

# CHAPMAN'S PEAK HALF MARATHON

## 2024

### 12km

#### Provisional Results

| Pos | Bib  | Name                     | Club                         | Category | Gender | FinishTime |
|-----|------|--------------------------|------------------------------|----------|--------|------------|
| 1   | 5675 | Calvin Hammond           | -                            | Open     | Male   | 00:45:55   |
| 2   | 5661 | Anele Nonzaba            | -                            | Open     | Male   | 00:49:24   |
| 3   | 5206 | Ruan Coetzee             | Atlantic Ac                  | Junior   | Male   | 00:49:29   |
| 4   | 5379 | Lionel Cronje            | Brackenfell Ac               | 40-49    | Male   | 00:49:50   |
| 5   | 5310 | James Lyster             | Totalsports Vob Running Club | Junior   | Male   | 00:49:54   |
| 6   | 5271 | Lance Metrowich          |                              | Open     | Male   | 00:51:57   |
| 7   | 5055 | Yanela Siko              |                              | Open     | Male   | 00:55:33   |
| 8   | 5683 | Josh Daniel              | -                            | Open     | Male   | 00:55:33   |
| 9   | 5593 | Cheyne Haupt             | Fish Hoek Ac                 | Open     | Male   | 00:56:40   |
| 10  | 5016 | Ruben Human              |                              | Junior   | Male   | 00:57:56   |
| 11  | 5051 | Marko Van Der Colff      |                              | Open     | Male   | 00:58:17   |
| 12  | 5278 | Jarred Rothwell          |                              | 40-49    | Male   | 00:58:24   |
| 13  | 5272 | Vaughn Olckers           | Atc Running                  | 50-59    | Male   | 00:58:29   |
| 14  | 5273 | Trevor Metrowich         |                              | 50-59    | Male   | 00:59:12   |
| 15  | 5671 | Tinus Olivier            | -                            | Open     | Male   | 00:59:17   |
| 16  | 5308 | Khanyisile Nyanga        |                              | Open     | Male   | 00:59:18   |
| 17  | 5261 | Quinley Wild             |                              | Junior   | Male   | 00:59:46   |
| 18  | 5662 | Tinashe Dzimiri          | -                            | Open     | Male   | 00:59:57   |
| 19  | 5194 | Busisiwe Matiwane        | Nedbank Running Club Wp      | 40-49    | Female | 00:59:57   |
| 20  | 5281 | David-alexandre Tremblay |                              | 40-49    | Male   | 01:00:11   |
| 21  | 5307 | Lihle Ngece              |                              | Open     | Male   | 01:01:02   |
| 22  | 5188 | Luke Brown               |                              | 40-49    | Male   | 01:01:02   |
| 23  | 5238 | Ryan Murphy              |                              | Open     | Male   | 01:01:18   |
| 24  | 5291 | Gareth Edwardes          | Atlantic Ac                  | Open     | Male   | 01:01:19   |
| 25  | 5265 | Chris Norman             |                              | Open     | Male   | 01:01:25   |
| 26  | 5228 | Barry Williams           |                              | 50-59    | Male   | 01:02:02   |
| 27  | 5128 | Jenna Ashworth           |                              | Junior   | Female | 01:02:18   |
| 28  | 5647 | Konrad Nel               |                              | Open     | Male   | 01:02:22   |
| 29  | 5214 | Will Whittaker           |                              | Open     | Male   | 01:02:28   |
| 30  | 5174 | Austin Phiri             | Century City Ac              | 50-59    | Male   | 01:02:34   |
| 31  | 5181 | Theodore Coetzee         |                              | Open     | Male   | 01:02:40   |
| 32  | 5454 | Anke Loubser             |                              | Open     | Female | 01:02:49   |
| 33  | 5274 | Katane Dikgale           |                              | Open     | Male   | 01:03:00   |
| 34  | 5210 | Carsten Gertz            |                              | 40-49    | Male   | 01:03:02   |
| 35  | 5284 | Dalingcebo Ngubane       |                              | Open     | Male   | 01:03:22   |
| 36  | 5226 | Jean Rossouw             |                              | Open     | Male   | 01:03:50   |
| 37  | 5491 | Reneel Adams             |                              | Open     | Male   | 01:04:15   |
| 38  | 5110 | Colijn Strydom           |                              | Open     | Male   | 01:04:21   |
| 39  | 5540 | Glenda Hensley           | Fish Hoek Ac                 | 50-59    | Female | 01:04:45   |
| 40  | 5618 | Reuben Smith             |                              | Open     | Male   | 01:04:54   |
| 41  | 5235 | Johan Van Der Merwe      |                              | Open     | Male   | 01:05:08   |
| 42  | 5283 | Michael Darby            |                              | 40-49    | Male   | 01:05:44   |
| 43  | 5416 | Ashleigh Hartogh         | Pinelands Ac                 | Junior   | Female | 01:05:50   |
| 44  | 5196 | Nhlanhla Msuthu          | Khayelitsha Ac               | Junior   | Male   | 01:05:50   |
| 45  | 5373 | Deidre Davids            | Kuils River Rc               | 40-49    | Female | 01:05:51   |
| 46  | 5083 | Shaun Matthews           | Sacs Alumni Running Club     | Open     | Male   | 01:06:06   |
| 47  | 5084 | Catherine Matthews       | Sacs Alumni Running Club     | Open     | Female | 01:06:06   |
| 48  | 5133 | Ari Skopelitis           |                              | Open     | Male   | 01:06:31   |
| 49  | 5134 | Benjamin Cox             |                              | Open     | Male   | 01:06:31   |
| 50  | 5646 | Ella-kari Muhl           |                              | Open     | Female | 01:06:37   |
| 51  | 5621 | Rudolph Martin           |                              | Open     | Male   | 01:07:01   |

