

License Nr 2020	Time	Naam	Van	M/F	Age	Group	Club School	
J T456	00:32:59	Tebogo	Pode		19	J	0	1
J 644	00:33:18	Arthur	Jantjies	Male	19	J	Hopetown	2
1061	00:34:04	Goitsemolino	Moagi	Male	21	SNR	Teemaneng	3
341	00:34:39	Petrus	Motsumi	Male	38	35	Nedbank	4
T ?	00:34:41	Tikologo	Boikanyo	Male	0	SNR	0	5
748	00:35:33	Tumelo	Baale	Male	29	SNR	Teemaneng	6
T386	00:37:17	Andrew	Mokwena	Male	25	SNR	0	7
1090	00:37:25	Andries	Ponwana	Male	32	SNR	Teemaneng	8
582	00:37:30	Sipho	Moitse	Male	40	40	KMAC	9
1005	00:37:35	Obakeng	Riet	Male	38	35	Teemaneng	10
1091	00:38:19	David	Moremane	Male	22	SNR	Teemaneng	11
nw1235	00:38:37	Tebogo	Maritsi	Male	27	SNR	Tsweleng	12
T517	00:39:17	Sharlton	Kramp	Male	20	SNR	KBYPIR	13
1149	00:39:38	Mogomotsi	Makukumane	Male	21	SNR	Teemaneng	14
J T394	00:39:55	Clint	Africa	Male	16	J	KBYPIR	15
T518	00:40:35	Mamananya	Tsoanamatsie	Female	26	snr	0	16
T387	00:43:03	Roebin	Maruping	Male	31	SNR	0	17
T452	00:44:02	Rowayne	Oliphant	Male	23	SNR	0	18
T388	00:45:38	Nzi	Njovu	Male	34	SNR	0	19
359	00:46:27	Strauss	Jordaan	Male	40	40	VKRR	20
T481	00:46:38	Konrad	Mans	Male	27	SNR	0	21
T453	00:46:52	Hendrik	Oliphant	Male	54	50	0	22
T390	00:46:57	Penny	Schalk	Female	21	SNR	0	23
t412	00:47:25	Riaan	Loots	Male	36	35	0	24
512	00:47:37	Bernard	Farmer	Male	54	50	RWFL	25
T422	00:47:50	Hannes	Hattingh	Male	37	35	0	26
T423	00:47:50	JOHANN	SOUNES	Male	17	J	VKRR	27
J 21	00:48:02	Marco	Mans	Male	17	J	VKRR	28
118	00:49:14	Jean	Arp	Male	42	40	VKRR	29
T508	00:49:24	Pogisho	Tlale	Male	57	50	0	30
T397	00:49:33	ruby	zimmerman	Female	28	SNR	K-Fit	31
FS2947	00:50:32	Fikile	Mogabe	Male	39	35	0	32
T404	00:50:46	Angus	Towell	Male	0	0	0	33
T488	00:50:56	Wynand	Bester	Male	21	SNR	0	34
T395	00:51:02	Hendrika	Louw	Female	38	35	K-Fit	35
497	00:52:45	Roscoe	Lawrence	Male	33	SNR	KBYHAR	36
T354	00:53:40	Heinrich	Parkin	Male	35	35	Private	37
761	00:53:45	Makabongwe	Sporo	Male	32	SNR	SAPS	38
J 29	00:54:25	Kelebogile	Lubidla	Male	16	J	NCIRR	39
441	00:54:25	Dina	Posthumus	Female	43	40	KBYHAR	40
T505	00:54:26	Mariette	Cloete	Female	35	35	0	41
T498	00:54:35	Moranako	Mokhuane	Male	39	35	0	42
T374	00:54:44	Karen	Cloete	Female	47	40	0	43
J 32	00:54:54	Leone	van Zyl	Female	17	J	Diamantveld	44
T367	00:55:01	Grant	Poulton	Male	39	35	0	45
1145	00:55:50	Dane	Botma	Female	25	SNR	KBYHAR	46
T470	00:56:28	Ilze	Swanepoel	Female	37	35	0	47
T447	00:56:36	Pedro	Enslin	Male	56	50	0	48
475	00:56:44	Ronel	Groenewald	Female	51	50	KBYHAR	49
T475	00:57:01	Paulo	De Abreu	Male	50	50	0	50
T372	00:57:04	Luis	Pascoal	Male	53	50	0	51
