

VOLKSWAGEN HEALTH RUN - VW PAVILION - 2026/05/09

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	2017	50404	CWENGA	NOSE	PHANTANE	M	25	SM	1.03.55	0	0
2	2410	2410	NTSEBANZO	NAKE	TEMP	M	34	SM	1.04.51	0	0
3	2001	357	SINAWO	POTI	IKHAMVA	M	24	SM	1.04.57	5	25
4	2002	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	1.06.44	5	24
5	2538	3389	SICELO	MASHABA	CHILLIEP	M	25	SM	1.07.48	5	23
6	2639	1154	GIFT	CHIGOMARAWA	ACH	M	38	35-39M	1.08.55	5	22
7	2006	1354	ANDRE	KETCHEM	NEDBANK	M	42	40-44M	1.12.01	5	21
8	2341	2266	KHAYA	GQWETHA	VUKANI	M	40	40-44M	1.13.07	5	20
9	2352	40143	AGCOBILE	JEZILE	MOTHER	M	17	JM	1.13.23	5	19
10	2537	3387	ARCHIE	ZAKE	CHILLIEP	M	26	SM	1.13.58	5	18
11	2522	2149	XOLISA	NDLUMBINI	TRANSNET	M	43	40-44M	1.14.17	5	17
12	2641	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	1.14.17	5	16
13	2013	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	1.14.21	5	15
14	2564	40171	ANTON	AVENATHI	SIBALEKA	M	18	JM	1.14.29	5	14
15	2556	413	MASIXOLE	NTLOKO	IKHAMVA	M	36	35-39M	1.14.54	5	13
16	2165	2804	SAZISO	PANGINDAWO	ABSAEP	M	44	40-44M	1.16.46	5	0
17	2012	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	1.17.30	5	12
18	2594	2210	THEMBELANI	MBENENGE	SIBALEKA	M	31	SM	1.17.44	5	11
19	2010	374	HOPEWELL	JABAVU	IKHAMVA	M	42	40-44M	1.18.01	5	10
20	2674	1873	SANUSE	MBONENI	HOLLYWOO	M	41	40-44M	1.18.04	5	0
21	2638	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	1.18.06	5	9
22	2004	1335	ANELE	MALIZA	NEDBANK	M	48	45-49M	1.18.35	5	8
23	2579	2059	YUSUF	ARENDSE	ACH	M	40	40-44M	1.18.45	5	7
24	2133	74	TUMELO	MOCHELENYANE	SAPPE	M	43	40-44M	1.19.19	5	6
25	2583	1191	NOEL	ADAMS	ELITEAC	M	53	50-54M	1.20.25	5	5
26	2324	400	LEBOHANG	SENTI	IKHAMVA	M	39	35-39M	1.20.29	5	4
27	2548	1106	Sipesihle	Sofute	ACH	M	29	SM	1.20.46	4	3
28	1857	1511	APHLYN	TAAI	NEDBANK	M	43	40-44M	1.21.01	5	2
29	2691	1459	MONWABISI	KEPE	NEDBANK	M	42	40-44M	1.21.25	5	1
30	2283	2283	LIHLE	SWEPU	TEMP	M	24	SM	1.21.25	0	0
31	2529	423	SANDISO	NGXISHE	CHILLIEP	M	56	55-59M	1.21.49	5	0
32	2112	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	1.22.07	4	0
33	2699	2091	VUYISANI	NOBI	TEMP	M	34	SM	1.23.01	0	0
34	2540	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	1.23.11	5	0
35	2593	1871	SAPHO	NKATA	HOLLYWOO	M	48	45-49M	1.23.27	5	0
36	2003	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	1.23.34	5	25
37	2035	1091	LEIGH	CALLAGHAN	ACH	F	31	SF	1.23.47	5	24
38	2056	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.23.58	5	0
39	2008	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	1.24.58	5	23
40	2595	2524	ABBIE	MITCHELL	Bestmed	F	19	SF	1.25.20	5	22
41	2610	50990	TINASHE	MUMBIRE	REALGIJ	M	43	40-44M	1.25.47	0	0
42	2009	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	1.25.50	5	0
43	2600	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	1.26.25	5	0
44	2672	430	GUGU	BUDAZA	CHILLIEP	M	25	SM	1.26.49	3	0
45	2183	2895	SANELE	SAM	CSEP	M	33	SM	1.26.54	3	0
46	2478	3354	GAFONE	MOLETSANE	SAPEC	M	23	SM	1.27.34	0	0
47	2158	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	1.28.05	4	0
48	2007	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	1.29.08	3	0
49	2172	2547	TEDDY	PRUSENT	VITALITY	M	38	35-39M	1.29.08	3	0
50	2148	421	VICTOR	NGOBENI	CHILLIEP	M	35	35-39M	1.29.09	3	0
51	2587	282	ABDUL	WICOMB	MUIRITE	M	47	45-49M	1.29.46	4	0
52	2113	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	1.29.48	3	0
53	2435	2076	ZOLANI	NOGAYI	SANDFEP	M	36	35-39M	1.30.08	3	0

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54	2015	388	MICHELLE	HOWES	IKHAMVA	F	57	55-59F	1.30.38	5	21
55	2392	875	MATTHEW	RODGERS	CHARLO	M	24	SM	1.30.46	3	0
56	2516	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.31.05	5	0
57	2439	78	LINDEN	NZEZA	SAPPE	M	42	40-44M	1.31.30	3	0
58	2399	1026	CHRISTOFF	SNYMAN	CHARLO	M	31	SM	1.31.36	3	0
59	2544	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	1.31.56	3	0
60	2011	414	LONWABO	NDLALENI	IKHAMVA	M	48	45-49M	1.31.58	3	0
61	2209	2065	Qhawe	Tshayingwe	HOLLYWOO	M	26	SM	1.32.30	2	0
62	2228	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	1.32.51	4	20
63	2560	1852	MVULELI	MAGAWULANA	HOLLYWOO	M	49	45-49M	1.33.08	3	0
64	2303	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	1.33.26	5	0
65	2549	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	1.33.54	5	0
66	2202	2543	GRAHAM	TERBLANCHE	Bestmed	M	61	60-64M	1.34.02	5	0
67	2322	1379	KERRI-LEE	BARNARD	NEDBANK	F	22	SF	1.34.19	3	19
68	2637	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	1.34.37	3	0
69	2528	420	BOIKANYO	MAKABOLANE	CHILLIEP	M	41	40-44M	1.34.51	3	0
70	2166	539	SERGIO	PETERSON	RUN4C	M	48	45-49M	1.35.12	3	0
71	2087	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	1.35.28	3	0
72	2141	757	BYRON	COUFMANN	TEMP	M	39	35-39M	1.35.29	0	0
73	2601	1425	DARRYL	BAGLEY	NEDBANK	M	50	50-54M	1.35.32	3	0
74	2236	2236	BANELE	BLAAUW	VITALITY	M	32	SM	1.35.49	2	0
75	2422	2694	XOLANI	MBELENI	MOTHER	M	47	45-49M	1.36.02	3	0
76	2690	1345	DERRICK	DUBASE	NEDBANK	M	51	50-54M	1.36.27	3	0
77	2325	1533	THOBELA	NTAMO	DESPATCH	M	40	40-44M	1.36.29	2	0
78	2080	2146	SLULAMI	JACK	TRANSNET	M	50	50-54M	1.36.29	3	0
