

LAKE FARM CENTRE CHARITY RUN 10KM - 2026/03/07

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1157	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.34.44	1
2	1075	1071	SIYAVUYA	JEYI	ACH	M	20	SM	0.36.04	1
3	1120	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.36.14	1
4	1440	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.37.36	1
5	1441	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	0.38.09	1
6	1447	694	LUBABALO	JUSAYI	ASPEN	M	35	35-39M	0.39.57	1
7	1420	817	ALISTAIR	KINGWILL	32GI	M	48	45-49M	0.39.58	1
8	1361	1105	MARK	FRASER	ACH	M	32	SM	0.41.48	1
9	1444	9444	THANDO	NCIPHA	TEMP	M	34	SM	0.42.16	0
10	1350	950	CHARLES	SEGALO	CHARLO	M	38	35-39M	0.42.29	1
11	1044	1064	GRAHAM	ESHMADE	ACH	M	48	45-49M	0.42.47	1
12	1442	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.42.55	1
13	1436	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	44	40-44F	0.45.37	1
14	1280	4480	BREECE	ROMANS	TEMP	M	20	SM	0.46.30	0
15	1182	4382	DIVAN	BARNARD	TEMP	M	25	SM	0.48.29	0
16	1262	4462	CJ	STRYDOM	TEMP	M	42	40-44M	0.48.36	0
17	1431	290	JAN	LE ROUX	MUIRITE	M	53	50-54M	0.49.15	1
18	1229	4429	XOLANI	MBELENI	TEMP	M	47	45-49M	0.49.18	0
19	1289	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.49.22	1
20	1338	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.49.45	1
21	1421	839	HESTER	KINGWILL	32GI	F	45	45-49F	0.49.56	1
22	1002	1703	JAIME	ALCOCK	MADIBA	F	23	SF	0.50.01	1
23	1398	91398	ASIPHESONA	MFUTULI	TEMP	M	26	SM	0.50.16	0
24	1299	982	CHARLES	CORBY	CHARLO	M	55	55-59M	0.51.15	1
25	1349	1841	DOLLY	NDUDE	HOLLYWOOD	F	53	50-54F	0.52.12	1
26	1224	4424	SISANDA	MANXOYI	TEMP	M	14	JM	0.52.20	0
27	1204	4404	JARED	HEYNS	TEMP	M	20	SM	0.52.21	0
28	1449	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.52.24	1
29	1448	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	0.53.08	1
30	1124	619	DOZ	PHILLIPS	RUN4C	F	53	50-54F	0.53.26	1
31	1023	40569	CARLA	CLOTZ	SCHOOL	F	19	JF	0.53.32	1
32	1143	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.53.39	1
33	1419	843	ALECIA	LE ROUX	32GI	F	28	SF	0.54.12	1
34	1438	2436	JAN-HENDRI	SMIT	JBAY	M	37	35-39M	0.54.33	1
35	1004	1043	DAVID	BAINS	XCEL	M	59	55-59M	0.54.41	1
36	1078	1118	BRUCE	KING	ACH	M	59	55-59M	0.54.50	1
37	1339	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.54.51	1
38	1443	2777	MBULELO	KITAS	YOUTH	M	56	55-59M	0.55.06	1
39	1133	554	PETRUS	RADEMeyer	RUN4C	M	51	50-54M	0.55.07	1
40	1115	1921	OWEN	NCUBE	BLUEBAY	M	44	40-44M	0.55.26	1
41	1191	4391	THOMAS	DANIELS	TEMP	M	23	SM	0.55.41	0
42	1134	104	PRASHAAN	RAGA	INFINITY	M	27	SM	0.55.50	1
43	1364	524	FREDERIK	VAN DER WESTHUIZEN	RUN4C	M	32	SM	0.56.09	1
44	1030	3050	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.56.26	1
45	1403	658	KELLY	HOLMES	ASPEN	F	49	45-49F	0.56.42	1
