

VOLKSWAGEN HEALTH RUN - UITENHAGE - 2024/05/11

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	2120	363	CWENGA	NOSE	IKHAMVA	M	23	SM	1.05.18	5
2	2126	400	NICHOLAS	SEOPOSENGWE	IKHAMVA	M	22	SM	1.05.44	5
3	2118	1361	ANDILE	MOTWANA	NEDBANK	M	27	SM	1.05.46	5
4	2280	1320	THABANG	MOSIAKO	NEDBANK	M	29	SM	1.09.38	5
5	2041	1836	XOLISA	NDLUMBINI	VUKANI	M	41	40-44M	1.11.19	5
6	2350	1825	KHAYA	GQWETHA	VUKANI	M	38	35-39M	1.11.21	5
7	2127	40177	SIYAVUYA	JEYI	MOTHER	M	18	JM	1.12.03	5
8	2330	1319	MZOLISI	MAKHANDA	NEDBANK	M	41	40-44M	1.12.14	5
9	2331	1392	ZOLANI	MABONGO	NEDBANK	M	37	35-39M	1.13.49	5
10	2139	370	DESMOND	ZIBI	IKHAMVA	M	60	60-64M	1.16.34	5
11	2293	2256	NOEL	ADAMS	SIBALEKA	M	51	50-54M	1.20.35	5
12	2176	950	CHARLES	SEGALO	CHARLO	M	37	35-39M	1.21.35	4
13	2107	1484	JAY-DEE	DEERLING	NEDBANK	M	20	SM	1.22.02	4
14	2149	1503	LUVUYO	DYANI	NEDBANK	M	53	50-54M	1.25.25	5
15	2072	1091	LEIGH	CALLAGHAN	ACH	F	29	SF	1.25.26	5
16	2069	40512	STEPHEN	BOTHMA	VARSIITY	M	18	JM	1.25.48	3
17	2182	1400	KELLY	VAN VLIET	NEDBANK	F	36	35-39F	1.25.53	5
18	2318	426	ONATHI	STUURMAN	CHILLIEP	M	25	SM	1.25.56	3
19	2215	2215	BUNOLOHANDO	PLAATJIE	TEMP	M	23	SM	1.27.03	0
20	2040	1398	MUTEKILE	RASMENI	NEDBANK	M	59	55-59M	1.27.11	5
21	2053	184	SANELE	SAM	CSEP	M	31	SM	1.27.35	3
22	2166	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	1.27.40	5
23	2242	2242	MALWANDE	MBATHA	TEMP	M	30	SM	1.28.22	0
24	2101	1216	WESSEL	WOLMARANS	ELITEAC	M	46	45-49M	1.28.56	4
25	2188	1213	SEBASTIAN	KLEU	ELITEAC	M	48	45-49M	1.28.57	4
26	2136	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	1.28.57	4
27	2150	999	GRAHAM	ESHMADE	CHARLO	M	46	45-49M	1.28.58	4
28	2106	1465	HENRY	CRAUSE	NEDBANK	M	41	40-44M	1.29.51	3
29	2177	1461	VUYISILE	SIMAYILE	NEDBANK	M	37	35-39M	1.30.22	3
30	2191	1761	SLULAMI	JACK	TRANSNET	M	48	45-49M	1.30.38	4
31	2036	1838	SIYABULELA	MPENGESI	VUKANI	M	42	40-44M	1.30.55	3
32	2171	875	Matthew	Rodgers	CHARLO	M	22	SM	1.31.04	3
33	2167	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	1.33.18	4
34	2209	2209	ZAMUXOLO	MATIWANA	TEMP	M	35	35-39M	1.33.34	0
35	2194	1441	MARTIN	JANSEN	NEDBANK	M	56	55-59M	1.33.40	5
36	2117	1252	CHAD	WEWERS	ELITEAC	M	30	SM	1.34.12	2
37	2158	898	PATRIC	MAKWENKWE	CHARLO	M	57	55-59M	1.34.12	5
38	2170	985	CHRISTOFF	PUREN	CHARLO	M	33	SM	1.35.17	2
