

Prison 2 Prision (Boland) 42,2 Km Race 2018-12-08

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time
1	B	Ben	Matiso	Male	31	Itheko	3138	Senior	02:31:55
2	S	Siyabaga	Sakwe	Male	38	Itheko	4201	Senior	02:32:59
3	A	Admire	Rushika	Male	32	K-Way VOB Running Club	891	Senior	02:35:58
4	N	Nicholas		Male	38	Nedbank AC	8227	Senior	02:36:29
5	A	Anele	Maukwa	Male	39		0	Senior	02:44:29
6	A	Ashwill	Clooco	Male	22	Worcester AC	506	Senior	02:48:25
7	B	Bosi	Dumusani	Male	39	SAPS	10050	Senior	02:51:31
8	N	Neil	Cable	Male	43	Soul Striders	5928	40+	02:54:23
9	T	Tawanda	Chomuizinda	Male	40	RCS Gugulethu AC	7914	40+	02:54:59
10	N	Nic	De Beer	Male	39	KPMG Running Club	11973	Senior	02:55:14
11	A	Abraham	Afrika	Male	43	Swartland AC	120	40+	02:57:17
12	S	Siyabonga	Habe	Male	42	Nedbank AC	13729	40+	02:58:28
13	R	Richmond	Maqengu	Male	37	In Touch Walk / Run	7002	Senior	03:00:16
14	D	D	Gilmour	Male	42	K-Way VOB Running Club	659	40+	03:01:42
15	M	Mduduzi	Nhleko	Male	33	Nedbank AC	4043	Senior	03:02:08
16	B	B	Lephallo	Male	41	In Touch Walk / Run	7037	40+	03:02:09
17	X	Xola	Mzuakalis	Male	33	In Touch Walk / Run	14536	Senior	03:04:31
18	A	Anthony	Chedama	Male	42	Beaufort West Runners	1920	40+	03:05:08
19	A	Abraham	Fielies	Male	55	Worcester AC	514	50+	03:05:58
20	M	Moses	Skosana	Male	38	Century City	13013	Senior	03:06:40
21	N	Nicolaas	De Jager	Male	36	Worcester AC	551	Senior	03:07:47
22	W	Wiaan	Beeton	Male	31	Stellenbosch AC	706	Senior	03:11:03
23	M	Marthinus	Corah	Male	40	Elgin Grabouw AC	1269	40+	03:11:49
24	M	Musa	Zweni	Male	28	Nedbank AC	4136	Senior	03:12:49
25	A	Alexander	Evertson	Male	48	Worcester AC	490	40+	03:13:06
26	N	No Card			0		0	0	03:13:52
27	N	Nico		Male	40	Wellington AC	1445	Senior	03:15:15
28	J	Jakob	Volmeer	Male	35	Ceres AC	603	Senior	03:15:46
29	T	Tebogo	Kaafela	Male	31	South African National Defence Force	5366	Senior	03:17:05
30	T	Thomas	Moses	Male	61	Worcester AC	494	60+	03:17:38
31	N	Nkosinathi	Losini	Male	39	In Touch Walk / Run	7026	Senior	03:18:25
32	E	Elme	Middlemost	Female	40	Brackenfell Athletic Club	6040	40+	03:19:12
33	J	Jan	du Toit	Male	44	Strand Athletic Club	5485	40+	03:19:18
34	S	Sesethu		Female	34	In Touch Walk / Run	14515	Senior	03:19:33
35	T	Tumello		Male	33	Langa AC	10667	Senior	03:20:31
36	C	Christo	Souzwe	Male	42	Cork	1126	40+	03:20:52
37	K	Kerryn	Armstrong	Female	33	KPMG Running Club	11983	Senior	03:21:18

38	S	Sarah	Gordon	Female	40	Whalers AC	7338	Senior	03:21:38
39	C	Cecil	Reid	Male	41	Celtic Harriers	7717	40+	03:22:44
40	A	Albie	Basson	Male	37	Stellenbosch AC	1061	Senior	03:22:58
41	C	Calmin	Valentino	Male	28	Langebaan AC	2032	Senior	03:23:19
42	C	Chalawah		Male	49	Whalers AC	1786	40+	03:24:47
43	S	Simphiwe	Tanya	Male	29	Temporary Licence	0	Senior	03:24:48
44	S	Sandiswa	Kodwa	Female	30	RCS Gugulethu AC	7772	Senior	03:24:48
45	J	Julian	Johnson	Male	49	Worcester AC	545	40+	03:25:07
46	S	Sollie	Van Rooyen	Male	55	Worcester AC	0	50+	03:26:13
47	K	Kosie	Botha	Male	62	Correctional Services - Brandvlei	1210	60+	03:26:52
48	J	Joel	Chokoe	Male	31		7337	Senior	03:27:16
49	M	Mark	Kalis	Male	43	Celtic Harriers	7340	40+	03:28:23
50	L	L	Peddle	Female	36	Strand Athletic Club	2082	Senior	03:29:35
51	J	Jana	vam Hauwelingen	Female	30	Atlantic Athletic Club	9344	Senior	03:29:35
52	J	Julian	van Wyk	Male	29	Strand Athletic Club	2083	Senior	03:29:36
53	A	Aubrey	Isaas	Male	55	Retail Capital Langa Running Club	16705	50+	03:29:50
