

NMB KARIE HUMAN RACE - 2026-03-21

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	2	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	1.05.35	5	25
2	1	357	SINAWO	POTI	IKHAMVA	M	24	SM	1.06.23	5	24
3	544	2559	APHELELE	NKONYENI	Bestmed	M	28	SM	1.08.15	5	23
4	3	1361	ANDILE	MOTWANA	NEDBANK	M	29	SM	1.08.32	5	22
5	397	1338	SIBAHLE	MAQWARA	NEDBANK	M	24	SM	1.08.42	5	21
6	481	2593	LEBOGANG	GABABOE	Bestmed	M	19	SM	1.11.14	5	20
7	334	1138	UMXOLELENI	TABATA	ACH	M	23	SM	1.11.22	5	19
8	61	2266	KHAYA	GQWETHA	VUKANI	M	40	40-44M	1.12.02	5	18
9	4	1354	ANDRE	KETCHEM	NEDBANK	M	42	40-44M	1.12.18	5	17
10	9	358	MZWANELE	MAPHEKULA	IKHAMVA	M	49	45-49M	1.12.25	5	16
11	538	2149	XOLISA	NDLUMBINI	TRANSNET	M	43	40-44M	1.14.44	5	15
12	220	40311	SIMTHANDILE	GOLIATH	HOLLYWOO	M	17	JM	1.15.29	5	0
13	614	40143	AGCOBILE	JEZILE	MOTHER	M	17	JM	1.15.47	5	14
14	609	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	1.16.08	5	13
15	302	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	1.16.48	5	12
16	692	40171	ANTON	AVENATHI	SIBALEKA	M	18	JM	1.16.58	5	11
17	596	611	JENIEL	ZANA	RUN4C	M	30	SM	1.17.15	5	10
18	317	413	MASIXOLE	NTLOKO	IKHAMVA	M	36	35-39M	1.17.50	5	9
19	469	2577	LUXOLO	CANDLOVU	Bestmed	M	24	SM	1.18.14	5	8
20	626	1460	MZOLISI	MAKHANDA	NEDBANK	M	43	40-44M	1.18.20	5	7
21	134	2804	SAZISO	PANGINDAWO	ABSAEP	M	43	40-44M	1.18.28	5	0
22	6	1335	ANELE	MALIZA	NEDBANK	M	48	45-49M	1.19.25	5	6
23	625	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	1.19.33	5	5
24	499	2650	BANELE	KOMANISI	Bestmed	M	19	SM	1.19.50	4	4
25	562	2635	AMOGELANG	SEHLWANA	Bestmed	M	22	SM	1.19.57	4	3
26	454	2059	YUSUF	ARENDSE	ACH	M	40	40-44M	1.20.01	5	2
27	453	1191	NOEL	ADAMS	ELITEAC	M	53	50-54M	1.20.37	5	1
28	566	1106	SIPESIHLE	SOFUTE	ACH	M	29	SM	1.21.09	4	0
29	610	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	1.21.34	4	0
30	428	2062	SIYANDA	PETER	CSEP	M	37	35-39M	1.22.21	4	0
31	618	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	1.22.38	5	0
32	293	3264	MALWANDE	MBATHA	CHEETAHS	M	32	SM	1.22.51	0	0
33	90	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	1.22.51	4	0
34	185	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	1.23.12	4	0
35	235	4507	SIPHESIHLE	BULOSE	TEMP	M	37	35-39M	1.23.36	0	0
36	617	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	1.24.58	5	0
37	480	613	JORAN	FORTUIN	RUN4C	M	20	SM	1.25.35	3	0
38	641	1871	SAPHO	NKATA	HOLLYWOO	M	48	45-49M	1.25.36	5	0
39	511	2546	ALISTAR	MAKHALE	Bestmed	M	20	SM	1.25.57	3	0
40	427	2076	ZOLANI	NOGAYI	SANDFEP	M	35	35-39M	1.25.58	3	0
41	323	1137	MITEKILE	RASMENI	ACH	M	61	60-64M	1.26.29	5	0
42	593	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	1.26.33	5	0
43	8	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	1.26.34	5	25
44	685	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	1.27.26	5	0
45	547	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	1.27.31	5	0
46	221	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	1.27.43	5	0
47	249	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.27.51	4	0
48	7	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	1.28.10	5	24
49	672	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	1.28.50	5	0
50	620	367	VUSI	MSUTHWANA	IKHAMVA	M	54	50-54M	1.28.55	5	0
51	106	814	BIANCA	MEISTRE	32GI	F	40	40-44F	1.29.31	5	23
52	10	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	1.29.43	5	0
53	548	78	LINDEN	NZEZA	SAPPE	M	42	40-44M	1.30.18	3	0
54	451	2065	Qhawe	Tshayingwe	HOLLYWOO	M	26	SM	1.30.22	3	0

55	426	2915	ZUKISANI	NJOKWENI	CSEP	M	36	35-39M	1.30.29	3	0
56	338	1844	SONWABILE	ZOKOZA	HOLLYWOO	M	44	40-44M	1.30.31	3	0
57	263	2146	SLULAMI	JACK	TRANSNET	M	50	50-54M	1.30.39	5	0
58	608	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	1.30.39	3	0
59	438	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	1.31.31	3	0
60	113	74	TUMELO	MOCHELENYANE	SAPPE	M	43	40-44M	1.31.34	3	0
61	191	4223	BYRON	COUFMANN	TEMP	M	39	35-39M	1.31.38	0	0
62	579	3027	EDDIE	VACU	VITALITY	M	37	35-39M	1.32.29	3	0
63	456	614	APHELELE	BAM	RUN4C	M	17	JM	1.32.48	2	0
64	284	364	FIKILE	MABHULA	IKHAMVA	M	43	40-44M	1.33.04	3	0
65	369	4817	JORDAN	HARRINGTON	TEMP	M	29	SM	1.33.08	0	0
66	628	1431	GIDEON	MENGO	NEDBANK	M	48	45-49M	1.33.20	3	0
67	143	407	MICHELLE	REED	IKHAMVA	F	40	40-44F	1.33.22	5	22
68	287	1849	QAWE	MAJIZA	HOLLYWOO	M	38	35-39M	1.33.32	2	0
69	332	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	1.33.40	3	0
70	518	2289	KHANYISO	MASWANA	VUKANI	M	36	35-39M	1.33.50	2	0
71	675	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	1.34.02	2	0
72	599	1465	HENRY	CRAUSE	NEDBANK	M	43	40-44M	1.34.32	3	0
