

CORRECTIONAL SERVICES 10KM ROAD RACE - ST ALBANS PRISON - 2026/05/02

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	3	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.30.25	5
2	6	1499	OYAMA	NTANTISO	NEDBANK	M	21	SM	0.30.47	5
3	5	1154	GIFT	CHIGOMARAWA	ACH	M	38	35-39M	0.31.00	5
4	4	1338	SIBAHLE	MAQWARA	NEDBANK	M	24	SM	0.31.15	5
5	8	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.31.24	5
6	1	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	0.33.00	5
7	628	1354	ANDRE	KETCHEM	NEDBANK	M	42	40-44M	0.33.02	5
8	10	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.33.09	5
9	2	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.33.09	5
10	9	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.33.16	5
11	638	40426	CARLIN	LEHMAN	SCHOOL	M	17	JM	0.33.21	5
12	441	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	0.33.47	5
13	669	1156	KEANU	WELCH	EMERIS	M	21	SM	0.33.59	5
14	633	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	0.34.10	5
15	41	1152	PATRIDGE	CHIMWENDO	ACH	M	23	SM	0.34.20	5
16	596	280	ANELE	KHALIPA	MUIRITE	M	36	35-39M	0.34.31	5
17	622	40171	ANTON	AVENATHI	SIBALEKA	M	18	JM	0.34.48	5
18	617	3452	APHELELE	DIKO	TEMP	M	30	SM	0.34.57	0
19	456	2091	SIYANDA	BUTHELEZI	SANDFEP	M	28	SM	0.35.12	5
20	442	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.35.55	5
21	432	3432	LLEWELLYN	BARNARD	TEMP	M	36	35-39M	0.35.57	0
22	443	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	0.36.11	4
23	666	3283	LIHLE	SWENGU	TEMP	M	24	SM	0.36.13	0
24	222	40323	GUERRA	NTULI	SCHOOL	M	17	JM	0.36.34	4
25	317	1216	WESSEL	WOLMARANS	ELITEAC	M	48	45-49M	0.36.47	5
26	607	40004	DANIEL	KRUGER	NEDBANK	M	18	JM	0.36.48	4
27	600	2991	MZAMO	VILI	HOLLY	M	20	SM	0.36.54	0
28	599	1871	SAPHO	NKATA	HOLLYWOO	M	48	45-49M	0.36.56	5
29	709	1459	MONWABISI	KEPE	NEDBANK	M	42	40-44M	0.37.25	5
30	309	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	0.37.30	5
31	313	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	0.37.42	4
32	465	1707	IAIN	MAUGHAN-BROWN	MADIBA	M	37	35-39M	0.37.50	4
33	630	2149	XOLISA	NDLUMBINI	TRANSNET	M	43	40-44M	0.38.03	5
34	440	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	0.38.07	5
35	651	3278	TAFADZWA	MVUNDURA	TEMP	M	39	35-39M	0.38.25	0
36	268	1106	Sipesihle	Sofute	ACH	M	29	SM	0.38.32	3
37	663	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	0.38.33	5
38	684	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	0.39.01	4
39	658	40300	LIAM	WESTRAADT	SCHOOL	M	15	JM	0.39.01	3
40	415	3415	LULAMA	TSEWU	TEMP	M	29	SM	0.39.09	0
41	498	40071	CONNOR	BIRD	ELITEAC	M	15	JM	0.39.15	3
42	190	2524	ABBIE	MITCHELL	Bestmed	F	19	SF	0.39.20	5
43	191	1073	CONNOR	MITCHELL	ACH	M	22	SM	0.39.20	3
44	321	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.39.30	4
45	192	1069	WAYNE	MITCHELL	ACH	M	53	50-54M	0.40.18	5
46	552	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.40.22	5
47	33	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	0.41.07	3
48	438	3438	LIAM	SAUNDERS	TEMP	M	14	JM	0.41.11	0
49	120	9001	BRETT	HOLMES	SOCIAL	M	38	35-39M	0.41.30	0
50	168	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	0.41.34	3
51	695	78	LINDEN	NZEZA	SAPPE	M	42	40-44M	0.41.41	3

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52	565	955	SIVUYILE	SCHEEPERS	CHARLO	M	33	SM	0.41.47	2
53	223	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	0.41.59	5
54	251	3392	SEAN	ROSS	ACH	M	35	35-39M	0.42.11	3
55	270	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	0.42.16	3
56	188	2989	Asiphesona	Mfukuli	RUN4C	M	26	SM	0.42.17	2
57	762	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.42.21	3
58	535	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	0.42.22	3
59	595	40494	ASIVE	SOLOMON	MUIRITE	M	15	JM	0.42.30	2
60	74	2279	SIPHESIHLE	DLWATI	VUKANI	M	35	35-39M	0.42.36	3
61	7	396	LITHEBE	MENZELELELI	IKHAMVA	M	26	SM	0.42.37	2
62	181	50848	UNATHI	MBALI	REALGIJ	M	37	35-39M	0.42.40	0
63	421	3421	CHRISTI	VAN	TEMP	M	27	SM	0.42.41	0
64	701	1622	DARREN	BENECKE	MADIBA	M	34	SM	0.42.43	2
65	266	1642	NICO	SMITH	MADIBA	M	40	40-44M	0.42.43	3
66	207	1639	VANDRE	NEL	MADIBA	M	41	40-44M	0.42.43	3
67	231	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	0.42.51	4
68	761	1345	DERRICK	DUBASE	NEDBANK	M	51	50-54M	0.42.53	4
69	561	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	0.43.10	4
70	546	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	0.43.31	5
71	254	572	GRANT	RUDMAN	RUN4C	M	48	45-49M	0.43.37	3
72	138	40335	RUBEN	KEYSER	SCHOOL	M	14	JM	0.43.44	2
73	619	40014	JAMIE-LEE	BESTER	RUN4C	F	17	JF	0.43.52	3
74	634	2547	TEDDY	PRUSENT	VITALITY	M	38	35-39M	0.43.53	2
75	512	970	MALCOLM	BLANDY	CHARLO	M	44	40-44M	0.43.58	2
76	484	3442	ASIVE	SWAZI	TEMP	M	28	SM	0.44.01	0
77	711	2543	GRAHAM	TERBLANCHE	Bestmed	M	61	60-64M	0.44.01	5
78	19	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	0.44.10	2
79	108	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	0.44.15	3
80	487	1113	ROGER	TRADER	ACH	M	72	70+M	0.44.17	5
81	545	948	DINO	MAGNUS	CHARLO	M	31	SM	0.44.25	2
82	362	3362	DAWID	KEYSER	TEMP	M	47	45-49M	0.44.28	0
83	696	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	0.44.41	2
84	637	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.44.45	5
85	645	3239	Zolani	Ntungwa	CONTI	M	43	40-44M	0.45.11	2
