

CHAPMAN'S PEAK HALF MARATHON

2024

21.1km

Provisional Results

Pos	Bib	Name	Club	Category	Gender	FinishTime
1	496	Sibusiso Madikizela	Rcs Guguletu Ac	Open	Male	01:14:13
2	875	Tumelo Mokoatsi	Kuils River Rc	Open	Male	01:14:17
3	746	Kyle Bucklow	Fish Hoek Ac	Open	Male	01:14:22
4	758	Gerda Steyn	Phantane Ac	Open	Female	01:18:04
5	843	Lusindiso Mbuli	Helderberg Harriers	40-49	Male	01:19:32
6	179	Steven George	Strand Ac	Open	Male	01:20:09
7	635	Bulelani Mkhosana	Khayelitsha Ac	40-49	Male	01:21:58
8	1674	Tony Carter	-	Open	Male	01:21:59
9	877	Barry-john Pienaar	Kuils River Rc	Open	Male	01:22:32
10	915	Shawn Abrahams	Kuils River Rc	50-59	Male	01:23:28
11	876	Morne Kammies	Kuils River Rc	Open	Male	01:23:28
12	1468	Alastair Leslie	Stella Ac	40-49	Male	01:23:44
13	1693	Zwai Sancuzi	-	Open	Male	01:24:35
14	416	Damian Will	Pinelands Ac	Open	Male	01:24:56
15	686	Greg Calothi	Nedbank Running Club Wp	Open	Male	01:25:32
16	527	Christopher Burke	Nedbank Running Club Wp	40-49	Male	01:25:59
17	1544	Moses Skosana	Century City Ac	40-49	Male	01:26:16
18	678	Thembile Segoneco	Retail Capital Langa Ac	40-49	Male	01:26:47
19	1709	Thembaletu Smith	Lwandle Ac	Open	Male	01:28:10
20	212	Johnson Njoroge	Bellville Ac	40-49	Male	01:28:53
21	1507	Lennart Leidgeb		Open	Male	01:29:02
22	846	Melikhaya Bungane	Rcs Guguletu Ac	40-49	Male	01:29:25
23	462	James Hamlyn		Open	Male	01:29:38
24	720	Moegamat Sadick Fredericks	Bo-kaap Athletics	50-59	Male	01:29:46
25	844	Dwayne Lackay	Retail Capital Langa Ac	Open	Male	01:30:00
26	1232	Sean Pape	Athletics Academy Bol	Open	Male	01:30:36
27	470	Mark Pikker	Totalsports Vob Running Club	40-49	Male	01:31:00
28	408	Leo Russell		Junior	Male	01:31:52
29	221	Masoi Mhlophe	Bellville Ac	Open	Male	01:33:02
30	1484	Ivan De Villiers		Open	Male	01:33:10
31	1332	Richard Bedford	Harfield Harriers	50-59	Male	01:33:11
32	478	Kate Dixon		Open	Female	01:33:21
33	1530	Graeme Charles Klerck	Totalsports Vob Running Club	50-59	Male	01:33:23
34	1531	Christian Huusom		Open	Male	01:33:47
35	534	Neil Hermann		60-69	Male	01:33:57
36	1209	Emeth Mafentile	Whalers Ac	Open	Male	01:34:19
37	1225	Walter Masangu	South African National Defence Force Wp	Open	Male	01:34:26
38	455	James Marriner	Kowie Striders	Open	Male	01:34:33
39	1345	Yuri Van Der Heijden		40-49	Male	01:34:34
40	1521	Paul Floquet	Totalsports Vob Running Club	50-59	Male	01:34:47
41	1619	John Potgieter	-	Open	Male	01:34:58
42	823	Jason Swemmer	Plettenberg Bay Ac	Open	Male	01:35:16
43	817	Harry Banda		Open	Male	01:35:17
44	932	Pieter Niemann	Helderberg Harriers	Open	Male	01:35:19
45	785	Noah Kahn		Open	Male	01:35:19
46	405	Louise Lanham		Open	Female	01:35:25
47	979	Themviso Blaauw	Team Vitality Club Wc	50-59	Male	01:35:26
48	1401	Marvin Weber	Pinelands Ac	Open	Male	01:35:43
49	1111	Henry Paul Cieverts	Pinelands Ac	60-69	Male	01:35:44
50	459	Lucas Adams	Chappies Running Club	Open	Male	01:36:03
51	404	Karol Michalowski		40-49	Male	01:36:19
52	754	Charl Van Der Walt		Open	Male	01:36:29

Pos	Bib	Name	Club	Category	Gender	FinishTime
53	334	James Wisbeach	Totalsports Vob Running Club	60-69	Male	01:36:33
54	263	Jani Calitz	Durbanville Ac	40-49	Female	01:36:34
55	1536	Jonathan Chibvongodze		40-49	Male	01:36:47
56	567	Mark Papke		Open	Male	01:36:47
57	615	Wonder Mathabela	University Of Cape Town Ac	Open	Male	01:37:47
58	1559	Castor Vrancken		Open	Male	01:37:52
59	1630	Obertina Kanyongo	-	Open	Male	01:37:53
60	613	Simphiwe Malinga		Open	Male	01:38:09
61	1274	Cassie Maree		Open	Male	01:38:12
62	1517	Marius Thomas		Open	Male	01:38:26
63	795	David Elliott		40-49	Male	01:38:33
64	1139	Riaan De Jager	Bellville Ac	Open	Male	01:38:34
65	542	Dylan Labuschagne		Open	Male	01:38:36
66	539	Serga Witkowsky	Atc Running	40-49	Male	01:38:42
67	1505	Clive Fredericks	Spartan Harriers	50-59	Male	01:38:47
68	1535	Rishaad Ismail Vally		Open	Male	01:38:49
69	1561	Kudakwashe Muyambo		40-49	Male	01:38:56
70	1502	Sidney Rustin	South African National Defence Force Wp	50-59	Male	01:39:04
71	978	Elretha Burger	Bellville Ac	Open	Female	01:39:05
72	105	Malcolm Freedman	Totalsports Vob Running Club	40-49	Male	01:39:08
73	185	Ester Brink	Strand Ac	50-59	Female	01:39:17
74	1694	Kennedy Simango	-	Open	Male	01:39:32
75	759	James Steele		Open	Male	01:39:36
76	1601	Nkosinathi Chaza	-	Open	Male	01:40:24
77	1515	Rouben Kellner		Open	Male	01:40:26
78	147	Simon Bruce		Open	Male	01:40:26
79	1238	William Ndayisaba	Totalsports Vob Running Club	Open	Male	01:40:47
80	1145	Zara Vermeulen	Strand Ac	Open	Female	01:40:58
81	174	Michael Mcgrath	Strand Ac	40-49	Male	01:41:27
82	267	Morne Brand	Durbanville Ac	Open	Male	01:41:35
83	477	Leigh Behr	Totalsports Vob Running Club	Open	Female	01:41:35
84	1388	Rael Salkinder	Totalsports Vob Running Club	40-49	Male	01:41:50
85	761	Michelle Le Grange	Nedbank Running Club Wp	Open	Female	01:41:51
86	801	Carmen Buchacher		Open	Female	01:41:59
87	845	Thabo Mithi	Helderberg Harriers	Open	Male	01:42:30
88	809	Alexander Trimby		Open	Male	01:42:31
89	1231	Roy Gomizawa	Atlantic Ac	60-69	Male	01:42:46
90	980	Zane Du Randt		Open	Male	01:42:55
91	407	Julian Schroeder		40-49	Male	01:43:02
92	1198	Francis Ronny Ssenabulya	Brimstone ltheko Sport Ac	Open	Male	01:43:36
93	278	Warren Hengst	Durbanville Ac	40-49	Male	01:43:36
94	1706	Victoria Reuvers	-	Open	Male	01:43:36
95	371	Kim Corry	Wild Runner Wp	40-49	Female	01:43:37
96	1272	Andrew Felton		Open	Male	01:43:48
97	1665	Lynn Davis	-	Open	Male	01:44:01
98	706	Pedro Fiuza		50-59	Male	01:44:25
99	579	Shabeer Ebrahim		50-59	Male	01:44:27
100	1296	Anna Marx		Open	Female	01:44:29
101	1298	Ben Fisher		Open	Male	01:44:30
102	1602	Daniel Ryklief	-	Open	Male	01:44:33
103	442	Yngviild Haldorsen		Open	Female	01:44:33
104	1072	Fhulu Lidzhade	Edgemead Runners	50-59	Male	01:44:36
105	121	Johan Coetzee	Swartland Ac	Open	Male	01:44:40
106	451	David Solomon		Open	Male	01:44:48
107	1213	Sylvester Jeffries	Team Vitality Club Wc	Open	Male	01:44:52
108	1264	Petri Ahlers		Open	Female	01:44:58
109	1140	Elmar Uys	Bellville Ac	Open	Male	01:45:03
110	1248	Lamla Peskin	Spartan Harriers	Open	Female	01:45:04

Pos	Bib	Name	Club	Category	Gender	FinishTime
111	1309	Mark Baldwin	Fish Hoek Ac	60-69	Male	01:45:06
112	1668	Lindsay Crawford	-	Open	Male	01:45:16
113	322	Bryce Lenders		Open	Male	01:45:21
114	991	Juandra Du Toit	Team Vitality Club Wc	Open	Male	01:45:24
115	792	Adam Fairall		Open	Male	01:45:29
116	1467	Darren Hemphill	Totalsports Vob Running Club	40-49	Male	01:45:37
117	1252	Warren Church		40-49	Male	01:45:40
118	329	Jack Shooter		Open	Male	01:45:43
119	665	Fayyaadh Bassier	Brimstone ltheko Sport Ac	Open	Male	01:45:43
120	1333	Chutshela Lungelo Kulu	Strand Ac	Open	Male	01:45:48
121	560	Simphiwe Duma		Open	Male	01:45:49
122	153	Robyn Gerber		Open	Female	01:45:50
123	154	Robert Jankielsohn		Open	Male	01:45:51
124	347	Justin Tonkin		40-49	Male	01:45:51
125	552	Viaan Janse Van Rensburg		Open	Male	01:45:53
126	1183	Neill De Jongh	Team Vitality Club Wc	Open	Male	01:45:54
127	1607	Antony Stott	-	Open	Male	01:46:02
128	280	Juan-pierre Brandsen	Melkbos Ac	Open	Male	01:46:06
129	1392	Ian Drummond		40-49	Male	01:46:17
130	788	Gary Barham-smith	Totalsports Vob Running Club	40-49	Male	01:46:21
131	1147	Derrick Msibi	Durbanville Ac	50-59	Male	01:46:23
132	751	Rogan Heyns		40-49	Male	01:46:26
133	637	Yazied Baker	Ommiedraai Friends Ac	40-49	Male	01:46:29
134	1360	Arthur De Baere		Open	Male	01:46:29
135	1516	Johannes Mietz		Open	Male	01:46:34
136	1528	Laurens De Groot		Open	Male	01:46:35
137	1059	Thulani Wiseman Baloyi	Manoni Running Club	Open	Male	01:46:48
138	722	Darren Conyngham	Celtic Harriers	Open	Male	01:46:56
139	1555	Joshua Bearne		Open	Male	01:46:56
140	636	Justin Porteous	Maverick Athletics Club	40-49	Male	01:46:57
141	1489	Michaela Ing		Open	Female	01:46:58
142	1330	Kyle Maurer		Open	Male	01:47:06
143	698	Ebrahim Osman	Brimstone ltheko Sport Ac	50-59	Male	01:47:07
144	695	Sadika Karbary	Brimstone ltheko Sport Ac	40-49	Female	01:47:07
145	1459	Jason Dunbar	Brimstone ltheko Sport Ac	Open	Male	01:47:09
146	1556	Adele Wannenburg	Maverick Athletics Club	40-49	Female	01:47:09
147	1458	Chris Dunderdale	Stellenbosch Ac	Open	Male	01:47:10
148	870	Damian Sparks		Open	Male	01:47:13
149	1351	Hessel Van Holten		Open	Male	01:47:31
150	1302	Dawid Joubert		Open	Male	01:47:36
151	116	Yvette Human	Easy Equities Born 2 Run Wp	40-49	Female	01:47:37
152	1466	Richard Johnson	Michael House High School	Open	Male	01:47:52
153	1491	Daniel Ing		Junior	Male	01:47:56
154	1203	Quade Hendricks		Open	Male	01:47:57
155	738	Mary Malakou	Totalsports Vob Running Club	Open	Female	01:47:57
156	572	David Hansen		Open	Male	01:48:02
157	1423	Khetho Mlombo		Open	Male	01:48:09
158	670	Michael Davey	Harfield Harriers	Open	Male	01:48:10
159	291	Gordon Harvey	Melkbos Ac	40-49	Male	01:48:11
160	1303	Hugo Tancred		Open	Male	01:48:16
161	1624	Lebogang Matshoane	-	Open	Male	01:48:27
162	697	Muzamil Omar	Brimstone ltheko Sport Ac	40-49	Male	01:48:29
163	1363	Jens Van Leeuwen		Open	Male	01:48:32
164	799	Martin Lerm	Carbineers Wp	40-49	Male	01:48:42
165	486	Edwin Tait		Open	Male	01:48:50
166	1327	Erich Van Der Westhuizen		Open	Male	01:48:51
167	582	Johannes Laetsch		Open	Male	01:48:53
168	972	Stefan Schoeman		Open	Male	01:48:54

