

NMB KARIEGA HUMAN RACE - 2026/03/21

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	4917	40016	THANDOLWETHU	MATSALO	IKHAMVA	M	18	JM	0.31.34	1
2	4902	40402	ENDINAKO	JOLA	MOTHER	M	17	JM	0.31.41	1
3	4916	40085	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.31.59	1
4	4914	40086	OKUHLE	DLOTO	IKHAMVA	M	18	JM	0.32.13	1
5	4774	2525	SAKHE	MAHOTE	Bestmed	M	21	SM	0.32.38	1
6	4990	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.32.52	1
7	4994	1392	ZOLANI	MABONGO	NEDBANK	M	39	35-39M	0.33.16	1
8	4903	40401	HLOMLA	NCUMANI	MOTHER	M	18	JM	0.33.29	1
9	4915	379	SEMIHLE	BEDA	IKHAMVA	M	19	SM	0.33.37	1
10	4993	4512	SIYABONGA	ROFUZANA	TEMP	M	21	SM	0.34.16	0
11	4526	502	RODNEY	PRINS	RUN4C	M	37	35-39M	0.34.21	1
12	4921	1482	JEANDRY	DEERLING	NEDBANK	M	33	SM	0.34.39	1
13	4567	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.35.03	1
14	4727	1242	NCOBANI	BEKWHAPI	ELITEAC	M	46	45-49M	0.35.06	1
15	4814	40134	INDIPHILE	RUBUSHE	Bestmed	M	18	JM	0.35.23	1
16	4801	40037	DALIAN	OERSON	ELITEAC	M	19	JM	0.35.32	1
17	4590	271	SIYATHEMBA	MBADULI	MUIRITE	M	27	SM	0.36.01	1
18	4978	4518	PHIWE	MSIZI	TEMP	F	31	SF	0.36.02	0
19	4992	4992	MNCEDI	KHANTI	NEDBANK	M	46	45-49M	0.36.12	1
20	4913	396	LITHEBE	MENZELELELI	IKHAMVA	M	26	SM	0.36.24	1
21	4823	2517	BANELISIWE	TAMELA	Bestmed	M	20	SM	0.36.35	1
22	4784	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	0.36.36	1
23	4900	40006	THEO	BUIS	NEDBANK	M	17	JM	0.37.20	1
24	4773	2614	XHAMLA	LUKWE	Bestmed	M	21	SM	0.37.26	1
25	4908	2778	KHUMBULA	MANQANA	YOUTH	M	25	SM	0.37.59	1
26	4919	1511	APHLYN	TAAI	NEDBANK	M	43	40-44M	0.38.21	1
27	4797	2672	SINETHEMBA	NGXONI	Bestmed	M	29	SM	0.38.51	1
28	4928	3051	SIYABONGA	TUNZI	SAPSTR	M	42	40-44M	0.38.56	0
29	4918	40091	DESNAV	O'GRADY	IKHAMVA	F	15	JF	0.39.09	1
30	4816	40042	NICK	SEPTEMBER	ATLANTIC	M	19	JM	0.40.00	1
31	4743	2552	AMANDA	DETSHE	Bestmed	F	21	SF	0.40.05	1
32	4747	1105	MARK	FRASER	ACH	M	32	SM	0.40.26	1
33	4836	1081	KAITLYN	WOLFF	ACH	F	23	SF	0.40.59	1
34	4760	40008	JUDE	JACOBS	RUN4C	M	14	JM	0.41.00	1
35	4712	2900	SABELO	MELITAFA	CSEP	M	46	45-49M	0.41.39	1
36	4657	4028	LULAMA	TSEWU	TEMP	M	29	SM	0.41.40	0
37	4999	1817	Vuyisani	Mvakwendlu	TINARHA	M	30	SM	0.41.50	1
38	4920	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	44	40-44F	0.41.57	1
39	4835	522	ADRI	WESSELS	RUN4C	F	50	50-54F	0.42.19	1
40	4899		MBUYISELI	SITENGE	NEDBANK	M	47	45-49M	0.42.37	1
41	4932	545	RUHAN	VAN RENSBURG	RUN4C	M	34	SM	0.43.24	1
42	4965	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	0.44.01	1
43	4979	4519	THOBILE	XATA	TEMP	M	51	50-54M	0.44.01	0
44	4901	40404	ZINTLE	XHONTI	MOTHER	F	17	JF	0.44.50	1
45	4907	2789	TEMLAKAZI	MASUMPA	YOUTH	F	37	35-39F	0.45.13	1
46	4680	4580	NDINANI	MPUSHE	TEMP	M	20	SM	0.45.20	0
47	4791	2621	FREDAH	NCUBE	Bestmed	F	43	40-44F	0.45.21	1
48	4665	4565	BANELE	BLAAUW	TEMP	M	32	SM	0.45.30	0
49	4951	1082	PAUL	WOLFF	ACH	M	57	55-59M	0.45.34	1
50	4779	2514	NALEDI	MBENYANA	Bestmed	F	20	SF	0.45.35	1
51	4910	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.46.11	1

52	4677	4577	OBUMNANDI	MARWANQANA	TEMP	M	18	JM	0.46.21	0
53	4623	3225	SISANDA	MANXOYI	TEMP	M	14	JM	0.46.23	0
54	4648	4019	RUDI	SENEKAL	TEMP	M	47	45-49M	0.47.09	0