73	151	2895	SANELE	SAM	CSEP	M	33	SM	1.34.46	2	0
74	661	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	1.34.54	2	0
75	326	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	1.35.21	5	0
76	137	369	AMANDA	PIETERSE	IKHAMVA	F	48	45-49F	1.35.47	5	21
77	667	1022	Reegan	Meyer	CHARLO	M	19	SM	1.35.47	2	0
78	33	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	1.35.49	4	20
79	75	560	FENANDO	KIEWIETS	RUN4C	M	40	40-44M	1.35.49	2	0
80	425	1842	ZANDISILE	NGXONONO	HOLLYWOO	M	52	50-54M	1.35.58	3	0
81	666	952	CINDY	MARAIS	CHARLO	F	48	45-49F	1.36.10	5	19
82	145	362	CANDICE	RICHARDS	IKHAMVA	F	33	SF	1.36.21	3	18
83	600	1885	JANE	BARNARDO	STFRAN	F	51	50-54F	1.36.38	5	0
84	467	844	THERESA	BUCHNER	32GI	F	40	40-44F	1.36.40	4	17
85	604	1815	PETER	NTSHIKILA	TINARHA	M	63	60-64M	1.36.43	5	0
86	51	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.36.54	4	0
87	443	2437	JOHNSTON	JUMBA	JBAY	M	52	50-54M	1.37.00	3	0
88	545	2516	GIFT	NKOSI	Bestmed	F	20	SF	1.37.30	3	16
89	228	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	59	55-59M	1.37.34	4	0
90	286	1852	MVULELI	MAGAWULANA	HOLLYWOO	M	49	45-49M	1.37.47	3	0
91	163	1026	CHRISTOFF	SNYMAN	CHARLO	M	31	SM	1.38.01	2	0
92	321	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	1.38.12	3	0
93	230	1441	MARTIN	JANSEN	NEDBANK	M	57	55-59M	1.38.14	4	0
94	424	1943	LUYANDA	NGESI	BLUEBAY	M	33	SM	1.38.40	2	0
95	74	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	1.39.11	2	0
96	184	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	1.39.13	3	15
97	46	1038	PHILLIP	DU PLESSIS	XCEL	M	55	55-59M	1.39.23	4	0
98	551	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	1.39.36	3	0
99	665	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	1.39.49	3	0
100	347	4474	XOLANI	MBELENI	TEMP	M	47	45-49M	1.39.59	0	0
101	264	1151	STEPHAN	JANSEN VAN RENSBURG	ACH	M	40	40-44M	1.40.20	2	0
102	552	2063	MAWETHU	PLATYI	HOLLYWOO	M	45	45-49M	1.40.25	2	0
103	486	1282	SEBASTIAN	HAARHOFF	VWAC	M	48	45-49M	1.40.28	2	0
104	423	193	ABONGILE	NGCAMBU	SAPPE	M	26	SM	1.40.28	2	0
105	470	1062	NICHOLAS	CHAPMAN	ACH	M	54	50-54M	1.40.50	3	0
106	123	824	KEVIN	NEFDI	32GI	M	38	35-39M	1.41.13	2	0
107	400	2547	TEDDY	PRUSENT	VITALITY	M	37	35-39M	1.41.24	2	0
108	45	2279	SIPHESIHLE	DLWATI	VUKANI	M	35	35-39M	1.42.04	2	0
109	168	2543	GRAHAM	TERBLANCHE	Bestmed	M	61	60-64M	1.42.05	4	0
110	490	659	BRETT	HOLMES	ASPEN	M	51	50-54M	1.42.06	3	0

111	471	546	ANOLD	CHIYAMA	RUN4C	M	40	40-44M	1.42.13	2	0
112	79	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	1.42.23	2	0
113	530	3057	LUNGISA	MKOSI	VITALITY	M	38	35-39M	1.42.26	2	0
114	598	425	SIYABONGA	ZULU	CHILLIEP	M	44	40-44M	1.42.26	2	0
115	44	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	1.42.48	3	14
116	335	2188	AYABONGA	TSHUNGWANA	TRANSNET	M	32	SM	1.42.51	2	0
117	107	169	UNATHI	MELENI	ACT AC	M	31	SM	1.42.54	2	0
118	700	1052	CHRISTIAN	DU PREEZ	XCEL	M	56	55-59M	1.42.57	3	0
119	504	1283	URAN	LE ROUX	VWAC	M	59	55-59M	1.43.23	3	0
120	102	2304	QAQAMBA	MATUNDU	VUKANI	F	27	SF	1.43.26	2	13
121	477	829	WYNAND	DUPREEZ	32GI	M	53	50-54M	1.43.26	2	0
122	540	821	MEGAN	NEWMAN	32GI	F	35	35-39F	1.43.27	2	12
123	69	388	MICHELLE	HOWES	IKHAMVA	F	57	55-59F	1.43.36	5	11
124	431	1469	MARGIE	SAUNDERS	NEDBANK	F	72	70+F	1.43.36	5	10
125	389	4389	ANDRE	ROSTODELLA	TEMP	M	30	SM	1.43.38	0	0
126	38	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	1.43.42	3	0
127	91	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	1.44.03	2	0
128	569	552	GEOFFREY	SWARTBOOI	RUN4C	M	49	45-49M	1.44.07	2	0
129	244	2885	MKHANYISI	DZINGWE	CSEP	M	34	SM	1.44.19	2	0
130	622	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	1.44.31	5	9
131	392	4392	MOMELEZI	SIHLOBO	TEMP	M	30	SM	1.44.32	0	0
132	252	532	JUDY	GERBER	RUN4C	F	59	55-59F	1.44.33	5	8
133	78	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	1.44.34	2	0
134	16	3032	NICHOLAS	BANGO	VITALITY	M	38	35-39M	1.44.35	2	0
135	479	1731	LENNETH	ERASMUS	GELVAN	M	68	65-69M	1.44.38	5	0
136	72	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	1.44.39	2	0
137	291	1925	AFRICA	MANDLA	BLUEBAY	M	23	SM	1.44.47	2	0
138	434	1944	MUSA	SENTI	BLUEBAY	M	33	SM	1.44.47	2	0
139	115	1456	LINDANI	MTHEMBU	NEDBANK	M	37	35-39M	1.44.52	2	0
140	563	273	ROBERT	SLABBERT	MUIRITE	M	39	35-39M	#VALUE!	5	0
141	693	2203	SIPHOSETHU	MAVATHA	SIBALEKA	F	29	SF	1.45.10	2	7
142	77	1684	MARLON	KOEN	MADIBA	M	39	35-39M	1.45.23	2	0
143	436	1699	BRENDAN	BOSMAN	MADIBA	M	41	40-44M	1.45.23	2	0
144	135	1734	DENVER	PETERSEN	GELVAN	M	42	40-44M	1.45.23	2	0
145	94	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	28	SM	1.45.27	2	0
146	591	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	1.45.38	2	0