86	707	55	SIMCELILE	SITHEMBU	SAPPE	M	35	35-39M	0.45.18	2
87	261	1800	ROMAN	SEPTOE	GELVAN	M	28	SM	0.45.20	2
88	213	2284	MZWANELE	NQOQO	VUKANI	M	48	45-49M	0.45.25	2
89	40	1062	NICK	CHAPMAN	ACH	M	54	50-54M	0.45.29	3
90	698	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	0.45.30	2
91	427	3427	ALZANEDRIO	WILLEMSE	TEMP	M	16	JM	0.45.30	0
92	485	2745	BRUCE	GIE	BODYCON	M	52	50-54M	0.45.37	3
93	604	202	WERNER	MEYER	SAPPE	M	52	50-54M	0.45.38	3
94	662	2146	SLULAMI	JACK	TRANSNET	M	50	50-54M	0.45.47	3
95	700	2287	LINDIKHAYA	NTEYI	VUKANI	M	46	45-49M	0.45.53	2
96	12	1703	JAIME	ALCOCK	MADIBA	F	23	SF	0.45.54	2
97	340	3340	SANDILE	DYAKOPU	TEMP	M	30	SM	0.45.54	0
98	409	3409	SIBUSISO	THEMBANI	TEMP	M	30	SM	0.45.56	0
99	84	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	0.45.58	3
100	17	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	0.46.01	2
101	99	532	JUDY	GERBER	RUN4C	F	59	55-59F	0.46.08	5
102	609	40088	TALIA	PRAHALADH	IKHAMVA	F	15	JF	0.46.10	2
103	593	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	0.46.16	2

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104	670	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.46.21	5
105	94	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.46.23	2
106	157	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	0.46.27	2
107	553	1023	BISHO	NOMBEWU	CHARLO	M	60	60-64M	0.46.29	4
108	216	1842	ZANDISILE	NGXONONO	HOLLYWOO	M	52	50-54M	0.46.30	3
109	146	1620	BROOKE	KRUGER	MADIBA	F	23	SF	0.46.31	2
110	245	104	PRASHAAN	RAGA	INFINITY	M	27	SM	0.46.32	2
111	548	952	CINDY	MARAIS	CHARLO	F	48	45-49F	0.46.36	4
112	513	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	0.46.37	3
113	576	1027	NELSON	VLAKBOK	CHARLO	M	61	60-64M	0.46.46	4
114	262	564	GAVIN	SILLS	RUN4C	M	52	50-54M	0.46.51	2
115	652	1283	URAN	LE ROUX	VWAC	M	59	55-59M	0.46.56	3
116	179	1055	JEROME	MAY	XCEL	M	59	55-59M	0.46.57	3
117	76	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	0.46.59	2
118	286	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	0.46.59	5
119	667	1590	ANNEKE	MOORE	DESPATCH	F	42	40-44F	0.47.05	3
120	88	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.47.10	2
121	79	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	0.47.20	3
122	165	1072	KYLA	MAARTENS	ACH	F	22	SF	0.47.21	2
123	505	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	0.47.24	3
124	306	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	0.47.32	5
125	702	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.47.35	3
126	195	12705	NKULULEKO	MOLOSI	SUNRISE	M	47	45-49M	0.47.40	0
127	454	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	0.47.48	2
128	480	534	BIANCA	VERMAAK	RUN4C	F	31	SF	0.47.48	2
129	589	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.47.51	4
130	338	3338	LITHALETHU	DINGELA	TEMP	M	22	SM	0.47.54	0
131	102	50222	ZENE	GERBER	CHEETAH	F	24	SF	0.47.55	0
132	473	862	JEAN-PERI	REDOÑA	32GI	M	38	35-39M	0.47.57	2
133	125	628	CT	JACOBS	ASPEN	M	42	40-44M	0.47.58	2
134	259	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.48.00	3
135	449	556	ARTHUR	WILLIAMS	RUN4C	M	63	60-64M	0.48.01	3
136	437	3437	STEVEN	PETTITT	TEMP	M	29	SM	0.48.05	0
137	269	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	0.48.07	2
138	237	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	0.48.08	2
139	15	2112	ALLISTER	ARENDS	ATLANTIC	M	41	40-44M	0.48.08	2
140	16	1043	DAVID	BAINS	XCEL	M	60	60-64M	0.48.12	3
141	521	986	DYLAN	DU PLOOY	CHARLO	M	41	40-44M	0.48.13	2
142	107	1619	Juan	Grigor	MADIBA	M	20	SM	0.48.18	2
143	682	1805	ETHAN	DANIEL	GELVAN	M	19	SM	0.48.19	2
144	547	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	0.48.24	2
145	115	1289	ANSLON	HECTOR	VWAC	M	32	SM	0.48.27	2
146	155	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.48.29	2
147	514	967	MIKE	BURGER	CHARLO	M	66	65-69M	0.48.30	4
148	49	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	0.48.32	5
149	659	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	44	40-44F	0.48.32	2
150	554	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.48.35	2
151	544	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	0.48.38	2
152	573	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	0.48.41	2
153	471	1554	HELGARD	POTGIETER	DESPATCH	M	54	50-54M	0.48.53	2
154	45	40191	CARLA	CLOTZ	SCHOOL	F	19	JF	0.48.56	2
155	507	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	0.48.58	2

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156	598	1757	JACOBUS	JULIUS	GELVAN	M	51	50-54M	0.49.02	2
157	673	2133	DESMOND	MVUNDLELA	TRANSNET	M	45	45-49M	0.49.04	2
158	274	555	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.49.04	5
159	51	40334	KEAGAN	COUTTS	SCHOOL	M	14	JM	0.49.08	2
160	52	866	MICHA	CRONJE	32GI	F	36	35-39F	0.49.11	2
161	541	1008	Darryl	Long	CHARLO	M	48	45-49M	0.49.11	2
162	64	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.49.15	2
163	63	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.49.15	2
164	531	915	JOEL	HUMAN	CHARLO	M	53	50-54M	0.49.18	2
165	563	991	GREGORY	ROSS	CHARLO	M	52	50-54M	0.49.20	2
166	310	1200	JANINE	WHITTAL	32GI	F	45	45-49F	0.49.23	3
167	418	3418	MISHUMO	TSHIKALANGE	TEMP	M	31	SM	0.49.35	0
168	635	594	ANTONIE	KOEN	RUN4C	M	49	45-49M	0.49.35	2
169	588	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.49.40	3
