.40	1
208	1196	6196	MOTLOTLEHI	SETEBE	ARCADIA	M	38	35-39M	1.03.44	0
209	1201	1201	ROZETTA	KEMP	TEMP	F	70	70+F	1.03.51	0
210	1132	1132	NCEDISA	MLWANDLE	TEMP	F	25	SF	1.04.00	0
211	1036	1538	SIPHAMANDLA	NGOBELA	MADIBAZ	M	30	SM	1.04.09	1
212	1158	1631	AMANDA	BLIGNAULT	MADIBA	F	64	60-64F	1.04.18	1
213	1297	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.04.18	1
214	1348	553	TYRESE	SWARTBOOI	RUN4C	M	20	SM	1.04.38	1
215	1170	1170	KHAYA	MSWEPHU	TEMP	F	31	SF	1.04.42	0
216	1139	1599	EVAN	LABUSCHAGNE	DESPATCH	M	36	35-39M	1.04.55	1
217	1133	1133	RENIER	NEL	TEMP	M	37	35-39M	1.04.55	0
218	1309	2310	LUCINDA	GERBER	VITALITY	F	49	45-49F	1.05.03	1
219	1259	1632	JOS	ELS	MADIBA	F	72	70+F	1.05.05	1
220	1010	2394	Deone	Ferreira	DESPATCH	F	27	SF	1.05.09	1
221	1248		SABA	DONDASHE	TEMP	M	32	SM	1.05.12	0
222	1048	573	BRITTANY	CILLIERS	RUN4C	F	31	SF	1.05.13	1
223	1389	1572	NANDIPHA	NAIDOO	DESPATCH	F	45	45-49F	1.05.15	1
224	1203	6203	JAMES	ZONDAGH	TEMP	M	28	SM	1.05.24	0
225	1240		ADAM	LOMBARD	TEMP	M	27	SM	1.05.25	0
226	1257	738	SAM	DU TOIT	CRUSADE	F	54	50-54F	1.05.27	1
227	1109	1109	ANGELA	SMITH	TEMP	F	42	40-44F	1.05.37	0
228	1057	1057	VENNESA	COERTZE	TEMP	F	51	50-54F	1.05.38	0
229	1255	1557	CARIN	COETZEE	DESPATCH	F	47	45-49F	1.05.49	1
230	1366	1587	MARISKA	OLIVIER	DESPATCH	F	36	35-39F	1.05.49	1
231	1015	700	DEBBIE	FREITAG	ELITEAC	F	35	35-39F	1.05.51	1
232	1318	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	1.05.52	1
233	1394	1547	SINDY	MOYAKHE	TNETFS	F	37	35-39F	1.05.54	0
234	1357	311	NICKI	VAN NIEKERK	MUIRITE	F	70	70+F	1.05.56	1
235	1038	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.06.02	1
236	1008	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	1.06.02	1
237	1011	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	1.06.09	1
238	1419	204	GAYNOR	APPELS	CSEP	F	49	45-49F	1.06.10	1
239	1086	1086	KAYA	MLENZE	TEMP	M	43	40-44M	1.06.16	0
240	1105	1105	WARREN	SCHOEMAN	TEMP	M	36	35-39M	1.06.36	0
241	1129	1129	SHELAINÉ	BARENDSE-SCHOLTZ	TEMP	F	38	35-39F	1.06.47	0
242	1424	1104	CATHERINE	IVES	ACH	F	71	70+F	1.06.48	1
243	1076	1076	THAABIET	MADATT	TEMP	M	49	45-49M	1.06.51	0
244	1151	1151	ANE	HEUNIS	TEMP	F	22	SF	1.06.52	0
245	1023	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	1.06.52	1
