

BAY RUN 10KM - CAPE RECIFE SCHOOL - 2025/10/04

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1257	1338	SIBAHLE	MAQWARA	NEDBANK	M	23	SM	0.33.00	1
2	1258	1392	ZOLANI	MABONGO	NEDBANK	M	39	35-39M	0.34.23	1
3	1265	40184	ASONGE	MTHANA	NEDBANK	M	18	JM	0.34.56	1
4	1236	1942	GEORGE	NTSHILIZA	SIBALEKA	M	46	45-49M	0.36.04	1
5	1108	242	AYABONGA	SAUL	KOWIE	M	22	SM	0.36.13	1
6	1007	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.36.52	1
7	1178	280	ANELE	KHALIPA	MUIRITE	M	36	35-39M	0.37.57	1
8	1260	60	THANDO	NCIPHA	SAPPE	M	33	SM	0.38.28	1
9	1403	9403	ELI	PRITCHARD	TEMP	M	16	JM	0.38.46	0
10	1231	217	SAPHO	NKATA	CSEP	M	48	45-49M	0.38.54	1
11	1237	423	SANDISO	NGXISHE	CHILLIEP	M	55	55-59M	0.39.23	1
12	1221	1424	TAFADZWA	MVUNDURA	NEDBANK	M	38	35-39M	0.39.33	1
13	1074	814	BIANCA	MEISTRE	32GI	F	40	40-44F	0.39.42	1
14	1491	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	0.40.25	1
15	1348	9348	KOBUS	JOUBERT	TEMP	M	50	50-54M	0.40.32	0
16	1232	2863	QAWE	MAJIZA	ADVEN	M	38	35-39M	0.40.33	1
17	1227	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.41.28	1
18	1039	1014	LINDI	GEORGIU	BODYCON	F	45	45-49F	0.41.30	1
19	1014	844	THERESA	BUCHNER	32GI	F	40	40-44F	0.41.44	1
20	1137	522	ADRI	WESSELS	RUN4C	F	49	45-49F	0.41.58	1
21	1177	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	35	35-39M	0.42.56	1
22	1380	9380	JO	MOOLENSCHOT	TEMP	M	28	SM	0.43.08	0
23	1315	9315	LUKE	COYLE-DOWLING	TEMP	M	37	35-39M	0.43.18	0
24	1048	4880	RYAN	HOFFMAN	JQ	M	28	SM	0.43.23	0
25	1437	9437	NIEL	VENTER	TEMP	M	53	50-54M	0.43.31	0
26	1193	2640	BASHEER	ENSAL	MADIBAZ	M	22	SM	0.43.55	1
27	1266	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.44.10	1
28	1240	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	59	55-59M	0.44.35	1
29	1314	9314	GARETH	COYLE-DOWLING	TEMP	M	31	SM	0.44.45	0
30	1249	1249	MBUYISELI	SITENGE	TEMP	M	47	45-49M	0.45.36	0
31	1392	9392	PIKO	NOKWE	TEMP	M	24	SM	0.45.57	0
32	1268	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	0.46.08	1
33	1006	51498	FUNEKA	BEFILI	CHEETHAS	M	34	SM	0.46.14	0
34	1239	1533	THOBELA	NTAMO	DESPATCH	M	40	40-44M	0.46.50	1
35	1289	1061	DEWALD	STEENKAMP	ACH	M	40	40-44M	0.47.15	1
36	1017	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.47.25	1
37	1055	40563	RUBEN	KEYSER	SCHOOL	M	14	JM	0.47.41	1
38	1253	3001	JUAN	GOOSEN	MUIRITE	M	24	SM	0.48.25	1
39	1255	1403	BABALWA	NGCOKO	NEDBANK	F	38	35-39F	0.48.40	1
40	1216	619	BRETT	HOLMES	ASPEN	M	51	50-54M	0.48.52	1
41	1046	51903	MARTHI	HARMSE	BREDA	F	60	60-64F	0.49.09	0
42	1238	2477	LEHLOHONOLO	THOKOA	ABSAEP	M	44	40-44M	0.49.10	1
43	1204	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.49.34	1
44	1473	1473	WAYNE	OATES	TEMP	M	40	40-44M	0.49.36	0
45	1022	40459	ETHAN	DANIELS	GELVAN	M	18	JM	0.49.46	1
46	1043	40200	OWAMI	GWAMANDA	VWAC	M	16	JM	0.49.46	1
47	1076	51195	ZAMA	MNGXUNYENI	CHEETHAS	M	23	SM	0.49.52	0
48	1203	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.50.04	1
49	1030	768	WILLIE	ELS	CRUSADE	M	49	45-49M	0.50.13	1
50	1448	1448	VINCENT	GAMBU	TEMP	M	40	40-44M	0.50.19	0
51	1149	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	0.50.28	1
52	1246	40192	JODY	FLEURS	GELVAN	M	17	JM	0.50.37	1
53	1480	1480	JEAN	SEZOE	TEMP	M	31	SM	0.50.41	0
54	1021	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.50.47	1

