

VOLKSWAGEN 10KM ROAD RACE - VW PEOPLE'S PAVILION - 2025/05/10

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1001	355	MELIKHAYA	FRANS	IKHAMVA	M	35	35-39M	0.30.03	1
2	1941	50700	SINETHEMBA	JILINGISI	HAVEN	M	22	SM	0.30.13	0
3	1939	50374	MASIXOLE	XAYIYA	HAVEN	M	31	SM	0.31.17	0
4	1794	1499	OYAMA	NTANTISO	NEDBANK	M	20	SM	0.31.30	1
5	1698	40415	OKUHLE	DLOTO	IKHAMVA	M	17	JM	0.32.39	1
6	1003	40414	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.32.40	1
7	1879	109	KEANU	WELCH	VARSIITY	M	20	SM	0.33.10	1
8	1875	40089	CHRISTIANO	BROWN	VARSIITY	M	17	JM	0.33.16	1
9	1002	370	DESMOND	ZIBI	IKHAMVA	M	61	60-64M	0.33.43	1
10	1097	1999	JENIEL	ZANA	RUN4C	M	29	SM	0.35.23	1
11	1695	1391	MNCEDI	KHANTI	NEDBANK	M	45	45-49M	0.35.31	1
12	1967	425	GODFREY	STUURMAN	CHILLIEP	M	24	SM	0.35.57	1
13	1966	437	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	21	SM	0.36.59	1
14	1973	40141	LATHITHA	VENA	CHILLIEP	M	16	JM	0.37.16	1
15	1753	1316	MORNE	BUIS	NEDBANK	M	32	SM	0.38.15	1
16	1534	1534	VUSUMZI	RUNELI	TEMP	M	52	50-54M	0.38.29	0
17	1789	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.38.42	1
18	1969	459	ZIBELE	MASELE	CHILLIEP	M	23	SM	0.38.48	1
19	1033	1033	SIYABONGA	MAKHANGELA	TEMP	M	47	45-49M	0.38.53	0
20	1787	1400	KELLY	VAN VLIET	NEDBANK	F	37	35-39F	0.38.59	1
21	1899	40146	LIHLE	MKELE	CHILLIEP	M	19	JM	0.39.44	1
22	1898	40142	BANELE	MTABA	CHILLIEP	M	18	JM	0.39.50	1
23	1857	993	THEMBEKILE	MSIPA	CHARLO	M	50	50-54M	0.39.51	1
24	1512	40649	DESNAY	O'GRADY	SCHOOL	F	14	JF	0.40.17	1
25	1840	897	NKONGELEKO	NGCOSHOLLO	CHARLO	M	33	SM	0.40.47	1
26	1993	40003	SIPHIWO	APRIL	NEDBANK	M	15	JM	0.41.11	1
27	1079	1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.41.19	1
28	1696	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.41.40	1
29	1935	1340	WELCOME	LOLIWE	NEDBANK	M	60	60-64M	0.42.07	1
30	1497	2480	ALULUTO	MKIVA	ABSAEP	M	18	JM	0.42.22	1
31	1098	1431	GIDEON	MENGO	NEDBANK	M	47	45-49M	0.42.42	1
32	2000	1347	LUVUYO	STEPHEN	NEDBANK	M	55	55-59M	0.43.08	1
33	1683	2301	FREEMAN	VUTU	VUKANI	M	60	60-64M	0.43.19	1
34	1536	1902	JEN	VALLANCE	STFRAN	F	38	35-39F	0.43.24	1
35	1876	1876	VALENTINO	MEI	TEMP	M	14	JM	0.43.34	0
36	1634	1634	WILFRED	NELANI	TEMP	M	28	SM	0.43.34	0
37	1092	841	ERICH	VERSFELD	32GI	M	29	SM	0.44.01	1
38	1878	2659	KHAKA	NJOZELA	VITALITY	M	38	35-39M	0.44.27	1
39	1458	554	PETRUS	RADEMEYER	RUN4C	M	50	50-54M	0.44.44	1
40	1608	1608	BUCHULE	MAGQUNTULA	TEMP	M	24	SM	0.45.01	0
41	1792	1403	BABALWA	NGCOKO	NEDBANK	F	37	35-39F	0.45.03	1
42	1788	2807	SABELO	MELITAFA	CSEP	M	45	45-49M	0.45.16	1
43	1623	1623	ATHI.THE.LION	MKANGELWA	TEMP	M	35	35-39M	0.45.36	0
44	1777	1729	BRIAN	JONAS	GELVAN	M	64	60-64M	0.45.48	1
45	1521	281	MONIQUE	RICHARDSON	MUIRITE	F	29	SF	0.46.06	1
46	1849	2634	SIMONE	SCHOONBEE	MADIBAZ	F	24	SF	0.46.25	1
47	1786	1451	ELROY	MATTHEWS	NEDBANK	M	55	55-59M	0.46.25	1
48	1835	1590	ANNEKE	MOORE	DESPATCH	F	41	40-44F	0.46.25	1
49	1748	1569	NEEVRA	BELLINGAN	DESPATCH	F	38	35-39F	0.46.26	1
50	1877	271	MELANIE	SLABBERT	MUIRITE	F	39	35-39F	0.46.28	1
51	1506	1326	ARNO	NEL	NEDBANK	M	47	45-49M	0.46.43	1
52	1868	1037	CHESTER	BROOKS	XCEL	M	67	65-69M	0.46.49	1
53	1884	40273	KEENIN	SLAMDILL	ATLANTIC	M	15	JM	0.47.17	1
54	1767	40668	JOHAN	DYER	SCHOOL	M	17	JM	0.47.20	1
55	1764	40186	CANDICE	DEYSEL	NEDBANK	F	15	JF	0.47.25	1
56	1938	50375	KHANYISO	TSHIKA	HAVEN	M	55	55-59M	0.47.32	0
57	1950	1950	JEAN-CLAUDE	DU TOIT	TEMP	M	34	SM	0.47.40	0
58	1782	347	BRUCE	LE GRANGE	MUIRITE	M	32	SM	0.47.50	1
59	1856	1432	DELIWE	NYANGA	NEDBANK	F	36	35-39F	0.48.01	1
60	1745	1751	SAMIER	ABRAHAMS	GELVAN	M	54	50-54M	0.48.07	1
61	1929	1929	TEVIN	PRINSLOO	TEMP	M	30	SM	0.48.12	0
62	1742	1142	RODNEY	WITBOOI	TEMP	M	53	50-54M	0.48.13	0
63	1864	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.48.13	1

64	1814	768	WILLIE	ELS	CRUSADE	M	49	45-49M	0.48.34	1
65	1889	1745	SHAFIEK	RASDIEN	GELVAN	M	53	50-54M	0.48.38	1
