

**BUCO KOWIE STRIDERS 27KM - BATHURST TO PORT ALFRED - 2025/10/18**

| POS | RNO | LIC   | NAME        | SURNAME       | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|-------------|---------------|----------|-----|-----|--------|---------|-----|
| 1   | 133 | 50700 | SINETHEMBA  | JILINGISI     | HAVEN    | M   | 22  | SM     | 1.31.45 | 0   |
| 2   | 140 | 40378 | AVENATHI    | AVENATHI      | SIBALEKA | M   | 18  | JM     | 1.40.30 | 5   |
| 3   | 216 | 3068  | BUTSHABETHU | KAYI          | VOLO     | M   | 23  | SM     | 1.41.21 | 5   |
| 4   | 3   | 1335  | ANELE       | MALIZA        | NEDBANK  | M   | 47  | 45-49M | 1.42.08 | 5   |
| 5   | 208 | 1803  | SIZAKELE    | DAYIMANI      | BATHURST | M   | 45  | 45-49M | 1.43.21 | 5   |
| 6   | 4   | 1488  | MELIKHAYA   | KEPE          | NEDBANK  | M   | 49  | 45-49M | 1.43.28 | 5   |
| 7   | 207 | 2210  | THEMBELANI  | MBENENGE      | SIBALEKA | M   | 30  | SM     | 1.45.21 | 4   |
| 8   | 43  | 699   | JONATHAN    | GOUWS         | ALBANY   | M   | 25  | SM     | 1.49.06 | 3   |
| 9   | 102 | 695   | TREVOR      | SCHUTTLEWORTH | ALBANY   | M   | 18  | JM     | 1.50.15 | 3   |
| 10  | 125 | 1255  | ERROL       | WHITTAL       | ELITEAC  | M   | 50  | 50-54M | 1.52.18 | 5   |
| 11  | 17  | 1091  | LEIGH       | CALLAGHAN     | ACH      | F   | 30  | SF     | 1.53.56 | 5   |
| 12  | 141 | 267   | ZOLANI      | KOLOSA        | SIBALEKA | M   | 31  | SM     | 1.57.31 | 3   |
| 13  | 194 | 993   | THEMBEKILE  | MSIPA         | CHARLO   | M   | 51  | 50-54M | 1.59.39 | 4   |
| 14  | 1   | 1406  | REFELOE     | SOLOMONS      | NEDBANK  | F   | 44  | 40-44F | 2.00.35 | 5   |
| 15  | 128 | 51313 | LESLIE      | NYOKA         | ADVBOR   | M   | 46  | 45-49M | 2.03.30 | 0   |
| 16  | 84  | 693   | TONDERAI    | MUSARURWA     | ALBANY   | M   | 39  | 35-39M | 2.04.50 | 2   |
| 17  | 143 | 242   | AYABONGA    | SAUL          | KOWIE    | M   | 23  | SM     | 2.04.56 | 2   |
| 18  | 150 | 1105  | MARK        | FRASER        | ACH      | M   | 32  | SM     | 2.05.05 | 2   |
| 19  | 31  | 51542 | SHANE       | FORWORD       | NEDBOR   | M   | 44  | 40-44M | 2.06.10 | 0   |
| 20  | 16  | 844   | THERESA     | BUCHNER       | 32GI     | F   | 40  | 40-44F | 2.06.18 | 4   |
| 21  | 131 | 2965  | WANDILE     | FUNDA         | NEDBANK  | M   | 50  | 50-54M | 2.06.28 | 3   |
| 22  | 5   | 1344  | CHRISTOPHER | MABENGEZA     | NEDBANK  | M   | 59  | 55-59M | 2.06.54 | 4   |
| 23  | 108 | 1642  | NICO        | SMITH         | MADIBA   | M   | 40  | 40-44M | 2.07.59 | 2   |
| 24  | 52  | 1213  | SEBASTIAN   | KLEU          | ELITEAC  | M   | 49  | 45-49M | 2.08.00 | 3   |
| 25  | 127 | 1216  | WESSEL      | WOLMARANS     | ELITEAC  | M   | 47  | 45-49M | 2.08.00 | 3   |
| 26  | 92  | 269   | Mthunzi     | Qorana        | SIBALEKA | M   | 43  | 40-44M | 2.08.45 | 2   |