55	4984	4302	YANELISA	NOMOYI	TEMP	F	18	JF	0.47.28	0
56	4862	4562	LUKHANYO	MVUNELWA	TEMP	M	31	SM	0.47.30	0
57	4906	2784	SIBONGILE	MTSHALI	YOUTH	F	27	SF	0.47.47	1
58	4833	40076	KYLIE	VERMAAK	ELITEAC	F	18	JF	0.47.49	1
59	4716	816	MATTHEW	OSBORNE	32GI	M	38	35-39M	0.48.22	1
60	4886	1447	SIMON	MATEBESE	NEDBANK	M	62	60-64M	0.48.39	1
61	4704	2880	Cecil Brayn	Claassen	CSEP	M	33	SM	0.49.19	1
62	4739	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	0.49.45	1
63	4974	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	0.49.56	1
64	4663	4197	CHRISTIAN	VANWYK	TEMP	M	19	SM	0.49.58	0
65	4689	4589	KHANYISO	BLOU	TEMP	M	29	SM	0.50.06	0
66	4744	2551	AIDEN	ENGELBRECHT	BESTMED	M	20	SM	0.50.14	1
67	4748	2599	COHEN	GESWINT	Bestmed	M	21	SM	0.50.19	1
68	4950	1360	SITHEMBILE	MPAKO	NEDBANK	M	65	65-69M	0.50.36	1
69	4535	1832	GODFREY	JACOBS	HOLLYWOO	M	42	40-44M	0.50.42	1
70	4678	4578	AYANDA	MHLAMBISO	TEMP	M	35	35-39M	0.51.02	0
71	4873	4373	JONATHAN	RAUCH	TEMP	M	29	SM	0.51.08	0
72	4911	1322	SIBONGILE	MGQEBA	NEDBANK	F	39	35-39F	0.51.11	1
73	4706	1268	BILLY BOY	KIETAS	VWAC	M	51	50-54M	0.51.30	1
74	4742	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.51.34	1
75	4658	4029	MZIMHLE	TSHOTHO	TEMP	M	40	40-44M	0.51.39	0
76	4644	4014	ANAM	NYUBUSE	TEMP	M	30	SM	0.51.41	0
77	4944	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.51.54	1
78	4877	4377	MZIKAYISE	SONKWALA	TEMP	M	63	60-64M	0.52.01	0
79	4512	1118	BRUCE	KING	ACH	M	59	55-59M	0.52.03	1
80	4909	1347	LUVUYO	STEPHEN	NEDBANK	M	55	55-59M	0.52.11	1
81	4746	2878	LONWABO	FONGO	CSEP	M	39	35-39M	0.52.11	1
82	4998	534	BIANCA	VERMAAK	RUN4C	F	31	SF	0.52.15	1
83	4762	3106	ANDISWA	JELE	VITALITY	F	36	35-39F	0.52.18	1
84	4630	3314	DAVID	MATTHEWS	TEMP	M	37	35-39M	0.52.20	0
85	4938	4907	GIVEN	NDUNA	TEMP	M	43	40-44M	0.52.27	0
86	4741	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.52.28	1
87	4812	862	JEAN-PERI	REDONA	32GI	M	37	35-39M	0.52.33	1
88	4735	866	MICHA	CRONJE	32GI	F	36	35-39F	0.52.33	1
89	4986	792	JACO	ROOS	32GI	M	37	35-39M	0.52.34	1
90	4971	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.52.35	1
91	4803	2586	CARLA	PHILLIPS	Bestmed	F	34	SF	0.52.49	1
92	4939	4908	MIEKE	GOUWS	TEMP	F	14	JF	0.52.52	0
93	4758	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	0.52.52	1
94	4610	4495	DEWET	GRIEBENAUW	TEMP	M	35	35-39M	0.52.56	0
95	4749	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.53.12	1
96	4997	4818	SILIZIWE	JAKO	TEMP	M	28	SM	0.53.14	0
97	4936	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	0.53.19	1
98	4710	2875	BONGA	MBIZELA	CSEP	M	42	40-44M	0.53.21	1
99	4954	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.54.21	1
100	4815	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	0.54.39	1
101	4991	1215	PIERRE	BELLEW	ELITEAC	M	36	35-39M	0.54.41	1
102	4955	327	ELWIN	WOODS	MUIRITE	M	62	60-64M	0.55.04	1
103	4846	4846	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	0.55.04	0
104	4850	4850	MAWETHU	MAZOMBA	TEMP	M	33	SM	0.55.06	0

105	4603	4433	SISONKE	DUMALISILE	TEMP	F	37	35-39F	0.55.08	0
106	4757	2632	PHILIPP	HOELZER	BESTMED	M	44	40-44M	0.55.13	1
107	4529	1950	NICOLE	GRAY	BLUEBAY	F	24	SF	0.55.27	1