170	575	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.49.46	2
171	629	1360	SITHEMBILE	MPAKO	NEDBANK	M	65	65-69M	0.49.53	3
172	506	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	0.49.57	2
173	661	2067	Ludwe	Sobele	HOLLYWOO	M	37	35-39M	0.50.03	1
174	452	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	0.50.06	2
175	461	777	STEVEN	GAGIANO	32GI	M	45	45-49M	0.50.06	2
176	564	900	JASON	SAUNDERS	CHARLO	M	46	45-49M	0.50.14	2
177	297	40273	SHELBY	VENTER	SCHOOL	F	14	JF	0.50.16	2
178	85	1633	ENRICO	ELS	MADIBA	M	47	45-49M	0.50.24	2
179	692	205	MELIKHAYA	ADAM	SAPPE	M	42	40-44M	0.50.32	2
180	475	1672	JARED	STRYDOM	MADIBA	M	40	40-44M	0.50.35	2
181	324	3324	SHANE	AWERIES	TEMP	M	31	SM	0.50.35	0
182	566	1017	JOE	SCHOEMAN	CHARLO	M	45	45-49M	0.50.42	2
183	229	619	DOZ	PHILLIPS	RUN4C	F	53	50-54F	0.50.52	3
184	156	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	0.50.54	3
185	571	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	0.50.55	2
186	141	1118	BRUCE	KING	ACH	M	59	55-59M	0.51.00	2
187	538	937	KIJANA	LARSEN	CHARLO	F	25	SF	0.51.10	2
188	163	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	0.51.10	5
189	710	3288	JEFFREY	VAN NIEKERK	TEMP	M	53	50-54M	0.51.13	0
190	322	3322	COLE	ADAMS	TEMP	M	26	SM	0.51.17	0
191	328	3328	WAYNE	BENN	TEMP	M	37	35-39M	0.51.17	0
192	327	3327	IZETTE	BENN	TEMP	F	36	35-39F	0.51.17	0
193	50	40337	ETHAN	COUTTS	SCHOOL	M	18	JM	0.51.23	1
194	631	1125	BRENDON	DRYDEN	ACH	M	58	55-59M	0.51.25	2
195	557	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	0.51.30	1
196	503	976	WARREN	BAARTZES	CHARLO	M	55	55-59M	0.51.33	2
197	610	3448	LESLEY	STARBUCK	TEMP	M	39	35-39M	0.51.34	0
198	534	981	NATALIE	JONAS	CHARLO	F	55	55-59F	0.51.35	3
199	355	3355	MERVYN	JOHNSON	TEMP	M	52	50-54M	0.51.40	0
200	572	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	0.51.40	2
201	502	954	LOUISE	AXON	CHARLO	F	47	45-49F	0.51.40	2
202	258	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.51.42	5
203	83	1277	DENVER	ELLIE	VWAC	M	45	45-49M	0.51.43	1
204	349	3349	CHRISTOPHER	HECHTER	TEMP	M	24	SM	0.51.46	0
205	54	1777	ROLAND	DACE	GELVAN	M	71	70+M	0.51.54	3
206	176	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.51.57	1
207	445	3363	XOLISILE	GINGQINI	MUIRITE	M	37	35-39M	0.52.04	1

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208	586	1336	DON	CHARLES	NEDBANK	M	77	70+M	0.52.07	3
209	579	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.52.08	2
210	67	75	HESTER	DEKKER	SAPPE	F	54	50-54F	0.52.14	2
211	86	40315	ETHAN	ELS	MADIBA	M	14	JM	0.52.17	1
212	426	3426	MALCOLM	VORSTER	TEMP	M	41	40-44M	0.52.18	0
213	585	1088	PERCY	DALTON	ACH	M	77	70+M	0.52.20	3
214	152	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.52.28	2
215	590	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.52.30	2
216	104	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.52.32	2
217	500	42	SAM	ERASMUS	SAPPE	M	68	65-69M	0.52.35	2
218	540	1009	MEGAN	LONG	CHARLO	F	41	40-44F	0.52.35	2
219	80	1203	ANNEMIE	DU TOIT	ELITEAC	F	41	40-44F	0.52.39	2
220	189	695	JACQUES	MINNIE	ASPEN	M	27	SM	0.52.40	1
221	58	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	0.52.42	2
222	492	3443	DANIELLE	BRITO	TEMP	F	42	40-44F	0.52.44	0
223	296	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	0.52.52	2
224	147	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	0.52.53	2
225	260	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	0.53.30	1
226	647	3277	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	0.53.41	0
227	186	483	MARISA	MEYER	RUN4C	F	31	SF	0.53.44	1
228	187	484	Maryka	Meyer	RUN4C	F	31	SF	0.53.44	1
229	214	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	0.53.47	1
230	458	1705	JOHN	FREWEN	MADIBA	M	64	60-64M	0.53.47	2
231	318	1567	JACOBUS	WYATT	DESPATCH	M	63	60-64M	0.53.55	2
232	62	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.53.58	2
233	78	1609	WILLEMEN	DU RANDT	DESPATCH	F	51	50-54F	0.54.01	2
234	26	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	0.54.01	1
235	483	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	0.54.03	1
236	293	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	0.54.05	3
237	389	3389	SASHEN	NAIDOO	TEMP	M	27	SM	0.54.12	0
238	562	1035	GLEN	RICHTER	CHARLO	M	40	40-44M	0.54.22	1
239	643	3458	LUKE	BINNEMAN	TEMP	M	34	SM	0.54.24	0
240	653	1592	BENNIE	THYSSE	DESPATCH	M	68	65-69M	0.54.26	2
241	46	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	0.54.34	1
242	218	1332	THANDI	NKWANDLA	NEDBANK	F	61	60-64F	0.54.41	3
243	560	889	PETER	POHLMANN	CHARLO	M	62	60-64M	0.54.42	2
244	39	1111	GRAHAM	CHANNON	ACH	M	76	70+M	0.54.43	2
245	504	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.54.47	2
246	412	3412	IVAN	JOUBERT	TEMP	M	28	SM	0.54.50	0
247	411	3411	CARMEN	THURNHER	TEMP	F	28	SF	0.54.50	0
248	130	494	Shaferon	Johannes	RUN4C	F	43	40-44F	0.54.53	1
249	463	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	0.54.56	1
250	117	2957	DEVRON	HOFFMAN	SAPPE	M	38	35-39M	0.54.58	1
251	688	1124	LIZ	PRINS	ACH	F	56	55-59F	0.55.00	2
252	170	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	0.55.00	2
253	225	1552	THERESA	OOSTHUIZEN	DESPATCH	F	55	55-59F	0.55.12	2
254	25	1284	DEAN	BOSMAN	VWAC	M	44	40-44M	0.55.14	1
255	494	3445	BRETT	BRITO	TEMP	M	49	45-49M	0.55.16	0
256	474	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.55.19	1
