

VOLKSWAGEN HEALTH RUN 10KM - VW PAVILION - 2026/05/09

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1037	50827	KEANU	DOMINGO	TUKKIES	M	24	SM	0.29.45	0
2	1150	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	0.30.08	1
3	1679	2559	APHELELE	NKONYANA	Bestmed	M	28	SM	0.30.46	1
4	1852	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.32.01	1
5	1397	1338	SIBAHLE	MAQWARA	NEDBANK	M	24	SM	0.32.15	1
6	1153	40085	LUKHANYISO	APRIL	IKHAMVA	M	18	JM	0.32.36	1
7	1399	358	MZWANELE	MAPHEKULA	IKHAMVA	M	49	45-49M	0.33.03	1
8	1145	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.33.13	1
9	1839	1156	KEANU	WELCH	EMERIS	M	21	SM	0.33.17	1
10	1892	40475	SIYAMTHANDA	KALASHE	VOLO	M	17	JM	0.33.59	1
11	1884	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.34.12	1
12	1772	40037	DALLIAN	OERSON	ELITEAC	M	19	JM	0.34.15	1
13	1853	1071	SIYAVUYA	JEYI	ACH	M	20	SM	0.34.19	1
14	1151	379	SEMIHLE	BEDA	IKHAMVA	M	19	SM	0.34.44	1
15	1870	1482	JEANDRY	DEERLING	NEDBANK	M	33	SM	0.35.01	1
16	1774	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.35.24	1
17	1395	3385	TAKUNDA	MUBARE	CHILLIEP	M	22	SM	0.35.43	1
18	1758	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.35.49	1
19	1813	3013	APHELELE	DIKO	TEMP	M	30	SM	0.36.30	0
20	1154	356	LUYANDA	TSHANGANA	IKHAMVA	M	42	40-44M	0.36.38	1
21	1869	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.37.39	1
22	1833	1330	RUAN	SMALBERGER	NEDBANK	M	36	35-39M	0.38.24	1
23	1021	7780	ANDREW	COOPER	NEDWPA	M	58	55-59M	0.38.24	0
24	1842	2608	Sipholele	Skiti	Bestmed	M	22	SM	0.38.50	1
25	1779	2991	MZAMO	VILI	HOLLYWOO	M	20	SM	0.38.57	1
26	1292	4292	LULAMA	TSEWU	TEMP	M	29	SM	0.39.18	0
27	1829	4729	SIYAMTHANDA	BUSWA	TEMP	M	41	40-44M	0.39.41	0
28	1702	113	BADROEDEEN	ABRAHAMS	MALABAR	M	39	35-39M	0.39.48	1
29	1883	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.39.59	1
30	1776	1465	HENRY	CRAUSE	NEDBANK	M	43	40-44M	0.40.06	1
31	1855	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.40.07	1
32	1527	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.40.07	1
33	1303	1069	WAYNE	MITCHELL	ACH	M	53	50-54M	0.40.40	1
34	1678	2552	AMANDA	DETSHE	Bestmed	F	21	SF	0.40.44	1
35	1778	1528	LINDIKAYA	QOGI	DESPATCH	M	52	50-54M	0.40.57	1
36	1649	2900	SABELO	MELITAFA	CSEP	M	46	45-49M	0.41.11	1
37	1387	1337	MORNE	BUIS	NEDBANK	M	33	SM	0.41.14	1
38	1081	1849	QAWE	MAJIZA	HOLLYWOO	M	39	35-39M	0.41.52	1
39	1394	3383	ZIBELE	MASELE	CHILLIEP	M	24	SM	0.42.22	1
40	1891	40474	MIYOLO	TSHUKULWANE	VOLO	M	17	JM	0.42.22	1
41	1056	40006	THEO	BUIS	NEDBANK	M	17	JM	0.42.24	1
42	1861	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.42.26	1
43	1398	396	LITHEBE	MENZELELELI	IKHAMVA	M	26	SM	0.42.26	1
44	1062	1398	JEN	VALLANCE	NEDBANK	F	39	35-39F	0.42.55	1
45	1858	1404	DARREN	VAN VLIET	NEDBANK	M	42	40-44M	0.43.27	1
46	1137	4137	NIRDÉ	JEAN-NOËL	TEMP	M	36	35-39M	0.43.55	0
47	1648	40008	JUDE	JACOBS	RUN4C	M	15	JM	0.44.11	1
48	1061	1729	BRIAN	JONAS	GELVAN	M	65	65-69M	0.44.34	1
49	1699	558	JENE	BANFIELD	RUN4C	F	55	55-59F	0.45.02	1
50	1301	2989	Asiphesona	Mfukuli	RUN4C	M	26	SM	0.45.03	1
51	1731	3731	BIANCA	SCHOONBEE	TEMP	F	22	SF	0.45.03	0
52	1183	999	THOMAS	MARAI	CHARLO	M	39	35-39M	0.45.14	1
53	1681	2234	GIFT	MBEDZI	SIBALEKA	M	29	SM	0.45.17	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
54	1849	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.45.47	1
55	1881	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.45.54	1
56	1622	3622	LISA	RETIEF	TEMP	F	24	SF	0.45.59	0
57	1860	1340	WELCOME	LOLIWE	NEDBANK	M	61	60-64M	0.46.10	1
58	1757	1662	SIMONE	SCHOONBEE	MADIBA	F	25	SF	0.46.16	1
59	1019	2880	Cecil Brayn	Claassen	CSEP	M	34	SM	0.46.36	1
60	1584	3584	LITHALETHU	DINGELA	TEMP	M	22	SM	0.46.48	0
61	1291	4291	SHELDON	TORING	TEMP	M	33	SM	0.46.55	0
62	1889	845	LIWA	MGIJIMA	TEMP	M	17	JM	0.47.07	0
63	1404	2404	LUNGISA	JACOBS	TEMP	M	42	40-44M	0.47.08	0
64	1843	2170	Aphiwe	Mrawusi	TRANSNET	M	33	SM	0.47.39	1
65	1074	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	0.47.45	1
66	1635	273	ROBERT	SLABBERT	MUIRITE	M	39	35-39M	0.47.45	1
67	1242	4242	THEMBINKOSI	NDLANGANA	TEMP	M	50	50-54M	0.47.49	0
68	1472	4472	ANDRE	WILLIAMS	TEMP	M	29	SM	0.47.55	0
69	1402	2402	ALGIN	TORING	TEMP	M	29	SM	0.47.56	0
70	1607	3607	GUNTHER	HOUGH	TEMP	M	52	50-54M	0.47.59	0
71	1001	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	0.48.18	1
72	1517	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.48.28	1
73	1385	4385	MARCO	WILLIAMS	TEMP	M	32	SM	0.48.37	0
74	1706	3706	EDMUND	SIWELA	TEMP	M	22	SM	0.48.40	0
75	1567	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	0.49.19	1
78	1226	4226	AYANDA	MHLAMBISO	TEMP	M	36	35-39M	0.49.34	0
79	1093	3278	ZAMUXOLO	MATIWANA	CHEETAHS	M	37	35-39M	0.49.34	1
80	1568	266	DANTON	SEPTEMBER	MUIRITE	M	32	SM	0.49.35	1
81	1668	555	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.49.41	1
82	1877	5877	JESSICA	ZEELIE	TEMP	F	33	SF	0.49.51	0
83	1710	3710	LESLEY	STARBUCK	TEMP	M	39	35-39M	0.49.52	0
84	1417	2417	ENSLIN	VAN DER BROOK	TEMP	M	36	35-39M	0.50.06	0
85	1042	2878	LONWABO	FONGO	CSEP	M	39	35-39M	0.50.21	1
86	1605	3605	SIMTHILE	NQOKO	TEMP	M	36	35-39M	0.50.28	0
87	1700	1703	JAIME	ALCOCK	MADIBA	F	23	SF	0.50.29	1
88	1075	2883	Tshoi	Lekalake	CSEP	M	36	35-39M	0.51.02	1
89	1097	2888	LUTHANDO	NOMTOTO	CSEP	M	39	35-39M	3.02.00	1
90	1875	1522	BONISIWE	KAMANGA	DESPATCH	F	32	SF	0.51.13	1
91	1868	1569	NEEVRA	BELLINGAN	DESPATCH	F	39	35-39F	0.51.13	1
92	1231	4231	SIYABULELA	MODO	TEMP	M	41	40-44M	0.51.20	0
93	1737	3737	KWAKHANYA	GWAYISE	TEMP	M	17	JM	0.51.40	0
94	1479	4479	HLUMELO	SHONGWE	TEMP	M	17	JM	0.52.11	0
95	1482	4482	SINETHEMBA	YOTSI	TEMP	M	31	SM	0.52.15	0
96	1676	1336	DON	CHARLES	NEDBANK	M	77	70+M	0.52.24	1
97	1340	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.52.29	1