79	2429	1800	ROMAN	SEPTOE	GELVAN	M	28	SM	1.36.39	2	0
80	2225	806	LEON	VOULTSOS	32GI	M	52	50-54M	1.36.42	3	0
81	2523	416	OLWETHU	BOMVANA	CHILLIEP	F	39	35-39F	1.36.44	3	18
82	2233	425	SIYABONGA	ZULU	CHILLIEP	M	44	40-44M	1.36.45	2	0
83	2588	796	REBECCA	JORDAAN	32GI	F	35	35-39F	1.36.53	3	17
84	2318	1469	MARGIE	SAUNDERS	NEDBANK	F	72	70+F	1.36.55	5	16
85	2642	768	WILLIE	ELS	CRUSADE	M	50	50-54M	1.37.03	3	0
86	2376	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	1.37.06	2	0
87	2592	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	1.37.18	2	0
88	2461	362	CANDICE	RICHARDS	IKHAMVA	F	33	SF	1.37.45	3	15
89	2099	434	LUVUYO	LANDU	CHILLIEP	M	33	SM	1.38.06	2	0
90	2518	419	MKHUSELI	DANISA	CHILLIEP	M	31	SM	1.38.06	2	0
91	2173	442	MSINDISI	QALINGE	CHILLIEP	M	31	SM	1.38.06	2	0
92	2386	1023	BISHO	NOMBEWU	CHARLO	M	60	60-64M	1.38.12	5	0
93	2326	193	ABONGILE	NGCAMBU	SAPPE	M	26	SM	1.38.38	2	0
94	2161	195	MZUKISI	OLIFANT	SAPPE	M	44	40-44M	1.38.42	2	0
95	2255	2255	MKHULULI	MANYALA	TEMP	M	44	40-44M	1.38.44	0	0
96	2208	3325	THEMBILEJ	TSHAKAZA	SANDFEP	M	36	35-39M	1.38.45	2	0
97	2248	2248	KUHLE	JOBELA	TEMP	M	31	SM	1.38.56	0	0
98	2193	50434	IY-KAO	SIXABAYI	BALEKANI	M	42	40-44M	1.38.56	0	0
99	2181	169	UNATHI	MELENI	ACT AC	M	31	SM	1.39.08	2	0
100	2383	952	CINDY	MARAIS	CHARLO	F	48	45-49F	1.39.26	5	14
101	2408	2408	STITHIAN	THOMAS	TEMP	M	32	SM	1.39.48	0	0
102	2671	2349	ASIVE	SWAZI	TEAMVIT	M	28	SM	1.39.52	2	0
103	2319	1062	NICK	CHAPMAN	ACH	M	54	50-54M	1.39.55	3	0
104	2229	2122	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	1.40.01	3	0
105	2384	938	THOBELo	MFIKILI	CHARLO	M	39	35-39M	1.40.02	2	0
106	2640	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	1.40.03	3	0
107	2263	2263	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	1.40.04	0	0

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108	2092	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	1.40.17	2	0
109	2617	4617	ROGER	HOOKE	TEMP	M	65	65-69M	1.40.20	0	0
110	2596	1113	ROGER	TRADER	ACH	M	72	70+M	1.40.39	5	0
111	2405	2405	THANDUXOLO	MAFENUKA	TEMP	M	29	SM	1.41.11	0	0
112	2356	976	WARREN	BAARTZES	CHARLO	M	55	55-59M	1.41.26	3	0
113	2561	866	MICHA	CRONJE	32GI	F	36	35-39F	1.41.26	3	13
114	2024	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	1.41.28	2	0
115	2612	2902	NDODOMZI	TAKANE	CSEP	M	43	40-44M	1.41.50	2	0
116	2211	2188	AYABONGA	TSHUNGWANA	TRANSNET	M	32	SM	1.41.51	2	0
117	2280	2280	LETSIRI	SAMUEL	TEMP	M	35	35-39M	1.41.52	0	0
118	2545	2284	MZWANELE	NQOQO	VUKANI	M	48	45-49M	1.41.57	2	0
119	2486	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	1.41.59	2	12
120	2218	545	RUHAN	VAN RENSBURG	RUN4C	M	34	SM	1.41.59	2	0
121	2692	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	1.42.07	5	11
122	2635	16	ABRÉ	GOUSSARD	PEAAC	M	42	40-44M	1.42.14	2	0
123	2168	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	1.42.15	3	0
124	2363	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	1.42.17	2	0
125	2179	281	MONIQUE	RICHARDSON	MUIRITE	F	30	SF	1.42.38	2	10
126	2381	948	DINO	MAGNUS	CHARLO	M	31	SM	1.42.57	2	0
127	2678	4071	ANDRE	ROSTODELLA	TEMP	M	30	SM	1.43.06	0	0
128	2654	3357	NOLONWABO	MALINGE	VITALITY	F	38	35-39F	1.43.19	2	9
129	2524	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	1.43.22	2	0
130	2547	1114	MILES	HOLLINS	ACH	M	53	50-54M	1.43.29	2	0
131	2666	2304	QAQAMBA	MATUNDU	VUKANI	F	28	SF	1.44.00	2	8
132	2169	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	1.44.05	2	0
133	2328	532	JUDY	GERBER	RUN4C	F	59	55-59F	1.44.08	5	7
134	2597	1428	MARIETTE	HATTINGH	NEDBANK	F	60	60-64F	1.44.09	5	6
135	2621	4621	TERRY	THORNTON	TEMP	M	58	55-59M	1.44.10	0	0
136	2543	3392	SEAN	ROSS	ACH	M	35	35-39M	1.44.10	2	0
137	2636	1943	LUYANDA	NGESI	BLUEBAY	M	33	SM	1.44.11	2	0
138	2553	2735	STICKS	STIGLINGH	BODYCON	M	71	70+M	1.44.17	5	0
139	2146	2108	BERNICE	NEL	HEATAC	F	38	35-39F	1.44.19	2	5
140	2391	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	1.44.19	2	0
141	2628	4628	VIWE	BAMLA	TEMP	F	32	SF	1.44.25	0	0
142	2694	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	1.44.28	5	0
143	2413	572	GRANT	RUDMAN	RUN4C	M	48	45-49M	1.44.29	2	0
144	2243	2243	JESSE	GALLANT	TEMP	M	29	SM	1.44.31	0	0
145	2456	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	1.44.34	3	0
146	2298	2298	THABO	SALIMANI	TEMP	M	24	SM	1.44.42	0	0
147	2323	3361	MTHOKOZISI	LUTHULI	MUIRITE	M	35	35-39M	1.44.42	2	0
148	2198	1538	ADRE	STRYDOM	DESPATCH	F	48	45-49F	1.44.55	3	4
149	2667	2287	LINDIKHAYA	NTEYI	VUKANI	M	46	45-49M	1.44.59	2	0
150	2212	1910	MTHOBELI	TULUMANI	STFRAN	M	33	SM	1.45.14	2	0
151	2093	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	1.45.14	3	0
152	2297	2297	WILFRED	NELANI	TEMP	M	29	SM	1.45.40	0	0
153	2423	201	LUBABALO	SISWANA	SAPPE	M	49	45-49M	1.45.46	2	0
154	2541	1200	JANINE	WHITTAL	32GI	F	45	45-49F	1.46.25	3	3
155	2643	1944	MUSA	SENTI	BLUEBAY	M	33	SM	1.46.33	2	0
156	2036	443	LUVUYO	CAMAGU	CHILLIEP	M	35	35-39M	1.46.36	2	0
157	2680	51265	MPUMELELO	LALLIE	PAARL	M	47	45-49M	1.46.38	0	0
158	2200	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	1.46.50	2	0