55	1223	621	KIRWIN	DE KLERK	ASPEN	M	44	40-44M	0.51.03	1
56	1212	485	WANDILE	BATAYI	RUN4C	M	29	SM	0.51.19	1
57	1228	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.51.58	1
58	1037	1598	LERENZO	FRANCIS	DESPATCH	M	39	35-39M	0.52.02	1
59	1097	1004	JOHANNETTE	OOSTHUIZEN	BODYCON	F	61	60-64F	0.52.06	1
60	1430	9430	JEAN-PIERRE	VAN DER SCHYFF	TEMP	M	15	JM	0.52.18	0
61	1250	1360	SITHEMBILE	MPAKO	NEDBANK	M	65	65-69M	0.52.22	1
62	1290	3344	NEVILLE	LINDSAY	TEAMVIT	M	47	45-49M	0.52.23	0
63	1191	3014	AIDEN	ENGELBRECHT	MADIBAZ	M	16	JM	0.52.36	1
64	1105	554	PETRUS	RADEMEYER	RUN4C	M	51	50-54M	0.52.39	1
65	1493	1493	SILNIWE	JAKO	TEMP	M	27	SM	0.52.41	0
66	1057	1118	BRUCE	KING	ACH	M	59	55-59M	0.52.55	1
67	1313	9313	TARRYNNE	COX	TEMP	F	27	SF	0.52.54	0
68	1174	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.52.56	1
69	1225	1326	ARNO	NEL	NEDBANK	M	47	45-49M	0.53.13	1
70	1396	9396	AVIWE	PAKADE	TEMP	M	39	35-39M	0.53.24	0
71	1550	650	TAFADZWA	MARAMBIRE	ASPEN	M	42	40-44M	0.53.25	1
72	1254	706	STEPHEN	MCCARTHY	CRUSADE	M	64	60-64M	0.53.25	1
73	1077	3061	ERIC	MOENG	CSEP	M	54	50-54M	0.53.29	1
74	1452	1452	CHRISTIAAN	MARAIS	TEMP	M	42	40-44M	0.53.30	0
75	1451	1451	ROBERT	LEE	TEMP	M	53	50-54M	0.53.30	0
76	1466	1466	DAVID	MCEWAN	TEMP	M	52	50-54M	0.53.30	0
77	1346	9346	RIDWAAN	JOBSON	TEMP	M	33	SM	0.53.47	0
78	1317	9317	ANDY	DANIELS	TEMP	M	63	60-64M	0.53.49	0
79	1110	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.53.57	1
80	1435	9435	BRONWYN	VAN WYNGAARDT	TEMP	F	24	SF	0.53.58	0
81	1318	9318	JOANNE	DANIELS	TEMP	F	59	55-59F	0.54.04	0
82	1218	618	KELLY	HOLMES	ASPEN	F	48	45-49F	0.54.05	1
83	1080	3147	KUHLE	MQASHANE	CHILLIEP	F	22	SF	0.54.08	1
84	1339	9339	ALVARO	HENRIQUES	TEMP	M	47	45-49M	0.54.12	0
85	1345	9345	KUHLE	JOBELA	TEMP	M	31	SM	0.54.13	0
86	1157	937	JAMES	DU TOIT	CHARLO	M	40	40-44M	0.54.31	1
87	1065	2209	VELILE	LUSITI	SIBALEKA	M	36	35-39M	0.54.51	1
88	1152	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	0.54.58	1
89	1443	1443	GARETH	ANDERSON	TEMP	M	62	60-64M	0.55.06	0
90	1459	1459	CHRISTIE	KAPUTENI	TEMP	M	24	SM	0.55.06	0
91	1479	479	SIYABONGA	MAJEKE	TEMP	M	44	40-44M	0.55.16	0
92	1453	9193	LOUISE	KNIGHT	TEMP	F	58	55-59F	0.55.17	0
93	1180	119	ROBYN	CLEMENCE	VARSIITY	F	23	SF	0.55.21	1
94	1196	88	MAHENDRA	PRAHALADH	INFINITY	M	58	55-59M	0.55.35	1
95	1024	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.55.37	1
96	1226	1554	HELGARD	POTGIETER	DESPATCH	M	53	50-54M	0.56.00	1
97	1148	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.56.13	1
98	1335	9335	DEHAN	GRIEBENAUW	TEMP	M	35	35-39M	0.56.20	0
99	1343	9343	RICARDO	JACKSON	TEMP	M	40	40-44M	0.56.21	0
100	1202	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.56.21	1
101	1497	1497	MALWANDE	MRWETYANA	TEMP	M	40	40-44M	0.56.27	0
102	1381	9381	XOLANI	MOSAMO	TEMP	M	26	SM	0.56.35	0
103	1463	1463	NICOLE	LE ROUX	TEMP	F	25	SF	0.56.40	0
104	1444	1444	ALAN	RYAN	TEMP	M	58	55-59M	0.56.40	0
105	1489	2796	BRENDON	DRYDEN	ACH	M	57	55-59M	0.57.14	1
106	1349	9349	MIGNON	JOUBERT	TEMP	F	15	JF	0.57.17	0
107	1347	9347	ESME	JOUBERT	TEMP	F	45	45-49F	0.57.17	0
108	1009	6258	JACQUI	BILLSON	ALPHA	F	28	SF	0.57.18	0
109	1418	9418	LUBABALO	SOMNGESI	TEMP	M	30	SM	0.57.25	0
110	1045	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.57.27	1

111	1361	9361	OLONA	LUPALULE	TEMP	M	27	SM	0.58.02	0