54	H	Herman	Cronjiie	Male	29	Brackenfell Athletic Club	6029	Senior	03:30:34
55	B	Brendan	Dunn	Male	30	Carbineers WP	8181	Senior	03:30:35
56	N	No Card			0		0	0	03:31:04
57	T	Takudzwa		Male	29	RCS Gugulethu AC	15347	Senior	03:31:17
58	W	Warren	Douglas	Male	42	K-Way VOB Running Club	826	40+	03:31:46
59	R	Richard	Jacobs	Male	56	Worcester AC	484	50+	03:32:41
60	N	No Card			0		0	0	03:33:04
61	N	No Card			0		0		03:35:35
62	M	Mnikon	Kataza	Male	26	RCS Gugulethu AC	7611	Senior	03:36:00
63	R	Reggie	Saunders	Male	63	Worcester AC	55	60+	03:36:17
64	N	Nhanhla	Tshalala	Male	30	In Touch Walk / Run	14572	Senior	03:36:19
65	J	Jolandi	Lucas	Female	32	In Touch Walk / Run	7018	Senior	03:36:26
66	M	Marshall	Fransman	Male	50	Herbalife Sports Club	10443	50+	03:36:27
67	J	Jarryd	Collins	Male	30	In Touch Walk / Run	12410	Senior	03:36:28
68	N	No Card			0		0		03:37:09
69	A	Andre	Treurnich	Male	51	Bellville Athletic Club	6477	50+	03:38:08
70	A	Ashley	Kulsen	Male	37	Old Mutual	180	Senior	03:39:15
71	B	Bekker	van Niekerk	Male	48	Wellington AC	1463	40+	03:39:17
72	I	Ismail	Ahmed	Male	49	Old Mutual	249	40+	03:39:53
73	M	Muoendemi	Mugiuhi	Male	33	Faranhni	13764	Senior	03:40:25
74	G	G	Brink	Male	54	Wellington AC	1450	50+	03:41:12
75	L	Liaan	Minnaar	Male	45	Correctional Services	1109	40+	03:41:27
76	S	Susanne	Viljoen	Female	30	Temporary Licence	7325	Senior	03:41:40

77	J	Jan	Williams	Male	50	Wellington AC	1464	50+	03:42:07
78	N	No Card			0		0		03:42:14
79	T	Tim	Low	Male	49	Nedbank AC	4041	40+	03:42:46
80	J	Johan	Conradie	Male	40	Correctional Services	1123	40+	03:44:00
81	U	Unathi	Solora	Male	37	Pinelands AC	3737	Senior	03:45:46
82	C	Chistoff	Bischoff	Male	49	Cape Multisport	9027	40+	03:45:48
83	S	Selbourne	Makhomo	Male	44	In Touch Walk / Run	2833	40+	03:46:54
84	C	Cindy	van Zyl	Female	33	Pentagon Pistols	2259	Senior	03:47:08
85	D	Daniel	van Wyk	Male	58	Wellington AC	1505	50+	03:47:14
86	B	Bheki	Ndlouu	Male	35	Autostyle	11626	Senior	03:47:51
87	M	Mmeli	Mathabane	Male	39	RCS Gugulethu AC	7739	Senior	03:48:05
88	M	Megan	Goliath	Female	42	Brackenfell Athletic Club	6025	40+	03:48:14
89	P	P	Dlansamandla	Male	39	Run / Walk for Life	11543	Senior	03:48:30
90	N	Neil	Pretorius	Male	38	Stellenbosch AC	699	Senior	03:49:12
91	J	Julian	Veermeer	Male	36	Stellenbosch AC	1401	Senior	03:49:13
92	C	Cailey	Bredenkamp	Female	55	Paarl AC	215	50+	03:49:48
93	M	Mayipane	Caswell	Male	40	Edgemead Runners	15172	40+	03:50:04
94	N	No Card			0		0		03:50:34
95	W	W	Maduna	Male	39	SANDF	5496	Senior	03:50:43
96	B	Boikanyo Makabolane	Makabolane	Male	33	SANDF	5241	Senior	03:51:38
97	P	Petrus	Groenewald	Male	30	Brackenfell Athletic Club	5988	Senior	03:51:49
98	J	Jacobus	Visagie	Male	59	Wellington AC	1510	50+	03:51:50
99	N	Neil	Barwarb	Male	31	Strand Athletic Club	2158	Senior	03:52:00
100	K	Kwazi	Gabanza	Male	40	RCS Gugulethu AC	47843	Senior	03:52:41
101	D	David	Hepburn-Brown	Male	58	Whalers AC	1789	50+	03:53:49
102	R	Russel	Collett	Male	36	K-Way VOB Running Club	7354	Senior	03:54:04
103	E	Ena	Gous	Female	48	Worcester AC	536	40+	03:54:06
104	C	Carlien	Roux	Female	42	Whalers AC	1788	40+	03:54:39
105	M	Marnus	Burger	Male	37	Bellville Athletic Club	12117	Senior	03:54:46
106	D	Dean	Lotz	Male	39	Durbanville Athletic Club	2636	Senior	03:55:49
107	M	Mxoli	Sigenu	Male	39	RCS Gugulethu AC	7545	Senior	03:56:19
108	M	Martine	Cohen	Female	34	AAC	5418	Senior	03:56:41