159	2060	71	TRISTAN	GEORGE	SAPPE	M	23	SM	1.46.52	2	0
160	2018	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	1.46.52	4	0
161	2349	552	GEOFFREY	SWARTBOOI	RUN4C	M	50	50-54M	1.47.01	2	0

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162	2677	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	1.47.02	2	0
163	2627	4627	CHUMA	DONDOLO	TEMP	M	37	35-39M	1.47.03	0	0
164	2124	1055	JEROME	MAY	XCEL	M	59	55-59M	1.47.04	2	0
165	2227	556	ARTHUR	WILLIAMS	RUN4C	M	63	60-64M	1.47.19	3	0
166	2190	564	GAVIN	SILLS	RUN4C	M	53	50-54M	1.47.20	2	0
167	2362	944	DISEMBA	BLOU	CHARLO	M	67	65-69M	1.47.35	4	0
168	2510	53159	ANDRE	COSTA	TEMP	M	47	45-49M	1.47.41	0	0
169	2334	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	1.47.44	5	2
170	2184	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	1.48.19	2	0
171	2271	2271	YONELA	NKONZO	TEMP	M	35	35-39M	1.48.24	0	0
172	2576	3304	KAYA	MFONO	VITALITY	M	51	50-54M	1.48.26	2	0
173	2344	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	1.48.30	2	0
174	2530	2129	DWAYNE	WILLIAMS	ATLANTIC	M	24	SM	1.48.39	1	0
175	2558	417	PETER	MSIZA	CHILLIEP	M	53	50-54M	1.48.43	2	0
176	2693	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	1.48.58	1	0
177	2476	4076	SINAWO	CABANE	TEMP	M	33	SM	1.49.07	0	0
178	2477	4077	ZUKISANI	MBIZA	TEMP	M	32	SM	1.49.08	0	0
179	2068	115	THOZAMILE	GROOTBOOM	MALABAR	M	50	50-54M	1.49.10	2	0
180	2646	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	1.49.14	2	0
181	2077	2140	SISEKO	HOLLAND	TRANSNET	M	42	40-44M	1.49.30	2	0
182	2210	3011	ONKE	TSHOTSHO	VITALITY	M	39	35-39M	1.49.38	2	0
183	2614	1841	DOLLY	NDUDE	HOLLYWOO	F	54	50-54F	1.49.40	3	0
184	2475	4075	THOKOZANI	BAMO	TEMP	M	31	SM	1.49.41	0	0
185	2132	15691	SIPHOSETHU	MICHAEL	THAND	M	28	SM	1.49.46	0	0
186	2134	3029	Tshepo	Moiwe	VITALITY	M	28	SM	1.49.52	1	0
187	2321	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	1.49.57	2	0
188	2407	2407	THABANG	PHAKATHI	TEMP	M	24	SM	1.50.18	0	0
189	2088	2437	JOHNSTON	JUMBA	JBAY	M	52	50-54M	1.50.25	2	0
190	2418	1043	DAVID	BAINS	XCEL	M	60	60-64M	1.50.27	2	0
191	2629	4629	MARYKE	GEYSER	TEMP	F	28	SF	1.50.29	0	0
192	2345	2275	XOLISA	MENEMENE	VUKANI	M	42	40-44M	1.50.42	2	0
193	2330	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	1.50.50	2	1
194	2197	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	1.50.55	2	0
195	2509	1245	JOSEPH	GUNN	ELITEAC	M	52	50-54M	1.51.05	2	0
196	2371	1008	Darryl	Long	CHARLO	M	48	45-49M	1.51.06	2	0
197	2368	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	1.51.07	2	0
198	2279	2279	RUDOLPH	RUDOLPH	TEMP	M	27	SM	1.51.12	0	0
199	2369	877	KURT	GROENER	CHARLO	M	44	40-44M	1.51.21	1	0
200	2059	249	STERN	GEORGE	MUIRITE	M	20	SM	1.51.23	1	0
201	2651	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	1.51.51	3	0
202	2416	1785	JADE	FESTUS	GELVAN	M	36	35-39M	1.51.52	1	0
203	2602	51959	ASAVELIA	NDZONDZO	THEMBA	M	36	35-39M	1.52.01	0	0
204	2661	967	MIKE	BURGER	CHARLO	M	66	65-69M	1.52.16	3	0
205	2106	1072	KYLA	MAARTENS	ACH	F	22	SF	1.52.25	2	0
206	2487	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	1.52.34	2	0
207	2110	25187	MALWANDE	MAGADLA	SABC	M	38	35-39M	1.52.39	0	0
208	2122	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	1.52.49	1	0
209	2107	261	NKOSIYEDWA	MABASO	MUIRITE	M	46	45-49M	1.52.51	2	0
210	2575	2195	LUYANDA	NCWADI	TRANSNET	M	44	40-44M	1.52.53	1	0
211	2052	2885	MKHANYISI	DHINGWE	CSEP	M	34	SM	1.52.54	1	0
212	2182	2665	ABULELE	ROZANA	Bestmed	M	30	SM	1.52.57	1	0
213	2359	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	1.53.06	2	0
214	2358	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	1.53.15	2	0
215	2387	911	TANYA	NORRIS	CHARLO	F	41	40-44F	1.53.23	2	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
216	2645	934	JEAN	MEYER	CHARLO	M	47	45-49M	1.53.23	2	0
217	2083	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	1.53.32	3	0
218	2367	986	DYLAN	DU PLOOY	CHARLO	M	41	40-44M	1.53.39	1	0
219	2609	2965	LULAMA	TANATU	CSEP	M	46	45-49M	1.53.51	1	0
220	2442	50732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	1.54.03	0	0
221	2378	937	KIJANA	LARSEN	CHARLO	F	25	SF	1.54.07	2	0
222	2570	518	NIENKE	SCHOLTZ	RUN4C	F	29	SF	1.54.14	1	0
223	2171	436	UNATHI	POSELANI	CHILLIEP	M	42	40-44M	1.54.15	1	0
224	2505	534	BIANCA	VERMAAK	RUN4C	F	31	SF	1.54.16	1	0
225	2550	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	1.54.16	2	0
226	2619	4619	JARED	HEYNS	TEMP	M	20	SM	1.54.19	0	0
227	2307	628	CT	JACOBS	ASPEN	M	42	40-44M	1.54.20	1	0
228	2275	2275	SISA	PAZI	TEMP	M	35	35-39M	1.54.21	0	0
229	2091	1118	BRUCE	KING	ACH	M	59	55-59M	1.54.22	2	0
230	2340	3396	BOMKAZI	NTONI	ACH	F	38	35-39F	1.54.22	2	0
231	2590	9999	TAURIQ	HENDRICKS	NOCLUB	M	35	35-39M	1.54.48	0	0
232	2519	439	AMANDLA	DIDIZA	CHILLIEP	M	33	SM	1.54.53	1	0
233	2591	460	TSHIDISO	ZULU	CHILLIEP	M	35	35-39M	1.54.53	1	0
234	2432	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	1.54.57	3	0
235	2038	1887	DEBRA	CHRISTY	STFRAN	F	62	60-64F	1.55.00	4	0
236	2241	2241	QHAMA	DUMEZWENI	TEMP	M	30	SM	1.55.04	0	0
237	2433	1875	LUVUYO	MERILE	HOLLYWOO	M	41	40-44M	1.55.05	1	0