108	4943	555	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.55.37	1
109	4817	2652	SAMKELO	SHABANGU	Bestmed	M	24	SM	0.55.49	1
110	4885	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.55.50	1
111	4740	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.56.03	1
112	4723	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.56.03	1
113	4788	1142	SAMANTHA	MUKHEIBIR	ACH	F	47	45-49F	0.56.08	1
114	4995	1403	BABALWA	NGCOKO	NEDBANK	F	38	35-39F	0.56.17	1
115	4985	1346	KALLIE	KLINKENBURG	NEDBANK	M	42	40-44M	0.56.30	1
116	4859	4559	ZIMKHITHA	MSIZI	TEMP	F	32	SF	0.56.30	0
117	4963	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	0.56.53	1
118	4958	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.56.57	1
119	4946	708	JOAN	MARLBOROUGH	CRUSADE	F	71	70+F	0.57.02	1
120	4828	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	0.57.08	1
121	4848	4848	BRIAN	MARKS	TEMP	M	54	50-54M	0.57.09	0
122	4853	4553	SIPHELELE	MCHOBOKI	TEMP	M	38	35-39M	0.57.11	0
123	4519	804	VALMAINE	DE KLERK	32GI	F	48	45-49F	0.57.20	1
124	4554	484	MARISA	MEYER	RUN4C	F	30	SF	0.57.28	1
125	4555	484	MARYKA	MEYER	RUN4C	F	30	SF	0.57.28	1
126	4750	2596	ZAYLON	GOUZA	Bestmed	M	21	SM	0.57.35	1
127	4699	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.57.37	1
128	4700	4600	LUKE	INGRAM	TEMP	M	32	SM	0.57.43	0
129	4553	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	0.57.45	1
130	4922	1419	LES	HARTY	NEDBANK	M	72	70+M	0.57.53	1
131	4808	383	MAHENDRA	PRAHALADH	IKHAMVA	M	59	55-59M	0.58.03	1
132	4967	996	PAULA	PEARCE	CHARLO	F	57	55-59F	0.58.06	1
133	4759	474	FERDY	JACOBS	RUN4C	M	52	50-54M	0.58.08	1
134	4599	4410	TIAAN	BOUWER	TEMP	M	23	SM	0.58.15	0
135	4769	1140	ROBERT	LEE	ACH	M	53	50-54M	0.58.25	1
136	4761	1128	ADRIAN	JANSEN	ACH	M	63	60-64M	0.58.25	1
137	4676	4576	LUNGA	MAKETA	TEMP	M	24	SM	0.58.30	0
138	4674	4574	ZENANDE	MABINI	TEMP	M	30	SM	0.58.30	0
139	4646	4017	ISHAAQ	PHILLIPS	TEMP	M	28	SM	0.58.34	0
140	4671	4571	SIYANDA	KETANI	TEMP	M	38	35-39M	0.58.37	0
141	4737	3063	ROSEMARY	DE BRUIN	VITALITY	F	29	SF	0.58.40	1
142	4502	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	0.58.42	1
143	4692	4592	NELILE	GCABASHE	TEMP	F	28	SF	0.58.45	0
144	4527	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.58.48	1
145	4604	4443	JULIAN	ETTO	TEMP	M	40	40-44M	0.59.07	0
146	4968	997	NOLUVUYOLWETHU	QOKWENI	CHARLO	F	44	40-44F	0.59.17	1
147	4933	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	0.59.21	1
148	4929	4295	KHAYA	MTYWARU	TEMP	M	53	50-54M	0.59.25	0
149	4765	2565	SANGE	KOBO	Bestmed	F	19	SF	0.59.27	1
150	4870	4370	MBULELO	NOFEMELA	TEMP	M	38	35-39M	0.59.32	0
151	4831	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	0.59.39	1
152	4725	344	ANTON	AUGUST	MUIRITE	M	43	40-44M	0.59.39	1
153	4780	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.59.41	1
154	4581	643	XOLISWA	SIYOKO	ASPEN	F	31	SF	0.59.51	1
155	4970	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	0.59.59	1
156	4530	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.00.00	1
157	4539	50844	JOHAN	JOUBERT	MTHATHA	M	39	35-39M	1.00.10	0

158	4732	2588	JOSHUA	BOSMAN	Bestmed	M	21	SM	1.00.20	1
159	4820	2667	JESSICA	SPARKS	Bestmed	F	20	SF	1.00.25	1