Pos	Bib	Name	Club	Category	Gender	FinishTime
169	1455	Michael Thorne	Pick `n Pay Ac Wp	Open	Male	01:48:54
170	997	Heinrich Immelman		Open	Male	01:48:58
171	757	Kimberly Sher		Open	Female	01:49:21
172	1189	Wayne De Kock	Durbanville Ac	40-49	Male	01:49:34
173	1379	Jonas Retschlag		Open	Male	01:49:38
174	1212	Jarryd Buratovich		Open	Male	01:49:40
175	737	Chanel Dankert		Open	Female	01:49:40
176	883	Rodrique Celliers	Edgemead Runners	40-49	Male	01:49:48
177	881	Kurt Lalin	Edgemead Runners	40-49	Male	01:49:48
178	1359	Trui Fien Lingier		Open	Female	01:49:49
179	300	Riaan De Ridder	Melkbos Ac	40-49	Male	01:49:56
180	494	Elzette Myburg	Magnolia Road Runners	40-49	Female	01:49:59
181	131	Franz Von Esebeck		Open	Male	01:50:01
182	1701	Unknown	-	Open	Male	01:50:03
183	600	Duayne Le Roux		Open	Male	01:50:14
184	1299	Libby Hughes		40-49	Female	01:50:20
185	1207	Xolisiwe Boo	Edgemead Runners	Open	Female	01:50:24
186	1582	Shaheed Essa	Top Form Ac	50-59	Male	01:50:24
187	1267	Karoline Hanks		50-59	Female	01:50:27
188	1011	Coert Blom	Tygerberg Ac	50-59	Male	01:50:29
189	406	Dave Hutchison		Open	Male	01:50:36
190	775	Rebecca Pein		Open	Female	01:50:38
191	777	Gregory Lubner		Open	Male	01:50:38
192	1336	Jeremy Mckechnie		Open	Male	01:50:47
193	1334	Rikus Du Toit		Junior	Male	01:50:47
194	553	Andrew White	Rcs Guguletu Ac	40-49	Male	01:50:48
195	1482	Marc Van Olst	Pirates Road Running Club	40-49	Male	01:50:49
196	1085	Khatija Kadwa	Brimstone Itheko Sport Ac	40-49	Female	01:50:50
197	1661	Sandra Farrenkothen	-	Open	Male	01:50:59
198	269	Marius Cope	Durbanville Ac	50-59	Male	01:51:04
199	1698	Matlagolo Maserame	-	Open	Male	01:51:11
200	1645	Arlene Brooks	-	Open	Male	01:51:14
201	919	Thabo Thito	Retail Capital Langa Ac	Open	Male	01:51:16
202	689	Richmond Matsama	Atc Running	Open	Male	01:51:18
203	882	Pit-morris Pinnow		Open	Male	01:51:24
204	711	Michael Mynhardt		Open	Male	01:51:29
205	887	Sithembele Mpokeli	Petrosa Running Club	40-49	Male	01:51:38
206	1537	Sebastian Okeefe		40-49	Male	01:51:39
207	1000	Tapiwa Mutangadura	Team Vitality Club Wc	40-49	Male	01:51:40
208	1370	Andrew Mccann	Fish Hoek Ac	50-59	Male	01:51:43
209	378	Manuel De Jesus		40-49	Male	01:51:50
210	1352	Christopher Rushton		Open	Male	01:51:52
211	311	Khalil Edwards	Ommiedraai Friends Ac	Open	Male	01:51:54
212	1343	Gavin Craig	Southern Striders	50-59	Male	01:52:01
213	512	Toni Wilkinson		40-49	Female	01:52:02
214	586	Connor Muirhead	Team Vitality Club Wc	Open	Male	01:52:06
215	938	Andrew Fardell	Durbanville Ac	50-59	Male	01:52:13
216	1291	Chad Weber	Celtic Harriers	40-49	Male	01:52:14
217	1251	Michael Gamble	Team Vitality Club Wc	40-49	Male	01:52:14
218	669	Fadl Salie	Ommiedraai Friends Ac	40-49	Male	01:52:15
219	1662	Marc Von Romburgh	-	Open	Male	01:52:22
220	1558	Louise Fobe		Open	Female	01:52:22
221	622	Bryce Alexander Gibson		Open	Female	01:52:23
222	601	Vincent Leichtfuss		Open	Male	01:52:35
223	888	Tania Simpson	Bellville Ac	40-49	Female	01:52:43
224	1265	Berne Burger		Open	Male	01:52:43
225	1268	Tonny Banda		40-49	Male	01:52:45
226	810	Jane Obree	Atc Running	Open	Female	01:52:49

Pos	Bib	Name	Club	Category	Gender	FinishTime
227	1354	Gary Allen		Open	Male	01:52:52
228	1687	Andrew Walsh	-	Open	Male	01:52:53
229	370	Helen Ellison	Harfield Harriers	40-49	Female	01:52:55
230	789	Carol-anne Smuts		50-59	Female	01:53:03
231	939	Aashiq Knipe	Edgemead Runners	50-59	Male	01:53:07
232	940	Michael Smith	Durbanville Ac	50-59	Male	01:53:11
233	1043	Petrus Groenewald	Durbanville Ac	Open	Male	01:53:11
234	1229	Rory Hurt	Southern Striders	Open	Male	01:53:11
235	1456	Matt Brownell		40-49	Male	01:53:16
236	1110	Malcolm Fritz	Edgemead Runners	60-69	Male	01:53:20
237	1297	Dale Smith		40-49	Male	01:53:21
238	1295	Ilhaam Smith		Open	Female	01:53:22
239	1560	Tijn Van Rooij		Open	Male	01:53:23
240	1617	Zach Bresler	-	Open	Male	01:53:25
241	1487	Craig Knowles		Open	Male	01:53:26
242	1439	Richard Eltringham	Fish Hoek Ac	Open	Male	01:53:35
243	510	Matthew Wilkinson		40-49	Male	01:53:36
244	591	Timothy Irvine	Western Province Cricket Club	50-59	Male	01:53:40
245	1199	Ryan Beavon	Helderberg Harriers	Open	Male	01:53:40
246	631	Richard Dorman		50-59	Male	01:53:43
247	1326	Jaco Du Plooy		40-49	Male	01:53:46
248	1215	Elmarie Bezuidenhout	Durbanville Ac	40-49	Female	01:53:49
249	1335	Damon Walmsley	Southern Striders	40-49	Male	01:53:49
250	661	Harsheel Desai	Western Province Cricket Club	Open	Male	01:53:54
251	1235	James Koen		Open	Male	01:53:58
252	1245	Stavros Kyriacos		Open	Male	01:53:59
253	229	Stuwart Musekiwa	Celtic Harriers	40-49	Male	01:54:03
254	1525	Juan Dean		Open	Male	01:54:08
255	220	Bianca Coetzee	Bellville Ac	Open	Female	01:54:09
256	969	Mafalda De Freitas	Bellville Ac	Open	Female	01:54:10
257	1429	Daniel Griesel		Open	Male	01:54:10
258	327	Jack Scott-king		Open	Male	01:54:12
259	326	Storm Lanfear		Open	Male	01:54:12
260	456	Frank Simon		60-69	Male	01:54:14
261	125	Kagiso Ramasika	Hollywood Bets Ac	40-49	Male	01:54:16
262	1016	Chris Deoliveira	Edgemead Runners	50-59	Male	01:54:19
263	1598	Susan Gluckman	-	Open	Male	01:54:23
264	773	David Mawby		Open	Male	01:54:25
265	211	Andre Treurnich	Bellville Ac	50-59	Male	01:54:27
266	218	Herman Van Der Werf	Bellville Ac	50-59	Male	01:54:28
267	1074	Thendo Lidzhade	Edgemead Runners	Junior	Male	01:54:28
268	699	Darryl Stander	Helderberg Harriers	Open	Male	01:54:31
269	1549	Costa Saridakis	Msa Multisport	40-49	Male	01:54:35
270	943	Deano Goodman	Goodwood Harriers	40-49	Male	01:54:35
271	709	Tristan Penver		40-49	Male	01:54:35
272	1390	Justin Sangster	Spartan Harriers	Open	Male	01:54:40
273	778	Albert Wienand		Open	Male	01:54:42
274	1300	Jackson Vilic		Open	Male	01:54:48
275	458	Danny Diliberto		50-59	Male	01:54:48
276	1195	Suzanne Van Wyk	Cape Multi Sport Club	50-59	Female	01:54:50
277	1642	Jessie Davey	-	Open	Male	01:54:51
278	231	Jean-paul Moodie	Celtic Harriers	40-49	Male	01:54:52
279	970	Joubert Schoeman		Open	Male	01:54:56
280	1356	Ana Niemann	Pick `n Pay Ac Wp	40-49	Female	01:54:58
281	423	Tony Steward		60-69	Male	01:54:59
282	129	Andre Van Der Merwe	Stellenbosch Ac	60-69	Female	01:55:02
283	602	Carl Scholz		Open	Male	01:55:06
284	1697	Mogamad Salieg Salie	-	Open	Male	01:55:07

Pos	Bib	Name	Club	Category	Gender	FinishTime
285	338	Joshua Nel		Open	Male	01:55:10
286	1690	Susan Winckworth	-	Open	Male	01:55:14
287	1446	Helen Mcguirk	Whalers Ac	50-59	Female	01:55:20
288	1448	Rory Mcguirk	Whalers Ac	50-59	Male	01:55:21
289	928	Marileen Odendaal		Open	Female	01:55:23
290	1554	Evert De Goede	Team Vitality Club Wc	Open	Male	01:55:23
291	766	Ethan Watson		Open	Male	01:55:25
292	856	Alushca Buyskes	Team Vitality Club Wc	Open	Female	01:55:28
293	1004	Ian Du Plessis	Edgemead Runners	50-59	Male	01:55:28
294	381	Tori Gardner		Open	Female	01:55:28
295	1405	Rohuan De Jager	Fish Hoek Ac	40-49	Male	01:55:30
296	732	Celaste Paterson		40-49	Female	01:55:33
297	112	Thembaletu Vico	Adventists Ac Wp	40-49	Male	01:55:33
298	794	Gavin Smith		50-59	Male	01:55:34
299	793	Steve Smith		50-59	Male	01:55:34
300	480	Mike Sims		Open	Male	01:55:40
301	450	Le Roi Van Niekerk		40-49	Male	01:55:43
302	916	Rudolph Erasmus		Junior	Male	01:55:45
303	505	Jannicke Boyle	Harfield Harriers	Open	Female	01:55:46
304	659	Stephanie Austin		Open	Female	01:55:49
305	824	Tsevi Rosenthal		Open	Male	01:55:54
306	1689	Jared Charters	-	Open	Male	01:56:01
307	1391	Craig Price	Totalsports Vob Running Club	40-49	Male	01:56:08
308	1471	Michael Zvidzayi	Totalsports Vob Running Club	Open	Male	01:56:10
309	426	John Russel Bulpin	Totalsports Vob Running Club	Open	Male	01:56:11
310	323	Josh Barker		Open	Male	01:56:14
311	330	Matthew Fridjhon		Junior	Male	01:56:14
312	325	Rhett Kenneth Barker	The Country Club Johannesburg	50-59	Male	01:56:14
313	324	Luke Barker		Open	Male	01:56:14
314	1449	Robdog De Monk	Totalsports Vob Running Club	50-59	Male	01:56:17
315	911	Franco Van Schalkwyk		Open	Male	01:56:18
316	1261	Ashley Dawson		Open	Female	01:56:39
317	1364	Kyle Biccari		40-49	Male	01:56:40
318	1695	Graeme Meintjes	-	Open	Male	01:56:47
319	284	Griet Zakarian	Melkbos Ac	60-69	Female	01:56:51
320	1255	Faiza Geyer	Carbineers Wp	40-49	Female	01:56:52
321	1400	Duncan Mcguire		40-49	Male	01:56:53
322	438	Dale Carr		Open	Female	01:56:56
323	178	Marietjie De Vries	Strand Ac	50-59	Female	01:56:58
324	662	Maahir Salie	Ommiedraai Friends Ac	Open	Male	01:57:01
325	1406	Ross Smyth	Spartan Harriers	40-49	Male	01:57:12
326	849	Marilee Claase	Durbanville Ac	Open	Female	01:57:17
327	850	Rossouw Strydom		Open	Male	01:57:17
328	904	Johann Claassen	32gi Running Club Cg	40-49	Male	01:57:18
329	791	Alan Power		50-59	Male	01:57:19
330	1372	Sinclair Machiu	Team Vitality Club Wc	40-49	Male	01:57:21
331	1164	Llewellyn Crocker	Team Vitality Club Wc	40-49	Male	01:57:21
332	934	Danie Van Der Merwe	Stellenbosch Ac	50-59	Male	01:57:25
333	1083	Sachar Radhakrishnan		Open	Male	01:57:25
334	156	Lene Koch		Open	Female	01:57:29
335	986	Hilton Murray	Bellville Ac	50-59	Male	01:57:31
336	385	Nic Low		40-49	Male	01:57:34
337	266	Madeleine Du Toit	Durbanville Ac	40-49	Female	01:57:35
338	339	James Low		Open	Male	01:57:35
339	922	Bartho Vermeulen		Open	Male	01:57:40
340	1384	Ethan Marrs		Open	Male	01:57:40
341	973	Dawn Saunders	Helderberg Harriers	60-69	Female	01:57:41
342	1130	Karabo Lehabe	Ael Rc	Open	Male	01:57:44

Pos	Bib	Name	Club	Category	Gender	FinishTime
343	368	Aidan Lang		Junior	Male	01:57:47
344	366	Daniel Wise		Junior	Male	01:57:48
345	348	Desmond Torr		40-49	Male	01:57:51
346	1705	Phenyo Peloeng	-	Open	Male	01:57:52
347	563	Adiel Adams	Atlantic Ac	50-59	Male	01:57:54
348	1581	Christopher Lewis	Spartan Harriers	50-59	Male	01:57:54
349	227	Simon White	Celtic Harriers	50-59	Male	01:57:55
350	1509	Amanda Lawrence		40-49	Female	01:58:00
351	383	Rowenna Rood		40-49	Female	01:58:05
352	503	Bridgid Hamilton Russell	Harfield Harriers	60-69	Female	01:58:07
353	1656	Faldien Wilson	-	Open	Male	01:58:07
354	441	Kevin Tsiane		Open	Male	01:58:08
355	471	Jacobus Potgieter	Totalsports Vob Running Club	50-59	Male	01:58:08
356	452	Linzi Thomas	Harfield Harriers	50-59	Female	01:58:20
357	516	Ashraf Mallick	Team Vitality Club Wc	40-49	Male	01:58:22
358	535	Nicola Ballantyne	Atlantic Ac	40-49	Female	01:58:26
359	1596	Trish Schuin	-	Open	Male	01:58:38
360	429	Muaath Abdullatief		Open	Male	01:58:43
361	798	Ruben Hazelzet		Open	Male	01:58:43
362	168	Ashton Marsden		Open	Female	01:58:47
363	417	Gabriele James		Open	Female	01:58:53
364	1167	Donovan Du Plessis	Bellville Ac	Open	Male	01:58:57
365	1271	Richard Chiwa		40-49	Male	01:58:57
366	1436	Korbinian Loerz		Open	Male	01:58:58
367	1625	Carl May	-	Open	Male	01:59:07
368	1170	Chantal September	Spartan Harriers	40-49	Female	01:59:09
369	1321	Ishan Holland	Zandvlei Ac	Open	Male	01:59:09
370	1651	Tavon Petersen	-	Open	Male	01:59:09
371	1635	Bridget Kahts	-	Open	Male	01:59:10
372	653	Xolani Xaba	Drdl Ac Gn	Open	Male	01:59:10
373	1462	Julie Arguile	Totalsports Vob Running Club	50-59	Female	01:59:10
374	1464	Jeremy Clampett	Fish Hoek Ac	70+	Male	01:59:11
375	1520	Louis-philipp Raude		Open	Male	01:59:11
376	506	Bryden Arthur	Harfield Harriers	Open	Male	01:59:12
377	1707	Sifiso Masina	-	Open	Male	01:59:13
378	1586	Arno Brown	-	Open	Male	01:59:14
379	1708	Unknown	-	Open	Male	01:59:15
380	1369	Jeovana Naidoo		Open	Female	01:59:19
381	1230	Divan De Koning		Open	Male	01:59:21
382	546	Remi Guiot		Open	Male	01:59:27
383	1050	Godwin Kinnear		Open	Male	01:59:30
384	127	Charl Du Plessis	Team Vitality Club Wc	50-59	Male	01:59:32
385	1041	Ricardo Julie		50-59	Male	01:59:35
386	151	Lauren Mcenery		Open	Female	01:59:35
387	589	Bruce Barr		40-49	Male	01:59:42
388	213	Dirk Van Duivenbooden	Bellville Ac	50-59	Male	01:59:45
389	502	Wendy Harrison	Harfield Harriers	50-59	Female	01:59:45
390	996	Faan Rossouw		Open	Male	01:59:46
391	909	Anneri Swart		Junior	Female	01:59:49
392	240	Yamkela Welaphi	Celtic Harriers	Open	Female	01:59:52
393	1366	Lindsey Biccari	Team Vitality Club Wc	Open	Female	01:59:58
394	1519	Waheed Abrahams	Central Athletics	50-59	Male	01:59:59
395	926	Anika Boshoff		Open	Female	02:00:00
396	375	Karen Trotman-pitt	Wild Runner Wp	50-59	Female	02:00:05
397	1595	Sotirios Ladopoulos	-	Open	Male	02:00:05
398	610	Kenya Chappel		Open	Female	02:00:06
399	608	Georgina Chappel		Open	Female	02:00:06
400	1214	Lomso Trom	Khayelitsha Ac	Open	Male	02:00:12