| 27  | 78  | 1069  | WAYNE       | MITCHELL      | ACH      | M   | 52  | 50-54M | 2.09.23 | 3   |
| 28  | 98  | 955   | SIVUYILE    | SCHEEPERS     | CHARLO   | M   | 32  | SM     | 2.09.37 | 2   |
| 29  | 121 | 908   | KAYLA       | VAN RENSBURG  | CHARLO   | F   | 31  | SF     | 2.12.14 | 2   |
| 30  | 72  | 1637  | CHARL       | MEISTRE       | MADIBA   | M   | 40  | 40-44M | 2.12.42 | 2   |
| 31  | 94  | 957   | PIERRE      | RENSHAW       | CHARLO   | M   | 52  | 50-54M | 2.13.41 | 2   |
| 32  | 178 | 11178 | CHRISTOFFEL | SNYMAN        | TEMP     | M   | 31  | SM     | 2.14.08 | 0   |
| 33  | 137 | 53029 | SIYANDA     | BUTHELEZI     | SANDFEP  | M   | 27  | SM     | 2.14.46 | 2   |
| 34  | 138 | 2221  | SIPHOSETHU  | MAVATHA       | SIBALEKA | F   | 29  | SF     | 2.14.51 | 2   |
| 35  | 145 | 676   | MARIO       | HOCKLY        | ALBANY   | M   | 62  | 60-64M | 2.15.08 | 3   |
| 36  | 109 | 1862  | SIMPHIWE    | SOCI          | HOLLYWOO | M   | 60  | 60-64M | 2.15.27 | 3   |
| 37  | 67  | 999   | THOMAS      | MARAIS        | CHARLO   | M   | 38  | 35-39M | 2.17.33 | 2   |
| 38  | 80  | 2338  | FERLANDO    | MKIVA         | VUKANI   | M   | 32  | SM     | 2.19.13 | 2   |
| 39  | 112 | 50039 | SEAN        | SWANEPOEL     | RAC      | M   | 36  | 35-39M | 2.19.45 | 0   |
| 40  | 64  | 1072  | KYLA        | MAARTENS      | ACH      | F   | 21  | SF     | 2.20.04 | 2   |
| 41  | 9   | 342   | JONATHAN    | BAKKER        | MUIRITE  | M   | 34  | SM     | 2.20.22 | 2   |
| 42  | 57  | 1811  | KWANELE     | KUHLANE       | BATHURST | M   | 56  | 55-59M | 2.20.42 | 2   |
| 43  | 89  | 51565 | WAYNE       | POTTINGER     | NEDBOR   | M   | 43  | 40-44M | 2.24.01 | 0   |
| 44  | 39  | 914   | ETIENNE     | GERBER        | CHARLO   | M   | 55  | 55-59M | 2.25.19 | 2   |
| 45  | 86  | 2038  | NKOSIYEDWA  | MABASO        | MUIRITE  | M   | 45  | 45-49M | 2.25.24 | 2   |
| 46  | 35  | 791   | CHARL       | GERBER        | 32GI     | M   | 49  | 45-49M | 2.26.17 | 2   |
| 47  | 18  | 1062  | NICK        | CHAPMAN       | ACH      | M   | 53  | 50-54M | 2.26.26 | 2   |
| 48  | 60  | 576   | VERNON      | LANDMAN       | RUN4C    | M   | 50  | 50-54M | 2.26.26 | 2   |

|    |     |       |               |             |          |   |    |        |         |   |
|----|-----|-------|---------------|-------------|----------|---|----|--------|---------|---|
| 49 | 33  | 51569 | EDWIN         | FRAUENSTEIN | NEDBOR   | M | 42 | 40-44M | 2.26.38 | 0 |
| 50 | 105 | 584   | BRENDON       | SLABBERT    | RUN4C    | M | 54 | 50-54M | 2.27.23 | 2 |
| 51 | 110 | 1212  | BURNITA       | STRYDOM     | RUN4C    | F | 57 | 55-59F | 2.27.23 | 3 |
| 52 | 15  | 689   | MISH          | BROTHERTON  | ALBANY   | F | 32 | SF     | 2.28.32 | 2 |
