

BUCO KOWIE STRIDERS 10KM - PORT ALFRED - 2025/10/18										
POS	RNO	LICNO	NAME	CLUB	CLUB	SEX	AGE	CAT	HMS	PTS
1	1151	40125	THANDOLWETHU	MATSALO	KOWIE	M	18	JM	0.32.36	1
2	1081	1081	LITHEHA	GCUME	TEMP	M	20	JM	0.36.03	0
3	1113	40123	LUKHANYO	MAFANI	KOWIE	M	17	JM	0.36.20	1
4	1162	1941	MILA	PASIYA	SIBALEKA	M	46	45-49M	0.36.46	1
5	1165	40460	SIYAMTHANDA	KALASHE	VOLO	M	17	JM	0.37.58	1
6	1031	51388	SIYATHEMBA	MBADULI	NEDBANK	M	26	SM	0.38.57	1
7	1023	2329	Siphamandla	Yiliwe	ALBANY	M	16	JM	0.39.42	1
8	1163	1459	MONWABISI	KEPE	NEDBANK	M	41	40-44M	0.41.38	1
9	1169	11387	MTAHDO	KOLITI	TEMP	M	14	JM	0.41.38	0
10	1121	11121	ANDILE	KOFI	TEMP	M	15	JM	0.41.54	0
11	1157	40427	SIYAMTHANDA	SODLADLA	BATHURST	M	17	JM	0.42.20	1
12	1060	10060	MAZANDI	DZUDZUDZU	TEMP	M	44	40-44M	0.42.58	0
13	1100		BOKOLO	MAHLE	TEMP	M	27	SM	0.43.43	0
14	1102	40004	DANIEL	KRUGER	NEDBANK	M	17	JM	0.43.55	1
15	1118	11118	UYATHANDWA	GXEKWA	TEMP	M	17	JM	0.45.13	0
16	1143	11143	JASSON	SESETHU	TEMP	M	17	JM	0.45.13	0
17	1071	40128	AKHANYA	NGESI	KOWIE	F	19	JF	0.46.20	1
18	1156	40426	KWAKHONA	MKHONTWANA	BATHURST	M	16	JM	0.46.24	1
19	1166	40462	MIYOLO	TSHUKULWANE	VOLO	M	16	JM	0.47.31	1
20	1015	2327	Ronaldo	Matthews	ALBANY	M	17	JM	0.48.10	1
21	1004	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.48.47	1
22	1154	1508	LIEZL	VAN ZYL	NEDBANK	F	51	50-54F	0.49.15	1
23	1038	51275	ROXANNE	SMITH	PIR	F	41	40-44F	0.49.50	0
24	1009	1347	LUVUYO	STEPHEN	NEDBANK	M	55	55-59M	0.51.30	1
25	1155	2905	KEVIN	RAFFERTY	ALBANY	M	56	55-59M	0.51.37	1
26	1012	1118	BRUCE	KING	ACH	M	59	55-59M	0.52.58	1
27	1107	1037	CHESTER	BROOKS	XCEL	M	67	65-69M	0.52.59	1
28	1153	3137	MZAMO	MATAKANE	ALBANY	M	43	40-44M	0.53.21	1
29	1030	52067	VUYO	MAKEBA	OTHER	M	59	55-59M	0.54.43	0
30	1099	1099	LUTHANDO	MATOMELA	TEMP	M	37	35-39M	0.55.35	0
31	1033	50464	ALEX	PIKE	HAMS	M	17	JM	0.55.44	0
32	1037	50467	CANDICE	SMITH	HAMS	F	42	40-44F	0.55.44	0
33	1181	10049	AVA	VAN DER WALT	TEMP	F	16	JF	0.56.00	0
34	1095	1095	CIANA	DANIELS	TEMP	F	24	SF	0.56.21	0
35	1083	1083	CLINTON	BERRIMAN	TEMP	M	43	40-44M	0.56.39	0
36	1175	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.56.48	1
37	1053	10053	SEAN	SCHULTZ	TEMP	M	52	50-54M	0.57.08	0
38	1070	1070	CHERYLEEN	THESEN	TEMP	F	38	35-39F	0.57.19	0
39	1076	10076	JAYNE	FOULIS	TEMP	F	58	55-59F	0.57.28	0
40	1109	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.57.47	1
41	1005	571	Justine-Lee	Du Plooy	RUN4C	F	22	SF	0.58.37	1
42	1085	1085	MLUNGISI	FANA	TEMP	M	62	60-64M	0.59.41	0
43	1011	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	1.00.16	1
44	1001	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	1.00.43	1
45	1200	10200	RYAN	BLACK	TEMP	M	38	35-39M	1.00.45	0