39	2146	1416	CHRISTINE	CLAASEN	NEDBANK	F	59	55-59F	1.35.20	5
40	2123	539	SERGIO	PETERSON	RUN4C	M	46	45-49M	1.36.12	3
41	2190	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	1.36.21	2
42	2320	1770	KHANGELANI	HALOM	TRANSNET	M	42	40-44M	1.36.27	2
43	2154	932	DEAN	HOYLE	CHARLO	M	54	50-54M	1.37.03	3
44	2220	2220	TREVOR	SCHUTTLEWORTH	TEMP	M	16	JM	1.37.17	0
45	2196	1473	GEORGE	MEYER	NEDBANK	M	51	50-54M	1.37.24	3
46	2079	1729	BRIAN	JONAS	GELVAN	M	63	60-64M	1.37.29	5
47	2181	1404	DARREN	VAN VLIET	NEDBANK	M	40	40-44M	1.37.36	2
48	2030	706	STEPHEN	MCCARTHY	CRUSADE	M	63	60-64M	1.37.39	5
49	2174	955	SIVUYILE	SCHEEPERS	CHARLO	M	31	SM	1.37.50	2
50	2325	411	SIYABONGA	ZULU	CHILLIEP	M	42	40-44M	1.38.14	2
51	2270	1873	BISHO	NOMBEWU	HOLLYWOO	M	58	55-59M	1.39.13	4
52	2116	518	ATHINI	MABALA	VUKANI	M	30	SM	1.39.37	2
53	2276	648	MVULELI	MAGAWULANA	ASPEN	M	47	45-49M	1.40.23	2
54	2137	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	1.40.46	2
55	2302	856	THERESA	BUCHNER	32GI	F	38	35-39F	1.40.48	3
56	2032	1801	LUNGISA	MKOSI	VUKANI	M	37	35-39M	1.41.05	2
57	2286	1658	KOOS	OLIVIER	MADIBA	M	66	65-69M	1.41.30	5
58	2142	1514	JOHANNES	ARRIES	NEDBANK	M	50	50-54M	1.41.58	3
59	2035	1803	ABELANG	MOSWEU	VUKANI	M	39	35-39M	1.42.35	2
60	2291	1748	TSIETSI	RAMATSASA	GELVAN	M	48	45-49M	1.42.35	2
61	2178	989	Brett	Steyn	CHARLO	M	49	45-49M	1.42.47	2
62	2263	252	PHINDILE	HENDELE	TINARHA	M	52	50-54M	1.42.52	2
63	2111	1173	JOHNSTON	JUMBA	JBAY	M	50	50-54M	1.43.01	2

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
64	2294	2262	Siphosethu	Mavatha	SIBALEKA	F	27	SF	1.43.04	2
65	2218	2218	JUDE	ROSS	TEMP	M	28	SM	1.43.37	0
66	2277	1049	SHAUN	COETZEE	XCEL	M	54	50-54M	1.43.52	2
67	2224	2224	HENKE	ACKERMANN	TEMP	M	30	SM	1.44.18	0
68	2093	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	1.44.29	2
69	2223	2223	ANICA	ACKERMANN	TEMP	F	28	SF	1.44.30	0
70	2323	422	Brian	Mtwa	CHILLIEP	M	57	55-59M	1.44.33	3
71	2034	23526	CHANTELLE	MOLL	MAVERICK	F	24	SF	1.44.33	0
72	2011	758	WERNER	DE LANGE	CRUSADE	M	36	35-39M	1.44.34	2
73	2049	2226	TEDDY	PRUSENT	MADIBAZ	M	36	35-39M	1.44.48	2
74	2273	654	Lukhanyo	Dasi	ASPEN	M	31	SM	1.45.00	2
75	2156	919	KELVIN	JOOSTE	CHARLO	M	37	35-39M	1.45.08	2
76	2301	1114	MILES	HOLLINS	ACH	M	51	50-54M	1.45.55	2
77	2268	2490	Grant	Rudman	DESPATCH	M	46	45-49M	1.45.59	2