98	1872	1515	LEN	PRINSLOO	NEDBANK	M	57	55-59M	0.52.29	1
99	1532	40045	KEISHA	HARKER	ATLANTIC	F	14	JF	0.52.30	1
100	1604	3604	ARIAN	MAGABIE	TEMP	M	20	SM	0.52.31	0
101	1094	1605	Jaydon	Matthews	DESPATCH	M	21	SM	0.52.51	1
102	1588	3588	INDIPHILE	NDESI	TEMP	M	15	JM	0.52.53	0
103	1244	4244	SIYABONGA	NGCIPE	TEMP	M	38	35-39M	0.52.57	0
104	1127	759	MELANIE	SLABBERT	TEMP	F	40	40-44F	0.53.02	0
105	1726	3726	OYISA	HACKULA	TEMP	M	29	SM	0.53.07	0
106	1481	4481	THABO	KOMANE	TEMP	M	28	SM	0.53.27	0
107	1586	3586	ATENKOSI	MALUKAZI	TEMP	M	25	SM	0.53.28	0
108	1128	4128	LUTHANDO	GQUBULE	TEMP	M	36	35-39M	0.53.28	0
109	1427	2427	CREFLO	SAM	TEMP	M	27	SM	0.53.37	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
110	1848	1360	SITHEMBILE	MPAKO	NEDBANK	M	65	65-69M	0.53.38	1
111	1786	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	0.53.41	1
112	1559	3288	ANDRE	VILJOEN	ACH	M	71	70+M	0.53.46	1
113	1518	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.53.48	1
114	1083	3336	VUYO	Makeba	ALBANY	M	59	55-59M	0.53.52	1
115	1677	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.53.55	1
116	1713	3713	ALANA	STIGLINGH	TEMP	F	31	SF	0.54.06	0
117	1025	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	0.54.08	1
118	1110	4110	CHRISTIAN	BUST	TEMP	M	45	45-49M	0.54.11	0
119	1260	4260	JONATHAN	RHODE	TEMP	M	48	45-49M	0.54.13	0
120	1888	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.54.14	1
121	1862	293	KARLI	GREYLING	MUIRITE	F	24	SF	0.54.18	1
122	1368	2368	COLIN	BROWN	TEMP	M	40	40-44M	0.54.20	0
123	1542	40071	CONNOR	BIRD	ELITEAC	M	15	JM	0.54.23	1
124	1631	3363	XOLISILE	GINGQINI	MUIRITE	M	37	35-39M	0.54.27	1
125	1807	3007	WAYNE	BENN	TEMP	M	37	35-39M	0.54.28	0
126	1806	3006	IZETTE	BENN	TEMP	F	36	35-39F	0.54.28	0
127	1396	3391	KUHLE	MQASHANE	CHILLIEP	F	22	SF	0.54.29	1
128	1693	121	YASEEN	ABRAHAMS	MALABAR	M	54	50-54M	0.54.44	1
129	1850	40310	Ruan	Els	CRUSADE	M	14	JM	0.54.56	1
130	1812	3012	DEE-JAY	LOMBARD	TEMP	M	33	SM	0.54.57	0
131	1176	1005	JOLENE	JANSEN	CHARLO	F	40	40-44F	0.55.18	1
132	1725	3725	ANNA	LINDSTROM	TEMP	F	59	55-59F	0.55.19	0
133	1166	982	CHARLES	CORBY	CHARLO	M	55	55-59M	0.55.20	1
134	1682	40507	LONWABO	NONDLWANA	ACH	M	15	JM	0.55.24	1
135	1594	3594	SINETHEMBA	LANGBOOI	TEMP	M	29	SM	0.55.31	0
136	1383	4383	ELMAR	WALTON	TEMP	M	41	40-44M	0.55.36	0
137	1011	49	PHIL	BRADLEY	SAPPE	M	43	40-44M	0.55.36	1
138	1694	570	JENNY	AH CHONG	RUN4C	F	58	55-59F	0.55.47	1
139	1562	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.55.48	1
140	1790	4690	CHRISTOPHER	HECHTER	TEMP	M	24	SM	0.55.50	0
141	1090	708	JOAN	MARLBOROUGH	CRUSADE	F	71	70+F	0.55.56	1
142	1543	40009	YARDON	SWARTBOOI	RUN4C	M	17	JM	0.55.58	1
143	1033	2901	Linda	Dlamini	CSEP	M	42	40-44M	0.56.00	1
144	1720	3720	ZUKISWA	KILANI	TEMP	F	38	35-39F	0.56.08	0
145	1135	4135	TREVINO	JACOBS	TEMP	M	40	40-44M	0.56.10	0
146	1212	4212	BRIAN	MARKS	TEMP	M	54	50-54M	0.56.17	0
147	1223	4223	SIPHELELE	MCHOBOKI	TEMP	M	38	35-39M	0.56.17	0
148	1643	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.56.31	1
149	1329	383	MAHENDRA	PRAHALADH	IKHAMVA	M	59	55-59M	0.56.38	1
150	1228	4228	VOJTECH	MIKAT	TEMP	M	42	40-44M	0.56.41	0
151	1050	458	SISANDA	GOLOMBA	CHILLIEP	F	28	SF	0.56.46	1
152	1321	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	0.56.51	1
153	1714	3714	LOGAN	LAAS	TEMP	F	28	SF	0.56.51	0
154	1452	2452	JEREMY	CAMERON	TEMP	M	45	45-49M	0.56.55	0
155	1768	1567	JACOBUS	WYATT	DESPATCH	M	63	60-64M	0.56.57	1
156	1740	3740	XHANTI	MPI	TEMP	M	23	SM	0.57.00	0
157	1162	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.57.02	1
158	1608	3608	JUSTIN	MAY	TEMP	M	30	SM	0.57.05	0
159	1047	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.57.06	1
160	1691	732	MANUELA	THURNHER	CRUSADE	F	60	60-64F	0.57.11	1
161	1665	468	PHILA	GCISA	CHILLIEP	F	33	SF	0.57.18	1
162	1651	2127	MECAYLA	KOCK	ATLANTIC	F	22	SF	0.57.26	1
163	1536	1594	ADEL	JANSE VAN RENSBURG	DESPATCH	F	56	55-59F	0.57.27	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
164	1213	4213	JO-PETER	MARS	TEMP	M	39	35-39M	0.57.37	0
165	1844	1155	CARYNNE	DRYDEN	ACH	F	51	50-54F	0.57.39	1
166	1581	3581	JOSUA	SAPTOE	TEMP	M	26	SM	0.57.41	0
167	1002	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.57.42	1
168	1378	2378	YASEEN	YASEEN	TEMP	M	30	SM	0.57.48	0
169	1647	474	FERDY	JACOBS	RUN4C	M	52	50-54M	0.57.52	1
170	1695	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.57.53	1
171	1222	4222	MIHLALI	MCETYWA	TEMP	M	28	SM	0.58.00	0
172	1753	40189	M.Y	Baboo	MALABAR	M	16	JM	0.58.02	1
173	1696	1546	LIZE MARIE	LEMMER	DESPATCH	F	35	35-39F	0.58.02	1
174	1895	2287	TAINE-JOSH	THORNE	TEMP	M	25	SM	0.58.09	0
175	1147	4147	SIYANDA	KETANI	ABSAEP	M	38	35-39M	0.58.20	1
176	1026	804	VALMAINE	DE KLERK	32GI	F	48	45-49F	0.58.21	1
177	1719	3719	NTHABISENG	BALOYI	TEMP	F	46	45-49F	0.58.22	0
178	1318	2138	Angela	Ntanga	TRANSNET	F	31	SF	0.58.31	1
179	1592	3592	LEANDRO	CARVALHO	TEMP	M	39	35-39M	0.58.32	0
180	1864	3064	MSEKI	MAPONONO	TEMP	M	30	SM	0.58.33	0
181	1448	2448	SIYABONGA	MAKHANGELA	TEMP	M	48	45-49M	0.58.34	0
182	1511	675	FAITH	MABOTE	ASPEN	F	27	SF	0.58.40	1
183	1767	205	MELIKHAYA	ADAM	SAPPE	M	42	40-44M	0.58.47	1
184	1296	4296	MORGAN	VAN DE MERWE	TEMP	M	29	SM	0.58.49	0
185	1488	4488	TAU	TARY	TEMP	M	40	40-44M	0.58.54	0
186	1601	3601	SILIZIWE	JAKO	TEMP	M	28	SM	0.58.58	0
187	1769	1568	TALANA	WYATT	DESPATCH	F	34	SF	0.59.00	1
188	1017	52375	SINOVUYO	CHOCHOE	KWAMA	M	29	SM	0.59.13	0
189	1454	2454	FRANK	JAPHTA	TEMP	M	58	55-59M	0.59.17	0
190	1880	1921	OWEN	NCUBE	BLUEBAY	M	44	40-44M	0.59.21	1
191	1755	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.59.25	1
192	1163	956	NEELESH	BHANA	CHARLO	M	54	50-54M	0.59.26	1
193	1780	1109	JENNI	STROBOS	ACH	F	43	40-44F	0.59.38	1
194	1343	409	VERONICA	SMITH	IKHAMVA	F	59	55-59F	0.59.49	1