46	1089	2883	TSHOLANANG	LEKALAKE	CSEP	M	36	35-39M	0.57.21	1
47	1106	3391	KUHLE	MQASHANE	CHILLIEP	F	22	SF	0.57.29	1
48	1406	91406	SILIZIWE	JAKO	TEMP	M	28	SM	0.57.46	0
49	1158	3270	MAKAZIWE	TENYANE	CHEETAHS	M	50	50-54M	0.57.48	1
50	1068	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	0.57.49	1

51	1330	983	PETER	VENTER	CHARLO	M	45	45-49M	0.57.51	1
52	1241	4441	JADE	MURRAY	TEMP	F	22	SF	0.58.11	0
53	1016	2513	ERIN	BROMLEY-GANS	Bestmed	F	38	35-39F	0.58.16	1
54	1190	4390	JOANNE	DANIELS	TEMP	F	60	60-64F	0.58.25	0
55	1102	695	JACQUES	MINNIE	ASPEN	M	26	SM	0.58.30	1
56	1144	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	0.58.52	1
57	1091	616	RUAN	LUNDT	RUN4C	M	38	35-39M	0.58.53	1
58	1007	485	WANDISILE	BATAYI	RUN4C	M	30	SM	0.58.58	1
59	1412	91412	KYLE	BAARTMAN	TEMP	M	30	SM	0.59.20	0
60	1028	1088	PERCY	DALTON	ACH	M	77	70+M	0.59.20	1
61	1001	570	JENNIFER	AH CHONG	RUN4C	F	58	55-59F	0.59.23	1
62	1413	91413	ANDREW	HART	TEMP	M	57	55-59M	0.59.49	0
63	1140	750	PIETER	ROUX	CRUSADE	M	71	70+M	0.59.56	1
64	1099	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	0.59.57	1
65	1362	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	0.59.57	1
66	1370	91370	ROLAND	CLACK	TEMP	M	55	55-59M	0.59.58	0
67	1114	1267	ANAND	NAIDOO	VWAC	M	56	55-59M	0.59.58	1
68	1258	4458	LUDWE	SOBELE	TEMP	M	37	35-39M	1.00.25	0
69	1051	1705	JOHN	FREWEN	MADIBA	M	63	60-64M	1.00.44	1
70	1150	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	1.00.50	1
71	1063	535	GERT	HARMSE	RUN4C	M	59	55-59M	1.01.04	1
72	1454	4658	SIYANDA	LURWENGU	TEMP	M	37	35-39M	1.01.04	0
73	1430	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	1.01.30	1
74	1383	840	BRONWIN	MEYER	32GI	F	53	50-54F	1.01.31	1
75	1329	932	KIM	VENTER	CHARLO	F	41	40-44F	1.01.48	1
76	1328	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.02.13	1
77	1199	4399	GAVIN	HACK	TEMP	M	66	65-69M	1.02.20	0
78	1372	91372	KYLE	HUGO	TEMP	M	27	SM	1.02.27	0
79	1274	4474	AMY	VILJOEN	TEMP	F	29	SF	1.02.33	0
80	1439	4656	LAWRENCE	BERNARD	TEMP	M	67	65-69M	1.02.40	0
81	1333	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	1.02.41	1
82	1237	4437	TYRA	MOORCROFT	TEMP	F	19	SF	1.02.43	0
83	1037	1155	CARYNNE	DRYDEN	ACH	F	51	50-54F	1.03.04	1
84	1193	4393	NATALIE	DIL	TEMP	F	56	55-59F	1.03.06	0
85	1228	4428	LWAZI	MAXONGO	TEMP	M	33	SM	1.03.13	0
86	1042	769	MEGAN	ELS	CRUSADE	F	41	40-44F	1.03.13	1
87	1288	4488	ANDILE	ZONDI	TEMP	F	30	SF	1.03.14	0
88	1088	1722	RAYMOND	LEIBRANDT	GELVAN	M	62	60-64M	1.03.23	1
89	1405	1549	SIKHO	MXINWA	DESPATCH	F	28	SF	1.03.26	1
90	1402	633	DAVID	NEL	ASPEN	M	38	35-39M	1.03.28	1
91	1130	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	1.03.42	1
92	1292	984	BELINDA	BAIN	CHARLO	F	63	60-64F	1.03.49	1