109	J	Johann	Kotze	Male	44	Whalers AC	956	40+	03:57:11
110	M	Maryna	Bingle	Female	54	Cape Multi Sport	8948	50+	03:57:20
111	N	No Card			0		0		03:57:28
112	S	Sean	Silwana	Male	45	RCS Gugulethu AC	7655	40+	03:58:06
113	P	PJ	August	Male	54	K-Way VOB Running Club	792	50+	03:58:37
114	B	Bernard	Mayim	Male	53	K-Way VOB Running Club	630	50+	03:58:39
115	M	Mziwonka	Buswana	Male	35	RCS Gugulethu AC	7773	Senior	03:58:52

116	L	Luvo	Ntezo	Male	35	Vitality KZN	13535	Senior	03:58:52
117	Z	Zukiswa	Mpana	Female	32	Team Vitality	11462	Senior	03:59:21
118	N	No Card			0		0		03:59:27
119	P	Phenyo	Peloeng	Male	40	Langa AC	10682	Senior	03:59:31
120	S	Shaun	Maregele	Male	46	Goodwood Harriers	5009	40+	03:59:32
121	V	Vukile	Vimbela	Male	30	Goodwood Harriers	16110	Senior	03:59:33
122	K	Katlego	Motseo	Male	33	SANDF	16363	Senior	03:59:34
123	J	John	Erasmus	Male	34	Cape Multi Sport	8953	Senior	03:59:52
124	J	Johan	Boot	Male	49	Durbanville Athletic Club	12082	40+	04:00:46
125	M	Marie	Losini	Female	35	In Touch Walk / Run	7025	Senior	04:02:08
126	S	Stella	Sihlangula	Female	43	RCS Gugulethu AC	7574	40+	04:02:09
127	C	Carel	Muller	Male	67	Stellenbosch AC	1042	60+	04:02:12
128	J	Johan	Claasen	Male	39	Sanlam Athletic Club	8520	Senior	04:02:50
129	L	Lingiswo	Mondale	Female	31	RCS Gugulethu AC	8023	Senior	04:03:44
130	W	Wilhelm	Cooper	Male	48	Whalers AC	408	40+	04:03:47
131	T	Tanja	Spamer	Female	49	Nedbank AC	4171	40+	04:03:52
132	D	Daniel	Serake	Male	42	Arcelor Mittal Saldanha Sport A.C	189	40+	04:04:00
133	P	Paul	Thompson	Male	31	In Touch Walk / Run	17065	Senior	04:04:09
134	T	Tauriq	Nolly	Male	41	Central Athletics	6168	40+	04:04:10
135	P	Phiko		Male	40	Metropolitan Athletic Club	11788	Senior	04:04:26
136	N	No Card			0		0		04:04:55
137	V	Vondra	Singleton	Female	50	Worcester AC	476	50+	04:05:20
138	I	Ismail	Ceres	Male	47	Ommiedraai Friends A.C	12549	40+	04:05:24
139	N	No Card			0		0		04:05:30
140	T	Terry	Deats	Female	50	Atlantic Athletic Club	9483	50+	04:05:39
141	A	Asanda	Faku	Male	40	Sanlam Athletic Club	0	Senior	04:05:48
142	N	No Card			0		0		04:06:12
143	O	Olwethu		Male	33	Brackenfell Athletic Club	5942	Senior	04:06:21
144	M	Melissa	Phillips	Female	45	K-Way VOB Running Club	606	40+	04:06:32
145	C	Cinzia	Matrascia	Female	26	Itheko	14322	Senior	04:08:01
146	L	Leon Jance	van Rensburg	Male	26	Nedbank AC	4134	Senior	04:08:25
147	M	Mapete	Dumisani	Male	42	Correctional Services	1131	40+	04:08:28
148	N	No Card			0		0		04:08:43
149	A	Ashley	Isaacs	Male	49	K-Way VOB Running Club	499	40+	04:09:19
150	T	Tembi	Kutu	Male	53	Brackenfell Athletic Club	10765	50+	04:09:50
151	N	Neil	Leibrand	Male	55	Old Mutual	233	50+	04:10:07
152	M	Mfuza	Langa	Male	46	RCS Gugulethu AC	7662	40+	04:10:10
153	W	Wesley	Gabriels	Male	39	Celtic Harriers	7373	Senior	04:10:14
154	M	Mulald	Mathaulula	Male	30	DEA	8602	Senior	04:10:40

155	S	Sediqa	Khatieu	Female	36	Ommiedraai Friends A.C	6818	Senior	04:10:50
156	N	No Card			0		0		04:10:59
157	M	Msawenkosi	Ndzunga	Male	41	Sanlam Athletic Club	9028	40+	04:11:14
158	M	Melissa	Kotze	Female	30	Sanlam Athletic Club	8508	Senior	04:11:15
159	M	Michelle	Kuyper	Female	27	Durbanville Athletic Club	15446	Senior	04:11:15
160	F	Frik	Nelson	Male	53	Bellville Athletic Club (Road)	6555	50+	04:11:34
161	E	Ebrahim	Jacobs	Male	53	Itheko	14359	50+	04:11:35
162	D	Don	Moreri	Male	59	Phoenix	12376	50+	04:13:08
163	L	Larize	De Wet	Female	29	Strand Athletic Club	2159	Senior	04:13:28