195	1024	2604	ABIGAIL	DAVY	Bestmed	F	24	SF	0.59.50	1
196	1900	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.59.55	1
197	1815	3015	TSEPALANG	SEKHOSANA	TEMP	M	38	35-39M	0.59.56	0
198	1522	811	TREVLYN	HOYLE	32GI	F	51	50-54F	0.59.59	1
199	1227	4227	RUFARO	MHLAMBISO	TEMP	M	33	SM	0.59.59	0
200	1771	827	TAMMY	SOUTHBY	32GI	F	52	50-54F	0.59.59	1
201	1751	504	JACQUES	LANGLEY	RUN4C	M	37	35-39M	1.00.05	1
202	1437	2437	BRENTON	VAN VUUREN	TEMP	M	51	50-54M	1.00.07	0
203	1775	754	CELESTIN	NDHLOVU	CRUSADE	M	54	50-54M	1.00.08	1
204	1046	1598	LERENZO	FRANCIS	DESPATCH	M	39	35-39M	1.00.08	1
205	1335	2706	Marlize	Robinson	MUIRITE	F	30	SF	1.00.25	1
206	1230	4230	AUGUSTIN	MMASSA	TEMP	M	40	40-44M	1.00.32	0
207	1873	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	1.00.37	1
208	1878	755	TRISTEN	DU RANDT	TEMP	M	26	SM	1.00.40	0
209	1591	3591	CAIO	FERNANDES	TEMP	M	31	SM	1.00.41	0
210	1734	3734	LUCA	DU BRUIN	TEMP	F	25	SF	1.00.43	0
211	1615	3615	MALIZOLE	MPOTULO	TEMP	M	39	35-39M	1.00.46	0
212	1416	2416	HLONELELANANI	SODLULA	TEMP	M	26	SM	1.00.52	0
213	1028	2373	Sanet	De Nysschen	JBAY	F	59	55-59F	1.00.53	1
214	1438	2438	KAYLEIGH	LA GRANGE	TEMP	F	30	SF	1.00.54	0
215	1317	2981	SISANDA	NOGALAWA	CHILLIEP	F	28	SF	1.00.56	1
216	1107	4107	KHANYISO	BLOU	TEMP	M	29	SM	1.00.56	0
217	1208	4208	PANO	MANTATZIS	TEMP	M	57	55-59M	1.00.57	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
218	1640	2238	ANZA	GELEBE	SIBALEKA	F	32	SF	1.01.05	1
219	1805	3005	LACHLAN	ADAMS	TEMP	M	32	SM	1.01.12	0
220	1551	277	DE WET	WILLIAMS	MUIRITE	M	64	60-64M	1.01.19	1
221	1738	3738	MZIWOXOLO	NDZIWENI	TEMP	M	42	40-44M	1.01.33	0
222	1617	3617	MZUVUKILE	ZENDILE	TEMP	M	43	40-44M	1.01.45	0
223	1456	2456	ATHENKOSI	TSANA	TEMP	M	32	SM	1.01.45	0
224	1449	2449	ZIYAAD	SMITH	TEMP	M	42	40-44M	1.01.48	0
225	1820	3020	ANELE	CHARLIE	TEMP	M	27	SM	1.01.57	0
226	1531	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.01.58	1
227	1044	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.01.59	1
228	1447	2447	BIANCA	ROBERTS	TEMP	F	37	35-39F	1.01.59	0
229	1613	3613	SINOVUYO	PHOHLONGO	TEMP	F	31	SF	1.02.00	0
230	1501	1380	BANDILE	CUNTU	NEDBANK	M	61	60-64M	1.02.02	1
231	1352	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.02.06	1
232	1282	4282	ONKE	SOTYATO	TEMP	M	31	SM	1.02.06	0
233	1379	2379	ALUNGILE	MKHOSI	TEMP	F	30	SF	1.02.06	0
234	1384	4384	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.02.06	1
235	1235	4235	MARTIN	MPOFU	TEMP	M	26	SM	1.02.06	0
236	1785	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	1.02.16	1
237	1184	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.02.25	1
238	1652	1557	CARIN	COETZEE	DESPATCH	F	49	45-49F	1.02.37	1
239	1898	4078	CHANTELLE	VAN RENSBURG	TEMP	F	49	45-49F	1.02.37	0
240	1403	2403	NINA	BODISCH	TEMP	F	56	55-59F	1.02.45	0
241	1650	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.02.54	1
242	1435	2435	MADODA	BOTHA	TEMP	M	37	35-39M	1.02.57	0
243	1544	571	CELESTE	RUDMAN	RUN4C	F	35	35-39F	1.02.57	1
244	1841	52705	ANDREW	KOCK	SAPSTR	M	46	45-49M	1.02.58	0
245	1115	4115	JUDY	DAVENPORT	TEMP	F	29	SF	1.03.06	0
246	1487	4487	FEZEKILE	BHUSAKWE	TEMP	M	36	35-39M	1.03.12	0
247	1297	4297	JANÉ	VAN DER HOFF	TEMP	F	23	SF	1.03.12	0
248	1515	2399	Rina	Botes	JBAY	F	56	55-59F	1.03.15	1
249	1896	2288	ZINZAN	THORNE	TEMP	M	29	SM	1.03.18	0
250	1819	3019	KEVERN	BRUINTJIES	TEMP	M	41	40-44M	1.03.19	0
251	1337	14124	SHERWYN	ROUSSOUW	WATER	M	47	45-49M	1.03.20	0
252	1748	2960	SUSAN	CHAPMAN	ACH	F	65	65-69F	1.03.30	1
253	1639	459	NCUMISA	MBANDE	CHILLIEP	F	37	35-39F	1.03.30	1
254	1010	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.03.35	1
255	1193	4193	DESNAY	LE ROUX	TEMP	F	36	35-39F	1.03.43	0
256	1134	4134	MONDE	JACOBS	TEMP	M	49	45-49M	1.03.47	0
257	1167	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	1.03.59	1
258	1692	139	WARDAH	KAFAAR	MALABAR	F	46	45-49F	1.04.10	1
259	1229	4229	MEAGAN	MINTER	TEMP	F	26	SF	1.04.14	0
260	1575	3575	GEORGE	AKOL	TEMP	M	32	SM	1.04.20	0
261	1587	3587	JODY	GESWINDT	TEMP	M	27	SM	1.04.25	0
262	1377	2377	LWANDO	BANA	TEMP	F	26	SF	1.04.29	0
263	1310	636	SIMTANDILE	MVELO	ASPEN	F	28	SF	1.04.36	1
264	1261	4261	MASHOKO	RUNESU	TEMP	M	43	40-44M	1.04.45	0
265	1662	1534	FRANCOIS	WIUM	DESPATCH	M	43	40-44M	1.04.47	1
266	1013	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.04.47	1
267	1474	4474	ONELISA	FENI	TEMP	F	29	SF	1.04.50	0
268	1830	769	MEGAN	ELS	CRUSADE	F	41	40-44F	1.04.56	1
269	1723	3723	MUZI	WONDER	TEMP	M	34	SM	1.05.03	0
270	1444	2444	SIPHOKUHLE	MNGCUNGUZA	TEMP	M	29	SM	1.05.03	0
271	1541	1433	ANDRE	NEL	NEDBANK	M	59	55-59M	1.05.11	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
272	1653	1587	MARISKA	OLIVIER	DESPATCH	F	38	35-39F	1.05.13	1
273	1008	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.05.14	1
274	1424	2424	MASIVUYE	MZOBOSHE	TEMP	M	38	35-39M	1.05.16	0
275	1418	2418	ASIVE	SIMETU	TEMP	F	26	SF	1.05.18	0
276	1809	3009	GARARD	EMMANUEL	TEMP	M	48	45-49M	1.05.18	0
277	1054	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.05.19	1
278	1845	1512	DEON	ENGELBRECHT	NEDBANK	M	58	55-59M	1.05.25	1
279	1563	40442	MOTHEO	MOENG	Bestmed	F	18	JF	1.05.25	1
280	1783	289	RENAY	DU PLESSIS	MUIRITE	F	58	55-59F	1.05.26	1
281	1173	1007	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.05.37	1
282	1172	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.05.39	1
283	1327	2372	Letitia	Potgieter	JBAY	F	62	60-64F	1.05.45	1
284	1595	3595	JAYLYNNE	HILLIER	TEMP	F	41	40-44F	1.05.54	0
285	1739	3739	MICHELLE	BLOM	TEMP	F	48	45-49F	1.05.54	0
286	1259	4259	LISA	RANDALL	TEMP	F	46	45-49F	1.05.55	0
287	1155	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.06.05	1
288	1144	4144	KIM	JULIE	TEMP	F	40	40-44F	1.06.06	0
289	1560	1828	ASHLEY	MATEO	HOLLYWOO	F	25	SF	1.06.08	1