238	2484	4084	ZOLA	NGWEKAZI	TEMP	M	53	50-54M	1.55.19	0	0
239	2533	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	1.55.33	1	0
240	2481	4081	TEVIN	PRINSLOO	TEMP	M	31	SM	1.55.33	0	0
241	2536	777	STEVEN	GAGIANO	32GI	M	45	45-49M	1.55.41	1	0
242	2535	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	1.55.41	2	0
243	2372	1001	KEANO	HITZEROTH	CHARLO	M	25	SM	1.55.42	1	0
244	2488	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	1.55.47	2	0
245	2681	323	CLIVE	VAN RAYNER	MUIRITE	M	59	55-59M	1.55.47	2	0
246	2577	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	1.55.51	1	0
247	2274	2274	DANIEL	OLIFANT	TEMP	M	31	SM	1.56.11	0	0
248	2421	462	Ntombizine	Makaula	CHILLIEP	F	39	35-39F	1.56.11	1	0
249	2459	3078	SAMORA	SITOLE	VITALITY	M	29	SM	1.56.15	1	0
250	2175	104	PRASHAAN	RAGA	INFINITY	M	27	SM	1.56.25	1	0
251	2155	3092	LEKELA	NKONKI	VITALITY	M	54	50-54M	1.56.27	1	0
252	2552	469	SISEKO	MKUMLA	CHILLIEP	M	41	40-44M	1.56.27	1	0
253	2574	2043	CHARLIZE	SWANEPOEL	ALBANY	F	22	SF	1.56.35	1	0
254	2380	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	1.56.41	2	0
255	2019	42	SAM	ERASMUS	SAPPE	M	68	65-69M	1.56.54	2	0
256	2394	1009	MEGAN	LONG	CHARLO	F	41	40-44F	1.56.55	2	0
257	2016	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	1.56.58	3	0
258	2310	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	1.57.03	2	0
259	2293	2293	DANZEL	VAN DER MERWE	TEMP	M	30	SM	1.57.09	0	0
260	2608	1125	BRENDON	DRYDEN	ACH	M	58	55-59M	1.57.20	2	0
261	2360	907	CHARL	BEZUIDENHOUT	CHARLO	M	47	45-49M	1.57.23	1	0
262	2607	2270	ANELE	MESANI	VUKANI	M	46	45-49M	1.57.27	1	0
263	2443	2025	KYLA	FULLARTON	ALBANY	F	23	SF	1.57.28	1	0
264	2606	2016	LEO	VACCARO	ALBANY	M	32	SM	1.57.29	1	0
265	2239	2239	CONOR	COLQUHOUN	TEMP	M	25	SM	1.57.44	0	0
266	2046	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	1.57.52	1	0
267	2277	2277	SIZWE	RADEBE	TEMP	M	33	SM	1.57.52	0	0
268	2598	1160	THEMBALETHU	MANA	EMERIS	M	50	50-54M	1.57.53	1	0
269	2514	222	JOHN	COX	KOWIE	M	70	70+M	1.58.02	2	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
270	2320	2818	THABISO	NGCONGO	ABSAEP	M	27	SM	1.58.06	1	0
271	2045	1777	ROLAND	DACE	GELVAN	M	71	70+M	1.58.11	2	0
272	2370	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.58.19	1	0
273	2406	2406	NAIDA	BLIGNAUT	TEMP	F	27	SF	1.58.49	0	0
274	2409	2409	HENK	BLIGNAUT	TEMP	M	28	SM	1.58.50	0	0
275	2342	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	1.59.11	1	0
276	2373	915	JOEL	HUMAN	CHARLO	M	53	50-54M	1.59.20	1	0
277	2659	3059	SIVUYILE	WATANI	TEMP	M	44	40-44M	1.59.22	0	0
278	2041	3133	Lindile	Tungu	EMC RC	M	38	35-39M	1.59.25	1	0
279	2301	1846	Simo	Nkanyuza	HOLLYWOO	M	39	35-39M	1.59.25	1	0
280	2057	2011	JUANITA	FULLER	ALBANY	F	49	45-49F	1.59.30	2	0
281	2502	1088	PERCY	DALTON	ACH	M	77	70+M	1.59.39	2	0
282	2062	1635	DORIS	GERBER	MADIBA	F	55	55-59F	1.59.40	2	0
283	2050	1609	WILLEMIEEN	DU RANDT	DESPATCH	F	51	50-54F	1.59.42	2	0
284	2504	1232	SONIKA	NEL	ELITEAC	F	26	SF	1.59.52	1	0
285	2231	424	Luthando	Yibe	CHILLIEP	M	45	45-49M	1.59.57	1	0
286	2517	1547	MADELEINE	GREYLING	DESPATCH	F	54	50-54F	2.00.00	2	0
287	2256	2256	SIFISO	MASALEGUBA	TEMP	M	33	SM	2.00.03	0	0
288	2578	485	WANDILE	BATAYI	RUN4C	M	30	SM	2.00.04	1	0
289	2430	1926	JOSE	DAVIS	BLUEBAY	M	33	SM	2.00.05	1	0
290	2662	4807	LEHLOHONOLO	THOKOA	TEMP	M	45	45-49M	2.00.10	0	0
291	2176	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	2.00.10	1	0
292	2527	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	2.00.11	1	0
293	2302	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	2.00.30	2	0
294	2314	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	2.00.31	2	0
295	2262	2262	JOSEPH	MITCHELL	TEMP	M	20	SM	2.00.32	0	0
296	2492	3292	PAKISO	MOEKETSI	TEMP	M	45	45-49M	2.00.32	0	0
297	2284	2284	DARREN	TAIT	TEMP	M	22	SM	2.00.32	0	0
298	2250	2250	LEANNE	LE ROUX	VITALITY	F	47	45-49F	2.00.35	1	0
299	2404	2404	KHAHLISO	NTLALE	TEMP	M	39	35-39M	2.00.38	0	0
300	2649	679	YAMKELA	QOMIYANA	ASPEN	M	30	SM	2.00.52	1	0
301	2347	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	2.00.59	1	0
302	2290	2290	DUANE	VAN APPEL	TEMP	M	22	SM	2.01.01	0	0
303	2620	4620	MICHAEL	TAYLOR	TEMP	M	31	SM	2.01.04	0	0
304	2483	4083	THINAWANGA	MAKONDELELE	TEMP	M	41	40-44M	2.01.09	0	0
305	2618	4618	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	2.01.13	0	0
306	2613	1621	WILHELM	KILIAN	MADIBA	M	49	45-49M	2.01.14	1	0
307	2120	52945	CWENGA	MAQINA	TEMP	M	36	35-39M	2.01.16	0	0
308	2485	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	2.01.18	2	0
309	2465	4065	KHANYISA	NOGWINA	TEMP	F	38	35-39F	2.01.24	0	0
310	2447	2067	Ludwe	Sobebe	HOLLYWOO	M	37	35-39M	2.01.24	1	0
311	2072	13371	DANIEL	GXABU	SANDF	M	43	40-44M	2.01.25	0	0
312	2551	1592	BENNIE	THYSSE	DESPATCH	M	68	65-69M	2.01.27	2	0
313	2490	3290	COLE	ADAMS	TEMP	M	26	SM	2.01.28	0	0
314	2489	3289	SASHEN	NAIDOO	TEMP	M	27	SM	2.01.28	0	0
315	2096	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	2.01.54	1	0
316	2097	127	MUSTAFA	LAGARDIEN	MALABAR	M	33	SM	2.02.04	1	0
317	2355	940	DAVID	AXON	CHARLO	M	52	50-54M	2.02.06	1	0
318	2308	1259	SIYABULELA	RELU	VWAC	M	49	45-49M	2.02.22	1	0