112	1484	1484	ANDREW	STEWART	TEMP	M	57	55-59M	0.58.11	0
113	1112	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.58.15	1
114	1486	1486	LAURE	PIETERSE	TEMP	M	54	50-54M	0.58.24	0
115	1454	1454	TREVLIN	HOYLE	TEMP	F	50	50-54F	0.58.40	0
116	1440	9440	XANDER	WENTZEL	TEMP	M	24	SM	0.58.41	0
117	1089	1517	MZIWOXOLO	NDZIWENI	ADVEN	M	42	40-44M	0.58.44	1
118	1186	2618	SINETHEMBA	ZAKE	MADIBAZ	F	26	SF	0.58.44	1
119	1492	1492	MICAIAH	COLTMAN	TEMP	M	24	SM	0.59.00	0
120	1457	1457	RIAAH	STRYDOM	TEMP	M	48	45-49M	0.59.03	0
121	1306	9306	EUGENE	BEZUIDENHOUT	TEMP	M	57	55-59M	0.59.03	0
122	1269	956	NEELES	BHANA	CHARLO	M	54	50-54M	0.59.04	1
123	1496	1496	SEBELO	MAGAGAMELA	TEMP	M	42	40-44M	0.59.07	0
124	1446	1446	MICHAEL	CHALMERS	TEMP	M	17	JM	0.59.11	0
125	1230	2090	WELLINGTON	TSHINGANE	SANDFEP	M	55	55-59M	0.59.14	1
126	1054	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	0.59.18	0
127	1220	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.59.20	0
128	1495	1495	IAN	ROBERTS	TEMP	M	33	SM	0.59.23	0
129	1251	1251	KATE	ROBERTS	TEMP	F	31	SF	0.59.23	0
130	1408	9408	RIAAH	ROSSOUW	TEMP	M	53	50-54M	0.59.27	0
131	1154	894	TONY	CLARKE	CHARLO	M	65	65-69M	0.59.28	1
132	1183	50803	SIVIWE	MEVENI	REALGIJ	M	38	35-39M	0.59.31	0
133	1001	613	ASHRAF	ACKERDIEN	ASPEN	M	52	50-54M	0.59.35	1
134	1004	746	CORNELIUS	BARNARD	CRUSADE	M	70	70+M	0.59.35	1
135	1190	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	66	65-69M	0.59.37	1
136	1436	9436	DANIELLE	VENTER	TEMP	F	26	SF	0.59.38	0
137	1355	9355	DEHAN	KUKKUK	TEMP	M	26	SM	0.59.40	0
138	1072	3158	ANELISA	MBETSHU	CHILLIEP	F	29	SF	0.59.44	1
139	1139	1534	FRANCOIS	WIUM	DESPATCH	M	42	40-44M	0.59.49	1
140	1350	9350	TOZAMA	KEYISE	TEMP	M	40	40-44M	0.59.54	0
141	1467	1467	THOMAS	MOOLENSCHOT	TEMP	M	34	SM	0.59.58	0
142	1035	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.00.00	1
143	1117	2738	JANINE	SWART	VITALITY	F	49	45-49F	1.00.21	1
144	1118	2739	JOHAN	SWART	VITALITY	M	48	45-49M	1.00.21	1
145	1146	926	TREVOR	VAN RENSBERG	CHARLO	M	73	70+M	1.00.22	1
146	1402	9402	ARINDA	PRITCHARD	TEMP	F	47	45-49F	1.00.24	0
147	1034	745	KATHLEEN	FLANAGAN	CRUSADE	F	39	35-39F	1.00.24	1
148	1233	2215	HADIGAH	FULANI	SIBALEKA	F	22	SF	1.00.45	1
149	1465	1465	DIANA	MARAIS	TEMP	F	68	65-69F	1.00.47	0
150	1482	1482	KAY-LEE	MARX	TEMP	F	29	SF	1.00.54	0
151	1342	9342	LEONE	JACKSON	TEMP	F	65	65-69F	1.01.13	0
152	1455	1455	AKHONA	GAZI	TEMP	M	40	40-44M	1.01.15	0
153	1136	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	1.01.23	1
154	1302	9302	RISHAAD	BALLIM	TEMP	M	35	35-39M	1.01.26	0
155	1126	3149	CHANEL	VAN DER MERWE	MADIBAZ	F	34	SF	1.01.26	1
156	1063	2662	ADELE	LE ROUX	VITALITY	F	49	45-49F	1.01.32	1
157	1206	1074	FRANCOIS	SMIT	ACH	M	65	65-69M	1.01.35	1
158	1086	520	NOSIPHIWO	MZANYWA	ASPEN	F	36	35-39F	1.01.35	1
159	1161	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	1.01.36	1
160	1379	9379	RAPULA	MOLOTO	TEMP	M	41	40-44M	1.01.42	0
161	1356	9356	ZANELE	KWAYIMANI	TEMP	F	35	35-39F	1.01.46	0
162	1485	1485	ARNE	MARAIS	TEMP	F	30	SF	1.01.52	0
163	1243	361	JULIUS	SHOGOLE	IKHAMVA	M	72	70+M	1.02.08	1
164	1224	2812	MTHABISENG	MASHEGO	ASPEN	F	32	SF	1.02.10	1
165	1121	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.02.44	1
166	1375	9375	ALUNGILE	MKOSI	TEMP	F	29	SF	1.02.47	0