290	1182	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.06.10	1
291	1634	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.06.11	1
292	1675	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.06.12	1
293	1826	4726	ZIFIKILE	DINGA	TEMP	F	32	SF	1.06.16	0
294	1596	3596	SIVUYILE	HULE	TEMP	M	38	35-39M	1.06.24	0
295	1012	2377	Kenny	Brown	JBAY	M	75	70+M	1.06.33	1
296	1811	3011	LWANDILE	GAZIYA	TEMP	M	33	SM	1.06.34	0
297	1495	4495	LIFA	HATTO	TEMP	M	33	SM	1.06.36	0
298	1899	758	ABDULLAH	FREDERICKS	TEMP	M	23	SM	1.06.39	0
299	1264	4264	SELLO	SEFOLE	TEMP	M	33	SM	1.06.42	0
300	1106	4106	MARTINA	BIENE	TEMP	F	51	50-54F	1.06.45	0
301	1149	4149	LUTENDO	KHAVHADI	TEMP	M	41	40-44M	1.06.45	0
302	1823	3023	ELRENE	HART	TEMP	F	55	55-59F	1.06.47	0
303	1762	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.06.53	1
304	1749	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.06.54	1
305	1370	2370	LOYISO	MLILWANA	TEMP	M	47	45-49M	1.06.59	0
306	1478	4478	CLEAVE	ARENDS	TEMP	M	26	SM	1.06.59	0
307	1069	2370	JOSINA	LABUSCHAGNE	JBAY	F	70	70+F	1.07.01	1
308	1136	3365	EVERTON	JAFTHA	MUIRITE	M	40	40-44M	1.07.08	1
309	1200	4200	VUYILE	MADWARA	TEMP	M	44	40-44M	1.07.12	0
310	1022	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.07.16	1
311	1209	4209	THABANG	MANYAMA	TEMP	M	32	SM	1.07.26	0
312	1006	2651	Nolwazi	Bila	Bestmed	F	26	SF	1.07.33	1
313	1065	274	ELVIDA	KLUE	MUIRITE	F	57	55-59F	1.07.33	1
314	1535	448	KHOLISA	PAPU	CHILLIEP	F	39	35-39F	1.07.39	1
315	1554	3214	Tanya	du Plessis	MUIRITE	F	37	35-39F	1.07.41	1
316	1018	573	BRITTANY	CILLIERS	RUN4C	F	33	SF	1.07.44	1
317	1381	4381	CHRISTINE	VREY	TEMP	F	54	50-54F	1.07.46	0
318	1041	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.07.48	1
319	1003	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.07.51	1
320	1684	1104	CATHY	IVES	ACH	F	73	70+F	1.07.53	1
321	1506	2549	Amila	Zibonda	Bestmed	F	19	SF	1.08.03	1
322	1272	4272	SIYAMANGA	SIJAJI	BLUEBAY	F	28	SF	1.08.06	1
323	1513	728	PAUL	LUBBE	CRUSADE	M	64	60-64M	1.08.06	1
324	1281	4281	ASANDILE	SONANZE	TEMP	M	30	SM	1.08.12	0
325	1323	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.08.18	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
326	1076	3215	Heathon	Lottering	MUIRITE	M	35	35-39M	1.08.19	1
327	1099	2180	Vivienne	Mcetywa	TRANSNET	F	37	35-39F	1.08.42	1
328	1014	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.08.46	1
329	1221	4221	SIVUYILE	MBILI	TEMP	M	51	50-54M	1.08.48	0
330	1185	1002	LEE	PAGE	CHARLO	F	43	40-44F	1.08.58	1
331	1477	4477	ADELE	NEL	TEMP	F	53	50-54F	1.09.01	0
332	1476	4476	ELIZMA	KOLESKY	TEMP	F	44	40-44F	1.09.02	0
333	1793	4693	JOSEPH	MINTOOR	TEMP	M	47	45-49M	1.09.05	0
334	1524	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.09.10	1
335	1331	191	LELETU	QINA	SAPPE	F	28	SF	1.09.14	1
336	1086	3114	VUKOSI	MALULEKE	VITALITY	M	29	SM	1.09.14	1
337	1305	3110	THAMSANQA	MNOTOZA	VITALITY	M	53	50-54M	1.09.23	1
338	1232	4232	BONITA	MOORE	TEMP	F	57	55-59F	1.09.26	0
339	1457	2457	ZIMASA	GCWEKANA	TEMP	F	30	SF	1.09.27	0
340	1486	4486	VUMILE	DELIWE	TEMP	M	50	50-54M	1.09.31	0
341	1814	3014	JONATHAN	TERBLANCHE	TEMP	M	30	SM	1.09.32	0
342	1284	4284	ARNO	STEENKAMP	TEMP	M	30	SM	1.09.45	0
343	1553	2193	DOCTOR	DLAMINI	TRANSNET	M	34	SM	1.09.46	1
344	1494	4494	SIYABULELA	PHESHE	TEMP	M	34	SM	1.09.47	0
345	1832	4683	ANTON	BOUWER	TEMP	M	49	45-49M	1.09.52	0
346	1831	3236	RIAANA	BOUWER	CONTI	F	49	45-49F	1.09.52	1
347	1207	4207	SIYAKHA	MANDZENDZE	TEMP	F	43	40-44F	1.09.58	0
348	1750	2568	Mandisi	Mtshubungu	Bestmed	M	44	40-44M	1.10.00	1
349	1038	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.10.01	1
350	1890	846	ROGER	REDCLIFFE	TEMP	M	35	35-39M	1.10.05	0
351	1421	2421	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.10.10	0
352	1840	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.10.11	1
353	1754	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.10.13	1
354	1196	4196	CLIVIAN	LOTTERING	TEMP	M	34	SM	1.10.17	0
355	1703	50358	BUSI	NDZIWENI	NYANDEN	F	36	35-39F	1.10.18	0
356	1072	3122	ALYCIA	LANGLEY	VITALITY	F	32	SF	1.10.21	1
357	1092	3013	SIYAVUYA	MARWANQA	VITALITY	M	28	SM	1.10.28	1
358	1646	2125	NATHAN	LOTTERING	ATLANTIC	M	20	SM	1.10.38	1
359	1389	4389	LULAMA	YALO	TEMP	F	23	SF	1.10.41	0
360	1552	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.10.44	1
361	1363	550	LIEZEL	WAIT	RUN4C	F	53	50-54F	1.10.44	1
362	1420	2420	AFIKILE	GIYOSE	TEMP	M	29	SM	1.10.47	0
363	1760	1523	TERI	VAN GREUNEN	DESPATCH	F	26	SF	1.10.48	1
364	1276	4276	CHEVON	SLAMBEE	TEMP	F	43	40-44F	1.10.49	0
365	1577	3577	FEZEKA	NGOBESSE	TEMP	F	37	35-39F	1.10.50	0
366	1712	3712	NTLAKWE	MAPAMPOLE	TEMP	F	32	SF	1.10.50	0
367	1800	4700	SILONDIWE	MADIKIZELA	TEMP	F	34	SF	1.10.51	0
368	1375	2375	PUMEZA	GALA	TEMP	F	35	35-39F	1.10.56	0
369	1516	3379	SIPHESIHLE	NOMATYELI	CHILLIEP	M	36	35-39M	1.10.58	1
370	1590	3590	BRUNA	SILVA	TEMP	F	33	SF	1.11.04	0
371	1583	3583	CHUMA	KHAYA	TEMP	F	26	SF	1.11.17	0
372	1373	2373	GIDION	VAN DER MERWE	TEMP	M	60	60-64M	1.11.17	0
373	1882	820	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.11.30	0
374	1177	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.11.31	1
375	1763	927	ANTON	VAN WYK	CHARLO	M	58	55-59M	1.11.31	1
376	1671	194	SIPHOKAZI	MDODANA	SAPPE	F	45	45-49F	1.11.34	1
377	1508	2189	Nangamso	Nabe	TRANSNET	F	37	35-39F	1.11.43	1
378	1523	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.11.45	1
379	1838	2038	SIPHOKAZI	SIMELANE	TEMP	F	25	SF	1.11.49	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
380	1645	2115	DERRICK	HOSHE	ATLANTIC	M	67	65-69M	1.11.52	1
381	1732	3732	MIKE	MEYER	TEMP	M	57	55-59M	1.11.53	0
382	1130	4130	MUSAWENKOSI	GUMBI	TEMP	M	40	40-44M	1.12.01	0
383	1718	3718	ALWYN	SINGLETON	TEMP	M	37	35-39M	1.12.12	0
384	1745	3745	MKHUSELI	NOMANDI	TEMP	M	39	35-39M	1.12.12	0