66	1802	949	WELCOME	BASKITI	CHARLO	M	57	55-59M	0.48.50	1
67	1082	1560	PIETER	STRYDOM	DESPATCH	M	63	60-64M	0.49.20	1
68	1861	1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.49.25	1
69	1077	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	64	60-64F	0.49.36	1
70	1872	1229	NATASCIA	DE RIDDER	ELITEAC	F	46	45-49F	0.50.00	1
71	1573	1573	BANELE	BLAAUW	TEMP	M	31	SM	0.50.01	0
72	1595	1595	SILIZIWE	JAKO	TEMP	M	27	SM	0.50.13	0
73	1291	196	LONWABO	FONGO	CSEP	M	38	35-39M	0.51.02	1
74	1855	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	0.51.02	1
75	1592	1592	GUNTHER	HOUGH	TEMP	M	51	50-54M	0.51.03	0
76	1709	1109	TILMANN	KRAFT	TEMP	M	22	SM	0.51.10	0
77	1664	1664	MAYA	TARLTON	TEMP	F	22	SF	0.51.11	0
78	1874	1731	LEONARD	ERASMUS	GELVAN	M	67	65-69M	0.51.35	1
79	1555	1921	OWEN	NCUBE	BLUEBAY	M	43	40-44M	0.51.47	1
80	1705	1105	TRISTEN	DU RANDT	TEMP	M	25	SM	0.51.59	0
81	1464	1531	NEIL	INGRAM	DESPATCH	M	38	35-39M	0.52.05	1
82	1853	40111	Dylan-John	Steyn	CHARLO	M	16	JM	0.52.11	1
83	1863	40073	STACEY	DE RIDDER	ELITEAC	F	15	JF	0.52.16	1
84	1737	1137	LUXOLO	SONKWALA	TEMP	M	41	40-44M	0.52.39	0
85	1078		UNKNOWN		TEMP	F	35	35-39F	0.53.10	0
86	1019	1019	EVERTON	JAFTHA	TEMP	M	39	35-39M	0.53.26	0
87	1096	1567	JACOBUS	WYATT	DESPATCH	M	62	60-64M	0.53.32	1
88	1710	1110	FATI	LIKHAYA	TEMP	M	29	SM	0.53.35	0
89	1588	1588	JAMES	FORD	TEMP	M	21	SM	0.53.40	0
90	1321	851	THANDO	FRANS	SPAREC	M	47	45-49M	0.53.40	1
91	1964	1781	RUDI	SWARTS	GELVAN	M	47	45-49M	0.53.43	1
92	1561	1561	MARCEL	ABRAHAMS	TEMP	M	33	SM	0.53.44	0
93	1784	40285	NATHAN	LOTTERING	ATLANTIC	M	19	JM	0.53.47	1
94	1772	1695	CARLA	GILLWALD	MADIBA	F	36	35-39F	0.53.47	1
95	1944	1621	WILHELM	KILIAN	MADIBA	M	48	45-49M	0.53.50	1
96	1943	1943	DUANE	VAN APPEL	TEMP	M	21	SM	0.53.50	0
97	1947	1262	SABIR	SALIE	VWAC	M	37	35-39M	0.53.57	1
98	1548	1214	BENITA	GERBER	ELITEAC	F	60	60-64F	0.54.04	1
99	1535	732	MANUELA	THURNHER	CRUSADE	F	59	55-59F	0.54.09	1
100	1862	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.54.22	1
101	1996	556	ARTHUR	WILLIAMS	RUN4C	M	62	60-64M	0.54.28	1
102	1646	1646	KUDWAKWASHE	NYAMUTSAMBIRA	TEMP	M	34	SM	0.54.29	0
103	1716	1116	ATENKOSI	MALUKAZI	TEMP	M	24	SM	0.54.39	0
104	1570	1570	NICHOLAS	BANGO	TEMP	M	38	35-39M	0.54.46	0
105	1469	2794	KEITH	VAN AARDT	DESPATCH	M	52	50-54M	0.54.49	1
106	1732	1132	JUSTIN	POTGIETER	TEMP	M	22	SM	0.54.51	0
107	1725	1125	PHELELA	MONA	TEMP	F	28	SF	0.54.57	0
108	1610	1610	NODUMO	MALINGE	TEMP	F	30	SF	0.54.58	0
109	1762	75	HESTER	DEKKER	SAPPE	F	53	50-54F	0.54.59	1
110	1936	1936	LAURE	PIETERSE	TEMP	M	54	50-54M	0.55.01	0
111	1138	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.55.03	1
112	1690	1690	SIPHOSETHU	MXATULE	TEMP	F	32	SF	0.55.04	0
113	1663	1663	ZENANDE	SONKWALA	TEMP	M	26	SM	0.55.10	0
113	1502	458	THOKOZANI	MTIMKULU	CHILLIEP	F	28	SF	0.55.20	1
114	1502	458	THOKOZANI	MTIMKULU	CHILLIEP	F	28	SF	0.55.20	1
115	1511	1843	BOMKAZI	NTONI	HOLLYWOO	F	37	35-39F	0.55.21	1
116	1496	2266	NDILEKA	MGCUWE	VUKANI	F	47	45-49F	0.55.25	1
117	1601	1601	UNATHI	KALIPA	TEMP	M	24	SM	0.55.25	0
118	1945	1945	DARREN	TAIT	TEMP	M	21	SM	0.55.27	0
119	1691	1691	LISIKHANYA	NXELE	TEMP	M	23	SM	0.55.28	0
120	1896	2797	YAMKELA	QOMIYANA	ASPEN	M	29	SM	0.55.29	1
121	1913	1913	EADEN	TAIT	TEMP	M	23	SM	0.55.34	0
122	1522	2778	Marlize	Robinson	MUIRITE	F	31	SF	0.55.34	1
123	1712	1112	CLIVIAN	LOTTERING	TEMP	M	33	SM	0.55.37	0
124	1543	1201	CATHY	ALLERS	ELITEAC	F	63	60-64F	0.55.46	1
125	1065	1065	BONGINKOSI	SESINYI	TEMP	M	30	SM	0.55.47	0
126	1974	1974	MZUMVIKILE	MOOI	TEMP	M	58	55-59M	0.55.48	0
127	1567	1567	ALLISTER	ARENDS	TEMP	M	40	40-44M	0.55.51	0

128	1518	2964	CHESLIN	PLAATJIES	VITALITY	M	39	35-39M	0.55.51	1
129	1083	40012	YARDON	SWARTBOOI	RUN4C	M	16	JM	0.56.01	1
130	1781	2127	MECAYLA	KOCK	ATLANTIC	F	21	SF	0.56.05	1
131	1824	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	0.56.31	1
