

SIBALEKA NANI FOREST RUN - SANDF FOREST HILL - 2026/06/20

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	896	50827	KEANU	DOMINGO	TUKKIES	M	24	SM	0.46.29	0
2	800	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.46.30	5
3	276	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.46.35	5
4	283	1392	ZOLANI	MABONGO	NEDBANK	M	39	35-39M	0.49.16	5
5	797	40143	AGCOBILE	JEZILE	MOTHER	M	17	JM	0.49.45	5
6	795	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.49.47	5
7	378	2318	APHELELE	SEPTEMBER	TEMP	M	21	SM	0.50.00	0
8	495	2149	XOLISA	NDLUMBINI	TRANSNET	M	44	40-44M	0.51.04	5
9	279	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.51.49	5
10	866	701	NYASHA	MUKANDI	CRUSADE	M	34	SM	0.51.54	5
11	625	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.51.57	5
12	629	1354	ANDRE	KETCHEM	NEDBANK	M	42	40-44M	0.52.47	5
13	285	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	0.54.26	5
14	895	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	0.55.10	5
15	635	1091	LEIGH	CALLAGHAN	ACH	F	31	SF	0.58.39	5
16	792	1106	Sipesihle	Sofute	ACH	M	29	SM	0.58.55	3
17	135	3135	LIKHONA	GCORA	TEMP	M	19	SM	0.58.56	0
18	735	1022	Reegan	Meyer	CHARLO	M	19	SM	0.58.58	3
19	121	3121	KIAN	CAMBIER	TEMP	M	20	SM	0.59.02	0
20	850	1191	NOEL	ADAMS	ELITEAC	M	54	50-54M	0.59.03	5
21	376	2895	SANELE	SAM	CSEP	M	33	SM	0.59.11	3
22	608	1406	REFELOE	SOLOMONS	NEDBANK	F	45	45-49F	0.59.34	5
23	819	2991	MZAMO	VILI	HOLLYWOO	M	20	SM	0.59.34	3
24	666	40258	JOSHUA	LOUW	32GI	M	17	JM	0.59.43	3
25	480	2524	ABBIE	MITCHELL	Bestmed	F	19	SF	0.59.46	5
26	294	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	1.00.31	4
27	645	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.00.40	5
28	284	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	1.00.58	4
29	796	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	1.01.05	5
30	872	2060	DALE	MOULTON	ACH	M	46	45-49M	1.01.10	5
31	758	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	1.01.19	3
32	86	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.01.38	5
33	421	2089	SIPHESIHLE	JOJA	SANDFEP	M	27	SM	1.01.45	3
34	647	2743	LINDI	GEORGIOU	BODYCON	F	46	45-49F	1.01.51	5
35	114	3114	NADINE	BOTES	TEMP	F	28	SF	1.02.41	0
36	747	875	MATTHEW	RODGERS	CHARLO	M	24	SM	1.02.45	3
37	91	1105	MARK	FRASER	ACH	M	32	SM	1.02.53	3
38	681	407	MICHELLE	REED	IKHAMVA	F	40	40-44F	1.03.07	5
39	617	50050	RODNEY	WESTGATE	MPOX	M	53	50-54M	1.03.24	0
40	293	2074	MICHAEL	SUTHERLAND	TEMP	M	41	40-44M	1.03.56	0
41	750	955	SIVUYILE	SCHEEPERS	CHARLO	M	33	SM	1.04.13	2
42	698	888	RAHUL	BHANA	CHARLO	M	22	SM	1.04.14	2
43	692	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	1.04.15	4
44	85	768	WILLIE	ELS	CRUSADE	M	50	50-54M	1.04.36	4
45	798	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	1.04.39	3
46	630	2511	KADER	ABDULLA	Bestmed	M	49	45-49M	1.05.18	3
47	760	1026	CHRISTOFF	SNYMAN	CHARLO	M	32	SM	1.05.30	2
48	553	1800	ROMAN	SEPTOE	GELVAN	M	28	SM	1.05.41	2
49	787	40494	ASIVE	SOLOMON	MUIRITE	M	15	JM	1.05.45	2
50	825	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	1.06.11	3