78	2160	952	CINDY	MARAIS	CHARLO	F	46	45-49F	1.46.18	3
79	2100	534	MIEKE	WESTRAADT	RUN4C	F	28	SF	1.46.25	2
80	2243	2243	SIYABONGA	MADWE	TEMP	M	28	SM	1.46.32	0
81	2083	1055	JEROME	MAY	XCEL	M	57	55-59M	1.46.41	2
82	2088	1468	XHANTILOMZI	NTENTEMA	NEDBANK	M	27	SM	1.46.55	2
83	2151	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	1.46.56	2
84	2121	259	LINDIKHAYA	NTEYI	TINARHA	M	44	40-44M	1.47.51	2
85	2007	435	NKOSINATHI	CLAY	CHILLIEP	M	59	55-59M	1.48.04	2
86	2327	651	SANNAH	MPUKULA	ASPEN	F	50	50-54F	1.48.09	3
87	2207	2207	ZIMMO	MADIKIZELA	TEMP	M	29	SM	1.48.23	0
88	2326	392	LORENCE	NTIKA	IKHAMVA	M	66	65-69M	1.49.10	3
89	2204	2204	DEAN	GOW	TEMP	M	40	40-44M	1.49.11	0
90	2001	121	YASEEN	ABRAHAMS	MALABAR	M	52	50-54M	1.49.37	2
91	2019	1775	BONKE	GOYI	VUKANI	M	36	35-39M	1.49.43	2
92	2022	1009	JACOB	ABRAHAM	BODYCON	M	57	55-59M	1.50.00	2
93	2192	261	PETER	NTSHIKILA	TINARHA	M	61	60-64M	1.50.08	2
94	2103	602	JACOBUS	BERNARDO	RUN4C	M	30	SM	1.50.10	1
95	2148	947	GANIEF	DAVIDS	CHARLO	M	58	55-59M	1.50.20	2
96	2048	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	1.50.38	2
97	2299	1070	ANCHE	HOLLINS	ACH	F	42	40-44F	1.50.42	2
98	2133	1010	JAN	VAN EEDEN	NEDBANK	M	65	65-69M	1.51.22	3
99	2051	1211	SANETTE	RYAN	ELITEAC	F	54	50-54F	1.51.34	3
100	2042	51054	DOLLY	NDUDE	BUFFALO	F	52	50-54F	1.51.39	0
101	2115	1236	STEPHEN	KLUE	ELITEAC	M	65	65-69M	1.51.43	3
102	2094	1750	BASIL	STEVENS	GELVAN	M	52	50-54M	1.51.43	2
103	2134	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	1.51.44	3
104	2235	2235	LARA	DIPPENAAR	TEMP	F	25	SF	1.51.51	0
105	2232	2232	SINAZO	SIYANGAPHI	TEMP	M	31	SM	1.52.05	0
106	2038	1854	NTOMBENTSHA	NAZO	HOLLYWOO	F	40	40-44F	1.52.14	2
107	2217	2217	LISA	RETIEF	TEMP	F	22	SF	1.53.12	0
108	2085	1769	WILTON	MNQAYI	TRANSNET	M	41	40-44M	1.53.33	1
109	2153	983	JOANNE	HOYLE	CHARLO	F	55	55-59F	1.53.37	3
110	2102	1043	DAVID	BAINS	XCEL	M	58	55-59M	1.53.43	2
111	2244	25187	ASIVE	SOTASHE	SABC	F	29	SF	1.53.56	0
112	2075	733	ALEX	DU TOIT	CRUSADE	M	59	55-59M	1.54.01	2
113	2319	40154	SINELIZWI	VENENE	CHILLIEP	M	16	JM	1.54.26	1
114	2138	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	1.54.57	2
115	2184	891	GEORGE	WINSHIP	CHARLO	M	58	55-59M	1.55.06	2
116	2130	1700	LIONEL	TERBLANCHE	GELVAN	M	48	45-49M	1.55.10	1
117	2245		DANIELLE	DE JAGER	TEMP	F	26	SF	1.55.11	0