132	1927	1927	LESEDI Z	NYONI	TEMP	M	19	SM	0.56.32	0
133	1870	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	65	65-69M	0.56.56	1
134	1854	926	TREVOR	VAN RENSBURG	CHARLO	M	72	70+M	0.57.27	1
135	1651	1651	BIANCA	ROBERTS	TEMP	F	36	35-39F	0.57.27	0
136	1547	2947	FERAAN	GEORGE	MALABAR	M	39	35-39M	0.57.33	1
137	1644	1644	GCINIKHAYA	NTLIZIYWANA	TEMP	M	44	40-44M	0.57.40	0
138	1797	1955	DANIEL	PIETERSE	BLUEBAY	M	62	60-64M	0.57.43	1
139	1845	997	NOLUVUYOLWETHU	QOKWENI	CHARLO	F	43	40-44F	0.57.45	1
140	1837	2169	Willy-Dean	Myburgh	CHARLO	M	29	SM	0.57.48	1
141	1553	2766	MOELETSI	MOOROSI	SAPPE	M	32	SM	0.57.51	1
142	1680	1139	ROBERT	SPRUNG	CHARLO	M	27	SM	0.57.53	1
143	1769	1512	DEON	ENGELBRECHT	NEDBANK	M	57	55-59M	0.57.56	1
144	1809	903	KESVAL	CHETTY	CHARLO	M	60	60-64M	0.58.05	1
145	1937	1937	LIYABONA	BOOI	TEMP	M	19	SM	0.58.14	0
146	1597	1597	KUHLE	JOBELA	TEMP	M	30	SM	0.58.20	0
147	1965	1782	THEODORE	SCHMITT	GELVAN	M	46	45-49M	0.58.22	1
148	1806	967	MIKE	BURGER	CHARLO	M	65	65-69M	0.58.28	1
149	1825	969	GARY	KELLEHER	CHARLO	M	67	65-69M	0.58.29	1
150	1803	956	NEELESH	BHANA	CHARLO	M	53	50-54M	0.58.30	1
151	1574	1574	BRENT	BLIGNAUT	TEMP	M	31	SM	0.58.38	0
152	1893	220	MKHANYISI	DHINGWE	CSEP	M	33	SM	0.58.41	1
153	1509	40203	Zane	Niekerk	GELVAN	M	11	JM	0.58.43	1
154	1682	284	ESTELLE	VAN DER MERWE	MUIRITE	F	59	55-59F	0.58.43	1
155	1094	1534	FRANCOIS	WIUM	DESPATCH	M	42	40-44M	0.58.44	1
156	1968	40143	NOMANDLA	TOLWANA	CHILLIEP	F	17	JF	0.58.50	1
157	1817	1950	Nicole	GRAY	BLUEBAY	F	24	SF	0.58.52	1
158	1836	2170	Matthew	Muller	CHARLO	M	23	SM	0.58.56	1
159	1505	620	NOSIPHIWO	MZANYWA	ASPEN	F	36	35-39F	0.59.09	1
160	1126	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	0.59.11	1
161	1713	1113	SARAH-LEE	LOTTERING	TEMP	F	28	SF	0.59.15	0
162	1468	717	TANYA	JANSEN VAN VUUREN	CRUSADE	F	56	55-59F	0.59.18	1
163	1880	728	PAUL	LUBBE	CRUSADE	M	63	60-64M	0.59.19	1
164	1562	1562	SHAHEED	ABRAHAMS	TEMP	M	43	40-44M	0.59.19	0
165	1100	840	BRONWIN	MEYER	32GI	F	52	50-54F	0.59.21	1
166	1604	1604	ABU	KHADROUI	TEMP	M	23	SM	0.59.25	0
167	1088	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	0.59.30	1
168	1085	77	LOUIS	SWIEGELAAR	SAPPE	M	59	55-59M	0.59.39	1
169	1335	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	45	45-49M	0.59.49	1
170	1593	1593	PIETER	HUMAN	TEMP	M	29	SM	0.59.54	0
171	1587	1587	JOSHUA	ELLIOTT	TEMP	M	23	SM	1.00.02	0
172	1978	52924	YRENE	ROWE	MPOX	F	52	50-54F	1.00.06	0
173	1577	1577	LYLLE	BREDA	TEMP	M	28	SM	1.00.11	0
174	1823	764	SJANI	HUMAN	CRUSADE	F	55	55-59F	1.00.21	1
175	1590	1590	LUTHO	GWILI	TEMP	M	29	SM	1.00.40	0
176	1738	1138	LOUISE	STIGLINGH	TEMP	F	32	SF	1.00.42	0
177	1508	707	MPUMELELO	NGWENYA	CRUSADE	M	35	35-39M	1.00.50	1
178	1841	2172	LEE	PAGE	CHARLO	F	42	40-44F	1.00.55	1
179	1493	215	BONGA	MBIZELA	CSEP	M	42	40-44M	1.01.20	1
180	1527	1769	DEON	SMITH	GELVAN	M	57	55-59M	1.01.26	1
181	1773	1716	DERICK	GOLIATH	GELVAN	M	61	60-64M	1.01.26	1
182	1907	1907	ADRIAAN	HUYGEN	TEMP	M	38	35-39M	1.01.29	0
183	1990	1380	BANDILE	CUNTU	NEDBANK	M	60	60-64M	1.01.31	1
184	1972	1972	NICOLA	STAP	TEMP	F	31	SF	1.01.32	0
185	1871	2504	WAYNE	MAC GEAR	MADIBAZ	M	61	60-64M	1.01.37	1
186	1400	50727	JUANITA	BRINK	KIMBH	F	46	45-49F	1.01.52	0
187	1747	128	DAWOOD	BABOO	MALABAR	M	38	35-39M	1.01.58	1
188	1752	1930	TIM	BRAY	BLUEBAY	M	62	60-64M	1.02.02	1
189	1575	1575	TYRONE	BLIGNAUT	TEMP	M	62	60-64M	1.02.10	0
190	1307	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.02.17	1
191	1948	1948	SINETHEMBA	MAPAPU	TEMP	M	39	35-39M	1.02.28	0
192	1005	1005	ROWAINE	ADAMS	TEMP	M	44	40-44M	1.02.51	0

193	1756	1557	CARIN	COETZEE	DESPATCH	F	48	45-49F	1.02.54	1
194	1768	575	JACKIE	ELOFF	RUN4C	F	52	50-54F	1.03.01	1
195	1640	1640	MBULELO	NOFEMELA	TEMP	M	37	35-39M	1.03.02	0
196	1914	1914	DEVON	TEUBES	TEMP	M	24	SM	1.03.02	0
197	1659	1659	PHUMLANI	SHAZI	TEMP	M	40	40-44M	1.03.04	0