|     |      |                         |                              |        |        |          |
|-----|------|-------------------------|------------------------------|--------|--------|----------|
| 52  | 5620 | Russel Brueton          |                              | Open   | Male   | 01:07:02 |
| 53  | 5508 | Unknown                 | -                            | Open   | Male   | 01:07:10 |
| 54  | 5401 | Dien-marie Kingsley     |                              | 40-49  | Female | 01:07:39 |
| 55  | 5098 | Emma Hellman            |                              | Junior | Female | 01:07:52 |
| 56  | 5629 | Hannah Humphreys        |                              | Open   | Female | 01:08:12 |
| 57  | 5577 | Dirk Pieper             |                              | Open   | Male   | 01:08:23 |
| 58  | 5628 | Michael Bishop          |                              | Open   | Male   | 01:08:25 |
| 59  | 5141 | Pierre Myburg           | Magnolia Road Runners        | 40-49  | Male   | 01:08:37 |
| 60  | 5282 | Mary-ann Fairall        |                              | Open   | Female | 01:08:45 |
| 61  | 5437 | Megan Bellinger         |                              | Open   | Female | 01:08:54 |
| 62  | 5455 | Kaley Muller            |                              | Open   | Female | 01:08:55 |
| 63  | 5666 | Amie Grier              | -                            | Open   | Male   | 01:08:57 |
| 64  | 5565 | Rolf Johl               | Totalsports Vob Running Club | 60-69  | Male   | 01:09:02 |
| 65  | 5298 | Geoffroy Lousse         |                              | 40-49  | Male   | 01:09:05 |
| 66  | 5127 | Erin Heath              |                              | Junior | Female | 01:09:10 |
| 67  | 5526 | Alistair Clacherty      | Zandvlei Ac                  | 60-69  | Male   | 01:09:13 |
| 68  | 5315 | Unknown                 | -                            | Open   | Male   | 01:09:21 |
| 69  | 5630 | Adam Mendelsohn         |                              | 40-49  | Male   | 01:09:22 |
| 70  | 5122 | Richard Van Heerden     |                              | Open   | Male   | 01:09:28 |
| 71  | 5497 | Nathalie Cloete         | Totalsports Vob Running Club | 50-59  | Female | 01:09:29 |
| 72  | 5563 | Sarah Johl              | Totalsports Vob Running Club | 60-69  | Female | 01:09:35 |
| 73  | 5322 | Cathy Kirkman           |                              | 50-59  | Female | 01:09:37 |
| 74  | 5499 | Kim Rivalland           |                              | Open   | Female | 01:09:43 |
| 75  | 5622 | Adham Hassan            |                              | Junior | Male   | 01:09:44 |
| 76  | 5403 | Unknown                 | -                            | Open   | Male   | 01:09:49 |
| 77  | 5185 | Lynton Cassel           |                              | 40-49  | Male   | 01:09:58 |
| 78  | 5595 | Karen Brown             |                              | 40-49  | Female | 01:10:13 |
| 79  | 5277 | Anna Dekker             |                              | Open   | Female | 01:10:32 |
| 80  | 5625 | Jenna Rosmarin          |                              | Open   | Female | 01:10:37 |
| 81  | 5632 | Lily Callaghan          |                              | Junior | Female | 01:10:42 |
| 82  | 5611 | Janco Botes             |                              | Open   | Male   | 01:10:43 |
| 83  | 5535 | Erika Minnaar           |                              | Open   | Female | 01:10:44 |
| 84  | 5489 | Marvin Nicholson        |                              | 40-49  | Male   | 01:10:52 |
| 85  | 5109 | Charmaine Cupido        | Nedbank Running Club Wp      | 60-69  | Female | 01:11:07 |
| 86  | 5186 | Pinny Hack              |                              | 40-49  | Male   | 01:11:16 |
| 87  | 5667 | Karel Van Der Vyver     | -                            | Open   | Male   | 01:11:20 |
| 88  | 5545 | Kay Longman             | Fish Hoek Ac                 | 70+    | Female | 01:11:22 |
| 89  | 5384 | Moose Burger            | Goodwood Harriers            | 50-59  | Male   | 01:11:22 |
| 90  | 5054 | Alex Swartz             |                              | Open   | Male   | 01:11:23 |
| 91  | 5195 | Fran Knight             |                              | 40-49  | Female | 01:11:27 |
| 92  | 5304 | Emma Lundy              |                              | 50-59  | Female | 01:11:48 |
| 93  | 5234 | Matthew Graser          |                              | Junior | Male   | 01:11:54 |
| 94  | 5302 | Candi Warren-smith      |                              | 40-49  | Female | 01:12:06 |
| 95  | 5599 | Alvin Emmanuel          |                              | 40-49  | Male   | 01:12:09 |
| 96  | 5297 | Pamela Martinez         |                              | Open   | Female | 01:12:21 |
| 97  | 5289 | Lyndall Coburn-coyles   |                              | 40-49  | Female | 01:12:44 |
| 98  | 5211 | Leah Bessa              |                              | Open   | Female | 01:12:46 |
| 99  | 5212 | Brogan Poulton          | Pinelands Ac                 | Open   | Female | 01:12:46 |
| 100 | 5066 | Bev Charters            | Totalsports Vob Running Club | 60-69  | Female | 01:12:54 |
| 101 | 5184 | Darren Sheldon          |                              | Open   | Male   | 01:13:13 |
| 102 | 5672 | Sophie Goodall          | -                            | Open   | Male   | 01:13:17 |
| 103 | 5011 | Jill Sindle             |                              | 40-49  | Female | 01:13:28 |
| 104 | 5187 | Suzanne Everaerts-brown |                              | 40-49  | Female | 01:13:31 |
| 105 | 5587 | Ian Rist                |                              | 40-49  | Male   | 01:13:45 |
| 106 | 5092 | Blake Mortimer          | Sacs Alumni Running Club     | Open   | Male   | 01:13:51 |
| 107 | 5087 | Bridget Berndt          |                              | Open   | Female | 01:13:55 |
| 108 | 5518 | Abdu-razeen Stemmet     | Top Form Ac                  | Junior | Male   | 01:14:21 |
| 109 | 5415 | Reganald Crowster       | Tygerberg Ac                 | 60-69  | Male   | 01:14:25 |
| 110 | 5496 | Robyn Gedrych           |                              | Open   | Female | 01:14:36 |

|     |      |                     |                              |        |        |          |
|-----|------|---------------------|------------------------------|--------|--------|----------|
| 111 | 5208 | Sam Mcquirk         |                              | Open   | Male   | 01:14:36 |
| 112 | 5262 | Anita Mooi-erasmus  |                              | Open   | Female | 01:14:38 |
| 113 | 5473 | Justin Gomes        |                              | 50-59  | Male   | 01:14:45 |
| 114 | 5668 | Heather Schiff      | -                            | Open   | Male   | 01:14:46 |
| 115 | 5325 | Monique Lange       |                              | Open   | Female | 01:14:50 |
| 116 | 5570 | Zeyaad Essa         | Team Vitality Club Wc        | 50-59  | Male   | 01:15:03 |
| 117 | 5026 | Raymond Owen Starke | Durbanville Ac               | Open   | Male   | 01:15:05 |
| 118 | 5221 | Shaun Henshilwood   | Team Vitality Club Wc        | Open   | Male   | 01:15:08 |
| 119 | 5505 | Khara Doyle         |                              | Open   | Female | 01:15:13 |
| 120 | 5306 | Jacky Mc Innes      |                              | 50-59  | Female | 01:15:43 |
| 121 | 5643 | Diane Obree         |                              | 40-49  | Female | 01:15:44 |
| 122 | 5303 | Michelle Bristow    |                              | 50-59  | Female | 01:15:45 |
| 123 | 5634 | Emilia Bergmann     |                              | Junior | Female | 01:15:46 |
| 124 | 5644 | William Langenhoven | Atc Running                  | 50-59  | Male   | 01:15:46 |
| 125 | 5626 | Andrea Mendelsohn   |                              | 40-49  | Female | 01:15:50 |
| 126 | 5524 | Lourens Schoeman    |                              | 60-69  | Male   | 01:15:56 |
| 127 | 5299 | Rory Sheldon        |                              | Open   | Male   | 01:16:00 |
| 128 | 5468 | Fairwell Mnyamana   |                              | 40-49  | Male   | 01:16:03 |
| 129 | 5086 | Margaret Moller     | Pick `n Pay Ac Wp            | 60-69  | Female | 01:16:09 |
| 130 | 5602 | Bruce Bonthuys      |                              | Open   | Male   | 01:16:13 |
| 131 | 5427 | Wilhelm Kruger      |                              | Open   | Male   | 01:16:25 |
| 132 | 5506 | Bella Du Preez      |                              | Open   | Female | 01:16:26 |
| 133 | 5426 | Judith Grove        | Tygerberg Ac                 | 70+    | Female | 01:16:28 |
| 134 | 5052 | Jeffrey Kahari      |                              | 40-49  | Male   | 01:16:39 |
| 135 | 5346 | Neil Coetzee        |                              | Open   | Male   | 01:16:42 |
| 136 | 5347 | Ronel Coetzee       |                              | Open   | Female | 01:16:46 |
| 137 | 5605 | Milla Baesa         |                              | Junior | Female | 01:17:06 |
| 138 | 5172 | Meike Zumpt         |                              | 50-59  | Female | 01:17:07 |
| 139 | 5173 | M Zumpt             |                              | 50-59  | Male   | 01:17:07 |
| 140 | 5171 | Paul Wilson         |                              | 50-59  | Male   | 01:17:09 |
| 141 | 5156 | Frank Sokolka       |                              | 60-69  | Male   | 01:17:13 |
| 142 | 5433 | Kayla Van Rooyen    |                              | Open   | Female | 01:17:16 |
| 143 | 5609 | Tiaan Rossouw       |                              | Open   | Male   | 01:17:19 |
| 144 | 5608 | Johane Le Roux      |                              | Open   | Female | 01:17:20 |
| 145 | 5581 | Tom Barnard         |                              | Junior | Male   | 01:17:25 |
| 146 | 5345 | Yvette Mynhardt     |                              | 40-49  | Female | 01:17:29 |
| 147 | 5205 | Pearl Matsane       |                              | Open   | Female | 01:17:33 |
| 148 | 5076 | Teresa Rooney       | Sacs Alumni Running Club     | 60-69  | Female | 01:17:38 |
| 149 | 5157 | Unknown             | -                            | Open   | Male   | 01:17:38 |
| 150 | 5420 | Richard Knaggs      | West Coast Ac                | 50-59  | Male   | 01:17:46 |
| 151 | 5010 | Annie Jerling       |                              | 50-59  | Female | 01:17:50 |
| 152 | 5264 | Gehardt Muller      |                              | 40-49  | Male   | 01:17:54 |
| 153 | 5064 | Brad Castle         |                              | 40-49  | Male   | 01:17:58 |
| 154 | 5077 | Robert Morrell      | Totalsports Vob Running Club | 60-69  | Male   | 01:18:03 |
| 155 | 5385 | Emile De Klerk      |                              | Open   | Male   | 01:18:05 |
| 156 | 5456 | Nande Maqubela      |                              | Open   | Male   | 01:18:10 |
| 157 | 5021 | Trudie Els          | Bellville Ac                 | 50-59  | Female | 01:18:11 |
| 158 | 5479 | Ryan Abrahams       | Ommiedraai Friends Ac        | Open   | Male   | 01:18:17 |
| 159 | 5252 | Janet Hodkin        | Totalsports Vob Running Club | 60-69  | Female | 01:18:47 |
| 160 | 5259 | Johan Rademan       |                              | 60-69  | Male   | 01:18:50 |
| 161 | 5258 | Zandri Rademan      |                              | Open   | Female | 01:18:51 |
| 162 | 5097 | Pamela Migalska     |                              | Open   | Female | 01:19:00 |
| 163 | 5635 | Bernadette Tomlin   | Spartan Harriers             | 50-59  | Female | 01:19:01 |
| 164 | 5463 | Megan Rainsford     |                              | Open   | Female | 01:19:20 |
| 165 | 5462 | Branden Rainsford   |                              | Open   | Male   | 01:19:21 |
| 166 | 5439 | Jordyn Mccarthy     |                              | Open   | Female | 01:19:23 |
| 167 | 5154 | Kirsty Gilmour      |                              | 40-49  | Female | 01:19:23 |
| 168 | 5440 | Chantal Pieters     | Atlantic Ac                  | 50-59  | Female | 01:19:24 |
| 169 | 5546 | Joshua Edgar        |                              | Open   | Male   | 01:19:40 |