Pos	Bib	Name	Club	Category	Gender	FinishTime
401	1322	Kristen Bassett		Open	Female	02:00:14
402	498	Megan-louise Wilson	Harfield Harriers	Open	Female	02:00:14
403	703	David Smith	Totalsports Vob Running Club	50-59	Male	02:00:16
404	673	Rachael Mujuru	Adventists Ac Wp	40-49	Female	02:00:19
405	257	George October	Durbanville Ac	60-69	Male	02:00:21
406	337	Lorien Pask	Totalsports Vob Running Club	50-59	Female	02:00:24
407	1233	Raymond Fuller	Totalsports Vob Running Club	60-69	Male	02:00:31
408	1676	Neal Tennant	-	Open	Male	02:00:31
409	583	Roldah Orrie	Brimstone Itheko Sport Ac	50-59	Female	02:00:40
410	825	Josh De Rocher		Open	Male	02:00:42
411	645	Emily Erasmus	Celtic Harriers	Open	Female	02:00:43
412	628	Ross Mackinnon		Open	Male	02:00:44
413	144	Andrew Allison		40-49	Male	02:00:49
414	413	Rowan Gordon	Western Province Cricket Club	50-59	Male	02:00:50
415	1158	Wade Witbooi	Sanlam Ac Wp	Open	Male	02:00:56
416	1061	Zukisani Funiselo	Correctional Services Wp	Open	Male	02:01:00
417	343	Feroz Mahatey	Brimstone Itheko Sport Ac	40-49	Male	02:01:01
418	234	Robin Patterson	Celtic Harriers	60-69	Male	02:01:06
419	889	Bianca Benade	Edgemead Runners	Open	Female	02:01:07
420	1641	Ernest Blommaert	-	Open	Male	02:01:07
421	1503	Tiaan Vivier		Open	Male	02:01:07
422	884	Jan Abraham Smuts		Open	Male	02:01:08
423	1415	Michael Marchant		Open	Male	02:01:16
424	226	Michelle Bey	Celtic Harriers	50-59	Female	02:01:18
425	1434	Jasper Schuemann		Open	Male	02:01:24
426	1262	Warren Espey	Totalsports Vob Running Club	40-49	Male	02:01:35
427	1339	Kieran Casserley		Open	Male	02:01:35
428	467	Roy Lyle	Pinelands Ac	40-49	Male	02:01:40
429	899	Johannes Burger		Open	Male	02:01:43
430	1075	Chris Steenekamp		Open	Male	02:01:44
431	1073	Micaela Steenekamp		Open	Female	02:01:46
432	578	Ellen Schuler		Open	Female	02:01:49
433	214	Jaco De Villiers	Bellville Ac	40-49	Male	02:02:09
434	1266	Westley Cockrell	Jeffreys Bay Ac	Open	Male	02:02:12
435	776	Benjamin Pein		60-69	Male	02:02:14
436	1081	Barend Nieuwoudt	Brackenfell Ac	Open	Male	02:02:16
437	1389	Nigel Waldron	Team Vitality Club Wc	50-59	Male	02:02:20
438	415	Gerda Henn	Wild Runner Wp	40-49	Female	02:02:21
439	1312	Azelle Park	Team Vitality Club Wc	Open	Female	02:02:29
440	1407	Richard Rautenbach		Open	Male	02:02:32
441	133	Ina Zoe Maroy		Open	Female	02:02:36
442	1438	Yasmin Falk		Open	Female	02:02:40
443	1324	Marsha Wessels	South African National Defence Force Wp	50-59	Female	02:02:46
444	935	Joel Motaung	Lesedi Ac	40-49	Male	02:02:49
445	1152	Melanie De Vos	Paarl Ac	40-49	Female	02:02:51
446	1076	Hanro Steenekamp		Open	Male	02:02:53
447	1077	Unknown	-	Open	Male	02:02:55
448	1269	Tanith Ahmed	West Coast Ac	Open	Female	02:03:02
449	1254	Damian Leipert		Open	Male	02:03:04
450	1249	Tim Johnson		Open	Male	02:03:05
451	369	Dave Scheppening	Pinelands Ac	40-49	Male	02:03:09
452	1008	Colin Lawson		Open	Male	02:03:12
453	598	Tamsin Hodgson	Helderberg Harriers	Open	Female	02:03:18
454	874	Werner Smit		40-49	Male	02:03:18
455	1048	John Peters	West Coast Ac	50-59	Male	02:03:21
456	1538	Amy Silberbauer		Open	Female	02:03:29
457	418	Nancy Will	Pinelands Ac	70+	Female	02:03:35
458	1315	Michelle Acton	Midrand Striders	40-49	Female	02:03:42

Pos	Bib	Name	Club	Category	Gender	FinishTime
459	241	Monique Hendricks	Celtic Harriers	Open	Female	02:03:45
460	827	Brandon Scott	Team Vitality Club Wc	Open	Male	02:03:48
461	728	Karel Scott		40-49	Male	02:03:51
462	497	Thabo Mashologu	Rcs Guguletu Ac	50-59	Male	02:03:53
463	1657	Wesley Soule	-	Open	Male	02:03:53
464	641	Jakoet Qasim	Walmers Ac Wp	40-49	Male	02:03:55
465	772	Brian Mcurrach	Team Vitality Club Wc	50-59	Male	02:03:56
466	1188	Brian Van Wyk	Edgemead Runners	50-59	Male	02:03:58
467	400	Harley Nash		Open	Male	02:03:59
468	482	Mohammed Allie	Top Form Ac	40-49	Male	02:04:07
469	1331	Rosemary Brien	Harfield Harriers	50-59	Female	02:04:07
470	568	Fabian Trost		Open	Male	02:04:15
471	1396	Cornelia Lamb	Team Vitality Club Wc	40-49	Female	02:04:15
472	667	Ryan Roberts	Ommiedraai Friends Ac	40-49	Male	02:04:18
473	335	Oliver Allen	Team Vitality Club Wc	Open	Male	02:04:20
474	180	Wouter Liebneberg	Strand Ac	Open	Male	02:04:22
475	184	Jan Botha	Strand Ac	40-49	Male	02:04:28
476	1644	Makororo Mafolo	-	Open	Male	02:04:28
477	942	Reed Olivier		60-69	Male	02:04:37
478	297	Riette De Ridder	Melkbos Ac	40-49	Female	02:04:39
479	1522	Adrian Klug		Open	Male	02:04:40
480	272	Lesha Pretorius	Durbanville Ac	Open	Female	02:04:40
481	1649	Ilse-marie Krog	-	Open	Male	02:04:41
482	158	Andre Human		40-49	Male	02:04:43
483	398	James Mynhardt	Atc Running	50-59	Male	02:04:45
484	1633	Elton Bezuidenhout	-	Open	Male	02:04:54
485	1478	Denzil Jacobs	Pinelands Ac	50-59	Male	02:04:55
486	1546	Jan Ahlemeyer		Open	Male	02:04:55
487	1165	Johan Badenhorst	Stellenbosch Ac	50-59	Male	02:04:57
488	808	Anton Cartwright		50-59	Male	02:04:58
489	222	Johan Boot	Bellville Ac	50-59	Male	02:05:11
490	1223	Carlo Scott	Edgemead Runners	40-49	Male	02:05:15
491	647	Siraaj Rabin	Brimstone Itheko Sport Ac	50-59	Male	02:05:18
492	345	Franziska Limberger		40-49	Female	02:05:18
493	644	Siraj Salie	Brimstone Itheko Sport Ac	50-59	Male	02:05:19
494	1518	Sarah Larter		40-49	Female	02:05:22
495	1092	Brandon Olckers		Open	Male	02:05:24
496	1680	Marina Barnard	-	Open	Male	02:05:25
497	170	Erich Smith	Strand Ac	Open	Male	02:05:27
498	1093	Leigh Cupido		Open	Male	02:05:27
499	110	Natasha Scholten	Idc Ac	40-49	Female	02:05:30
500	1623	Pauline Zengeni	-	Open	Male	02:05:31
501	607	Isabella De Beer		Open	Female	02:05:33
502	1475	Schalk Griebenow	Team Vitality Club Wc	Open	Male	02:05:36
503	126	Daniel Phahla	Adventists Ac Wp	Open	Male	02:05:43
504	708	Ridha Hartley		40-49	Male	02:05:44
505	320	Carlo Both		Open	Male	02:05:46
506	321	Lize Muller		Open	Female	02:05:46
507	871	Clinton Sparks		50-59	Male	02:05:49
508	1367	Lauren Tuck	Fish Hoek Ac	Open	Female	02:05:49
509	1534	Juanique Vally		Open	Female	02:05:53
510	599	Tinus Cloete	Chaeli Sports & Recreation Club	Open	Male	02:05:58
511	715	Abdul Mohamed		Open	Male	02:05:58
512	654	Siphiwe Mphuthi	University Of Cape Town Ac	Open	Male	02:05:59
513	219	Amanda Van Der Westhuizen	Bellville Ac	40-49	Female	02:06:03
514	103	Liezel Brits	Helderberg Harriers	40-49	Female	02:06:04
515	1614	Gordon Howie	-	Open	Male	02:06:04
516	725	A_ Gensicke	Pinelands Ac	50-59	Male	02:06:04

Pos	Bib	Name	Club	Category	Gender	FinishTime
517	1511	Florian Schweikart		Open	Male	02:06:04
518	597	Leon Reeding	Helderberg Harriers	50-59	Male	02:06:06
519	1409	Desree Turnbull		60-69	Female	02:06:06
520	1418	Dan Fenton		40-49	Male	02:06:07
521	424	Rikki Hoogenhout		40-49	Female	02:06:13
522	634	Sipho Evans		Open	Male	02:06:24
523	1430	Evan Eiselen		Open	Male	02:06:26
524	508	Nicola Hendriks		40-49	Female	02:06:29
525	1117	Francois Janse Van Rensburg		50-59	Male	02:06:30
526	797	Roger Coyles	Atlantic Ac	40-49	Male	02:06:31
527	818	Jacqueline Kazmaier		Open	Female	02:06:33
528	819	Bernd Rohrmuller		Open	Male	02:06:33
529	1174	Emma Carpenter	Atlantic Ac	40-49	Female	02:06:33
530	1176	Craig Maulson	West Coast Ac	40-49	Male	02:06:34
531	995	Paul Jacobs	Durbanville Ac	50-59	Male	02:06:35
532	735	Salman Ahjum-mathee	Brimstone Itheko Sport Ac	Open	Male	02:06:35
533	1066	Ashley Naidoo		Open	Male	02:06:36
534	397	Nikara Mahadeo	Team Vitality Club Wc	Open	Female	02:06:37
535	1065	Zhandre Naidoo		Open	Female	02:06:42
536	134	Dean Van Rooyen		Open	Male	02:06:43
537	1647	Reece Brooks	-	Open	Male	02:06:50
538	707	Justine Ryan		40-49	Female	02:06:52
539	1443	Nicolette Morris		Open	Female	02:06:53
540	1712	Courtney Botha	-	Open	Male	02:06:53
541	748	Geoff Dods		Open	Male	02:06:54
542	569	Elisa Brandts		Open	Female	02:06:56
543	1368	Patrick Benade	Fish Hoek Ac	60-69	Male	02:06:56
544	580	Kim Patricia Van Nuus		Open	Female	02:06:56
545	1151	Sarah Rich	Paarl Ac	40-49	Female	02:06:58
546	402	Tania De Waal	Carbineers Wp	50-59	Female	02:06:59
547	1412	Gavin White		Open	Male	02:07:00
548	1194	Andile Kraba	Team Vitality Club Wc	40-49	Male	02:07:01
549	1037	Amy Randelhoff		Open	Female	02:07:05
550	182	Avril Brown	Strand Ac	50-59	Female	02:07:06
551	1044	Karl Schaberg	Team Vitality Club Wc	Open	Male	02:07:07
552	862	Fernando De Sousa	Edgemead Runners	50-59	Male	02:07:14
553	1431	Surita Jansen Van Vuuren	Atlantic Ac	Open	Female	02:07:18
554	999	Njabulo Mnguni	Adventists Ac Wp	50-59	Male	02:07:19
555	1548	Evrin Coban		Open	Male	02:07:21
556	1344	Jason Sam	Southern Striders	Open	Male	02:07:22
557	166	Craig Dolly		50-59	Male	02:07:26
558	349	Nick Pinder		50-59	Male	02:07:28
559	457	Alison Upton	Western Province Cricket Club	Open	Female	02:07:30
560	1070	Sean McCormack	Edgemead Runners	60-69	Male	02:07:39
561	1098	Shaun Meyer		Open	Male	02:07:43
562	1425	Monique Griesel		Open	Female	02:07:46
563	1133	Shawn Abrahams		40-49	Male	02:07:49
564	1166	Lizette Badenhorst	Stellenbosch Ac	50-59	Female	02:07:50
565	410	Simon Speck	Carbineers Wp	60-69	Male	02:07:51
566	918	Sthembiso Majozi	Retail Capital Langa Ac	Open	Male	02:08:02
567	769	Kristine Maciejewski		40-49	Female	02:08:03
568	445	Joanna Samsonowicz	Run Walk For Life Wp	40-49	Female	02:08:04
569	971	Stefan Schoeman		Open	Male	02:08:05
570	658	Shuayb Galant	Brimstone Itheko Sport Ac	Open	Male	02:08:08
571	1451	Eulogi Rheeder	Atc Running	40-49	Female	02:08:17
572	1168	Claudia Cieverts	Celtic Harriers	Open	Female	02:08:20
573	1679	Kim Botti	-	Open	Male	02:08:22
574	623	Michael Jansen Van Rensburg		50-59	Male	02:08:24