118	2074	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	1.55.19	2
119	2076	1598	LERENZO	FRANCIS	DESPATCH	M	37	35-39M	1.55.23	1
120	2214	2214	NONTEMBEKO	NYONI	TEMP	F	34	SF	1.55.25	0
121	2004	1109	LUKE	BINNEMAN	ACH	M	32	SM	1.56.15	1
122	2272	52	DARIUS	SWIEGELAAR	SAPPE	M	29	SM	1.56.25	1
123	2309	2288	VUSUMZI	TWANA	SIBALEKA	M	45	45-49M	1.56.25	1
124	2015	1609	WILLEMIEN	DU RANDT	DESPATCH	F	49	45-49F	1.56.33	2
125	2016	791	CHARL	GERBER	32GI	M	47	45-49M	1.56.52	1
126	2164	934	JEAN	MEYER	CHARLO	M	45	45-49M	1.57.30	1
127	2013	1772	ABENA	DLAKAVU	VUKANI	F	36	35-39F	1.57.33	1

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128	2077	532	JUDY	GERBER	RUN4C	F	57	55-59F	1.57.44	2
129	2275	625	YOLANDA	SIDWABA	ASPEN	F	33	SF	1.57.47	1
130	2226	2226	ERIK	KEMP	TEMP	M	47	45-49M	1.58.01	0
131	2058	2514	Lehlohonolo	Thokoa	ABSAEP	M	43	40-44M	1.58.11	1
132	2282	2527	THANDEKILE	GUGA	ABSAEP	M	43	40-44M	1.58.12	1
133	2172	991	GREGORY	ROSS	CHARLO	M	50	50-54M	1.58.27	1
134	2152	992	CYNTHIA	HEYNS	CHARLO	F	40	40-44F	1.58.27	1
135	2225	2225	SIHLE	CHILI	TEMP	M	30	SM	1.58.32	0
136	2285	1776	SIPHOKAZI	MANI	VUKANI	F	34	SF	1.58.33	1
137	2227	2227	JANE	KEMP	TEMP	F	47	45-49F	1.58.39	0
138	2303	2303	SITHEMBISO	SOYAYA	TEMP	M	43	40-44M	1.59.03	0
139	2265	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	1.59.18	2
140	2161	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	1.59.29	1
141	2155	915	JOEL	HUMAN	CHARLO	M	51	50-54M	1.59.37	1
142	2186	2155	IVAN	MOSES	MADIBAZ	M	62	60-64M	1.59.47	2
143	2198	1592	BENNIE	THYSSE	DESPATCH	M	66	65-69M	2.00.04	2
144	2317	106	THEMBALETHU	MANA	VARSITY	M	48	45-49M	2.00.23	1
145	2197	2197	SIMCELILE	SITHEMBU	TEMP	M	33	SM	2.00.23	0
146	2295	1472	ALTON	THOMAS	NEDBANK	M	48	45-49M	2.00.30	1
147	2157	1389	BABALO	MAKALIMA	NEDBANK	M	40	40-44M	2.00.36	1
148	2221	2221	ADELE	SLABBERT	TEMP	F	53	50-54F	2.00.56	0
149	2073	1111	GRAHAM	CHANNON	ACH	M	74	70+M	2.02.15	2
150	2228	2228	RUFUS	LANGEVELDT	TEMP	M	52	50-54M	2.02.51	0
151	2017	1635	DORIS	GERBER	MADIBA	F	53	50-54F	2.02.57	1
152	2329	911	TANYA	MEYER	CHARLO	F	39	35-39F	2.03.04	1
153	2110	2191	Mia	Janse Van Rensburg	MADIBAZ	F	19	SF	2.03.11	1
154	2062	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	59	55-59F	2.03.11	2
155	2312	2312	BILL	DAVIDS	TEMP	M	54	50-54M	2.03.30	0