319	2276	2276	BENNIE	PIEK	TEMP	M	40	40-44M	2.02.27	0	0
320	2273	2273	BASANELE	NTSHEBE	TEMP	M	25	SM	2.02.41	0	0
321	2464	4064	MISHUMO	TSHIKALANGE	TEMP	M	31	SM	2.02.59	0	0
322	2503	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	2.03.01	1	0
323	2468	4068	MARYNA	MEYER	TEMP	F	55	55-59F	2.03.08	0	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
324	2585	3247	VICTOR	CHABANGU	CONTI	M	32	SM	2.03.10	1	0
325	2497	3297	MBULELO	NOFEMELA	TEMP	M	38	35-39M	2.03.14	0	0
326	2111	3012	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	2.03.14	1	0
327	2697	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	2.03.15	1	0
328	2153	3061	ASANDA	SASANTI	TEMP	F	36	35-39F	2.03.17	0	0
329	2511	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	2.03.21	1	0
330	2531	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	2.03.27	1	0
331	2315	524	FREDERIK	VAN DER WESTHUIZEN	RUN4C	M	32	SM	2.03.30	1	0
332	2043	453	NJONGO	COKOTHO	CHILLIEP	M	38	35-39M	2.03.30	1	0
333	2463	2817	SINETHEMBA	MAGUTYWA	ABSAEP	M	43	40-44M	2.04.02	1	0
334	2650	1549	SIKHO	MXINWA	DESPATCH	F	28	SF	2.04.03	1	0
335	2251	2251	MARIO	LOCKEM	TEMP	M	42	40-44M	2.04.09	0	0
336	2069	2822	THANDEKILE	GUGA	ABSAEP	M	45	45-49M	2.04.33	1	0
337	2272	2272	EPHRAIM	NONTIYA	TEMP	M	27	SM	2.04.34	0	0
338	2125	2583	SAMALESU	MAYONDE	Bestmed	M	41	40-44M	2.04.46	1	0
339	2565	2219	BONIWE	DYWANISI	SIBALEKA	F	37	35-39F	2.04.54	1	0
340	2194	269	DARREL	SLAMBEE	MUIRITE	M	41	40-44M	2.05.04	1	0
341	2252	2252	MICHAEL	LOUW	TEMP	M	22	SM	2.05.09	0	0
342	2603	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	2.05.09	1	0
343	2389	996	PAULA	PEARCE	CHARLO	F	57	55-59F	2.05.21	1	0
344	2029	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	2.05.23	1	0
345	2104	616	RUAN	LUNDT	RUN4C	M	39	35-39M	2.05.35	1	0
346	2652	3082	ROBIN	NOMDOE	VITALITY	M	38	35-39M	2.05.41	1	0
347	2644	1937	AMANDA	PRIDEAUX	BLUEBAY	F	50	50-54F	2.05.51	1	0
348	2361	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	2.06.01	1	0
349	2058	15866	BEAUTY	GANISE	NEDWPA	F	54	50-54F	2.06.02	0	0
350	2653	2324	NDILEKA	MGCUWE	VUKANI	F	48	45-49F	2.06.02	1	0
351	2357	893	MAGDA	BECKER	CHARLO	F	38	35-39F	2.06.06	1	0
352	2401	2401	YONELA	BAFO	TEMP	F	26	SF	2.06.11	0	0
353	2223	265	KAYLA	VERMAAK	MUIRITE	F	24	SF	2.06.11	1	0
354	2568	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	2.06.20	2	0
355	2428	50738	MIHLALI	SONDLO	MTHATHA	M	25	SM	2.06.21	0	0
356	2426	52573	ANELE	TSHIJILA	SAPSTR	M	33	SM	2.06.59	0	0
357	2140	1753	ROXANNE	MULLER	GELVAN	F	41	40-44F	2.06.59	1	0
358	2698	1750	BASIL	STEVENS	GELVAN	M	54	50-54M	2.07.01	1	0
359	2546	2277	Thembela	Gxamza	VUKANI	F	36	35-39F	2.07.23	1	0
360	2222	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	2.07.26	1	0
361	2686	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	2.07.37	1	0
362	2458	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	2.07.37	1	0
363	2180	350	MARIUS	ROACH	MUIRITE	M	32	SM	2.07.44	1	0
364	2482	4082	LUQMAAN	ADAMS	MALABAR	M	54	50-54M	2.07.45	1	0
365	2441	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	2.07.57	1	0
366	2270	2270	STANFORD	NDLOVU	TEMP	M	32	SM	2.08.19	0	0
367	2268	2268	LUKHANYO	MVUNELWA	TEMP	M	31	SM	2.08.22	0	0
368	2420	80	NTOMBODIDI	MPUTA	SAPPE	F	31	SF	2.08.22	1	0
369	2688	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	2.08.28	1	0
370	2687	75	HESTER	DEKKER	SAPPE	F	54	50-54F	2.08.29	1	0
371	2444	52202	MVELISO	MATHONTSI	MTHATHA	M	36	35-39M	2.08.33	0	0
372	2390	889	PETER	POHLMANN	CHARLO	M	62	60-64M	2.08.34	1	0
373	2647	1035	GLEN	RICHTER	CHARLO	M	40	40-44M	2.08.34	1	0
374	2157	426	NOSITA	NQWATA	CHILLIEP	F	43	40-44F	2.08.38	1	0
375	2496	3296	PIETER	VAN HEERDEN	TEMP	M	49	45-49M	2.08.39	0	0
376	2507	12	MARIKE	VAN DER KOLF	PEAAC	F	34	SF	2.08.45	1	0
377	2508	11	THOMAS	VAN DER KOLF	PEAAC	M	36	35-39M	2.08.45	1	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
378	2449	3285	SANDISILE	QUMZA	VITALITY	M	38	35-39M	2.08.48	1	0
379	2665	3501	MTHOKOZISI	KHULU	TEMP	M	37	35-39M	2.09.00	0	0
380	2131	170	THANDEKA	MHLANGA	ACT AC	F	36	35-39F	2.09.00	1	0
381	2119	15690	FREDERICK	MAPHUMULO	THAND	M	45	45-49M	2.09.01	0	0
382	2656	3056	BUHLE	SIZIBA	TEMP	M	26	SM	2.09.06	0	0
383	2374	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	2.09.15	1	0
384	2631	4631	NASIPHI	TAFANE	TEMP	F	26	SF	2.09.26	0	0
385	2472	4072	BONGANI	MAJENGE	TEMP	M	30	SM	2.09.35	0	0
386	2451	50803	SIVIWE	MEVENI	REALGIJ	M	39	35-39M	2.09.46	0	0
387	2219	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	2.09.55	1	0
388	2129	252	Mzimkhulu	Memese	MUIRITE	M	64	60-64M	2.10.05	1	0
389	2142	50427	SIASANGA	MYATAZA	BALEKANI	F	40	40-44F	2.10.12	0	0
390	2499	3299	XOLISILE	NOMDATYA	TEMP	M	45	45-49M	2.10.14	0	0
391	2471	2975	AYANDA	BOTILE	CHILLIEP	M	39	35-39M	2.10.14	1	0
392	2633	859	KAYLEE	MARX	32GI	F	29	SF	2.10.25	1	0
393	2657	3057	ASHLEIGH	MARX	TEMP	F	26	SF	2.10.25	0	0
394	2569	1146	LEANI	SAVAGE	ACH	F	36	35-39F	2.10.27	1	0
395	2205	3124	SINOTHANDO	TISO	VITALITY	F	31	SF	2.10.29	1	0
396	2221	1553	MINIQUE	VAN TONDER	DESPATCH	F	19	SF	2.10.36	1	0
397	2542	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	2.10.36	1	0