167	1447	1447	MARINA	KLEINGELD	TEMP	F	44	40-44F	1.03.02	0
168	1549	3142	NOMKE	DOYI	VITALITY	M	42	40-44M	1.03.03	1
169	1015	725	WENDY	BULULU	CRUSADE	F	42	40-44F	1.03.04	1
170	1405	9405	GWENIVERE	RAFFAN	TEMP	F	38	35-39F	1.03.05	0
171	1028	289	RENAY	DU PLESSIS	MUIRITE	F	57	55-59F	1.03.06	1
172	1053	1545	RUAN	JONKER	DESPATCH	M	26	SM	1.03.08	1
173	1475	1475	AIMEE	TAYLOR	TEMP	F	31	SF	1.03.12	0
174	1205	1094	MARIETJIE	PIETERSEN	ACH	F	68	65-69F	1.03.16	1
175	1201	1950	NICOLE	GRAY	BLUEBAY	F	24	SF	1.03.38	1
176	1374	9374	HLULANI	MITILENI	TEMP	M	35	35-39M	1.03.42	0
177	1401	9401	SAMANTHA	POTGIETER	TEMP	F	29	SF	1.03.47	0
178	1330	9330	ECKARD	GERBER	TEMP	M	43	40-44M	1.03.47	0
179	1305	9305	ELZET	BEZUIDENHOUT	TEMP	F	48	45-49F	1.03.47	0
180	1209	409	MARIDIAAN	SMITH	IKHAMVA	F	59	55-59F	1.03.47	1
181	1109	2900	LYNDA	SAUNDERS	VITALITY	F	52	50-54F	1.03.48	1
182	1171	895	GIANNI	TISTELLI	CHARLO	M	54	50-54M	1.03.54	1
183	1429	9429	LIZ	VAN AS	TEMP	F	54	50-54F	1.04.05	0
184	1042	14493	VICTORIA	GOODALL	CCJHB	F	44	40-44F	1.04.09	0
185	1445	1445	MICHAEL	COLLINS	TEMP	M	65	65-69M	1.04.13	0
186	1167	905	MICHELE	MOOLMAN	CHARLO	F	40	40-44F	1.04.16	1
187	1316	9316	JOSHUA	DAMONS	TEMP	M	24	SM	1.04.21	0
188	1369	9369	KAREN	MARSH	TEMP	F	42	40-44F	1.04.23	0
189	1019	3152	MARTIN	CLOETE	RUN4C	M	47	45-49M	1.04.26	1
190	1147	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.04.30	1
191	1462	1462	SIBAHLE	JEBESE	TEMP	F	33	SF	1.04.51	0
192	1337	9337	VUYOKAZI	HARRISON	TEMP	F	36	35-39F	1.05.00	0
193	1099	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.05.02	1
194	1354	9354	STUART	KRUGER	TEMP	M	37	35-39M	1.05.11	0
195	1399	9399	DEIDRE	POTGIETER	TEMP	F	38	35-39F	1.05.11	0
196	1234	2204	ERROL	ROSSOUW	SIBALEKA	M	75	70+M	1.05.18	1
197	1419	9419	RYAN	STANHAM	TEMP	M	47	45-49M	1.05.28	0
198	1181	50614	APHIWE	SEBEZO	THEMBA	F	26	SF	1.05.31	0
199	1469	1469	TAURIQ	HENDRICKS	TEMP	M	35	35-39M	1.05.36	0
200	1159	2164	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.05.41	1
201	1160	2165	DION	GRIESEL	CHARLO	M	57	55-59M	1.05.41	1
202	1198	8789	CHARNE	MARAIS	TV	F	34	SF	1.05.47	0
203	1428	9428	CATHERINE	VAN AS	TEMP	F	18	JF	1.05.50	0
204	1208	2907	MOMELEZI	COMJWA	ASPEN	M	30	SM	1.05.52	1
205	1474	1474	BE'ATA	LANGSON	TEMP	F	25	SF	1.05.56	0
206	1439	9439	WERNER	VILJOEN	TEMP	M	26	SM	1.05.59	0
207	1307	9307	DONNÉ	BOTHA	TEMP	F	27	SF	1.05.59	0
208	1377	9377	SONGEZO	MKUNYANA	TEMP	M	25	SM	1.06.09	0
209	1328	9328	FEZIWE	FOSTER	TEMP	F	37	35-39F	1.06.11	0
210	1092	2076	BONILE	NGCEKE	SANDF	F	29	SF	1.06.15	0
211	1321	9321	ASHWIN	DOWNES	TEMP	M	27	SM	1.06.16	0
212	1002	491	YOLANDE	ARCHER	RUN4C	F	46	45-49F	1.06.23	1
213	1023	544	JACQUELENE	DU TOIT	RUN4C	F	52	50-54F	1.06.26	1
214	1087	1737	LYNDLE	NAIDOO	GELVAN	F	33	SF	1.06.40	1
215	1341	9341	JORDAN	HOWARD	TEMP	F	17	JF	1.06.43	0
216	1415	9415	MAWETHU	SIDLAYI	TEMP	M	32	SM	1.06.57	0
217	1378	9378	LEREKO	MOLEFE	TEMP	F	33	SF	1.06.57	0
218	1411	9411	ASHLEIGH	SAMUELS	TEMP	F	30	SF	1.07.17	0
219	1370	9370	SARAH	MARX	TEMP	F	32	SF	1.07.18	0
220	1155	994	BEVERLEY	CLARKE	CHARLO	F	61	60-64F	1.07.32	1
221	1176	1512	DEON	ENGELBRECHT	NEDBANK	M	57	55-59M	1.07.32	1
222	1124	2036	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.07.38	1

223	1049	3038	CAMILA	ISMAIL	MALABAR	F	59	55-59F	1.07.43	1
224	1394	9394	MUZIE	NTSHEBE	TEMP	M	31	SM	1.07.43	0