164	J	Juan	Clarence	Male	47	Bellville Athletic Club (Road)	6489	40+	04:13:30
165	J	Jaco	Claassens	Male	41	Brackenfell Athletic Club	6043	40+	04:13:35
166	L	Le Roux	Classen	Male	39	Finlime Harriers	274	Senior	04:13:36
167	M	Marilee	Claase	Female	22	Brackenfell Athletic Club	4162	Senior	04:13:38
168	A	Ashwin	Silver	Male	49	CSA	12679	40+	04:13:56
169	G	Gregory	Crowder	Male	53	Phoenix	12343	50+	04:14:45
170	M	Melissa	Thomas	Female	36	Celtic Harriers	7418	Senior	04:14:57
171	J	Jana	van der Merwe	Female	37	ATC Running Club	4294	Senior	04:15:04
172	G	Gilbert	Leibrandt	Male	39	Nantes Athletic Club	12863	Senior	04:15:07
173	B	B	Marlow	Male	57	Sanlam Athletic Club	9016	50+	04:15:32
174	J	Jacob	Erasmus	Male	63	Ceres AC	591	60+	04:15:51
175	M	Maxwell	godwana	Male	47	RCS Gugulethu AC	7730	40+	04:15:55
176	T	Trevor	Shoxewe	Male	33	Atlantic Athletic Club	10509	Senior	04:16:04
177	E	Eugene	Leibenberg	Male	33	Temporary Licence	7335	Senior	04:16:10
178	N	Ndwakhulu		Male	43		7348	40+	04:16:11
179	L	Leemans		Male	45	International	7302	40+	04:16:28
180	H	H	Doueie	Male	50	In Touch Walk / Run	6995	50+	04:16:42
181	S	Stuart	Mann	Male	42	Fourways	3388	40+	04:17:06
182	T	Thando	Mabuza	Male	29	RCS Gugulethu AC	7674	Senior	04:17:06
183	O	Owen	Weeder	Male	56	Sanlam Athletic Club	9015	50+	04:17:33
184	P	Paul	de Klerk	Male	36	Sanlam Athletic Club	8518	Senior	04:18:08
185	P	Petrus	Botha	Male	29	Sanlam Athletic Club	8517	Senior	04:19:00
186	B	B	Mandindi	Male	48	Mitchell's Plain Titans	10402	40+	04:19:01
187	F	Faizel	Patel	Male	43	Old Mutual	347	40+	04:19:10
188	A	Agril		Male	43	Nantes Athletic Club	12862	40+	04:19:39
189	M	M	Sihluky	Male	48	RCS Gugulethu AC	7955	40+	04:20:00
190	T	Thapelo	Moloiisane	Male	29	RCS Gugulethu AC	7699	Senior	04:21:18
191	S	Shaunie	van de Vyver	Male	38	Bellville Athletic Club (Road)	6513	Senior	04:21:19
192	A	Avedien	Tevol	Male	44	Elgin Grabouw AC	1330	40+	04:21:20
193	C	Clement	Whitle	Male	41	Atlantic Athletic Club	9388	40+	04:22:29

194	F	Fayroz	Sha Khatieb	Male	61	Ommiedraai Friends A.C	6767	60+	04:22:56
195	K	Kingwell	Manyaka	Male	40	West Coast Athletic Club	14668	40+	04:23:06
196	A	Andrew		Male	40	Temporary Licence	165	40+	04:23:15
197	M	Mariska	Niemand	Female	40	Cape Multi Sport	8949	40+	04:23:31
198	L	Latasha	Sidone	Female	42	Nedbank AC	4200	40+	04:23:35
199	A	Acuze	Zwelithini	Male	46	Correctional Services	12785	40+	04:24:21
200	S	Sithembele		Male	46	Correctional Services	12773	40+	04:24:45
201	I	I	Naidoo	Male	39	Edgemead Runners	4679	Senior	04:24:47
202	P	Patrick	Moshiga	Male	58	RCS Gugulethu AC	7615	50+	04:25:36
203	B	Barend	du Toit	Male	46	Brackenfell Athletic Club	5997	40+	04:25:53
204	F	Francisca	Mawande	Female	35	RCS Gugulethu AC	7672	Senior	04:26:10
205	F	F	Wiese	Male	55	Worcester AC	531	50+	04:26:52
206	A	Abraham	Mostet	Male	58	Brackenfell Athletic Club	5962	50+	04:27:53
207	C	Caroline	Balkwill	Female	44	Atlantic Athletic Club	9383	40+	04:28:11
208	T	Tasneem Alexander	Alexander	Female	43	Nantes Athletic Club	12847	40+	04:28:47
209	M	Martha	Pretorius	Female	48	Nantes Athletic Club	12868	40+	04:28:55
210	L	Lloyd	Adriaan	Male	55	Old Mutual	255	50+	04:28:57
211	R	Ralph	Jacobs	Male	49	Dwarsrivier AC	1148	40+	04:29:12
212	L	Lindiwe	Mkhwanazi	Female	28	RCS Gugulethu AC	7778	Senior	04:29:13
213	L	Lizanne	Basson	Female	27		7356	Senior	04:29:13