257	417	3417	SINIKELO	TSHAKA	TEMP	M	21	SM	0.55.27	0
258	366	3366	DEE-JAY	LOMBARD	TEMP	M	33	SM	0.55.29	0
259	11	570	JENNY	AH CHONG	RUN4C	F	58	55-59F	0.55.30	2

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
260	525	959	JOHAN	GERBER	CHARLO	M	47	45-49M	0.55.38	1
261	110	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.55.42	1
262	68	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	0.55.44	1
263	252	750	PIETER	ROUX	CRUSADE	M	71	70+M	0.55.53	2
264	499	1701	ADRI	SONNEKUS	MADIBA	F	40	40-44F	0.55.57	1
265	249	1259	SIYABULELA	RELU	VWAC	M	49	45-49M	0.56.03	1
266	460	40507	LONWABO	NONDLWANA	ACH	M	15	JM	0.56.03	1
267	13	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.56.03	2
268	371	3371	MICHAEL	LOUW	TEMP	M	22	SM	0.56.11	0
269	30	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	0.56.12	1
270	466	1296	NOEL	MCMMASTER	VWAC	M	60	60-64M	0.56.13	1
271	428	3428	GERRIE	WILLIAMS	TEMP	M	45	45-49M	0.56.14	0
272	361	3361	SIYANDA	KETANI	TEMP	M	38	35-39M	0.56.17	0
273	616	2391	Sasha	Swart	JBAY	F	40	40-44F	0.56.27	1
274	509	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	0.56.33	1
275	291	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.56.35	1
276	131	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	0.56.36	1
277	567	930	IMKE	SMIT	CHARLO	F	37	35-39F	0.56.36	1
278	124	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.56.36	1
279	453	1689	SILKE	BOTHA	MADIBA	F	29	SF	0.56.38	1
280	290	85	CHRIS	VAN RENSBURG	SAPPE	M	52	50-54M	0.56.39	1
281	627	769	MEGAN	ELS	CRUSADE	F	41	40-44F	0.56.42	1
282	639	3454	DARREN	VAN DEN HEEVER	TEMP	M	28	SM	0.56.42	0
283	175	859	KAYLEE	MARX	32GI	F	29	SF	0.56.44	1
284	679	252	Mzimkhulu	Memese	MUIRITE	M	64	60-64M	0.56.47	1
285	559	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	0.56.52	2
286	199	1549	SIKHO	MXINWA	DESPATCH	F	28	SF	0.56.57	1
287	450	3441	LONWABO	MOKO	TEMP	M	32	SM	0.56.57	0
288	439	3439	OKUHLE	DYANTHI	TEMP	M	14	JM	0.56.57	0
289	583	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	0.56.57	1
290	44	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	0.57.01	1
291	392	3392	KHANYISA	NOGWINA	TEMP	F	38	35-39F	0.57.05	0
292	650	2150	KHANGELANI	HALOM	TRANSNET	M	44	40-44M	0.57.07	1
293	221	2138	Angela	Ntanga	TRANSNET	F	30	SF	0.57.08	1
294	396	3396	SINOVUYO	PHOHLONGO	TEMP	F	31	SF	0.57.08	0
295	516	894	TONY	CLARKE	CHARLO	M	65	65-69M	0.57.21	1
296	660	1566	RUAN	WELGEMOED	DESPATCH	M	31	SM	0.57.25	1
297	319	1568	TALANA	WYATT	DESPATCH	F	34	SF	0.57.25	1
298	295	1553	MINIQUE	VAN TONDER	DESPATCH	F	19	SF	0.57.29	1
299	410	3410	JOSEPH	THOMPSON	TEMP	M	25	SM	0.57.30	0
300	96	1635	DORIS	GERBER	MADIBA	F	55	55-59F	0.57.31	1
301	305	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	0.57.32	1
302	578	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	0.57.42	1
303	608	383	MAHENDRA	PRAHALADH	IKHAMVA	M	59	55-59M	0.57.43	1
304	511	888	RAHUL	BHANA	CHARLO	M	22	SM	0.57.43	1
305	510	956	NEELESH	BHANA	CHARLO	M	54	50-54M	0.57.44	1
306	386	3386	KAYA	MTYWARU	TEMP	M	53	50-54M	0.57.54	0
307	87	2459	JOHANN	ELS	JBAY	M	52	50-54M	0.57.57	1
308	240	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	0.58.05	1
309	360	3360	LISE-MARI	KEMP	TEMP	F	15	JF	0.58.07	0
310	136	1235	PHILLIP	KEMP	ELITEAC	M	43	40-44M	0.58.07	1
311	592	77	LOUIS	SWIEGELAAR	SAPPE	M	60	60-64M	0.58.07	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
312	358	3358	AUTHLEY	KASHESHA	TEMP	M	25	SM	0.58.12	0
313	36	6529	RODNEY	BUTTERS	EASREQ	M	64	60-64M	0.58.13	0
314	532	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	0.58.14	1
315	292	1359	EDWALL	VAN ROOYEN	NEDBANK	M	53	50-54M	0.58.15	1
316	114	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	0.58.16	1
317	91	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	0.58.18	1
318	82	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	0.58.19	1
319	459	1704	MARIZA	FREWEN	MADIBA	F	64	60-64F	0.58.23	2
320	574	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	0.58.27	1
321	278	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	0.58.27	1
322	60	2373	Sanet	De Nysschen	JBAY	F	59	55-59F	0.58.27	1
323	451	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	0.58.31	1
324	206	1636	LISTIA	NEL	MADIBA	F	51	50-54F	0.58.33	1
325	265	1627	NATASHA	SMITH	MADIBA	F	39	35-39F	0.58.34	1
326	367	3367	CLIVIAN	LOTTERING	TEMP	M	34	SM	0.58.39	0
327	708	3312	SOLOMON	TEMBENI	VWAC	M	32	SM	0.58.39	1
328	517	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	0.58.42	1
329	92	529	ANDRE	FOURIE	RUN4C	M	79	70+M	0.58.45	1
330	92	529	ANDRE	FOURIE	RUN4C	M	79	70+M	0.58.45	1
331	95	1601	ANIZE	GERBER	DESPATCH	F	53	50-54F	0.58.51	1
332	603	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.58.52	1
333	98	475	CHARL	GERBER	RUN4C	M	62	60-64M	0.58.55	1
334	464	3034	ADELE	LE ROUX	VITALITY	F	50	50-54F	0.58.55	1
335	393	3393	THABANG	PHAKATHI	TEMP	M	24	SM	0.58.57	0
336	672	842	KELLY	ROSE	32GI	F	47	45-49F	0.59.01	1
337	132	1545	RUAN	JONKER	DESPATCH	M	26	SM	0.59.07	1
338	294	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	0.59.08	1
339	153	40067	STEFANI	LAMBRECHTS	DESPATCH	F	16	JF	0.59.11	1
340	71	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	0.59.14	1
341	472	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	0.59.17	1