|     |      |                                      |                       |        |        |          |
|-----|------|--------------------------------------|-----------------------|--------|--------|----------|
| 170 | 5377 | Amanda Marth                         | West Coast Ac         | 50-59  | Female | 01:19:52 |
| 171 | 5422 | Kerwyn August                        |                       | Open   | Male   | 01:19:52 |
| 172 | 5624 | Shane Muller                         |                       | Open   | Male   | 01:19:55 |
| 173 | 5623 | Angelica Vigliotta                   |                       | Open   | Female | 01:19:55 |
| 174 | 5248 | Clare Naude                          | Spartan Harriers      | Open   | Female | 01:20:06 |
| 175 | 5369 | Amanda Blevins                       |                       | 40-49  | Female | 01:20:17 |
| 176 | 5447 | Andre Serfontein                     |                       | Open   | Male   | 01:20:22 |
| 177 | 5080 | Delano Morris                        |                       | 40-49  | Male   | 01:20:23 |
| 178 | 5368 | Shannon Mcdougall                    |                       | 40-49  | Female | 01:20:23 |
| 179 | 5642 | Lee-anne Saunders                    |                       | 50-59  | Female | 01:20:24 |
| 180 | 5443 | Denzil Pohlmann                      |                       | 40-49  | Male   | 01:20:25 |
| 181 | 5424 | Jessica Gagiano                      |                       | Open   | Female | 01:20:36 |
| 182 | 5364 | Annemie Palm                         |                       | Open   | Female | 01:20:41 |
| 183 | 5591 | Anne-marie Van Beerlere              |                       | Open   | Female | 01:20:46 |
| 184 | 5660 | Unknown                              | -                     | Open   | Male   | 01:20:48 |
| 185 | 5255 | James Ord                            |                       | 40-49  | Male   | 01:20:48 |
| 186 | 5260 | Patricia Joy Francois                |                       | 40-49  | Female | 01:20:54 |
| 187 | 5457 | Nelia Dc Smee                        |                       | 40-49  | Female | 01:21:03 |
| 188 | 5458 | Grant Smee                           |                       | 40-49  | Male   | 01:21:05 |
| 189 | 5043 | Maryka Treurnich                     | Bellville Ac          | 40-49  | Female | 01:21:11 |
| 190 | 5237 | Brian Davey                          |                       | 60-69  | Male   | 01:21:20 |
| 191 | 5486 | Natalie Church                       |                       | 40-49  | Female | 01:21:21 |
| 192 | 171  | Milly Zimmermann                     | Strand Ac             | Open   | Female | 01:21:25 |
| 193 | 5592 | Amy Cullinan                         | Fish Hoek Ac          | Open   | Female | 01:21:28 |
| 194 | 5190 | Kurt Jacobus                         |                       | Open   | Male   | 01:21:55 |
| 195 | 5116 | Catherine Del Monte                  |                       | Open   | Female | 01:22:05 |
| 196 | 5669 | Johanna Breakey                      | -                     | Open   | Male   | 01:22:09 |
| 197 | 5498 | Merle Kallis                         | West Coast Ac         | 60-69  | Female | 01:22:09 |
| 198 | 5648 | Fay Maathuis                         |                       | Open   | Female | 01:22:13 |
| 199 | 5410 | Leopoldt Nothling                    |                       | Open   | Male   | 01:22:22 |
| 200 | 5112 | Louise Nothling                      |                       | Open   | Female | 01:22:24 |
| 201 | 5406 | Michael Jason                        | Edgemead Runners      | 60-69  | Male   | 01:22:31 |
| 202 | 5649 | Renske Van Hardenbroek Van Ammerstol |                       | Open   | Female | 01:22:32 |
| 203 | 5450 | Liam Mckenna                         | West Coast Ac         | Junior | Male   | 01:22:32 |
| 204 | 5423 | Jabulani Nyoni                       | Team Vitality Club Wc | Open   | Male   | 01:22:44 |
| 205 | 5046 | Riette Muller                        |                       | 40-49  | Female | 01:22:59 |
| 206 | 5096 | Cornelia Garmann                     |                       | 40-49  | Female | 01:22:59 |
| 207 | 5684 | Patricia Danial                      | -                     | 50-59  | Female | 01:23:07 |
| 208 | 5353 | Corlene Maass                        |                       | Junior | Female | 01:23:11 |
| 209 | 5617 | Leila Shirley                        |                       | Open   | Female | 01:23:11 |
| 210 | 5459 | Nicola Visser                        |                       | Open   | Female | 01:23:12 |
| 211 | 5324 | Hendrik Lange                        |                       | Open   | Male   | 01:23:17 |
| 212 | 5639 | Lyndsay Reece                        |                       | 40-49  | Female | 01:23:19 |
| 213 | 5155 | Lisa White                           |                       | 50-59  | Female | 01:23:23 |
| 214 | 5588 | Phillip Gittins                      |                       | 40-49  | Male   | 01:23:35 |
| 215 | 5399 | Daniell Lemmer                       |                       | Open   | Female | 01:23:35 |
| 216 | 5478 | Rayne Alexander                      |                       | Open   | Female | 01:23:38 |
| 217 | 5397 | Zack Van Onselen                     |                       | Open   | Male   | 01:23:38 |
| 218 | 5398 | Carmen Vervaart                      |                       | Open   | Female | 01:23:38 |
| 219 | 5507 | Jarryd Doyle                         |                       | Open   | Male   | 01:23:40 |
| 220 | 5091 | Mish-al Magiet                       |                       | Open   | Male   | 01:23:40 |
| 221 | 5101 | Kara Dean                            |                       | Open   | Female | 01:23:43 |
| 222 | 5197 | Andrea Thwaits                       |                       | 40-49  | Female | 01:23:47 |
| 223 | 5063 | Annemieke Van Der Valk               |                       | 40-49  | Female | 01:23:48 |
| 224 | 5386 | Nai-fu Hu                            |                       | Open   | Male   | 01:23:49 |
| 225 | 5068 | Tessa Barker                         | Team Vitality Club Cg | 50-59  | Female | 01:24:04 |
| 226 | 5604 | Donna Mathews                        |                       | 40-49  | Female | 01:24:09 |
| 227 | 5276 | Penny De Vos                         |                       | 60-69  | Female | 01:24:15 |
| 228 | 5290 | Jillian Edwardes                     | Atlantic Ac           | 60-69  | Female | 01:24:20 |