385	1528	2959	Lorraine	Motswenyane	HOLLYWOO	F	40	40-44F	1.12.14	1
386	1555	488	CHERYL	CUPIDO	RUN4C	F	57	55-59F	1.12.15	1
387	1549	9995	SHAAHID	NORKEE	NOCLUB	M	60	60-64M	1.12.15	0
388	1104	4104	NOMHLE	BHALA	TEMP	F	28	SF	1.12.18	0
389	1214	4214	RACHEL	MASUNDA	TEMP	F	28	SF	1.12.21	0
390	1286	4286	LENÉ	STEENKAMP	TEMP	F	29	SF	1.12.22	0
391	1197	4197	SARAH-LEE	LOTTERING	TEMP	F	29	SF	1.12.26	0
392	1688	3220	CARLA	FOURIE	CITYC	F	30	SF	1.12.27	1
393	1612	3612	ANE	STRAUSS	TEMP	F	33	SF	1.12.28	0
394	1048	276	CHRISTIAN	GERBER	MUIRITE	M	51	50-54M	1.12.39	1
395	1283	4283	SOMILA	SPONDO	TEMP	M	32	SM	1.12.39	0
396	1709	3709	MESHAAN SUNDRA	NAIDOO	TEMP	M	29	SM	1.12.41	0
397	1320	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.12.44	1
398	1422	2422	SINOXOLO	RUITERS	TEMP	F	24	SF	1.12.52	0
399	1480	4480	KHAYALETHU	MKHANDWANA	TEMP	M	44	40-44M	1.12.53	0
400	1687	1759	Tasneem	De Maine	GELVAN	F	36	35-39F	1.12.53	1
401	1828	4728	LUKE	INGRAM	TEMP	M	32	SM	1.12.55	0
402	1827	4727	ENZA	BRUINTJIES	TEMP	F	34	SF	1.12.55	0
403	1408	2408	ROSE	LOLO	TEMP	F	31	SF	1.12.56	0
404	1743	3743	AVUYILE	XABISO	TEMP	M	30	SM	1.12.59	0
405	1621	3621	SIVE	SIVE	TEMP	M	26	SM	1.13.01	0
406	1290	4290	SINDISO	THWALA	TEMP	M	25	SM	1.13.03	0
407	1332	102	BIANCA	RADEMEYER	INFINITY	F	27	SF	1.13.12	1
408	1664	2212	ZIMKITHA	DAYI-SIBANGELE	SIBALEKA	F	40	40-44F	1.13.19	1
409	1526	699	ROCCO	VERWEY	ASPEN	M	56	55-59M	1.13.20	1
410	1525	3294	CLARISSE	VERWEY	ASPEN	F	25	SF	1.13.20	1
411	1346	52161	LUZUKO	SOLILO	ESKOM	M	43	40-44M	1.13.31	0
412	1171	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.13.34	1
413	1641	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.13.41	1
414	1638	676	BONGANI	NGCALA	ASPEN	M	35	35-39M	1.13.45	1
415	1198	4198	ZENANDE	MABINI	SAPPE	M	30	SM	1.13.49	1
416	1683	1924	SHELAINÉ	BARENDSE-SCHOLTZ	BLUEBAY	F	40	40-44F	1.14.13	1
417	1060	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.14.16	1
418	1538	300	Andre	Strumper	MUIRITE	M	43	40-44M	1.14.17	1
419	1539	346	LEANDRE	STRUMPHER	MUIRITE	F	42	40-44F	1.14.17	1
420	1697	303	SANET	VAN NIEKERK	MUIRITE	F	57	55-59F	1.14.18	1
421	1704	309	YVETTE	BROPHY	MUIRITE	F	56	55-59F	1.14.18	1
422	1686	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.14.19	1
423	1201	4201	ZILUNGILE	MAGAQA	TEMP	F	28	SF	1.14.21	0
424	1547	51880	LUTHANDO	NTSHONGWANA	NMAH	F	9	JF	1.14.24	0
425	1359	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.14.26	1
426	1564	3169	TSOSOLOSO	MOENG	Bestmed	F	24	SF	1.14.31	1
427	1557	3303	PETER	LABERCENSIE	VITALITY	M	62	60-64M	1.14.32	1
428	1124	4124	SANELISIWE	GINYA	TEMP	F	36	35-39F	1.14.32	0
429	1322	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.14.36	1
430	1036	3244	SIPHOKAZI	DOKWANA	CONTI	F	30	SF	1.14.40	1
431	1505	51198	CHINEMEREM	NWAKA	NMAH	M	37	35-39M	1.14.43	0
432	1430	2430	MALIBONGWE	NYAMENDE	TEMP	M	44	40-44M	1.14.48	0
433	1574	3574	JAMES	CHIPUNZA	TEMP	M	45	45-49M	1.14.53	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
434	1548	2250	LEANNE	LE ROUX	VITALITY	F	47	45-49F	1.14.54	1
435	1546	2299	THABISA	HLAM	VUKANI	F	40	40-44F	1.14.59	1
436	1866	3066	YONELA	BUKULA	TEMP	F	25	SF	1.15.00	0
437	1206	4206	MIHLE	MALANGENI	TEMP	M	32	SM	1.15.01	0
438	1761	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.15.15	1
439	1057	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.15.24	1
440	1372	2372	LESEDI	MOTUBATSE	TEMP	F	28	SF	1.15.26	0
441	1465	4465	LUTHO	NYEWE	TEMP	F	30	SF	1.15.28	0
442	1741	3741	PHAPHANI	NDEYA	TEMP	M	32	SM	1.15.34	0
443	1313	2537	Asiphe	Ndoto	Bestmed	F	29	SF	1.15.37	1
444	1572	3572	SAMKELISIWE	MDUNGE	TEMP	F	34	SF	1.15.39	0
445	1119	4119	ESMERELDA	FELIX	TEMP	F	43	40-44F	1.15.49	0
446	1224	4224	KHANYISWA	MGEDESI	TEMP	F	50	50-54F	1.15.51	0
447	1306	23859	SIMNIKIWE	MNYAZI	DIST	F	30	SF	1.15.53	0
448	1174	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.15.55	1
449	1169	1003	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.15.56	1
450	1777	1736	KELLY	WILLIAMS	GELVAN	F	36	35-39F	1.15.59	1
451	1070	2539	Priscah	Lakane	Bestmed	F	29	SF	1.15.59	1
452	1309	255	FELICIA	MULDER	MUIRITE	F	49	45-49F	1.16.04	1
453	1280	4280	NICOLE	SOMMER	TEMP	F	54	50-54F	1.16.05	0
454	1579	3579	SIVIWE	MONDILE	TEMP	M	34	SM	1.16.08	0
455	1589	3589	AFIKA	TIWANI	TEMP	M	43	40-44M	1.16.10	0
456	1661	1589	MISHKA	DU PLESSIS	DESPATCH	F	32	SF	1.16.10	1
457	1369	2369	BUSISIWE	LUPUWANA	TEMP	F	41	40-44F	1.16.12	0
458	1294	4294	SIBULELE	TYAM	CONTI	F	28	SF	1.16.23	1
459	1509	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.16.24	1
460	1729	3729	MIYAAD	JAPPIE	TEMP	F	49	45-49F	1.16.25	0
461	1630	95	ZELDA	KRIGE	INFINITY	F	65	65-69F	1.16.33	1
462	1064	51233	KATLEGO	KGAJE	JHAC	F	31	SF	1.16.42	0
463	1096	1212	Siyamtanda	Mbayeka	ELITEAC	F	27	SF	1.16.43	1
464	1742	3742	VUYISANANI	THWANI	TEMP	M	30	SM	1.16.56	0
465	1364	50503	EDDIE	WATSON	BUFF	M	66	65-69M	1.17.12	0
466	1428	2428	CHANEL	VAN BILJON	TEMP	F	29	SF	1.17.20	0
467	1803	3003	PHATHEKA	MOKGWETSI	TEMP	F	34	SF	1.17.20	0
468	1429	2429	RYAN	SARSON	TEMP	M	29	SM	1.17.21	0
469	1077	3047	NOMKE	MABIZELA	VITALITY	M	43	40-44M	1.17.23	1
470	1450	2450	RUSHDIE	NACKERDIEN	TEMP	M	39	35-39M	1.17.33	0
471	1252	4252	MATOME	NYATHWA	TEMP	F	31	SF	1.17.41	0
472	1537	295	MALIZA	JOOSTE	MUIRITE	F	31	SF	1.17.46	1
473	1098	2963	OTHEMBELA	MBOMBO	TRANSNET	F	28	SF	1.17.46	1
474	1325	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.17.49	1
475	1540	3320	SCHRICKA	TERBLANCHE	CITYC	F	42	40-44F	1.17.50	1
476	1863	3063	LLOYD	MOSHIYA	TEMP	M	28	SM	1.17.53	0
477	1680	604	SIMONE	DEYSEL	RUN4C	F	34	SF	1.17.54	1
478	1556	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.17.54	1
479	1023	3111	STACEY	DANIELS	VITALITY	F	35	35-39F	1.17.55	1
480	1510	654	SIMONÉ	JACOBS	ASPEN	F	41	40-44F	1.18.01	1