93	1006	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.03.51	1
94	1087	1934	SANDRA	LEIBRANDT	BLUEBAY	F	60	60-64F	1.03.52	1
95	1296	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.04.06	1
96	1277	4477	JENNA	WALTERS	TEMP	F	25	SF	1.04.17	0
97	1297	894	TONY	CLARKE	CHARLO	M	65	65-69M	1.04.26	1
98	1307	959	JOHAN	GERBER	CHARLO	M	46	45-49M	1.04.38	1
99	1374	81374	RUAN	VAN DER BERG	TEMP	M	27	SM	1.04.45	0
100	1232	4432	SANDILE	MITIYO	TEMP	M	50	50-54M	1.04.56	0
101	1139	842	KELLY	ROSE	32GI	F	47	45-49F	1.05.14	1
102	1287	4487	TIMOTHY	YOUNG	TEMP	M	32	SM	1.05.16	0
103	1052	1704	MARIZA	FREWEN	MADIBA	F	64	60-64F	1.05.18	1

104	1429	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.05.37	1
105	1407	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	1.05.37	1
106	1168	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.05.37	1
107	1428	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	1.05.38	1
108	1061	1658	ARISTA	GRIGOR	MADIBA	F	47	45-49F	1.05.39	1
109	1397	1116	HEIDI	JANSEN	ACH	F	59	55-59F	1.05.53	1
110	1312	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	1.05.59	1
111	1433	3381	LIKHONA	MASIKA	CHILLIEP	M	43	40-44M	1.06.00	1
112	1293	956	NEELESH	BHANA	CHARLO	M	54	50-54M	1.06.05	1
113	1047	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.06.10	1
114	1399	91399	THEMBINKOSI	NLABATI	TEMP	M	39	35-39M	1.06.20	0
115	1368	632	MOMELEZI	COMJWA	ASPEN	M	30	SM	1.06.21	1
116	1391	91391	THABISA	FUKUTWA	TEMP	F	36	35-39F	1.06.22	0
117	1167	86	LORRAINE	VAN VUUREN	INFINITY	F	49	45-49F	1.06.30	1
118	1196	4396	VUYOKAZI	DUBE	TEMP	F	49	45-49F	1.06.33	0
119	1245	4445	LAUREN	PEINKE	TEMP	F	20	SF	1.06.35	0
120	1198	4398	DALE	FLYNN	TEMP	M	32	SM	1.06.39	0
121	1251	4451	LILY	SCHNEIDER	TEMP	F	24	SF	1.06.39	0
122	1152	1996	CARMIA	SMUTS	WALMER	F	30	SF	1.06.41	1
123	1335	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	1.06.47	1
124	1067	2632	PHILIPP	HOELZER	Bestmed	M	44	40-44M	1.06.47	1
125	1427	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.06.49	1
126	1209	4409	SIYANDA	KETANI	TEMP	M	38	35-39M	1.06.58	0
127	1358	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	1.06.59	1
128	1256	4456	SIYABULELA	SIBENGILE	TEMP	M	28	SM	1.06.59	0
129	1373	547	LEANDRA	STEYN	RUN4C	F	39	35-39F	1.07.03	1
130	1332	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.07.12	1
131	1071	1261	FRANKLYN	HUMAN	VWAC	M	50	50-54M	1.07.19	1
132	1308	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.07.43	1
133	1300	1007	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.07.43	1
134	1205	4405	ANGELA	HOOLE	TEMP	F	47	45-49F	1.07.44	0
135	1147	473	MICHELLE	SIMON	RUN4C	F	36	35-39F	1.07.57	1
136	1396	91396	MIKE	WEBB	TEMP	M	66	65-69M	1.08.05	0
137	1153	1995	LYNETTE	SMUTS	WALMER	F	59	55-59F	1.08.36	1
