

**CAPE ST FRANCIS RESORT CALAMARI RUN - 10KM - SATURDAY 22 SEPTEMBER 2024**

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1177	1363	THULANI	MDLALO	NEDBANK	M	39	35-39M	0.36.23	1
2	1175	40005	BULUMKO	MALINGA	NEDBANK	M	17	JM	0.37.00	1
3	1149	3649	VALENTINO	VERWEY	TEMP	M	21	SM	0.37.12	0
4	1188	1850	DYLON	DICKSON	TEMP	M	26	SM	0.38.34	0
5	1241	5787	ZONWABELE	MBOVANE	TEMP	M	40	40-44M	0.41.25	0
6	1218	40015	JORDAN	FORTUIN	RUN4C	M	19	JM	0.42.25	1
7	1174	101	AIDAN	TUOHY	VARSITY	M	27	SM	0.42.51	1
8	1173	50811	ZANTHE	TALJAARD	UNKNOWN	F	20	SF	0.43.13	0
9	1146	3646	M.G.	SAAYMAN	TEMP	M	15	JM	0.43.25	0
10	1203	2680	PATRICK	BIRKETT	TEMP	M	39	35-39M	0.44.39	0
11	1178	1367	JOHANNES	ARRIES	NEDBANK	M	51	50-54M	0.44.58	1
12	1150	3650	GRAYDON	BILLSON	TEMP	M	23	SM	0.45.18	0
13	1181	290	JAN	LE ROUX	MUIRITE	M	51	50-54M	0.48.19	1
14	1160	3660	MIGHAN	KESHAW	TEMP	M	15	JM	0.49.46	0
15	1196	51090	BEATIE	GROBER	NEDRCAGN	F	37	35-39F	0.49.49	0
16	1049	6849	MICHELLE	ROTHERO	TEMP	F	35	35-39F	0.50.06	0
17	1243	485	LAWRENCE	MAFUZE	ADVEN	M	50	50-54M	0.50.38	1
18	1158	3658	CHRISTIAN	JANSE VAN RENSBURG	TEMP	M	14	JM	0.51.17	0
19	1187	1452	EDDIE	EADES	NEDBANK	M	75	70+M	0.52.14	1
20	1078	6878	ZANE	GRIESEL	TEMP	M	19	JM	0.52.26	0
21	1112	3612	PIERRE	TROTZKY	TEMP	M	20	SM	0.52.26	0
22	1041	6841	EMILILE	DU PLESSIS	TEMP	M	26	SM	0.52.27	0
23	1172	1222	BURNITA	STRYDOM	ELITEAC	F	56	55-59F	0.53.02	1
24	1096	6896	MIKE	MORRISON	TEMP	M	60	60-64M	0.53.31	0
25	1133	3633	NICOLA	HARCUS	TEMP	F	18	JF	0.53.46	0
26	1107	3607	TANA	ROBERTS	TEMP	F	39	35-39F	0.53.46	0
27	1134	1134	JOLENE	HEYNS	TEMP	F	32	SF	0.53.49	0
28	1132	3632	RYNO	BURGER	TEMP	M	29	SM	0.53.59	0
29	1143	1143	JANNIE	PRETORIUS	TEMP	M	26	SM	0.54.12	0
30	1216	5799	CAMERON	HOLDEN	TEMP	M	15	JM	0.54.17	0
31	1242	6794	FRED	KOHR	TEMP	M	43	40-44M	0.54.19	0
32	1008	75	HESTER	DEKKER	SAPPE	F	52	50-54F	0.54.24	1
33	1157	3657	CANDICE	MELLOR	TEMP	F	52	50-54F	0.54.26	0
34	1119	3619	HEIN	VAN HUYSTEEN	TEMP	M	56	55-59M	0.54.44	0
35	1163	1512	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.55.05	1
36	1069	6869	MELANIE	BARROW	TEMP	F	51	50-54F	0.55.47	0
37	1169	1131	TINEKE	RADEMEYER	JBAY	F	31	SF	0.56.03	1
38	1153	1153	KYLE	WINFIELD	TEMP	M	24	SM	0.56.18	0
39	1147	3647	BEN	SCHNEEMANN	TEMP	M	16	JM	0.56.21	0
40	1128	3628	TINA	WILLEMSE	TEMP	F	30	SF	0.56.26	0
41	1050	6850	LAURA	WALL	TEMP	F	44	40-44F	0.56.31	0
42	1124	3624	ANTON	VOGEL	TEMP	M	49	45-49M	0.56.33	0
43	1028	40431	CHLOE	VERMAAK	ELITEAC	F	17	JF	0.56.39	1
44	1068	6868	SIMON	CUNNEEN	TEMP	M	59	55-59M	0.56.47	0