|     |      |                       |                               |        |        |          |
|-----|------|-----------------------|-------------------------------|--------|--------|----------|
| 229 | 5544 | Xoliswa Sithole       |                               | Open   | Female | 01:24:26 |
| 230 | 5568 | Ronald Banda          |                               | Open   | Male   | 01:24:30 |
| 231 | 5504 | Mickyle Du Preez      |                               | Open   | Male   | 01:24:41 |
| 232 | 5657 | Sonia Harlock         | -                             | Open   | Male   | 01:24:43 |
| 233 | 5266 | Debbie Konick         | Satori Ac                     | 50-59  | Female | 01:24:51 |
| 234 | 5432 | Christelle Groenewald |                               | Open   | Female | 01:25:01 |
| 235 | 5301 | Julie Branquinho      |                               | 40-49  | Female | 01:25:11 |
| 236 | 5589 | Keegan Titus          |                               | Open   | Male   | 01:25:13 |
| 237 | 5280 | Amanda Dovey          | Fish Hoek Ac                  | 40-49  | Female | 01:25:15 |
| 238 | 5293 | Nick Chadwick         |                               | 50-59  | Male   | 01:25:25 |
| 239 | 5008 | Andrew Boule          |                               | 50-59  | Male   | 01:25:25 |
| 240 | 5279 | Andrea Power          |                               | 40-49  | Female | 01:25:26 |
| 241 | 5512 | Sumien Coetzer        |                               | 40-49  | Female | 01:25:36 |
| 242 | 5513 | Kate Standley         |                               | 40-49  | Female | 01:25:37 |
| 243 | 5239 | Lochlann Jain         |                               | 50-59  | Male   | 01:25:37 |
| 244 | 5414 | Emma Adriaanse        |                               | Open   | Female | 01:25:42 |
| 245 | 5413 | Janke Schutte         |                               | Open   | Female | 01:25:43 |
| 246 | 5216 | Bianca Mynhardt       |                               | Open   | Female | 01:25:47 |
| 247 | 5381 | Brigitte Burger       |                               | Junior | Female | 01:25:48 |
| 248 | 5215 | Andy Papaspyrou       |                               | Open   | Male   | 01:25:49 |
| 249 | 5161 | Nai-chung Hu          |                               | Open   | Male   | 01:25:53 |
| 250 | 5050 | Vernon Davids Do      |                               | 50-59  | Male   | 01:25:54 |
| 251 | 5217 | Glenn Rooseboom       |                               | 40-49  | Male   | 01:25:58 |
| 252 | 5242 | Kate Rooseboom        |                               | 40-49  | Female | 01:25:59 |
| 253 | 5323 | Suzanne Olivier       |                               | 50-59  | Female | 01:26:16 |
| 254 | 5285 | Thobelinkosi Zulu     |                               | Open   | Male   | 01:26:33 |
| 255 | 5183 | Nicolene Sheldon      |                               | Open   | Female | 01:26:41 |
| 256 | 5445 | Debbie Flanagan       | Vital Fitness Ac              | 40-49  | Female | 01:26:42 |
| 257 | 5554 | Simone Du Plessis     |                               | Open   | Female | 01:26:42 |
| 258 | 5679 | Kelly Bekker          | -                             | Open   | Male   | 01:26:42 |
| 259 | 5576 | Michelle Barnard      |                               | 40-49  | Female | 01:26:45 |
| 260 | 5012 | Olivia Van Helden     |                               | 40-49  | Female | 01:26:45 |
| 261 | 5578 | Marcelle Pieper       |                               | 40-49  | Female | 01:26:45 |
| 262 | 5519 | Taariq Stemmet        | Top Form Ac                   | Junior | Male   | 01:26:47 |
| 263 | 5503 | Sarah Young           |                               | Open   | Female | 01:27:03 |
| 264 | 5438 | Jillian Cloete        |                               | Open   | Female | 01:27:03 |
| 265 | 5627 | Jacqui Kaufmann       | Totalsports Vob Running Club  | 40-49  | Female | 01:27:13 |
| 266 | 5616 | Gavin Henry           | Carbineers Wp                 | 50-59  | Male   | 01:27:19 |
| 267 | 5250 | Shade Jansen          | Wild Runner Wp                | Open   | Female | 01:27:20 |
| 268 | 5199 | Zayaan Jakoet         | Walmers Ac Wp                 | 40-49  | Female | 01:27:21 |
| 269 | 5334 | Jarred Prins          | Edgemead Runners              | Junior | Male   | 01:27:28 |
| 270 | 5352 | Lucinda Hawes         |                               | 50-59  | Female | 01:27:59 |
| 271 | 5316 | Ellaine Madziwa       |                               | Open   | Female | 01:28:03 |
| 272 | 5189 | Lisa Jacobus          |                               | Open   | Female | 01:28:07 |
| 273 | 5549 | Colleen Mealing       | Totalsports Vob Running Club  | 50-59  | Female | 01:28:16 |
| 274 | 5072 | Nikki Pinder          |                               | 50-59  | Female | 01:28:18 |
| 275 | 5343 | Jorina Smeda          |                               | 40-49  | Female | 01:28:20 |
| 276 | 5344 | Marlize Boshoff       | Helderberg Harriers           | 40-49  | Female | 01:28:20 |
| 277 | 5342 | Helgah Joubert        |                               | 50-59  | Female | 01:28:20 |
| 278 | 5418 | Annemie Brand         |                               | 40-49  | Female | 01:28:21 |
| 279 | 5148 | Caryn Wepener         |                               | 40-49  | Female | 01:28:49 |
| 280 | 5633 | Shane Blows           | Team Vitality Club Wc         | 60-69  | Male   | 01:28:52 |
| 281 | 5023 | Helena Davids         | Celtic Harriers               | Open   | Female | 01:28:56 |
| 282 | 5213 | Ruth Poulton          | Pinelands Ac                  | 50-59  | Female | 01:29:01 |
| 283 | 5452 | Shaun Holmwood        |                               | 40-49  | Male   | 01:29:05 |
| 284 | 5502 | Judy Collins          | Totalsports Vob Running Club  | 70+    | Female | 01:29:09 |
| 285 | 5121 | Elijah Sherman        |                               | Open   | Male   | 01:29:13 |
| 286 | 5573 | Linda Drummond        | Total Sports Vob Running Club | 40-49  | Female | 01:29:20 |
| 287 | 5600 | Andrea Pullen         |                               | Open   | Female | 01:29:25 |