| 53 | 126 | 1200  | JANINE        | WHITTAL     | ELITEAC  | F | 44 | 40-44F | 2.28.39 | 2 |
| 54 | 156 | 11156 | LINDSAY       | DAVIES      | TEMP     | F | 33 | SF     | 2.29.28 | 0 |
| 55 | 175 | 11175 | THAPELO LLOYD | SADIKI      | TEMP     | M | 38 | 35-39M | 2.29.38 | 0 |
| 56 | 34  | 2903  | KYLA          | FULLARTON   | ALBANY   | F | 22 | SF     | 2.30.56 | 1 |
| 57 | 42  | 1006  | BRUCE         | GIE         | BODYCON  | M | 52 | 50-54M | 2.31.01 | 2 |
| 58 | 96  | 51545 | SUNELL        | ROUX        | NEDBOR   | F | 46 | 45-49F | 2.31.34 | 0 |
| 59 | 129 | 366   | LIZO          | MOHAPI      | IKHAMVA  | M | 35 | 35-39M | 2.32.28 | 1 |
| 60 | 189 | 189   | DUMISA        | SIQOKO      | TEMP     | M | 46 | 45-49M | 2.32.36 | 0 |
| 61 | 123 | 1177  | KAYLA         | WADE        | RHODESU  | F | 23 | SF     | 2.33.04 | 1 |
| 62 | 120 | 323   | CLIVE         | VAN RAYNER  | MUIRITE  | M | 58 | 55-59M | 2.34.02 | 2 |
| 63 | 200 | 1010  | JAN           | VAN EEDEN   | NEDBANK  | M | 67 | 65-69M | 2.34.59 | 2 |
| 64 | 157 | 11157 | NAZO          | DUMISELA    | TEMP     | M | 40 | 40-44M | 2.35.16 | 0 |
| 65 | 61  | 577   | YOLANDIE      | LANDMAN     | RUN4C    | F | 50 | 50-54F | 2.35.30 | 2 |
| 66 | 179 | 179   | AKHONA        | SOGA        | TEMP     | M | 30 | SM     | 2.35.51 | 0 |
| 67 | 70  | 990   | BRETT         | MCLAREN     | CHARLO   | M | 39 | 35-39M | 2.36.01 | 1 |
| 68 | 44  | 696   | CAROLYN       | GRANT       | ALBANY   | F | 59 | 55-59F | 2.36.20 | 2 |
| 69 | 93  | 1196  | SHIRLEY       | RADEMEYER   | ELITEAC  | F | 29 | SF     | 2.37.16 | 1 |
| 70 | 167 | 11167 | AYDEN         | LABUSCHAGNE | TEMP     | M | 26 | SM     | 2.37.30 | 0 |
| 71 | 113 | 50192 | CAROLINE      | SWART       | OTHER    | F | 52 | 50-54F | 2.38.33 | 0 |
| 72 | 53  | 50126 | RIAAN         | KOEN        | OXFORD   | M | 52 | 50-54M | 2.38.33 | 0 |
| 73 | 203 | 2537  | IVAN          | MOSES       | MADIBAZ  | M | 63 | 60-64M | 2.38.34 | 1 |
| 74 | 209 | 1290  | MARTIN        | LEWIES      | VWAC     | M | 51 | 50-54M | 2.38.39 | 1 |
| 75 | 62  | 2195  | TERENCE       | LANTZ       | ASPEN    | M | 45 | 45-49M | 2.38.40 | 1 |
| 76 | 21  | 3064  | TED           | CLARK       | VOLO     | M | 64 | 60-64M | 2.39.37 | 1 |
| 77 | 51  | 51486 | JANET         | KIECK       | NEDBOR   | F | 52 | 50-54F | 2.40.15 | 0 |
| 78 | 132 | 410   | AMANDA        | SHAW        | IKHAMVA  | F | 60 | 60-64F | 2.40.46 | 2 |
| 79 | 32  | 51543 | LYNETTE       | FORWORD     | NEDBOR   | F | 44 | 40-44F | 2.41.50 | 0 |
| 80 | 27  | 1954  | LEONARD       | CONRADIE    | BLUEBAY  | M | 71 | 70+M   | 2.42.41 | 2 |
| 81 | 19  | 903   | KESVAL        | CHETTY      | CHARLO   | M | 61 | 60-64M | 2.43.32 | 1 |
| 82 | 97  | 900   | JASON         | SAUNDERS    | CHARLO   | M | 46 | 45-49M | 2.43.33 | 1 |