Pos	Bib	Name	Club	Category	Gender	FinishTime
575	365	Chris Wise		50-59	Male	02:08:26
576	933	Simone Sobreira		Open	Female	02:08:41
577	564	Wayne Pittendrih	Run Walk For Life Wp	60-69	Male	02:08:44
578	548	Nina Vass		40-49	Female	02:08:54
579	1234	Bianca Chaston		Open	Female	02:08:55
580	550	Lucy Franklin	Harfield Harriers	40-49	Female	02:08:55
581	1202	Justin Mcgill		Open	Male	02:08:56
582	1201	Ryan Devlin		Open	Male	02:08:57
583	1204	Keyon Mehrtash		Open	Male	02:08:58
584	1200	Jack Heaney		Open	Male	02:08:59
585	528	Marcos Martiny		Open	Male	02:08:59
586	733	Shamiel Harris	Brimstone Itheko Sport Ac	40-49	Male	02:08:59
587	743	Raymond Haramis		40-49	Male	02:09:01
588	1375	Anjanette Jones	Team Vitality Athletic Club Gn	40-49	Female	02:09:02
589	1376	Johan Jones	Team Vitality Athletic Club Gn	40-49	Male	02:09:03
590	524	Sanele Mkhize	West Coast Ac	Open	Male	02:09:04
591	396	William Hart		Open	Male	02:09:08
592	1653	Barry Ponsford	-	Open	Male	02:09:12
593	1408	Paul Meeser	Pinelands Ac	Open	Male	02:09:13
594	1179	Fikanomusa Makhathini	West Coast Ac	40-49	Male	02:09:17
595	246	Zubeida Lippert	Celtic Harriers	60-69	Female	02:09:18
596	784	Marna Cheney	Fish Hoek Ac	40-49	Female	02:09:21
597	765	Ben Burger		40-49	Male	02:09:23
598	1688	Jade Henderson	-	Open	Male	02:09:23
599	1506	Pieter Smith		50-59	Male	02:09:24
600	1126	Travis Currie	Aot Running	40-49	Male	02:09:25
601	1090	Lee-ann Davids	Bellville Ac	40-49	Female	02:09:25
602	575	Spencer Wheaton	Celtic Harriers	40-49	Male	02:09:26
603	1178	Millicent Ngubane	Team Vitality Club Wc	Open	Female	02:09:31
604	1622	Unity Liyacha	-	Open	Male	02:09:37
605	815	Edden Kift		50-59	Male	02:09:38
606	581	Ashraf Orrie	Brimstone Itheko Sport Ac	50-59	Male	02:09:38
607	848	Christo Lourens	Brackenfell Ac	Open	Male	02:09:38
608	668	Ziyaad Halday		Open	Male	02:09:39
609	1603	Robert Broll	-	Open	Male	02:09:39
610	1055	Johandre Van Deventer	West Coast Ac	Open	Male	02:09:40
611	1510	Nick Warncke		40-49	Male	02:09:40
612	1210	Caroline Van Zilla	Bellville Ac	60-69	Female	02:09:48
613	1452	Pip Goode		50-59	Male	02:09:49
614	412	Belinda Gordon	Western Province Cricket Club	50-59	Female	02:09:54
615	1424	Matthew Sawyer		Open	Male	02:09:54
616	1377	Tom Weckes		Open	Male	02:09:56
617	1141	Melitia Van Wyk	Bellville Ac	40-49	Female	02:09:57
618	1378	Donna Tockenbuerger		Open	Female	02:09:57
619	1007	Tebogo Motubatse	Edgemead Runners	Open	Male	02:09:57
620	1597	Hanselie Swarts	-	Open	Male	02:10:05
621	132	India Leier		Open	Female	02:10:06
622	976	Brian Merryweather	Edgemead Runners	70+	Male	02:10:17
623	1314	Richard Lundie		40-49	Male	02:10:21
624	657	Dave Curry		50-59	Male	02:10:22
625	107	Angelique Smit	Strand Ac	40-49	Female	02:10:45
626	449	Storm Ross		Open	Female	02:10:46
627	1226	Pulana Bridgette Ratsaka	South African National Defence Force Wp	Open	Female	02:10:49
628	1108	Wendy Jansen	Edgemead Runners	50-59	Female	02:10:53
629	1604	Bongani Khumalo	-	Open	Male	02:10:56
630	1539	Jenny Da Silva	Ard Ac	60-69	Female	02:10:58
631	1211	Janke Geldenhuys		Open	Female	02:11:00
632	588	Ruvan Erasmus		Open	Male	02:11:00

Pos	Bib	Name	Club	Category	Gender	FinishTime
633	526	Jonathan Arnold		40-49	Male	02:11:02
634	1542	Ghaleb Gassiep	Pick `n Pay Ac Wp	Open	Male	02:11:04
635	866	Christelle Botha		40-49	Female	02:11:08
636	865	Jacques Botha		50-59	Male	02:11:10
637	557	Junaid Solomons		Open	Male	02:11:13
638	820	Sam Hayes		Open	Male	02:11:13
639	1045	Andre Mclachlan	Team Vitality Club Wc	Open	Male	02:11:14
640	1097	Tshepo Maboja	Team Vitality Club Wc	40-49	Male	02:11:21
641	1552	Jason September		Open	Male	02:11:22
642	187	Tertia Brand	Strand Ac	40-49	Female	02:11:23
643	189	Mariette Conning	Strand Ac	40-49	Female	02:11:24
644	1362	Jasper Kehr		Open	Male	02:11:24
645	1663	Schalk Smit	-	Open	Male	02:11:36
646	621	Lizette Gibson	Somerset Striders	50-59	Female	02:11:37
647	1071	Mark De Roubaix	Edgemead Runners	60-69	Male	02:11:39
648	1365	Tijn Donders		Open	Male	02:11:40
649	521	Adellyn Thorndike	Run Zone Ac	60-69	Female	02:11:47
650	981	Jimmy Jansen	Pinelands Ac	50-59	Male	02:11:48
651	1664	Warrick Joe	-	Open	Male	02:11:51
652	1683	Christopher Schollar	-	Open	Male	02:11:52
653	1648	Lize Maartens	-	Open	Male	02:11:58
654	897	Michelle Smit-stemmet	Bellville Ac	40-49	Female	02:11:59
655	948	Zander Oliver	Bellville Ac	40-49	Male	02:12:00
656	520	Stephan Wiid		Open	Male	02:12:01
657	696	Sibongile Chafanza	Celtic Harriers	Open	Female	02:12:20
658	1236	Otto Hale		Junior	Male	02:12:20
659	1028	Leon Visser	Team Vitality Club Wc	50-59	Male	02:12:23
660	446	Schalk Lesch		40-49	Male	02:12:27
661	1402	Etienne Buys		40-49	Male	02:12:34
662	1621	Gloria Chitedze	-	Open	Male	02:12:36
663	847	Chris Lourens	Brackenfell Ac	60-69	Male	02:12:39
664	465	Nicola Nowosiad		Open	Female	02:12:41
665	1349	Ivy Kuypers		Open	Female	02:12:41
666	1350	Mila Johanna Paloma Van Dam		Open	Female	02:12:42
667	782	Ine Van Der Schueren		Open	Female	02:12:43
668	1022	Roland Jurd		Open	Male	02:12:44
669	618	Gilly Frew		50-59	Female	02:12:45
670	1480	Ben Bowker		Junior	Male	02:12:56
671	1481	Morgan Du Plessis		Open	Female	02:12:57
672	596	Hybra Reeding	Helderberg Harriers	40-49	Female	02:12:58
673	676	Nikki Parker	Celtic Harriers	40-49	Female	02:12:59
674	1605	Nicholas Ngwili	-	Open	Male	02:13:01
675	1279	Alex Watkins-baker		Open	Male	02:13:02
676	1584	Teboho Juda	Spartan Harriers	50-59	Male	02:13:04
677	1472	Adrienne Hodson		Open	Female	02:13:06
678	1589	Sanri Carstens	-	Open	Male	02:13:16
679	1565	Njabulo Mangena	Pinelands Ac	Open	Male	02:13:18
680	1404	Heidi Jansen	Achilles Amateur Athletic Ass	50-59	Female	02:13:22
681	783	Antonio Perrone	Hout Bay Harriers	Open	Male	02:13:23
682	1591	Deon Van Schalkwyk	-	Open	Male	02:13:26
683	481	Nicholas Norman		Open	Male	02:13:27
684	1325	Ismail Sadek	Oasis Crescent Runners	50-59	Male	02:13:35
685	1169	Daine Abrahams		Open	Male	02:13:38
686	316	Lyndsay Jackson	Totalsports Vob Running Club	60-69	Female	02:13:42
687	1353	Marlet Pelser		40-49	Female	02:13:45
688	941	Tasneem Salie-knipe	Edgemead Runners	40-49	Female	02:13:47
689	235	Megan Van Schoor	Pinelands Ac	Open	Female	02:13:48
690	377	Zaynub Parker		40-49	Female	02:13:51

Pos	Bib	Name	Club	Category	Gender	FinishTime
691	115	Charlton Petersen	Fat Cats Ac	Open	Male	02:13:52
692	122	Lloyd Goliath	Edgemead Runners	40-49	Male	02:13:52
693	872	Jaco Jansen Van Vuuren	Asics Ac Wp	40-49	Male	02:13:55
694	1033	Kyle Pietersen	Team Vitality Club Wc	Open	Male	02:13:57
695	727	Ruby Katz-wright		Open	Female	02:14:01
696	726	Jonas Gensicke		Open	Male	02:14:02
697	1039	Pieter Malan	Cape Multi Sport Club	50-59	Male	02:14:03
698	1096	Jessica Thomson		Open	Female	02:14:06
699	140	Josh Meltz		Open	Male	02:14:08
700	682	Kelsey De Haas		Open	Female	02:14:09
701	1105	Stephan Jordaan		40-49	Male	02:14:10
702	1009	Ryan Van Heerden		Junior	Male	02:14:12
703	143	Andor Reyneke		Junior	Male	02:14:13
704	1114	Rochelle Van Aswegen		Open	Female	02:14:15
705	1113	Frans Kellerman		Open	Male	02:14:16
706	1675	Dorian Esau	-	Open	Male	02:14:17
707	529	David Isaacs	Pinelands Ac	50-59	Male	02:14:17
708	210	Quinton Williams	Spartan Harriers	40-49	Male	02:14:18
709	288	Gawie Van Der Schyf	Melkbos Ac	40-49	Male	02:14:19
710	414	Mu Abduroaf	Brimstone ltheko Sport Ac	40-49	Male	02:14:19
711	243	Glenn Muller	Celtic Harriers	50-59	Male	02:14:19
712	256	Zander Twine	Durbanville Ac	Open	Male	02:14:20
713	611	Andrew Tucker		50-59	Male	02:14:23
714	1116	Wico Els		Open	Male	02:14:24
715	216	Juan Clarence	Bellville Ac	50-59	Male	02:14:25
716	224	Wimpie Els	Bellville Ac	50-59	Male	02:14:25
717	807	Lies Deneys		40-49	Female	02:14:38
718	927	Carla Vermeulen	Goodwood Harriers	40-49	Female	02:14:39
719	357	Michelle Smith	Team Vitality Club Wc	Open	Female	02:14:40
720	356	David Moseley	Atc Running	40-49	Male	02:14:41
721	301	Ciretta Frezza		Open	Female	02:14:42
722	1578	Jared Haynes	Team Vitality Club Wp	Open	Male	02:15:04
723	1573	Gadi Perl		50-59	Male	02:15:04
724	1577	Wezi Mahone		Junior	Male	02:15:05
725	1575	Benjamin Blumenthal		40-49	Male	02:15:06
726	1078	Melanie Markey	West Coast Ac	40-49	Female	02:15:07
727	1440	Zishaan Fredericks	Brimstone ltheko Sport Ac	Open	Male	02:15:07
728	923	Maritsa Bosch	Goodwood Harriers	40-49	Female	02:15:08
729	684	Kamaar Taliep	Nantes Ac	Open	Male	02:15:08
730	363	Li-mari Du Plessis		Open	Female	02:15:09
731	830	Kim Westcott		Open	Female	02:15:09
732	814	Lauren Elizabeth Bresler		Open	Female	02:15:10
733	439	Allie Zireena	Brimstone ltheko Sport Ac	50-59	Female	02:15:11
734	1634	Adriaan Du Plessis	-	Open	Male	02:15:16
735	1540	Keorapetse Lephogole		Open	Male	02:15:17
736	472	Armand Nel		Open	Male	02:15:21
737	475	Megan Mcwilliam	Totalsports Vob Running Club	Open	Female	02:15:22
738	474	Kylie Nel		Open	Female	02:15:22
739	756	Derek Griffin		70+	Male	02:15:23
740	199	Janine Bearne	Spartan Harriers	50-59	Female	02:15:26
741	1541	Gene Peters		50-59	Female	02:15:28
742	1543	Svantje Bergmann		40-49	Female	02:15:33
743	1672	Unknown	-	Open	Male	02:15:39
744	195	Bernard Van Der Westhuizen	Spartan Harriers	40-49	Male	02:15:46
745	305	Ayesha Cozyn	Ommiedraai Friends Ac	50-59	Female	02:15:50
746	1088	Sulaiman Bassier	Brimstone ltheko Sport Ac	60-69	Male	02:15:51
747	692	Thiven Reddy	Brimstone ltheko Sport Ac	60-69	Male	02:15:52
748	774	Jessica Olckers	Team Vitality Club Wp	Open	Female	02:15:59