214	M	Mari	Ackerman	Female	44	Brackenfell Athletic Club	6108	40+	04:29:42
215	N	Nathmie	Barodien	Male	49	Itheko	3210	40+	04:30:06
216	L	Leon	Visser	Male	49	Brackenfell Athletic Club	6000	40+	04:30:08
217	S	Stuart	Ockhuis	Male	51	Old Mutual	308	50+	04:31:12
218	L	Lesley	Matthews	Male	59	Run / Walk for Life	4013	50+	04:31:27
219	F	Frankie	Sadie	Male	39	Wellington AC	1423	Senior	04:31:37
220	K	Kai-Chih	Chen	Male	29	Kimberley Harriers	242	Senior	04:32:48
221	D	Dave	Waywell	Male	58	K-Way VOB Running Club	63	50+	04:32:58
222	C	Clarence	Lombaard	Male	50	Goodwood Harriers	12029	50+	04:33:15
223	N	No Card			0		0		04:33:17
224	H	Henriette	Manefeldt	Female	41	Paarl AC	265	40+	04:33:31
225	C	Corris	Flink	Male	59	Eskom Athletic Club	638	50+	04:33:43
226	J	JP	Wiese	Male	45	SAPS	13093	40+	04:33:45
227	N	No Card			0		0		04:33:48
228	M	Matumelo	Mainaakar	Female	40	CARBS WP	8036	Senior	04:33:49
229	R	Rowland	Jansen	Male	55	Goodwood Harriers	5008	50+	04:34:19
230	M	Mari	Barnard	Female	60	Run / Walk for Life	4000	60+	04:34:43
231	C	Cindy	Fischer	Female	40	Durbanville Athletic Club	14	40+	04:34:45
232	C	Clarence	Baatjies	Male	35	Discovery	7329	Senior	04:35:16

233	S	Sharon	Matshisi	Female	31	ACSA	10036	Senior	04:35:19
234	B	Brygo	Wachipa	Male	37	32 GI	26811	Senior	04:35:21
235	V	Vanessa	Brecht	Female	36	Celtic Harriers	7463	Senior	04:35:34
236	R	Remy	Brecht	Male	33	Celtic Harriers	7464	Senior	04:36:08
237	M	Meesha	Aboo	Female	40	Temporary Licence	7327	40+	04:36:10
238	C	Coby	Damon	Male	46	Correctional Services	1129	40+	04:36:28
239	N	Nadia	Joubert	Female	40	Wellington AC	1474	40+	04:36:43
240	B	Buyiswe	Phuncu	Female	36		7828	Senior	04:37:00
241	R	Rene	van Staden	Female	31	Brackenfell Athletic Club	5996	Senior	04:37:53
242	J	Justice	Mhizha	Male	36	Celtic Harriers	7440	Senior	04:37:57
243	P	Peter	Biell	Male	64	0	10380	60+	04:40:23
244	N	Nico	Steenkamp	Male	45	Paarl AC	189	40+	04:40:50
245	N	No Card			0		0		04:40:56
246	B	Bright	Oliphant	Male	39	Sanlam Athletic Club	9036	Senior	04:41:11
247	J	Juliana	Smith	Female	48	Mitchell's Plain Titans	10412	40+	04:41:12
248	G	Greame	Green	Male	34		7301	Senior	04:41:25
249	M	Matthew	Smith	Male	41	West Coast Athletic Club	5610	40+	04:41:31
250	A	Adrian	Goliath	Male	50	Durbanville Athletic Club	16650	50+	04:41:33
251	N	Neziwe	Jonas	Female	43	Nedbank AC	4160	40+	04:41:36
252	P	Phumlawi	Tina	Male	40	West Coast Athletic Club	5640	40+	04:41:43
253	S	Sibongile	Mashiya	Female	42	RCS Gugulethu AC	7583	40+	04:41:45
254	N	Nadia	Greeff	Female	25	K-Way VOB Running Club	526	Senior	04:42:05
255	T	Tavon	Petersen	Male	27	Stragglers	8286	Senior	04:42:06
256	J	Jalu	Kumalo	Male	46	SAUDF WP	11888	40+	04:42:26
257	Q	Quinton	Jacobs	Male	42	Mitchell's Plain Titans	10404	40+	04:42:34
258	P	Plushola	Classen	Female	45	Mitchell's Plain Titans	15026	40+	04:42:59
259	S	Stephen	Hayes	Male	38	FHAC	5094	Senior	04:43:00
260	V	Valmor		Male	22	Nedbank AC	1233	Senior	04:43:13
261	N	No Card			0		0		04:43:19
262	K	Kosie	Koopman	Male	71	Worcester AC	543	70+	04:43:25
263	H	Harry	Burger	Male	41	Langebaan Strandloper	10577	40+	04:43:37
264	G	Glen	Kriel	Male	58	Durbanville Athletic Club	2758	50+	04:43:38
265	R	Rosa	Cilliers	Female	42	Cape Multi Sport	8641	40+	04:43:57
266	M	Molefi	Moleleki	Male	31	SANDF	14888	Senior	04:44:03
267	J	Joan	Cythdent	Female	49	Paarl AC	946	40+	04:45:14
268	M	Martin	Geustyn	Male	54	Brackenfell Athletic Club	6064	50+	04:45:41