481	1633	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.18.05	1
482	1847	2538	SHAUN	RAMROOP	Bestmed	M	59	55-59M	1.18.16	1
483	1194	4194	KARABO	LEKITHANE	TEMP	M	27	SM	1.18.21	0
484	1752	2521	ABULELE	MBANGA	Bestmed	F	33	SF	1.18.23	1
485	1798	4698	MXOLISI	SIBOTO	TEMP	M	37	35-39M	1.18.24	0
486	1052	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.18.31	1
487	1580	3580	SOYAMA	MALI	TEMP	F	29	SF	1.18.34	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
488	1599	3599	BUHLE	NZAZE	TEMP	M	16	JM	1.18.35	0
489	1797	4697	THABILE	DINGANA	TEMP	M	43	40-44M	1.18.35	0
490	1189	4189	ABONGILE	KHUZWAYO	TEMP	F	36	35-39F	1.18.43	0
491	1836	3036	ONELE	MAVUMA	TEMP	F	26	SF	1.18.47	0
492	1837	3037	REFILOE	TAU	TEMP	F	28	SF	1.18.59	0
493	1439	2439	MATTHEW	PARSONS	TEMP	M	31	SM	1.19.06	0
494	1834	214	MARGUERITE	RAFAEL	KOWIE	F	76	70+F	1.19.09	1
495	1611	3611	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.19.16	0
496	1788	4688	BABALWA	MABINYA	TEMP	F	41	40-44F	1.19.32	0
497	1139	4139	NTOMBOZUKO	JONAS	TEMP	F	43	40-44F	1.19.32	0
498	1085	197	MTHUNZI	MALI	SAPPE	M	42	40-44M	1.19.35	1
499	1520	53305	AVIWE	DINISILE	SAPSTR	F	31	SF	1.19.40	0
500	1728	3728	NOLUVO	NUNGE	TEMP	F	32	SF	1.19.44	0
501	1897	2244	ARDEN	HARRIS	TEMP	F	22	SF	1.19.54	0
502	1598	3598	TSHILIDZI	SIGAMA	TEMP	M	34	SM	1.19.55	0
503	1874	756	MADELEIN	FERREIRA	TEMP	F	28	SF	1.19.56	0
504	1846	1550	Erika	Botha	DESPATCH	F	28	SF	1.19.57	1
505	1345	2806	NOLUBABALO	SOHABA	ABSAEP	F	37	35-39F	1.19.59	1
506	1637	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.20.07	1
507	1219	4219	ZIKHONA	MATSOLO	TEMP	F	35	35-39F	1.20.08	0
508	1031	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.20.17	1
509	1347	2803	SIMAMKELE	SIXIMBA	ABSAEP	F	31	SF	1.20.19	1
510	1250	4250	SIY AHLUMA	NKONE	TEMP	F	17	JF	1.20.20	0
511	1274	4274	NOLUYOLO	SISUSA	TEMP	F	35	35-39F	1.20.28	0
512	1049	2569	VEONNA	GOLIATH	Bestmed	F	53	50-54F	1.20.29	1
513	1027	1602	LIEZL	DE KOCK	DESPATCH	F	50	50-54F	1.20.33	1
514	1365	98	AMANDA	WOLMARANS	INFINITY	F	67	65-69F	1.20.33	1
515	1366	99	MARIUS	WOLMARANS	INFINITY	M	68	65-69M	1.20.35	1
516	1233	4233	NEZISWA	MPANGELE	TEMP	F	28	SF	1.20.39	0
517	1610	3610	PUMEZA	KHATLANE	TEMP	F	27	SF	1.20.39	0
518	1078	17064	TUMISO	MABOKELA	HOLLY	M	30	SM	1.20.40	0
519	1073	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.20.42	1
520	1566	2918	NOSIBULELO	SIBANGA	CSEP	F	43	40-44F	1.20.43	1
521	1043	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.20.45	1
522	1350	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.20.48	1
523	1475	4475	PHINDILE	MKHONTO	TEMP	F	32	SF	1.20.50	0
524	1351	204	ABEGAIL	TEYISE	SAPPE	F	53	50-54F	1.21.01	1
525	1791	4691	RAYMEE	KOCK	TEMP	M	45	45-49M	1.21.25	0
526	1656	1196	JOHANI	VERMEULEN	ELITEAC	F	48	45-49F	1.21.30	1
527	1112	4112	VERNA	CLAASSEN	TEMP	F	63	60-64F	1.21.30	0
528	1655	1190	CRAIG	BRADLEY	ELITEAC	M	43	40-44M	1.21.38	1
529	1787	1746	ARDEN	GROOTBOOM	GELVAN	F	45	45-49F	1.21.39	1
530	1894	2286	ROXANNE	THORNE	TEMP	F	29	SF	1.21.41	0
531	1045	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.21.42	1
532	1561	2898	Nosipho	Blandile	CSEP	F	41	40-44F	1.21.44	1
533	1644	2962	Jenome	Valint	ATLANTIC	F	39	35-39F	1.21.49	1
534	1348	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.21.49	1
535	1412	2412	SADAT	LUKWAGO	TEMP	M	31	SM	1.21.50	0
536	1736	3736	TOUGEEDA	RECEIT	TEMP	F	54	50-54F	1.21.59	0
537	1058	568	Dominique	Jackson	RUN4C	M	23	SM	1.22.04	1
538	1817	3017	ROCKY	GEYSER	TEMP	M	42	40-44M	1.22.05	0
539	1040	597	ALICIA	ELS	RUN4C	F	47	45-49F	1.22.05	1
540	1029	2358	ISABEL	DEATS	JBAY	F	64	60-64F	1.22.09	1
541	1867	3067	KAYCE	MOORE	TEMP	F	29	SF	1.22.09	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
542	1414	2414	WENDY	KHWETANI	TEMP	F	30	SF	1.22.11	0
543	1440	2440	EDWIN	MOKOENA	TEMP	M	31	SM	1.22.19	0
544	1558	2809	SIMANGELE	SKOSANA	ABSAEP	F	45	45-49F	1.22.22	1
545	1708	3708	MELANIE	COETZEE	TEMP	F	43	40-44F	1.22.29	0
546	1468	4468	THANDOKAZI	MTINI	TEMP	F	31	SF	1.22.36	0
547	1502	1794	MOHAMED	KHADRAOUI	GELVAN	M	28	SM	1.22.38	1
548	1016	2353	CHARL	JANSEN	JBAY	M	41	40-44M	1.22.39	1
549	1659	53352	SIYABONGA	JIKEKA	TEAMVIT	M	45	45-49M	1.22.39	0
550	1485	4485	NOBATHEMBU	TEMBANI	TEMP	F	41	40-44F	1.23.04	0
551	1507	52583	CHARLOTTE	YOYO	SAPSTR	F	42	40-44F	1.23.05	0
552	1140	4140	CHAD	JONES	TEMP	M	30	SM	1.23.05	0
553	1578	3578	SANDISIWE	GOQWANA	TEMP	F	34	SF	1.23.08	0
554	1328	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.23.16	1
555	1493	4493	AMOS	PRAM	TEMP	M	49	45-49M	1.23.18	0
556	1856	1431	GIDEON	MENGO	NEDBANK	M	48	45-49M	1.23.21	1
557	1285	4285	ERIKA	STEENKAMP	TEMP	F	55	55-59F	1.23.27	0
558	1451	2451	XOLELWA	KHUMALO	TEMP	F	28	SF	1.23.29	0
559	1407	2407	XOLANI	TSHAYANA	TEMP	M	56	55-59M	1.23.30	0
560	1413	2413	PHUMEZA	LANGA	TEMP	F	38	35-39F	1.23.44	0
561	1431	2431	BRYNLEY	KAPOT	TEMP	F	22	SF	1.23.49	0
562	1570	2482	SESETHU	MTOTYWA	JBAY	F	31	SF	1.23.55	1
563	1441	2441	JO	STUURMAN	TEMP	F	47	45-49F	1.23.59	0
564	1390	4390	CEBOKAZI	YANGAPI	TEMP	F	35	35-39F	1.24.03	0
565	1117	4117	LISA	DU PLESSIS	TEMP	F	23	SF	1.24.22	0
566	1133	4133	NICOLE	HAYWARD	TEMP	F	18	JF	1.24.23	0
567	1333	682	DIKELEDI	RAMOROKA	ASPEN	F	42	40-44F	1.24.25	1
568	1436	2436	NTOMBI	MAKAPELA	TEMP	F	32	SF	1.24.28	0
569	1663	1543	LEANNE	WIUM	DESPATCH	F	41	40-44F	1.24.29	1
570	1808	3008	ALMARIE	FISCHER	TEMP	F	37	35-39F	1.24.32	0
571	1034	2174	LANDEKA	DLAMINI	TRANSNET	F	33	SF	1.24.34	1
572	1521	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.24.44	1
573	1519	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.24.45	1
574	1053	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.25.04	1
575	1123	4123	VIWE	GILI	TEMP	M	32	SM	1.25.04	0
576	1642	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.25.05	1