160	4930	4677	LINGELETHU	GCWABE	TEMP	M	36	35-39M	1.00.40	0
161	4863	4563	YONELA	MXESHO	TEMP	F	31	SF	1.00.50	0
162	4973	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.00.54	1
163	4612	4356	KOENA	HEADBUSH	TEMP	M	47	45-49M	1.00.55	0
164	4697	4597	QHAMANI	GWANGQANA	TEMP	M	33	SM	1.01.07	0
165	4996	1447	SIMON	MATEBESE	NEDBANK	M	62	60-64M	1.01.10	1
166	4655	4026	MORNE	STEYN	TEMP	M	46	45-49M	1.01.15	0
167	4952	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	1.01.23	1
168	4789	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.01.23	1
169	4981	4521	LUCIEN	SASS	TEMP	M	41	40-44M	1.01.47	0
170	4600	4414	LUYANDA	BURNELI	TEMP	M	41	40-44M	1.01.48	0
171	4571	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	1.01.50	1
172	4563	2160	XOLISA	NGCAYICHIBI	TRANSNET	M	52	50-54M	1.01.50	1
173	4518	490	MARTIN	CLOETE	RUN4C	M	47	45-49M	1.02.03	1
174	4872	4372	SINOVUYO	PHOHLONGO	TEMP	F	31	SF	1.02.04	0
175	4516	725	WENDY	BULULU	CRUSADE	F	43	40-44F	1.02.08	1
176	4940	4511	EVERTON	JAFTHA	TEMP	M	40	40-44M	1.02.15	0
177	4861	4561	SINOXOLO	MTSATSE	TEMP	M	27	SM	1.02.15	0
178	4956	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.02.23	1
179	4695	4595	MTHETHO	GQALANE	TEMP	M	36	35-39M	1.02.35	0
180	4880	4380	SINOTHANDO	TISO	TEMP	F	31	SF	1.02.35	0
181	4548	1314	SKHUMBUZO	MADLALA	VWAC	M	33	SM	1.02.36	1
182	4528	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.02.38	1
183	4834	726	KEITH	VOSLOO	CRUSADE	M	62	60-64M	1.02.53	1
184	4615	3109	LEONE	JACKSON	TEMP	F	66	65-69F	1.02.58	0
185	4685	4585	DANIEL	SCHLUTER	TEMP	M	33	SM	1.02.59	0
186	4860	4560	KUDZANI	MTOMBENI	TEMP	F	48	45-49F	1.03.01	0
187	4778	2562	TSHEGOFATSO	MATHUSANE	Bestmed	F	21	SF	1.03.06	1
188	4721	2709	ANNALIE	STRYDOM	MUIRITE	F	62	60-64F	1.03.25	1
189	4570	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.03.25	1
190	4881	4381	SONGEZO	TUNTULWANA	TEMP	M	41	40-44M	1.03.31	0
191	4799	2669	REFILOE	NTHAMA	Bestmed	F	19	SF	1.03.31	1
192	4839	4839	MONDE	JACOBS	TEMP	M	49	45-49M	1.03.37	0
193	4668	4568	MARLIA	DIRK	TEMP	F	35	35-39F	1.03.45	0
194	4941	1380	BANDILE	CUNTU	NEDBANK	M	61	60-64M	1.03.56	1
195	4832	1063	CRYSTAL	VAN HEERDEN	ACH	F	31	SF	1.04.09	1
196	4852	4552	MIHLALI	MCETYWA	TEMP	M	28	SM	1.04.12	0
197	4962	1007	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.04.18	1
198	4961	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.04.21	1
199	4720	1109	JENNI	STROBOS	ACH	F	42	40-44F	1.04.21	1
200	4557	1092	NIKKI	MOSS	ACH	F	45	45-49F	1.04.21	1
201	4728	2651	NOLWAZI	BILA	Bestmed	F	26	SF	1.04.23	1
202	4793	2653	MUNEIWA ROSEMAR	NDOU	Bestmed	F	27	SF	1.04.33	1
203	4551	2141	CHUMANI	MASHIQA	TRANSNET	M	37	35-39M	1.04.34	1
204	4782	2668	AQHAMA	MNDI	Bestmed	F	21	SF	1.04.43	1
205	4827	4303	SIYAMTHEMBA	BONVU	TEMP	M	33	SM	1.04.47	0
206	4693	4593	CRAIG	GLEAVES	TEMP	M	58	55-59M	1.04.52	0
207	4566	2138	ANGELA	NTANGA	TRANSNET	F	30	SF	1.04.55	1
208	4764	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.05.01	1
209	4507	1312	SINETHEMBA	BABI	VWAC	F	35	35-39F	1.05.03	1
210	4947	1104	CATHY	IVES	ACH	F	72	70+F	1.05.04	1

211	4751	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.05.14	1
212	4532	811	TREVLIN	HOYLE	32GI	F	50	50-54F	1.05.22	1