269	T	Tamara	Scheepers	Female	32	RCS Gugulethu AC	7817	Senior	04:45:44
270	M	Mduduzi	Makhoba	Male	53	SAPS	13258	50+	04:45:45
271	G	Gamiem	Nakerdien	Male	40	Bo-Kaap	11289	Senior	04:45:46

272	N	Nu-ta	Salie	Female	29	Wazmers	10273	Senior	04:45:47
273	J	Jacques	Booyesen	Male	30	Itheko	3410	Senior	04:45:48
274	G	Gasant	Salie	Male	33	Bo-Kaap	11296	Senior	04:45:54
275	N	Nico	Maritz	Male	30	Sanlam Athletic Club	8570	Senior	04:45:55
276	G	Girland	Chibaya	Male	43	Runzon	27417	40+	04:45:56
277	S	Scott	Mclvor	Male	64	Durbanville Athletic Club	2763	60+	04:46:09
278	R	Renabi	Mukono	Male	39	SANDF	11928	40+	04:46:16
279	Z	Zama	Mathare	Female	37	Carbineers WP	8081	Senior	04:46:23
280	K	K	Nelukalu	Male	40	Ommiedraai Friends A.C	15726	40+	04:46:36
281	T	Tshepo	Makuanya	Male	44	Parliament of RSA Athletic Club	15705	40+	04:46:39
282	N	NH	Lintnaar	Male	45	BCSA	1221	40+	04:46:52
283	E	Emili	van Dyk	Male	44	Melkbos Athletic Club	13050	40+	04:46:58
284	N	Nozi		Female	40	West Coast Athletic Club	17135	Senior	04:47:03
285	A	Asanda	Solakhe	Female	33	RCS Gugulethu AC	7974	Senior	04:47:24
286	R	Rukeya	Cassiem	Female	39	Ithiko	3068	Senior	04:47:25
287	L	Lucinda	Lees	Female	53	Savages	123	50+	04:47:26
288	N	No Card			0		0		04:47:29
289	K	Kashief	Sardien	Male	62	Ommiedraai Friends A.C	6775	60+	04:47:30
290	F	Fareed	Cozyn	Male	39	Ommiedraai Friends A.C	6765	Senior	04:47:30
291	A	Achmat		Male	54	Ommiedraai Friends A.C	6798	50+	04:47:31
292	T	Tshediso	Khahledi	Male	42	In Touch Walk / Run	7047	40+	04:47:32
293	M	Morakane	Khahledi	Female	39	In Touch Walk / Run	7046	Senior	04:47:33
294	N	Ngwanathole	Nong	Female	36	Beaufort West Runners	1919	Senior	04:47:39
295	J	Johnson	Dylan	Male	28	RCS Gugulethu AC	16271	Senior	04:47:47
296	R	Russel	Hanning	Male	43	Nantes Athletic Club	6400	40+	04:47:51
297	C	Claudia	Cleverts	Female	30	Topform	2345	Senior	04:47:53
298	W	Wesley	Abrahams	Male	48	Sanlam Athletic Club	17253	40+	04:47:54
299	R	Renett	Odendaal	Female	40	Strand Athletic Club	2027	40+	04:48:02
300	J	Janou	Rochussen	Male	33	Strand Athletic Club	16600	Senior	04:48:03
301	M	Maryka	Treurnich	Female	35	Bellville Athletic Club (Road)	6478	Senior	04:48:12
302	L	Liza	Adllem	Female	49	Temporary Licence	7344	40+	04:48:14
303	E	Elisabeth	Taylor	Female	56	Spartan Harriers	1389	50+	04:48:22
304	G	Gavin	Kode	Male	51	Harfield Harriers	8350	50+	04:48:32
305	W	Wasfi	Adams	Male	49	Ommiedraai Friends A.C	6876	40+	04:49:03
306	M	Malefo	Makene	Male	48	Sanlam Athletic Club	9057	40+	04:49:11
307	M	Mfundi	Bangiso	Male	39	Hopefield	1603	Senior	04:49:13
308	F	Fuad		Male	50	Ommiedraai Friends A.C	6871	50+	04:49:15
309	A	Anthea	Johnson	Female	42	Nantes Athletic Club	12887	40+	04:49:19
310	T	Terence	Johnson	Male	45	Nantes Athletic Club	12888	40+	04:49:20

311	S	Steve	Finegaun	Male	39	Pinelands AC	15929	Senior	04:49:37
312	H	Hilton	Kearns	Male	51	Celtic Harriers	7244	50+	04:49:40
313	D	D	R	Male	61	Phoenix	12345	60+	04:49:42
314	H	Hubert	Toyter	Male	60	Celtic Harriers	7412	60+	04:50:29
315	C	Carlien	Carelse	Female	43	Phoenix	12371	40+	04:52:05
316	Z	Zikhona	Tshaka	Female	26	Sanlam Athletic Club	15678	Senior	04:54:52
317	F	Francois	Groblur	Male	44	Helderberg Harriers	4488	40+	04:54:56
318	D	Diana	Oosthuizen	Male	39	Brackenfell Athletic Club	6018	Senior	04:54:58
319	T	Trudie	Cremer	Female	40	Brackenfell Athletic Club	6001	40+	04:55:16
320	S	Siphokazi	Mondliwp	Female	38	Nedbank AC	4143	Senior	04:56:29