|     |      |                            |                              |        |        |          |
|-----|------|----------------------------|------------------------------|--------|--------|----------|
| 288 | 5073 | Madeleine Scheppening      | Pinelands Ac                 | 40-49  | Female | 01:29:42 |
| 289 | 5152 | Victoria Lacey             | Pinelands Ac                 | Open   | Female | 01:29:42 |
| 290 | 5153 | Harriet Burke              |                              | Open   | Female | 01:29:42 |
| 291 | 5020 | Francois De Jager          | Bellville Ac                 | Open   | Male   | 01:29:45 |
| 292 | 5233 | Judi Graser                |                              | 40-49  | Female | 01:29:46 |
| 293 | 5516 | Stephani Holland           | Zandvlei Ac                  | Open   | Female | 01:29:46 |
| 294 | 5044 | Lee-ann Watters            | Harfield Harriers            | Open   | Female | 01:30:00 |
| 295 | 5348 | Elsare Van Der Walt        |                              | 40-49  | Female | 01:30:26 |
| 296 | 5125 | R_ Aebischer               | Celtic Harriers              | 60-69  | Male   | 01:30:35 |
| 297 | 5408 | Amokelane Maluleke         |                              | Open   | Female | 01:30:38 |
| 298 | 5601 | Anene Van Staden           |                              | Open   | Female | 01:30:39 |
| 299 | 5407 | Everjoy Shumba             |                              | Open   | Female | 01:30:39 |
| 300 | 5357 | Karen Skopelitis           |                              | 40-49  | Female | 01:30:41 |
| 301 | 5029 | Carla Moolman              | Durbanville Ac               | Open   | Female | 01:30:46 |
| 302 | 5536 | Lindsay Walmsley           |                              | Open   | Female | 01:30:49 |
| 303 | 5529 | Leanne Van Duiker          |                              | Open   | Female | 01:30:49 |
| 304 | 5145 | Lucas Rosenfield           |                              | Open   | Male   | 01:30:55 |
| 305 | 5378 | Mavis Julies               |                              | 40-49  | Female | 01:30:55 |
| 306 | 5528 | Lissa Mufanebadza          |                              | Open   | Female | 01:31:16 |
| 307 | 5488 | Carla Mowat                |                              | Open   | Female | 01:31:18 |
| 308 | 5487 | Sean Mowat                 |                              | Open   | Male   | 01:31:19 |
| 309 | 5555 | Deidre Cottee              | Midas Spartans Ac            | 40-49  | Female | 01:31:24 |
| 310 | 5361 | Desigan Naiker             |                              | Open   | Male   | 01:31:31 |
| 311 | 5484 | Emma Koster                |                              | Open   | Female | 01:31:42 |
| 312 | 5564 | Theresa Rennie             | Totalsports Vob Running Club | 50-59  | Female | 01:31:42 |
| 313 | 5296 | Kevin Cronje               | Atlantic Ac                  | Open   | Male   | 01:32:01 |
| 314 | 5294 | Lynette Cronje             | Atlantic Ac                  | Open   | Female | 01:32:01 |
| 315 | 5603 | Tiana Purdon               |                              | Open   | Female | 01:32:01 |
| 316 | 5395 | Jacques Pretorius          |                              | Open   | Male   | 01:32:15 |
| 317 | 5396 | Danielle Pike              |                              | Open   | Female | 01:32:16 |
| 318 | 5093 | Raymunde Mizon             | Celtic Harriers              | 70+    | Female | 01:32:17 |
| 319 | 5169 | Lara Muller                |                              | 40-49  | Female | 01:32:26 |
| 320 | 5167 | Delene Rivers              |                              | 40-49  | Female | 01:32:28 |
| 321 | 5222 | Ronel Van Vollenhoven      |                              | 40-49  | Female | 01:32:30 |
| 322 | 5286 | Zelipa Mwanza              |                              | 40-49  | Female | 01:32:31 |
| 323 | 5472 | Andrea-rae Schoon          |                              | Open   | Female | 01:32:36 |
| 324 | 5135 | Fatima Amardien            | Team Vitality Club Wc        | 40-49  | Female | 01:32:38 |
| 325 | 5380 | Yvonne Schoeman            |                              | 50-59  | Female | 01:32:41 |
| 326 | 5058 | Keenan Romans              |                              | Junior | Male   | 01:32:46 |
| 327 | 5059 | Kauther Gamba              |                              | Junior | Female | 01:32:47 |
| 328 | 5318 | Olivia Agneessens          |                              | Open   | Female | 01:32:57 |
| 329 | 5317 | Kyle Maher                 |                              | Open   | Female | 01:32:58 |
| 330 | 5065 | Joanne Van Der Valk        | Celtic Harriers              | 60-69  | Female | 01:32:59 |
| 331 | 5081 | Khaliq Dollie              | Atc Running                  | 50-59  | Male   | 01:33:01 |
| 332 | 5606 | Lerato Mantambo-bravo      |                              | Open   | Female | 01:33:19 |
| 333 | 5071 | Thandeka Mafe              |                              | 40-49  | Female | 01:33:22 |
| 334 | 5113 | Lauren Mitchell            |                              | Open   | Female | 01:33:23 |
| 335 | 5409 | Melanie Rafferty           | Edgemead Runners             | 40-49  | Female | 01:33:26 |
| 336 | 5615 | Samantha Murphy            | Southern Striders            | 50-59  | Female | 01:33:36 |
| 337 | 5340 | Francis Christian Hamiltom |                              | Open   | Male   | 01:33:37 |
| 338 | 5511 | Sandra Kitto               |                              | 50-59  | Female | 01:34:00 |
| 339 | 5510 | Jenny Van Zyl              |                              | 50-59  | Female | 01:34:01 |
| 340 | 5466 | Nomvuyo Malife             | Team Vitality Club Wc        | 50-59  | Female | 01:34:12 |
| 341 | 5480 | Christa Pretorius          |                              | 50-59  | Female | 01:34:18 |
| 342 | 5162 | Bronwen Mackrill           | Totalsports Vob Running Club | 60-69  | Female | 01:34:23 |
| 343 | 5030 | Barbara Briggs-davies      | Melkbos Ac                   | 40-49  | Female | 01:34:34 |
| 344 | 5655 | Eleanora Bresler           | -                            | Open   | Male   | 01:34:49 |
| 345 | 5354 | Cecilia Maarman            | Kuils River Rc               | 40-49  | Female | 01:35:28 |
| 346 | 5501 | Rennae Duncan Cook         | Ommiedraai Friends Ac        | 50-59  | Female | 01:35:38 |

|     |      |                         |                                 |        |        |          |
|-----|------|-------------------------|---------------------------------|--------|--------|----------|
| 347 | 5370 | Yolande Verhoef         |                                 | 40-49  | Female | 01:35:43 |
| 348 | 5321 | Rachel De Beer          |                                 | Junior | Female | 01:35:46 |
| 349 | 5341 | Zoe Maud Hamilton       |                                 | Open   | Female | 01:35:48 |
| 350 | 5142 | Laylah Sujee            |                                 | Open   | Female | 01:36:01 |
| 351 | 5209 | Craig Adams             | Spartan Harriers                | 50-59  | Male   | 01:36:02 |
| 352 | 5192 | Nabeel Soeker           |                                 | Open   | Male   | 01:36:04 |
| 353 | 5530 | Theresa Craig           | Save Orion Ac                   | 40-49  | Female | 01:36:17 |
| 354 | 5270 | Phillip Robinson        | Atlantic Ac                     | 40-49  | Male   | 01:36:19 |
| 355 | 5182 | Karen Mostert           | Chaeli Sports & Recreation Club | 40-49  | Female | 01:36:20 |
| 356 | 5658 | Unknown                 | -                               | Open   | Male   | 01:36:22 |
| 357 | 5641 | Rashmi Raga             | Ommiedraai Friends Ac           | 50-59  | Female | 01:36:22 |
| 358 | 5025 | Louise De Jonge         | Durbanville Ac                  | 50-59  | Female | 01:36:24 |
| 359 | 5359 | Stephanie Schoeman      | Team Vitality Club Wc           | Open   | Female | 01:36:29 |
| 360 | 5449 | Bulelwa Noma            | West Coast Ac                   | 40-49  | Female | 01:36:37 |
| 361 | 5355 | Uviwe Sogoni            |                                 | Open   | Female | 01:36:39 |
| 362 | 5114 | Awongiwe Siyolise Nkata |                                 | Open   | Female | 01:36:40 |
| 363 | 5337 | Sonia Gimenez           |                                 | 40-49  | Female | 01:36:40 |
| 364 | 5400 | Juan Wiese              | Carbineers Wp                   | 40-49  | Male   | 01:36:44 |
| 365 | 5567 | Oxana Evstigneeva       |                                 | 40-49  | Female | 01:36:47 |
| 366 | 5111 | Florence Majo           |                                 | Open   | Female | 01:36:57 |
| 367 | 5543 | Zeynep Gursesler        |                                 | 40-49  | Female | 01:37:16 |
| 368 | 5332 | Martie Lourens          | Brackenfell Ac                  | 60-69  | Female | 01:37:26 |
| 369 | 5594 | Michelle Du Toit        | Spartan Harriers                | Open   | Female | 01:37:38 |
| 370 | 5017 | Melinda Els             | Bellville Ac                    | 50-59  | Female | 01:37:47 |
| 371 | 5542 | Gabi Burgess            |                                 | Open   | Female | 01:37:47 |
| 372 | 5074 | Angelique Olivier       | Totalsports Vob Running Club    | 40-49  | Female | 01:37:49 |
| 373 | 5230 | Stella Rossouw          |                                 | 50-59  | Female | 01:37:53 |
| 374 | 5339 | Ayla Brown              |                                 | Open   | Female | 01:38:20 |
| 375 | 5249 | Georgina Swain          | Spartan Harriers                | 40-49  | Female | 01:38:27 |
| 376 | 5247 | Karen Segers            |                                 | 40-49  | Female | 01:38:27 |
| 377 | 5245 | Caitlin Sithole         |                                 | Open   | Female | 01:38:29 |
| 378 | 5394 | Zoe Sithole             |                                 | Open   | Female | 01:38:31 |
| 379 | 5534 | Jason Wilmans           |                                 | 40-49  | Male   | 01:38:38 |
| 380 | 5531 | Ashley Craig            |                                 | Junior | Female | 01:38:39 |
| 381 | 5533 | Rob Craig               | Save Orion Ac                   | 40-49  | Male   | 01:38:40 |
| 382 | 5597 | Oscar Petersen          | Wild Runner Wp                  | 50-59  | Male   | 01:38:45 |
| 383 | 5032 | Lientjie Venter         | Melkbos Ac                      | 50-59  | Female | 01:38:59 |
| 384 | 5442 | Julie Pohlmann          |                                 | 40-49  | Female | 01:39:03 |
| 385 | 5638 | Georgia De Goede        |                                 | Open   | Female | 01:39:12 |
| 386 | 5556 | Colette Solomons        | Midas Spartans Ac               | 40-49  | Female | 01:39:18 |
| 387 | 5149 | Grant Williamson        |                                 | 40-49  | Male   | 01:39:18 |
| 388 | 5579 | Suvar Hariparsad        |                                 | Open   | Male   | 01:39:19 |
| 389 | 5495 | Natalie Murray          |                                 | Open   | Female | 01:39:20 |
| 390 | 5580 | Linsen Loots            |                                 | Open   | Male   | 01:39:20 |
| 391 | 5227 | Caroline Chowles        |                                 | 40-49  | Female | 01:39:26 |
| 392 | 5090 | Melanie Beck            |                                 | Open   | Female | 01:39:32 |
| 393 | 5089 | Tarryn Clarke           |                                 | Open   | Female | 01:39:33 |
| 394 | 5088 | Suzanne Beck            | Pinelands Ac                    | Open   | Female | 01:39:37 |
| 395 | 5191 | Nuhaa Soeker            |                                 | Open   | Female | 01:39:45 |
| 396 | 5551 | Claire Forrest          |                                 | 40-49  | Female | 01:39:51 |
| 397 | 5275 | Liam Schneider          |                                 | Open   | Male   | 01:40:03 |
| 398 | 5681 | Tanielle Van Der Schyff | -                               | Open   | Male   | 01:40:06 |
| 399 | 5493 | Nicole Wilding          |                                 | Open   | Female | 01:40:15 |
| 400 | 5494 | Hilary Smith            |                                 | Open   | Female | 01:40:15 |
| 401 | 5267 | Jonas Wittenstein       |                                 | Open   | Male   | 01:40:20 |
| 402 | 5031 | Rebecca Briggs-davies   | Melkbos Ac                      | Open   | Female | 01:40:20 |
| 403 | 5387 | Phumi Mlotshwa          | Celtic Harriers                 | Open   | Female | 01:40:45 |
| 404 | 5018 | Maria Magdalena Loubser | Bellville Ac                    | 70+    | Female | 01:40:54 |
| 405 | 5444 | Chanzel Hammond         |                                 | Junior | Female | 01:41:06 |