225	1210	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	44	40-44F	1.07.46	1
226	1011	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.07.55	1
227	1340	9340	JANE	HILLOCK	TEMP	F	29	SF	1.07.56	0
228	1301	9301	JULIAN	ANDERSON	TEMP	M	31	SM	1.07.56	0
229	1327	9327	CINDY	FERREY	TEMP	F	59	55-59F	1.08.03	0
230	1420	9420	JULIA	STEWART	TEMP	F	52	50-54F	1.08.12	0
231	1393	9393	OLWETHU	NQUMA	TEMP	F	29	SF	1.08.16	0
232	1114	655	SIVIWE	SOLUDONGWE	ASPEN	M	32	SM	1.08.16	1
233	1041	1548	TYLO	GERBER	DESPATCH	F	19	JF	1.08.21	1
234	1130	40107	MINIQUE	VAN TONDER	DESPATCH	F	19	JF	1.08.21	1
235	1241	2208	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.08.21	1
236	1025	1927	ANIRLE	DE MEYER	BLUEBAY	F	28	SF	1.08.22	1
237	1450	1450	CHULUMANCO	LIMANA	TEMP	M	22	SM	1.08.30	0
238	1010	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	1.08.37	1
239	1390	9390	SIYANDA	NGCELWANE	TEMP	F	27	SF	1.08.50	0
240	1336	9336	ZIZIPHO	GXULA	TEMP	F	28	SF	1.08.54	0
241	1385	9385	NDIVHUWO	MUFAMADI	TEMP	M	39	35-39M	1.09.01	0
242	1456	1456	LEE	STRYDOM	TEMP	F	18	JF	1.09.13	0
243	1416	9416	SITHANDILE	SIPILI	TEMP	M	43	40-44M	1.09.14	0
244	1433	9433	ALISON	VAN VOLLENHOVEN	TEMP	F	33	SF	1.09.20	0
245	1368	9368	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.09.22	0
246	1138	2682	MARK	WEYER	VITALITY	M	60	60-64M	1.09.22	1
247	1051	654	SIMONE	JACOBS	ASPEN	F	40	40-44F	1.09.37	1
248	1050	628	CORNELIUS	JACOBS	ASPEN	M	41	40-44M	1.09.38	1
249	1213	1305	CASEY	ISAACS	VWAC	F	47	45-49F	1.09.38	1
250	1129	303	SANET	VAN NIEKERK	MUIRITE	F	56	55-59F	1.09.47	1
251	1481	1481	MZOVELE	DLAMINI	TEMP	M	40	40-44M	1.09.59	0
252	1151	904	MARI	CALITZ	CHARLO	F	65	65-69F	1.10.06	1
253	1494	1494	MR	ISAACS	TEMP	M	31	SM	1.10.13	0
254	1179	566	JANINE	VILJOEN	RUN4C	F	55	55-59F	1.10.14	1
255	1013	309	YVETTE	BROPHY	MUIRITE	F	56	55-59F	1.10.21	1
256	1061	40106	STEFANI	LAMBRECHTS	DESPATCH	F	15	JF	1.10.24	1
257	1100	2469	LIANE	PETZER	ABSAEP	F	56	55-59F	1.10.27	1
258	1153	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.10.31	1
259	1488	1488	MESHAN	GOVENDER	TEMP	M	43	40-44M	1.10.42	0
260	1331	9331	COMINE	GIERZ	TEMP	F	60	60-64F	1.10.44	0
261	1116	1690	ZELDA	STRYDOM	MADIBA	F	44	40-44F	1.10.54	1
262	1458	1458	SIYAMTEMBA	BOMVU	TEMP	M	33	SM	1.11.09	0
263	1123	2811	AMUKELANI	VALOYI	ASPEN	F	30	SF	1.11.33	1
264	1229	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	1.11.41	1
265	1366	9366	STUAWIE	MALOUW	TEMP	M	31	SM	1.11.45	0
266	1095	2147	ABONGILE	NQEZO	TRANSNET	F	36	35-39F	1.11.48	1
267	1398	9398	CHELSEA	PIKE	TEMP	F	26	SF	1.11.50	0
268	1487	1487	CHUMA	ZWANE	TEMP	M	42	40-44M	1.12.03	0
269	1406	9406	SEBASTIAN	RAYNERS	TEMP	M	39	35-39M	1.12.07	0
270	1245	3148	FABIAN	MARAIS	GELVAN	M	40	40-44M	1.12.14	1
271	1383	9383	KHAYA	MSWEPHU	TEMP	F	32	SF	1.12.18	0
272	1188	3022	MORNE	DU PLESSIS	MADIBAZ	M	47	45-49M	1.12.23	1
273	1391	9391	PUMEZA	NGOQO	TEMP	F	44	40-44F	1.12.41	0
274	1162	886	CELEST	JOYCE	CHARLO	F	56	55-59F	1.12.47	1
275	1172	927	ANTON	VAN WYK	CHARLO	M	57	55-59M	1.12.47	1
276	1175	1104	CATHY	IVES	ACH	F	72	70+F	1.13.05	1
277	1026	41	TINA	DERBYSHIRE	SAPPE	F	71	70+F	1.13.07	1
278	1200	1945	Janine	Gray	BLUEBAY	F	48	45-49F	1.13.22	1

279	1031	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.13.22	1
280	1144	909	THURAYA	PILLAY	CHARLO	F	23	SF	1.13.28	1