147	308	3031	SEKELA	NDLAMLA	VITALITY	F	34	SF	1.45.46	2	6
148	488	2553	BUHLE LUVO	HINA	Bestmed	M	20	SM	1.45.47	2	0
149	489	1114	MILES	HOLLINS	ACH	M	53	50-54M	1.45.52	2	0
150	186	2122	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	1.46.23	2	0
151	668	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	1.46.23	2	0
152	656	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	1.46.37	2	0
153	576	3325	THEMBILE	TSHAKAZA	SANDFEP	M	36	35-39M	1.46.47	2	0
154	560	2509	MARCOLENE	SAUNDERS	Bestmed	F	41	40-44F	1.46.50	2	5
155	272	2137	SIFISO	KHUMALO	TRANSNET	M	34	SM	1.47.37	2	0
156	314	3037	SANDISO	NGWENYA	VITALITY	F	32	SF	1.47.38	2	4
157	129	3059	KHAKA	NJOZELA	VITALITY	M	39	35-39M	1.47.38	2	0
158	312	50546	SAKHE	NGQENGELELE	NYANDEN	M	45	45-49M	1.47.38	0	0
159	643	115	THOZAMILE	GROOTBOOM	MALABAR	M	49	45-49M	1.47.39	2	0
160	311	2284	MZWANELE	NGOQO	VUKANI	M	48	45-49M	1.47.39	2	0
161	131	2287	LINDIKHAYA	NTEYI	VUKANI	M	46	45-49M	1.47.39	2	0
162	533	1843	LONWABO	MTSHAKE	HOLLYWOO	M	55	55-59M	1.47.39	2	0
163	542	2664	SIPHAMANDLA	NGOGELA	Bestmed	M	32	SM	1.47.40	2	0
164	324	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	1.47.40	2	0
165	557	2665	ABULELE	ROZANA	Bestmed	M	30	SM	1.47.40	2	0
166	24	49	PHIL	BRADLEY	SAPPE	M	42	40-44M	1.47.40	2	0

167	173	363	MNQWENO	TYOKOLO	IKHAMVA	M	43	40-44M	1.47.40	2	0
168	572	2274	VUYILE	TIKWAYO	VUKANI	M	44	40-44M	1.47.41	2	0
169	642	3307	ANDILE	POSWA	VWAC	M	47	45-49M	1.47.41	2	0
170	398	1339	DERRICK	DUBASE	NEDBANK	M	51	50-54M	1.47.42	2	0
171	539	2566	LUTHANDO	NDZAMBO	Bestmed	M	42	40-44M	1.47.52	2	0
172	59	1917	PAT	GCAKASI	BLUEBAY	M	55	55-59M	1.48.00	2	0
173	144	1748	TSIETSI	RAMATSASA	GELVAN	M	50	50-54M	1.48.21	2	0
174	648	976	WARREN	BAARTZES	CHARLO	M	55	55-59M	1.48.30	2	0
175	368	4816	MARYKE	GEYSER	TEMP	F	27	SF	1.48.36	0	0
176	440	1867	SIYABONGA	GAZIYA	HOLLYWOO	M	41	40-44M	1.48.41	2	0
177	67	3021	SHAUN	HOEKSTRA	VITALITY	M	26	SM	1.48.53	1	0
178	70	261	NKOSIYEDWA	MABASO	MUIRITE	M	46	45-49M	1.49.05	2	0
179	574	1113	ROGER	TRADER	ACH	M	72	70+M	1.49.06	5	0
180	205	3066	WALTER	ZIMBEVA	VITALITY	M	46	45-49M	1.49.18	2	0
181	333	2043	CHARLIZE	SWANEPOEL	ALBANY	F	21	SF	1.49.19	2	3
182	362	4535	LARA	WATTS	TEMP	F	22	SF	1.49.19	0	0
183	577	2542	MASANDE	TSHUTSHA	Bestmed	M	29	SM	1.49.24	1	0
184	671	911	TANYA	NORRIS	CHARLO	F	41	40-44F	1.49.25	2	2
185	568	2735	STICKS	STIGLINGH	BODYCON	M	71	70+M	1.49.28	5	0
186	376	4824	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	1.49.44	0	0
187	278	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	1.49.57	1	0
188	664	948	DINO	MAGNUS	CHARLO	M	31	SM	1.49.59	1	0
189	181	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	1.50.10	4	0
190	455	1043	DAVID	BAINS	XCEL	M	59	55-59M	1.50.13	2	0
191	670	1023	BISHO	NOMBEWU	CHARLO	M	59	55-59M	1.50.29	2	0
192	158	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.50.32	2	1
193	594	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	1.50.43	2	0
194	558	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	1.50.50	4	0
195	644	1449	MFUNDISI	LUVALO	NEDBANK	M	56	55-59M	1.51.02	2	0
196	658	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	1.51.05	2	0
197	155	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	1.51.27	5	0
198	297	437	SIMBONGILE	MDLETYE	CHILLIEP	M	42	40-44M	1.51.31	1	0
199	305	122	BAVERSHAN	NAIDOO	MALABAR	M	35	35-39M	1.51.48	1	0
200	36	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	1.51.50	4	0
201	637	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	1.51.53	2	0
202	649	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	1.51.54	2	0
203	114	3029	TSHEPO	MOILWE	VITALITY	M	28	SM	1.52.11	1	0
204	432	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	1.52.32	2	0
205	359	4504	YONELA	NKONZO	TEMP	M	35	35-39M	1.52.35	0	0
206	520	2583	SAMALESU	MAYONDE	BESTMED	M	41	40-44M	1.52.35	1	0
207	607	4304	ASIPHESANA	MFUKULI	TEMP	M	26	SM	1.52.35	0	0
208	631	3012	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	1.53.08	1	0
209	659	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.53.21	2	0
210	152	789	KELVIN	SAMUEL	32GI	M	42	40-44M	1.53.21	1	0
211	394	4394	THEMBISILE	VETSHEZA	TEMP	M	46	45-49M	1.53.33	0	0
212	165	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	1.54.09	1	0
213	353	4272	KYLE	WRIGHT	TEMP	M	17	JM	1.54.09	0	0
214	561	1481	ROCHENDA	SCHMIDT	NEDBANK	F	29	SF	1.54.18	1	0
215	605	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	1.54.18	2	0
216	292	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	1.54.35	1	0
217	318	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	1.54.37	1	0