213	4513	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.05.24	1
214	4601	4421	SUSAN	CHAMBERLAIN	TEMP	F	30	SF	1.05.34	0
215	4587	5413	ALTHEA	SWARTZ	SANLAMC	F	42	40-44F	1.05.44	0
216	4620	3175	ROSE	LOLO	TEMP	F	31	SF	1.05.47	0
217	4772	2125	NATHAN	LOTTERING	ATLANTIC	M	20	SM	1.06.07	1
218	4619	3157	CHRISTINE	LEE	TEMP	F	32	SF	1.06.10	0
219	4632	3374	YAMKELA	MLISA	TEMP	M	27	SM	1.06.13	0
220	4503	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.06.16	1
221	4753	1207	CHARL	GRIESSEL	ELITEAC	M	62	60-64M	1.06.25	1
222	4626	3267	SINOMTHA	MASE	TEMP	F	32	SF	1.06.38	0
223	4838	2549	AMILA	ZIBONDA	Bestmed	F	19	SF	1.06.39	1
224	4983	4523	SIPHIWE	NOMOYI	TEMP	M	60	60-64M	1.06.49	0
225	4540	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.06.51	1
226	4636	3433	SIPHELELE	NELANI	TEMP	M	29	SM	1.06.52	0
227	4617	3125	LEE-ANN	JOUBERT	TEMP	F	35	35-39F	1.06.58	0
228	4755	2613	CARLENE	HATTINGH	Bestmed	F	21	SF	1.07.02	1
229	4687	4587	KRISTEN	VAN ROOYEN	TEMP	F	23	SF	1.07.03	0
230	4684	4584	MEKAYLA	POTGIETER	TEMP	F	27	SF	1.07.03	0
231	4614	3108	MEYRRICK	HOLMES	TEMP	M	36	35-39M	1.07.04	0
232	4592	629	VICKI	VAN SCHALKWYK	ASPEN	F	44	40-44F	1.07.07	1
233	4867	4540	VUYANI	NGOXO	TEMP	M	45	45-49M	1.07.13	0
234	4660	4194	GIDION	VAN DER MERWE	TEMP	M	60	60-64M	1.07.19	0
235	4714	2295	SIPHESIHLE	NKASAYI	VUKANI	F	30	SF	1.07.21	1
236	4719	1928	SIYAMANGA	SIJAJI	BLUEBAY	F	28	SF	1.07.22	1
237	4945	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.07.31	1
238	4681	4581	SIPHAMANDLA	NGQENGQA	TEMP	F	33	SF	1.07.44	0
239	4524	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.07.50	1
240	4883	4383	CHUMA	ZWANE	TEMP	M	42	40-44M	1.07.51	0
241	4618	3148	HANLIE-ANN	JUNIUS	TEMP	F	54	50-54F	1.07.54	0
242	4545	3026	ZAKIYYA	LAHER	VITALITY	F	41	40-44F	1.07.56	1
243	4756	2299	THABISA	HLAM	VUKANI	F	39	35-39F	1.07.57	1
244	4959	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.07.58	1
245	4948	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.08.07	1
246	4606	4450	ZIMASA	GCWEKANA	TEMP	F	30	SF	1.08.37	0
247	4546	51234	SINCOBILE	LUKHELE	HOLLY	F	29	SF	1.08.51	0
248	4645	4016	JODY	PASQUALLIE	TEMP	M	42	40-44M	1.08.52	0
249	4738	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.08.53	1
250	4729	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.08.53	1
251	4506	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.08.56	1
252	4631	3315	AMAHLE	MDUNYELWA	TEMP	F	29	SF	1.09.01	0
253	4855	4555	PUMLANI	MIYA	TEMP	M	36	35-39M	1.09.10	0
254	4864	4564	MASIVUYE	MZOBOSHE	TEMP	M	38	35-39M	1.09.11	0
255	4856	4556	THAMSANQA	MNOTOZA	TEMP	M	53	50-54M	1.09.26	0
256	4871	4371	LIZELLE	OOSTHUIZEN	TEMP	F	49	45-49F	1.09.27	0
257	4845	4845	SILONDIWE	MADIKIZELA	TEMP	F	34	SF	1.09.33	0
258	4969	922	REFILWE	TSATSIMPE	CHARLO	F	29	SF	1.09.37	1
259	4654	4025	YOLANDE	STANDER	TEMP	F	38	35-39F	1.09.40	0
260	4980	4520	VERONIQUE	SASS	TEMP	F	31	SF	1.09.45	0
261	4611	4500	LIFA	HATTO	TEMP	M	33	SM	1.09.52	0
262	4847	4847	KEARABETSWE	MALEHO	TEMP	F	25	SF	1.10.03	0
263	4542	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.10.12	1

264	4536	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.10.22	1