45	1024	1299	MICHAEL	SLATER	VWAC	M	54	50-54M	0.56.56	1
46	1020	1154	MAARTEN	OOSTHUIZEN	JBAY	M	43	40-44M	0.57.25	1
47	1170	51595	HANS	SCHNEEMANN	KEARS	M	43	40-44M	0.57.31	0
48	1148	3648	CHRISTIE	SMITH	TEMP	F	30	SF	0.57.41	0
49	1138	1138	MIKE	METELERKAMP	TEMP	M	40	40-44M	0.57.49	0
50	1118	3618	CATHY	VAN HUYSTEEN	TEMP	F	55	55-59F	0.57.53	0
51	1029	40430	KYLIE	VERMAAK	ELITEAC	F	17	JF	0.58.04	1
52	1166	50334	TONI	MACKRELL	RUNZONE	F	50	50-54F	0.58.05	0
53	1047	3947	PETER	BOOYSEN	TEMP	M	70	70+M	0.58.07	0
54	1246	6798	KOBUS	RADEMEYER	TEMP	M	31	SM	0.58.25	0
55	1212	5765	MARISA	BREYTENBACH	TEMP	F	39	35-39F	0.58.31	0
56	1195	5756	NADIA	SMITH	TEMP	F	47	45-49F	0.58.32	0
57	1099	6899	BRIDGET	NEL	TEMP	F	36	35-39F	0.59.31	0
58	1194	3994	LARA	STRAUSS	TEMP	F	21	SF	0.59.48	0
59	1164	1889	MARK	FOWLER	STFRAN	M	58	55-59M	0.59.49	1
60	1141	1141	GUSTAV	NEFD	TEMP	M	40	40-44M	1.00.03	0
61	1179	40012	YARDON	SWARTBOOI	RUN4C	M	16	JM	1.00.06	1
62	1155	3655	HANS	SCHNEEMANN	KEARS	M	43	40-44M	1.00.30	0
63	1055	6855	MEEKA	BLOM	TEMP	F	19	JF	1.01.00	0

64	1046	3946	TIM	BRISCOE	TEMP	M	75	70+M	1.01.03	0
65	1171	51737	JEANNA	SCHNEEMANN	HV	F	43	40-44F	1.01.07	0
66	1048	6848	CELESTE	BOOYSEN	TEMP	F	67	65-69F	1.01.09	0
67	1211	5764	ZONJA	RAS	TEMP	F	61	60-64F	1.01.13	0
68	1183	2682	MELISSA	CUMMING	TEMP	F	42	40-44F	1.01.19	0
69	1123	3623	AMANDA	VOGEL	TEMP	F	42	40-44F	1.01.19	0
70	1058	6858	DEON	BOSHOFF	TEMP	M	64	60-64M	1.01.31	0
71	1151	3651	JETHRE	GOOD	TEMP	M	24	SM	1.01.37	0
72	1182	1182	RIEITE	BESTER	TEMP	F	53	50-54F	1.01.46	0
73	1116	3616	MELISSA	VAN DER ZWAN	TEMP	F	34	SF	1.01.57	0
74	1122	3622	KIRSTYN	VERBAAN	TEMP	F	34	SF	1.02.08	0
75	1161	3661	ROBERT	PRIDEAUX	TEMP	M	56	55-59M	1.02.09	0
76	1052	6852	WAYNE	BARTLETT	TEMP	M	64	60-64M	1.02.38	0
77	1057	6857	CAROLINE	BOSHOFF	TEMP	F	59	55-59F	1.02.44	0
78	1219	5788	JENNI	NAPIER	TEMP	F	45	45-49F	1.02.55	0
79	1105	3605	BARRY	PHILLIPS	TEMP	M	70	70+M	1.03.20	0
80	1144	3644	LARA	PRETORIUS	TEMP	F	24	SF	1.03.47	0
81	1202	1141	LIESEL	BADENGORST	JBAY	F	50	50-54F	1.04.08	1
82	1139	1139	JENNIFER	MICHAU	TEMP	F	58	55-59F	1.04.57	0
83	1071	6871	MOG	EVANS	TEMP	F	48	45-49F	1.05.06	0
84	1006	10274	CLIVE	CLEMENTS	BENNOR	M	67	65-69M	1.05.35	0
85	1145	3645	MARIKE	PRETORIUS	TEMP	F	52	50-54F	1.05.47	0
86	1142	1142	HENRI	PRETORIUS	TEMP	M	53	50-54M	1.05.47	0
87	1098	6898	NICOLE	MULLIGAN	TEMP	F	39	35-39F	1.06.01	0
88	1011	529	ANDRE	FOURIE	RUN4C	M	77	70+M	1.06.07	1
89	1056	6856	MICHELLE	BLOM	TEMP	F	47	45-49F	1.06.10	0
90	1044	6844	MANDY	CYROLIES	TEMP	F	43	40-44F	1.06.37	0
91	1022	1189	WERNICE	VENTER	JBAY	F	26	SF	1.06.39	1