138	1414	671	NQABISA	BENYA	ASPEN	F	45	45-49F	1.08.37	1
139	1162	245	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.08.40	1
140	1246	4446	SINOVUYO	PHOHLONGO	TEMP	F	31	SF	1.09.08	0
141	1151	1627	NATASHA	SMITH	MADIBA	F	39	35-39F	1.09.10	1
142	1019	725	WENDY	BULULU	CRUSADE	F	43	40-44F	1.09.16	1
143	1171	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.09.22	1
144	1348	4601	FAYE	TURNER	TEMP	F	36	35-39F	1.09.37	0
145	1298	882	BEVERLEY	CLARKE	CHARLO	F	61	60-64F	1.09.47	1
146	1003	2363	LIESEL	BADENHORST	JBAY	F	52	50-54F	1.09.56	1
147	1313	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.09.57	1
148	1013	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.10.00	1
149	1264	4464	ZINZAN	THORNE	TEMP	M	29	SM	1.10.06	0
150	1094	2141	CHUMANI	MASHIQA	TRANSNET	M	37	35-39M	1.10.12	1
151	1415	91415	DARRYN	BHANA	TEMP	M	36	35-39M	1.10.12	0
152	1249	4449	LEILA	SAMPSON	TEMP	F	37	35-39F	1.10.20	0
153	1453	4657	JESSICA	LE ROUX	TEMP	F	40	40-44F	1.10.20	0
154	1265	4465	YOLISA	TIBANE	TEMP	F	46	45-49F	1.10.21	0
155	1197	4397	LOUISE	FERGUSON	TEMP	F	46	45-49F	1.10.24	0
156	1107	3068	NTOMBIZINE	MTANDA	VITALITY	F	49	45-49F	1.10.25	1

157	1320	1024	LAUREN	MCKAY	CHARLO	F	45	45-49F	1.10.26	1
158	1315	1025	JOLENE	LERM	CHARLO	F	42	40-44F	1.10.27	1
159	1026	1167	CHLOE	CRITCHLOW	EMERIS	F	20	SF	1.10.41	1
160	1394	91394	CHRISTOPHER	STOUT	TEMP	M	45	45-49M	1.10.42	0
161	1203	4403	RUAAN	HEUNIS	TEMP	M	34	SM	1.10.43	0
162	1425	350	MARIUS	ROACH	MUIRITE	M	32	SM	1.10.43	1
163	1426	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.10.43	1
164	1276	4476	CHRISTINE	VREY	TEMP	F	53	50-54F	1.11.01	0
165	1291	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.11.02	1
166	1129	2372	LETITIA	POTGIETER	JBAY	F	61	60-64F	1.11.06	1
167	1337	1104	CATHY	IVES	ACH	F	72	70+F	1.11.13	1
168	1017	2377	KENNY	BROWN	JBAY	M	75	70+M	1.11.17	1
169	1177	4377	BASIL	ADAMS	TEMP	M	40	40-44M	1.11.36	0
170	1273	4473	ALISON	VAN VOLLENHOVEN	TEMP	F	33	SF	1.11.37	0
171	1060	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.11.57	1
172	1416	52161	LUZUKO	SOLILO	ESKOM	M	43	40-44M	1.12.17	0
173	1395	91395	THOBILE	ZIBANI	TEMP	F	40	40-44F	1.12.28	0
174	1145	479	MONIQUE	SENEKAL	RUN4C	F	34	SF	1.12.34	1
175	1445	1992	JOHANNES	RAUTENBACH	WALMER	M	27	SM	1.12.43	1
176	1260	4460	CLAIRE	STEENKAMP	TEMP	F	35	35-39F	1.12.45	0
177	1261	4461	EMMA	STEENKAMP	TEMP	F	19	SF	1.12.46	0
178	1018	2351	LILLY	BROWN	JBAY	F	66	65-69F	1.12.48	1
179	1178	4378	TOINETTE	ADAMS	TEMP	F	40	40-44F	1.13.05	0
180	1083	3238	LISA	KWONG HING	CONTI	F	42	40-44F	1.13.05	1
181	1156	500	RICHARD	SULLIVAN	RUN4C	M	56	55-59M	1.13.05	1
182	1408	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.13.12	1
183	1025	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.13.12	1