281	1018	1606	STEPHANUS	CLAASSEN	DESPATCH	M	67	65-69M	1.13.29	1
282	1371	9371	MONICA	MASHISHI	TEMP	F	21	SF	1.13.34	0
283	1215	481	CHRISTO	STEYN	RUN4C	M	57	55-59M	1.13.48	1
284	1111	1012	ECKART	SCHUMANN	BODYCON	M	80	70+M	1.14.00	1
285	1166	2179	DOROTHY	MALULEKA	CHARLO	F	47	45-49F	1.14.00	1
286	1460	1460	MIKE	MEYER	TEMP	M	57	55-59M	1.14.08	0
287	1044	536	ELIZMA	HARMSE	RUN4C	F	64	60-64F	1.14.17	1
288	1389	9389	MAWANDE	NGCELWANE	TEMP	M	24	SM	1.14.19	0
289	1400	9400	NICOLETTE	POTGIETER	TEMP	F	51	50-54F	1.14.36	0
290	1425	9425	MOSALE	TLAKA	TEMP	F	28	SF	1.14.43	0
291	1404	9404	NODLELA	RADEBE	TEMP	F	41	40-44F	1.14.48	0
292	1056	669	MOHAMED	KHADRAOUI	GELVAN	M	27	SM	1.14.52	1
293	1412	9412	AIMEE	SCHADY	TEMP	F	31	SF	1.15.02	0
294	1081	2720	ANDISA	MQHATU	VITALITY	F	45	45-49F	1.15.08	1
295	1320	9320	YONELA	DIMANE	TEMP	F	25	SF	1.15.12	0
296	1040	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	1.15.25	1
297	1472	1472	RUAN	LE ROUX	TEMP	M	20	JM	1.15.35	0
298	1471	1471	KIRSTEN	SWANEVELDER	TEMP	F	20	JF	1.15.35	0
299	1115	2927	SIMON	STRIMLING	ATLANTIC	M	63	60-64M	1.15.58	1
300	1083	463	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.15.59	1
301	1102	464	SHARON	POTGIETER	WALMER	F	61	60-64F	1.15.59	1
302	1052	1603	RONNIE	JONKER	DESPATCH	M	55	55-59M	1.16.02	1
303	1143	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.16.13	1
304	1169	953	PHUMELELA	NTUNGWA	CHARLO	F	38	35-39F	1.16.16	1
305	1360	9360	JACQUES	LE ROUX	TEMP	M	50	50-54M	1.16.18	0
306	1096	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.16.24	1
307	1217	1856	Unathi	Mboniswa	HOLLYWOO	F	43	40-44F	1.16.26	1
308	1358	9358	ZAKIYYA	LAHER	TEMP	M	15	JM	1.16.27	0
309	1308	9308	ANNELINE	BOWKERS	TEMP	F	41	40-44F	1.16.30	0
310	1256	1256	NOKULUNGA	NGWEKAZI	TEMP	F	46	45-49F	1.16.31	0
311	1125	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.16.31	1
312	1367	9367	NOCWE	MANQELE	TEMP	F	22	SF	1.16.31	0
313	1173	316	Marie	Best	MUIRITE	F	63	60-64F	1.16.45	1
314	1432	9432	SHAWN	VAN EYK	TEMP	M	57	55-59M	1.17.02	0
315	1477	1477	NAMHLA	MFECANE	TEMP	F	39	35-39F	1.17.08	0
316	1478	1478	YOLANDA	GQOLI	TEMP	F	27	SF	1.17.08	0
317	1483	1483	BULELWA	SIKAMPULA	TEMP	F	41	40-44F	1.17.16	0
318	1235	1307	FIKISWA	NGONYAMA	VWAC	F	41	40-44F	1.17.42	1
319	1498	1498	LAURA	SILVA	TEMP	F	27	SF	1.17.46	0
320	1476	1476	CHUMA	MAKALIMA	TEMP	M	25	SM	1.17.59	0
321	1500	1500	SANGA	SILENDAWA	TEMP	F	32	SF	1.17.59	0
322	1088	1520	BUSISWA	NDZIWENI	ADVEN	F	35	35-39F	1.18.01	1
323	1027	1204	YOLANDA	DEYSEL	ELITEAC	F	50	50-54F	1.18.19	1
324	1248	1758	BRAMWELL	FLEURS	GELVAN	M	46	45-49M	1.18.27	1
325	1334	9334	SHARON	GRAVETT	TEMP	F	63	60-64F	1.18.30	0
326	1499	1499	NEALY	LOMBAARD	TEMP	F	26	SF	1.18.31	0
327	1247	1746	ARDEN	GROOTBOOM	GELVAN	F	44	40-44F	1.18.32	1
328	1098	1231	HELENE	OPPEL	ELITEAC	F	75	70+F	1.18.46	1
329	1182	638	NOKUZOLA	NTWASA	ASPEN	F	47	45-49F	1.18.57	1
330	1329	9329	SUNIL	GAJJAR	TEMP	M	60	60-64M	1.19.13	0
331	1195	2518	ALGENE	KOEBERG	MADIBAZ	F	42	40-44F	1.19.15	1
332	1066	2809	FAITH	MABOTE	ASPEN	F	26	SF	1.19.27	1
333	1068	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.19.32	1
334	1008	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.19.38	1

335	1107	2224	ANDISWA	SALAYI	SIBALEKA	F	27	SF	1.19.40	1
336	1319	9319	STACEY	DANIELS	TEMP	F	35	35-39F	1.19.42	0