156	2315	417	PETER	MSIZA	CHILLIEP	M	51	50-54M	2.03.51	1
157	2202	2202	JASON	FORSDICK	TEMP	M	27	SM	2.03.56	0
158	2096	284	ESTELLE	VAN DER MERWE	MUIRITE	F	58	55-59F	2.04.12	2
159	2261	6576	PHUNYEZWA	NDEVU	SABC	F	57	55-59F	2.04.28	0
160	2169	1820	ABONGILE	PEZA	VUKANI	M	40	40-44M	2.04.29	1
161	2296	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	2.04.54	1
162	2297	584	BRENDON	SLABBERT	RUN4C	M	52	50-54M	2.04.54	1
163	2262	1797	SUE	LEWIS	VUKANI	F	59	55-59F	2.05.14	2
164	2183	972	CONRAD	VENTER	CHARLO	M	32	SM	2.05.16	1
165	2031	170	THANDEKA	MHLANGA	ACT AC	F	34	SF	2.05.19	1
166	2208	2208	LOYISO	MALOTANA	TEMP	M	48	45-49M	2.05.31	0
167	2264	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	2.05.59	2
168	2070	1575	LESLEY-ANN	BUSH	DESPATCH	F	51	50-54F	2.06.02	1
169	2308	1564	LEON	WEITSZ	DESPATCH	M	50	50-54M	2.06.02	1
170	2162	896	GAVIN	MATTHEWS	CHARLO	M	48	45-49M	2.07.18	1
171	2097	524	FREDERIK	VAN DER WESTHUIZEN	RUN4C	M	30	SM	2.07.55	1
172	2200	516	SIDWELL	MATINYANE	VUKANI	M	58	55-59M	2.08.29	1
173	2008	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	2.08.36	1
174	2104	50334	JUANITA	BRINK	KIMBH	F	45	45-49F	2.08.57	0
175	2098	1787	WENDY	VAN EYCK	VUKANI	F	41	40-44F	2.09.14	1
176	2143	956	NEELES	BHANA	CHARLO	M	53	50-54M	2.09.17	1
177	2033	2359	KATLEGO	MOCWALEDI	VITALITY	M	36	35-39M	2.09.19	1
178	2012	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	2.09.22	1
179	2014	291	LE-ANNE	DU PREEZ	MUIRITE	F	52	50-54F	2.09.05	1
180	2313	1597	EDVIN	DONLEY	DESPATCH	M	46	45-49M	2.09.29	1
181	2105	5345	ROBERT	BUTTON	OLDSELB	M	65	65-69M	2.10.13	0
182	2185	307	DENVER	HUME	MUIRITE	M	46	45-49M	2.10.32	1
183	2193	1877	XOLILE	MBALI	HOLLYWOO	M	48	45-49M	2.10.41	1
184	2322	412	NOSITO	NQWATA	CHILLIEP	F	41	40-44F	2.10.44	1
185	2334	1332	THANDIWE	NKWANDLA	NEDBANK	F	59	55-59F	2.10.53	1
186	2131	1730	CYRIL	UITHALER	GELVAN	M	61	60-64M	2.11.03	1
187	2124	455	JODI	PIENAAR	WALMER	M	30	SM	2.11.07	1
188	2128	1025	STICKS	STIGLINGH	BODYCON	M	69	65-69M	2.11.13	1
189	2147	894	TONY	CLARKE	CHARLO	M	63	60-64M	2.11.13	1
190	2230	2230	LOUISE	STIGLINGH	TEMP	F	31	SF	2.11.13	0
191	2122	2127	BERNARD	PETERSEN	MADIBAZ	M	58	55-59M	2.11.14	1

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192	2078	2363	ABDUL	GOOSEIN	VITALITY	M	36	35-39M	2.11.50	1