198	1017	1017	MSAWENKOSI	GUMBI	TEMP	M	39	35-39M	1.03.04	0
199	1904	1904	WANDA	GERBER	TEMP	F	46	45-49F	1.03.08	0
200	1692	1692	ANAM	NYUBUSE	TEMP	M	30	SM	1.03.24	0
201	1031	1031	THAABIET	MADATT	TEMP	M	50	50-54M	1.03.30	0
202	1776	2124	ROMELDO	HOSHE	ATLANTIC	M	42	40-44M	1.03.47	1
203	1499	2386	RICHARD	MOLYNEUX	JBAY	M	66	65-69M	1.03.49	1
204	1758	2907	MOMELEZI	COMJWA	ASPEN	M	29	SM	1.03.56	1
205	1622	1622	MARYNA	MEYER	TEMP	F	54	50-54F	1.03.57	0
206	1055	1055	BULELANI	NTSHINTHSI	TEMP	M	42	40-44M	1.03.58	0
207	1866	1202	JACQUES	LANGLEY	ELITEAC	M	36	35-39M	1.04.02	1
208	1086	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	1.04.02	1
209	1807	2746	NOSIZWE	CEKISO	NMBAC	F	37	35-39F	1.04.11	1
210	1515	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.04.18	1
211	1685	1685	SHARON	HERMAANS	TEMP	F	47	45-49F	1.04.20	0
212	1916	1916	LWANDO	BANA	TEMP	F	25	SF	1.04.25	0
213	1586	1586	MZOVELE	DLAMINI	TEMP	M	40	40-44M	1.04.26	0
214	1099	827	TAMMY	SOUTHBY	32GI	F	51	50-54F	1.04.27	1
215	1406	2406	NATALIE	ELLIOTT	TEMP	F	55	55-59F	1.04.32	0
216	1528	466	LYNETTE	SMUTS	WALMER	F	58	55-59F	1.04.32	1
217	1733	1133	GABRIELLA	RUDLIN	TEMP	F	14	JF	1.04.34	0
218	1063	1063	LLOYD	RUDLIN	TEMP	M	52	50-54M	1.04.34	0
219	1833	1141	LAUREN	MCKAY	CHARLO	F	44	40-44F	1.04.43	1
220	1826	1142	JOLENE	LERM	CHARLO	F	41	40-44F	1.04.43	1
221	1060	187	DENVER	BARENDSE	CSEP	M	37	35-39M	1.04.48	1
222	1615	1615	BULELANI	MATENJWA	TEMP	M	43	40-44M	1.04.51	0
223	1606	1606	MATTHEW	LANGSON	TEMP	M	27	SM	1.04.54	0
224	1844	902	KRISH	PILLAY	CHARLO	M	63	60-64M	1.04.57	1
225	1582	1582	ZETHU	CITI	TEMP	F	28	SF	1.05.10	0
226	1583	1583	PHUMLILE	COTIYANE-PONDO	TEMP	M	34	SM	1.05.11	0
227	1885	434	NQABISA	BENYA	CHILLIEP	F	44	40-44F	1.05.12	1
228	1589	1589	ANTOINETTE	GREEFF	TEMP	F	40	40-44F	1.05.20	0
229	1657	1657	NADIA	SERFONTEIN	TEMP	F	50	50-54F	1.05.20	0
230	1339	703	LEE	GANDER	CRUSADE	M	68	65-69M	1.05.23	1
231	1084	553	TYRESE	SWARTBOOI	RUN4C	M	21	SM	1.05.29	1
232	1232	1935	XENOPHON	FERREIRA	BLUEBAY	M	63	60-64M	1.05.32	1
233	1523	748	MELINDA	ROIG	CRUSADE	F	55	55-59F	1.05.49	1
234	1816	1945	Janine	Gray	BLUEBAY	F	47	45-49F	1.05.49	1
235	1621	1621	ANDREW	MEYER	TEMP	M	51	50-54M	1.05.51	0
236	1704	1104	MALUSI	DLAMINI	TEMP	M	36	35-39M	1.05.57	0
237	1546	289	RENAY	DU PLESSIS	MUIRITE	F	57	55-59F	1.05.58	1
238	1746	1103	LIZ	AUSTIN	ACH	F	66	65-69F	1.06.03	1
239	1754	725	Wendy	Bululu	CRUSADE	F	42	40-44F	1.06.05	1
240	1860	1104	CATHERINE	IVES	ACH	F	72	70+F	1.06.11	1
241	1901	1901	KHALID	ABRAHAMS	TEMP	M	34	SM	1.06.13	0
242	1714	1114	AWONKE	LUCWABA	TEMP	F	29	SF	1.06.21	0
243	1531	1711	DUNCAN	STEENKAMP	MADIBA	M	26	SM	1.06.26	1
244	1724	1124	KEKELETSO	MOKOENA	TEMP	M	39	35-39M	1.06.30	0
245	1908	1908	SIYANGA	MADIKIZELA	TEMP	F	35	35-39F	1.06.32	0
246	1765	2758	Zander	du Plessis	MUIRITE	M	20	SM	1.06.50	1
247	1006	1006	TRACY	ADAMS	TEMP	F	41	40-44F	1.06.53	0
248	1778	1603	RONNIE	JONKER	DESPATCH	M	55	55-59M	1.06.58	1
249	1541	520	SASKIA	WAIT	RUN4C	F	23	SF	1.06.59	1
250	1540	550	LIEZEL	WAIT	RUN4C	F	52	50-54F	1.06.59	1
251	1751	1631	AMANDA	BLIGNAULT	MADIBA	F	65	65-69F	1.07.00	1
252	1920	1920	KIERAN	LEWIES	TEMP	M	19	JM	1.07.03	0
253	1760	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.07.08	1
254	1932	1932	SINOTHANDO	TISO	TEMP	F	30	SF	1.07.08	0
255	1706	1106	COURNEY	DURRHEIM	RUN4C	F	31	SF	1.07.10	1
256	1761	1624	ESTELLE	DE KLERK	MADIBA	F	58	55-59F	1.07.13	1
257	1886	303	SANET	VAN NIEKERK	MUIRITE	F	56	55-59F	1.07.15	1

258	1711	1111	CATHERINE	LILLIE	TEMP	F	53	50-54F	1.07.16	0
259	1503	2681	MELUMZI	MTSHAYI	VITALITY	M	44	40-44M	1.07.18	1
260	1090	626	VICKI	VAN SCHALKWYK	ASPEN	F	43	40-44F	1.07.19	1
261	1600	1600	HANLIE-ANN	JUNIUS	TEMP	F	53	50-54F	1.07.21	0
262	1675	1675	MARGIT	ZEVEVIC	TEMP	F	40	40-44F	1.07.26	0
263	1585	1585	PHILIP	DE BEER	TEMP	M	50	50-54M	1.07.26	0
264	1676	1676	TONI	ZEVEVIC	TEMP	M	54	50-54M	1.07.26	0
265	1481	1239	YOLANDE	KNOETZE	ELITEAC	F	57	55-59F	1.07.27	1