218	379	4827	XOLANI	MOSAMO	TEMP	M	29	SM	1.54.38	0	0
219	306	1856	NTOMBENTSHA	NAZO	HOLLYWOO	F	42	40-44F	1.54.38	2	0
220	132	3396	BOMKAZI	NTONI	ACH	F	38	35-39F	1.54.38	2	0
221	328	2228	NGWANE	SHORTY	SIBALEKA	M	29	SM	1.54.44	1	0
222	241	449	SIZIBULE	DIBELA	CHILLIEP	F	38	35-39F	1.55.01	2	0

223	674	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	1.55.26	1	0
224	124	2108	BERNICE	NEL	HEATAC	F	38	35-39F	1.55.26	2	0
225	595	556	ATTIE	WILLIAMS	RUN4C	M	63	60-64M	1.55.34	2	0
226	472	1887	DEBRA	CHRISTY	STFRAN	F	61	60-64F	1.55.41	3	0
227	53	1785	JADE	FESTUS	GELVAN	M	36	35-39M	1.55.44	1	0
228	650	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	1.55.50	2	0
229	585	1696	JANET	VAN NIEKERK	MADIBA	F	49	45-49F	1.56.00	2	0
230	655	888	RAHUL	BHANA	CHARLO	M	22	SM	1.56.01	1	0
231	465	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	1.56.20	1	0
232	206	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	1.56.23	1	0
233	122	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	1.56.23	1	0
234	199	4289	JOSEPH	MITCHELL	TEMP	M	20	SM	1.56.27	0	0
235	634	4509	CHUMA	DONDOLO	TEMP	M	37	35-39M	1.56.35	0	0
236	447	1055	JEROME	MAY	XCEL	M	59	55-59M	1.56.35	2	0
237	527	2270	ANELE	MESANI	VUKANI	M	46	45-49M	1.56.39	1	0
238	255	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	41	40-44M	1.56.44	1	0
239	529	1838	PHATHULUVO	MGULI	HOLLYWOO	M	41	40-44M	1.56.44	1	0
240	179	50732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	1.56.53	0	0
241	507	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	1.56.53	3	0
242	537	2602	DOINA	NAUDE	Bestmed	F	44	40-44F	1.57.10	2	0
243	73	1777	ROLAND	DACE	GELVAN	M	71	70+M	1.57.15	2	0
244	522	1837	XOLA	MBATSHA	HOLLYWOO	M	45	45-49M	1.57.17	1	0
245	279	1868	TUMELO	LEHASA	HOLLYWOO	M	38	35-39M	1.57.22	1	0
246	103	2220	THUSO	MKONTWANA	SIBALEKA	M	39	35-39M	1.57.33	1	0
247	651	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	1.57.39	1	0
248	514	800	JONATHAN	MANDELL	32GI	M	61	60-64M	1.57.41	2	0
249	219	1336	DON	CHARLES	NEDBANK	M	76	70+M	1.57.43	2	0
250	632	52878	PHUMELELE	KWAYIMANI	BUFF	M	44	40-44M	1.57.47	0	0
251	276	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	1.58.00	1	0
252	663	1009	MEGAN	LONG	CHARLO	F	40	40-44F	1.58.02	1	0
253	606	42	SAM	ERASMUS	SAPPE	M	68	65-69M	1.58.02	2	0
254	660	981	NATALIE	JONAS	CHARLO	F	55	55-59F	1.58.07	2	0
255	55	40019	JODY	FLEURS	GELVAN	M	17	JM	1.58.16	1	0
256	691	2695	VUSIKAYA	MANCAPA	MOTHER	M	60	60-64M	1.58.51	2	0
257	253	2745	BRUCE	GIE	BODYCON	M	52	50-54M	1.58.58	1	0
258	519	1356	JEROME	MAY	NEDBANK	M	59	55-59M	1.59.07	1	0
259	40	3050	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	1.59.08	1	0
260	555	50011	ALAN	ROBB	GCH	M	72	70+M	1.59.22	0	0
261	652	907	CHARL	BEZUIDENHOUT	CHARLO	M	47	45-49M	1.59.31	1	0
262	377	4825	BONGANI	MKETSHANE	TEMP	M	38	35-39M	1.59.36	0	0
263	491	658	KELLY	HOLMES	ASPEN	F	49	45-49F	1.59.39	2	0
264	494	2220	XOLELANI	JAM-JAM	SIBALEKA	M	37	35-39M	1.59.39	1	0
265	283	2209	VELILE	LUSITI	SIBALEKA	M	37	35-39M	1.59.56	1	0
266	17	1285	WANDA	BANJWA	VWAC	M	38	35-39M	1.59.57	1	0
267	277	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	2.00.01	2	0
268	683	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	2.00.02	1	0
269	468	40313	LINDSAY-O'NEILL	CAMPHER	BESTMED	M	19	SM	2.00.14	1	0
270	475	1125	BRENDAN	DRYDEN	ACH	M	57	55-59M	2.00.20	1	0
271	372	4820	CHRISTIE	KAPUTENI	TEMP	M	24	SM	2.00.24	0	0
272	506	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	2.00.41	1	0
273	679	1017	JOE	SCHOEMAN	CHARLO	M	45	45-49M	2.00.42	1	0
274	111	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	2.00.43	1	0
275	325	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	2.01.00	2	0
276	612	1683	JERHARD	BURRELL	MADIBA	M	37	35-39M	2.01.25	1	0
277	384	4832	NONTEMBEKO	NYONI	TEMP	F	36	35-39F	2.01.26	0	0
278	80	587	KIRSTI	KUHN	RUN4C	F	37	35-39F	2.01.35	1	0

279	35	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	2.01.41	1	0
280	133	684	AXOLA	PAKADE	ASPEN	M	29	SM	2.01.42	1	0
281	439	2020	Justine-Lee	Du Plooy	ALBANY	F	23	SF	2.01.57	1	0
282	254	2028	CAROLYN	GRANT	ALBANY	F	60	60-64F	2.02.00	2	0
283	466	482	DANE	BRAND	RUN4C	M	35	35-39M	2.02.27	1	0
284	39	1926	JOSE	DAVIS	BLUEBAY	M	33	SM	2.02.27	1	0
285	250	2011	JUANITA	FULLER	ALBANY	F	49	45-49F	2.02.37	1	0
286	662	1008	Darryl	Long	CHARLO	M	48	45-49M	2.02.40	1	0
287	242	1194	EDMUND	DRAKE	ELITEAC	M	35	35-39M	2.02.43	1	0
288	698	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	2.02.55	1	0
289	11	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	2.02.56	1	0
290	34	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	2.02.56	1	0