| 83 | 56  | 595   | MARISKA       | KRUGER      | RUN4C    | F | 47 | 45-49F | 2.43.51 | 1 |
| 84 | 136 | 1088  | PERCY         | DALTON      | ACH      | M | 77 | 70+M   | 2.44.21 | 1 |
| 85 | 134 | 52528 | ZAMA          | MVE         | KHULANI  | M | 48 | 45-49M | 2.45.54 | 0 |
| 86 | 24  | 505   | ANDRIES       | COETSEE     | RUN4C    | M | 40 | 40-44M | 2.46.36 | 1 |
| 87 | 146 | 1291  | ASHENDA       | MAKONIE     | VWAC     | F | 49 | 45-49F | 2.46.59 | 1 |
| 88 | 186 | 11186 | PHUMLA        | NGANGQU     | TEMP     | F | 43 | 40-44F | 2.47.50 | 0 |
| 89 | 185 | 1185  | PHUMEZA       | NGANGQU     | TEMP     | F | 43 | 40-44F | 2.48.21 | 0 |
| 90 | 29  | 1234  | DEWALD        | DEYSEL      | ELITEAC  | M | 43 | 40-44M | 2.48.25 | 1 |
| 91 | 148 | 50204 | CHRISTELLE    | BECKER      | MPOX     | F | 43 | 40-44F | 2.48.55 | 0 |
| 92 | 201 | 51520 | NICOLETTE     | LENNOX      | NEDBOR   | F | 48 | 45-49F | 2.48.55 | 0 |
| 93 | 26  | 453   | NJONGO        | COKOTH0     | CHILLIEP | M | 37 | 35-39M | 2.49.23 | 1 |
| 94 | 111 | 50043 | ANNIQUE       | SWANEPOEL   | OXFORD   | F | 34 | SF     | 2.49.37 | 0 |
| 95 | 25  | 285   | VANESSA       | COETZEE     | MUIRITE  | F | 48 | 45-49F | 2.50.07 | 1 |
| 96 | 59  | 51225 | LUKE          | LAMPRECHT   | OTHER    | M | 26 | SM     | 2.50.23 | 0 |
| 97 | 114 | 1429  | RIKA          | TERBLANCHE  | NEDBANK  | F | 48 | 45-49F | 2.51.44 | 1 |
| 98 | 188 | 11188 | LOUISE        | AXON        | TEMP     | F | 47 | 45-49F | 2.51.49 | 0 |

|     |     |       |             |                |          |   |    |        |         |   |
|-----|-----|-------|-------------|----------------|----------|---|----|--------|---------|---|
| 99  | 176 | 11176 | SHANNON     | SKAE           | TEMP     | F | 30 | SF     | 2.52.16 | 0 |
| 100 | 163 | 11163 | KIRK        | HELLIKER       | TEMP     | M | 69 | 65-69M | 2.52.53 | 0 |
| 101 | 50  | 513   | ROZETTA     | KEMP           | RUN4C    | F | 71 | 70+F   | 2.53.53 | 2 |
| 102 | 106 | 583   | CHRISTELLE  | SLABBERT       | RUN4C    | F | 53 | 50-54F | 2.55.22 | 1 |
| 103 | 202 | 2022  | JOLENE      | JANSEN         | CHARLO   | F | 39 | 35-39F | 2.55.30 | 1 |
| 104 | 68  | 3145  | BULELANI    | MATENJWA       | IKHAMVA  | M | 44 | 40-44M | 2.56.26 | 1 |
| 105 | 160 | 11160 | SCHARNAY    | EYRE           | TEMP     | F | 29 | SF     | 2.56.51 | 0 |
| 106 | 65  | 1505  | MTHUTHUZELI | MABANGA        | NEDBANK  | M | 55 | 55-59M | 2.56.55 | 1 |
| 107 | 162 | 11162 | ANDREW      | HART           | TEMP     | M | 57 | 55-59M | 2.57.16 | 0 |
| 108 | 7   | 984   | BELINDA     | BAIN           | CHARLO   | F | 63 | 60-64F | 2.57.33 | 1 |
| 109 | 180 | 11179 | AMORAY      | THEUNISSEN     | TEMP     | F | 31 | SF     | 2.58.41 | 0 |
| 110 | 161 | 11161 | RACHEL      | GIBSON         | TEMP     | F | 42 | 40-44F | 2.58.53 | 0 |