|     |      |                    |                              |       |        |          |
|-----|------|--------------------|------------------------------|-------|--------|----------|
| 406 | 5446 | Henrico Fourie     |                              | 50-59 | Male   | 01:41:10 |
| 407 | 5365 | Nikki Bester       | Edgemead Runners             | 40-49 | Female | 01:41:40 |
| 408 | 5367 | Kathleen Gardner   |                              | 40-49 | Female | 01:41:41 |
| 409 | 5434 | Theresa Vermeulen  | Strand Ac                    | 50-59 | Female | 01:41:48 |
| 410 | 5390 | Matthew Bell       |                              | Open  | Male   | 01:41:48 |
| 411 | 5553 | Noxolo Thomas      |                              | 60-69 | Female | 01:41:48 |
| 412 | 5391 | Mieke Bell         |                              | Open  | Female | 01:41:49 |
| 413 | 5425 | Kundai Mungate     |                              | Open  | Female | 01:42:09 |
| 414 | 5069 | Charles Goredema   |                              | 60-69 | Male   | 01:42:15 |
| 415 | 5201 | Zaahir Mukadam     |                              | Open  | Male   | 01:42:15 |
| 416 | 5200 | Fazlin Suliman     |                              | Open  | Female | 01:42:15 |
| 417 | 5143 | Zerahn Sujee       |                              | Open  | Female | 01:42:18 |
| 418 | 5042 | Mandy Alsemgeest   | Spartan Harriers             | 50-59 | Female | 01:42:21 |
| 419 | 5118 | Zaida Ismail       | Brimstone Itheko Sport Ac    | 50-59 | Female | 01:42:22 |
| 420 | 5430 | Liezl O'kenedy     |                              | Open  | Female | 01:42:24 |
| 421 | 5436 | Nicky Davis        |                              | 60-69 | Female | 01:42:27 |
| 422 | 5451 | Christaline Sawka  | West Coast Ac                | 40-49 | Female | 01:42:31 |
| 423 | 5435 | Jane Hobbs         |                              | 50-59 | Female | 01:42:36 |
| 424 | 5465 | Sonica Mongie      |                              | Open  | Female | 01:42:39 |
| 425 | 5417 | Lindiwe Bokana     |                              | 40-49 | Female | 01:42:50 |
| 426 | 5371 | Helena Higgs       | Helderberg Harriers          | Open  | Female | 01:42:52 |
| 427 | 5176 | Aarya Dusruth      |                              | Open  | Female | 01:42:58 |
| 428 | 5177 | Ishara Wheatley    |                              | Open  | Female | 01:43:00 |
| 429 | 5475 | Jane Fuller        | Totalsports Vob Running Club | 60-69 | Female | 01:43:01 |
| 430 | 5477 | Mercia Hendricks   | Totalsports Vob Running Club | 60-69 | Female | 01:43:01 |
| 431 | 5333 | Angela Prins       | Edgemead Runners             | 50-59 | Female | 01:43:05 |
| 432 | 5004 | Lauren Edwards     |                              | Open  | Female | 01:43:11 |
| 433 | 5651 | Tania Kherekar     | -                            | Open  | Male   | 01:43:20 |
| 434 | 5590 | Liam September     |                              | Open  | Male   | 01:43:21 |
| 435 | 5559 | Anna Rousseau      |                              | Open  | Female | 01:43:30 |
| 436 | 5558 | Kiran Reddy        |                              | 40-49 | Male   | 01:43:31 |
| 437 | 5674 | Kelly Arendse      | -                            | Open  | Male   | 01:43:32 |
| 438 | 5561 | Colleen Lea        | Totalsports Vob Running Club | 60-69 | Female | 01:43:49 |
| 439 | 5541 | Margaret Harrison  | Fish Hoek Ac                 | 70+   | Female | 01:43:49 |
| 440 | 5038 | Erin O'brien       | Spartan Harriers             | 40-49 | Female | 01:43:58 |
| 441 | 5168 | Gavin Rivers       |                              | 50-59 | Male   | 01:43:59 |
| 442 | 5575 | Precious Gumbo     | Zandvlei Ac                  | 40-49 | Female | 01:44:01 |
| 443 | 5126 | Sara Mally         |                              | Open  | Female | 01:44:04 |
| 444 | 5129 | Imaan Mally        |                              | Open  | Female | 01:44:06 |
| 445 | 5492 | Simone O'ryan      |                              | Open  | Female | 01:44:07 |
| 446 | 5481 | Candice Jaftha     | Spartan Harriers             | Open  | Female | 01:44:12 |
| 447 | 5482 | Venetta Pietersen  | Spartan Harriers             | Open  | Female | 01:44:12 |
| 448 | 5612 | Emma White         |                              | Open  | Female | 01:44:13 |
| 449 | 5613 | Megan White        |                              | Open  | Female | 01:44:13 |
| 450 | 5019 | Libbie Louw        | Bellville Ac                 | Open  | Female | 01:44:25 |
| 451 | 5146 | Sabera Wadiwala    | Nantes Ac                    | 60-69 | Female | 01:44:41 |
| 452 | 5680 | Lauren Koorts      | -                            | Open  | Male   | 01:44:42 |
| 453 | 5656 | Tumelo Fali        | -                            | 40-49 | Male   | 01:44:45 |
| 454 | 5514 | Linda Fielding     | Totalsports Vob Running Club | 60-69 | Female | 01:45:16 |
| 455 | 5515 | Renee Sasman       | Totalsports Vob Running Club | 50-59 | Female | 01:45:17 |
| 456 | 5231 | Masoodah Chikte    | Brimstone Itheko Sport Ac    | 50-59 | Female | 01:45:21 |
| 457 | 5062 | Merle Mulder       | Midas Spartans Ac            | 50-59 | Female | 01:45:35 |
| 458 | 5117 | Lamees Ismail      | Brimstone Itheko Sport Ac    | Open  | Female | 01:45:36 |
| 459 | 5067 | Lorna Mulder       | Celtic Harriers              | 60-69 | Female | 01:45:37 |
| 460 | 5119 | Ganief Ismail      | Brimstone Itheko Sport Ac    | 50-59 | Male   | 01:45:42 |
| 461 | 5037 | Robyn Middleton    | Spartan Harriers             | 60-69 | Female | 01:45:48 |
| 462 | 5151 | Anelle Van Heerden | West Coast Ac                | 40-49 | Female | 01:46:12 |
| 463 | 5517 | Liz Brink          | Totalsports Vob Running Club | 60-69 | Female | 01:46:12 |
| 464 | 5309 | Lumka Tshobeni     |                              | 50-59 | Female | 01:46:23 |