184	1062	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.13.19	1
185	1155	40011	HANNAH	SULLIVAN	RUN4C	F	16	JF	1.13.24	1
186	1345	1350	RONEL	NIKSCH	NEDBANK	F	63	60-64F	1.13.31	1
187	1184	4384	YANGA	BEJE	TEMP	M	26	SM	1.13.47	0
188	1080	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.13.53	1
189	1283	4483	HANNAH	WOOD	TEMP	F	44	40-44F	1.13.56	0
190	1056	478	NOMAZIBUKO	STOUT	RUN4C	F	43	40-44F	1.13.59	1
191	1045	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.13.59	1
192	1098	2180	VIVIENNE	MCETYWA	TRANSNET	F	37	35-39F	1.14.01	1
193	1119	2138	ANGELA	NTANGA	TRANSNET	F	30	SF	1.14.04	1
194	1201	4401	KOENA	HEADBUSH	TEMP	M	47	45-49M	1.14.09	0
195	1290	1031	KAYLA	ABBOTT	CHARLO	F	14	JF	1.14.20	1
196	1040	1315	NICOLENE	ELLIE	VWAC	F	41	40-44F	1.14.32	1
197	1163	246	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.14.33	1
198	1238	4438	BONITA	MOORE	TEMP	F	57	55-59F	1.14.46	0
199	1172	517	TANIA	WEYER-SCHNEIDER	RUN4C	F	65	65-69F	1.14.48	1
200	1164	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.14.53	1
201	1186	4386	GERHARDT	BURGER	TEMP	M	60	60-64M	1.14.54	0
202	1244	4444	LIZELLE	OOSTHUIZEN	TEMP	F	49	45-49F	1.15.15	0
203	1336	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.15.17	1
204	1376	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.15.23	1
205	1432	41	TINA	DERBYSHIRE	SAPPE	F	71	70+F	1.15.37	1
206	1050	3221	INGE	FOURIE	CITYC	F	26	SF	1.15.58	1
207	1306	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.16.00	1
208	1020	1258	LIZAAN	BURKETT	VWAC	F	42	40-44F	1.16.16	1

209	1005	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.16.17	1
210	1142	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.16.18	1
211	1301	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.16.20	1
212	1314	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.16.20	1
213	1116	2537	ASIPHE	NDOTO	Bestmed	F	29	SF	1.16.28	1
214	1085	2539	PRISCAH	LAKANE	Bestmed	F	29	SF	1.16.30	1
215	1161	3023	MOSALE	TLAKA	VITALITY	F	28	SF	1.16.38	1
216	1435	2601	ROCHELLE	THORNE	Bestmed	F	56	55-59F	1.16.40	1
217	1268	4468	MILANIE	VAN DER MERWE	TEMP	F	42	40-44F	1.16.42	0
218	1437	4655	MILESKA	SMIT	TEMP	F	37	35-39F	1.16.55	0
219	1231	4431	MEGAN	MINNE	TEMP	F	33	SF	1.16.57	0
220	1084	2370	JOSSIE	LABUSCAGNE	JBAY	F	70	70+F	1.17.07	1
221	1410	2163	Fungiwe	Ntuli	TRANSNET	F	39	35-39F	1.17.13	1
222	1326	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.17.22	1
223	1304	1003	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.17.38	1
224	1309	1004	SUNET	HARRIS	CHARLO	F	52	50-54F	1.17.38	1
225	1286	4486	GWEN	YOUNG	TEMP	F	36	35-39F	1.17.40	0
226	1269	4469	GIDION	VAN DER MERWE	TEMP	M	60	60-64M	1.17.56	0
227	1390	91390	THERESA	NCUBE	TEMP	F	35	35-39F	1.18.01	0