46	1025	50795	ESME	EHRKE	ELPACER	F	66	65-69F	1.01.07	0
47	1022	690	KIM	WEAVER	ALBANY	F	38	35-39F	1.01.10	1
48	1168	1168	SELWYN	ISAACS	TEMP	M	50	50-54M	1.01.23	0
49	1164	266	BONIWE	DYWANISI	SIBALEKA	F	36	35-39F	1.01.29	1
50	1171	1171	GRACE	KEMP	TEMP	F	16	JF	1.01.32	0
51	1172	1172	ANNA	LYON	TEMP	F	16	JF	1.01.32	0

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52	1018	677	JOHANNES	SMUTS	ALBANY	M	33	SM	1.02.08	1
53	1098	1098	LUCA	LA MONICA	TEMP	M	24	SM	1.02.12	0
54	1139	11139	TANYA	PRINSLOO	TEMP	F	47	45-49F	1.02.24	0
55	1074	1074	JESS	ALLEN	TEMP	F	24	SF	1.02.27	0
56	1115	11115	MTHOBELI	DZUDZUDZU	TEMP	M	47	45-49M	1.02.36	0
57	1006	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.02.36	1
58	1146	11146	JENIPHER	TAUNTON	TEMP	F	34	SF	1.02.37	0
59	1132	11132	MSIMELELO	MPAMA	TEMP	M	30	SM	1.02.47	0
60	1072	1072	SIMON	THESEN	TEMP	M	43	40-44M	1.02.58	0
61	1104	11104	COLLEEN	BEDFORD	TEMP	F	43	40-44F	1.02.58	0
62	1087	1087	CARLA	YORK	TEMP	F	35	35-39F	1.03.17	0
63	1094	1094	BEN	GAUNT	TEMP	M	50	50-54M	1.03.48	0
64	1073	1073	DAVID	STOLOFF	TEMP	M	53	50-54M	1.04.08	0
65	1147	11147	SETH	TIMMS	TEMP	M	17	JM	1.04.44	0
66	1051	10051	AMY	CLAYTON	TEMP	F	17	JF	1.04.55	0
67	1050	10050	JENNA	FORMBY	TEMP	F	15	JF	1.04.55	0
68	1106	313	DEON	PRINSLOO	MUIRITE	M	59	55-59M	1.05.09	1
69	1058	50139	MAIPATO	PUTSOENYANE	TEMP	F	40	40-44F	1.05.33	0
70	1111	40103	KIERAN	LEWIES	VWAC	M	15	JM	1.06.05	1
71	1052	10052	ELOUISE	TULK	TEMP	F	24	SF	1.06.07	0
72	1101	9265	KENNETH	TULK	RAC	M	74	70+M	1.06.08	0
73	1013	1142	JOLENE	LERM	CHARLO	F	42	40-44F	1.06.25	1
74	1128	11128	SIYABULELA	MELANI	TEMP	M	40	40-44M	1.06.55	0
75	1019	2036	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.07.00	1
76	1117	11117	KARTHI	GOPALAN	TEMP	M	38	35-39M	1.07.08	0
77	1046	10046	ELIZABETH	SEARLE	TEMP	F	17	JF	1.07.20	0
78	1067	1067	LOURENS	TOERIEN	TEMP	M	58	55-59M	1.07.40	0
79	1024	678	JAYNE	BERRIMAN	ALBANY	F	35	35-39F	1.07.42	1
80	1149	11149	MEGAN	VAN OERLE	TEMP	F	17	JF	1.07.47	0
81	1178	1178	ELSJE	GRIESEL	TEMP	F	18	JF	1.07.58	0
82	1068	1068	CHRISTO	GERBER	TEMP	M	63	60-64M	1.08.14	0
83	1057	10057	DIKETOS	TSIAME	TEMP	F	50	50-54F	1.08.56	0
84	1059	10059	PETER	SULTER	TEMP	M	64	60-64M	1.08.57	0
85	1141	11141	BABALWA	SAM	TEMP	F	45	45-49F	1.09.30	0
86	1084	1084	JONATHAN	STECK	TEMP	M	21	SM	1.09.59	0
87	1120	11120	PAMELA	JONSON	TEMP	F	69	65-69F	1.09.59	0
88	1096	1096	NEALE	RIDDIN	TEMP	M	63	60-64M	1.11.11	0
89	1026	50795	LOUIS	EHRKE	ELPACER	M	70	70+M	1.11.31	0
90	1064	1064	CODY	JONES	TEMP	M	33	SM	1.11.42	0
91	1086	1086	NADINE	EATON	TEMP	F	31	SF	1.11.50	0
92	1035	70769	ANNETJIE	ROGERS	ELPACER	F	53	50-54F	1.11.59	0
93	1174	1174	SONETTE	WAGENAAR	TEMP	F	55	55-59F	1.12.08	0