265	4525	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.10.28	1
266	4966	953	PHUMELELA	NTUNGWA	CHARLO	F	39	35-39F	1.10.35	1
267	4858	4558	MAYIZOLE	MPOTULO	TEMP	M	39	35-39M	1.10.45	0
268	4819	19073	KHANYISILE	SOLWANDLE	IDC	F	26	SF	1.10.50	0
269	4830	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.11.03	1
270	4586	478	NOMAZIBUKO	STOUT	RUN4C	F	43	40-44F	1.11.31	1
271	4510	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.11.45	1
272	4579	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.11.45	1
273	4608	4608	THERESA	NCUBE	TEMP	F	35	35-39F	1.11.52	0
274	4656	4027	ANE	STRAUSS	TEMP	F	33	SF	1.11.54	0
275	4842	4842	STHEMBELE	KAHLU	TEMP	M	23	SM	1.12.14	0
276	4514	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.12.15	1
277	4595	4281	ROLANDA	BAREIRA	TEMP	F	53	50-54F	1.12.29	0
278	4807	596	NICOLETTE	POTGIETER	RUN4C	F	51	50-54F	1.12.30	1
279	4866	4539	NATALIE	NELL	TEMP	F	37	35-39F	1.12.36	0
280	4651	4022	ANEZWA	SIBEWU	TEMP	F	33	SF	1.12.36	0
281	4736	488	CHERYL	CUPIDO	RUN4C	F	57	55-59F	1.12.40	1
282	4935	1168	INEZ	SLATER	EMERIS	F	41	40-44F	1.12.42	1
283	4717	191	LELETU	QINA	SAPPE	F	28	SF	1.12.47	1
284	4960	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.12.49	1
285	4647	4018	VUYISILE	SAMBOKWE	TEMP	M	55	55-59M	1.12.50	0
286	4694	4594	LISA	GLEAVES	TEMP	F	55	55-59F	1.13.02	0
287	4878	4378	SIYABULELA	STUNGU	TEMP	M	49	45-49M	1.13.15	0
288	4810	2662	QINISANI	QWABE	Bestmed	M	31	SM	1.13.16	1
289	4879	4379	SINAZO	THOMAS	TEMP	F	31	SF	1.13.16	0
290	4675	4575	ZILUNGILE	MAGAQA	TEMP	F	28	SF	1.13.18	0
291	4547	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.13.23	1
292	4844	4844	CLIVIAN	LOTTERING	TEMP	M	34	SM	1.13.24	0
293	4745	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.13.27	1
294	4538	264	SIMONE	JORDAAN	MUIRITE	F	46	45-49F	1.13.48	1
295	4811	214	MARGUERITE	RAPHAEL	KOWIE	F	76	70+F	1.14.13	1
296	4713	657	Datrium	Mhlanga	ASPEN	F	34	SF	1.14.14	1
297	4531	683	ABONGILE	HINTSA	ASPEN	F	28	SF	1.14.14	1
298	4670	4570	AFIKILE	GIYOSE	TEMP	M	28	SM	1.14.16	0
299	4572	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.14.18	1
300	4569	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.14.18	1
301	4702	2898	Nosipho	Blandile	CSEP	F	41	40-44F	1.14.30	1
302	4588	3023	MOSALE	TLAKA	VITALITY	F	28	SF	1.14.34	1
303	4923	299	JOHANNES	HERBST	MUIRITE	M	80	70+M	1.14.36	1
304	4577	102	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.14.51	1
305	4777	1320	REMOABETSWE	MATHOBELA	VWAC	F	31	SF	1.15.05	1
306	4679	4579	LORRAINE	MOTSWENYANE	TEMP	F	40	40-44F	1.15.11	0
307	4672	4572	WENDY	KHWETANI	TEMP	F	30	SF	1.15.11	0
308	4768	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.15.26	1
309	4982	4522	FREDDY	SASS	TEMP	M	64	60-64M	1.15.36	0
310	4829	2675	DIKELEDI	TSOKODIBANE	Bestmed	F	20	SF	1.15.48	1
311	4787	2291	ASANDA	MTSHIKWANA	VUKANI	F	43	40-44F	1.15.59	1
312	4580	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.16.01	1
313	4501	1646	MONYA	ACKERMAN	MADIBA	F	26	SF	1.16.03	1
314	4541	1233	KATLEGO	KGAJE	ELITEAC	F	31	SF	1.16.18	1
315	4767	2539	PRISCAH	LAKANE	Bestmed	F	29	SF	1.16.22	1
316	4609	4483	SANELISIWE	GINYA	TEMP	F	36	35-39F	1.16.24	0

317	4705	2873	Siyasanga	Diaku	CSEP	F	39	35-39F	1.16.26	1