228	1092	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.18.10	1
229	1206	4406	CAYDY	JACOBS	TEMP	F	36	35-39F	1.18.21	0
230	1146	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.18.29	1
231	1149	1168	INEZ	SLATER	EMERIS	F	41	40-44F	1.18.37	1
232	1125	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.18.43	1
233	1352	4602	STHEMBELE	KAHLU	TEMP	M	23	SM	1.18.47	0
234	1341	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	1.18.59	1
235	1121	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.19.19	1
236	1455	4659	DEON	VAN DER WALT	TEMP	M	38	35-39M	1.19.32	0
237	1036	2151	NOLITHA	DLUNGANA	TRANSNET	F	36	35-39F	1.19.43	1
238	1310	1021	VUYOKAZI	HARRISON	CHARLO	F	36	35-39F	1.20.11	1
239	1381	91381	TENDAI	ARESHO	TEMP	M	44	40-44M	1.20.11	0
240	1235	4435	YAMKELA	MLISA	TEMP	M	27	SM	1.20.20	0
241	1363	496	ZANE	VAN DER WESTHUIZEN	RUN4C	F	26	SF	1.20.33	1
242	1128	497	SAMANTHA	PORTER	RUN4C	F	32	SF	1.20.35	1
243	1131	102	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.20.47	1
244	1054	744	KAREN	GARDNER	CRUSADE	F	63	60-64F	1.20.52	1
245	1108	458	THOKOZANI	MTIMKULU	CHILLIEP	F	29	SF	1.20.59	1
246	1070	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.20.59	1
247	1027	488	CHERYL	CUPIDO	RUN4C	F	56	55-59F	1.21.02	1
248	1048	3220	CARLA	FOURIE	CITYC	F	30	SF	1.21.18	1
249	1035	2873	SIYASANGA	DLAKU	CSEP	F	39	35-39F	1.21.24	1
250	1113	2182	NANGAMSO	NABE	TRANSNET	F	37	35-39F	1.21.24	1
251	1011	40434	RAYNELLE	BLIGNAULT	EMERIS	F	18	JF	1.21.26	1
252	1057	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	1.21.26	1
253	1401	91401	BONGINKOSI	SIMEKADE	TEMP	M	40	40-44M	1.21.29	0
254	1217	4417	MUSA	LALELA	TEMP	F	27	SF	1.21.35	0
255	1086	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.21.50	1
256	1053	772	SUNIL	GAJJAR	CRUSADE	M	60	60-64M	1.22.18	1
257	1450	394	THEMBISILE	VETSHEZA	IKHAMVA	F	46	45-49F	1.22.20	1
258	1324	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	1.22.23	1
259	1384	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.22.44	1
260	1179	4379	GAIL	AGNEW	TEMP	F	51	50-54F	1.22.47	0

261	1226	4426	SINOMTHA	MASE	TEMP	F	32	SF	1.23.05	0
262	1090	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.23.14	1
263	1093	1390	VUYISEKA	MAKALIMA	NEDBANK	F	41	40-44F	1.23.17	1
264	1418	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	1.23.30	1
265	1379	1117	GRAHAM	NELL	ACH	M	74	70+M	1.23.44	1
266	1340	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	1.24.43	1
267	1100	97	INA	MEAKER	INFINITY	F	64	60-64F	1.24.44	1
268	1082	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.24.44	1
269	1014	1550	ELRIKA	BOTHA	DESPATCH	F	27	SF	1.24.47	1
270	1387	81387	NOMKHITHA	MFONO	TEMP	F	43	40-44F	1.24.50	0
271	1351	4603	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.25.24	0