266	1934	1934	THOKE	MONAMA	TEMP	M	30	SM	1.07.27	0
267	1679	2136	NOMATHAMSANGA	SOPHAZI	TRANSNET	F	49	45-49F	1.07.35	1
268	1805	1556	RIAANA	BOUWER	DESPATCH	F	48	45-49F	1.07.45	1
269	1617	1617	RYAN	MCCARTHY	TEMP	M	27	SM	1.07.48	0
270	1820	2508	DANEILLE	HARRY	MADIBAZ	F	39	35-39F	1.07.49	1
271	1603	1603	INECE	KAYSER	TEMP	F	56	55-59F	1.07.52	0
272	1013	1013	JEAN-CLAUDE	DEERLING	TEMP	M	31	SM	1.07.55	0
273	1852	481	CHRISTO	STEYN	RUN4C	M	57	55-59M	1.07.58	1
274	1987	1987	LUZUKO	ZIMELA	TEMP	M	29	SM	1.08.09	0
275	1791	645	KHULISO	NEPHALAMA	ASPEN	M	34	SM	1.08.15	1
276	1671	1671	MINIQUE	VAN TONDER	TEMP	F	18	JF	1.08.16	0
277	1984	1984	LULAMILE	MBOVANE	TEMP	M	52	50-54M	1.08.20	0
278	1689	1689	SIMTANDILE	MVELO	TEMP	F	27	SF	1.08.22	0
279	1507	1197	NOREEN	NELSON	ELITEAC	F	60	60-64F	1.08.37	1
280	1686	1686	ARTHUR	MAASDORP	TEMP	M	35	35-39M	1.08.40	0
281	1834	2603	PHATHEKA	MOKGWETSI	MADIBAZ	F	33	SF	1.08.44	1
282	1780	131	SHUKRY	KAFAAR	MALABAR	M	39	35-39M	1.08.52	1
283	1602	1602	KHETHELO	KASE	TEMP	M	35	35-39M	1.09.00	0
284	1910	1910	LISA	RANDALL	TEMP	F	45	45-49F	1.09.13	0
285	1902	1902	MICHELLE	BLOM	TEMP	F	47	45-49F	1.09.13	0
286	1815	2162	ERIKA	FOREMAN	CHARLO	F	54	50-54F	1.09.17	1
287	1819	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	1.09.17	1
288	1926	1926	VUYANI	NOTSHOBA	TEMP	M	48	45-49M	1.09.25	0
289	1351	570	PIETER	GERBER	RUN4C	M	66	65-69M	1.09.27	1
290	1790	617	JESSICA	MURPHY	ASPEN	F	34	SF	1.09.29	1
291	1975	1975	KEVIN	GARDNER	TEMP	M	45	45-49M	1.09.31	0
292	1851	884	SHAMEMMA	SOLOMON	CHARLO	F	44	40-44F	1.09.31	1
293	1029	126	MOGAMAD	ABDOLLATIEF	MALABAR	M	52	50-54M	1.09.31	1
294	1611	1611	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.09.34	0
295	1080	2793	Mark	Siyaya	DESPATCH	M	44	40-44M	1.09.36	1
296	1537	2036	ANDRE	VAN DER BANK	MUIRITE	M	53	50-54M	1.09.37	1
297	1795	1542	CELESTE	OOSTHUIZEN	RUN4C	F	34	SF	1.09.55	1
298	1466	1532	SIMONDA	INGRAM	DESPATCH	F	39	35-39F	1.09.56	1
299	1718	1118	SARAH	MARX	TEMP	F	32	SF	1.09.56	0
300	1719	1119	AYABONGA	MATSHAYA	TEMP	F	27	SF	1.09.57	0
301	1295	299	JOHANNES	HERBST	MUIRITE	M	79	70+M	1.09.59	1
302	1763	41	TINA	DERBYSHIRE	SAPPE	F	70	70+F	1.09.59	1
303	1071	1071	ALTHEA	SWARTZ	TEMP	F	41	40-44F	1.10.09	0
304	1800	1800	NOBUNTU	MCUNUKELWA	TEMP	F	35	35-39F	1.10.15	0
305	1662	1662	NICOLE	SOMMER	TEMP	F	53	50-54F	1.10.19	0
306	1699	311	NICKI	VAN NIEKERK	MUIRITE	F	71	70+F	1.10.20	1
307	1545	309	YVETTE	BROPHY	MUIRITE	F	55	55-59F	1.10.20	1
308	1110	286	SANET	BLOM	MUIRITE	F	57	55-59F	1.10.22	1
309	1922	1922	SANELE	MFIKI	TEMP	M	29	SM	1.10.22	0
310	1599	1599	NAYOLENE	JOSEPHUS	TEMP	F	32	SF	1.10.30	0
311	1708	1108	SINOVUYO	JACOB	TEMP	M	31	SM	1.10.37	0
312	1552	2652	MIHLALI	MBANGENI	MADIBAZ	F	26	SF	1.10.57	1
313	1955	1955	MOEGAMAT	JOHNSON	TEMP	M	56	55-59M	1.11.06	0
314	1482	1936	MARKUS	KUNNEKE	BLUEBAY	M	55	55-59M	1.11.10	1
315	1014	1014	JOHN	DENNIS	TEMP	M	51	50-54M	1.11.27	0
316	1113	279	VERONICA	BOSHOFF	MUIRITE	F	64	60-64F	1.11.28	1
317	1839	609	Bongani	Ngcala	ASPEN	M	34	SM	1.11.40	1
318	1759	1348	XOLILE	GOMOMO	NEDBANK	M	72	70+M	1.11.42	1
319	1735	1135	SHARYN	RUDLIN	TEMP	F	46	45-49F	1.11.44	0
320	1519	1743	THOMAS	PLAATJIES	GELVAN	M	48	45-49M	1.11.47	1
321	1043	1926	SIPHOKAZI	BACELA	BLUEBAY	F	32	SF	1.11.49	1
322	1533	346	LEANDRE	STRUMPHER	MUIRITE	F	41	40-44F	1.11.50	1

323	1892	199	PHUMELA	SIGODI	CSEP	F	40	40-44F	1.11.54	1
324	1897	394	THEMBISILE	VETSHEZA	IKHAMVA	F	45	45-49F	1.11.55	1
325	1153	1311	ZUKISWA	ZINTO	NEDBANK	F	44	40-44F	1.11.56	1
326	1749	1099	CRAIG	BESTER	ACH	M	48	45-49M	1.12.01	1
327	1559	1559	VAL	DUMINY	TEMP	F	68	65-69F	1.12.09	0
328	1075	2181	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.12.11	1
329	1684	1684	SIPHOKAZI	DOKWANA	TEMP	F	29	SF	1.12.22	0
330	1991	2680	ALYCIA	LANGLEY	VITALITY	F	31	SF	1.12.23	1
331	1525	214	MASIBULELE	SIQABU	CSEP	M	31	SM	1.12.23	1