342	250	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.59.24	1
343	226	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	0.59.24	2
344	180	72	KANYISA	MAYAYA	SAPPE	F	39	35-39F	0.59.25	1
345	380	3380	LUBABALO	MBANGENI	TEMP	M	43	40-44M	0.59.30	0
346	558	996	PAULA	PEARCE	CHARLO	F	57	55-59F	0.59.34	1
347	491	2111	GEROME	MINTOOR	ATLANTIC	M	58	55-59M	0.59.36	1
348	164	728	PAUL	LUBBE	CRUSADE	M	64	60-64M	0.59.38	1
349	686	1965	SIPHO	KONA	NEDBANK	M	59	55-59M	0.59.47	1
350	73	50363	FLORIS	DIRK	OVERK	M	73	70+M	0.59.49	0
351	655	3280	BULELANI	NTSHINTHSI	TEMP	M	43	40-44M	0.59.54	0
352	372	3372	BUISELWA	MABONA	TEMP	M	46	45-49M	0.59.56	0
353	680	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.00.00	1
354	447	808	LECHELLE	DE VRIES	32GI	F	45	45-49F	1.00.01	1
355	446	3440	DANELLE	GOVE	TEMP	F	42	40-44F	1.00.01	0
356	675	3286	ZANE	HERSELMAN	TEMP	M	41	40-44M	1.00.02	0
357	285	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	1.00.06	1
358	391	3391	JIMMY	NHLEMA	TEMP	M	35	35-39M	1.00.07	0
359	376	3376	PHILISWA	MAKI	TEMP	F	34	SF	1.00.08	0
360	247	2954	SIVENATI	RASI	HOLLYWOO	M	30	SM	1.00.18	1
361	569	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.00.19	1
362	174	3013	SIYAVUYA	MARWANQA	VITALITY	M	27	SM	1.00.21	1
363	263	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.00.21	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
364	167	3012	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	1.00.21	1
365	605	909	THURAYA	PILLAY	CHARLO	F	24	SF	1.00.23	1
366	462	1271	LEZELL	HARRIS	VWAC	F	52	50-54F	1.00.28	1
367	395	3395	JAMEEL	PHIRI	TEMP	M	15	JM	1.00.33	0
368	304	50504	KAREN	WATSON	BUFF	F	57	55-59F	1.00.43	0
369	612	3450	SIYAMTHANDA	NXWASHULA	TEMP	M	33	SM	1.00.46	0
370	211	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	1.00.47	1
371	568	913	SHARON	SMUTS	CHARLO	F	59	55-59F	1.00.49	1
372	27	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.00.54	1
373	307	328	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.00.58	1
374	202	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.01.00	1
375	368	3368	SARAH-LEE	LOTTERING	TEMP	F	29	SF	1.01.05	0
376	196	775	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	1.01.07	1
377	621	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.01.10	1
378	383	3383	LEREKO	MOLEFE	TEMP	F	34	SF	1.01.16	0
379	253	571	CELESTE	OOSTHUIZEN	RUN4C	F	35	35-39F	1.01.17	1
380	137	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.01.21	1
381	171	463	KYM	MANDIZVIDZA	CHILLIEP	M	34	SM	1.01.39	1
382	624	2238	ANZA	GELEBE	SIBALEKA	F	32	SF	1.01.39	1
383	106	1658	ARISTA	GRIGOR	MADIBA	F	47	45-49F	1.01.45	1
384	543	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.01.50	1
385	24	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.01.53	1
386	20	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.02.00	1
387	497	2960	SUSAN	CHAPMAN	ACH	F	65	65-69F	1.02.03	1
388	351	3351	ADELE	HODGSON	TEMP	F	47	45-49F	1.02.07	0
389	488	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	1.02.10	1
390	284	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.02.12	1
391	354	3365	EVERTON	JAFTHA	MUIRITE	M	40	40-44M	1.02.13	1
392	101	1548	TYLO	GERBER	DESPATCH	F	20	SF	1.02.16	1
393	241	450	SIHLE	QWEMESHA	CHILLIEP	F	31	SF	1.02.18	1
394	606	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.02.25	1
395	394	3394	GENEE	PHILLIPS	TEMP	F	26	SF	1.02.25	0
396	536	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.02.35	1
397	159	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	1.02.37	1
398	690	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	1.02.42	1
399	591	52051	LUVUYO	GQOLA	STUT	M	45	45-49M	1.02.44	0
400	160	588	RENIER	LIEBENBERG	RUN4C	M	43	40-44M	1.02.48	1
401	122	1261	FRANKLIN	HUMAN	VWAC	M	50	50-54M	1.02.51	1
402	665	3282	TERESA	JOUBERT	TEMP	F	54	50-54F	1.02.59	0
403	623	2233	VUYELWA	FUNANI	SIBALEKA	F	54	50-54F	1.03.04	1
404	584	1102	KEN	BARWOOD	ACH	M	70	70+M	1.03.06	1
405	289	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.03.07	1
406	352	3352	CLIVE	HOFART	TEMP	M	42	40-44M	1.03.11	0
407	527	1007	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.03.13	1
408	32	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.03.13	1
409	528	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.03.14	1
410	215	43	BUYISWA	NGXONONO	SAPPE	F	49	45-49F	1.03.15	1
411	337	3337	JUAN-MARIE	DE WET	TEMP	F	37	35-39F	1.03.15	0
412	154	3202	CHRISTIAAN	LEMLEY	SAPPE	M	20	SM	1.03.34	1
413	520	3341	ANCHERIEN	DU PLESSIS	CHARLO	F	61	60-64F	1.03.37	1
414	299	699	ROCCO	VERWEY	ASPEN	M	56	55-59M	1.03.42	1
415	342	3342	JUANÉ	ELS	TEMP	F	24	SF	1.03.46	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
416	161	1143	THERESA	LILLIS	ACH	F	69	65-69F	1.03.47	1
417	694	2530	BERNARD	PETERSEN	Bestmed	M	60	60-64M	1.03.59	1
418	209	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.04.06	1
419	28	40081	Meriska	Bouwer	ELITEAC	F	19	JF	1.04.08	1
420	699	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.04.08	1
421	703	2620	WAYNE	MAC GEAR	Bestmed	M	62	60-64M	1.04.12	1
422	556	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.04.13	1
423	400	3400	TAYLA	SAVAGE	TEMP	F	33	SF	1.04.19	0
424	431	3431	BHEKINKOSI	YAMBA	TEMP	M	47	45-49M	1.04.24	0
425	375	3375	NOLWANDO	MAGWAZA	TEMP	F	33	SF	1.04.24	0