577	1409	2409	LINDOKUHLE	MAXHAWULANA	TEMP	F	25	SF	1.25.09	0
578	1392	4392	XOLELWA	ZAQHOZA	TEMP	F	39	35-39F	1.25.10	0
579	1597	3597	ENRIQUE	BARENDSE	TEMP	M	23	SM	1.25.11	0
580	1406	2406	LINGOMSOLETHU	TSHAYANA	TEMP	F	12	JF	1.25.34	0
581	1324	348	CHARNE	PIETERSEN	MUIRITE	F	33	SF	1.25.37	1
582	1765	1804	Clerease	Daniels	GELVAN	F	21	SF	1.25.38	1
583	1120	4120	MARILYN	FRASER	TEMP	F	53	50-54F	1.25.43	0
584	1602	3602	NANGAMSO	LUWACA	TEMP	M	41	40-44M	1.25.47	0
585	1624	3624	SIBULELE	NCAPAI	TEMP	F	35	35-39F	1.25.47	0
586	1670	1471	SHIRLEEN	CLARKE	NEDBANK	F	63	60-64F	1.25.50	1
587	1529	3281	SIPHOKAZI	TOTO	CHILLIEP	F	33	SF	1.25.54	1
588	1795	4695	LUNGILE	BHUNGANE	TEMP	F	24	SF	1.25.54	0
589	1473	4473	LUSANDA	MATIWANE	TEMP	F	42	40-44F	1.26.14	0
590	1180	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	1.26.21	1
591	1766	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	1.26.36	1
592	1279	4279	DIRK	SOMMER	TEMP	M	58	55-59M	1.26.45	0
593	1342	2861	Phumeza	Sidloyi	CSEP	F	40	40-44F	1.26.49	1
594	1393	4393	PAULA	ZWANE	TEMP	F	43	40-44F	1.26.49	0
595	1792	4692	ASIPHE	MBUKUQWA	TEMP	F	29	SF	1.26.54	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
596	1307	2592	MOIPONE	MOSOEUNYANE	Bestmed	F	20	SF	1.26.56	1
597	1339	2810	FEZIWE	SALAZE	ABSAEP	F	37	35-39F	1.27.02	1
598	1354	2573	ALGENE	KOEBERG	Bestmed	F	43	40-44F	1.27.03	1
599	1382	4382	AYAZINGCA	VUBA	TEMP	F	37	35-39F	1.27.08	0
600	1483	4483	ZENANDE	MELAPI	TEMP	F	32	SF	1.27.09	0
601	1620	3620	BRENDAN	PIKE	TEMP	M	31	SM	1.27.19	0
602	1326	2994	Mbasa	Pinda	HOLLYWOO	M	29	SM	1.27.29	1
603	1218	4218	SPOSETU	MATIWANA	TEMP	F	32	SF	1.27.39	0
604	1315	2401	MPHO	NEMUKULA	JBAY	F	40	40-44F	1.27.54	1
605	1614	3614	KHADEEJAH	SALAAM MADATT	TEMP	F	27	SF	1.28.01	0
606	1746	3746	CARLISLE	BENNETT	TEMP	M	27	SM	1.28.01	0
607	1636	719	Yonela	Jubase	CRUSADE	F	33	SF	1.28.02	1
608	1545	2200	NOMVUYO	MCINGANA	SIBALEKA	F	45	45-49F	1.28.05	1
609	1355	2907	PHUMELELA	TSHONA	CSEP	F	43	40-44F	1.28.08	1
610	1187	1016	JOSHUA	SCHNETLER	CHARLO	M	22	SM	1.28.13	1
611	1674	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.28.14	1
612	1270	4270	LUYANDA	SHUSHU	TEMP	F	39	35-39F	1.28.18	0
613	1484	4484	VUYISEKA	NTLALE	TEMP	F	37	35-39F	1.28.27	0
614	1358	257	MELANIE	VAN APPEL	MUIRITE	F	51	50-54F	1.28.29	1
615	1504	256	NICCI	DUPLESSION	MUIRITE	F	50	50-54F	1.28.29	1
616	1455	2455	SINESIPHO	SOBUWA	TEMP	F	32	SF	1.28.34	0
617	1142	4142	SINELIZWI	JOSEPH	TEMP	F	33	SF	1.28.39	0
618	1334	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.28.40	1
619	1357	3274	ALUNGILE	TYWAKU	CHEETAHS	F	33	SF	1.28.43	1
620	1816	3016	ANELISA	NDYOTHA	TEMP	F	38	35-39F	1.28.56	0
621	1690	3269	PHILISWA	SITELA	CHEETAHS	F	36	35-39F	1.29.03	1
622	1498	4498	BABALWA	KLAAS	TEMP	F	40	40-44F	1.29.13	0
623	1600	3600	MADZANANDILE	MLONDLINI	TEMP	M	28	SM	1.29.17	0
624	1215	4215	FATIMA	MATHE	TEMP	F	33	SF	1.29.19	0
625	1685	1870	RENEILWE	MALEMATJA	HOLLYWOO	F	34	SF	1.29.28	1
626	1089	2688	BRIDGETTE	MANTSHIYO	MOTHER	F	55	55-59F	1.29.42	1
627	1669	465	Nosipho	Poselani	CHILLIEP	F	39	35-39F	1.29.43	1
628	1067	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	1.29.49	1
629	1111	4111	VUYELWA	BUTHA	TEMP	F	35	35-39F	1.29.59	0
630	1374	2374	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	1.30.06	0
631	1571	3351	DELANIE	NAUDE	VWAC	F	51	50-54F	1.30.13	1
632	1267	4267	BOKAMOSO	SHAZI	TEMP	F	34	SF	1.30.15	0
633	1103	4103	ANDRIES	BEZUIDENHOUT	TEMP	M	62	60-64M	1.30.18	0
634	1143	4143	BABALWA	JOZELA	EMC RC	F	43	40-44F	1.30.30	1
635	1673	1179	PAKAMA	GCAKASI	VITALITY	F	40	40-44F	1.30.54	1
636	1825	4725	THOBANI	JIJANA	TEMP	M	34	SM	1.30.55	0
637	1419	2419	NONELE	TSHAKA	TEMP	F	38	35-39F	1.31.03	0
638	1241	4241	YONELA	NDESI	TEMP	F	33	SF	1.31.04	0
639	1265	4265	SONIA	SHARE	TEMP	F	59	55-59F	1.31.11	0
640	1442	2442	MISHKA	BUTTRESS	TEMP	F	30	SF	1.31.36	0
641	1101	4101	JULIA	AJAH-MVUNELWA	TEMP	F	53	50-54F	1.31.38	0
642	1380	4380	DRIES	VERHOEF	TEMP	M	78	70+M	1.31.39	0
643	1747	2884	YAMKELA	NOMVETE	CSEP	F	31	SF	1.31.40	1
644	1314	329	ORGIA	NELL	MUIRITE	F	82	70+F	1.31.50	1
645	1464	4464	CEBISA	GWANYA	TEMP	F	50	50-54F	1.31.55	0
646	1810	3010	NTSIKELELO	JOJWANA	TEMP	M	46	45-49M	1.32.02	0
647	1459	4459	MVUYISI	MPOMPOSHE	TEMP	M	36	35-39M	1.32.34	0
648	1445	2445	MANDLAKAZI	WILLIAMS	TEMP	F	43	40-44F	1.32.39	0
649	1496	4496	NOMBULELO	MTYUPU	TEMP	F	51	50-54F	1.32.52	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
650	1141	4141	RICHARD	JONES	TEMP	M	45	45-49M	1.32.59	0
651	1796	4696	NOSIPHO	BIYELA	TEMP	F	26	SF	1.33.08	0
652	1619	3619	ZODWS	JAMES	TEMP	F	40	40-44F	1.33.26	0
653	1304	2879	TANDAZWA	MNIKA	CSEP	F	39	35-39F	1.33.27	1
654	1238	4238	MURENDENI	MUNYAI	TEMP	F	32	SF	1.33.32	0
655	1289	4289	MCEBISI	SWELANTO	TEMP	M	44	40-44M	1.33.36	0
656	1865	3065	NOLUVO	MADIKIZELA	TEMP	F	30	SF	1.33.55	0
657	1247	4247	NTSAPOKAZI	NINGIZA	TEMP	F	41	40-44F	1.33.57	0
658	1199	4199	SIYANGA	MADIKIZELA	TEMP	F	36	35-39F	1.33.57	0
659	1299	4299	NADIA	VAN WYK	TEMP	F	49	45-49F	1.34.03	0
660	1240	4240	HOPE	NDALA	TEMP	F	32	SF	1.34.07	0
661	1489	4489	NOMAKHAYA	WILLIAMS	TEMP	F	41	40-44F	1.34.10	0
662	1258	4258	HELENA	RADEMEYER	TEMP	F	55	55-59F	1.34.11	0
663	1471	4471	AMANDA	TONGO	TEMP	F	46	45-49F	1.34.14	0
664	1316	52376	NOKUKHANYA	NGECE	KWAMA	F	41	40-44F	1.34.15	0
665	1794	4694	ANELE	NGUBANE	TEMP	F	26	SF	1.34.18	0
666	1460	4460	SANELISIWE	JONA	TEMP	F	32	SF	1.34.35	0
667	1126	4126	JANICE	GOLIATH	TEMP	F	38	35-39F	1.34.35	0
668	1871	2510	LERATO	MUZAH	Bestmed	F	40	40-44F	1.34.45	1
669	1071	3309	ZUKISWA	LAMANI	VWAC	F	51	50-54F	1.34.52	1
670	1205	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.35.12	0
671	1721	3721	SINOVUYO	KATIYA	TEMP	F	39	35-39F	1.35.17	0
672	1530	2126	THERESA	CAIRNCROSS	ATLANTIC	F	60	60-64F	1.35.19	1
673	1716	3716	NOMAWETHU	SOLWANDLE	TEMP	F	40	40-44F	1.35.40	0