332	1785	2270	NOMLINDO	MAKUBALO	VUKANI	F	50	50-54F	1.12.28	1
333	1808	923	EVA	CHETTY	CHARLO	F	56	55-59F	1.12.30	1
334	1614	1614	PHUMELELA	MASISO	TEMP	F	43	40-44F	1.12.45	0
335	1843	901	EUSENTHA	PILLAY	CHARLO	F	59	55-59F	1.12.45	1
336	1828	995	BERNADETTE	LOOCK	CHARLO	F	45	45-49F	1.12.56	1
337	1089	2811	AMUKELANI	VALOYI	ASPEN	F	30	SF	1.12.58	1
338	1829	2308	THOBEKA	MABUSELA	VUKANI	F	63	60-64F	1.13.11	1
339	1288	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.13.11	1
340	1986	1986	SIPHO	MAKIBENI	TEMP	M	51	50-54M	1.13.19	0
341	1516	2373	NADIA	PETERSEN	JBAY	F	68	65-69F	1.13.27	1
342	1891	193	MZIMKHULU	DYWILI	CSEP	M	36	35-39M	1.13.31	1
343	1755	624	BANDLAKAZI	CABA	ASPEN	F	37	35-39F	1.13.37	1
344	1130	1606	FANIE	CLAASSEN	DESPATCH	M	67	65-69M	1.13.41	1
345	1731	1131	HLUBIKAZI	NQADINI	TEMP	F	36	35-39F	1.13.42	0
346	1770	591	ERICA	ERASMUS	RUN4C	F	55	55-59F	1.13.53	1
347	1804	601	RIANA	BOSHOF	ASPEN	F	42	40-44F	1.14.01	1
348	1453	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.14.25	1
349	1460	40440	MATTHEW	HECHTER	ELITEAC	M	14	JM	1.14.25	1
350	1960		UNKNOWN		TEMP	M	35	35-39M	1.14.25	0
351	1665	1665	SIPHOKAZI	TOTO	TEMP	F	32	SF	1.15.00	0
352	1702	1102	JAMES	CHIPUNZA	TEMP	M	44	40-44M	1.15.12	0
353	1655	1655	VUYISILE	SAMBOKWE	TEMP	M	54	50-54M	1.15.35	0
354	1707	1107	KAILAH	EMMANUEL	TEMP	F	20	SF	1.15.39	0
355	1062	1062	SULAMAN	RECIET	TEMP	M	53	50-54M	1.15.48	0
356	1982	1982	MNCEDISI	HOTE	TEMP	M	57	55-59M	1.15.49	0
357	1114	2333	ALIZWA	BOVUNGANA	VUKANI	M	24	SM	1.15.50	1
358	1882	2115	DERRICK	HOSHE	ATLANTIC	M	66	65-69M	1.15.56	1
359	1514	1956	SONJA	OLIVIER	BLUEBAY	F	57	55-59F	1.16.17	1
360	1740	1140	MOSALE	TLAKA	TEMP	F	28	SF	1.16.18	0
361	1081	2475	NOLUBABALO	SOHABA	ABSAEP	F	36	35-39F	1.16.20	1
362	1905	1905	SILULUTHO	GIBE	TEMP	F	31	SF	1.16.30	0
363	1068	1068	INEZ	SLATER	TEMP	F	41	40-44F	1.16.34	0
364	1822	925	NOREEN	HUMAN	CHARLO	F	48	45-49F	1.16.36	1
365	1734	1134	LUKE	RUDLIN	TEMP	M	17	JM	1.16.38	0
366	1998	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	1.16.48	1
367	1189	572	SHANTE	DU PLESSIS	RUN4C	F	32	SF	1.16.49	1
368	1542	642	ESTINE	KEIRSGIETER	ASPEN	F	37	35-39F	1.16.59	1
369	1667	1667	SIYABONGA	TSHAKA	TEMP	M	42	40-44M	1.17.05	0
370	1821	966	KEANO	HITZEROTH	CHARLO	M	24	SM	1.17.09	1
371	1942	1942	TIAAN	FERREIRA	TEMP	M	24	SM	1.17.16	0
372	1793	420	NOLUBABALO	NGQOBA	CHILLIEP	F	32	SF	1.17.17	1
373	1900	2315	SEEMOLA	MADLOKAZI	VUKANI	F	34	SF	1.17.18	1
374	1818	326	NEIL	GROBLER	MUIRITE	M	65	65-69M	1.17.28	1
375	1906	1906	NONCEDO	HESHU	TEMP	F	47	45-49F	1.17.29	0
376	1940	50376	NOSISA	TSHIKA	HAVEN	F	49	45-49F	1.17.36	0
377	1911	1911	LUZUKO	SOLILO	TEMP	M	42	40-44M	1.17.39	0
378	1918	1918	SIVUYILE	KLAAS	TEMP	M	33	SM	1.17.45	0
379	1467	207	PUMLA	JANGE	CSEP	F	49	45-49F	1.17.53	1
380	1715	1115	XOLANI	MAKASI	TEMP	M	52	50-54M	1.17.58	0
381	1492	45743	SISIPHO	MAYO	UNKNOWN	F	27	SF	1.18.03	0
382	1633	1633	KANYISA	NDYOKI	TEMP	F	31	SF	1.18.12	0
383	1501	2709	CHARLOTTE	MOTHILALL	VITALITY	F	42	40-44F	1.18.51	1
384	1744	1144	PHELEKA	ZONO	TEMP	F	23	SF	1.18.54	0
385	1727	1127	LUSANDA	MQUQO	TEMP	F	41	40-44F	1.18.55	0
386	1520	194	NOMVUYO	QEMA	CSEP	F	55	55-59F	1.18.58	1
387	1584	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.19.04	1

388	1953	1953	SIMONE	JORDAAN	TEMP	F	45	45-49F	1.19.04	0
389	1102	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	67	65-69F	1.19.05	1
390	1450	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	50	50-54F	1.19.07	1
391	1757	1655	ANITA	COETZER	MADIBA	F	51	50-54F	1.19.07	1
392	1838	2222	NOMBULELO	NDZUZO	SIBALEKA	F	44	40-44F	1.19.18	1
393	1739	1139	DELRAE	TALJARD	TEMP	F	52	50-54F	1.19.43	0
394	1628	1628	OYAMA	MPUSHE	TEMP	M	29	SM	1.19.45	0
395	1636	1636	ROANALD	NEMUKULA	TEMP	M	46	45-49M	1.19.45	0
396	1568	1568	SINETHEMBA	BABI	TEMP	F	34	SF	1.19.55	0
397	1500	527	Kamohelo	Mota	RUN4C	F	31	SF	1.19.56	1
398	1532	2927	SIMON	STRIMLING	ATLANTIC	M	63	60-64M	1.20.04	1