Pos	Bib	Name	Club	Category	Gender	FinishTime
749	358	Daniel Smith	Team Vitality Club Wc	Open	Male	02:16:01
750	359	Barry Tyson		60-69	Male	02:16:03
751	1148	Tekedi Moselana	Bellville Ac	40-49	Male	02:16:12
752	605	Chris Guedes		Open	Male	02:16:14
753	937	Never Kondo		40-49	Male	02:16:16
754	1128	Natasha Kruger	Sanlam Ac Wp	50-59	Female	02:16:18
755	217	Sunelle Van Zyl-briers	Bellville Ac	40-49	Female	02:16:18
756	1631	Nicole Sieberhagen	-	Open	Male	02:16:26
757	1437	Leonie Berge		Open	Female	02:16:29
758	1616	William Barfoot	-	Open	Male	02:16:31
759	317	Glyn Morris	Totalsports Vob Running Club	60-69	Female	02:16:34
760	173	Celia Pienaar	Strand Ac	60-69	Female	02:16:34
761	1173	Onele Ncokwana		Open	Male	02:16:47
762	1280	Gary Fargher	Totalsports Vob Running Club	60-69	Male	02:16:53
763	533	Katya Soggot		40-49	Female	02:16:54
764	145	Toni Bedford		50-59	Female	02:16:55
765	1580	Stephan Van Biljon		Open	Male	02:16:56
766	1579	Tayla Rose Warner		Open	Female	02:16:57
767	463	Frank Lin	Atlantic Ac	Open	Male	02:16:57
768	1239	Leigh Stott	Spartan Harriers	40-49	Female	02:16:58
769	464	Shannon Holcroft		Open	Female	02:16:59
770	433	Rob Ruhmund		40-49	Male	02:17:07
771	223	Jana Boot	Bellville Ac	50-59	Female	02:17:11
772	380	Abdullah Achmad	Ommiedraai Friends Ac	50-59	Male	02:17:14
773	504	Steve Mathew	Harfield Harriers	50-59	Male	02:17:18
774	1107	Shamlin Naidoo		Open	Male	02:17:20
775	1115	Faseegh Fortune	Top Form Ac	Open	Male	02:17:21
776	1019	Mthobisi Cameron Sihluku	Retail Capital Langa Ac	50-59	Male	02:17:21
777	642	Mumtaz Abbas	Ard Ac	Open	Female	02:17:22
778	361	Tanya Lord		50-59	Female	02:17:24
779	362	Richard Lord	Pinelands Ac	50-59	Male	02:17:26
780	1512	Rosemary Mitchell	Run Walk For Life Wp	60-69	Female	02:17:32
781	786	Geoff Schreiner		60-69	Male	02:17:34
782	796	Imraan Schmidt		Open	Male	02:17:34
783	1588	Debri-lee De Jager	-	Open	Male	02:17:35
784	1587	Alexander Molteno	-	Open	Male	02:17:37
785	245	Barbara Hutton	Celtic Harriers	60-69	Female	02:17:45
786	1290	Karen Soules	Team Vitality Club Wc	40-49	Female	02:17:47
787	1411	Kgomotso Mocumi	Team Vitality Club Wc	Open	Male	02:17:49
788	1289	Terence Davidson	Team Vitality Club Wc	50-59	Male	02:17:49
789	1042	Jeanne Malan	Cape Multi Sport Club	50-59	Female	02:17:50
790	1660	Mzimasi Ludziya	-	Open	Male	02:17:53
791	1371	Daniel Vosloo		Open	Male	02:17:54
792	515	Ohnah Booley	Ommiedraai Friends Ac	Open	Female	02:17:59
793	268	Samantha Lohr-kempen	Durbanville Ac	Open	Female	02:18:00
794	1243	John Maree		Open	Male	02:18:05
795	1583	Anneline Peters		Open	Female	02:18:05
796	747	Wayne Adriaanse		Open	Male	02:18:06
797	1496	Xolani Mabaso	Hollywood Bets Ac	Open	Male	02:18:09
798	1465	Michael Koning	Fish Hoek Ac	70+	Male	02:18:12
799	265	Salmaan Hawtrey	Durbanville Ac	Open	Male	02:18:15
800	1053	Wesley Naude	Run Walk For Life Wp	Open	Male	02:18:20
801	501	Craig Harrison		60-69	Male	02:18:20
802	1258	Tarryn King		Open	Female	02:18:21
803	1259	Thomas King		Open	Male	02:18:21
804	853	Eugene Sadie	Durbanville Ac	Open	Male	02:18:23
805	852	Carika Mulder	Durbanville Ac	Open	Female	02:18:23
806	308	Sediqa Khatieb	Ommiedraai Friends Ac	40-49	Female	02:18:29

Pos	Bib	Name	Club	Category	Gender	FinishTime
807	1637	Karen Humphreys	-	Open	Male	02:18:30
808	376	Ayshaa Arend	Brimstone ltheko Sport Ac	40-49	Female	02:18:44
809	1442	Mogammad Adams	Kensington & Factreton Sac	60-69	Male	02:18:51
810	811	Michel Bastenie		50-59	Male	02:19:03
811	812	Shelley Van Der Westhuizen		50-59	Female	02:19:05
812	333	Lorna Sikanda	Adventists Ac Wp	Open	Female	02:19:12
813	1153	Nadia Niemann	Stellenbosch Ac	40-49	Female	02:19:15
814	167	Johan De Swardt		Open	Male	02:19:18
815	1447	Elydia De Monk	Totalsports Vob Running Club	50-59	Female	02:19:19
816	473	Heather Bougard	Totalsports Vob Running Club	50-59	Female	02:19:19
817	355	Rob Logan	Pinelands Ac	70+	Male	02:19:22
818	1476	Andrew Pickering		50-59	Male	02:19:30
819	488	Romano Swarts		Open	Male	02:19:32
820	489	Keanan Landore	Team Vitality Club Wc	Open	Male	02:19:35
821	1307	Andrew Roper	Fish Hoek Ac	50-59	Male	02:19:36
822	920	Evan Philip Saunders		40-49	Male	02:19:37
823	1150	Chrizelda Davel	West Coast Ac	50-59	Female	02:19:38
824	1005	Zamangoma Matlhare	Team Vitality Club Wc	40-49	Female	02:19:40
825	1068	Abshir Ahmed		Open	Male	02:19:40
826	142	Deborah Rothschild Stone		40-49	Female	02:19:40
827	1149	Riaan Davel	West Coast Ac	40-49	Male	02:19:43
828	1089	Karla Delpport		Open	Female	02:19:44
829	577	Victoria Meyer		Open	Female	02:19:45
830	627	Helen Maslin		Open	Female	02:19:52
831	1311	Kimberly Park		Open	Female	02:19:53
832	1191	David Azer	Stellenbosch Ac	50-59	Male	02:19:59
833	538	Graham Spiro	Pirates Road Running Club	60-69	Male	02:20:02
834	768	Anna-lena Becker		Open	Female	02:20:05
835	694	Adrian Jessop	Totalsports Vob Running Club	Open	Male	02:20:07
836	885	Sunette Swart	Nedbank Running Club Wp	50-59	Female	02:20:08
837	719	Ra-eesa Petersen-adams	Ommiedraai Friends Ac	50-59	Female	02:20:08
838	1094	Samanthia Knaggs	West Coast Ac	Open	Female	02:20:12
839	901	Kerry Edwards	Pinelands Ac	40-49	Female	02:20:13
840	1500	Zaahir Teladia		Open	Male	02:20:25
841	309	Shanaaz Jaffer	Ommiedraai Friends Ac	50-59	Female	02:20:30
842	540	Meghann Bayer	Pinelands Ac	40-49	Female	02:20:34
843	1208	Pumza Kobus	West Coast Ac	50-59	Female	02:20:35
844	1611	Simamnkele Fali	-	Open	Male	02:20:38
845	1497	Mashudu Phalanndwa	Team Vitality Club Wc	40-49	Male	02:20:39
846	1146	Grant Sauls		Open	Male	02:20:42
847	1382	Russel Williams	Team Vitality Club Wc	50-59	Male	02:20:45
848	113	Marisia Koch	Irene Road Running Club	50-59	Female	02:20:45
849	401	Andrew O'brien		Open	Male	02:20:53
850	395	Kelello Mota	Team Vitality Club Wc	Open	Male	02:20:54
851	541	Liz Rivett	Celtic Harriers	40-49	Female	02:20:58
852	764	Jemma Wood		40-49	Female	02:20:58
853	468	Jana Beckett	Totalsports Vob Running Club	60-69	Female	02:21:00
854	128	Michael Williams	Pinelands Ac	40-49	Male	02:21:22
855	253	Kuhle Dumeduze	Century City Ac	Open	Female	02:21:28
856	1106	Jacq Adams	Helderberg Harriers	40-49	Male	02:21:32
857	1566	Farhaad Haffejee	Ommiedraai Friends Ac	50-59	Male	02:21:32
858	1463	Andrew Hansen	Spartan Harriers	40-49	Male	02:21:37
859	690	Lyle Eckstein		40-49	Male	02:21:40
860	367	Sonia Smith	Celtic Harriers	60-69	Female	02:21:41
861	1671	Conita Henry	-	Open	Male	02:21:55
862	518	Mary-ann Davies	Atlantic Ac	50-59	Female	02:22:00
863	1250	Mapula Mnisi	Polokwane Ac	40-49	Female	02:22:01
864	372	Yolanda Walton	West Coast Ac	50-59	Female	02:22:02

Pos	Bib	Name	Club	Category	Gender	FinishTime
865	1654	Lebo Mathatho	-	Open	Male	02:22:04
866	292	Nickie Terrell	Melkbos Ac	40-49	Male	02:22:05
867	283	Zonika Venter	Melkbos Ac	Open	Female	02:22:06
868	287	Cecilia Van Der Walt	Melkbos Ac	Open	Female	02:22:07
869	281	Riaan Pretorius	Melkbos Ac	50-59	Male	02:22:08
870	1301	Allan Johns	Totalsports Vob Running Club	60-69	Male	02:22:11
871	1551	Goosain Abass	Bo-kaap Athletics	60-69	Male	02:22:15
872	353	Natalie Visagie	Nantes Ac	40-49	Female	02:22:16
873	936	Ian Gillespie	Bellville Ac	40-49	Male	02:22:19
874	387	Sara Makhabane	Team Vitality Athletic Club Gn	Open	Female	02:22:21
875	1216	Grasia Chibvongodze		Open	Female	02:22:22
876	609	Chelsea Tucker		Open	Female	02:22:25
877	749	Haylea Heyns		Open	Female	02:22:30
878	873	Annemie Marx		Open	Female	02:22:32
879	975	Ntuthuko Kunene	Team Vitality Club Wc	Open	Male	02:22:32
880	750	Sue Dods		60-69	Female	02:22:34
881	1590	Adrian Scholtz	-	Open	Male	02:22:38
882	1527	Neichel Laura		Open	Female	02:22:40
883	313	Suzy Barr	Durbanville Ac	40-49	Female	02:22:41
884	693	Judith Gertz	Pinelands Ac	40-49	Female	02:22:42
885	1395	Lee-ann Buitendach	Goldfields Ac	50-59	Female	02:22:44
886	1524	Yonas Lamnabhi		Open	Male	02:22:44
887	1419	Roshan Davids	Team Vitality Club Wc	50-59	Female	02:22:44
888	1457	Samantha Wyngaard	Run Walk For Life Wp	50-59	Female	02:22:45
889	1190	Siyabulela Tshali	Team Vitality Club Wc	Open	Male	02:22:45
890	1256	Leigh Mannheim-strachan		Open	Female	02:22:48
891	1585	Maxwell Godloza	Mandela Park Ac	60-69	Male	02:22:53
892	1143	Karla Strydom		Junior	Female	02:22:57
893	672	Liesel Hugo	Celtic Harriers	40-49	Female	02:22:59
894	161	Melanie Harrison		40-49	Female	02:23:00
895	374	Omar Arend	Brimstone Itheko Sport Ac	40-49	Male	02:23:00
896	903	Michael Steyn	Team Vitality Club Wp	Open	Male	02:23:03
897	1241	Nike Dickinson-mes		Open	Female	02:23:11
898	1142	Loraine Strydom	Viking Athletics Club	40-49	Female	02:23:12
899	1240	Kevin Dickinson		Open	Male	02:23:14
900	1177	Adrian Mckenna	West Coast Ac	50-59	Male	02:23:17
901	1600	Sonja Brand	-	Open	Male	02:23:25
902	1281	Liz Brash	Totalsports Vob Running Club	60-69	Female	02:23:25
903	1175	Sandile Maqhoboza		Open	Male	02:23:27
904	724	R_ Gensicke	Pinelands Ac	50-59	Female	02:23:28
905	921	Gavin Williams	Metropolitan Ac	50-59	Male	02:23:30
906	962	Bradwyn Booysen	Top Form Ac	50-59	Male	02:23:34
907	656	Basheer Losper	Top Form Ac	Open	Male	02:23:36
908	1275	Lesley De Koker	Totalsports Vob Running Club	Open	Female	02:23:37
909	525	Samantha Brink	Wild Runner Wp	40-49	Female	02:23:41
910	1031	Charlton Pretorius		Open	Male	02:23:42
911	394	Dominic Bowers		Open	Male	02:23:46
912	119	Deon Botha	West Coast Ac	60-69	Male	02:23:49
913	1057	Chante Du Preez		Open	Female	02:23:52
914	228	Pia Pretorius	Celtic Harriers	50-59	Female	02:23:58
915	238	Teresa Lawler	Celtic Harriers	40-49	Female	02:23:59
916	800	Myra Miller	Easy Equities Born 2 Run Wp	50-59	Female	02:24:03
917	537	Charlene Da Silva	Team Vitality Club Wc	40-49	Female	02:24:04
918	388	Theoneil Veldhuizen	Atlantic Ac	40-49	Male	02:24:04
919	780	Willem Vandaele		Open	Male	02:24:10
920	781	Nico Vandaele		50-59	Male	02:24:10
921	1318	Caitlin Turok		Open	Female	02:24:16
922	573	Aneeka Savahl		40-49	Female	02:24:19