246	1160	1184	Rina	Botes	JBAY	F	54	50-54F	1.06.53	1
247	1490	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.07.08	1
248	1289	923	EVA	CHETTY	CHARLO	F	55	55-59F	1.07.08	1
249	1004	2518	Wendy	Bululu	ABSAEP	F	41	40-44F	1.07.14	1
250	1344	1708	DEON	SMITH	GELVAN	M	56	55-59M	1.07.14	1
251	1197	6197	ODWA	SONQISHE	VITALGN	F	35	35-39F	1.07.26	0
252	1315	95	ZELDA	KRIGE	INFINITY	F	63	60-64F	1.07.33	1
253	1225		UNKNOWN		TEMP	M	44	40-44M	1.07.39	0
254	1213	1213	MARKETA	BERNOULLI	TEMP	F	39	35-39F	1.07.40	0
255	1283	328	MADRE	WELMANS	MUIRITE	F	55	55-59F	1.07.47	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
256	1251	2555	Lize	Austin	RUN4C	F	27	SF	1.08.15	1
257	1042	458	LYNETTE	SMUTS	WALMER	F	57	55-59F	1.08.23	1
258	1299	289	RENAY	DU PLESSIS	MUIRITE	F	56	55-59F	1.08.26	1
259	1358	303	SANET	VAN NIEKERK	MUIRITE	F	55	55-59F	1.08.39	1
260	1090	1090	TAMMY	NEVELING	TEMP	F	31	SF	1.08.52	0
261	1121	1121	ZANE	VAN DER WESTHUIZEN	TEMP	F	25	SF	1.08.53	0
262	1149	1149	MSAWENKOSI	GUMBI	TEMP	M	38	35-39M	1.09.03	0
263	1245	1245	MARIUS	BESTER	TEMP	M	53	50-54M	1.09.14	0
264	1470	1712	BRAMWELL	FLEURS	GELVAN	M	45	45-49M	1.09.22	1
265	1368	2149	WAYNE	MAC GEAR	MADIBAZ	M	60	60-64M	1.09.25	1
266	1304	1403	JOHAN	FERREIRA	RUN4C	M	62	60-64M	1.09.38	1
267	1303	906	TARYN	FERREIRA	CHARLO	F	43	40-44F	1.09.45	1
268	1454	2269	LULAMA	SPEELMAN	TEMP	M	46	45-49M	1.09.47	0
269	1141	1743	THOMAS	PLAATJIES	GELVAN	M	47	45-49M	1.09.52	1
270	1383	196	MZIMKHULU	DYWILI	CSEP	M	35	35-39M	1.10.37	1
271	1212	1212	ADRIAAN	HUYGEN	TEMP	M	37	35-39M	1.10.37	0
272	1211	1211	CHANTAL	NAUDE	TEMP	F	39	35-39F	1.10.37	0
273	1159	691	NOLOYISO	BONGA	VUKANI	F	37	35-39F	1.10.38	1
274	1311	1348	XOLILE	GOMOMO	NEDBANK	M	71	70+M	1.11.20	1
275	1441	1441	MDEZI	SELLO	TEMP	M	33	SM	1.11.22	0
276	1396	1792	NELISWA	MZAZA	VUKANI	F	34	SF	1.11.29	1
277	1440	697	JACKSON	NGCELWANE	SIBALEKA	M	59	55-59M	1.12.05	1
278	1296	468	IRMA	DE JAGER	WALMER	F	63	60-64F	1.12.17	1
279	1286	309	YVETTE	BROPHY	MUIRITE	F	54	50-54F	1.12.20	1
280	1140	97	INA	MEAKER	INFINITY	F	62	60-64F	1.12.33	1
281	1128	1128	SISA	ZAZA	TEMP	M	30	SM	1.12.37	0
282	1145	1145	JONATHAN	CALITZ	TEMP	M	46	45-49M	1.12.39	0
283	1202	6202	THANDAZILE	TYINAKU	TEMP	F	27	SF	1.12.41	0
284	1183	6183	LONWABO	DANIELS	TEMP	M	49	45-49M	1.12.47	0