J 39	00:57:07	Emilio	Botes	Male	16	J	VKRR	52
J 27	00:57:10		Babi	Male	15	J	VKRR	54
T411	00:57:12	Jessica	Loots	Female	33	snr	0	55
618	00:57:14	Mokhele	Sabata	Male	57	50	SPU	56
1185	00:57:21	John	Methu	Male	39	35	Teemaneng	57
1101	00:57:25	Nkokou	Obakeng	Male	0	0	Teemaneng	58
t495	00:57:27	Elzani	Labuschagne	Female	27	SNR	0	59
1186	00:57:42	Rumbidza	Chibanguza	Female	31	SNR	VKRR	60
577	00:58:29	Jan	van Niekerk	Male	59	50	RWFL	61
136	00:58:43	Gail	Motlhaudi	Female	0	SNR	VKRR	62
T448	00:58:49	Christine	Lamprecht	Female	43	40	0	63
T516	00:59:07	Leandi	Swanepoel	Female	26	SNR	0	64
1136	00:59:08	Fanie	Cloete	Male	63	60	RWFL	65
1144	00:59:35	Marylyn	v Vuuren	Female	23	SNR	KBYHAR	66
381	01:00:11	Fatima	Ruiters	Female	32	SNR	KBYHAR	67
792	01:00:15	Lungelo	Dlamini	Male	37	35	VKRR	68
623	01:00:21	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	69
T460	01:00:25	Tshepo	Kgomo	Male	38	35	sandf	70
T482	01:00:28	Jozelri	van Below	Female	26	SNR	0	71
T486	01:00:48	Ineke	Petnz	Female	35	35	0	72
99	01:01:10	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	73
GN9388	01:01:30	Lubababo	Janse	Male	39	35	Lesedi	74
T472	01:01:32	Willem	Telekelo	Male	45	40	0	75

T428	01:01:33	Carmen	du Plooy	Female	24	snr	0	76
T504	01:01:34	Jean	de Villiers	Male	39	35	0	77
941	01:01:42	Melanie	Nel	Female	35	35	Kolomela	78
1126	01:02:01	Johan	Muller	Male	24	SNR	RWFL	79
574	01:02:03	Izak	Herbert	Male	41	40	RWFL	80
402	01:02:06	Maria	Ebing	Female	50	50	VKRR	81
795	01:02:12	Lorraine	McAnda	Female	38	35	VKRR	82
83	01:02:13	Rentia	Mans	Female	52	50	VKRR	83
503	01:02:13	Rene	Botha	Female	39	35	RWFL	84
156	01:02:41	Johan	Kotze	Male	38	35	VKRR	85
19915	01:02:42	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	86
620	01:02:53	Johan	Meyer	Male	55	500	KBYHAR	87
164	01:02:57	Karen	Stark	Female	45	40	VKRR	88
513	01:03:04	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	89
1014	01:03:11	Monnick	Ehlers	Female	44	40	VKRR	90
T443	01:03:16	Carey	Moraladi	Female	28	SNR	0	91
T434	01:03:17	Werner	Gerber	Male	28	snr	0	92
G25689	01:03:30	Jaco	Bezuidenhout	Male	28	SNR	Roodepoort	93
T365	01:03:30	Neo	Khonkhobe	Male	39	35	0	94
1117	01:03:45	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	95
1148	01:03:59	Maryvonne	v Vuuren	Female	59	50	KBYHAR	96
409	01:04:01	Tonie	Meier	Male	41	40	Private	97
1065	01:04:13	Marina	Smith	Female	46	40	VKRR	98
T399	01:04:26	Sade	van Rooyen	Female	0	0	0	99
T370	01:04:41	JC	Strydom	Male	39	35	0	100
461	01:05:00	Elizabeth	Milne	Female	37	35	KBYHAR	101
23	01:05:08	Alicia	de Wet	Female	32	SNR	KBYPIR	102