426	501	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.04.27	1
427	14	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.04.32	1
428	34	1258	LIZAAN	BURKETT	VWAC	F	42	40-44F	1.04.32	1
429	158	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.04.32	1
430	193	1294	SIYABULELA	MTEMBU	VWAC	M	39	35-39M	1.04.34	1
431	365	3365	ROSE	LOLO	TEMP	F	31	SF	1.04.41	0
432	18	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.04.45	1
433	31	2377	Kenny	Brown	JBAY	M	75	70+M	1.04.46	1
434	311	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.04.47	1
435	341	3341	KIM	EKSTEEN	TEMP	F	38	35-39F	1.04.47	0
436	135	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.04.50	1
437	406	3406	SOMILA	SOMILA	TEMP	M	32	SM	1.04.54	0
438	582	1104	CATHY	IVES	ACH	F	73	70+F	1.04.56	1
439	550	896	GAVIN	MATTHEWS	CHARLO	M	50	50-54M	1.04.59	1
440	113	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.05.03	1
441	330	3330	MICHELLE	BLOM	TEMP	F	48	45-49F	1.05.10	0
442	399	3399	LISA	RANDALL	TEMP	F	46	45-49F	1.05.10	0
443	519	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	1.05.20	1
444	232	1993	JODI	PIENAAR	WALMER	M	32	SM	1.05.21	1
445	182	13011	GOODMAN	MBONAMBI	IRENE	M	33	SM	1.05.21	0
446	339	3339	XAVIER	DU PLESSIS	TEMP	M	25	SM	1.05.26	0
447	173	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	1.05.37	1
448	407	3407	SIYABULELA	STUNGU	TEMP	M	49	45-49M	1.05.47	0
449	657	260	MEGAN	BLOM	MUIRITE	F	32	SF	1.05.48	1
450	678	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	31	SF	1.05.48	1
451	22	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.05.49	1
452	57	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.05.49	1
453	580	562	JUDITH	NIENABER	RUN4C	F	66	65-69F	1.05.51	1
454	479	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	1.05.57	1
455	478	1680	JANI	VALENTINE	MADIBA	F	32	SF	1.05.57	1
456	69	40001	ZANTE	DEKKER	SAPPE	F	19	JF	1.06.04	1
457	23	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.06.14	1
458	288	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	44	40-44F	1.06.17	1
459	422	3422	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.06.20	0
460	555	953	PHUMELELA	NTUNGWA	CHARLO	F	39	35-39F	1.06.24	1
461	646	52645	THANDOKAZI	NTAMO	MERCEDES	F	33	SF	1.06.32	0
462	233	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.06.43	1
463	642	3457	AIMEE	TAYLOR	TEMP	F	32	SF	1.06.48	0
464	336	3336	KHAALEED	DAVIDS	TEMP	M	17	JM	1.06.48	0
465	581	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.07.01	1
466	518	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.07.04	1
467	537	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.07.04	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
468	283	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.07.10	1
469	133	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.07.10	1
470	369	3369	LEONARD	LOUW	TEMP	M	22	SM	1.07.11	0
471	424	3424	DANIELLE	VERMAAK	TEMP	F	22	SF	1.07.11	0
472	298	3294	CLARISSE	VERWEY	ASPEN	F	25	SF	1.07.32	1
473	601	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.07.37	1
474	390	3390	MAWANDE	NGCELWANE	TEMP	M	25	SM	1.07.45	0
475	632	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	39	35-39F	1.07.50	1
476	151	2370	JOSINA	LABUSCHAGNE	JBAY	F	70	70+F	1.08.03	1
477	275	3038	MELISSA	SWANEPOEL	VITALITY	F	37	35-39F	1.08.09	1
478	654	3279	LIFA	HATTO	TEMP	M	33	SM	1.08.09	0
479	379	3379	LOYISO	MBANGENI	TEMP	M	35	35-39M	1.08.10	0
480	457	1097	CINDY	FERREY	ACH	F	60	60-64F	1.08.10	1
481	103	1108	COMINE	GIERZ	ACH	F	60	60-64F	1.08.10	1
482	248	1992	JOHANNES	RAUTENBACH	WALMER	M	27	SM	1.08.11	1
483	29	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.08.14	1
484	467	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.08.15	1
485	705	1733	Funeka	Nkohla	GELVAN	F	34	SF	1.08.33	1
486	448	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.08.39	1
487	691	2290	CWAYITA	MAPEKULA	VUKANI	F	42	40-44F	1.08.40	1
488	127	3105	ANDISWA	JAFTA	VITALITY	F	34	SF	1.08.41	1
489	524	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.08.45	1
490	200	2189	NANGAMSO	NABE	TRANSNET	F	37	35-39F	1.08.50	1
491	212	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.09.06	1
492	172	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.09.08	1
493	404	3404	ANEZWA	SIBEWU	TEMP	F	33	SF	1.09.09	0
494	648	3116	MUMINGH	DANIELLS	VITALITY	F	27	SF	1.09.15	1
495	549	928	ALLISTER	MARRAN	CHARLO	M	50	50-54M	1.09.19	1
496	378	3378	SISIPHO	MAYO	TEMP	F	28	SF	1.09.21	0
497	469	676	BONGANI	NGCALA	ASPEN	M	35	35-39M	1.09.22	1
498	90	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.09.32	1
499	272	300	Andre	Strumper	MUIRITE	M	43	40-44M	1.09.40	1
500	205	2537	Asiphe	Ndoto	Bestmed	F	29	SF	1.09.45	1
501	388	3388	ADRIAAN	MULLER	TEMP	M	43	40-44M	1.09.50	0
502	81	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.09.56	1
503	350	3350	FREDERICK	HECHTER	TEMP	M	49	45-49M	1.09.58	0
504	515	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.10.04	1
505	43	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.10.07	1
506	230	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.10.13	1
507	65	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.10.17	1
508	343	3343	ELSA	FERREIRA	TEMP	F	32	SF	1.10.17	0
509	644	3276	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.10.19	0