318	4895	1390	VUYISEKA	MAKALIMA	NEDBANK	F	41	40-44F	1.16.26	1
319	4843	4843	RAYMEE	KOCK	TEMP	M	44	40-44M	1.16.27	0
320	4711	52891	OTHEMBELA	MBOMBO	TNETFS	F	28	SF	1.16.36	0
321	4639	3451	SIY AHLUMA	NKONE	TEMP	F	17	JF	1.16.38	0
322	4715	2661	Zimasa	Mncanca	Bestmed	F	30	SF	1.16.47	1
323	4776	2556	SANDISWA	MASWANA	Bestmed	F	45	45-49F	1.16.48	1
324	4597	4285	NOMHLE	BHALA	TEMP	F	28	SF	1.17.23	0
325	4926	2806	NOLUBABALO	SOHABA	ABSAEP	F	37	35-39F	1.17.24	1
326	4653	4024	CHEVON	SLAMBEE	TEMP	F	43	40-44F	1.17.31	0
327	4896	269	DARREL	SLAMBEE	MUIRITE	M	40	40-44M	1.17.31	1
328	4624	3229	ADRIAAN	MARITZ	TEMP	M	47	45-49M	1.17.47	0
329	4874	4374	SEBASTIAN	RAYNERS	TEMP	M	40	40-44M	1.17.49	0
330	4625	3242	SANDRA	MARITZ	TEMP	F	41	40-44F	1.18.14	0
331	4813	234	MARIETJIE	ROBB	KOWIE	F	69	65-69F	1.18.11	1
332	4882	4382	SINDISWA	TUNZI	TEMP	F	37	35-39F	1.18.42	0
333	4953	4679	JOEL	SWARTZ	TEMP	M	43	40-44M	1.18.55	0
334	4841	4841	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.19.09	0
335	4802	448	KHOLISA	PAPU	CHILLIEP	F	38	35-39F	1.19.26	1
336	4667	4567	TAMERYN	DE JESUS SCHLUTER	TEMP	F	31	SF	1.19.40	0
337	4875	4375	TASMIN	SCHOULTZ	TEMP	F	34	SF	1.19.40	0
338	4638	3449	NOXOLO	NKONE	TEMP	F	33	SF	1.19.57	0
339	4633	3408	KAYCE	MOORE	TEMP	F	29	SF	1.20.25	0
340	4771	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.20.53	1
341	4596	4284	MICHELLE	BEUKES	TEMP	F	52	50-54F	1.20.54	0
342	4629	3300	ZIKHONA	MATSOLO	TEMP	F	35	35-39F	1.21.05	0
343	4869	4369	MALIBONGWE	NJILI	TEMP	M	37	35-39M	1.21.07	0
344	4568	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.21.24	1
345	4942	204	ABIGAIL	TEYISE	SAPPE	F	53	50-54F	1.21.37	1
346	4703	2179	Witness	Chauke	TRANSNET	F	35	35-39F	1.21.45	1
347	4795	4309	SIYABONGA	JIKELA	TEMP	M	45	45-49M	1.21.45	0
348	4559	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.21.47	1
349	4576	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.21.47	1
350	4556	3308	NONKULULEKO	MNQWAZI	VWAC	F	35	35-39F	1.21.48	1
351	4964	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.21.58	1
352	4775	2528	PAMELA	MASEKO	Bestmed	F	59	55-59F	1.22.03	1
353	4818	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.22.31	1
354	4790	2281	PHINDILE	NAMA	VUKANI	F	53	50-54F	1.22.43	1
355	4688	4588	CEBOKAZI	YANGAPI	TEMP	F	35	35-39F	1.23.01	0
356	4582	1302	PORTIA	LELAKA	VWAC	F	48	45-49F	1.23.02	1
357	4957	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.23.15	1
358	4824	1241	MARLENE	TERBLANCHE	ELITEAC	F	76	70+F	1.23.21	1
359	4796	1117	GRAHAM	NELL	ACH	M	74	70+M	1.23.29	1
360	4798	2799	PORTIA	NQAYI	ABSAEP	F	38	35-39F	1.23.34	1
361	4544	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.23.59	1
362	4722	2907	PHUMELELA	TSHONA	CSEP	F	42	40-44F	1.24.02	1
363	4520	604	SIMONÉ	DEYSEL	RUN4C	F	34	SF	1.24.06	1
364	4849	4849	ANTONETTE	MASHEGO	TEMP	F	33	SF	1.24.08	0
365	4972	1012	CINDY	VOSLOO	CHARLO	F	43	40-44F	1.24.16	1
366	4792	2537	ASIPHE	NDOTO	Bestmed	F	29	SF	1.24.18	1
367	4730	2591	UKANYO LERATO	BODLELA	Bestmed	F	22	SF	1.24.23	1
368	4578	2810	FEZIWE	SALAZE	ABSAEP	F	37	35-39F	1.24.24	1
369	4726	10565	THABISO	BALENE	UHURU	M	45	45-49M	1.24.24	0

370	4865	4538	KANYISA	NDYOKI	TEMP	F	32	SF	1.24.30	0