|     |      |                         |                              |       |        |          |
|-----|------|-------------------------|------------------------------|-------|--------|----------|
| 465 | 5175 | Paula Wallace-pickering |                              | 40-49 | Female | 01:46:53 |
| 466 | 5246 | Nazli Daniels           |                              | 40-49 | Female | 01:46:54 |
| 467 | 5137 | Brian Short             |                              | 40-49 | Male   | 01:47:28 |
| 468 | 5136 | Liezel Short            |                              | Open  | Female | 01:47:29 |
| 469 | 5041 | Derick Marcisz          | Spartan Harriers             | 60-69 | Male   | 01:47:33 |
| 470 | 5676 | Caren George            | -                            | Open  | Male   | 01:47:52 |
| 471 | 5236 | Nashreen Davids         | Ommiedraai Friends Ac        | Open  | Female | 01:48:01 |
| 472 | 5585 | Pumeza Xinti            |                              | Open  | Female | 01:48:02 |
| 473 | 5366 | Chantal Gillespie       |                              | 40-49 | Female | 01:48:11 |
| 474 | 5202 | Narima Ismail           | Walmers Ac Wp                | 50-59 | Female | 01:48:22 |
| 475 | 5490 | Catherine Bosman        | Team Vitality Club Wc        | 40-49 | Female | 01:48:43 |
| 476 | 5244 | Candice Bouwer          |                              | Open  | Female | 01:48:44 |
| 477 | 5412 | Chrisna Nothling        |                              | Open  | Female | 01:48:47 |
| 478 | 5670 | Marjorie Young          | -                            | Open  | Male   | 01:48:57 |
| 479 | 5138 | Nuraan Salie            | Brimstone Itheko Sport Ac    | 50-59 | Female | 01:49:09 |
| 480 | 5673 | Antoinette Kaseketa     | -                            | Open  | Male   | 01:49:10 |
| 481 | 5574 | Nomtha Macala           | Zandvlei Ac                  | 40-49 | Female | 01:49:25 |
| 482 | 5220 | Lara Stutz              |                              | Open  | Female | 01:49:35 |
| 483 | 5243 | Luciana Gregory         | Pinelands Ac                 | 60-69 | Female | 01:50:02 |
| 484 | 5170 | Carmen Cupido           |                              | 50-59 | Female | 01:50:14 |
| 485 | 5550 | Chantelle Horn          |                              | 40-49 | Female | 01:50:15 |
| 486 | 5013 | Alex Marais             |                              | Open  | Male   | 01:50:38 |
| 487 | 5014 | Chenaed Nicholson       |                              | Open  | Female | 01:50:41 |
| 488 | 5035 | Faiza Ruiters           | Ommiedraai Friends Ac        | 60-69 | Female | 01:50:51 |
| 489 | 5393 | Lulama Lobola           |                              | Open  | Female | 01:50:56 |
| 490 | 5179 | Jacqui Samson           | Totalsports Vob Running Club | 50-59 | Female | 01:51:07 |
| 491 | 1684 | Dorian Benson           | -                            | Open  | Male   | 01:51:09 |
| 492 | 5257 | Monica Visser           |                              | 40-49 | Female | 01:51:29 |
| 493 | 5256 | Conraad Visser          |                              | Open  | Male   | 01:51:30 |
| 494 | 5596 | Jaclyn Hansen           | Spartan Harriers             | Open  | Female | 01:51:33 |
| 495 | 5331 | Nabila Laher            |                              | Open  | Female | 01:51:42 |
| 496 | 5428 | Annemieke Nel           |                              | Open  | Female | 01:51:52 |
| 497 | 5336 | Dale Knowles            |                              | 40-49 | Male   | 01:52:04 |
| 498 | 5241 | Hilary Osborn           | Top Form Ac                  | 50-59 | Female | 01:52:17 |
| 499 | 5240 | Chris Osborn            | Top Form Ac                  | 50-59 | Male   | 01:52:18 |
| 500 | 5682 | Meloney Knaap           | -                            | Open  | Male   | 01:52:19 |
| 501 | 5034 | Jeanette Everson        | Ommiedraai Friends Ac        | 40-49 | Female | 01:53:03 |
| 502 | 5028 | Stephanie Louw          | Durbanville Ac               | Open  | Female | 01:53:09 |
| 503 | 5027 | Jessica Millar          | Durbanville Ac               | Open  | Female | 01:53:10 |
| 504 | 5429 | Arno Bekker             |                              | 50-59 | Male   | 01:53:37 |
| 505 | 5431 | Saar-rah Ohlson         |                              | 40-49 | Female | 01:53:40 |
| 506 | 5056 | Erin Pretorius          |                              | Open  | Female | 01:53:42 |
| 507 | 5061 | Darren Reid             |                              | 40-49 | Male   | 01:53:46 |
| 508 | 5311 | Mhinti Pato             |                              | 40-49 | Female | 01:54:11 |
| 509 | 5614 | Campbell White          |                              | Open  | Male   | 01:54:12 |
| 510 | 5652 | Emeraan Kherekar        | -                            | Open  | Male   | 01:54:21 |
| 511 | 5358 | Charity Samutela        | Team Vitality Club Wc        | Open  | Female | 01:55:32 |
| 512 | 5453 | Vuyokazi Mataela        | Manong Ac                    | Open  | Female | 01:55:32 |
| 513 | 5637 | Badia Abass             |                              | 50-59 | Female | 01:55:43 |
| 514 | 5330 | Carlo Opperman          |                              | Open  | Male   | 01:56:17 |
| 515 | 5572 | Cathryn Bourhill        | Spartan Harriers             | Open  | Female | 01:56:27 |
| 516 | 5150 | Barbara Jaftha          | West Coast Ac                | 50-59 | Female | 01:56:28 |
| 517 | 5607 | Nana Erasmus            |                              | 50-59 | Female | 01:56:28 |
| 518 | 5120 | Lameez Cooper           | Nantes Ac                    | Open  | Female | 01:56:49 |
| 519 | 5132 | Shinice Jackson         | Nantes Ac                    | Open  | Female | 01:56:50 |
| 520 | 5665 | Thassia Azevedo         | -                            | Open  | Male   | 01:57:06 |
| 521 | 5664 | Lucas Santos            | -                            | Open  | Male   | 01:57:06 |
| 522 | 5421 | Tracy Cramer            |                              | 40-49 | Female | 01:57:10 |
| 523 | 5562 | Jane Knight             | Pinelands Ac                 | Open  | Female | 01:57:23 |