291	81	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	2.03.07	1	0
292	266	3086	BRENDAN	JENNINGS	VITALITY	M	44	40-44M	2.03.14	1	0
293	388	4388	BLAISE	ROSSOUW	TEMP	M	27	SM	2.03.26	0	0
294	564	2067	LUDWE	SOBELE	HOLLYWOO	M	37	35-39M	2.03.44	1	0
295	313	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	2.03.48	1	0
296	501	2529	MOMELEZI	KULA	Bestmed	M	48	45-49M	2.04.12	1	0
297	139	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	2.04.16	1	0
298	450	454	KHAYALETHU	MTEYISI	CHILLIEP	M	41	40-44M	2.04.35	1	0
299	509	2817	SINETHEMBA	MAGUTYWA	ABSAEP	M	43	40-44M	2.04.36	1	0
300	251	1635	DORIS	GERBER	MADIBA	F	55	55-59F	2.04.36	2	0
301	510	462	ZINE	MAKAULA	CHILLIEP	F	39	35-39F	2.04.43	1	0
302	582	284	ESTELLE	VAN DER MERWE	MUIRITE	F	60	60-64F	2.04.49	2	0
303	298	718	DEENOLAN	MOODLEY	CRUSADE	M	29	SM	2.04.51	1	0
304	624	1088	PERCY	DALTON	ACH	M	77	70+M	2.05.00	2	0
305	331	1946	MICHAEL	SMITH	BLUEBAY	M	52	50-54M	2.05.04	1	0
306	310	1232	SONIKA	NEL	ELITEAC	F	26	SF	2.05.09	1	0
307	167	3052	MALWANDE	MRWETYANA	VITALITY	M	41	40-44M	2.05.15	1	0
308	231	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	2.05.17	2	0
309	393	4393	JANICE	SWARTZ	TEMP	F	33	SF	2.05.23	0	0
310	14	2112	ALLISTER	ARENDS	ATLANTIC	M	41	40-44M	2.05.23	1	0
311	12	570	JENNIFER	AH CHONG	RUN4C	F	58	55-59F	2.05.28	1	0
312	345	4472	NICOLE	LE ROUX	TEMP	F	25	SF	2.05.44	0	0
313	611	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	2.06.10	1	0
314	623	50545	ROBERT	BUTTON	OLDSELB	M	67	65-69M	2.06.19	0	0
315	187	456	BULELANI	WITI	CHILLIEP	F	30	SF	2.06.36	1	0
316	360	4533	EPHRAIM	NONTIYA	TEMP	M	27	SM	2.06.37	0	0
317	176	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	2.06.49	2	0
318	269	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	2.06.49	2	0
319	117	1753	ROXANNE	MULLER	GELVAN	F	41	40-44F	2.07.15	1	0
320	528	2324	NDILEKA	MGCUWE	VUKANI	F	47	45-49F	2.07.24	1	0
321	26	2748	SEAN	BUTLER	BODYCON	M	32	SM	2.07.29	1	0
322	351	4258	MAWETHU	SIDLAYI	TEMP	M	32	SM	2.07.29	0	0
323	189	4221	KIRSTY	BARNES	TEMP	F	37	35-39F	2.07.51	0	0
324	363	4536	KATELYN	WIJTENBURG	TEMP	F	23	SF	2.08.03	0	0
325	196	4228	JENNIFER	KLUE	TEMP	F	18	JF	2.08.09	0	0
326	256	2277	THEMBELA	GXAMZA	VUKANI	F	36	35-39F	2.08.19	1	0
327	588	2012	CECILE	VAN SCHALKWYK	ALBANY	F	35	35-39F	2.08.22	1	0
328	108	16331	LIZEKA	MENZIWA	HOLLY	F	38	35-39F	2.08.26	0	0
329	449	80	NTOMBODIDI	MPUTA	SAPPE	F	31	SF	2.08.28	1	0
330	180	511	ELRINDA	WANNENBURG	RUN4C	F	45	45-49F	2.08.29	1	0
331	282	81	NOMANDLA	LUNGUZA	SAPPE	F	49	45-49F	2.08.30	1	0
332	448	469	SISEKO	MKUMLA	CHILLIEP	M	41	40-44M	2.08.44	1	0
333	234	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	2.09.04	1	0
334	31	1219	MELANIE	CHRISTIE	ELITEAC	F	41	40-44F	2.09.04	1	0

335	546	426	NOSITA	NQWATA	CHILLIEP	F	43	40-44F	2.09.11	1	0
336	354	4545	SANDRALEE	CAROLUS	TEMP	F	21	SF	2.09.29	0	0
337	43	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	2.09.36	1	0
338	437	1698	MEGAN	BOSMAN	MADIBA	F	39	35-39F	2.09.43	1	0
339	386	4386	SANDISILE	QUMZA	TEMP	M	38	35-39M	2.10.21	0	0
340	142	50286	LEE-ANN	RAGAVAL-PASQUALLIE	OXFORD	F	45	45-49F	2.10.24	0	0
341	177	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	2.10.24	1	0
342	309	1224	SHAUN	NEL	ELITEAC	M	50	50-54M	2.10.31	1	0
343	473	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	2.10.35	1	0
344	198	4230	SAPHILA	MBOOKENI	TEMP	M	26	SM	2.10.49	0	0
345	247	103	SANDRIKA	FOURIE	INFINITY	F	28	SF	2.10.55	1	0
346	445	3008	THOZAMA	MANTLAKA	VITALITY	F	39	35-39F	2.11.13	1	0
347	653	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	2.11.20	1	0
348	531	2271	KAYA	MLENZE	VUKANI	M	45	45-49M	2.11.25	1	0
349	385	4385	TEVIN	PRINSLOO	TEMP	M	31	SM	2.11.43	0	0
350	515	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	2.11.43	1	0
351	260	1115	PALESA	HEADBUSH	ACH	F	47	45-49F	2.11.51	1	0
352	259	1067	MARK	HEADBUSH	ACH	M	81	70+M	2.11.52	1	0
353	352	4265	ZIYANDA	SKEYI	TEMP	F	43	40-44F	2.12.13	0	0
354	374	4822	AMBER	LILLIS	TEMP	F	34	SF	2.12.42	0	0
355	513	3102	MAKHASANE	MAMOTHETI	VITALITY	F	41	40-44F	2.12.44	1	0
356	371	4819	MIKYLE	JOHN	TEMP	M	16	JM	2.12.48	0	0
357	462	1284	DEAN	BOSMAN	VWAC	M	43	40-44M	2.13.02	1	0
358	580	12	MARIKE	VAN DER KOLF	PEAAC	F	34	SF	2.13.14	1	0
359	138	1264	LAVINIA	PIETERSE	VWAC	F	51	50-54F	2.13.38	1	0
360	156	4308	ASTRID	ROSSOUW	TEMP	F	47	45-49F	2.13.48	0	0
361	147	842	KELLY	ROSE	32GI	F	47	45-49F	2.14.01	1	0
362	478	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	2.14.05	1	0
363	273	1410	DANIELLE	KOTZE	NEDBANK	F	30	SF	2.14.25	1	0
364	233	610	DELANO	BASSON	RUN4C	M	52	50-54M	2.14.27	1	0
365	57	259	DANELLE	FOURIE	MUIRITE	F	20	SF	2.14.27	1	0