398	2102	119	GALEEMA	LILLAH	MALABAR	F	33	SF	2.10.42	1	0
399	2312	3128	SIBAHLE	JEBESE	VITALITY	F	34	SF	2.11.15	1	0
400	2473	4073	INKE	SMITH	TEMP	F	29	SF	2.11.16	0	0
401	2066	2028	CAROLYN	GRANT	ALBANY	F	60	60-64F	2.11.26	1	0
402	2425	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	2.12.05	1	0
403	2555	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	2.12.05	1	0
404	2217	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	2.12.06	1	0
405	2033	2748	SEAN	BUTLER	BODYCON	M	33	SM	2.12.53	1	0
406	2684	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	2.13.12	1	0
407	2199	2709	ANNALIE	STRYDOM	MUIRITE	F	62	60-64F	2.13.37	1	0
408	2042	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	2.14.01	1	0
409	2025	671	NQABISA	BENYA	ASPEN	F	45	45-49F	2.14.21	1	0
410	2189	625	YOLANDA	SIDWABA	ASPEN	F	35	35-39F	2.14.21	1	0
411	2164	684	AXOLA	PAKADE	ASPEN	M	29	SM	2.14.39	1	0
412	2448	492	NTOKOZO	NGUBANE	RUN4C	F	31	SF	2.14.40	1	0
413	2663	3102	MAKHASANE	MAMOTHETI	VITALITY	F	41	40-44F	2.14.41	1	0
414	2348	1911	MATHONGO	MAKHIWANE	BLUEBAY	M	50	50-54M	2.14.50	1	0
415	2506	1959	XOLANI	TEYISE	BLUEBAY	M	44	40-44M	2.14.51	1	0
416	2419	85	CHRIS	VAN RENSBURG	SAPPE	M	52	50-54M	2.14.57	1	0
417	2079	51808	ONKE	HUBELA	CHILLI	M	40	40-44M	2.15.04	0	0
418	2203	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	2.15.08	1	0
419	2452	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	2.15.13	1	0
420	2582	513	ROZETTA	KEMP	RUN4C	F	72	70+F	2.15.31	1	0
421	2466	4066	NCEBA	KAPAYI	TEMP	M	50	50-54M	2.15.41	0	0
422	2295	2295	BONGINKOSI	SESINYI	TEMP	M	31	SM	2.15.50	0	0
423	2329	695	JACQUES	MINNIE	ASPEN	M	27	SM	2.15.53	1	0
424	2049	291	LEANNE	DU PREEZ	MUIRITE	F	54	50-54F	2.16.18	1	0
425	2214	284	ESTELLE	VAN DER MERWE	MUIRITE	F	60	60-64F	2.16.19	1	0
426	2625	4625	PATRICIA	PHAKA	TEMP	F	43	40-44F	2.16.26	0	0
427	2174	450	SIHLE	QWEMESHA	CHILLIEP	F	31	SF	2.16.30	1	0
428	2215	2534	CHANEL	VAN DER MERWE	Bestmed	F	34	SF	2.16.31	1	0
429	2589	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	2.16.50	1	0
430	2623	4623	MOELETSI	MOOROSI	TEMP	M	33	SM	2.16.59	0	0
431	2226	50504	KAREN	WATSON	BUFF	F	57	55-59F	2.17.49	0	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
432	2187	479	MONIQUE	SENEKAL	RUN4C	F	34	SF	2.18.01	1	0
433	2044	632	MOMELEZI	COMJWA	ASPEN	M	30	SM	2.18.02	1	0
434	2385	905	MICHELE	MOOLMAN	CHARLO	F	41	40-44F	2.18.11	1	0
435	2400	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	2.18.11	1	0
436	2235	2235	RISHAAD	BALLIM	TEMP	M	35	35-39M	2.18.12	0	0
437	2127	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	2.18.22	1	0
438	2605	1445	NOYISE	LUVALO	NEDBANK	F	46	45-49F	2.18.34	1	0
439	2670	377	NOBUNTU	MPONGWANA	IKHAMVA	F	46	45-49F	2.18.40	1	0
440	2402	2402	LEE-WYN	ARENDS	TEMP	M	36	35-39M	2.18.41	0	0
441	2128	2979	NOBUNTU	MCUNUKELWA	CHILLIEP	F	36	35-39F	2.18.48	1	0
442	2123	1857	Gaven	Matli	HOLLYWOO	M	36	35-39M	2.18.52	1	0
443	2397	906	TARYN	FERREIRA	CHARLO	F	45	45-49F	2.19.18	1	0
444	2278	2278	ASTRID	ROSSOUW	TEMP	F	47	45-49F	2.19.22	0	0
445	2137	775	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	2.19.26	1	0
446	2668	50911	SHARON	HERMAANS	MTHATHA	F	48	45-49F	2.19.32	0	0
447	2500	3300	MKHOSI	NYATHELA	TEMP	M	31	SM	2.19.48	0	0
448	2037	2814	NOSIZWE	CEKISO	ABSAEP	F	38	35-39F	2.19.49	1	0
449	2192	3083	SITHANDILE	SIPILI	VITALITY	M	44	40-44M	2.20.03	1	0
450	2437	2283	ANDISWA	CINGO	VUKANI	F	40	40-44F	2.20.08	1	0
451	2281	2281	PHUMLANI	SHAZI	TEMP	M	41	40-44M	2.20.10	0	0
452	2074	1932	THABO	HEADBUSH	BLUEBAY	M	55	55-59M	2.20.17	1	0
453	2245	2245	KOENA	HEADBUSH	TEMP	M	47	45-49M	2.20.18	0	0
454	2586	2345	NOMFUSI	CESHEMBA	VUKANI	F	44	40-44F	2.20.25	1	0
455	2424	512	ANSIE	BENADE	RUN4C	F	66	65-69F	2.20.28	1	0
456	2493	3293	WANDA	NKOSI	TEMP	M	45	45-49M	2.20.35	0	0
457	2232	3126	SISA	ZAZA	VITALITY	M	32	SM	2.20.47	1	0
458	2201	77	LOUIS	SWIEGELAAR	SAPPE	M	60	60-64M	2.21.02	1	0
459	2075	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	2.21.14	1	0
460	2446	2582	Emihle	Kwatsha	Bestmed	F	21	SF	2.21.17	1	0
461	2450	461	ANELISA	MBETSHU	CHILLIEP	F	30	SF	2.21.34	1	0
462	2101	588	RENIER	LIEBENBERG	RUN4C	M	43	40-44M	2.21.35	1	0
463	2117	2816	Xhanti	Mantshiyo	ABSAEP	M	58	55-59M	2.21.36	1	0
464	2032	1575	LESLEY-ANN	BUSH	DESPATCH	F	53	50-54F	2.21.44	1	0
465	2034	6529	RODNEY	BUTTERS	EASYEQ	M	64	60-64M	2.22.01	0	0
466	2427	1795	ABU	KHADROUI	GELVAN	M	24	SM	2.22.06	1	0
467	2335	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	2.22.08	1	0
468	2512	1554	HELGARD	POTGIETER	DESPATCH	M	54	50-54M	2.22.08	1	0
469	2412	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	2.22.09	1	0
470	2513	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	2.22.09	1	0
471	2333	3068	NTOMBIZINE	MTANDA	VITALITY	F	49	45-49F	2.22.18	1	0
472	2160	51880	UNATHI	NTSHONGWANA	NMAH	F	35	35-39F	2.22.22	0	0
473	2191	563	LINDA	SILLS	RUN4C	F	44	40-44F	2.22.30	1	0
474	2501	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	2.22.32	1	0
475	2532	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	2.22.34	1	0
476	2264	2264	LEREKO	MOLEFE	TEMP	F	34	SF	2.22.37	0	0
477	2337	353	THANDO	FRANS	IKHAMVA	M	48	45-49M	2.22.40	1	0