510	282	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.10.19	1
511	683	299	JOHANNES	HERBST	MUIRITE	M	80	70+M	1.10.19	1
512	594	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	1.10.24	1
513	674	3285	LIEZEL	GOUSSARD	TEMP	F	43	40-44F	1.11.06	0
514	326	3326	NICOLA	BARNARD	TEMP	F	64	60-64F	1.11.07	0
515	55	3111	STACEY	DANIELS	VITALITY	F	35	35-39F	1.11.17	1
516	377	3377	KEARABETSWE	MHO	TEMP	F	25	SF	1.11.17	0
517	267	337	CHRISTINE	SNYMAN	MUIRITE	F	70	70+F	1.11.24	1
518	423	3423	SUMIEN	VAN ZYL	TEMP	F	27	SF	1.11.25	0
519	359	3359	KRISTIN	KEETON	TEMP	F	27	SF	1.11.25	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
520	704	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.11.33	1
521	302	550	LIEZEL	WAIT	RUN4C	F	53	50-54F	1.11.48	1
522	273	346	LEANDRE	STRUMPHER	MUIRITE	F	42	40-44F	1.11.49	1
523	234	263	SHERILEE	PIETERSE	MUIRITE	F	36	35-39F	1.11.49	1
524	387	3387	ZANDILE	MTYWARU	TEMP	F	51	50-54F	1.11.53	0
525	693	1690	ZELDA	STRYDOM	MADIBA	F	44	40-44F	1.11.56	1
526	256	50806	NAMHLA	SAKI	MTHATHA	F	31	SF	1.12.02	0
527	649	3117	FIEROZA	DANIELS	VITALITY	F	53	50-54F	1.12.05	1
528	677	276	CHRISTIAN	GERBER	MUIRITE	M	51	50-54M	1.12.07	1
529	676	3214	Tanya	du Plessis	MUIRITE	F	37	35-39F	1.12.10	1
530	613	3451	SINOMTHA	MASE	TEMP	F	32	SF	1.12.24	0
531	539	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	1.12.27	1
532	348	3348	BERNADETTE	HARRISON	TEMP	F	28	SF	1.12.50	0
533	308	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.13.04	1
534	105	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	51	50-54F	1.13.05	1
535	279	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	1.13.05	1
536	166	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.13.11	1
537	228	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	1.13.17	0
538	59	1759	Tasneem	De Maine	GELVAN	F	36	35-39F	1.13.18	1
539	224	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.13.20	1
540	570	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.13.29	1
541	35	2894	Noluvuyo	Burwana	CSEP	F	34	SF	1.13.34	1
542	331	3331	SANDY	BUTTERS	TEMP	F	60	60-64F	1.13.38	0
543	620	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	1.13.48	1
544	611	3449	NANDIPHA	TYHALI	TEMP	F	28	SF	1.13.48	0
545	323	3323	GAIL	AGNEW	TEMP	F	51	50-54F	1.13.55	0
546	444	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.13.59	1
547	121	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.13.59	1
548	150	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.14.08	1
549	626	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	1.14.14	1
550	346	3346	AFIKILE	GIYOSE	TEMP	M	29	SM	1.14.32	0
551	77	1589	MISHKA	DU PLESSIS	DESPATCH	F	32	SF	1.14.55	1
552	435	3435	SIVIWE	MONDILE	TEMP	M	34	SM	1.15.02	0
553	636	3453	PHAPHANI	NDEYA	TEMP	M	32	SM	1.15.02	0
554	145	95	ZELDA	KRIGE	INFINITY	F	65	65-69F	1.15.06	1
555	625	2250	NODUMO	MALINGE	SIBALEKA	F	31	SF	1.15.09	1
556	689	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.15.41	1
557	242	102	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.15.45	1
558	169	1390	VUYISEKA	MAKALIMA	NEDBANK	F	41	40-44F	1.15.53	1
559	303	50503	EDDIE	WATSON	BUFF	M	66	65-69M	1.15.58	0
560	236	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.16.01	1
561	314	1543	LEANNE	WIUM	DESPATCH	F	41	40-44F	1.16.17	1
562	143	1239	YOLANDE	KNOETZE	ELITEAC	F	58	55-59F	1.16.21	1
563	208	1197	NOREEN	NELSON	ELITEAC	F	61	60-64F	1.16.21	1
564	408	3408	DESIRE	TERBLANCHE	TEMP	F	39	35-39F	1.16.22	0
565	363	3363	ABONGILE	KHUZWAYO	TEMP	F	36	35-39F	1.16.35	0
566	235	348	CHARNE	PIETERSEN	MUIRITE	F	33	SF	1.16.39	1
567	345	3345	SANELISIWE	GINYA	TEMP	F	36	35-39F	1.16.41	0
568	384	3384	KAYCE	MOORE	TEMP	F	29	SF	1.17.02	0
569	614	3281	SIPHOKAZI	TOTO	CHILLI	F	33	SF	1.17.05	0
570	271	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.17.48	1
571	111	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.17.48	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
572	357	3357	KHUSELO	KALE	TEMP	M	34	SM	1.18.00	0
573	618	3217	Yvette	Terblance	CITYC	F	43	40-44F	1.18.08	1
574	476	3320	SCHRICKA	TERBLANCHE	CITYC	F	42	40-44F	1.18.18	1
575	577	1012	CINDY	VOSLOO	CHARLO	F	43	40-44F	1.18.40	1
576	264	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.18.45	1
577	315	98	AMANDA	WOLMARANS	INFINITY	F	67	65-69F	1.18.50	1
578	316	99	MARIUS	WOLMARANS	INFINITY	M	68	65-69M	1.18.50	1
579	529	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.18.54	1
580	477	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	1.18.54	1
581	522	1003	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.18.54	1
582	664	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.18.55	1
583	183	97	INA	MEAKER	INFINITY	F	64	60-64F	1.19.05	1
584	197	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.19.25	1
585	72	604	SIMONE	DEYSEL	RUN4C	F	34	SF	1.19.29	1
586	238	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.19.34	1
587	414	3414	NELA	TSENGWA	TEMP	F	30	SF	1.19.45	0
588	668	1550	Elrika	Botha	DESPATCH	F	28	SF	1.19.45	1
589	671	1375	BARRY	NELSON	NEDBANK	M	74	70+M	1.19.48	1
590	37	624	BANDLAKAZI	CABA	ASPEN	F	38	35-39F	1.20.30	1
591	370	3370	MAURISHA	LOUW	TEMP	F	40	40-44F	1.20.32	0
592	433	3433	KHONAYE	DAPULA	TEMP	M	32	SM	1.20.38	0
593	93	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.20.41	1
594	162	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.20.47	1