321	J	Joppie	Fischer	Male	53	Langebaan AC	10551	50+	04:56:34
322	F	Faezah	Alexander	Female	41	KENFAC SAC	11463	40+	04:56:59
323	P	Phut		Male	57	RCS Gugulethu AC	7686	50+	04:57:00
324	T	Thama	Tema	Female	47	RCS Gugulethu AC	7687	40+	04:57:02
325	S	Siphosethu	Ntswayi	Female	27		7318	Senior	04:57:14
326	K	Kim	Ellman	Female	34	Goodwood Harriers	4949	Senior	04:57:15
327	A	Andre	Ellman	Male	39	Goodwood Harriers	4948	Senior	04:57:32
328	N	No Card			0		0		04:57:36
329	M	Martie	Swanepoel	Female	47	Cape Multi Sport	13130	40+	04:57:56
330	S	Susan	Steyn	Female	46	Durbanville Athletic Club	2894	40+	04:57:58
331	I	Ian	Wallace	Male	49	Harfield Harriers	8373	40+	04:58:12
332	M	Myler	Apsey	Male	44	West Coast Athletic Club	5502	Senior	04:58:15
333	J	Jackie	Anderson	Female	49	Strand Athletic Club	2152	40+	04:58:33
334	P	Paul	Levendac	Male	53	Helderberg Harriers	4501	50+	04:58:34
335	J	June	Roman	Female	51	Celtic Harriers	4518	50+	04:58:51
336	C	Cheryl	Arendse	Female	49	Hewat Athletic Club	12480	40+	04:58:56
337	N	Neil	Arendse	Male	49	Hewat Athletic Club	12479	40+	04:58:56
338	S	Sizwe	Petse	Male	41	Sanlam Athletic Club	15681	40+	04:59:25
339	R	Russel	Peters	Male	46	Old Mutual	317	40+	04:59:48
340	S	Sylvester		Female	39	West Coast Athletic Club	5749	Senior	05:00:02
341	A	Awelani Netshivhangoni		Female	32	ACSA	10030	Senior	05:00:04
342	B	Bonita	Hendricks	Female	49	Mitchell's Plain Titans	15022	40+	05:00:25
343	P	Percy	Mbinda	Male	53	Sanlam Athletic Club	9085	50+	05:02:34
344	D	Demitri	Rainger	Male	50	Old Mutual	324	50+	05:02:53
345	J	Jeanette	Cloete	Female	46	Phoenix	12372	40+	05:04:54
346	P	Pearl	Rondgango	Female	40	Phoenix	12344	Senior	05:04:56
347	J	Janine	Wendep	Female	49	Temporary Licence	7343	40+	05:05:24
348	M	Munsief	Daniels	Male	42	Ommiedraai Friends A.C	6831	40+	05:07:08
349	K	Kaashiefa	Anthony	Female	43	Ommiedraai Friends A.C	6828	40+	05:07:10

350	N	No Card			0		0		05:07:51
351	A	Aneesa	Abrahams	Female	40	Ommiedraai Friends A.C	6899	Senior	05:08:12
352	u	uyokazi	Nombeau	Female	37	RCS Gugulethu AC	7845	Senior	05:08:32
353	M	M	King	Female	49	Temporary Licence	7328	40+	05:08:38
354	R	Rezah	Isaacs	Male	35	Ommiedraai Friends A.C	6852	Senior	05:08:43
355	N	No Card			0		0		05:08:45
356	T	Thelma	Rossouw	Female	69	Worcester AC	505	60+	05:09:19
357	W	Winiwe	Nyangwe	Female	40	RCS Gugulethu AC	0	Senior	05:09:34
358	N	Ndileka	Diliza	Female	32	West Coast Athletic Club	5657	Senior	05:09:40
359	P	Peterson	Mshepo	Male	32		7319	Senior	05:10:48
360	M	Mary-Ann	Kearns	Female	46	Celtic Harriers	7243	40+	05:11:17
361	S	Shawn	Combink	Male	59	Rand Athletics Club	11477	50+	05:12:11
362	K	Kim	Evezard	Female	35	Edgemead Runners	11564	Senior	05:13:42
363	L	Lehani	Oosthuizen	Female	32	Vodacom Strider WP	11655	Senior	05:13:58
364	S	Sakelo	Ntoayious	Male	33	RCS Gugulethu AC	7653	Senior	05:14:20
365	R	Rowena	Meyers	Female	48	Mitchell's Plain Titans	10388	40+	05:14:34
366	R	Russell	Grebe	Male	54	Celtic Harriers	7271	50+	05:14:40
367	N	Nozipho	Bongelo	Female	48	Centuary City	11709	40+	05:14:45
368	N	Neil	Garrod	Male	64	Hoedspruit	688	60+	05:15:16
369	A	Aletta	Van Antwerpen	Female	35	Swartland AC	106	Senior	05:15:33
370	H	Henriette	van Tonder	Female	37	Temporary Licence	7320	Senior	05:16:41
371	C	Clinton	Van Reenen	Male	38	Pinelands AC	3984	Senior	05:16:53
372	T	Theresa	Williams	Female	46	In Touch Walk / Run	7051	40+	05:17:31