193	2129	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	2.13.15	1
194	2023	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	2.13.41	1
195	2003	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	2.13.42	1
196	2247	2247	CANDICE	VAN ECK	TEMP	F	37	35-39F	2.14.03	0
197	2248	2248	FAYE	VAN ECK	TEMP	F	38	35-39F	2.14.04	0
198	2059	1451	MARIANE	VAN DER LINDE	NEDBANK	F	45	45-49F	2.14.06	1
199	2281	432	MVELELI	MBANDE	CHILLIEP	M	38	35-39M	2.14.16	1
200	2108	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	2.14.40	1
201	2056	50520	GAVIN	SHELDON	WORC	M	52	50-54M	2.15.13	0
202	2236	2236	DELANI	THUSI	TEMP	M	41	40-44M	2.15.40	0
203	2066	1559	NOLEEN	AMBRAAL	DESPATCH	F	54	50-54F	2.16.38	1
204	2025	139	WARDAH	KAFAAR	MALABAR	F	44	40-44F	2.16.46	1
205	2125	2352	ASANDA	SASANTI	VITALITY	F	34	SF	2.16.48	1
206	2305	1586	MAUDY	BOTES	DESPATCH	F	42	40-44F	2.16.55	1
207	2239		UNKNOWN		TEMP	M	49	45-49M	2.16.55	0
208	2068	1588	JACQUES	BOTHA	DESPATCH	M	50	50-54M	2.16.55	1
209	2046	1552	THERESA	OOSTHUIZEN	DESPATCH	F	53	50-54F	2.16.55	1
210	2307	1565	BONITA	WEITSZ	DESPATCH	F	51	50-54F	2.16.56	1
211	2141	50943	SISIPHO	FAYE	REALGIJ	F	29	SF	2.17.14	0
212	2145	882	ARMIN	BRANDLE	CHARLO	M	72	70+M	2.17.26	1
213	2210	2210	SISIHLE	MDINGI	TEMP	M	18	JM	2.18.13	0
214	2091	1554	HELGARD	POTGIETER	DESPATCH	M	52	50-54M	2.18.16	1
215	2306	1354	LAURIKA	VON ALLEMANN	NEDBANK	F	41	40-44F	2.18.17	1
216	2237	1566	RUAN	WELGEMOED	DESPATCH	M	29	SM	2.18.18	1
217	2311	1790	LUVUYO	SIWUNDLA	VUKANI	M	44	40-44M	2.18.45	1
218	2348	2485	SASHA-LEE	MILES	DESPATCH	F	28	SF	2.18.46	1
219	2298	1102	KEN	BARWOOD	ACH	M	68	65-69M	2.18.51	1
220	2337	1333	MBULELO	SOBIKWA	NEDBANK	M	69	65-69M	2.18.52	1
221	2175	935	BRENTON	SCHNETLER	CHARLO	M	49	45-49M	2.19.15	1
222	2234	2234	BRENTON	WHITE	TEMP	M	18	JM	2.19.29	0
223	2180	961	LARA	VAN HEERDEN	CHARLO	F	48	45-49F	2.19.40	1
224	2021	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	54	50-54F	2.20.21	1
225	2067	1579	JHANINEN	BOSHOFF	DESPATCH	F	58	55-59F	2.20.22	1
226	2005	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	2.20.32	1
227	2266	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	2.20.39	1
228	2063	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	2.21.50	1
229	2080	1600	YVETTE	JONKER	DESPATCH	F	52	50-54F	2.21.50	1
230	2092	1555	LYDIA	POTGIETER	DESPATCH	F	49	45-49F	2.21.51	1