272	1331	1012	CINDY	VOSLOO	CHARLO	F	43	40-44F	1.25.38	1
273	1317	1013	ANTOINETTE	LEVER	CHARLO	F	31	SF	1.25.46	1
274	1049	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.25.51	1
275	1202	4402	SHERWYN	HEARNE	TEMP	M	38	35-39M	1.26.00	0
276	1263	4463	ROXANNE	THORNE	TEMP	F	29	SF	1.26.11	0
277	1347	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.26.53	1
278	1041	597	ALICIA	ELS	RUN4C	F	47	45-49F	1.27.34	1
279	1073	568	DOMINIQUE	JACKSON	RUN4C	F	23	SF	1.27.34	1
280	1032	2358	ISABEL	DEATS	JBAY	F	64	60-64F	1.27.47	1
281	1422	1877	olerato	Dinake	HOLLYWOO	F	27	SF	1.28.16	1
282	1342	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.28.18	1
283	1066	683	ABONGILE	HINTSA	ASPEN	F	28	SF	1.28.18	1
284	1065	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.28.24	1
285	1103	680	SOTHINI	MKOSANA	ASPEN	F	31	SF	1.28.41	1
286	1220	4420	HLONIPHILE	LUTHULI	TEMP	F	36	35-39F	1.28.47	0
287	1211	4411	WENDY	KHWETANI	TEMP	F	30	SF	1.28.54	0
288	1392	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.29.21	1
289	1334	987	SHANTE	WRIGHT	CHARLO	F	27	SF	1.29.21	1
290	1295	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.29.22	1
291	1461	9468	ZOLISA	NCEZULA	TEMP	M	50	50-54M	1.29.39	0
292	1136	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.30.23	1
293	1318	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.30.47	1
294	1388	91388	MICHELLE	ELFICK	TEMP	F	55	55-59F	1.30.57	0
295	1389	91389	ROBYN	STEYN	TEMP	F	54	50-54F	1.30.57	0
296	1015	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.31.37	1
297	1188	4388	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	1.31.40	0
298	1043	743	MARY-LOU	EMSLIE	CRUSADE	F	62	60-64F	1.31.47	1
299	1270	4470	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	1.31.54	0
300	1160	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.31.55	1
301	1127	349	CHARNE	PIETERSEN	MUIRITE	F	33	SF	1.32.07	1
302	1123	294	KARMELE	PAGE	MUIRITE	F	35	35-39F	1.32.07	1
303	1371	91371	PAULIEN	LOUW	TEMP	F	53	50-54F	1.32.43	0
304	1254	4454	JENNIFER	SCHUTTE	TEMP	F	39	35-39F	1.32.57	0
305	1176	2061	JOCELYN	YOUNG	ACH	F	57	55-59F	1.33.19	1
306	1239	4439	PHIWE	MSIZI	TEMP	F	31	SF	1.33.26	0
307	1346	585	JEANETTE	PIENAAR	RUN4C	F	77	70+F	1.33.35	1
308	1039	466	ONELE	DYONASE	CHILLIEP	F	32	SF	1.34.08	1
309	1141	2810	FEZIWE	SALAZE	ABSAEP	F	37	35-39F	1.34.25	1
310	1236	4436	PHAKAMA	MOAKAMELA	TEMP	F	35	35-39F	1.34.55	0
311	1255	4455	SONIA	SHARE	TEMP	F	59	55-59F	1.35.57	0
312	1434	4653	DRIES	VERHOEF	TEMP	M	78	70+M	1.36.38	0

313	1266	4466	FRANCOIS	TIMOTHEUS	TEMP	M	48	45-49M	1.36.58	0
314	1110	2510	LERATO	MUZAH	Bestmed	F	40	40-44F	1.37.18	1
315	1417	52376	NOKUKHANYA	NGECE	KWAMA	F	41	40-44F	1.37.24	0
316	1325	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.37.30	1