T418	01:05:13	Luyolo	Boto	Male	39	0	0	103
520	01:05:17	Jaco	Joubert	Male	38	35	RWFL	104
476	01:05:17	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	105
394	01:05:20	Hanna	Erasmus	Female	65	60	VKRR	106
T429	01:06:20	Neo	Moloko	0	32	snr	0	107
T441	01:06:32	Dandele	Miller	Female	23	snr	0	108
178	01:06:34	Nadia	Potgieter	Female	34	SNR	RWFL	109
T424	01:06:46	L	Potgieter	Male	35	35	0	110
676	01:06:47	Moleboheng	Koalane	Female	31	SNR	SAPS	111
T421	01:06:58	Lizelle	Evans	Female	43	40	0	112
T446	01:07:16	Renate	Liebenberg	Female	38	35	0	113
T382	01:07:17	Kobus	Louw	Male	50	50	0	114
158	01:07:17	Thandi	Mahlangu	Female	35	35	KMAC	115
1183	01:07:37	Kutluano	Maokisho	Female	25	SNR	0	116
424	01:07:59	Roschelle	Botes	Female	45	0	VKRR	117
T376	01:08:04	Charlotte	Fourie	Female	30	SNR	0	118
T409	01:08:05	Eastoe	Mason	Female	22	snr	0	119
T410	01:08:29	Tyla	Ward	Female	24	snr	0	120
1153	01:08:33	Tembelihle	Ntongana	Male	33	SNR	Teemaneng	121
1082	01:08:34	Jane	Jordaan	Female	37	35	VKRR	122
74	01:08:39	Lisinda	Grobler	Female	0	40	VKRR	123
895	01:09:10	Karliën	Nel	Female	34	SNR	Kolomela	124
1146	01:09:12	Elzanne	Zara	Female	26	SNR	KBYHAR	125
1057	01:09:35	Charl	Erasmus	Male	40	40	KBYHAR	126
186	01:09:35	Elmare	Gouws	Female	46	40	VKRR	127
690	01:09:37	Jacques	Gouws	Male	49	40	VKRR	128
T509	01:09:49	TB	Nneelang	Male	56	50	0	129
T461	01:09:50	Sobuza	Mathebula	Male	45	40	0	130
347	01:10:03	Bonolo	Maruping	Female	34	SNR	Kolomela	131
1196	01:10:04	Tiisetso	Masegela	Female	28	SNR	Teemaneng	132
478	01:10:13	Motshidisi	Dipholo	Female	33	SNR	KBYHAR	133
T433	01:10:24	Rene	Viljoen	Female	49	40	0	134
557	01:11:30	Nthabiseng	Pharasi	Female	59	50	RWFL	135
146	01:11:31	Anel	Steyn	Female	45	40	VKRR	136
362	01:11:36	Chanel	Immelman	Female	46	40	VKRR	137
T499	01:11:51	Mamzo	Sesing	Female	39	35	0	138
368	01:12:00	Callie	Hendricks	Female	28	SNR	VKRR	139
1054	01:12:01	Abram	Diradingwe	Male	60	60	KMAC	140
413	01:12:21	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	141
T419	01:12:32	Anthea	Marais	Female	27	snr	0	142
T420	01:12:36	Cecilia	Goncalves	Female	41	40	0	143
440	01:12:38	Justino	De Freitas	Male	43	40	KBYHAR	144
947	01:12:39	Charlene	Barnes	Female	40	40	KBYHAR	145
1079	01:12:39	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	146
T362	01:12:54	Pierre	Wilbers	Male	37	35	0	147
T464	01:12:54	Erina	Joubert	Female	63	60	0	148
T457	01:13:10	Lizette	Saunders	Female	32	SNR	0	149
T496	01:13:21	Esme	Viljoen	Female	42	40	0	150
1137	01:13:41	Johan	van Zyl	Male	44	40	RWFL	151