399	1678	1678	PAULA	ZWANE	TEMP	F	42	40-44F	1.20.28	0
400	1673	1673	ROMEO	WHITEBOOI	TEMP	M	52	50-54M	1.20.51	0
401	1317	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.21.21	1
402	1557	2648	SHAUN	RAMROOP	MADIBAZ	M	58	55-59M	1.21.23	1
403	1486	489	PRISCILLA	LAZARO	RUN4C	F	60	60-64F	1.21.28	1
404	1846	2176	CHENEL	ROBEY	CHARLO	F	46	45-49F	1.21.30	1
405	1931	1931	ONESIMO	SISHUTU	TEMP	F	22	SF	1.21.30	0
406	1933	1933	AKHONA	VALTYN	TEMP	F	36	35-39F	1.21.32	0
407	1619	1619	EZILE	MDIKWA	TEMP	F	28	SF	1.21.34	0
408	1544	2768	NOMVELISO	BIDLA	SAPPE	F	32	SF	1.21.54	1
409	1526	1343	BERENICE	SMITH	NEDBANK	F	60	60-64F	1.21.58	1
410	1888	1747	RAZAANAH	STRYDOM	GELVAN	F	51	50-54F	1.21.59	1
411	1452	1434	DIANNE	HARTZENBERG	NEDBANK	F	66	65-69F	1.22.23	1
412	1616	1616	REMOABETSWE	MATHOBELA	TEMP	F	30	SF	1.22.24	0
413	1729	1129	ZAMANI	NGUBO	TEMP	M	30	SM	1.22.28	0
414	1831	1871	RENEILWE	MALEMATJA	HOLLYWOO	F	33	SF	1.22.31	1
415	1799	464	SHARON	POTGIETER	WALMER	F	60	60-64F	1.22.35	1
416	1963	1963	MBALI	QUBEKA	TEMP	F	27	SF	1.22.38	0
417	1694	1694	DANTÉ	VAN HEERDEN	TEMP	F	25	SF	1.22.54	0
418	1775	2897	ABONGILE	HINTSA	ASPEN	F	27	SF	1.22.55	1
419	1743	1143	LEANNE	WIUM	DESPATCH	F	40	40-44F	1.23.08	1
420	1827	1860	KHANYA	LIWANI	HOLLYWOO	F	28	SF	1.23.08	1
421	1674	1674	THEMBELA	XAKEKILE	TEMP	F	36	35-39F	1.23.18	0
422	1999	1409	Yolandi	Kritzingen	NEDBANK	F	39	35-39F	1.23.24	1
423	1992	1643	HERMAN	SAAYMAN	NEDBANK	M	40	40-44M	1.23.25	1
424	1956	1956	PHUMELELA	TSHONA	TEMP	F	42	40-44F	1.23.31	0
425	1669	1669	ALUNGILE	TYWAKU	TEMP	F	32	SF	1.23.31	0
426	1488	190	Nomakula	Manoti	CSEP	F	54	50-54F	1.23.35	1
427	1024	1024	WESLEY	KLUE	TEMP	M	61	60-64M	1.23.40	0
428	1095	2153	THULISA	BATYI	TRANSNET	F	42	40-44F	1.23.46	1
429	1629	1629	THANDOKAZI	MTINI	TEMP	F	30	SF	1.23.48	0
430	1921	1921	SIPHATISE	MALINDI	TEMP	F	26	SF	1.23.50	0
431	1504	2775	URITIAH	MYBURGH	MUIRITE	F	48	45-49F	1.24.05	1
432	1703	1103	VERNA	CLAASSEN	TEMP	F	62	60-64F	1.24.12	0
433	1894	218	YAMKELA	NOMVETE	CSEP	F	30	SF	1.24.42	1
434	1550	2655	SINETHEMBA	DLAMINI	MADIBAZ	F	27	SF	1.24.48	1
435	1810	945	NELMARIE	CROECAMP	CHARLO	F	23	SF	1.24.49	1
436	1783	747	GLYNNE	LLOYD	CRUSADE	M	66	65-69M	1.24.51	1
437	1909	1909	ANDISWA	MALUKAZI	TEMP	F	44	40-44F	1.25.01	0
438	1957	1957	NONTYAMBO	MAFU	TEMP	F	45	45-49F	1.25.25	0
439	1609	1609	PHILISWA	MAKI	TEMP	F	33	SF	1.25.45	0
440	1612	1612	BULELANI	MARA	TEMP	M	40	40-44M	1.25.46	0
440	1502	458	THOKOZANI	MTIMKULU	CHILLIEP	F	28	SF	1.25.47	1
441	1502	458	THOKOZANI	MTIMKULU	CHILLIEP	F	28	SF	1.25.47	1
442	1010	1010	YONELA	BUTA	TEMP	M	36	35-39M	1.25.49	0
443	1811	871	RICHARD	DE ANDRADE	CHARLO	M	64	60-64M	1.26.17	1
444	1485	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.26.17	1
445	1517	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.26.24	1
446	1658	1658	BOKAMOSO	SHAZI	TEMP	F	33	SF	1.26.42	0
447	1491	722	YOLISWA	MATWA	CRUSADE	F	42	40-44F	1.26.47	1
448	1510	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	1.26.55	1
449	1538	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.27.25	1
450	1924	1924	MARTIN	MPOFU	TEMP	M	25	SM	1.27.41	0
451	1832	1836	DIBUSENG	MAOBA	HOLLYWOO	F	44	40-44F	1.27.45	1

452	1137	488	CHERYL	CUPIDO	RUN4C	F	56	55-59F	1.27.47	1
453	1850	939	DINA	SCHUTTE	CHARLO	F	59	55-59F	1.28.04	1
454	1620	1620	PAULINE	MELULA	TEMP	F	66	65-69F	1.28.09	0
455	1489	304	FOZA	MARTIN	MUIRITE	F	64	60-64F	1.28.11	1
456	1580	1580	MISHKA	BUTTRESS	TEMP	F	29	SF	1.28.15	0
457	1023	1023	BABALWA	KLAAS	TEMP	F	39	35-39F	1.28.21	0
458	1581	1581	NDULELA	CANCA	TEMP	F	43	40-44F	1.28.21	0
459	1009	1009	TIZIANA	BONADEI	TEMP	F	59	55-59F	1.28.22	0
460	1012	1012	LYNDON	DE DONCKER	TEMP	M	50	50-54M	1.28.23	0
461	1022	1022	FA-EEZ	KARADIA	TEMP	M	37	35-39M	1.28.23	0
462	1558	336	ARNOLD	RAS	MUIRITE	M	63	60-64M	1.28.36	1
463	1887	1122	BOB	STEDMAN	ACH	M	75	70+M	1.28.37	1