595	276	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.20.55	1
596	277	1241	MARLENE	TERBLANCE	ELITEAC	F	76	70+F	1.21.09	1
597	66	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.21.24	1
598	697	204	ABEGAIL	TEYISE	SAPPE	F	53	50-54F	1.21.48	1
599	320	2061	JOCELYN	YOUNG	ACH	F	58	55-59F	1.21.50	1
600	128	3229	Deone	Jansen van Rensburg	CITYC	F	43	40-44F	1.21.53	1
601	75	52351	LUNGISWA	DONDI	JUSTICE	F	42	40-44F	1.22.13	0
602	436	3436	SIVIWE	NDAMASE	TEMP	F	34	SF	1.22.13	0
603	364	3364	PHUMEZA	LANGA	TEMP	F	38	35-39F	1.22.14	0
604	542	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.22.30	1
605	685	3287	ROCKY	GEYSER	TEMP	M	42	40-44M	1.22.37	0
606	112	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.22.46	1
607	184	2452	Gavin	Merrick	JBAY	M	63	60-64M	1.23.37	1
608	185	2448	Ilse	Merrick	JBAY	F	61	60-64F	1.23.37	1
609	257	2810	FEZIWE	SALAZE	ABSAEP	F	37	35-39F	1.24.01	1
610	287	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	1.24.02	1
611	416	3416	NONELE	TSHAKA	TEMP	F	38	35-39F	1.24.05	0
612	123	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.24.08	1
613	681	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	1.24.12	1
614	687	2221	TUMEKA	XENTSA	SIBALEKA	F	43	40-44F	1.25.40	1
615	434	3434	SANDISIWE	GOQWANA	TEMP	M	34	SM	1.25.40	0
616	403	3403	LUYANDA	SHUSHU	TEMP	F	39	35-39F	1.26.46	0
617	134	719	Yonela	Jubase	CRUSADE	F	33	SF	1.28.06	1
618	398	3398	BRENDAN	PIKE	TEMP	M	31	SM	1.28.24	0
619	246	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.28.30	1
620	656	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.28.30	1
621	149	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	1.28.59	1
622	468	2401	MPHO	NEMUKULA	JBAY	F	40	40-44F	1.29.06	1
623	397	3397	SISO	PHOPHOYI	TEMP	F	29	SF	1.29.09	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
624	334	3334	ANDRE	COETZER	TEMP	M	54	50-54M	1.29.25	0
625	38	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.30.15	1
626	203	3351	DELANIE	NAUDE	VWAC	F	51	50-54F	1.30.15	1
627	344	3344	CASEY	FOUCHE	TEMP	F	26	SF	1.31.00	0
628	615	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.31.31	0
629	419	3419	ANDISWA	TSHOLWANA	TEMP	F	41	40-44F	1.32.16	0
630	526	958	HEIDI	GERBER	CHARLO	F	47	45-49F	1.32.47	1
631	47	1655	ANITA	COETZER	MADIBA	F	52	50-54F	1.33.36	1
632	425	3425	LEE-ANN	VERMAAK	TEMP	F	52	50-54F	1.33.37	0
633	420	3420	SONWABISE	TYALI	TEMP	F	23	SF	1.34.23	0
634	587	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.34.35	1
635	374	3374	LINDOKUHLE	MADO	TEMP	F	33	SF	1.34.52	0
636	142	1650	PIERRE	KNOESEN	MADIBA	M	71	70+M	1.35.34	1
637	210	2187	ZILUNGILE	NGALWA	TRANSNET	F	29	SF	1.37.20	1
638	300	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.37.21	1
HELPERS RUN										
H1	901	2895	SANELE	SAM	CSEP	M	33	SM	0.40.21	3
H2	902	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.40.23	3
H3	903	2900	SABELO	MELITAFA	CSEP	M	46	45-49M	0.41.20	4
H4	904	2915	ZUKISANI	NJOKWENI	CSEP	M	36	35-39M	0.44.10	2
H5	905	2875	BONGA	MBIZELA	CSEP	M	42	40-44M	0.52.01	1
H6	906	2885	MKHANYISI	DHINGWE	CSEP	M	34	SM	0.52.20	1
H7	907	2966	YANDISWA	SAM	CSEP	F	46	45-49F	0.53.10	2
H8	908	2878	LONWABO	FONGO	CSEP	M	39	35-39M	0.53.16	1
H9	909	2874	VUYISILE	DELIWE	CSEP	M	50	50-54M	0.54.07	1
H10	910	2888	LUTHANDO	NOMTOTO	CSEP	M	39	35-39M	0.54.10	1
H11	911	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.54.10	1
H12	178	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	0.55.55	2
H13	56	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	0.56.07	1
H14	914	2886	MPUMZI	MAPASA	CSEP	M	35	35-39M	0.57.30	1
H15	915	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.03.06	1
H16	916	906	TARYN	FERREIRA	CHARLO	F	45	45-49F	1.05.00	1
H17	204	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.05.00	1
H18	918	2871	GAYNOR	APPELS	CSEP	F	51	50-54F	1.07.20	1
H19	919	2881	XOLANI	LOTTERING	CSEP	M	43	40-44M	1.10.00	1
H20	920	2893	Bonginkosi	Ntsili	CSEP	M	36	35-39M	1.10.00	1
H21	255	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	1.12.00	1
H22	922	2898	Nosipho	Blandile	CSEP	F	41	40-44F	1.12.10	1
H23	92	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.13.10	1
H24	92	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.13.10	1
H25	42	2880	Cecil Brayn	Claassen	CSEP	M	34	SM	1.16.00	1
H26	925	2873	Siyasanga	Dlaku	CSEP	F	39	35-39F	1.17.07	1
H27	926	2911	MZWETHU	PLAATJIE	CSEP	M	51	50-54M	1.17.10	1
H28	927	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.18.10	1
H29	928	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.20.04	1
H30	929	2889	MATHAPELO	SENTI	CSEP	F	37	35-39F	1.21.10	1
H31	21	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.22.05	1
H32	933	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.22.05	1
H33	934	2884	YAMKELA	NOMVETE	CSEP	F	31	SF	1.25.10	1
H34	935	2876	AUBREY	LE ROUX	CSEP	M	73	70+M	1.26.10	1
H35	936	2877	RIAAN	SMALBERGER	CSEP	M	71	70+M	1.26.12	1
H36	937	2908	PHUMELA	SIGODI	CSEP	F	41	40-44F	1.26.15	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H37	938	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.31.10	1
H38	335	3335	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	1.34.00	0
H39	940	2879	TANDAZWA	MNIKA	CSEP	F	39	35-39F	1.35.06	1
H40	941	2907	PHUMELELA	TSHONA	CSEP	F	43	40-44F	1.35.10	1