285	1081	1081	PHAKAMA	MATATA	TEMP	F	32	SF	1.12.54	0
286	1277	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	1.12.55	1
287	1072	1072	MEREDITH	LAW	TEMP	F	23	SF	1.13.01	0
288	1093	1093	SIVIWE	NKAYI	TEMP	M	31	SM	1.13.20	0
289	1166	1166	ZANELE	MAZIBUKO	TEMP	F	30	SF	1.13.21	0
290	1415	40345	ASISIPHO	MATSHA	SIBALEKA	F	17	JF	1.13.22	1
291	1308	971	DEIDRE	GERBER	CHARLO	F	52	50-54F	1.13.32	1
292	1005	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	1.13.57	1
293	1231	1231	ABIGAIL	SANGOTSHA	TEMP	F	34	SF	1.14.25	0
294	1236	1236	LISOLOMZI	BLANI	TEMP	M	47	45-49M	1.14.25	0
295	1162	1816	ALIZWA	BOVUNGANA	VUKANI	M	23	SM	1.14.26	1
296	1395	1548	NOMHLAHLA	SIKHAKHANE	TNETFS	F	50	50-54F	1.14.33	0
297	1176	1176	SINOTHANDO	TISO	TEMP	F	29	SF	1.14.43	0
298	1049	600	ANDRE	PIENAAR	RUN4C	M	61	60-64M	1.14.45	1
299	1194	6194	PETRA	PIENAAR	TEMP	F	60	60-64F	1.14.45	0
300	1369	299	JOHANNES	HERBST	MUIRITE	M	78	70+M	1.14.45	1
301	1384	2517	FUNDISWA	ANTONY	ABSAEP	F	51	50-54F	1.15.01	1
302	1244	1244	NAYOLENE	JOSEPHUS	TEMP	F	31	SF	1.15.08	0
303	1177	1177	UNATHI	POQELS	TEMP	F	42	40-44F	1.15.14	0
304	1219	1219	THOMO	RACHOENE	TEMP	M	30	SM	1.15.24	0
305	1171	1171	FAKAZILE	NKOMIYAHLABA	TEMP	F	37	35-39F	1.15.40	0
306	1199	6199	SIMON	STRIMLING	TEMP	M	62	60-64M	1.16.21	0
307	1282	2348	MITESH	VALLABH	VITALITY	M	48	45-49M	1.16.23	1
308	1180	6180	CARLO	BEER	TEMP	M	21	SM	1.16.30	0
309	1200	6200	CHANEL	TIRAN-DORFLING	TEMP	F	29	SF	1.16.30	0
310	1273	2541	AMANDA	MGIDI	TRANSNET	F	38	35-39F	1.16.36	1
311	1178	1178	REBECCA	VAN HEERDEN	TEMP	F	23	SF	1.16.51	0
312	1068	99	MARIUS	WOLMARANS	INFINITY	M	66	65-69M	1.16.58	1
313	1007	1791	NOZUKO	DLAMBA	VUKANI	F	47	45-49F	1.17.01	1
314	1083	1083	MICHAEL	MCCLELAND	TEMP	M	37	35-39M	1.17.04	0
315	1168	1168	NOMASOMI	MONDILE	TEMP	F	46	45-49F	1.17.07	0
316	1096	1096	KARMEL	PAGE	TEMP	F	33	SF	1.17.15	0
317	1019	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.17.32	1
318	1292	1655	ANITA	COETZER	MADIBA	F	50	50-54F	1.17.32	1
319	1070	1070	MELLISSA	KRIEK	TEMP	F	37	35-39F	1.17.34	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
320	1099	1099	GARRETH	PEETERS	TEMP	M	37	35-39M	1.17.35	0
321	1238	1238	TANIA	MDYOGOLO	TEMP	F	40	40-44F	1.17.47	0
322	1227	1227	NAMHLA	MVUKUZO	TEMP	F	38	35-39F	1.17.48	0