366	684	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	2.14.28	1	0
367	159	409	VERONICA	SMITH	IKHAMVA	F	59	55-59F	2.14.30	1	0
368	28	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	2.14.32	1	0
369	85	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	2.14.34	1	0
370	357	4502	MARYNA	MEYER	TEMP	F	54	50-54F	2.14.34	0	0
371	356	4501	ANDREW	MEYER	TEMP	M	52	50-54M	2.14.35	0	0
372	110	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	2.14.37	1	0
373	635	4510	PHINDIWE	TIKWAYO	TEMP	F	42	40-44F	2.14.57	0	0
374	654	956	NEELESH	BHANA	CHARLO	M	54	50-54M	2.14.58	1	0
375	395	4395	JOSHUA	WALDUCK	TEMP	M	28	SM	2.14.59	0	0
376	82	655	BEATA	LANGSON	ASPEN	F	25	SF	2.15.00	1	0
377	503	3034	ADELE	LE ROUX	VITALITY	F	49	45-49F	2.15.07	1	0
378	378	4826	PAKISO	MOEKETSI	TEMP	M	45	45-49M	2.15.20	0	0
379	303	1549	SIKHO	MXINWA	DESPATCH	F	28	SF	2.15.32	1	0
380	492	1261	FRANKLYN	HUMAN	VWAC	M	50	50-54M	2.15.33	1	0
381	92	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	2.15.34	1	0
382	23	40320	RUBEN	BOUWER	SCHOOL	M	17	JM	2.15.45	1	0
383	100	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	2.16.01	1	0
384	197	4229	SIFISO	MASALEGUBA	TEMP	M	32	SM	2.16.01	0	0
385	96	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	39	35-39M	2.16.01	1	0
386	543	1846	SIMO	NKANYUZA	HOLLYWOO	M	39	35-39M	2.16.01	1	0
387	633	424	Luthando	Yibe	CHILLIEP	M	45	45-49M	2.16.01	1	0
388	274	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	2.16.02	1	0
389	583	2603	JOHANN	VAN DER MERWE	BESTMED	M	62	60-64M	2.16.02	1	0
390	421	665	NTHABISENG	MASHEGO	ASPEN	F	33	SF	2.16.13	1	0

391	101	1857	GAVEN	MATLI	HOLLYWOO	M	36	35-39M	2.16.14	1	0
392	19	512	ANSIE	BENADE	RUN4C	F	66	65-69F	2.16.24	1	0
393	238	632	MOMELEZI	CONJWA	ASPEN	M	30	SM	2.16.27	1	0
394	616	51002	AZILE	NDABA	MTHATHA	M	45	45-49M	2.16.28	0	0
395	586	85	CHRIS	VAN RENSBURG	SAPPE	M	52	50-54M	2.16.30	1	0
396	285	3097	SIMTHANDILE	MABHULA	VITALITY	F	39	35-39F	2.16.32	1	0
397	657	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	2.16.40	1	0
398	602	51571	WENDY	MQAI	NEDBOR	F	34	SF	2.16.40	0	0
399	524	2259	PHUMLANI	MDITSHWA	SIBALEKA	M	36	35-39M	2.17.01	1	0
400	32	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	2.17.21	1	0
401	58	19320	HENRI	FOURIE	TV	M	47	45-49M	2.17.42	0	0
402	71	1116	HEIDI	JANSEN	ACH	F	59	55-59F	2.17.57	1	0
403	339	3075	LWAZI	ZWELIBANZI	VITALITY	M	36	35-39M	2.18.02	1	0
404	621	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	2.18.02	1	0
405	261	1932	THABO	HEADBUSH	BLUEBAY	M	55	55-59M	2.18.07	1	0
406	578	3273	MIHLALI	TYUSHA-SISILANA	CHEETAHS	F	33	SF	2.18.08	0	0
407	127	492	NTOKOZO	NGUBANE	RUN4C	F	31	SF	2.18.11	1	0
408	65	50911	SHARON	HERMAANS	MTHATHA	F	48	45-49F	2.18.20	0	0
409	497	2127	MECAYLA	KOCK	ATLANTIC	F	22	SF	2.18.44	1	0
410	487	1271	LEZELL	HARRIS	VWAC	F	52	50-54F	2.18.53	1	0
411	207	4297	MIKE	WEBB	TEMP	M	66	65-69M	2.19.17	0	0
412	573	236	CYNTHIA	TOERIEN	KOWIE	F	61	60-64F	2.19.20	1	0
413	248	353	THANDO	FRANS	IKHAMVA	M	48	45-49M	2.19.25	1	0
414	536	1267	ANAND	NAIDOO	VWAC	M	56	55-59M	2.19.28	1	0
415	182	1453	HEINRICH	WENTZEL	NEDBANK	M	40	40-44M	2.19.39	1	0
416	342	4469	NOKUTHEMBELA	CAMAGU	TEMP	F	42	40-44F	2.19.59	0	0
417	534	2568	MANDISI	MTSHUBUNGU	Bestmed	M	44	40-44M	2.20.09	1	0
418	636	4512	MZUVUKILE	ZENDILE	TEMP	M	43	40-44M	2.20.29	0	0
419	461	2394	JHANINEN	BOSHOFF	JBAY	F	60	60-64F	2.20.31	1	0
420	341	4468	LEE-WYN	ARENDS	TEMP	M	36	35-39M	2.20.45	0	0
421	172	189	OMPHILE	T SOMOKO	SAPPE	M	35	35-39M	2.20.46	1	0
422	243	2971	VUYOKAZI	DUBE	CHILLIEP	F	49	45-49F	2.20.47	1	0
423	329	3083	SITHANDILE	SIPILI	VITALITY	M	43	40-44M	2.20.54	1	0
424	459	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	2.20.56	1	0
425	27	2814	NOSIZWE	CEKISO	ABSAEP	F	38	35-39F	2.21.11	1	0
426	640	1717	ANTOINETTE	HUMAN	GELVAN	F	57	55-59F	2.21.16	1	0
427	105	3216	GERHARD	MEIRING	CITYC	M	46	45-49M	2.21.16	1	0
428	505	850	PAIGE	LEE	32GI	F	59	55-59F	2.21.30	1	0
429	430	450	SIHLE	QWEMESHA	CHILLIEP	F	31	SF	2.21.49	1	0
430	687	2337	MKONYISELA	MCUBASE	VUKANI	M	39	35-39M	2.21.49	1	0
431	322	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	2.21.54	1	0
432	383	4831	XOLISILE	NOMDATYA	TEMP	M	45	45-49M	2.22.12	0	0
433	686	2975	AYANDA	BOTILE	CHILLIEP	M	39	35-39M	2.22.12	1	0
434	682	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	2.22.15	1	0
435	316	1349	SIMPHIWE	N TLANTI	NEDBANK	M	44	40-44M	2.22.25	1	0
436	681	913	SHARON	SMUTS	CHARLO	F	59	55-59F	2.22.26	1	0
437	567	3100	AKHONA	SOGA	VITALITY	M	31	SM	2.22.26	1	0
438	597	2236	SANDILE	ZIKHWE	SIBALEKA	M	38	35-39M	2.22.31	1	0
439	237	2283	ANDISWA	CINGO	VUKANI	F	40	40-44F	2.22.35	1	0