373	N	Natashia	Kotze	Female	38	AMSAC	13412	Senior	05:17:33
374	M	Mine	Swart	Female	49	Cape Multi Sport	8885	50+	05:18:43
375	E	Elizka	Hendrikse	Female	49	Brackenfell Athletic Club	6070	40+	05:18:44
376	A	Arthur	Jumeth	Male	44	Temporary Licence	7358	40+	05:20:35
377	N	No Card			0		0		05:20:56
378	A	Abongile	Memela	Female	35	Retail Capital Langa Running Club	10704	Senior	05:21:14
379	L	Linda	Buthlezi	Male	33	Vitality KZN	25810	Senior	05:21:36
380	A	Andries	Schoeman	Male	34		224	Senior	05:21:37
381	C	Cyril	May	Female	53	Nantes Athletic Club	12869	50+	05:21:52
382	R	Ric	Marini	Male	40	Rand Athletics Club	3186	Senior	05:22:10
383	F	Frieda	Blignaut	Female	68	Sanlam Athletic Club	8528	60+	05:23:07
384	C	Cynthia	Jooste	Female	53	Brackenfell Athletic Club	10802	50+	05:23:47
385	M	Mlukisi	Motanana	Male	34	Temporary Licence	7314	Senior	05:26:21
386	M	Milisa	Nswane	Female	44	RCS Gugulethu AC	7530	40+	05:26:22
387	A	Ashley	Searle	Male	47	Nantes Athletic Club	6403	40+	05:26:23
388	N	Ndinae	Netshivhangomi	Male	33	DRDLR	1739	Senior	05:26:24

389	C	Clive	Kotze	Male	40	Centuary City	10215	40+	05:26:29
390	A	Anton	Swanepoel	Male	59	Vodacom Strider WP	11650	50+	05:26:30
391	G	Graham	Jooste	Male	52	Brackenfell Athletic Club	10801	50+	05:28:05
392	N	No Card			0		0		05:31:29
393	L	Lionel	Samuels	Male	60	Phoenix	12358	60+	05:31:30
394	D	Des	Wymers	Female	48	Phoenix	12346	40+	05:31:31
395	I	Ismail	Shaibu	Male	46	Phoenix	12363	40+	05:31:32
396	G	Gerrit	Geldenhuis	Male	48	Sanlam Athletic Club	8588	40+	05:32:11
397	N	No Card			0		0		05:35:36
398	N	No Card			0		0		05:39:54
399	N	No Card			0		0		05:40:54
400	N	No Card			0		0		05:46:05
401	S	Srikanth	Karumuri	Male	30	Brackenfell Athletic Club	6088	50+	05:48:43
402	N	Nicky	du Toit	Female	46	Brackenfell Athletic Club	6114	40+	05:48:44
403	M	M	Allie	Male	60	Ommiedraai Friends A.C	6807	60+	05:54:09
404	M	Moose	Burger	Male	44	Goodwood Harriers	5011	40+	05:57:10
405	N	No Card			0		0		05:58:38
406	N	No Card			0		0		05:58:39
407	W	Willem	Fransman	Male	61	Sanlam Athletic Club	9021	60+	06:02:32
408	N	No Card			0		0		06:12:44
409	J	Janine	Kaal	Female	0	Goodwood Harriers	0	Senior	06:28:10
410	D	Demitri	Baroutsos	Male	0	Goodwood Harriers	0	Senior	06:28:10
0	S	Stiaan		Male	49		9349	40+	00:00:00
0	T	Tania	Minnaar	Female	40		7331	40+	00:00:00
0	R	RA	Jackson	Male	60		7316	60+	00:00:00
0	A	Attwell	Sokuyeka	Male	51	Correctional Services	12772	50+	00:00:00
0	A	Aubrey	Ratombo	Male	40	Durbanville Athletic Club	2972	40+	00:00:00
0	M	Mandlakazi	Mbangolp	Female	34	Khayelitsha	10468	Senior	00:00:00
0	K	Karel		Male	45	Nedbank AC	1206	40+	00:00:00
0	M	Moabaloso	Moloabi	Male	35	Parliament of RSA Athletic Club	12061	Senior	00:00:00
0	J	John	Mahlayu	Male	35	Parliament of RSA Athletic Club	13005	Senior	00:00:00
0	M	Modix	Kabey	Male	45	Parliament of RSA Athletic Club	12063	40+	00:00:00
0	L	Linda	Zenzile	Female	43	Pinelands AC	3836	40+	00:00:00
0	R	Ramayu	TA	Male	31	RCS Gugulethu AC	7709	Senior	00:00:00
0	S	Sandile	Sigila	Male	43	RCS Gugulethu AC	7878	40+	00:00:00
0	R	Rob	Wiese	Male	48	SAPS	13094	40+	00:00:00
0	A	Anthea	Swartz	Female	54	Spartan Harriers	1611	50+	00:00:00
0	D	Daantjie	Rossouw	Male	44	Stellenbosch AC	1811	40+	00:00:00
0	T	Thovhakale	Azwitarwi	Male	41	Temporary Licence	7347	40+	00:00:00

0	J	Jaco	Van Heerden	Male	49	Tygerberg Athletic Club	4260	40+	00:00:00
0	K	Koeri	Meyer		72	Tygerberg Athletic Club	4237	70+	00:00:00