1138	01:16:31	Donna	van Zyl	Female	43	40	RWFL	152
T383	01:16:31	Marilize	Combrinck	Female	29	SNR	0	153
T494	01:16:32	Boipelo	Manchonyane	Female	34	SNR	0	154
949	01:16:32	Thabiso	Kanile	Female	32	SNR	KBYHAR	155
946	01:16:32	Desiree	Lawrence	Female	57	50	KBYHAR	156
7454	01:16:32	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	157
T454	01:16:33	Elizabeth	Priestley	Female	35	35	0	158
T455	01:16:34	Dylan	Priestley	Male	36	35	0	159
T369	01:16:36	Ameurini	Vermaak	Male	37	35	0	160
FS1740	01:16:49	Mosia	Motsekoa	Male	44	40	0	161
978	01:16:49	Gielie	van Zyl	Male	57	50	VKRR	162
697	01:16:49	Liezel	vd Westhuizen	Female	36	35	VKRR	163
FS1748	01:16:50	Gladys	Poonyane	Female	42	40	FS Health	164
1007	01:16:51	Corlia	vd Westhuizen	Female	23	SNR	RWFL	165
1127	01:16:51	Emily	de Jongh	Female	21	SNR	RWFL	166
T360	01:16:51	Bianca	Smit	Female	31	SNR	0	167
1098	01:16:52	Nkokou	Kgalalelo	Female	0	0	Teemaneng	168
1020	01:16:52	Lerato	Masilo	Female	26	SNR	Teemaneng	169
455	01:16:52	Ndileka	Tyu	Female	39	35	Teemaneng	170
T361	01:17:22	Tlotlo	Mokwena	Male	29	SNR	0	171
T506	01:17:24	Chantell	Groenewald	Female	25	SNR	0	172
T405	01:17:29	Kurt	Muller	Male	0	0	0	173
654	01:18:17	Tebogo	Makgetla	Male	42	40	SAPS	174
395	01:18:17	Melany	Meyer	Female	46	40	VKRR	175
1042	01:18:34	Lebogang	Swartz	Male	0	0	Teemaneng	176
442	01:18:34	Mooketsi	Babuseng	Male	35	35	Teemaneng	177
56	01:18:44	Oatile	Mzanzwana	Male	36	35	Teemaneng	178
T368	01:18:55	Everett	Tyler	Female	25	SNR	0	179
FS1227	01:19:02	Bianca	Hartsliet	Female	23	SNR	Harmony Striders	180
1083	01:19:04	Jacquiline	Hattingh	Female	33	SNR	VKRR	181
J 30	01:19:12	Tihalefo	Lesholo	Female	15	J	Teemaneng	182
601	01:19:12	Mafetse	Sefalanyane	Male	46	40	KMAC	183
T400	01:19:15	Siphelele	Mmgomezulu	Female	29	SNR	KMAC	184
T430	01:19:16	Beuliah	Pharasi	Female	25	snr	0	185
T468	01:19:26	Naomi	Mokhakala	Female	22	SNR	0	186
T492	01:19:34	Deon	Niekerk	Male	49	40	0	187
T402	01:19:54	Angelica	Buys	Female	27	SNR	0	188
T357	01:19:55	Leome	Jansen v Vuuren	Female	25	SNR	0	189
T358	01:20:31	Bianca	Faber	Female	23	snr	0	190
791	01:20:32	Lorato	Sitase	Female	33	SNR	VKRR	191
331	01:20:32	Magdalene	Oliphant	Female	30	snr	Hopetown	192
498	01:21:03	Leigh-Jane	Balie	Female	38	35	RWFL	193
766	01:21:07	Susan	Botes	Female	43	40	VKRR	194
T511	01:21:14	Edith	Gaonnwe	Female	46	40	0	195
746	01:21:21	Letlhogonolo	Seeme	Male	32	snr	VKRR	196
615	01:21:22	Lizette	de Jongh	Female	31	SNR	VKRR	197
T415	01:21:43	Janene	Dreyer	Female	42	40	0	198
T414	01:21:47	Owen	Dreyer	Male	40	40	0	199
T466	01:21:55	James	Egan	Male	55	50	0	200