323	1082	1082	ANELE	MATOTI	TEMP	M	45	45-49M	1.17.55	0
324	1021	1434	DIANNE	HARTZENBERG	NEDBANK	F	65	65-69F	1.17.56	1
325	1112	1112	SIMAMKELE	SIXIMBA	TEMP	F	29	SF	1.18.04	0
326	1100	1100	MPUMELELO	PILISANI	TEMP	M	55	55-59M	1.18.04	0
327	1136	1740	JANICE	JONES	GELVAN	F	48	45-49F	1.18.05	1
328	1250	1250	ABONGILE	MAKINANA	TEMP	M	24	SM	1.18.15	0
329	1281	51910	NOLUNDI	SPEELMAN	PAC	F	39	35-39F	1.18.38	0
330	1274	453	JO-ANNE	MUIR	WALMER	F	54	50-54F	1.19.03	1
331	1279	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.19.03	1
332	1246	1246	MARILYN	FRASER	TEMP	F	51	50-54F	1.19.11	0
333	1022	1198	VICTOR	HUGO	JBAY	M	64	60-64M	1.19.38	1
334	1044	52366	NOLUBABALO	SOHABA	VITALGN	F	35	35-39F	1.20.44	0
335	1390	637	MARK	GODDARD	ASPEN	M	27	SM	1.21.30	1
336	1156	1156	NANGAMSO	LUWACA	TEMP	M	39	35-39M	1.22.04	0
337	1056	1056	VERNA	CLAASSEN	TEMP	F	61	60-64F	1.22.07	0
338	1120	1120	MIHLALI	TYUSHA-SISILANA	TEMP	F	31	SF	1.22.16	0
339	1241	1241	DANTON	SEPTEMBER	TEMP	M	30	SM	1.22.27	0
340	1207	2283	NOMBULELO	NDZUZO	SIBALEKA	F	43	40-44F	1.22.32	1
341	1167	1167	ZIKHO	MBENYA	TEMP	F	37	35-39F	1.23.01	0
342	1063	1063	INDIPHILE	SIYANGAPHI	TEMP	M	27	SM	1.23.18	0
343	1191	6191	MPUMELELO	NGWENYA	TEMP	M	34	SM	1.23.25	0
344	1069	1069	WESLEY	KLUE	TEMP	M	60	60-64M	1.23.39	0
345	1013	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.23.52	1
346	1260	1760	PUMEZA	HASHE	TRANSNET	F	42	40-44F	1.24.17	1
347	1276	1767	THANDEKILE	NOGOQA	TRANSNET	F	39	35-39F	1.24.19	1
348	1252	586	LISA	BEDFORD	RUN4C	F	49	45-49F	1.24.39	1
349	1061	1061	BABALWA	HENA	TEMP	F	47	45-49F	1.25.01	0
350	1031	1541	NOCAWE	MDAZUKA	SIBALEKA	F	40	40-44F	1.25.39	1
351	1352	712	NDILEKA	THOMPSON	CRUSADE	F	46	45-49F	1.25.58	1
352	1117	1117	VUYO	TSHIKI	TEMP	M	35	35-39M	1.26.24	0
353	1387	519	AKHONA	VALTYN	VUKANI	F	35	35-39F	1.26.44	1
354	1268	2033	CEBISA	MANJEZI	TRANSNET	F	36	35-39F	1.26.55	1
355	1262	720	Cleo	Jacobs	CRUSADE	F	22	SF	1.27.46	1
356	1190	6190	THANDOKAZI	MTINI	TEMP	F	29	SF	1.27.52	0
357	1319	910	RAE	LUCKMAN	CHARLO	F	54	50-54F	1.28.31	1
358	1362	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.28.32	1
359	1084	1084	NOMVUYO	MCINGANA	TEMP	F	43	40-44F	1.28.56	0
360	1054	1054	ILSE	BURNESS	TEMP	F	53	50-54F	1.29.21	0