464	1750	1097	CINDI	BESTER	ACH	F	44	40-44F	1.29.10	1
465	1923	1923	SANDISIWE	MAGAGULA	TEMP	F	24	SF	1.29.17	0
466	1530	1140	BRIGITTE	SPRUNG	CHARLO	F	29	SF	1.29.27	1
467	1952	1952	SIMON	REID	TEMP	M	17	JM	1.29.30	0
468	1730	1130	NONTUTHUZELO	NGXONONO- DOUSE	TEMP	F	56	55-59F	1.29.45	0
469	1726	1126	SILINDOKUHLE	MPINDA	TEMP	F	29	SF	1.30.18	0
470	1648	1648	DIKELEDI	RAMOROKA	TEMP	F	41	40-44F	1.30.24	0
471	1632	1632	DELANIE	NAUDE	TEMP	F	50	50-54F	1.30.26	0
472	1635	1635	MPHO	NEMUKULA	TEMP	F	39	35-39F	1.30.35	0
473	1565	1565	AMANDA	NTLIZIYWANA	TEMP	F	41	40-44F	1.30.38	0
474	1912	1912	NOKUKHANYA	SOZWE	TEMP	F	40	40-44F	1.30.39	0
475	1946	1946	NOLUVO	MADIKIZELA	TEMP	F	29	SF	1.30.42	0
476	1118	1760	MARISA	CALISTE	GELVAN	F	39	35-39F	1.30.51	1
477	1229	2789	BUSISIWE	DYANTYI	TRANSNET	F	36	35-39F	1.31.17	1
478	1928	1928	MOTUBATSE	PETE	TEMP	F	32	SF	1.31.18	0
479	1645	1645	LIKHONA	NTLIZIYWANA	TEMP	F	22	SF	1.31.31	0
480	1830	942	EDITH	MAC GEAR	CHARLO	F	57	55-59F	1.31.35	1
481	1867	1471	SHIRLEEN	CLARKE	NEDBANK	F	62	60-64F	1.31.35	1
482	1070	1070	NOMBULELO	SWARTBOOI	TEMP	F	30	SF	1.31.38	0
483	1637	1637	SINDI	NGCAYISA	TEMP	F	33	SF	1.31.49	0
484	1027	1027	ZUKISWA	LAMANI	TEMP	F	50	50-54F	1.32.05	0
485	1693	1693	ASISIPHO	RADEBE	TEMP	F	24	SF	1.32.06	0
486	1995	53	KEZIA	PRINSLOO	SAPPE	F	40	40-44F	1.32.21	1
487	1951	1951	JERMAINE	SIMON	TEMP	M	24	SM	1.32.30	0
488	1959		Sinovuyo	Katiya	TEMP	F	38	35-39F	1.32.38	0
489	1930	1930	THOMO	RACHOENE	TEMP	M	31	SM	1.33.01	0
490	1618	1618	MSIMELELO	MDASHE	TEMP	M	43	40-44M	1.33.16	0
491	1626	1626	GIOVANNI	MPATIE	TEMP	M	46	45-49M	1.33.19	0
492	1687	1687	CHWAYITA	MATSHOBA	TEMP	F	34	SF	1.34.08	0
493	1688	1688	BUSI	MPAHLENI	TEMP	F	39	35-39F	1.34.08	0
494	1919	1919	PHUMEZA	LANGA	TEMP	F	37	35-39F	1.34.10	0
495	1736	1136	ANTONIA	SAWULA	TEMP	F	38	35-39F	1.34.10	0
496	1869	1766	GODFREY	KARIEM	GELVAN	M	84	70+M	1.34.24	1
497	1650	1650	ZANELE	RENQE	TEMP	F	47	45-49F	1.34.26	0
498	1625	1625	LESEDI	MOTUBATSE	TEMP	F	27	SF	1.34.58	0
499	1498	206	TANDAZWA	MNIKA	CSEP	F	38	35-39F	1.35.00	1
500	1741	1141	AMANDA	TONGO	TEMP	F	45	45-49F	1.35.20	0
501	1598	1598	BONGIWE	JOOSEN	TEMP	F	30	SF	1.35.28	0
502	1613	1613	MPONTSHENG	MASILO	TEMP	F	32	SF	1.35.28	0
503	1607	1607	ASEMAHLE	LODZI	TEMP	F	25	SF	1.35.34	0
504	1641	1641	SIYAMTANDA	NOMATYINDYO	TEMP	F	29	SF	1.35.39	0
505	1848	936	MARGOT	SCHNETLER	CHARLO	F	47	45-49F	1.36.22	1
506	1847	935	BRENTON	SCHNETLER	CHARLO	M	50	50-54M	1.36.22	1
507	1579	1579	GENEVIEVE	BUTTRESS	TEMP	F	39	35-39F	1.36.42	0
508	1087	1570	ERIKA	BARNARD	DESPATCH	F	56	55-59F	1.38.01	1
509	1649	1649	NOZIPHIWO	RENQE	TEMP	F	37	35-39F	1.38.13	0
510	1961	1961	NEWEL	DIRIE	TEMP	F	22	SF	1.38.31	0
511	1398	1679	KENNETH	GREYLING	MADIBA	M	65	65-69M	1.41.22	1
512	1566	1566	ZIYANDA	APPOLIS	TEMP	F	23	SF	1.43.03	0
513	1025	1025	XABISO	KONA	TEMP	F	29	SF	1.43.35	0
514	1642	1642	BUSISIWE	NOMBULA	TEMP	F	32	SF	1.47.18	0
515	1873	2330	NOMAWETHU	NOGAGA	VUKANI	F	47	45-49F	1.50.09	1
516	1766	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.50.09	1

HELPERS RUN										
H1	1421	1275	PLAAITJIE	DAMONS	VWAC	M	61	60-64M	0.51.59	1
H2	1422	1551	WERNER	OLIVIER	DESPATCH	M	41	40-44M	1.01.13	1
H3	1423	1586	MAUDY	BOTES	DESPATCH	F	43	40-44F	1.01.25	1
H4	1513	1587	MARISKA	OLIVIER	DESPATCH	F	37	35-39F	1.02.00	1
H5	1116	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	52	50-54M	1.06.00	1
H6	1424	1310	PHUMLA	SIBALI	VWAC	F	46	45-49F	1.06.00	1
H7	1425	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.06.00	1
H8	1484	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	42	40-44M	1.06.46	1
H9	1483	40106	STEFANI	LAMBRECHTS	DESPATCH	F	15	JF	1.07.22	1
H10	1426	1257	STEPHANIE	SCHEEPERS	VWAC	F	28	SF	1.09.50	1
H11	1681	1325	SHANNON	THEOBALD	NEDBANK	F	49	45-49F	1.31.54	1
H12	1427	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.33.58	1
H13	1428	962	MILE	VERMAAK	CHARLO	F	58	55-59F	1.34.00	1