| 111 | 184 | 11183 | DYLAN       | WIGHTMAN       | TEMP     | M | 45 | 45-49M | 2.58.54 | 0 |
| 112 | 91  | 1937  | AMANDA      | PRIDEAUX       | BLUEBAY  | F | 50 | 50-54F | 2.59.12 | 1 |
| 113 | 95  | 350   | MARIUS      | ROACH          | MUIRITE  | M | 32 | SM     | 2.59.22 | 1 |
| 114 | 155 | 11155 | JO          | DANIELS        | TEMP     | F | 59 | 55-59F | 2.59.32 | 0 |
| 115 | 20  | 339   | ILSE        | CLAASSENS      | MUIRITE  | F | 26 | SF     | 3.00.06 | 1 |
| 116 | 115 | 349   | CHANEL      | TIRAN-DORFLING | MUIRITE  | F | 31 | SF     | 3.00.45 | 1 |
| 117 | 117 | 3116  | MTHOBELI    | TULUMANI       | STFRAN   | M | 32 | SM     | 3.00.48 | 1 |
| 118 | 154 | 11154 | ANDY        | DANIELS        | TEMP     | M | 63 | 60-64M | 3.00.52 | 0 |
| 119 | 14  | 298   | SANET       | BOUCHER        | MUIRITE  | F | 46 | 45-49F | 3.01.22 | 1 |
| 120 | 10  | 50012 | CHAD        | BENGE          | OXFORD   | M | 53 | 50-54M | 3.01.27 | 0 |
| 121 | 69  | 1141  | LAUREN      | MCKAY          | CHARLO   | F | 45 | 45-49F | 3.01.56 | 1 |
| 122 | 118 | 639   | DHIRESH     | VALLABH        | ASPEN    | M | 40 | 40-44M | 3.04.10 | 1 |
| 123 | 147 | 51040 | MVELO       | PHUNGULA       | BUFFALO  | M | 46 | 45-49M | 3.04.50 | 0 |
| 124 | 54  | 1022  | CLAUDI      | KRUGER         | BODYCON  | F | 42 | 40-44F | 3.07.02 | 1 |
| 125 | 77  | 1073  | CONNOR      | MITCHELL       | ACH      | M | 21 | SM     | 3.07.30 | 1 |
| 126 | 149 | 2042  | OLIVER      | NEWLAND-NELL   | ACH      | M | 20 | JM     | 3.07.30 | 1 |
| 127 | 173 | 11173 | DEENOLAN    | MOODLEY        | TEMP     | M | 29 | SM     | 3.07.48 | 0 |
| 128 | 159 | 11159 | MUNRO       | EYRE           | TEMP     | M | 26 | SM     | 3.10.26 | 0 |
| 129 | 103 | 53388 | RENE        | SKORBINSKI     | GONUBIE  | F | 52 | 50-54F | 3.11.25 | 0 |
| 130 | 204 | 2504  | WAYNE       | MAC GEAR       | MADIBAZ  | M | 62 | 60-64M | 3.12.31 | 1 |
| 131 | 206 | 575   | JACKIE      | ELOFF          | RUN4C    | F | 53 | 50-54F | 3.12.38 | 1 |
| 132 | 36  | 302   | LUCINDA     | GERBER         | MUIRITE  | F | 50 | 50-54F | 3.12.49 | 1 |
| 133 | 171 | 11171 | ODWA        | MHLEBI         | TEMP     | M | 35 | 35-39M | 3.13.37 | 0 |
| 134 | 164 | 11164 | ANGELA      | HOOLE          | TEMP     | F | 46 | 45-49F | 3.15.06 | 0 |
| 135 | 169 | 11169 | MEGAN       | LONG           | TEMP     | F | 40 | 40-44F | 3.15.06 | 0 |
| 136 | 88  | 3100  | CARMEN      | PIETERSE       | VITALITY | F | 44 | 40-44F | 3.15.06 | 1 |
| 137 | 152 | 11152 | TANIA       | BESSINGER      | TEMP     | F | 48 | 45-49F | 3.15.06 | 0 |
| 138 | 168 | 11168 | DARRYL      | LONG           | TEMP     | M | 47 | 45-49M | 3.15.52 | 0 |
| 139 | 153 | 11153 | TIAAN       | CARELSEN       | TEMP     | M | 20 | JM     | 3.16.48 | 0 |