94	1173	1173	CORNEL-MARI	DU PREEZ	TEMP	F	25	SF	1.12.08	0
95	1129	11129	SIYASANGA	MKOHLWA	TEMP	F	27	SF	1.12.28	0
96	1105	11105	CHADE	BOWLES	TEMP	F	36	35-39F	1.12.43	0
97	1167	1167	JUDY	CROUS	TEMP	F	14	JF	1.12.45	0
98	1142	11142	NICOLE	SAULS	TEMP	F	34	SF	1.12.46	0
99	1021	2929	Michal	van Rayner	MUIRITE	F	22	SF	1.12.57	1
100	1077	1077	SIPHOSHLE	TUMANI	TEMP	F	30	SF	1.13.16	0
101	1123	11123	MONICA	MASHISHI	TEMP	F	21	SF	1.13.25	0
102	1160	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.13.26	1
103	1054	10054	LUNGA	MINYAYO	TEMP	M	40	40-44M	1.13.27	0

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104	1145	11145	ANESIPHO	SINGQOTO	TEMP	F	24	SF	1.13.58	0
105	1043	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.14.01	1
106	1003	601	RIANA	BOSHOF	ASPEN	F	42	40-44F	1.14.14	1
107	1063	10063	MILTON	THIESEN	TEMP	M	70	70+M	1.14.17	0
108	1152	673	GREIG	NEWLAND-NELL	ACH	M	50	50-54M	1.14.17	1
109	1082	1082	BRENDA	NEWLAND-NELL	TEMP	F	46	45-49F	1.14.18	0
110	1065	1065	TAMSANQA	PONGOLA	TEMP	M	54	50-54M	1.14.23	0
111	1131	11131	PAULA	MOORE	TEMP	F	61	60-64F	1.14.46	0
112	1028	52468	MZIKAZI	KASOLO	KOMANIR	F	33	SF	1.16.09	0
113	1010	1423	SIMONE	JORDAAN	MUIRITE	F	45	45-49F	1.16.38	1
114	1161	50786	JANETTE	DU RANDT	ELPACER	F	52	50-54F	1.17.45	0
115	1056	10056	MAFUKU	MALEBO	TEMP	F	50	50-54F	1.18.01	0
116	1002	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.18.09	1
117	1029	51662	ZIMASA	MAHLUNGULU-TATA	ORMAMBA	F	39	35-39F	1.18.24	0
118	1140	11140	LAILA	ROUHANI	TEMP	F	26	SF	1.18.45	0
119	1039	50468	TYLER	SMITH	HAMS	M	16	JM	1.19.00	0
120	1125	11125	NANDI	MBALISO	TEMP	F	41	40-44F	1.19.03	0
121	1016	1506	MASIVUYE	MDYESHANA	NEDBANK	F	45	45-49F	1.19.05	1
122	1114	11114	MELANIE	COETZEE	TEMP	F	42	40-44F	1.19.08	0
123	1177	1177	ROSE-MARIE	COETZEE	TEMP	F	36	35-39F	1.19.11	0
124	1176	1176	MARK	OCETZEE	TEMP	M	38	35-39M	1.19.12	0
125	1032	50771	HELENE	NEL	ELPACER	F	73	70+F	1.19.23	0
126	1027	50787	ROSLYN	JEVON	ELPACER	F	61	60-64F	1.19.25	0
127	1045	10045	CHLOE	NIEHAUS	TEMP	F	17	JF	1.19.39	0
128	1020	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.19.49	1
129	1133	11133	NOXOLO	NDODA	TEMP	F	50	50-54F	1.19.51	0
130	1127	11127	BABALWA	MCHITHAKALI	TEMP	F	32	SF	1.20.16	0
131	1061	1061	SANDLIKAZI	ZANGQA	TEMP	F	38	35-39F	1.20.59	0
132	1048	10048	MARELIZE	POTGIETER	TEMP	F	16	JF	1.21.45	0
133	1103	51254	NOMANDLA	HOPA	CHILLIEB	F	34	SF	1.21.49	0
134	1150	11150	SANDRA	VAN DER WALT	TEMP	F	35	35-39F	1.22.19	0
135	1008	276	CHRISTIAN	GERBER	MUIRITE	M	50	50-54M	1.22.59	1
136	1047	10047	KEEZI	KUBWIMANA	TEMP	F	16	JF	1.23.33	0
137	1007	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.23.35	1
138	1093	1093	JUSTIN	PHILPOTT	TEMP	M	26	SM	1.23.35	0