371	4517	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.24.34	1
372	4534	568	DOMINIQUE	JACKSON	RUN4C	F	23	SF	1.24.51	1
373	4523	597	ALICIA	ELS	RUN4C	F	47	45-49F	1.24.52	1
374	4785	2592	MOIPONE	MOSOEUNYANE	Bestmed	F	20	SF	1.25.00	1
375	4857	4557	NANDE	MOEKETSI	TEMP	F	43	40-44F	1.25.00	0
376	4652	4023	ONESIMO	SISHUTA	TEMP	F	23	SF	1.25.04	0
377	4884	4384	PAULA	ZWANE	TEMP	F	43	40-44F	1.25.10	0
378	4598	4408	NOMBUZO	BOOYSEN	TEMP	F	40	40-44F	1.25.11	0
379	4931	4678	ZIMASA	MALETSHEZA	TEMP	F	32	SF	1.25.23	0
380	4641	3471	PHAKAMA	NKUNZI	TEMP	F	30	SF	1.25.37	0
381	4640	3453	AYANDA	NKUNZI	TEMP	F	34	SF	1.25.43	0
382	4840	4840	NTSIKELELO	JOJWANA	TEMP	M	46	45-49M	1.25.59	0
383	4642	3488	GAGA	NTSASA	TEMP	F	39	35-39F	1.26.33	0
384	4927	4296	ZIMKITA	MATIWANA	TEMP	F	36	35-39F	1.27.00	0
385	4650	4021	LUYANDA	SHUSHU	TEMP	F	39	35-39F	1.27.01	0
386	4594	4505	GAIL	AGNEW	TEMP	F	51	50-54F	1.27.01	0
387	4826	2523	NOLUTHANDO	TONI	Bestmed	F	56	55-59F	1.27.13	1
388	4731	2264	NOLOYISO	BONGA	VUKANI	F	39	35-39F	1.27.33	1
389	4621	3180	PAULIEN	LOUW	TEMP	F	53	50-54F	1.28.25	0
390	4622	3181	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.28.45	0
391	4649	4020	SONIA	SHARE	TEMP	F	59	55-59F	1.29.12	0
392	4522	466	ONELE	DYONASE	CHILLIEP	F	32	SF	1.29.41	1
393	4804		MBASA	PINDA	HOLLY	M	29	SM	1.30.04	0
394	4854	4554	MSIMELELO	MDASHE	TEMP	M	44	40-44M	1.30.21	0
395	4763	2221	XENTSA	TUMEKA	SIBALEKA	F	43	40-44F	1.30.35	1
396	4605	4448	NOMAWONGA	FOSTER	TEMP	F	54	50-54F	1.30.35	0
397	4562	329	ORGIA	NELL	MUIRITE	F	82	70+F	1.30.37	1
398	4659	4193	XOLELA	TYEKELA	TEMP	M	39	35-39M	1.30.49	0
399	4708	1941	MRATO	MAHOB	BLUEBAY	F	29	SF	1.30.53	1
400	4718	2861	Phumeza	Sidloyi	CSEP	F	40	40-44F	1.31.42	1
401	4661	4195	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	1.31.47	0
402	4662	4196	NADIA	VAN WYK	TEMP	F	49	45-49F	1.32.01	0
403	4643	3569	KAMVA-ELIHLE	NTSHINKA	TEMP	F	30	SF	1.33.02	0
404	4686	4586	AMANDA	TONGO	TEMP	F	46	45-49F	1.33.06	0
405	4766	3093	XABISO	KONA	VITALITY	F	30	SF	1.33.12	1
406	4975	4515	NAMAWABO	MSIZI	TEMP	F	65	65-69F	1.33.38	0
407	4783	2879	TANDAZWA	MNIKA	CSEP	F	39	35-39F	1.34.34	1
408	4690	4590	AFIKA	BOCO	TEMP	F	26	SF	1.36.25	0
409	4550	1313	KAGISO	MANAIOA	VWAC	M	33	SM	1.36.53	1
410	4887	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.37.18	1
411	4634	3418	NOMBULELO	MTYUPU	TEMP	F	51	50-54F	1.37.29	0
412	4925	2809	SIMANGELE	SKOSANA	ABSAEP	F	45	45-49F	1.38.17	1
413	4504	4275	JULIA	AJAH-MVUNELWA	TEMP	F	53	50-54F	1.38.17	0
414	4637	3438	UNATHI	NGQUNGE	TEMP	F	38	35-39F	1.38.36	0
415	4616	3114	LULAMA	JORDAAN	TEMP	F	53	50-54F	1.38.39	0
416	4868	4368	AMANDA	NGWENYA	TEMP	F	29	SF	1.41.08	0
417	4696	4596	YOLANDA	GWALEMPI	TEMP	F	36	35-39F	1.41.33	0
418	4673	4573	ZIMKHITHA	KILANI	TEMP	F	35	35-39F	1.41.34	0
419	4683	4583	SIPHOSIHLE	PEPETA	TEMP	F	28	SF	1.44.03	0
420	4682	4582	NQABISA	PEPETA	TEMP	F	56	55-59F	1.44.03	0
421	4698	4598	CHRIS	HOWES	TEMP	M	61	60-64M	1.44.07	0
422	4613	4102	XOLELWA	HINA	TEMP	F	29	SF	1.46.16	0

423	4627	3275	APHIWE	MASEBE	TEMP	F	39	35-39F	1.58.55	0
424	4628	3276	ASINAKHO	MASEBE	TEMP	F	35	35-39F	1.59.09	0
425	4949	1745	LUCELLE	GOLIATH	GELVAN	F	65	65-69F	3.00.16	1