478	2306	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	46	45-49M	2.22.56	1	0
479	2186	3119	SEBODA	SEMATA	VITALITY	M	45	45-49M	2.23.10	1	0
480	2238	2238	DEWANDRE'	CASSELS	TEMP	M	43	40-44M	2.23.38	0	0
481	2115	117	LAILAA	MAN LEE	MALABAR	F	34	SF	2.23.55	1	0
482	2470	4070	ILZE	BELLINGAN	TEMP	F	28	SF	2.24.12	0	0
483	2622	4622	PHATHUXOLO	HLAZO	TEMP	M	40	40-44M	2.24.56	0	0
484	2305	4205	PHILISWA	MAKI	TEMP	F	34	SF	2.24.56	0	0
485	2403	2403	NOMATHOKAZI	SKADE	TEMP	F	44	40-44F	2.24.57	0	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
486	2154	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	39	35-39F	2.25.10	1	0
487	2064	1548	TYLO	GERBER	DESPATCH	F	20	SF	2.25.37	1	0
488	2237	2237	JULIA	BOLAND	TEMP	F	26	SF	2.25.48	0	0
489	2573	1552	THERESA	OOSTHUIZEN	DESPATCH	F	55	55-59F	2.25.55	1	0
490	2220	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	2.25.55	1	0
491	2073	725	WENDY	BULULU	CRUSADE	F	43	40-44F	2.26.15	1	0
492	2163	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	2.26.27	1	0
493	2063	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	2.26.37	1	0
494	2020	1559	NOLEEN	AMBRAAL	DESPATCH	F	56	55-59F	2.26.42	1	0
495	2204	2601	ROCHELLE	THORNE	Bestmed	F	56	55-59F	2.26.50	1	0
496	2145	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	2.27.06	1	0
497	2445	3089	GREG	BUTTERS	VITALITY	M	31	SM	2.27.08	1	0
498	2076	3041	LINDA	HEWANA	VITALITY	M	35	35-39M	2.27.30	1	0
499	2246	2246	SHAMEEMA	HENDRICKS	TEMP	F	45	45-49F	2.27.33	0	0
500	2682	819	KEVIN	GARDNER	TEMP	M	46	45-49M	2.27.33	0	0
501	2143	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	2.27.46	1	0
502	2054	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	2.27.55	1	0
503	2021	2802	FUNDISWA	ANTONY-NOGAGA	ABSAEP	F	53	50-54F	2.27.56	1	0
504	2162	1773	LYDIA	OLIVER	GELVAN	F	58	55-59F	2.27.59	1	0
505	2196	1995	LYNETTE	SMUTS	WALMER	F	59	55-59F	2.28.14	1	0
506	2108	15692	LUSANDA	MABHEKA	THAND	F	34	SF	2.28.21	0	0
507	2118	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	2.28.25	1	0
508	2253	2253	SELUNATHI	LUFUTA	HOLLYWOO	F	27	SF	2.28.43	1	0
509	2491	3291	SIMTANDILE	ZICI	TEMP	F	34	SF	2.28.44	0	0
510	2455	2300	ANDILE	BOVUNGANA	VUKANI	M	59	55-59M	2.28.45	1	0
511	2679	2305	MKOKELI	MALGHAS	VUKANI	M	44	40-44M	2.28.45	1	0
512	2291	2291	CHUMA	ZWANE	TEMP	M	42	40-44M	2.28.45	0	0
513	2147	498	TAMMY	NEVELING	RUN4C	F	33	SF	2.28.45	1	0
514	2316	496	ZANE	VAN DER WESTHUIZEN	RUN4C	F	27	SF	2.28.45	1	0
515	2454	2301	ALIZWA	BOVUNGANA	VUKANI	M	25	SM	2.28.46	1	0
516	2206	262	ZONWABELE	TSAWU	MUIRITE	M	62	60-64M	2.29.07	1	0
517	2336	3036	NANDIPA	MYELEYELE	VITALITY	F	38	35-39F	2.29.17	1	0
518	2673	2508	DANEILLE	HARRY	Bestmed	F	40	40-44F	2.29.40	1	0
519	2398	913	SHARON	SMUTS	CHARLO	F	60	60-64F	2.29.57	1	0
520	2615	1545	RUAN	JONKER	DESPATCH	M	26	SM	2.29.58	1	0
521	2053	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	2.30.03	1	0
522	2364	894	TONY	CLARKE	CHARLO	M	65	65-69M	2.30.13	1	0
523	2365	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	2.30.13	1	0
524	2332	5413	ALTHEA	SWARTZ	SANLAMC	F	42	40-44F	2.30.29	0	0
525	2462	1725	PEARL	DAMONS	GELVAN	F	62	60-64F	2.30.36	1	0
526	2139	51822	NOLUBABALO	MTSHAKAZI	KOMANIR	F	46	45-49F	2.30.41	0	0
527	2249	2249	INECE	KAYSER	TEMP	F	57	55-59F	2.30.59	0	0
528	2177	2954	SIVENATI	RASI	HOLLYWOO	M	30	SM	2.31.00	1	0
529	2027	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	2.31.12	1	0
530	2040	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	2.31.15	1	0
531	2234	2234	ROLANDA	BAATJIES	TEMP	F	46	45-49F	2.31.34	0	0
532	2005	3026	ZAKIYYA	LAHER	VITALITY	F	41	40-44F	2.31.39	1	0
533	2130	2202	VUYISEKA	MHLAHO	SIBALEKA	F	44	40-44F	2.31.42	1	0
534	2453	2272	MSUTUKAZI	NDIMBA	VUKANI	F	46	45-49F	2.32.22	1	0
535	2554	2290	CWAYITA	MAPEKULA	VUKANI	F	42	40-44F	2.32.44	1	0
536	2261	2261	CLAIRE	MITCHELL	TEMP	F	18	JF	2.32.53	0	0
537	2382	1030	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	2.32.55	1	0
538	2388	953	PHUMELELA	NTUNGWA	CHARLO	F	39	35-39F	2.33.11	1	0
539	2084	145	FADIELA	JOHNSON	MALABAR	F	62	60-64F	2.33.15	1	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
540	2292	2292	SINIKELO	TSHAKA	TEMP	M	21	SM	2.34.16	0	0
541	2116	463	KYM	MANDIZVIDZA	CHILLIEP	M	34	SM	2.34.16	1	0
542	2479	4079	AVIWE	MAPUMA	TEMP	F	24	SF	2.34.16	0	0
543	2207	467	SIYABONGA	TSHAKA	CHILLIEP	M	43	40-44M	2.34.17	1	0
544	2580	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	2.34.18	1	0
545	2395	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	2.34.36	1	0
546	2331	2600	WENDY	CAMERON	Bestmed	F	48	45-49F	2.34.39	1	0
547	2634	864	KAYLEIGH	HILL	32GI	F	24	SF	2.35.19	1	0
548	2599	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	2.35.46	1	0
549	2242	2242	+27760606343	FELIX	TEMP	M	48	45-49M	2.36.09	0	0
550	2366	968	DENISE	DARLOW	CHARLO	F	57	55-59F	2.37.39	1	0
551	2377	969	GARY	KELLEHER	CHARLO	M	68	65-69M	2.37.40	1	0
552	2089	131	SHUKRY	KAFAAR	MALABAR	M	40	40-44M	2.38.10	1	0
553	2048	268	Zander	du Plessis	MUIRITE	M	20	SM	2.38.14	1	0
554	2152	15693	LUNGISWA	NJOKWENI	THAND	F	39	35-39F	2.38.44	0	0
555	2434	3084	SIPHOKAZI	MASHININI	VITALITY	F	34	SF	2.38.58	1	0