361	1338	336	ARNOLD	RAS	MUIRITE	M	62	60-64M	1.29.26	1
362	1098	1098	SINOVUYO	PAYI	TEMP	F	37	35-39F	1.29.34	0
363	1208	1208	BABALWA	KLAAS	TEMP	F	38	35-39F	1.29.34	0
364	1316	2190	Fundiswa	Kula	MADIBAZ	F	45	45-49F	1.29.53	1
365	1148	1148	MANDILAKHE	FANA	TEMP	M	37	35-39M	1.30.08	0
366	1322	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.30.15	1
367	1115	1115	AMANDA	TONGO	TEMP	F	44	40-44F	1.30.30	0
368	1131	1131	THANDIWE	MAQHINGA	TEMP	F	30	SF	1.30.33	0
369	1071	1071	ZUKISWA	LAMANI	TEMP	F	49	45-49F	1.30.34	0
370	1228	1228	THEMBA	TYAKALA	TEMP	M	31	SM	1.30.39	0
371	1062	1062	ZOLISWA	HEWU	TEMP	F	48	45-49F	1.30.43	0
372	1020	1683	SUNET	HARRIS	MADIBA	F	51	50-54F	1.31.16	1
373	1018	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.31.16	1
374	1074	1074	WILNA	LOTZ	TEMP	F	58	55-59F	1.31.20	0
375	1220	1220	GCOBISA	YONKE	TEMP	F	39	35-39F	1.31.22	0
376	1218	1218	LINDA	MAQASHALALA	TEMP	F	43	40-44F	1.31.50	0
377	1017	571	RITA	GERBER	RUN4C	F	63	60-64F	1.32.03	1
378	1122	1122	ASMAA	VAWDA	TEMP	F	28	SF	1.33.12	0
379	1198	1198	ONESIMO	SISHUTU	TEMP	F	21	SF	1.33.14	0
380	1075	1075	ZIZO	LUWACA	TEMP	F	35	35-39F	1.33.29	0
381	1161	1095	MOF	BOTHA	ACH	M	68	65-69M	1.33.30	1
382	1002	705	OCTAVIA	BOSHOFF	CRUSADE	F	54	50-54F	1.34.01	1
383	1192	6192	PHUMUDZO	NNDWAMBI-NEPHALAMA	TEMP	F	34	SF	1.34.21	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
384	1089	1089	SILINDOKUHLE	MPINDA	TEMP	F	28	SF	1.34.43	0
385	1264	1650	PIERRE	KNOESEN	MADIBA	M	69	65-69M	1.34.43	1
386	1001	642	ESTINE	BOSCH	ASPEN	F	36	35-39F	1.34.52	1
387	1217	1217	THABILE	YENI	TEMP	F	30	SF	1.40.33	0
388	1035	1943	LUYANDA	NGESI	BLUEBAY	M	31	SM	1.41.52	0
389	1179	6179	LUTHO	BADI	TEMP	F	35	35-39F	1.51.00	0
390	1427	2501	KHAYA	MTI	ABSAEP	M	44	40-44M	2.37.24	0
<b>HELPERS RUN</b>										
H1	1801	1275	PLAAITJIE	DAMONS	VWAC	M	60	60-64M	0.52.20	1
H2	1802	1261	FRANKLIN	HUMAN	VWAC	M	48	45-49M	0.57.00	1
H3	1803	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	0.57.00	1
H4	1804	1284	DEAN	BOSMAN	VWAC	M	42	40-44M	1.01.57	1
H5	1805	2592	Anslon	Hector	VWAC	M	30	SM	1.03.53	1
H6	1806	1274	GAYLE	SAAYMAN	VWAC	F	36	35-39F	1.13.58	1
H7	1807	1279	NURENA	PETESEN	VWAC	F	40	40-44F	1.13.58	1
H8	1808	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	51	50-54M	1.13.58	1