| 140 | 30  | 507   | JOHAN       | FERREIRA       | RUN4C    | M | 63 | 60-64M | 3.18.14 | 1 |
| 141 | 100 | 2751  | JEREMY      | SCOTT          | VWAC     | M | 54 | 50-54M | 3.18.20 | 1 |
| 142 | 8   | 1256  | NAOMI       | BAKKER         | VWAC     | F | 48 | 45-49F | 3.18.20 | 1 |
| 143 | 151 | 11151 | EMILE       | BESSINGER      | TEMP     | M | 53 | 50-54M | 3.20.22 | 0 |
| 144 | 124 | 50503 | KAREN       | WATSON         | BUFF     | F | 56 | 55-59F | 3.20.49 | 0 |
| 145 | 49  | 51105 | DARRYL      | JOHANNESSEN    | NEDBOR   | M | 45 | 45-49M | 3.21.57 | 0 |
| 146 | 48  | 3038  | CAMILA      | ISMAIL         | MALABAR  | F | 59 | 55-59F | 3.22.01 | 1 |
| 147 | 135 | 1060  | COREEN      | LEANDER        | XCEL     | F | 51 | 50-54F | 3.22.01 | 1 |
| 148 | 158 | 11158 | DANEL       | EYRE           | TEMP     | F | 26 | SF     | 3.22.39 | 0 |

|             |     |       |            |              |          |   |    |        |         |   |
|-------------|-----|-------|------------|--------------|----------|---|----|--------|---------|---|
| 149         | 182 | 11181 | CHRIS      | VAN RENSBURG | TEMP     | M | 52 | 50-54M | 3.23.11 | 0 |
| 150         | 74  | 2202  | VUYISEKA   | MHLAHLO      | SIBALEKA | F | 43 | 40-44F | 3.23.38 | 1 |
| 151         | 101 | 913   | SHARON     | SMUTS        | CHARLO   | F | 59 | 55-59F | 3.23.59 | 1 |
| 152         | 139 | 2217  | ASANDA     | MSARO        | SIBALEKA | F | 39 | 35-39F | 3.25.10 | 1 |
| 153         | 81  | 2296  | KAYA       | MLENZE       | VUKANI   | M | 44 | 40-44M | 3.27.46 | 1 |
| 154         | 12  | 53197 | ZWELI      | BOMELA       | ALLSTARS | M | 60 | 60-64M | 3.28.11 | 0 |
| 155         | 116 | 917   | VICKY      | TSOUKNIDAS   | CHARLO   | F | 47 | 45-49F | 3.28.21 | 1 |
| 156         | 165 | 11165 | WARREN     | HOOLE        | TEMP     | M | 48 | 45-49M | 3.33.00 | 0 |
| 157         | 177 | 11177 | ORRIN      | SNELGAR      | TEMP     | M | 41 | 40-44M | 3.34.21 | 0 |
| 158         | 166 | 11166 | YAMINI     | KALYANARAMAN | TEMP     | F | 46 | 45-49F | 3.34.21 | 0 |
| 159         | 99  | 1466  | AT         | SCHOEMAN     | NEDBANK  | M | 69 | 65-69M | 3.35.05 | 1 |
| 160         | 85  | 52607 | ASINDISIWE | NAMATHELA    | MERCEDES | F | 32 | SF     | 3.36.33 | 0 |
| 161         | 122 | 2162  | ERIKA      | FOREMAN      | CHARLO   | F | 55 | 55-59F | 3.38.42 | 1 |
| 162         | 142 | 2163  | SUNET      | HARRIS       | CHARLO   | F | 52 | 50-54F | 3.38.43 | 1 |
| 163         | 41  | 971   | DEIDRE     | GERBER       | CHARLO   | F | 54 | 50-54F | 3.43.33 | 1 |
| 164         | 104 | 53387 | WYNAND     | SKORBINSKI   | GONUBIE  | M | 57 | 55-59M | 3.44.28 | 0 |
| 165         | 231 | 52306 | DESMOND    | OLIVIER      | GONUBIE  | M | 67 | 65-69M | 3.44.28 | 0 |