904	01:22:06	Cathrine	Mbingo	Female	45	40	SAPS	201
T479	01:22:55	Mimi	Edlmann	Female	54	50	0	202
530	01:22:56	Riana	Stassen	Female	40	40	RWFL	203
535	01:23:14	Santie	Greenland	Female	56	50	RWFL	204
735	01:23:15	Isa	Prinsloo	Female	57	50	RWFL	205
98	01:23:41	Louisa	Venter	Female	60	60	RWFL	206
T392	01:24:04	Stiaan	Hugo	Male	30	SNR	0	207
T391	01:24:22	Anneri	Hugo	Female	28	SNR	0	208
T493	01:24:26	Michelle	Niekerk	Female	52	50	0	209
T356	01:24:31	Tannith	Bond	Female	43	40	0	210
T500	01:24:33	Kehilwe	Sekwera	Female	37	35	0	211
1002	01:24:42	Simangele	Gumede	Female	29	SNR	KMAC	212
491	01:25:32	Elize	Brand	Female	74	70	KBYHAR	213
T436	01:25:34	Farieda	Abrahams	Female	38	35	0	214
504	01:26:16	Philippa	Steere	Female	43	40	RWFL	215
T363	01:26:24	Crystel	Wilbers	Female	35	35	0	216
T490	01:26:43	Diketsi	Gopane	Female	41	40	0	217
T403	01:26:52	Shescha	Towell	Female	0	0	0	218
fs1726	01:26:55	Xolewe	Jebetwala	Male	34	SNR	FS Health	219
287	01:26:56	Gerda	Auret	Female	48	40	RWFL	220
T355	01:27:08	Heinrich	Parkin	Male	35	35	0	221
281	01:27:09	C	Stadler	Male	52	50	Hopetown	222
T375	01:27:41	Nelisiwe	Makhoba	Female	39	35	0	223
749	01:27:49	Boitumelo	Seekoei	Female	32	SNR	Teemaneng	224
T381	01:27:52	Riaan	vd Berg	Male	30	SNR	0	225
T380	01:27:54	Leoni	vd Berg	Female	30	SNR	0	226
68	01:27:59	Moyo	Cabanga	Male	42	0	VKRR	227

41	01:28:02	Hermien	Lamprecht	Female	46	40	SAPS	228
T465	01:28:04	Charne	Ferreira	Female	24	SNR	0	229
589	01:28:16	Mogomotsi	Lekwene	Female	39	35	SAPS	230
T385	01:28:17	Ohemetse	Pharasi	Female	47	40	0	231
1004	01:29:02	Nozi	Lekhola	Female	35	35	Teemaneng	232
T438	01:29:03	Maphale	Nchabeleng	Female	34	snr	0	233
T366	01:29:08	Portia	Makgoe	Female	46	40	0	234
1182	01:29:55	Sisi	Titi	Female	43	40	SAPS	235
893	01:29:56	Pretty	Mashego	Female	37	35	Kolomela	236
T489	01:30:38	Keamocitse	Mocwagae	Female	38	35	0	237
1055	01:30:53	Tshenolo	Thejane	Female	28	snr	sandf	238
935	01:30:56	Felicia	Phate	Female	46	40	VKRR	239
T401	01:31:50	Glynnis	Moorcroft	Female	51	50	0	240
661	01:33:57	Katlego	Noko	Female	36	35	Teemaneng	241
224	01:33:57	Stella	Mukadi	Female	40	40	WESRUN	242
1193	01:37:07	Reetsang	Mokwena	Female	36	35	Teemaneng	243
655	01:37:08	Moennyana	Zenani	Female	35	35	Teemaneng	244
T445	01:37:30	Rochelle	Muller-Botes	Female	31	SNR	0	245
T442	01:37:31	Janine	Muller	Female	34	SNR	0	246
T512	01:44:01	Gaosekwe	Naledi	Female	0	40	0	247
T371	01:46:34	Tshepo	Lenoge	Male	50	50	0	248
T353	01:46:34	Patience	Malinga	Female	45	40	0	249
t502	02:07:33	Kesaoleboga	Thiba	Female	30	30	0	250