Pos	Bib	Name	Club	Category	Gender	FinishTime
923	917	Thuli Mfundisi	Retail Capital Langa Ac	40-49	Female	02:24:20
924	1627	Marlon May	-	Open	Male	02:24:22
925	1413	Sonika Gerber	Team Vitality Club Wc	40-49	Female	02:24:23
926	1313	Sarah Von Holdt	Totalsports Vob Running Club	50-59	Female	02:24:29
927	953	Mpilwenhle Ndhrazi	Goodwood Harriers	Open	Female	02:24:32
928	469	James Beckett	Totalsports Vob Running Club	70+	Male	02:24:35
929	576	Gasant Orrie		50-59	Male	02:24:43
930	507	Stuart Thomas	Harfield Harriers	Open	Male	02:24:45
931	239	Melissa Thomas	Celtic Harriers	40-49	Female	02:24:47
932	254	Ilona Du Plessis	Century City Ac	Open	Female	02:24:51
933	886	Zola Ngwevela	Chillie Running Club Bl	40-49	Male	02:24:55
934	1677	Adrian Smith	-	Open	Male	02:24:57
935	729	Allison Brown	West Coast Ac	50-59	Female	02:25:01
936	315	Armien Simons	Team Vitality Club Wc	50-59	Male	02:25:04
937	1120	Clarisa Samuels	Brackenfell Ac	40-49	Female	02:25:05
938	318	Ingrid Mare		Open	Female	02:25:05
939	242	Cheryl Simons	Celtic Harriers	50-59	Female	02:25:06
940	1024	Ghite Scholtz		Open	Female	02:25:06
941	1017	Mienette Oosthuizen		Junior	Female	02:25:07
942	1018	Drew Goatley		Open	Female	02:25:07
943	1026	Lize Van Rooyen		Open	Female	02:25:08
944	1051	Lucelle Delpont		Open	Female	02:25:08
945	1049	Gerrit Delpont		Open	Male	02:25:09
946	319	Lari Opperman		Open	Female	02:25:19
947	1029	Trudie Visser	Easy Equities Born 2 Run Wp	40-49	Female	02:25:29
948	1054	Griffin De Ru	Run Walk For Life Wp	Open	Male	02:25:36
949	880	Justin Dettmann	Bellville Ac	40-49	Male	02:25:39
950	879	Liezl Dettmann	Bellville Ac	50-59	Female	02:25:40
951	364	Mervin Smith	Celtic Harriers	70+	Male	02:25:45
952	640	Deonatus Abrahams		40-49	Male	02:25:49
953	1533	Gaba Torr		40-49	Female	02:25:51
954	1062	Izelle Den Breeijen		50-59	Female	02:25:52
955	1650	Chrystal Meintjes	-	Open	Male	02:25:54
956	447	Rob Baird		40-49	Male	02:25:57
957	864	Leanri Van Niekerk	Bellville Ac	Open	Female	02:25:59
958	149	Maritza Breytenbach		40-49	Female	02:26:01
959	1046	Tommy Huang		Open	Male	02:26:13
960	425	Nanini Mzamane	Team Vitality Club Cg	Open	Female	02:26:13
961	373	Mandlenkosi Moyo	Pinelands Ac	40-49	Male	02:26:14
962	855	Charmaine Cronje		50-59	Female	02:26:16
963	1270	Lauren Koch	Fish Hoek Athletics Club	Open	Female	02:26:17
964	1414	Mhindi White		Open	Female	02:26:17
965	437	Rike Sitas		40-49	Female	02:26:19
966	1562	Satish Antony	Totalsports Vob Running Club	40-49	Male	02:26:20
967	1629	Marga Leite	-	Open	Male	02:26:23
968	741	Juliet Stromin		Open	Female	02:26:23
969	314	Gareth Van Schoor		Open	Male	02:26:27
970	1666	Tshepo Lethea	-	Open	Male	02:26:34
971	354	Fazlin Basson	Nantes Ac	40-49	Female	02:26:35
972	617	Jocelyn Jansen Van Rensburg		50-59	Female	02:26:37
973	701	Pleasance Manhamo	Fish Hoek Ac	Open	Female	02:26:42
974	1187	Elouise Lourens	Bellville Ac	Open	Female	02:27:00
975	1283	Brad Nadauld	Spartan Harriers	40-49	Male	02:27:00
976	1628	Tamsyn May	-	Open	Male	02:27:03
977	1626	Kelly May	-	Open	Male	02:27:05
978	1286	Lindy Duncan	University Of Cape Town Ac	50-59	Female	02:27:06
979	1227	Vuyelwa Radebe	Stellenbosch Ac	Open	Female	02:27:19
980	543	Lauren Lyons		Open	Female	02:27:21

Pos	Bib	Name	Club	Category	Gender	FinishTime
981	1610	Sanjay Tewary	-	Open	Male	02:27:22
982	1329	Jason Renaud	Spartan Harriers	40-49	Male	02:27:22
983	680	James Clarke		Open	Male	02:27:23
984	681	Alyson Meintjes		Open	Female	02:27:23
985	1100	Flynn Africa	Helderberg Harriers	Open	Male	02:27:23
986	1594	Claire Hoey	-	Open	Male	02:27:25
987	858	Stephni Coetzee		Open	Female	02:27:28
988	1636	Clova Mabin	-	Open	Male	02:27:29
989	604	Eleanor Hutchings	Carbineers Wp	40-49	Female	02:27:29
990	124	Alida Gous	Hangklip Ac	40-49	Female	02:27:31
991	307	Farahnaaz Khan	Ommiedraai Friends Ac	40-49	Female	02:27:31
992	176	Colin Doyle	Strand Ac	60-69	Male	02:27:31
993	624	Catherine Venter		50-59	Female	02:27:35
994	1486	Benita Rixton		40-49	Female	02:27:37
995	1129	Carel Theo Lloyd		Open	Male	02:27:52
996	485	Jeremy Nefdt		Open	Male	02:28:05
997	1095	Rosa-lee Fourie		Open	Female	02:28:06
998	1021	Pam Chiyanka	Team Vitality Club Wc	40-49	Female	02:28:09
999	989	Abdul Basier Mollagee	Team Vitality Club Wc	Open	Male	02:28:09
1000	1244	Robyn Derwin		Open	Female	02:28:10
1001	633	Lerato Nkwenkwezi	Khayelitsha Ac	Open	Female	02:28:11
1002	106	Everan Chetty	Team Vitality Club Wc	Open	Male	02:28:23
1003	1710	Unknown	-	Open	Male	02:28:24
1004	1473	Mark Calvert		40-49	Male	02:28:32
1005	1112	Delle Reese Philander	Pinelands Ac	40-49	Female	02:28:35
1006	331	Alan Gibb	Totalsports Vob Running Club	60-69	Male	02:28:53
1007	1417	Danyal Salie	Sacs Alumni Running Club	Open	Male	02:28:53
1008	436	Aditya Kumar		40-49	Male	02:28:56
1009	1102	Mike Kellett	West Coast Ac	50-59	Male	02:28:58
1010	1498	Joanne Amunjela	Celtic Harriers	Open	Female	02:29:01
1011	1196	Tim Beavon	Helderberg Harriers	50-59	Male	02:29:03
1012	925	Kim Ellman	Viking Athletics Club	40-49	Female	02:29:04
1013	744	Natasha Dyers	Waterfall Ac	40-49	Female	02:29:05
1014	1027	Anthony Bulcraig		60-69	Male	02:29:08
1015	1171	Shakoora Johaar		Open	Male	02:29:11
1016	675	Quintell Sally Schoeman	Nedbank Running Club Cg	Open	Female	02:29:14
1017	949	Loyiso Ngqwemla	Rcs Guguletu Ac	40-49	Male	02:29:14
1018	674	James Buchanan		Open	Male	02:29:15
1019	671	Jessica Ballantyne	Retail Capital Langa Ac	Open	Female	02:29:17
1020	432	Xoliswa Khiba	South African National Defence Force Wp	Open	Female	02:29:20
1021	225	Rina Van Der Merwe	Bellville Ac	50-59	Female	02:29:25
1022	861	Sharon Carter	Edgemead Runners	Open	Female	02:29:25
1023	860	Margie Foord	Edgemead Runners	50-59	Female	02:29:27
1024	863	Candice Rademeyer	Edgemead Runners	40-49	Female	02:29:28
1025	159	John Powell		Open	Male	02:29:31
1026	1374	Lance Raftesath	Totalsports Vob Running Club	50-59	Male	02:29:33
1027	1421	Shane Kooyman		40-49	Male	02:29:35
1028	495	Londolozza Memani	Adventists Ac Wp	50-59	Male	02:29:39
1029	483	Gasam Sulaiman		50-59	Male	02:29:44
1030	1576	Liezl Lewis	Atc Running	40-49	Female	02:29:51
1031	1655	Torbjarn Aaberge Nes	-	Open	Male	02:29:52
1032	630	Kath Basson	Atc Running	60-69	Female	02:29:53
1033	393	Luqmaan Rawat		Open	Male	02:29:57
1034	232	Amanullah Allie	Celtic Harriers	40-49	Male	02:29:58
1035	556	Agmat Abrahams		Open	Male	02:30:00
1036	650	Carriem Ismail	Walmers Ac Wp	50-59	Male	02:30:00
1037	1432	Carmin Burton	Chaeli Sports & Recreation Club	50-59	Female	02:30:01
1038	351	Lauren Pinder		Open	Female	02:30:01

Pos	Bib	Name	Club	Category	Gender	FinishTime
1039	1416	Jeremy De Mink		40-49	Male	02:30:03
1040	1501	Paul Murphy	Carbineers Wp	60-69	Male	02:30:03
1041	1420	Celeste Kooyman		40-49	Female	02:30:03
1042	1485	Jamie Rixton		40-49	Male	02:30:04
1043	1681	Refiloe Nkhasi	-	Open	Male	02:30:04
1044	734	Sameer Rawoot	Nantes Ac	Open	Male	02:30:04
1045	1063	Nicky Mcgurk	Edgemead Runners	40-49	Female	02:30:04
1046	1608	Sbucy Mdhuli	-	Open	Male	02:30:04
1047	1696	Sithombo Maqungo	-	Open	Male	02:30:05
1048	193	Henry Jones	Spartan Harriers	60-69	Male	02:30:05
1049	614	Fuad Davids	Ommiedraai Friends Ac	60-69	Male	02:30:06
1050	1620	Mindlo Mdhuli	-	Open	Male	02:30:07
1051	1323	Shamsudien Dhansay	Brimstone Itheko Sport Ac	50-59	Male	02:30:12
1052	1669	Nina Crawford	-	Open	Male	02:30:14
1053	135	Zani Watts		40-49	Female	02:30:18
1054	346	Muhammad Sanglay	Top Form Ac	Open	Male	02:30:18
1055	344	Nadeem Sanglay	Top Form Ac	Open	Male	02:30:20
1056	342	Muhammed Asgar Dalvie	Top Form Ac	40-49	Male	02:30:21
1057	191	Miranda Parker	Spartan Harriers	60-69	Female	02:30:22
1058	834	Yanga Vava		Open	Male	02:30:22
1059	1714	Lazola Ndima	-	Open	Male	02:30:23
1060	420	Linda Boyd	Totalsports Vob Running Club	50-59	Female	02:30:23
1061	1346	Sandra Jonathan	Totalsports Vob Running Club	50-59	Female	02:30:25
1062	1013	Rue Adonis	Edgemead Runners	40-49	Female	02:30:32
1063	1160	Likhona Booii		Open	Female	02:30:37
1064	931	Renee Adams		Open	Female	02:30:42
1065	700	Carlo Marra	Rcs Guguletu Ac	40-49	Male	02:30:44
1066	1513	Bea Theunissen	Carbineers Wp	40-49	Female	02:30:46
1067	1387	Deborah Horn-botha	Totalsports Vob Running Club	50-59	Female	02:30:54
1068	779	Cherelle Leong	Totalsports Vob Running Club	50-59	Female	02:30:55
1069	816	Matthew Maritz	Team Vitality Club Wc	50-59	Male	02:30:59
1070	277	Brian Abdoll	Durbanville Ac	50-59	Male	02:31:09
1071	1217	Crystle-lynn Moore	Kuils River Rc	Open	Female	02:31:15
1072	1218	Trevor Eckleton	Kuils River Rc	50-59	Male	02:31:18
1073	1383	Tracy Orione		50-59	Female	02:31:18
1074	188	Rialize Joubert	Strand Ac	50-59	Female	02:31:25
1075	186	Tertia De Waal	Strand Ac	50-59	Female	02:31:25
1076	146	Jarryd David Bresler		Open	Male	02:31:27
1077	1686	Unknown	-	Open	Male	02:31:32
1078	290	Shelley Janssonius	Melkbos Ac	40-49	Female	02:31:39
1079	1398	Folkert Mulder		50-59	Male	02:31:40
1080	1397	Jikke Mulder		Open	Female	02:31:42
1081	898	Marilize Brits	Cape Multi Sport Club	Open	Female	02:31:48
1082	945	Melanie Bellingan	Retail Capital Langa Ac	50-59	Female	02:31:57
1083	944	Mario Bellingan	Retail Capital Langa Ac	40-49	Male	02:31:58
1084	275	Fabian De Beer	Durbanville Ac	60-69	Male	02:31:59
1085	276	Trezinha De Beer	Durbanville Ac	50-59	Female	02:32:00
1086	1277	Sandra Smith	Totalsports Vob Running Club	50-59	Female	02:32:08
1087	1020	Musa Vanqa	Stutterheim Ac	Open	Male	02:32:12
1088	1186	Fergus Payne	Brackenfell Ac	40-49	Male	02:32:14
1089	745	Cindy Tembo	Pinelands Ac	Open	Female	02:32:15
1090	352	Lisa Pereira		50-59	Female	02:32:18
1091	1347	Susanna Johanna Barnard		Open	Female	02:32:28
1092	411	Anja Leonard	Pinelands Ac	50-59	Female	02:32:31
1093	230	Greg Butters	Celtic Harriers	Open	Male	02:32:36
1094	967	Wilma Van Wyk	Brackenfell Ac	40-49	Female	02:33:09
1095	1574	Kathleen Van Der Westhuizen	Carbineers Wp	50-59	Female	02:33:15
1096	466	Muhammed Madhi	Nantes Ac	Open	Male	02:33:25