317	1311	1020	David	Harrison	CHARLO	M	51	50-54M	1.37.33	1
318	1382	91382	XOLISWA	ARESHO	TEMP	F	34	SF	1.37.36	0
319	1207	4407	BABALWA	JOZELA	TEMP	F	43	40-44F	1.38.04	0
320	1112	248	URITIAH	MYBURGH	MUIRITE	F	49	45-49F	1.39.21	1
321	1081	2531	FUNDISWA	KULA	Bestmed	F	46	45-49F	1.39.56	1
322	1216	4416	BRENDA	LALELA	TEMP	F	49	45-49F	1.40.28	0
323	1240	4440	WABO	MSIZI	TEMP	F	65	65-69F	1.42.55	0
324	1055	2809	SIMANGELE	SKOSANA	ABSAEP	F	45	45-49F	1.43.05	1
325	1046	1171	KYLIE	FERREIRA	EMERIS	F	19	SF	1.44.00	1
326	1411	3093	XABISO	KONA	VITALITY	F	30	SF	1.44.33	1
327	1169	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.47.02	1
328	1135	3119	DIKELEDI	RAMOROKA	ASPEN	F	42	40-44F	1.47.15	1
329	1069	2423	JEFFREY	HOLLOWAY	JBAY	M	67	65-69M	1.48.09	1
330	1247	4447	ALETTA	RACHMAN	TEMP	F	59	55-59F	1.48.10	0
331	1009		ASITHANDILE	BEN-MAZWI	TEMP	F	43	40-44F	1.52.04	0
332	1451	1669	YVETTE	JONKER	MADIBA	F	51	50-54F	1.53.03	1
333	1452	1678	DAVID	DE WET	MADIBA	M	65	65-69M	1.53.04	1
334	1234	4434	ASISIPO	MKUPA	TEMP	F	35	35-39F	1.53.33	0
335	1344	4544	CLIFFORD	JACKSON	TEMP	M	60	60-64M	1.58.07	0
336	1343	4543	LOANDRIE	POTGIETER	TEMP	F	36	35-39F	1.58.08	0
337	1215	4415	ANDISWA	LALELA	TEMP	F	48	45-49F	1.59.06	0
338	1118	2326	NOMAWETU	NOGAGA	VUKANI	F	48	45-49F	2.11.17	1
339	1356	1473	ASANDA	GROOTBOOM	NEDBANK	F	38	35-39F	2.13.41	1
PERS RUN										
H01	1701	1191	NOEL	ADAMS	ELITE A C	M		50-54M	0.50.50	1
H02	1702	1230	PHILLIP	DE RIDDER	ELITE A C	M		45-49M	0.52.50	1
H03	1703	1238	PIETER	GERBER	ELITE A C	M		50-54M	0.53.45	1
H04	1704	40073	STACEY	DE RIDDER	ELITE A C	F		JF	0.56.28	1
H05	1705	1236	STEPHEN	KLUE	ELITE A C	M		65-69M	0.56.56	1
H06	1706	1205	ALISON	BOWKER	ELITE A C	F		35-39F	0.57.20	1
H07	1707	1229	NATASCIA	DE RIDDER	ELITE A C	F		45-49F	1.00.54	1
H08	1708	1214	BENITA	GERBER	ELITE A C	F		60-64F	1.02.12	1
H09	1709	1250	PETER	VAN RENSBURG	ELITE A C	M		65-69M	1.02.12	1
H10	1710	583	CHRISTELLE	SLABBERT	RUN4C	F		50-54F	1.02.31	1
H11	1711	1201	CATHY	ALLERS	ELITE A C	F		60-64F	1.03.13	1
H12	1712	1219	MELANIE	CHRISTIE	ELITE A C	F		40-44F	1.06.48	1
H13	1713	1325	SHANNON	THEOBALD	NEDBANK	F		50-54F	1.07.20	1
H14	1714	1002	LEE	PAGE	CHARLO	F		40-44F	1.09.14	1
H15	1715	40081	MERISKA	BOUWER	ELITE A C	F		JF	1.11.24	1
H16	1716	1248	JADEN	DE RIDDER	ELITE A C	M		SM	1.11.24	1
H17	1717	40080	MATTHEW	HECHTER	ELITE A C	M		JM	1.11.40	1
H18	1718	1239	YOLANDE	KNOETZE	ELITE A C	F		55-59F	1.17.41	1
H19	1719	1231	HELENE	OPPEL	ELITE A C	F		75-79F	1.22.12	1
H20	1720	1221	CLEO	JORDAAN	ELITE A C	F		40-44F	1.26.52	1
H21	1721	1185	SUSAN	BEZUIDENHOUT	ELITE A C	F		65-69F	1.27.00	1
H22	1722	871	RICHARD	DE ANDRADE	CHARLO	M		65-69M	1.32.35	1
H23	1723	1241	MARLENE	TERBLANCHE	ELITE A C	F		75-79F	1.33.52	1