674	1469	4469	NONTLAHLA	SANDI	TEMP	F	41	40-44F	1.35.41	0
675	1263	4263	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.35.48	0
676	1188	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.35.48	1
677	1336	2707	GUGU	ROJIE	MUIRITE	F	30	SF	1.36.06	1
678	1129	4129	BONGEKA	GROOTBOOM	TEMP	F	41	40-44F	1.36.11	0
679	1879	818	NAMAWABO	MSIZI	TEMP	F	65	65-69F	1.36.24	0
680	1287	4287	KAMVELIHLE	STOKWE	TEMP	F	25	SF	1.36.40	0
681	1801	3001	ELIMIYO	NDYOKI	TEMP	F	14	JF	1.36.42	0
682	1203	4203	YOLANDA	MAJOVA	TEMP	F	32	SF	1.37.01	0
683	1576	3576	NOMBUZO	BOOYSEN	TEMP	F	40	40-44F	1.37.16	0
684	1722	3722	SIHLE	MABUNU	TEMP	M	32	SM	1.37.28	0
685	1138	4138	ANDISWA	JONAS	TEMP	F	35	35-39F	1.37.32	0
686	1715	3715	DUMISANI	MAKANYA	TEMP	F	41	40-44F	1.37.51	0
687	1405	2405	THEMBAKAZI	JIM	TEMP	F	39	35-39F	1.38.28	0
688	1051	3314	ASEMAHLE	GQUBULE	VWAC	F	26	SF	1.38.42	1
689	1063	3101	AKHONA	KAMA	VITALITY	F	39	35-39F	1.38.43	1
690	1362	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.38.52	1
691	1091	304	FOZA	MARTIN	MUIRITE	F	65	65-69F	1.38.53	1
692	1371	2371	NTOMBOXOLO	NGUNTA	TEMP	F	44	40-44F	1.39.07	0
693	1466	4466	USISIPHO	BANDEZI	TEMP	F	24	SF	1.39.09	0
694	1415	2415	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.39.09	0
695	1724	3724	NDUVUYO	MAGWA	TEMP	F	43	40-44F	1.39.23	0
696	1593	3593	NOLUTHANDO	AUGUST	TEMP	F	27	SF	1.39.26	0
697	1108	4108	SIBUSISIWE	BOOYSEN	TEMP	F	31	SF	1.41.36	0
698	1500	4500	THANTASWA	BAKUMENI	TEMP	F	34	SF	1.41.36	0
699	1467	4467	NOYISI	MTINI	TEMP	M	35	35-39M	1.42.32	0
700	1569	9997	ASISIPO	MKUPA	NOCLUB	F	35	35-39F	1.42.32	0
701	1204	4204	SANGO	MAKAPELA	TEMP	F	37	35-39F	1.42.40	0
702	1275	4275	KHAYA	SKEPU	TEMP	M	49	45-49M	1.42.59	0
703	1623	3623	ZIYANDA	SITETO	TEMP	F	26	SF	1.43.17	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
704	1410	2410	SINOXOLO	MNGWANZA	TEMP	F	32	SF	1.43.34	0
705	1425	2425	VERONICA	MAKASI	TEMP	F	38	35-39F	1.43.34	0
706	1730	3730	SAMEER	JAPPIE	TEMP	M	49	45-49M	1.44.03	0
707	1246	4246	AMANDA	NGWENYA	TEMP	F	29	SF	1.44.57	0
708	1269	4269	MAHALIA	SHIYANI	TEMP	F	29	SF	1.44.58	0
709	1068	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.45.16	1
710	1707	3707	NALEDI	MALUNGA	TEMP	F	38	35-39F	1.46.36	0
711	1512	646	Nolubabalo	Hambi	ASPEN	F	28	SF	1.46.46	1
712	1262	4262	NOCONCERT	SAKO	TEMP	F	51	50-54F	1.47.02	0
713	1251	4251	GAGA	NTSASA	TEMP	F	39	35-39F	1.47.29	0
714	1491	4491	NOMBUYISELO	FLORENCE	TEMP	F	33	SF	1.49.18	0
715	1125	4125	NOMATHAMSANQA	GOGELA	TEMP	F	35	35-39F	1.49.18	0
716	1799	4699	CHANTELLE	CADOGAN	TEMP	F	37	35-39F	1.49.34	0
717	1705	3705	PAMELA	SANDLOZI	TEMP	F	31	SF	1.50.59	0
718	1735	3735	NWABISA	SOPHAZI	TEMP	F	36	35-39F	1.51.01	0
719	1255	4255	SIPHOSIHLE	PEPETA	TEMP	F	28	SF	1.51.20	0
720	1253	4253	WISEMAN	NZAMA	TEMP	M	21	SM	1.51.22	0
721	1254	4254	NQABISA	PEPETA	TEMP	F	56	55-59F	1.51.22	0
722	1432	2432	APHIWE	MASEBE	TEMP	F	39	35-39F	1.53.41	0
723	1618	3618	ANELISA	SCRITCH	TEMP	F	30	SF	1.54.15	0
724	1433	2433	ASINAKHO	MASEBE	TEMP	F	35	35-39F	1.54.34	0
725	1102	4102	ZILUNGILE	BEZANA	TEMP	F	26	SF	1.55.04	0
726	1689	688	Lusanda	Xaki	ASPEN	F	28	SF	1.55.04	1
727	1059	50912	CAYLEIGH	JACOBS	MTHATHA	F	28	SF	1.55.51	0
728	1278	4278	SIPHOKUHLE	SOMANA	TEMP	F	30	SF	1.56.40	0
729	1626	3626	FEZISA	BIYONGO	TEMP	F	32	SF	1.56.44	0
730	1625	3625	DINTLE	MERILE	TEMP	F	31	SF	1.56.45	0
731	1717	3717	THANDILE	NDEVU	TEMP	F	39	35-39F	1.57.02	0
732	1277	4277	ANDISWA	SOFISA	TEMP	F	32	SF	1.57.49	0
733	1784	1473	ASANDA	GROOTBOOM	NEDBANK	F	38	35-39F	2.02.27	1
pers Run										
H01	3001	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	0.54.39	1
H02	3002	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.54.39	1
H03	3003	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.55.00	1
H04	3004	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	1.01.00	1
H05	3005	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	56	55-59F	1.05.00	1
H06	3006	1552	THERESA	OOSTHUIZEN	DESPATCH	F	54	50-54F	1.05.00	1
H07	3007	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	1.05.00	1
H08	3008	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.09.00	1
H09	3009	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	1.11.00	1
H10	3010	1527	MOEGAMAT	JOHNSON	DESPATCH	M	31	SM	1.12.00	1
H11	3011	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.12.00	1
H12	3012	1268	BILLY BOY	KIETAS	VWAC	M	51	50-54M	1.12.02	1
H13	3013	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	1.12.02	1
H14	3014	1264	LAVINIA	PIETERSE	VWAC	F	51	50-54F	1.12.02	1
H15	3015	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.12.02	1
H16	3016	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	1.12.02	1
H17	3017	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.12.02	1
H18	3018	1271	LEZELL	HARRIS	VWAC	F	52	50-54F	1.12.02	1
H19	3019	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	1.12.02	1
H20	3020	1261	FRANKLIN	HUMAN	VWAC	M	50	50-54M	1.12.58	1
H20	3021	1310	PUMLA	SIBALI	VWAC	F	47	45-49F	1.13.00	1
H21	3022	1320	REMOABETSWE	MATHOBELA	VWAC	F	31	SF	1.14.00	1
H22	3023	1311	SIVIWE	NKAYI	VWAC	M	32	SM	1.14.00	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H23	3024	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.14.40	1
H24	3025	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.19.00	1
H25	3026	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.19.00	1
H26	3027	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.20.00	1
H27	3028	T	D.T.	JAKAVULA	TEMP	M	46	45-49M	1.24.00	0
H28	3029	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.25.20	1
H29	3030	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.25.21	1
H30	3031	337	CHRISTINE	SNYMAN	MUIRITE	F	70	70-74F	1.36.15	1
H31	3032	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.36.15	1