231	2349	1603	RONNIE	JONKER	DESPATCH	M	54	50-54M	2.21.53	1
232	2039	753	PLACXEDES	NDHLOVU	CRUSADE	F	49	45-49F	2.22.05	1
233	2233	2233	CLINT	TESSNER	TEMP	M	43	40-44M	2.22.23	0
234	2037	1911	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	2.23.08	1
235	2060	2496	CLAUDEAN	VAN GREUNEN	DESPATCH	F	42	40-44F	2.23.12	1
236	2050	2593	SIYABULELA	RELU	VWAC	M	47	45-49M	2.24.16	1
237	2045	2508	THEMBU	NTSUKUNYANE	ABSAEP	F	45	45-49F	2.24.45	1
238	2144	1818	ANDILE	BOVUNGANA	VUKANI	M	57	55-59M	2.24.46	1
239	2159	1821	MKOKELI	MALGHAS	VUKANI	M	42	40-44M	2.24.57	1
240	2316	433	NCUMISA	KEPE	CHILLIEP	F	44	40-44F	2.24.58	1
241	2314	427	BANOYOLO	GQOLI	CHILLIEP	F	42	40-44F	2.24.59	1
242	2029	588	RENIER	LIEBENBERG	RUN4C	M	41	40-44M	2.25.11	1
243	2109	1716	DERICK	GOLIATH	GELVAN	M	60	60-64M	2.25.11	1
244	2284	51432	NOBUNTU	MPONGWANA	IKHAMVA	F	44	40-44F	2.25.32	1
245	2081	274	ELVIDA	KLUE	MUIRITE	F	55	55-59F	2.26.21	1
246	2271	2539	Luthando	Yibe	ABSAEP	M	43	40-44M	2.26.22	1
247	2222	2222	NDIVHUNO	TSHILUNA	TEMP	M	31	SM	2.26.29	0
248	2328	40207	JODY	PRIMO	GELVAN	M	16	JM	2.26.41	1
249	2274	646	LUTHO	NOMBEMBE	ASPEN	M	31	SM	2.26.54	1
250	2026	641	JACQUES	KEIRSGIETER	ASPEN	M	35	35-39M	2.26.55	1
251	2087	1768	SINDILE	NOGQALA	TRANSNET	M	49	45-49M	2.27.00	1
252	2084	1352	VOLENTI	MEYER	NEDBANK	F	47	45-49F	2.27.16	1
253	2203	2203	KEVIN	GARDNER	TEMP	M	44	40-44M	2.27.41	0
254	2024	131	SHUKRY	KAFAAR	MALABAR	M	38	35-39M	2.27.41	1
255	2061	2309	ADEL	VAN RENSBURG	VITALITY	F	46	45-49F	2.27.48	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
256	2289	1725	PEARL	DAMONS	GELVAN	F	60	60-64F	2.27.55	1
257	2189	337	CHRISTINE	SNYMAN	MUIRITE	F	68	65-69F	2.28.42	1
258	2140	1349	CAROLINE	ZINTO	NEDBANK	F	43	40-44F	2.28.58	1
259	2219	2219	LUZANNE	SCHOEMAN	TEMP	F	34	SF	2.29.21	0
260	2321	696	ASANDA	MSARO	SIBALEKA	F	38	35-39F	2.29.58	1
261	2132	5021	DHIRESH	VALLABH	SCOTTAC	M	39	35-39M	2.30.21	0
262	2086	1841	BUYISWA	NGXONONO	HOLLYWOO	F	47	45-49F	2.31.02	1
263	2020	80211	XOLISWA	GXWEM	VITALGN	F	27	SF	2.31.14	0
264	2269	1868	TUMELO	LEHASA	HOLLYWOO	M	36	35-39M	2.32.03	1
265	2213	2213	LIKHONA	NQUNQA	TEMP	F	27	SF	2.32.04	0
266	2205	2205	TARYN	KOOPMAN	TEMP	F	30	SF	2.32.30	0
267	2095	51177	OMPHILE	TSOMOKO	ALIWAL	M	33	SM	2.33.31	0
268	2252		UNKNOWN		TEMP	F	44	40-44F	2.33.38	0