440	87	1874	AWONKE	LUCWABA	HOLLYWOO	F	29	SF	2.22.41	1	0
441	697	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	2.22.41	1	0
442	157	564	GAVIN	SILLS	RUN4C	M	52	50-54M	2.22.41	1	0
443	232	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	2.22.56	1	0
444	441	2238	ANZA	GELEBE	SIBALEKA	F	32	SF	2.23.03	1	0
445	153	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	2.23.07	1	0
446	361	4534	THEMBINKOSI	N TLABATI	TEMP	M	39	35-39M	2.23.40	0	0

447	294	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	2.23.55	1	0
448	592	1119	TREMAINE	WESSON	ACH	M	65	65-69M	2.24.09	1	0
449	30	783	JARED	CHARLTON	32GI	M	35	35-39M	2.24.10	1	0
450	512	1850	MVULELI	MALAHLA	HOLLYWOO	M	52	50-54M	2.24.15	1	0
451	391	4391	NGENIE	SIDLOYI	TEMP	F	33	SF	2.24.31	0	0
452	275	2582	EMIHLE	KWATSHA	Bestmed	F	21	SF	2.24.31	1	0
453	570	1959	XOLANI	TEYISE	BLUEBAY	M	44	40-44M	2.24.37	1	0
454	95	2816	XHANTI	MANTSHIYO	ABSAEP	M	58	55-59M	2.24.49	1	0
455	202	4292	MARLENE	MULVEY	TEMP	F	47	45-49F	2.25.06	0	0
456	601	53594	LUPHIWO	MDUZANA	STUT	M	40	40-44M	2.25.23	0	0
457	375	4823	SVEN	MAHIEU	TEMP	M	52	50-54M	2.25.31	0	0
458	435	2044	MARY-LOUISE	SHIPTON	ALBANY	F	31	SF	2.25.40	1	0
459	190	4222	MELISSA	BODENSTEIN	TEMP	F	45	45-49F	2.25.40	0	0
460	281	1143	THERESA	LILLIS	ACH	F	69	65-69F	2.25.48	1	0
461	175	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	2.25.49	1	0
462	49	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	2.25.53	1	0
463	523	2979	NOBUNTU	MCUNUKELWA	CHILLIEP	F	36	35-39F	2.25.56	1	0
464	442	494	Shaferon	Johannes	RUN4C	F	43	40-44F	2.26.23	1	0
465	304	3036	NANDIPHA	MYELEYELE	VITALITY	F	38	35-39F	2.26.34	1	0
466	118	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	2.26.56	1	0
467	15	2616	JABU	BAM	Bestmed	M	40	40-44M	2.27.06	1	0
468	645	1445	NOYISE	LUVALO	NEDBANK	F	46	45-49F	2.27.25	1	0
469	126	2825	NCUMISA	KEPE	ABSA	F	45	45-49F	2.27.25	0	0
470	136	4310	MKOKELI	MALGHAS	TEMP	M	44	40-44M	2.27.26	0	0
471	464	2300	ANDILE	BOVUNGANA	VUKANI	M	59	55-59M	2.27.27	1	0
472	463	2301	ALIZWA	BOVUNGANA	VUKANI	M	25	SM	2.27.28	1	0
473	508	2620	WAYNE	MAC GEAR	Bestmed	M	62	60-64M	2.27.28	1	0
474	689	4524	THOMAS	MATTHEWS	TEMP	M	61	60-64M	2.27.39	0	0
475	149	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	2.27.51	1	0
476	86	588	RENIER	LIEBENBERG	RUN4C	M	43	40-44M	2.27.54	1	0
477	208	4298	KENDRA	WILLOWS	TEMP	F	26	SF	2.27.58	0	0
478	13	2461	FUNDISWA	ANTONY-NOGAGA	ABSAEP	F	53	50-54F	2.28.01	1	0
479	41	797	ADRIAN	DE WAAL	32GI	M	61	60-64M	2.28.16	1	0
480	446	2369	ERNST	MARAIS	JBAY	M	77	70+M	2.28.40	1	0
481	300	2217	ASANDA	MSARO	SIBALEKA	F	40	40-44F	2.28.46	1	0
482	532	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	2.29.09	1	0
483	483	2302	TEMLAKAZI	GOQWANA	VUKANI	F	38	35-39F	2.29.46	1	0
484	344	4471	SIBAHLE	JEBESE	TEMP	F	34	SF	2.29.47	0	0
485	549	1773	LINDY	OLIVER	GELVAN	F	57	55-59F	2.30.07	1	0
486	669	1030	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	2.30.11	1	0
487	541	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	2.30.14	1	0
488	258	2508	DANEILLE	HARRY	Bestmed	F	40	40-44F	2.30.16	1	0
489	290	463	KYM	MANDIZVIDZA	CHILLIEP	F	34	SF	2.30.34	1	0
490	210	4300	SISA	ZAZA	TEMP	M	32	SM	2.31.07	0	0
491	119	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	2.31.14	1	0
492	64	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	2.31.47	1	0
493	170	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	2.32.24	1	0
494	130	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	38	35-39F	2.32.27	1	0
495	257	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	2.32.43	1	0
496	280	1670	BUSISIWE	LESORO	MADIBA	F	55	55-59F	2.32.48	1	0
497	193	4225	DALE	FLYNN	TEMP	M	32	SM	2.32.51	0	0
498	203	4293	LILY	SCHNEIDER	TEMP	F	24	SF	2.32.52	0	0
499	37	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	2.33.04	1	0
500	25	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	2.33.06	1	0
501	387	4387	LISA	RANDALL	TEMP	F	45	45-49F	2.33.10	0	0
502	366	4814	MICHELLE	BLOM	TEMP	F	48	45-49F	2.33.10	0	0

503	236	2600	WENDY	CAMERON	Bestmed	F	48	45-49F	2.34.02	1	0
504	84	1761	JASON	LE ROUX	GELVAN	M	30	SM	2.34.05	1	0
505	116	51822	NOLUBABALO	MTSHAKAZI	KOMANI	F	46	45-49F	2.34.22	0	0
506	52	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	2.34.46	1	0
507	390	4390	JENN	SEADY	TEMP	F	53	50-54F	2.35.11	0	0
508	474	210	LANA	DICKASON	KOWIE	F	50	50-54F	2.35.11	1	0
509	340	4467	CLEAVE	ARENDS	TEMP	M	26	SM	2.35.26	0	0
510	319	51149	UNATHI	NTSHONGWANA	NMAH	F	35	35-39F	2.35.26	0	0
511	307	52296	MANDISA	NDINDWA	OXFORD	F	39	35-39F	2.35.27	0	0
512	288	50808	LUNGEOLO	MAKI	REALGIJ	M	42	40-44M	2.35.27	0	0
513	195	4227	INECE	KAYSER	TEMP	F	57	55-59F	2.35.33	0	0