92	1106	3606	LP	PRETORIUS	TEMP	M	26	SM	1.06.39	0
93	1131	3631	LUZAAN	BUCHNER	TEMP	F	40	40-44F	1.06.47	0
94	1198	2345	THOMAS	MATTHEWS	TEMP	M	59	55-59M	1.07.10	0
95	1094	6894	CELESTE	MILNE	TEMP	F	39	35-39F	1.07.12	0
96	1063	6863	ALICIA	BURMEISTER	TEMP	F	39	35-39F	1.07.17	0
97	1072	6872	ERIKA	FERREIRA	TEMP	F	46	45-49F	1.07.39	0
98	1111	3611	CHENEL	STRYDOM	TEMP	F	42	40-44F	1.07.40	0
99	1168	50429	MITA	PEMA-KESHAW	ELAC	F	47	45-49F	1.07.45	0
100	1023	40489	ERIN	SLATER	VARSITY	F	18	JF	1.07.48	1
101	1079	6879	ANA MARIA	HAY	TEMP	F	60	60-64F	1.07.51	0
102	1051	6851	GAYLE	BARTLETT	TEMP	F	63	60-64F	1.07.57	0
103	1129	3629	AIDAN	WOLMARANS	TEMP	F	25	SF	1.07.57	0
104	1043	6843	ROBIN	CYROLIES	TEMP	M	53	50-54M	1.08.08	0
105	1102	3602	RENEE	OLIVIER	TEMP	F	56	55-59F	1.08.12	0
106	1180	8889	NICOLE	KETTLES	JQ	F	62	60-64F	1.08.14	0
107	1093	6893	CANDICE	MELLOR	TEMP	F	52	50-54F	1.08.45	0
108	1091	6891	RICHARD	LYNCH	TEMP	M	23	SM	1.08.51	0
109	1042	6842	SHAN	ABERNETHY	TEMP	M	55	55-59M	1.09.03	0
110	1192	5749	STARLYNE	HASSIEN	TEMP	M	56	55-59M	1.09.41	0
111	1190	5757	MARIUS	ROACH	TEMP	M	31	SM	1.09.49	0
112	1136	1136	NARANDRA	JEEWA	TEMP	M	66	65-69M	1.10.12	0
113	1220	2592	LUKHANYISO	NDEVU	TEMP	M	29	SM	1.10.19	0
114	1064	6864	MIRANDA	COGGER	TEMP	F	47	45-49F	1.10.23	0
115	1159	3659	NANDOR	JANSE VAN RENSBURG	TEMP	M	48	45-49M	1.10.47	0
116	1088	6888	ARNO	LAMPRECHT	TEMP	M	28	SM	1.10.48	0
117	1165	1891	PAULA	FOWLER	STFRAN	F	56	55-59F	1.10.54	1
118	1244	5600	BONGA	SODIDI	TEMP	F	21	SF	1.12.12	0
119	1126	3626	MARK	WEYER	TEMP	M	59	55-59M	1.12.23	0
120	1005	1884	SAMANTHA	CANTER	STFRAN	F	54	50-54F	1.12.43	1
121	1137	1137	ROXY	KILLIAN	TEMP	F	22	SF	1.13.22	0
122	1104	3604	CANDICE	PELTENBURG	TEMP	F	44	40-44F	1.13.38	0
123	1070	6870	ROBYN	ELLIS	TEMP	F	46	45-49F	1.13.38	0
124	1176	6176	NATALIE	HANSEN	TEMP	F	66	65-69F	1.13.56	0
125	1185	2684	BUSO	SILUMA	TEMP	M	36	35-39M	1.14.30	0
126	1199	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	1.15.35	1
127	1077	6877	ELKA	GRACE	TEMP	F	52	50-54F	1.15.41	0
128	1135	1135	JOY	HILL	TEMP	F	32	SF	1.16.00	0

129	1209	2330	LEANDRA	VOSLOO	TEMP	F	37	35-39F	1.16.08	0
130	1207	5791	DAWID	STEYN	TEMP	M	44	40-44M	1.16.09	0
131	1010	2710	TINA	DERBYSHIRE	SAPEC	F	70	70+F	1.16.16	0
132	1087	6887	JASON	KING	TEMP	M	31	SM	1.17.26	0
133	1066	6866	TOM	CORNISH	TEMP	M	21	SM	1.17.26	0
134	1003	50297	SHELLY	BLANE	MPOX	F	62	60-64F	1.17.55	0
135	1197	1603	RONNIE	JONKER	DESPATCH	M	54	50-54M	1.19.00	1
136	1027	1170	GERHARD	VAN DER WESTHUIZEN	JBAY	M	49	45-49M	1.19.32	1