269	2113	2591	BONGINKOSI	KHUMALO	VWAC	M	55	55-59M	2.35.26	1
270	2099	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	2.36.17	1
271	2283	2515	OZELLE	WIEHAHN	ABSAEP	F	50	50-54F	2.36.50	1
272	2333	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	2.37.28	1
273	2047	2158	NONDUMISO	PHAKATHI	MADIBAZ	F	42	40-44F	2.38.32	1
274	2324	2502	PUMZA	KAYINGANA	ABSAEP	F	41	40-44F	2.38.50	1
275	2071	624	BANDLAKAZI	CABA	ASPEN	F	36	35-39F	2.39.14	1
276	2201	2201	TRENTON	BOWERS	TEMP	M	48	45-49M	2.39.19	0
277	2112	2389	NOZIE	MKHABELA	SPAREC	F	45	45-49F	2.40.24	1
278	2195	1577	MELISSA	BERG	DESPATCH	F	54	50-54F	2.42.31	1
279	2332	1691	JASMINE	JACK	GELVAN	F	52	50-54F	2.42.54	1
280	2292	2280	SELBY	THABETHE	SIBALEKA	M	50	50-54M	2.45.22	1
281	2135	394	THEMBISILE	VETSHEZA	IKHAMVA	F	44	40-44F	2.48.20	1
282	2028	1693	JASON	LE ROUX	GELVAN	M	28	SM	2.48.57	1
283	2018	570	PIETER	GERBER	RUN4C	M	65	65-69M	2.49.32	1
284	2055	2491	STEPHANIE	SCHEEPERS	DESPATCH	F	27	SF	2.49.34	1
285	2002	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	2.49.35	1
286	2199	64	DAVID	FORTEIN	SAPPE	M	59	55-59M	2.50.34	1
287	2211	2211	CHARM	NAY	TEMP	F	52	50-54F	2.56.21	0
288	2119	645	KHULISO	NEPHALAMA	ASPEN	M	33	SM	2.58.04	1
289	2241	2241	THOBILE	GADU	TEMP	M	55	55-59M	2.58.50	0
290	2114	62	ALEX	KHUZWAYO	SAPPE	M	61	60-64M	2.58.51	1
291	2010	761	NTOKOZO	DAMBUZA	CRUSADE	F	45	45-49F	3.01.44	1
292	2290	61	ABEGAIL	TEYISE	SAPPE	F	51	50-54F	3.03.20	1
293	2212	2212	SIVIWE	NDAMASE	TEMP	F	32	SF	3.09.03	0
294	2231	2231	SIMAMKELE	TSHANGANA	TEMP	M	17	JM	3.19.26	0
295	2206	2206	DIKELEDI	MABOA	TEMP	F	34	SF	3.20.42	0
HELPERS RUN										
H1	2710	1301	DESTIN	SAUER	VWAC	M	43	40-44M	2.03.34	1
H2	2707	1283	URAN	LE ROUX	VWAC	M	57	55-59M	2.03.56	1
H3	2703	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	2.17.00	1
H4	2709	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	2.17.00	1
H5	2705	1270	MUHAMMED	PETERSEN	VWAC	M	40	40-44M	2.18.12	1
H6	2701	1262	SABIR	SALIE	VWAC	M	36	35-39M	2.19.28	1
H7	2702	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	2.22.00	1
H8	2706	1271	LEZELL	HARRIS	VWAC	F	50	50-54F	2.22.00	1
H9	2708	1290	MARTIN	LEWIES	VWAC	M	49	45-49M	2.22.00	1
H10	2711	1308	NKULULEKO	CETYWAYO	VWAC	M	47	45-49M	2.22.00	1
H11	2704	1266	DAVID	CHENGWE	VWAC	M	46	45-49M	2.34.53	1