139	1092	1092	RENE	PHILPOTT	TEMP	F	56	55-59F	1.23.35	0
140	1044	2172	LEE	PAGE	CHARLO	F	42	40-44F	1.24.28	1
141	1041	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.24.28	1
142	1130	11130	KAYCE	MOORE	TEMP	F	28	SF	1.24.41	0
143	1108	2196	SICELO SELBY	THABETHE	SIBALEKA	M	51	50-54M	1.24.52	1
144	1136	11136	PAMELLA	NYAMANDA	TEMP	F	38	35-39F	1.25.26	0
145	1042	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.26.41	1
146	1034	50776	MICHELLE	PITCHER	ELPACER	F	58	55-59F	1.27.35	0
147	1040	50781	SHARON	STAP	ELPACER	F	63	60-64F	1.27.37	0
148	1017	2775	URITIAH	MYBURGH	MUIRITE	F	49	45-49F	1.28.00	1
149	1079	1079	LUNGISWE	VITHI	TEMP	F	45	45-49F	1.28.00	0
150	1122	11122	SAPHOKAZI	LEVE	TEMP	F	32	SF	1.28.18	0
151	1097	1097	NICOLENE	RIDDIN	TEMP	F	56	55-59F	1.28.59	0
152	1062	10062	MARE	MCLAREN	TEMP	F	62	60-64F	1.29.22	0
153	1158	3177	CHRISNA	LANDMAN	MUIRITE	F	52	50-54F	1.29.36	1
154	1036		AYABULELA	SINGQOTO	KHAYEL	F	38	35-39F	1.33.48	0
155	1075	1075	CHRIS	SLATER	TEMP	M	58	55-59M	1.33.48	0

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156	1080	1080	LICEKA	PAKATI	TEMP	F	45	45-49F	1.34.27	0
157	1110	1343	BERENICE	SMITH	NEDBANK	F	60	60-64F	1.35.19	1
158	1069	10069	LIZETTE	DAVIDS	TEMP	F	57	55-59F	1.35.20	0
159	1159	2116	LYNN	LANDMAN	SAPPE	M	55	55-59M	1.35.32	1
160	1144	11144	SONIA	SHARE	TEMP	F	59	55-59F	1.35.33	0
161	1049	11170	BUSISA	MFEYA	TEMP	F	43	40-44F	1.35.40	0
162	1066	1066	VUYI	HAMELA	TEMP	F	30	SF	1.37.22	0
163	1014	685	LYNNE	MARSHALL	ALBANY	F	76	70+F	1.38.29	1
164	1091	1091	ANNE-MARIE	BREED	TEMP	F	65	65-69F	1.39.16	0
165	1089	1089	SONJA	NORDEN	TEMP	F	69	65-69F	1.39.16	0
166	1116	11116	LEIGH	GOOD	TEMP	F	43	40-44F	1.40.04	0
167	1138	11138	LEANDI	POTTINGER	TEMP	F	39	35-39F	1.40.04	0
168	1124	11124	APHILILE	MBABISO	TEMP	F	34	SF	1.40.56	0
169	1055	10055	ZAHIRRA	KHAN-NAIDOO	TEMP	F	43	40-44F	1.41.16	0
170	1112	3063	HELEN	CLARK	VOLO	F	48	45-49F	1.42.46	0
171	1078	1078	ZINZI	SOMANA	TEMP	F	34	SF	1.48.49	0
172	1088	1088	BONANI	NQOBO	TEMP	M	46	45-49M	1.56.59	0
173	1090	1090	NT0OMBEEKHAYA	NQOBO	TEMP	F	43	40-44F	1.56.59	0
HELPERS RUN										
H1	1501	1501	CHRISTOPHER	PIKE	TEMP	M	45	45-49M	0.54.27	0
H2	1502	1502	LOUISE	FERGUSON	TEMP	F	35	35-39F	1.02.19	0
H3	1503	1503	MATTHEW	STECK	TEMP	M	35	35-39M	1.05.10	0
H4	1504	1504	JULIETTE	ALEXANDER	TEMP	F	35	35-39F	1.05.12	0
H5	1505	1505	SHARON	COX	TEMP	F	64	60-64F	1.22.57	0
H6	1506	1506	DIANA	EMSLIE	TEMP	F	58	55-59F	1.26.18	0
H7	1507	1507	MIKE	MOMBERG	TEMP	M	35	35-39M	1.26.14	0
H8	1508	1508	CATHERINE	MOMBERG	TEMP	F	62	60-64F	1.28.33	0
H9	1509	1509	DUDLEY	EMSLEY	TEMP	M	35	35-39M	1.43.51	0
H10	1510	1510	SUSAN	ROBERTSON	TEMP	F	61	60-64F	1.45.12	0