556	2611	1566	RUAN	WELGEMOED	DESPATCH	M	31	SM	2.39.08	1	0
557	2624	4624	SHAKUR	GROOTBOOM	TEMP	M	26	SM	2.39.10	0	0
558	2247	2247	CASEY	ISAACS	TEMP	F	48	45-49F	2.39.22	0	0
559	2039	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	2.39.47	1	0
560	2254	2254	KEARABETSWE	MALEHO	TEMP	F	26	SF	2.40.15	0	0
561	2683	4387	BABALO	BALENI	TEMP	M	30	SM	2.40.16	0	0
562	2028	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	2.41.08	1	0
563	2317	2661	Zimasa	Mncanca	Bestmed	F	30	SF	2.41.16	1	0
564	2440	2908	PHUMELA	SIGODI	CSEP	F	41	40-44F	2.41.34	1	0
565	2103	1874	AWONKE	LUCWABA	HOLLYWOO	F	30	SF	2.41.35	1	0
566	2346	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	31	SF	2.41.49	1	0
567	2026	260	MEGAN	BLOM	MUIRITE	F	32	SF	2.41.49	1	0
568	2469	4069	NGENISWA	SIDLOYI	TEMP	F	33	SF	2.42.47	0	0
569	2436	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	2.42.47	1	0
570	2167	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	2.43.11	0	0
571	2520	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	2.43.23	1	0
572	2257	2257	NOSIPHO	MAYISELA	TEMP	F	30	SF	2.43.37	0	0
573	2070	3074	BANDILE	GWAMANDA	VITALITY	M	56	55-59M	2.44.04	1	0
574	2100	1761	JASON	LE ROUX	GELVAN	M	30	SM	2.44.30	1	0
575	2114	2323	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	2.44.33	1	0
576	2082	9558	SANDISWA	JAVU	UNKNOWN	F	37	35-39F	2.44.48	0	0
577	2078	1686	ROUXLE	HORN	MADIBA	F	32	SF	2.44.55	1	0
578	2285	2285	THANDIWE	THEKO	TEMP	F	31	SF	2.45.08	0	0
579	2309	3370	Sinethemba	Tara	HOLLYWOO	M	42	40-44M	2.45.15	1	0
580	2431	51933	ZOVUYO	MADLINGOZI	HOLLY	F	31	SF	2.45.15	0	0
581	2417	2556	SANDISWA	MASWANA	Bestmed	F	45	45-49F	2.45.18	1	0
582	2664	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	2.45.55	1	0
583	2566	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	2.46.25	1	0
584	2525	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	2.46.26	1	0
585	2584	232	ROBERT	JOINER	KOWIE	M	79	70+M	2.46.48	1	0
586	2562	234	MARIETJIE	ROBB	KOWIE	F	69	65-69F	2.47.08	1	0
587	2267	2267	ODWA	MSWELI	TEMP	F	29	SF	2.47.24	0	0
588	2675	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	2.50.25	1	0
589	2632	4632	DISEBO	MARELETSE	TEMP	F	33	SF	2.51.24	0	0
590	2258	2258	BUKEKA	MBANGATA	TEMP	F	30	SF	2.51.37	0	0
591	2379	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	2.53.16	1	0
592	2581	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	2.53.38	1	0
593	2495	3295	MAKANYA	DUMISANI	TEMP	M	34	SM	2.55.08	0	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
594	2338	553	TYRESE	SWARTBOOI	RUN4C	M	22	SM	2.55.29	1	0
595	2031	2894	Noluvuyo	Burwana	CSEP	F	34	SF	2.55.40	1	0
596	2563	128	DAWOOD	BABOO	MALABAR	M	39	35-39M	2.56.00	1	0
597	2121	598	PHAKAMA	MATATA	RUN4C	F	34	SF	2.56.17	1	0
598	2480	4080	ONESIMO	SISHUTA	TEMP	F	23	SF	2.56.29	0	0
599	2265	2265	PHELELA	MONA	TEMP	F	29	SF	2.56.44	0	0
600	2311	1572	NANDIPHA	NAIDOO	DESPATCH	F	47	45-49F	2.57.01	1	0
601	2300	2300	NOMHLE	PASINJARA	TEMP	F	35	35-39F	2.58.35	0	0
602	2474	4074	NTUTHUZELO	SKENJANA	TEMP	M	43	40-44M	2.58.38	0	0
603	2604	50716	SANELISIWE	FUNANI	MTHATHA	M	42	40-44M	2.58.39	0	0
604	2170	1743	THOMAS	PLAATJIES	GELVAN	M	49	45-49M	2.58.40	1	0
605	2616	4616	KANYISA	NDYOKI	TEMP	F	32	SF	2.59.47	0	0
606	2085	1740	JANICE	JONES	GELVAN	F	50	50-54F	3.00.16	1	0
607	2051	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	3.00.37	1	0
608	2224	394	THEMBISILE	VETSHEZA	IKHAMVA	F	46	45-49F	3.01.46	1	0
609	2304	51197	ABIDEMI	NWAKA	NMAH	F	32	SF	3.03.15	0	0
610	2269	2269	SIVIWE	NDAMASE	TEMP	F	34	SF	3.05.13	0	0
611	2294	2294	TENDELA	MPUSHE	TEMP	F	42	40-44F	3.05.25	0	0
612	2266	2266	BUSI	MPAHLANI	TEMP	F	40	40-44F	3.07.08	0	0
613	2567	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	3.09.16	1	0
614	2055	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	3.09.49	1	0
615	2216	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	3.09.49	1	0
616	2343	50910	TSHOLOFELO	MOKOLOPO	MTHATHA	F	44	40-44F	3.10.24	0	0
617	2156	2799	PORTIA	NQAYI	ABSAEP	F	38	35-39F	3.11.07	1	0
618	2240	2240	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	3.15.35	0	0
619	2658	3058	LELETU	MAJOLA	TEMP	F	24	SF	3.16.32	0	0
620	2498	3298	FULUFHELO	RAVELE	TEMP	F	40	40-44F	3.22.05	0	0
Helpers Run											
H1	3001	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	1.50.07	1	0
H2	2094	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	2.10.00	1	0
H3	3003	1283	URAN	LE ROUX	VWAC	M	59	55-59M	2.10.00	1	0
H4	3004	1300	VERNON	NAIDOO	VWAC	M	57	55-59M	2.10.00	1	0
H5	3005	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	2.15.00	1	0
H6	3006	1267	ANAND	NAIDOO	VWAC	M	56	55-59M	2.16.00	1	0
H7	3007	3312	SOLOMON	TEMBENI	VWAC	M	32	SM	2.19.26	1	0
H8	3008	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	40	40-44F	2.25.00	1	0
H9	3009	1277	DENVER	ELLIE	VWAC	M	45	45-49M	2.25.00	1	0
H10	3010	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	2.25.30	1	0
H11	3011	1295	XOLANI	MGIJIMA	VWAC	M	43	40-44M	2.33.33	1	0
H12	3012	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	2.34.59	1	0
H13	3013	1285	WANDA	BANJWA	VWAC	M	38	35-39M	2.40.10	1	0