514	565	1333	MBULELO	SOBIKWA	NEDBANK	M	71	70+M	2.35.44	1	0
515	109	2202	VUYISEKA	MHLAHO	SIBALEKA	F	44	40-44F	2.36.18	1	0
516	516	2290	CWAYI	MAPEKULA	VUKANI	F	42	40-44F	2.37.07	1	0
517	97	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	2.37.17	1	0
518	422	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	2.37.47	1	0
519	295	1845	UNATI	MBONISWA	HOLLYWOO	F	44	40-44F	2.38.27	1	0
520	20	671	NQABISA	BENYA	ASPEN	F	45	45-49F	2.38.40	1	0
521	348	4475	CLAIRE	MITCHELL	TEMP	F	17	JF	2.38.53	0	0
522	262	3041	LINDA	HEWANA	VITALITY	M	35	35-39M	2.39.04	1	0
523	174	4524	SIPHOKAZI	FANA	TEMP	F	36	35-39F	2.39.13	0	0
524	299	775	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	2.39.21	1	0
525	639	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	2.39.39	1	0
526	120	2272	MSUTUKAZI	NDIMBA	VUKANI	F	46	45-49F	2.40.11	1	0
527	337	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	2.40.42	1	0
528	502	9999	PHELOKAZI	NDABA	TEMP	F	39	35-39F	2.41.15	0	0
529	484	2567	MLULEKI	GQOBOSE	Bestmed	M	56	55-59M	2.41.16	1	0
530	171	467	SIYABONGA	TSHAKA	CHILLIEP	M	43	40-44M	2.41.29	1	0
531	575	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	2.42.30	1	0
532	485	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	51	50-54F	2.42.31	1	0
533	433	2889	MATHAPELO	SENTI	CSEP	F	36	35-39F	2.42.37	1	0
534	521	50848	UNATHI	MBALI	REALGIJ	F	37	35-39F	2.42.41	0	0
535	367	4815	DEWANDRE	CASSELS	TEMP	M	43	40-44M	2.43.03	0	0
536	556	2532	ANASTASIA	ROSSOUW	Bestmed	F	45	45-49F	2.43.05	1	0
537	315	1332	THANDIWE	NKWANDLA	NEDBANK	F	60	60-64F	2.43.10	1	0
538	571	2601	ROCHELLE	THORNE	Bestmed	F	56	55-59F	2.43.12	1	0
539	93	2323	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	2.44.17	1	0
540	603	50344	SIPHOKAZI	MTAMBO	BWEST	F	31	SF	2.44.43	0	0
541	99	598	PHAKAMA	MATATA	RUN4C	F	34	SF	2.45.06	1	0
542	226	1326	LULAMILE	PHONGOLA	NEDBANK	M	68	65-69M	2.45.33	1	0
543	373	4821	ALEXANDER	LABUSCHAGNE	TEMP	M	24	SM	2.45.59	0	0
544	458	2540	SAVANNAH	BARRON	Bestmed	F	22	SF	2.45.59	1	0
545	646	67	THANDISWA	COSA	SAPPE	F	49	45-49F	2.46.51	1	0
546	301	458	THOKOZANI	MTIMKULU	CHILLIEP	F	29	SF	2.47.13	1	0
547	355	4546	THUTHUZELA	MAPOMA	TEMP	F	31	SF	2.47.39	0	0
548	239	2212	ZIMKITHA	DAYI SIBANGELA	SIBALEKA	F	40	40-44F	2.47.46	1	0
549	493	3105	ANDISWA	JAFTA	VITALITY	F	34	SF	2.48.26	1	0
550	62	1746	ARDEN	GROOTBOOM	GELVAN	F	44	40-44F	2.48.41	1	0
551	54	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	2.48.41	1	0
552	240	1927	ANIRLE	DE MEYER	BLUEBAY	F	28	SF	2.48.50	1	0
553	457	1316	OKUHLE	BANA	VWAC	F	38	35-39F	2.49.04	1	0
554	482	2569	VEONNA	GOLIATH	Bestmed	F	53	50-54F	2.52.05	1	0
555	349	4476	PHELELA	MONA	TEMP	F	28	SF	2.53.29	0	0
556	104	2201	NOCAWE	MDAZUKA	SIBALEKA	F	42	40-44F	2.56.00	1	0
557	496	232	ROB	JOINER	KOWIE	M	78	70+M	2.56.12	1	0
558	148	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	2.56.28	1	0

559	209	4299	BRIAN	WILSON	TEMP	M	49	45-49M	2.56.39	0	0
560	619	368	NWABISA	MSUTHWANA	IKHAMVA	F	45	45-49F	2.56.47	1	0
561	48	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	2.57.03	1	0
562	694	1869	NWABISA	DUKADA	HOLLYWOO	F	53	50-54F	2.57.06	1	0
563	673	889	PETER	POHLMANN	CHARLO	M	62	60-64M	2.57.12	1	0
564	429	1743	THOMAS	PLAATJIES	GELVAN	M	49	45-49M	2.58.11	1	0
565	364	4537	THOBILE	ZIMBA	TEMP	M	46	45-49M	3.00.29	0	0
566	460	2643	KWAKHONA	BOCO	Bestmed	F	29	SF	3.01.53	1	0
567	498	2573	ALGENE	KOEBERG	Bestmed	F	43	40-44F	3.03.39	1	0
568	382	4830	THEMBELA	MPUSHE	TEMP	F	42	40-44F	3.03.45	0	0
569	358	4503	NONTANDO	MNGATIWA	TEMP	F	43	40-44F	3.06.14	0	0
570	638	2756	THAMSANQA	MANGI	BATHURST	M	41	40-44M	3.06.14	1	0
571	677	1016	JOSHUA	SCHNETLER	CHARLO	M	22	SM	3.06.17	1	0
572	166	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	3.06.45	1	0
573	350	4220	SIVIWE	NDAMASE	TEMP	F	33	SF	3.09.40	0	0
574	192	4224	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	3.11.33	0	0
575	201	4291	BUSI	MPAHLENI	TEMP	F	40	40-44F	3.12.43	0	0
576	200	4290	TSHOLOFELO	MOKOLOPO	TEMP	F	44	40-44F	3.14.58	0	0
577	678	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	3.15.29	1	0
578	336	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	3.17.21	1	0
579	246	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	3.17.21	1	0
580	121	3024	CHUMA	NDIMENI	VITALITY	F	40	40-44F	3.20.02	1	0
581	204	4294	FRANCOIS	TIMOTHEUS	TEMP	M	48	45-49M	3.20.35	0	0
582	22	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	3.23.00	1	0
583	500	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	3.26.21	1	0
584	676	936	MARGOT	SCHNETLER	CHARLO	F	48	45-49F	3.28.40	1	0
585	535	2510	LERATO	MUZAH	Bestmed	F	40	40-44F	3.29.44	1	0