| 166         | 45  | 51502 | ANTOINETTE | GROBLER      | NEDBOR   | F | 48 | 45-49F | 3.44.29 | 0 |
| 167         | 71  | 2201  | NOCWE      | MDAZUKA      | SIBALEKA | F | 41 | 40-44F | 3.45.16 | 1 |
| 168         | 82  | 2026  | RAKGWADI   | MORITI       | CRUSADE  | M | 36 | 35-39M | 3.45.33 | 1 |
| 169         | 23  | 994   | BEVERLEY   | CLARKE       | CHARLO   | F | 61 | 60-64F | 3.51.30 | 1 |
| 170         | 22  | 894   | TONY       | CLARKE       | CHARLO   | M | 65 | 65-69M | 3.51.31 | 1 |
| 171         | 63  | 1417  | GENEVIEVE  | LAYCOCK      | NEDBANK  | F | 56 | 55-59F | 3.53.07 | 1 |
| 172         | 28  | 947   | GANIEF     | DAVIDS       | CHARLO   | M | 59 | 55-59M | 3.53.07 | 1 |
| HELPERS RUN |     |       |            |              |          |   |    |        |         |   |
| H1          | 501 | 501   | RICHARD    | DANEEL       | TEMP     | M | 43 | 40-44M | 2.11.22 | 0 |
| H2          | 502 | 502   | RICHARD    | BETTS        | TEMP     | M | 60 | 60-64M | 2.15.06 | 0 |
| H3          | 503 | 223   | DYLAN      | COX          | KOWIE    | M | 41 | 40-44M | 2.21.20 | 2 |
| H4          | 504 | 2717  | ANDREW     | WITTE        | VITALITY | M | 34 | SM     | 2.29.40 | 1 |
| H5          | 505 |       | SIMON      | PIENAAR      | TEMP     | M | 30 | SM     | 2.30.10 | 0 |
| H6          | 506 | 222   | JOHN       | COX          | KOWIE    | M | 69 | 65-69M | 2.36.10 | 2 |
| H7          | 507 | 1797  | KEVIN      | LEE          | ACH      | M | 35 | 35-39M | 2.38.40 | 1 |
| H8          | 508 | 508   | SHANNEN    | KETHRO       | TEMP     | F | 29 | SF     | 2.39.49 | 0 |
| H9          | 509 | 245   | ALEXANDER  | WEED         | KOWIE    | M | 75 | 70+M   | 2.39.49 | 2 |
| H10         | 510 | 248   | STACEY     | BLAINE       | KOWIE    | F | 41 | 40-44F | 2.45.20 | 1 |
| H11         | 511 | 241   | IAN        | ROBERTSON    | KOWIE    | M | 62 | 60-64M | 2.46.25 | 1 |
| H12         | 512 |       | CALLUM     | MITCHLEY     | TEMP     | M | 30 | SM     | 2.46.40 | 0 |
| H13         | 513 | 230   | REON       | VAN ZYL      | KOWIE    | M | 39 | 35-39M | 2.55.35 | 1 |
| H14         | 514 | 239   | JOHN       | BLAINE       | KOWIE    | M | 44 | 40-44M | 2.55.55 | 1 |
| H15         | 515 | 246   | CYNTHIA    | TOERIEN      | KOWIE    | F | 60 | 60-64F | 2.59.28 | 1 |
| H16         | 516 |       | JESS       | GOULDING     | TEMP     | F | 30 | SF     | 3.02.44 | 0 |
| H17         | 517 | 517   | NOMASOTSHO | MTATI        | TEMP     | F | 42 | 40-44F | 3.02.44 | 0 |
| H18         | 518 | 249   | LANCE      | PARKER       | KOWIE    | M | 73 | 70+M   | 3.14.33 | 1 |
| H19         | 519 | 247   | LANA       | DICKASON     | KOWIE    | F | 49 | 45-49F | 3.17.41 | 1 |
| H20         | 520 | 232   | ROB        | JOINER       | KOWIE    | M | 78 | 70+M   | 3.49.14 | 1 |