337	1422	9422	SIBULELE	TEKWANE	TEMP	F	26	SF	1.20.09	0
338	1156	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.20.13	1
339	1145	920	LOCHI	LOCHNER	CHARLO	M	77	70+M	1.20.14	1
340	1270	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.20.15	1
341	1103	2852	NQOBILE	QUPE	HOLLYWOO	F	55	55-59F	1.20.17	1
342	1140	2969	LEANNE	WIUM	DESPATCH	F	41	40-44F	1.20.21	1
343	1082	2719	ZUKO	MQHATU	VITALITY	M	47	45-49M	1.20.22	1
344	1490	1490	VUYISEKA	MKHETHO	TEMP	F	31	SF	1.20.25	0
345	1310	9310	SANDRA	BUTTERS	TEMP	F	60	60-64F	1.20.28	0
346	1384	9384	LUTHANDO	MTENGELWA	TEMP	M	27	SM	1.20.28	0
347	1094	2483	PORTIA	NQAYI	ABSAEP	F	38	35-39F	1.20.37	1
348	1338	9338	HAYLEY	HENDRICKS	TEMP	F	31	SF	1.20.58	0
349	1032	2999	DANIÄ«L	FERREIRA	RUN4C	M	67	65-69M	1.21.11	1
350	1252	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.21.22	1
351	1036	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.21.24	1
352	1551	72	HERMAN	DEKKER	SAPPE	M	72	70-74M	1.21.25	1
353	1119	1241	MARLENE	TERBLANCE	ELITEAC	F	75	70+F	1.21.46	1
354	1357	9357	ZAKIYYA	LAHER	TEMP	F	40	40-44F	1.21.48	0
355	1122	51493	ALUNGILE	TYWAKU	CHEETHAS	F	33	SF	1.22.00	0
356	1464	1464	SIBABALIWE	MANYUBE	TEMP	F	31	SF	1.22.00	0
357	1060	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.22.11	1
358	1431	9431	DEIDRE	VAN EYK	TEMP	F	56	55-59F	1.22.14	0
359	1219	40001	ZANTE	DEKKER	SAPPE	F	18	JF	1.22.35	1
360	1104	557	CHARLENE	RADEMEYER	RUN4C	F	44	40-44F	1.22.35	1
361	1303	9303	SISANDA	BANTI	TEMP	F	32	SF	1.22.43	0
362	1197	543	NIEKIE	OOSTHUIZEN	RUN4C	F	55	55-59F	1.22.50	1
363	1376	9376	ZOLISWA	MKUMBUZI	TEMP	F	31	SF	1.23.27	0
364	1120	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.23.35	1
365	1079	2709	CHARLOTTE	MOTHILALL	VITALITY	F	42	40-44F	1.23.38	1
366	1058	2232	AVUYONKE	KLAAS	SIBALEKA	F	36	35-39F	1.23.42	1
367	1142	1760	MARISA	CALISTE	GELVAN	F	40	40-44F	1.23.46	1
368	1382	9382	THANDIWE	MPANGEVA	TEMP	F	31	SF	1.23.48	0
369	1442	9442	AMANDA	YOUNG	TEMP	F	50	50-54F	1.23.54	0
370	1441	9441	RACHEL	WILLIAMS	TEMP	F	32	SF	1.24.11	0
371	1133	695	SANDISIWE	VOKO	HAVEN	F	33	SF	1.24.23	0
372	1309	9309	BIANKA	BRINK	TEMP	F	31	SF	1.25.02	0
373	1409	9409	OWEN	RUPPELT	TEMP	M	42	40-44M	1.25.02	0
374	1461	1461	APHIWE	MTIMKULU	TEMP	F	31	SF	1.25.18	0
375	1012	1190	CRAIG	BRADLEY	ELITEAC	M	43	40-44M	1.25.33	1
376	1132	1190	JOHANI	VERMEULEN	ELITEAC	F	48	45-49F	1.25.35	1
377	1470	1470	VUYOKAZI	GEGE	TEMP	F	50	50-54F	1.25.39	0
378	1101	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.26.26	1
379	1424	9424	LAVERNE	THOM	TEMP	F	47	45-49F	1.27.09	0
380	1189	2654	NOLUTHANDO	TONI	MADIBAZ	F	55	55-59F	1.27.12	1
381	1326	9326	BRONWEN	EMMETT	TEMP	F	45	45-49F	1.27.15	0
382	1150	1122	BOB	STEDMAN	ACH	M	76	70+M	1.27.15	1
383	1410	9410	FEZIWE	SALAZE	TEMP	F	37	35-39F	1.27.24	0
384	5322	331	MARGARET	DU TOIT	MUIRITE	F	64	60-64F	1.27.25	1
385	1388	9388	SINDI	NGCAYISA	TEMP	F	34	SF	1.27.37	0
386	1207	1390	VUYISEKA	MAKALIMA	NEDBANK	F	41	40-44F	1.27.48	1
387	1211	767	GILLIAN	MCAINSH	CRUSADE	F	65	65-69F	1.27.51	1
388	1085	2775	URITIAH	MYBURGH	MUIRITE	F	49	45-49F	1.28.13	1
389	1214	50177	PHILISWA	SITELA	CHEETAHS	F	36	35-39F	1.28.17	0
390	1426	9426	LUSEKA	VACU	TEMP	F	35	35-39F	1.28.48	0

391	1222	1222	ANGELA	WELLS	TEMP	F	57	55-59F	1.29.01	0
392	1033	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.29.02	1