Pos	Bib	Name	Club	Category	Gender	FinishTime
1097	1184	Taariq Paulsen		40-49	Male	02:33:33
1098	123	Preshendran Odayar	Jacaranda Ac	Open	Male	02:33:36
1099	1284	Francoise Baillie-cooper	Spartan Harriers	50-59	Female	02:33:40
1100	1155	Da-eun Kim	Team Vitality Club Wc	Open	Female	02:33:45
1101	1545	Clemens Bott		Open	Male	02:33:46
1102	1156	Catherine Creamer		Open	Female	02:33:46
1103	1547	Daniel Lindner		Open	Male	02:33:46
1104	1553	Moritz Kohlhas		Open	Male	02:33:47
1105	390	Justin Fourie		40-49	Male	02:33:48
1106	620	Belinda Toth		50-59	Female	02:34:03
1107	966	Karen Crawcour	Team Vitality Club Wc	50-59	Female	02:34:04
1108	1342	Ntomboxolo Williams		Open	Female	02:34:08
1109	704	Conrad Joseph	Goodwood Harriers	40-49	Male	02:34:09
1110	440	Mujeeb Gangrakar	Brimstone Itheko Sport Ac	50-59	Male	02:34:09
1111	902	Lauren Steyn	Team Vitality Club Wc	50-59	Female	02:34:13
1112	1242	Julie Hornby	Dolphin Coast Striders	60-69	Female	02:34:15
1113	360	Ilham Omar	Ommiedraai Friends Ac	Open	Female	02:34:18
1114	509	Sumayah Jonkers	Brimstone Itheko Sport Ac	40-49	Female	02:34:19
1115	1427	Malika Kalam	Ommiedraai Friends Ac	40-49	Female	02:34:20
1116	236	Glynis Gossmann	Celtic Harriers	40-49	Female	02:34:22
1117	566	Martine Sandler		Open	Female	02:34:26
1118	565	Marjorie Dawn Alexander	Edgemead Runners	Open	Female	02:34:27
1119	1618	Lee Reynecke	-	Open	Male	02:34:27
1120	666	Firdoze Daniels	Asics Ac Wp	Open	Female	02:34:29
1121	1685	Unknown	-	Open	Male	02:34:29
1122	350	Anton Friend		50-59	Male	02:34:32
1123	964	Paula Van Der Merwe	West Coast Ac	Open	Female	02:34:33
1124	718	Christo Werth	Team Vitality Club Wc	Open	Male	02:34:34
1125	1593	Corinne De Vries	-	Open	Male	02:34:35
1126	1263	Nathan Cassels		Open	Male	02:34:48
1127	1526	Kereesha Govindasamy		Open	Female	02:34:49
1128	595	Megan Horne		Open	Female	02:34:53
1129	594	Chamoze Snyders		Open	Female	02:34:55
1130	771	Sarah Teich		Open	Female	02:35:06
1131	443	Katherine Alice Usher	Team Vitality Club Wc	Open	Female	02:35:06
1132	1025	Asavela Msweli	Rcs Guguletu Ac	Open	Female	02:35:17
1133	196	Bridgette Apollis	Spartan Harriers	60-69	Female	02:35:20
1134	813	Gary Andrews	Atlantic Ac	50-59	Male	02:35:31
1135	109	Isabel Steenkamp	West Coast Ac	50-59	Female	02:35:34
1136	382	Asma Achmad	Ard Ac	50-59	Female	02:35:36
1137	306	Fareed Cozyn	Ommiedraai Friends Ac	50-59	Male	02:35:37
1138	1317	Warren Hurd	Celtic Harriers	50-59	Male	02:35:49
1139	139	Rene Barnard		Open	Female	02:35:53
1140	1357	Mas'ood Dangor	Team Vitality Club Wc	Open	Male	02:36:00
1141	332	Nonkosazana Nyamakazi	Adventists Ac Wp	Open	Female	02:36:01
1142	660	Simone Bezuidenhout	Totalsports Vob Running Club	Open	Female	02:36:06
1143	1453	Jenny Bright		40-49	Female	02:36:09
1144	1276	Garth Littlewood		60-69	Male	02:36:10
1145	859	Ingrid Brigitte Crowder	Edgemead Runners	50-59	Female	02:36:14
1146	851	Jimmy Adonis	Rcs Guguletu Ac	70+	Male	02:36:15
1147	968	Edgar Julies	Pinelands Ac	40-49	Male	02:36:24
1148	717	Ingrid Benn	Team Vitality Club Wc	Open	Female	02:36:26
1149	961	Monique Martens	West Coast Ac	60-69	Female	02:36:28
1150	833	Noel Goosen	Goodwood Harriers	Open	Male	02:36:30
1151	1592	Ane De Kock	-	Open	Male	02:36:31
1152	1658	Giorgia Ruckard	-	Open	Male	02:36:35
1153	1435	Lavinia Montagna		Open	Female	02:36:42
1154	959	Samantha Harper	Melkbos Ac	40-49	Female	02:36:48

Pos	Bib	Name	Club	Category	Gender	FinishTime
1155	958	Malena Van Der Merwe		40-49	Female	02:36:49
1156	1328	Sally Sage		50-59	Female	02:36:59
1157	1282	Lorraine Nevin	Totalsports Vob Running Club	60-69	Female	02:37:07
1158	868	Brett Sparks		Open	Male	02:37:08
1159	1639	Jude-rhys Schroter	-	Open	Male	02:37:08
1160	1040	Shaun Leonard	Team Vitality Club Wc	Open	Male	02:37:08
1161	1638	Deanne Gomes	-	Open	Male	02:37:09
1162	929	Natasha Erichsen		40-49	Female	02:37:17
1163	1308	Nqabakazi Qikwa	Lwandle Ac	Open	Female	02:37:22
1164	1056	Yolande Tharratt		40-49	Female	02:37:24
1165	1159	Carla Pottas		40-49	Female	02:37:25
1166	1550	Abduragheem Slamang	Bo-kaap Athletics	Open	Male	02:37:27
1167	570	Tracey Miles		40-49	Female	02:37:36
1168	731	Cheryl Mostert	Celtic Harriers	40-49	Female	02:37:40
1169	730	Ivan Mclean	Zandvlei Ac	50-59	Male	02:37:41
1170	285	Yolandie Janse Van Vuuren	Melkbos Ac	Open	Female	02:37:42
1171	279	Desiree Maggott	Melkbos Ac	Open	Female	02:37:43
1172	233	Owen Hendricks	Celtic Harriers	60-69	Male	02:37:47
1173	895	Carla Bester	Brackenfell Ac	50-59	Female	02:38:02
1174	906	Isabel Naude	Bellville Ac	Open	Female	02:38:05
1175	1154	Cheryl Jamieson	Run Walk For Life Wp	40-49	Female	02:38:06
1176	1157	Andrew Jamieson	Run Walk For Life Wp	50-59	Male	02:38:06
1177	286	Meyburgh Hofmeyr	Melkbos Ac	50-59	Male	02:38:08
1178	282	Sune Olivier	Melkbos Ac	Open	Female	02:38:08
1179	1678	Tracy Schwartz	-	Open	Male	02:38:19
1180	1640	Wendy Cuninghame	-	Open	Male	02:38:22
1181	421	Vera Nagtegaal	Totalsports Vob Running Club	40-49	Female	02:38:27
1182	422	Jeanine Henning		40-49	Female	02:38:27
1183	688	Elsa Kerschbaumer	Mountain And Trail Enthusiasts	40-49	Female	02:38:29
1184	1483	Claire Hoving	Mountain And Trail Enthusiasts	40-49	Female	02:38:30
1185	544	Karlien Bruwer		Open	Female	02:38:36
1186	523	Melanie Mcewan	Pinelands Ac	Open	Female	02:38:41
1187	554	Riyaas Hendricks		Open	Male	02:38:41
1188	522	John Dawes	Pinelands Ac	60-69	Male	02:38:43
1189	723	Nina Breitenbach		Junior	Female	02:38:43
1190	705	Rob Smith		Open	Male	02:38:46
1191	963	Kassabaine Petersen	West Coast Ac	50-59	Female	02:39:01
1192	1454	Deepesh Karsan		Open	Male	02:39:02
1193	1557	Russell Narunsky		50-59	Male	02:39:07
1194	914	Sean Harris	Pinelands Ac	60-69	Male	02:39:10
1195	1460	Mona-lisa Bango		Open	Female	02:39:19
1196	1086	Lindiwe Ninini	Team Vitality Club Wc	40-49	Female	02:39:20
1197	1403	Hermann Swart	Helderberg Harriers	40-49	Male	02:39:32
1198	677	Mira Leibowitz		Open	Female	02:39:46
1199	434	Amrita Pande		40-49	Female	02:40:16
1200	1091	Pumla Ndomile	Team Vitality Club Wc	60-69	Female	02:40:23
1201	517	Mogamat Seraj Alawie	Goodwood Harriers	40-49	Male	02:40:26
1202	1699	Takudzwa Katsidzira	-	Open	Male	02:40:27
1203	952	Belinda Petersen	Goodwood Harriers	50-59	Female	02:40:28
1204	839	Tasneem Alexander	Goodwood Harriers	40-49	Female	02:40:28
1205	1273	Carol Pick	Spartan Harriers	50-59	Female	02:40:28
1206	836	Neil Spann	Helderberg Harriers	60-69	Male	02:40:28
1207	444	Gcina Dlulane	Rcs Guguletu Ac	Open	Female	02:40:33
1208	273	Shena De Beer	Durbanville Ac	Open	Female	02:40:34
1209	908	Henry Du Plessis	Pinelands Ac	50-59	Male	02:40:35
1210	912	Delyse Rist	Pinelands Ac	60-69	Female	02:40:35
1211	907	Marilyn Rorich	Pinelands Ac	50-59	Female	02:40:35
1212	905	Edgar Rorich	Pinelands Ac	60-69	Male	02:40:36

Pos	Bib	Name	Club	Category	Gender	FinishTime
1213	262	Natasha Ferreira	Durbanville Ac	40-49	Female	02:40:40
1214	1006	Matumelo Mainaakae	Team Vitality Club Wc	40-49	Female	02:40:51
1215	1185	Sune Conradie	Bellville Ac	Open	Female	02:41:02
1216	460	Malcolm Farrell	Team Vitality Club Wc	60-69	Male	02:41:05
1217	1704	Kami Thebus	-	Open	Male	02:41:05
1218	1692	Unknown	-	Open	Male	02:41:07
1219	490	Zinhle Ndubazi		Open	Female	02:41:09
1220	930	Darren Adams		Open	Male	02:41:14
1221	1221	Mikayhla Joubert		Open	Female	02:41:15
1222	1222	Landon-j Olivier		Open	Male	02:41:16
1223	869	Leanne Sparks		40-49	Female	02:41:20
1224	606	Jaikhomba Singha		Open	Male	02:41:24
1225	983	Nicola Old	Edgemead Runners	50-59	Female	02:41:29
1226	984	Erwin Rencken	Edgemead Runners	40-49	Male	02:41:30
1227	1319	Heather Brading	Fish Hoek Ac	50-59	Female	02:41:31
1228	1320	Daryl Faure	Fish Hoek Ac	50-59	Female	02:41:32
1229	294	Anri Jooste	Melkbos Ac	Open	Female	02:41:48
1230	295	Suzaan Schoeman	Melkbos Ac	40-49	Female	02:41:49
1231	1479	Cassandra Randall		Open	Female	02:42:03
1232	1163	Maretha Wessels	Bellville Ac	50-59	Female	02:42:06
1233	1069	Jo Van Den Berg	Bellville Ac	40-49	Female	02:42:07
1234	1067	Richard Norman	Bellville Ac	50-59	Male	02:42:07
1235	1659	Riaan Oosthuizen	-	Open	Male	02:42:08
1236	384	Adetola Okunlola-browning		Open	Female	02:42:22
1237	532	Darlene Lubbe		50-59	Female	02:42:24
1238	1278	Saabier Mohamed	Ommiedraai Friends Ac	Open	Male	02:42:24
1239	1205	Kaygee Phala	Team Vitality Club Wc	Open	Female	02:42:25
1240	1643	Jaylee Brink	-	Open	Male	02:42:47
1241	1477	Kashiefa Edwards		50-59	Female	02:42:51
1242	209	Charlene Rhode	Spartan Harriers	50-59	Female	02:42:52
1243	1138	Pinky Siwele	Team Vitality Club Wc	50-59	Female	02:42:55
1244	1504	Bonita Fredericks	Spartan Harriers	50-59	Female	02:43:04
1245	453	Tracey Da Mata	Spartan Harriers	50-59	Female	02:43:04
1246	207	Katherine Darvall	Brackenfell Ac	50-59	Female	02:43:09
1247	258	Bernice October	Durbanville Ac	60-69	Female	02:43:20
1248	1109	Deneeze Fritz	Edgemead Runners	60-69	Female	02:43:21
1249	651	Nihaad Jacobs	Top Form Ac	Open	Female	02:43:24
1250	1237	Amanda Jackson	Totalsports Vob Running Club	60-69	Female	02:43:33
1251	1713	Renee Cupid	-	Open	Male	02:44:09
1252	1646	Patrick Andries	-	Open	Male	02:44:09
1253	1612	Melissa Van Der Merwe	-	Open	Male	02:44:09
1254	1292	Dee Klassen Pearce	Carbineers Wp	40-49	Female	02:44:10
1255	1220	Nyameka Nogixa	Team Vitality Club Wc	Open	Female	02:44:10
1256	593	Caronne Jones	Celtic Harriers	Open	Female	02:44:10
1257	492	Janeen De Klerk		60-69	Female	02:44:26
1258	629	Nicky Smith	Edgemead Runners	40-49	Female	02:44:27
1259	1014	Yolanda Jason	Edgemead Runners	50-59	Female	02:44:28
1260	1711	Sinoxolo Nyika	Team Vitality Club Wc	Open	Female	02:44:53
1261	1304	Alicia Velaphi	Lwandle Ac	Open	Female	02:45:16
1262	1682	Nkopodi Sherperd Maepa	-	Open	Male	02:45:21
1263	409	Odette Geldenhuys		60-69	Female	02:45:22
1264	1441	Crystal Ritchie	Rcs Guguletu Ac	50-59	Female	02:45:25
1265	998	Ncumisa Matu	Stutterheim Ac	Open	Female	02:45:28
1266	530	Benjamin Gatley-dewing		Junior	Male	02:45:28
1267	1137	Nicole Adams	Edgemead Runners	Open	Female	02:45:39
1268	386	Elizabeth Mamacos	Celtic Harriers	40-49	Female	02:45:42
1269	1703	Lance Hermanus	-	Open	Male	02:46:01
1270	1691	Herchelle Hermanus	-	Open	Male	02:46:03