|     |      |                              |                              |        |        |          |
|-----|------|------------------------------|------------------------------|--------|--------|----------|
| 524 | 5193 | Theo Snitcher                |                              | 60-69  | Male   | 01:57:28 |
| 525 | 5039 | Rezelda Draai                | Spartan Harriers             | 40-49  | Female | 01:57:30 |
| 526 | 5036 | Angela Lindeque              | Spartan Harriers             | 60-69  | Female | 01:57:30 |
| 527 | 5375 | Leigh-ann Pringle            |                              | 40-49  | Female | 01:57:32 |
| 528 | 5376 | Christa De Beer              | West Coast Ac                | 50-59  | Female | 01:57:32 |
| 529 | 5583 | Bernard Johannes             | Bonteheuwel Ac               | 50-59  | Male   | 01:57:33 |
| 530 | 5460 | Mari Schade                  | West Coast Ac                | 50-59  | Female | 01:58:10 |
| 531 | 5319 | Gemma De Beer                |                              | Open   | Female | 01:58:58 |
| 532 | 5678 | Adri Raubenheimer            | -                            | Open   | Male   | 01:59:12 |
| 533 | 5677 | Daniel Pieterse Raubenheimer | -                            | Open   | Male   | 01:59:13 |
| 534 | 5461 | Charlene Maartens            | Edgemead Runners             | 50-59  | Female | 01:59:17 |
| 535 | 5411 | Sharon Steenkamp             | Edgemead Runners             | 50-59  | Female | 01:59:17 |
| 536 | 5320 | Clare De Beer                |                              | 40-49  | Female | 01:59:50 |
| 537 | 5103 | Rageema Joseph               |                              | Open   | Female | 02:00:28 |
| 538 | 5105 | Ian Reynolds                 | Brimstone Itheko Sport Ac    | 40-49  | Male   | 02:00:30 |
| 539 | 5102 | Shaad Williams               |                              | Junior | Female | 02:00:32 |
| 540 | 5363 | Direshnee Naiker             |                              | Open   | Female | 02:00:34 |
| 541 | 5389 | Randy Pieterse               | Goodwood Harriers            | 60-69  | Male   | 02:01:04 |
| 542 | 5474 | Heidi Weichbold              |                              | 40-49  | Female | 02:01:07 |
| 543 | 5362 | Razia Hisham                 | Pick `n Pay Ac Wp            | 50-59  | Female | 02:01:09 |
| 544 | 5232 | Ronnett Seldon               |                              | 50-59  | Female | 02:01:17 |
| 545 | 5287 | Esther Mazengera             |                              | 40-49  | Female | 02:01:31 |
| 546 | 5520 | Ameen Stemmet                | Top Form Ac                  | 40-49  | Male   | 02:02:30 |
| 547 | 5521 | Thakira Stemmet              | Top Form Ac                  | 40-49  | Female | 02:02:32 |
| 548 | 5166 | Lisakhanya Green             |                              | Open   | Female | 02:02:45 |
| 549 | 5500 | Zeenat Dalwai                |                              | Open   | Female | 02:02:52 |
| 550 | 5053 | Shaun Smith                  |                              | 40-49  | Male   | 02:03:24 |
| 551 | 5048 | Bronwyn Viegeland            |                              | Open   | Female | 02:03:27 |
| 552 | 5636 | Ian Tomlin                   | Spartan Harriers             | 60-69  | Male   | 02:03:44 |
| 553 | 5659 | Petunia Mafolo               | -                            | Open   | Male   | 02:03:59 |
| 554 | 5470 | Rochelle Roode               |                              | Open   | Female | 02:04:15 |
| 555 | 5471 | Mario Roode                  |                              | Open   | Male   | 02:04:19 |
| 556 | 5033 | Joanne Kyle                  | Melkbos Ac                   | 40-49  | Female | 02:04:23 |
| 557 | 5115 | Kariema Simons               | Pinelands Ac                 | 60-69  | Female | 02:04:31 |
| 558 | 5388 | Zukiswa Lobola               |                              | Open   | Female | 02:04:46 |
| 559 | 5392 | Zukiswa Lobola               |                              | 50-59  | Female | 02:04:51 |
| 560 | 5552 | Visisiwe Ntutu               |                              | Open   | Female | 02:05:05 |
| 561 | 5448 | Katlego Noma                 | Team Vitality Club Wc        | Open   | Female | 02:05:18 |
| 562 | 5351 | Kerry Joubert                |                              | Open   | Female | 02:05:43 |
| 563 | 5207 | Lindsay Jones                |                              | Open   | Female | 02:05:43 |
| 564 | 5024 | Bridget Gough                | Century City Ac              | 60-69  | Female | 02:06:15 |
| 565 | 5329 | Rene Dick                    | Totalsports Vob Running Club | 60-69  | Female | 02:06:22 |
| 566 | 5328 | Marianna Manuel              | Totalsports Vob Running Club | 50-59  | Female | 02:06:22 |
| 567 | 5338 | Tshepang Makhetha            |                              | Open   | Female | 02:06:25 |
| 568 | 5178 | Wendy Gallant                |                              | 60-69  | Female | 02:06:29 |
| 569 | 5158 | Michael Gallant              |                              | 60-69  | Male   | 02:06:29 |
| 570 | 5218 | Gloudine Van Niekerk         | Team Vitality Club Wc        | Open   | Female | 02:06:30 |
| 571 | 5219 | Michel Theron                |                              | Open   | Female | 02:06:31 |
| 572 | 5584 | Fayruz Willoughby            | Ard Ac                       | Open   | Female | 02:07:04 |
| 573 | 5582 | Janine Johannes              | Ard Ac                       | 50-59  | Female | 02:07:05 |
| 574 | 5560 | Jean Hargreaves              | Spartan Harriers             | 60-69  | Female | 02:07:26 |
| 575 | 5539 | Faatima Kholvadia            |                              | 40-49  | Female | 02:08:03 |
| 576 | 5586 | Lillian Harris               | Ard Ac                       | 50-59  | Female | 02:08:46 |
| 577 | 5288 | Tendai Chikochi              |                              | Open   | Female | 02:09:07 |
| 578 | 5538 | Ayesha Chotia                |                              | 40-49  | Female | 02:09:10 |
| 579 | 5509 | Jacinta Jones-sardien        | Spartan Harriers             | Open   | Female | 02:09:39 |
| 580 | 5057 | Emily O'ryan                 |                              | Junior | Female | 02:10:09 |
| 581 | 5229 | Susan Williams               |                              | 40-49  | Female | 02:10:19 |
| 582 | 5108 | Samukelisiwe Zwane           |                              | Junior | Female | 02:10:27 |

|     |      |                       |                                 |        |        |          |
|-----|------|-----------------------|---------------------------------|--------|--------|----------|
| 583 | 5107 | Debbie Lillie         |                                 | 50-59  | Female | 02:10:28 |
| 584 | 5335 | Patrice Williams      |                                 | 50-59  | Female | 02:10:37 |
| 585 | 5356 | Zizopho Sogoni        |                                 | Open   | Female | 02:11:03 |
| 586 | 5525 | Hein Horn             |                                 | 50-59  | Male   | 02:11:18 |
| 587 | 5522 | Tania Booyens         |                                 | 50-59  | Female | 02:11:19 |
| 588 | 5523 | Vanessa Cowgill       | Team Vitality Club Wc           | 50-59  | Female | 02:11:19 |
| 589 | 5060 | Casey Davis           |                                 | Junior | Female | 02:11:40 |
| 590 | 5548 | Glenn Thompson        | Brimstone ltheko Sport Ac       | 60-69  | Female | 02:12:17 |
| 591 | 5547 | Annelize Buys         | Chaeli Sports & Recreation Club | 50-59  | Female | 02:12:19 |
| 592 | 5106 | Erin Van Rensburg     |                                 | Junior | Female | 02:15:44 |
| 593 | 5569 | Zainab Fredericks     |                                 | Open   | Female | 02:15:51 |
| 594 | 5571 | Anwar Richards        |                                 | Open   | Male   | 02:15:52 |
| 595 | 5349 | Melanie Bonnin        |                                 | 50-59  | Female | 02:16:37 |
| 596 | 5350 | Diane Trout           |                                 | 60-69  | Female | 02:16:38 |
| 597 | 5094 | Lynette Slabbert      | Southern Striders               | 60-69  | Female | 02:17:08 |
| 598 | 5095 | Andre Slabbert        | Celtic Harriers                 | 70+    | Male   | 02:17:14 |
| 599 | 5100 | Vimbai Siziba         |                                 | Open   | Female | 02:17:25 |
| 600 | 5372 | Antoinette Zimmermann | Team Vitality Club Wc           | 50-59  | Female | 02:18:16 |
| 601 | 5653 | Maureen Kuboka        | -                               | Open   | Male   | 02:21:16 |
| 602 | 5047 | Jerome Oryan          |                                 | 60-69  | Male   | 02:21:25 |
| 603 | 5654 | Damaris Ndilau        | -                               | Open   | Male   | 02:21:48 |
| 604 | 5532 | Nokuthokoza Masondo   | Strand Ac                       | Open   | Female | 02:23:38 |
| 605 | 5610 | Jannah Ruthven        |                                 | Open   | Female | 02:25:28 |
| 606 | 5147 | Sara-jane Roux        |                                 | Open   | Female | 02:25:28 |
| 607 | 5049 | Monique Anthony       |                                 | Open   | Female | 02:29:09 |
| 608 | 5099 | Miriam Chikwanda      |                                 | 40-49  | Female | 02:30:20 |
| 609 | 299  | Diane Duggan          | Melkbos Ac                      | 70+    | Female | 02:31:31 |
| 610 | 5123 | Dereen Orsmond        |                                 | Open   | Female | 02:32:51 |
| 611 | 5144 | Rhoda Osman           |                                 | 40-49  | Female | 02:43:47 |
| 612 | 5663 | Tracey-leigh Kennedy  | -                               | Open   | Male   | 02:43:47 |