393	1106	3119	DIKELEDI	RAMOROKA	ASPEN	F	42	40-44F	1.29.10	1
394	1016	3070	NDULELA	CANCA	VWAC	F	43	40-44F	1.29.26	1
395	1386	9386	DELANIE	NAUDE	TEMP	F	51	50-54F	1.29.26	0
396	1165	942	EDITH	MAC GEAR	CHARLO	F	57	55-59F	1.29.29	1
397	1127	2400	GERHARD	VAN DER WESTHUIZEN	JBAY	M	50	50-54M	1.29.29	1
398	1093	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	1.29.30	1
399	1344	9344	NOBUHLE	JALI	TEMP	F	30	SF	1.29.32	0
400	1170	939	DINA	SCHUTTE	CHARLO	F	59	55-59F	1.29.39	1
401	1311	9311	CHARL	CHARL JANSEN	TEMP	M	40	40-44M	1.29.41	0
402	1352	9352	NOMPUMELELO	KLEINBOOI	TEMP	F	31	SF	1.29.43	0
403	1351	9351	AGNES	KGANYAGO	TEMP	F	35	35-39F	1.29.48	0
404	1434	9434	NADIA	VAN WYK	TEMP	F	49	45-49F	1.31.09	0
405	1078	2030	MICHELLE	MORTIMER	ACH	F	45	45-49F	1.31.19	1
406	1324	9324	ONELE	DYONASE	TEMP	F	32	SF	1.31.56	0
407	1363	9363	LINDOKUHLE	MADO	TEMP	F	32	SF	1.32.00	0
408	1414	9414	BOKAMOSO	SHAZI	TEMP	F	33	SF	1.32.04	0
409	1020	761	NTOKOZO	DAMBUZA	CRUSADE	F	46	45-49F	1.32.15	1
410	1323	9323	NICCI	DUPLESSIS	TEMP	F	49	45-49F	1.32.20	0
411	1427	9427	MELANIE	VAN APPEL	TEMP	F	50	50-54F	1.32.20	0
412	1164	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.35.13	1
413	1387	9387	ZILUNGILE	NGALWA	TEMP	F	28	SF	1.36.21	0
414	1468	1468	MATTHEW	PORTER	TEMP	M	24	SM	1.36.32	0
415	1413	9413	SONIA	SHARE	TEMP	F	59	55-59F	1.36.37	0
416	1062	2116	LYNN	LANDMAN	SAPPE	M	55	55-59M	1.36.38	1
417	1359	9359	CHRISNA	LANDMAN	TEMP	F	52	50-54F	1.36.38	0
418	1244	1766	GODFREY	KARIEM	GELVAN	M	84	70+M	1.37.01	1
419	1312	9312	NOMAHLUBI	NDIMENI	TEMP	F	40	40-44F	1.37.57	0
420	1362	9362	ASANDA	LWANA	TEMP	F	43	40-44F	1.38.14	0
421	1168	929	ANUSHA	NAIDU	CHARLO	F	58	55-59F	1.38.28	1
422	1364	9364	MALERATO	MAHOB	TEMP	F	29	SF	1.39.19	0
423	1187	2520	FUNDISWA	KULA	MADIBAZ	F	46	45-49F	1.40.06	0
424	1417	9417	ZINZI	SOMANA	TEMP	F	34	SF	1.41.20	0
425	1259	1259	BHENGU	ZAMO	TEMP	M	46	45-49M	1.41.26	0
426	1365	9365	LAXINE	MALIFFE	TEMP	F	42	40-44F	1.41.26	0
427	1407	9407	JENNI-LYNN	ROBERTSON	TEMP	F	53	50-54F	1.42.40	0
428	1395	9395	TANYA	NYANDORO	TEMP	F	35	35-39F	1.46.50	0
HELPERS RUN										
H1		1105	MARK	FRASER	ACH	M	32	SM	0.42.53	1
H2		1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.42.54	1
H3		1064	GRAHAM	ESMADE	ACH	M	48	45-49M	0.42.59	1
H4		263	RONALD	REEVES	ACH	M	45	45-49M	0.44.59	1
H5		1021	DUONETTE	HOROWITZ	ACH	F	41	40-44F	0.46.29	1
H6		2799	JEAN-PERI	REDONA	ACH	M	37	35-39M	0.47.50	1
H7		1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.49.55	1
H8		1062	NICK	CHAPMAN	ACH	M	53	50-54M	0.50.06	1
H9		1088	PERCY	DALTON	ACH	M	77	75-79M	0.51.33	1
H10		1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.51.34	1
H11		1113	ROGER	TRADER	ACH	M	71	70-74M	0.51.35	1
H12		2339	WONGA	MFULA	VUKANI	M	53	50-54M	0.52.47	1
H13		1124	LIZ	PRINS	ACH	F	56	55-59F	0.59.43	1
H14		2028	CURT	ROBERTS	ACH	M	40	40-44M	0.59.44	1
H15		848	WAYNE	SCHOLTZ	32GI	M	44	40-44M	1.00.21	1
H16		1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.06.37	1
H17		1102	KEN	BARWOOD	ACH	M	70	70-74M	1.07.45	1

H18		1247	LISLE	MATTHEWS	ELITE	F	51	50-54F	1.09.33	1
H19		1237	HERMAN	MATTHEWS	ELITE	M	50	50-54M	1.09.34	1
H20		600	ANDRE	PIENAAR	RUN4C	M	62	60-64M	1.15.18	1
H21		2270	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.15.37	1
H22		2186	ADRIAN	DE WAAL	32GI	M	61	60-64M	1.16.15	1