Pos	Bib	Name	Club	Category	Gender	FinishTime
1271	619	Wendy Marock		50-59	Female	02:46:04
1272	484	Gadija Davids	Brimstone ltheko Sport Ac	50-59	Female	02:46:15
1273	1670	Evan Craig	-	Open	Male	02:46:16
1274	476	Razeen Davids	Brimstone ltheko Sport Ac	60-69	Male	02:46:17
1275	1023	Bernice Adams	Paarl Ac	Open	Female	02:46:26
1276	867	Dikgapane Makhetha	Adventists Ac Wp	50-59	Female	02:46:30
1277	1361	Freddie Le Roux		40-49	Male	02:46:44
1278	1394	Preston Lewis		Junior	Male	02:46:47
1279	1393	Dominique Lewis	Pick `n Pay Ac Wp	Open	Female	02:46:47
1280	545	Marc Wyllie	Pick `n Pay Ac Wp	40-49	Male	02:46:48
1281	1064	Michelle Lewis	Bellville Ac	50-59	Female	02:46:48
1282	643	Sarah Salie	Brimstone ltheko Sport Ac	40-49	Female	02:47:00
1283	202	Anna Retief	Spartan Harriers	50-59	Female	02:47:09
1284	736	Kerry Collins		60-69	Female	02:47:11
1285	500	Elizma Kotze		50-59	Female	02:47:17
1286	419	Siggibo Shoba	Rcs Guguletu Ac	Open	Male	02:47:20
1287	1652	Glenda Monson	-	Open	Male	02:47:30
1288	1287	Carlyn Julius-grove	Team Vitality Club Wc	40-49	Female	02:47:31
1289	1673	Teresa Brooks	-	Open	Male	02:47:33
1290	946	Jeanne Adonis	Durbanville Ac	50-59	Female	02:47:34
1291	790	Landisiwe Mzukwa	Team Vitality Club Cg	Open	Female	02:47:40
1292	1599	Mpho Mokhethi	-	Open	Male	02:47:51
1293	1131	Fumane Matebele	Team Vitality Club Wc	Open	Female	02:48:06
1294	1132	Coco Fanie	Pick `n Pay Ac Wp	40-49	Female	02:48:08
1295	1426	Isgaak Ebrahim	Ommiedraai Friends Ac	50-59	Male	02:48:13
1296	1428	Shahied Kalam	Ommiedraai Friends Ac	50-59	Male	02:48:15
1297	910	Melany Du Plessis	Pinelands Ac	50-59	Female	02:48:54
1298	947	Andre Daniels	West Coast Ac	40-49	Male	02:48:58
1299	664	Cherge Geswint	Asics Ac Wp	Open	Male	02:48:59
1300	974	Zolisa Arosi	Team Vitality Club Wc	Open	Male	02:49:10
1301	435	Danjelle Midgley	Team Vitality Club Wc	Open	Female	02:49:27
1302	389	Maria Makhabane	Team Vitality Club Cg	Open	Female	02:49:41
1303	1310	Pauline Basera	Lwandle Ac	Open	Female	02:49:42
1304	712	Pamela Jamjam		40-49	Female	02:49:46
1305	1172	Tracey Mcgee	Edgemead Runners	60-69	Female	02:50:02
1306	840	Zurainah Davids	Goodwood Harriers	50-59	Female	02:50:03
1307	842	Penelope Martin	Goodwood Harriers	60-69	Female	02:50:05
1308	1494	Vuyiseka Zikolo	Manoni Running Club	40-49	Female	02:50:08
1309	244	Ilse De Wet	Celtic Harriers	40-49	Female	02:50:10
1310	1563	Sherin Antony	Totalsports Vob Running Club	Open	Female	02:50:11
1311	1052	Lindokuhle Methula		Open	Female	02:50:11
1312	547	Catherine Shore	Pinelands Ac	50-59	Female	02:50:18
1313	571	Raymonde Van Der Scholtz	Pinelands Ac	50-59	Female	02:50:20
1314	200	Michele King	Spartan Harriers	60-69	Female	02:51:07
1315	157	Michelle Huggins		Open	Female	02:51:07
1316	1613	Taka Dube	-	Open	Male	02:51:28
1317	655	Steve Lazaro	Drdlr Ac Wp	40-49	Male	02:51:38
1318	1030	Donovan Hartogh	Pinelands Ac	50-59	Male	02:51:39
1319	201	Liz Hudson	Spartan Harriers	60-69	Female	02:51:51
1320	206	Lisl Van Niekerk	Spartan Harriers	40-49	Female	02:51:53
1321	1082	Holly Mkhize		40-49	Male	02:51:55
1322	1080	Kayla Mkhize		Open	Female	02:51:56
1323	561	Nicole Clayton		40-49	Female	02:51:59
1324	691	Victoria De La Cour	Mountain And Trail Enthusiasts	40-49	Female	02:52:01
1325	120	Matapa Makoela	Aeci Running Club	Open	Female	02:52:32
1326	1288	Thembinkosi Mhlungu	Rcs Guguletu Ac	50-59	Male	02:52:34
1327	828	Nicole Alexander	Totalsports Vob Running Club	Open	Female	02:52:34
1328	646	Estelle Annette Erasmus	Runavation Ac	50-59	Female	02:52:34

Pos	Bib	Name	Club	Category	Gender	FinishTime
1329	829	Jenni Lombard	Totalsports Vob Running Club	40-49	Female	02:52:36
1330	990	Musaddiq Mollagee	Edgemead Runners	Open	Male	02:52:40
1331	551	Ruchana Motlekar		Open	Female	02:52:52
1332	638	Nazlie Southgate	Nantes Ac	60-69	Female	02:52:58
1333	639	Ashraf Southgate	Nantes Ac	60-69	Male	02:52:59
1334	1206	Melanie Meyer		40-49	Female	02:52:59
1335	1036	Marquerite Schutte	Durbanville Ac	Open	Female	02:53:08
1336	562	Ken Buchanan	Harfield Harriers	70+	Male	02:53:10
1337	1032	Francois Schutte	Durbanville Ac	60-69	Male	02:53:12
1338	1038	Anthony Caisley	Durbanville Ac	40-49	Male	02:53:12
1339	1700	Monique Schutte	Durbanville Ac	Open	Female	02:53:12
1340	1035	Adrian Dukhan		Open	Male	02:53:13
1341	391	Teboho Makhabane		Open	Female	02:53:38
1342	1609	Richard Sibongiseni Ngcobo	-	Open	Male	02:53:39
1343	1087	Liziwe Nqentsu	Goodwood Harriers	50-59	Female	02:53:48
1344	427	Helene Fouche	Atc Running	50-59	Female	02:55:18
1345	956	Ric Marini	Rand Ac	60-69	Male	02:55:20
1346	955	Michelle Taylor	Edgemead Runners	50-59	Female	02:55:22
1347	1180	Nyameka Mthombo	Team Vitality Club Wc	40-49	Female	02:55:39
1348	1181	Ziyanda Lukrozo	Team Vitality Club Wc	Open	Female	02:55:40
1349	837	Rukshana Allie	Goodwood Harriers	50-59	Female	02:55:42
1350	1493	Ruqqiyah Ahmed	Goodwood Harriers	40-49	Female	02:55:43
1351	838	Shu-aib Saban	Kensington & Factreton Sac	40-49	Male	02:55:44
1352	1012	Kayla Blom	Bellville Ac	Open	Female	02:56:04
1353	183	Carmen Jansen	Strand Ac	40-49	Female	02:56:15
1354	1474	Andrew Potts		60-69	Male	02:56:19
1355	1193	Carol Maleka	Team Vitality Club Wc	40-49	Female	02:56:25
1356	987	Lizet Murray	Bellville Ac	50-59	Female	02:56:31
1357	1104	Raymond Apolles	Bellville Ac	40-49	Male	02:56:45
1358	1079	Corrie Bezuidenhout		60-69	Male	02:57:00
1359	1060	Morne Bezuidenhout		Open	Male	02:57:03
1360	982	Stephen Old	Edgemead Runners	50-59	Male	02:57:14
1361	205	Candice Collop	Spartan Harriers	40-49	Female	02:57:46
1362	190	Carla Anders	Spartan Harriers	40-49	Female	02:57:55
1363	1294	Shiven Harrichunder		Open	Male	02:58:42
1364	1499	Melissa-jane Grace	Spartan Harriers	40-49	Female	02:58:59
1365	1523	Ilyas Mohamed		Open	Male	02:58:59
1366	1702	Yolanda Hlakweni	-	Open	Male	02:59:10
1367	549	Tom Beasor	Totalsports Vob Running Club	70+	Male	02:59:11
1368	950	Megan Kluyts	West Coast Ac	50-59	Female	02:59:11
1369	954	Gill Koch	West Coast Ac	60-69	Female	02:59:12
1370	965	Karen De Jongh	West Coast Ac	50-59	Female	02:59:14
1371	896	Phumzile Gubanca	Century City Ac	Open	Female	02:59:15
1372	713	Asiphe Sisu		Open	Female	02:59:26
1373	584	Sherwin Manjo	Adventists Ac Wp	40-49	Male	02:59:35
1374	841	Shamieg Davids	Goodwood Harriers	50-59	Male	02:59:37
1375	203	Heather Roode	Spartan Harriers	50-59	Female	02:59:39
1376	1490	Desmond Dantu	Goodwood Harriers	50-59	Male	02:59:39
1377	1002	Christa Baard	Team Vitality Club Wc	40-49	Female	02:59:57
1378	1010	Charl Baard	Team Vitality Club Wc	40-49	Male	03:00:00
1379	1667	Yolanda Dyonase	-	Open	Male	03:01:36
1380	951	Ayesha Sha	Goodwood Harriers	40-49	Female	03:01:41
1381	1058	Amitraj Dass	Century City Ac	Open	Male	03:02:05
1382	1124	Luzaan Papenfus		Open	Female	03:02:05
1383	1122	Zak Vorster		40-49	Male	03:02:07
1384	479	Yumna Jackson	Brimstone ltheko Sport Ac	60-69	Female	03:02:37
1385	831	Dnika Voges		Open	Female	03:02:55
1386	1341	Khalid Dhansay	Brimstone ltheko Sport Ac	40-49	Male	03:02:58

Pos	Bib	Name	Club	Category	Gender	FinishTime
1387	1508	Maria Lewis	Ommiedraai Friends Ac	60-69	Female	03:02:59
1388	1632	Nokubonga Dyantyi	-	Open	Male	03:02:59
1389	1606	Lebohang Mosia	-	Open	Male	03:02:59
1390	1340	Allie Rawoot		50-59	Male	03:03:01
1391	924	Carina Martin	Paarl Ac	40-49	Female	03:03:14
1392	900	Dillan Stevens	Nantes Ac	Open	Male	03:03:18
1393	1260	Fatima Hendricks	Ard Ac	50-59	Female	03:03:27
1394	632	Rukaya Mansoor		Open	Female	03:03:34
1395	1422	Winston Davids	Team Vitality Club Wc	40-49	Male	03:03:46
1396	194	Bernadette Lewin-daries	Spartan Harriers	50-59	Female	03:03:53
1397	192	Gavin Daries	Spartan Harriers	50-59	Male	03:03:54
1398	612	Tendani Sinyosi		Open	Female	03:03:56
1399	310	Judy Thebus	Ommiedraai Friends Ac	60-69	Female	03:04:25
1400	1492	Jabu Mpongoshe	Retail Capital Langa Ac	40-49	Female	03:04:45
1401	531	So-dieq Smith		Open	Male	03:04:48
1402	1433	Paula Janse Van Rensburg	Durbanville Ac	50-59	Female	03:04:54
1403	250	Thembela Mantungwa	Century City Ac	40-49	Female	03:05:26
1404	1380	Ebrahim Wajoodien	Ommiedraai Friends Ac	40-49	Male	03:05:45
1405	1381	Sedick Petersen	Ommiedraai Friends Ac	40-49	Male	03:05:51
1406	1257	Richard Cogill	Spartan Harriers	70+	Male	03:07:18
1407	752	Noluyolo Magazi	Parliament Of Rsa Ac	Open	Female	03:07:19
1408	328	Agnes Liabunya		40-49	Female	03:07:20
1409	1615	Sasja Van Der Merwe	-	Open	Male	03:07:49
1410	259	Khululwa Magazi	Durbanville Ac	Open	Female	03:10:14
1411	585	Queen Mohale		50-59	Female	03:10:56
1412	1305	Nontsikelelo Gaca		40-49	Female	03:11:17
1413	255	Denise Du Plessis		50-59	Female	03:11:37
1414	289	Brenda Hawkins	Melkbos Ac	Open	Female	03:11:39
1415	261	Omelia Ruiters	Durbanville Ac	40-49	Female	03:11:39
1416	755	Anthony Chemaly		40-49	Male	03:11:59
1417	993	Deirdre Poovan	Durbanville Ac	Open	Female	03:12:32
1418	208	Caroline Ziemkendorf	Spartan Harriers	40-49	Female	03:12:35
1419	160	Zinhle Mamba		Open	Female	03:13:32
1420	854	Betty Wright		50-59	Female	03:14:06
1421	511	Erfaan Samsodien	Ommiedraai Friends Ac	40-49	Male	03:14:29
1422	249	Sanam Dowlath	Century City Ac	Open	Female	03:14:33
1423	1192	Anna Phaloane	Retail Capital Langa Ac	40-49	Female	03:14:34
1424	683	Terri-lee Boucher	Celtic Harriers	Open	Female	03:15:57
1425	251	Kevin Ernest Gough	Century City Ac	60-69	Male	03:16:52
1426	248	Robert Minshall	Century City Ac	50-59	Male	03:16:53
1427	1469	Joy Makahane	Totalsports Vob Running Club	Open	Female	03:17:05
1428	1247	Anastatia Thorne		40-49	Female	03:17:22
1429	702	Yonela Mdllele		Open	Female	03:17:34
1430	558	Ethel Hamman	Team Vitality Club Wc	50-59	Female	03:18:01
1431	742	Nokuphiwe Gwabe	Khayelitsha Ac	40-49	Female	03:18:15
1432	1399	Babalwa Sobisho		40-49	Female	03:19:08
1433	770	Luca Zumpt		Open	Male	03:19:17
1434	1121	Yvette Rijnsburger	Edgemead Runners	40-49	Female	03:19:54
1435	117	Kim Botha	West Coast Ac	50-59	Female	03:19:59
1436	1285	Christine Nadauld		40-49	Female	03:20:00
1437	430	Razaan Peters	Pinelands Ac	Open	Female	03:20:01
1438	379	Tasneem Stevens	Ard Ac	Open	Female	03:20:01
1439	1495	Nazeem Ahmed	Goodwood Harriers	50-59	Male	03:20:11
1440	685	Marco Pietrowski	Chaeli Sports & Recreation Club	Open	Male	03:21:14
1441	994	Mogamat Abrahams	Durbanville Ac	Open	Male	03:21:16
1442	687	Shukri Wiener	Pinelands Ac	40-49	Male	03:21:16
1443	461	Ashfaaq Mahmood		50-59	Female	03:23:53
1444	957	Kgomotso Lehabe	West Coast Ac	40-49	Female	03:23:54

Pos	Bib	Name	Club	Category	Gender	FinishTime
1445	118	Garry Botha	West Coast Ac	Open	Male	03:23:55
1446	960	Kendall Frost	West Coast Ac	40-49	Female	03:23:55
1447	1135	Caron Crocker	Edgemead Runners	50-59	Female	03:23:55
1448	891	Mariette Flint	Atlantic Ac	50-59	Female	03:24:03
1449	1228	Nic Louw	Totalsports Vob Running Club	70+	Male	03:24:06
1450	1099	Melda Ruiters	Bellville Ac	60-69	Female	03:24:27
1451	1358	Saadiqa Dangor	Team Vitality Club Wc	40-49	Female	03:26:02
1452	1123	Michael Loubscher	Edgemead Runners	50-59	Male	03:26:39
1453	1568	Phumzile Nxumalo		Open	Female	03:26:41
1454	1084	Gcobisa Shumane	Chillie Running Club Cg	40-49	Female	03:26:45