137	1140	1140	ISABELLE	MOMBERG	TEMP	F	14	JF	1.19.34	0
138	1110	3610	JENNI	STROBOS	TEMP	F	41	40-44F	1.20.19	0
139	1081	6881	JEFFREY	HOLLOWAY	TEMP	M	65	65-69M	1.21.41	0
140	1014	1198	VICTOR	HUGO	JBAY	M	64	60-64M	1.21.55	1
141	1097	6897	NIKKI	MOSS	TEMP	F	43	40-44F	1.21.56	0
142	1083	6883	LORRIN	JARVIS	TEMP	F	46	45-49F	1.22.00	0
143	1084	6884	EZNA	KENNEDY	TEMP	F	47	45-49F	1.22.00	0
144	1127	3627	TERSIA	WEYER	TEMP	F	56	55-59F	1.22.47	0
145	1059	6859	GAVIN	BOUCHER	TEMP	M	52	50-54M	1.22.57	0
146	1082	6882	JACQUELINE	JACOBS	TEMP	F	58	55-59F	1.23.39	0
147	1019	453	JO-ANNE	MUIR	WALMER	F	55	55-59F	1.24.35	1
148	1021	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.24.39	1
149	1039	974	LIESL	NEL	CHARLO	F	50	50-54F	1.25.44	1
150	1206	5786	FASIE	MALHERBE	TEMP	M	72	70+M	1.25.49	0
151	1109	3609	GLYNN	SLATER	TEMP	F	52	50-54F	1.25.52	0
152	1074	6874	JANI	GERBER	TEMP	F	26	SF	1.26.05	0
153	1073	6873	SANDRA	GALER	TEMP	F	59	55-59F	1.26.34	0
154	1009	40001	ZANTE	DEKKER	SAPPE	F	17	JF	1.27.27	1
155	1026	70	BIANCA	SWARTS	SAPPE	F	21	SF	1.27.27	1
156	1012	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.27.37	1
157	1210	1122	BOB	STEDMAN	ACH	M	75	70+M	1.28.05	1
158	1030	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.28.31	1
159	1018	910	RAE	LUCKMAN	CHARLO	F	54	50-54F	1.28.32	1
160	1184	6884	GERDA	MILFORD	TEMP	F	68	65-69F	1.28.57	0
161	1017	10951	MELANIE	LOGAN	BENNOR	F	56	55-59F	1.29.21	0
162	1200	642	ESTINE	BOSCH	ASPEN	F	37	35-39F	1.30.05	1
163	1065	6865	KIM	CORNISH	TEMP	F	49	45-49F	1.31.19	0
164	1076	6876	LUCILLE	GERRY	TEMP	F	54	50-54F	1.31.19	0
165	1007	50895	SERRALDI	CLAASSEN	CAPEMS	F	48	45-49F	1.31.37	0
166	1054	6854	NATASHA	BATTEN	TEMP	F	33	SF	1.32.23	0
167	1053	6853	ARLENE	BATTEN	TEMP	F	59	55-59F	1.32.23	0
168	1015	720	CLEO	JACOBS	CRUSADE	F	22	SF	1.34.41	1
169	1189	765	LESLIE	FERREIRA	CRUSADE	M	29	SM	1.34.43	1
170	1154	3654	ERICA	ELLIS	TEMP	F	54	50-54F	1.35.33	0
171	1090	6890	TANYA	LOOTS	TEMP	F	58	55-59F	1.35.39	0
172	1217	5789	CINDILEE	BESTER	TEMP	F	44	40-44F	1.35.44	0
173	1204	1095	MOF	BOTHA	ACH	M	68	65-69M	1.36.25	1
174	1100	6900	WENDY	NEL	TEMP	F	78	70+F	1.38.11	0
175	1086	6886	JANAN	KILLIAN	TEMP	F	24	SF	1.41.32	0
176	1085	6885	CAROL-ANNE	KILLIAN	TEMP	F	58	55-59F	1.41.32	0
177	1101	3601	MPHO	NEMUKULA	TEMP	F	38	35-39F	1.43.40	0
178	1113	3613	ALUNGILE	TYWAKU	TEMP	F	32	SF	1.43.40	0
179	1075	6875	BILLY	GERRY	TEMP	M	53	50-54M	1.47.12	0
180	1062	6862	RICHARD	BUCHER	TEMP	M	65	65-69M	1.50.43	0
181	1016	6387	GREGORY	KETTLES	JQ	M	63	60-64M	1.50.43	0
182	1114	3614	AVIWE	TYWAKU	TEMP	F	34	SF	2.14.36	0