51	430	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	1.06.26	2
52	663	1426	LIZA-MARIE	KINGSTON	NEDBANK	F	44	40-44F	1.06.28	4
53	129	3129	MARCELLE	DE LANGE	TEMP	M	30	SM	1.06.29	0
54	546	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	1.06.41	5
55	897	60	THANDO	NCIPHA	SAPCG	M	34	SM	1.07.16	0
56	13	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	1.07.28	2
57	18	3256	FUNEKA	BEFILI	CHEETAHS	M	34	SM	1.08.01	0
58	818	2084	RICHARD	BERGH	TEMP	M	38	35-39M	1.08.16	0
59	592	831	KATHARINE	VAN DER WALT	32GI	F	50	50-54F	1.08.26	5
60	677	1943	LUYANDA	NGESI	BLUEBAY	M	33	SM	1.08.53	2
61	620	2122	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	1.08.55	3
62	412	659	BRETT	HOLMES	ASPEN	M	52	50-54M	1.08.57	3
63	381	2381	SIHLE	MTABATI	TEMP	M	17	JM	1.09.01	0
64	604	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	1.09.06	3
65	241	3241	YONELA	NKONZO	TEMP	M	36	35-39M	1.09.08	0
66	584	855	PAULINE	TUNSTEAD	32GI	F	55	55-59F	1.09.12	5
67	669	1925	MANDLA	AFRICA	BLUEBAY	M	23	SM	1.09.21	2
68	822	1647	JUSTIN	LEESON	MADIBA	M	40	40-44M	1.09.21	2
69	679	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	1.09.32	3
70	572	71	TRISTAN	GEORGE	SAPPE	M	23	SM	1.09.42	2
71	804	1083	ALAN	TAYLOR	ACH	M	69	65-69M	1.10.14	5
72	805	202	WERNER	MEYER	SAPPE	M	52	50-54M	1.10.19	3
73	303	2303	NICHOLAS	SMITH	TEMP	M	30	SM	1.10.25	0
74	684	1944	MUSA	SENTI	BLUEBAY	M	33	SM	1.10.32	2
75	680	862	JEAN-PERI	REDONA	32GI	M	38	35-39M	1.10.37	2
76	410	3021	SHAUN	HOEKSTRA	VITALITY	M	26	SM	1.10.39	2
77	880	2203	SIPHOSETHU	MAVATHA	SIBALEKA	F	29	SF	1.10.50	2
78	746	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	1.10.53	3
79	389	2389	LATHITHA	NTSUNGUZI	TEMP	M	18	JM	1.10.53	0
80	132	3132	IOSIF	DURSAEV	TEMP	M	38	35-39M	1.11.15	0
81	543	362	CANDICE	RICHARDS	IKHAMVA	F	33	SF	1.11.19	2
82	49	866	MICHA	CRONJE	32GI	F	36	35-39F	1.11.24	2
83	69	757	LITHALETHU	DINGELA	CRUSADE	M	22	SM	1.11.40	2
84	157	3157	LUNGISA	JACOBS	TEMP	M	42	40-44M	1.11.54	0
85	565	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	1.12.16	2
86	664	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	1.12.18	2
87	98	532	JUDY	GERBER	RUN4C	F	60	60-64F	1.12.20	5
88	431	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	1.12.21	3
89	76	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	1.12.33	3
90	654	1428	MARIETTE	HATTINGH	NEDBANK	F	60	60-64F	1.13.03	5
91	363	2363	TERRY	THORNTON	TEMP	M	58	55-59M	1.13.03	0
92	786	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	1.13.04	3
93	61	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	1.13.31	2
94	327	2327	AVA	VAN DER WALT	TEMP	F	17	JF	1.13.34	0
95	785	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	1.13.35	2
96	281	2774	ZINTLE	MXISHI	SIBALEKA	F	29	SF	1.13.36	2
97	11	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	1.13.42	2
98	205	3205	SONWABO	MBANGO	TEMP	M	29	SM	1.14.36	0
99	700	967	MIKE	BURGER	CHARLO	M	67	65-69M	1.14.41	3
100	538	104	PRASHAAN	RAGA	INFINITY	M	27	SM	1.14.55	2
101	386	2386	EMIHLE	CUNGE	TEMP	M	19	SM	1.15.06	0
102	729	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	1.15.10	2
103	868	2807	LEHLOHONOLO	THOKOA	ABSAEP	M	45	45-49M	1.15.17	2
104	422	270	ANDREW	JONAS	MUIRITE	M	62	60-64M	1.15.19	3

105	473	1476	NOLUKHANYO	MDWAYI	NEDBANK	F	45	45-49F	1.15.23	3
106	725	1008	Darryl	Long	CHARLO	M	48	45-49M	1.15.23	2
107	469	1055	JEROME	MAY	XCEL	M	59	55-59M	1.15.30	2
108	549	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	1.15.33	5
109	554	3081	WESLEY	SHERMAN	VITALITY	M	33	SM	1.15.33	2
110	809	1764	VERNON	NEWFELDT	GELVAN	M	60	60-64M	1.15.42	2
111	854	2817	SINETHEMBA	MAGUTYWA	ABSAEP	M	43	40-44M	1.15.43	2
112	534	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	1.15.43	2
113	62	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	1.15.44	2
114	8	2112	ALLISTER	AREND	ATLANTIC	M	41	40-44M	1.15.45	2
115	732	952	CINDY	MARAIS	CHARLO	F	49	45-49F	1.15.55	2
116	879	2095	KIAN	TERBLANCHE	TEMP	M	29	SM	1.16.03	0
117	154	3154	TREVOR	HOYI	TEMP	M	57	55-59M	1.16.08	0
118	780	2139	BHEKA	MSELEKU	TRANSNET	M	57	55-59M	1.16.11	2
119	57	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	1.16.16	2
120	227	3227	MIKALE	MULLER	TEMP	M	29	SM	1.16.20	0
121	337	2337	JASON	WILSON	TEMP	M	47	45-49M	1.16.21	0
122	265	3265	DYLAN	RYAN	TEMP	M	29	SM	1.16.30	0
123	47	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	1.16.38	4
124	793	40507	LONWABO	NONDLWANA	ACH	M	15	JM	1.16.39	1
125	361	2361	ANDRE	ROSTODELLA	TEMP	M	24	SM	1.16.39	0
126	636	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	1.16.59	3
127	737	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	1.17.08	1
128	35	1205	ALISON	BOWKER	ELITEAC	F	38	35-39F	1.17.09	2
129	867	628	CT	JACOBS	ASPEN	M	42	40-44M	1.17.13	2
130	715	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.17.13	2
131	876	669	TERENCE	LANTZ	ASPEN	M	46	45-49M	1.17.14	2
132	533	3217	KELVIN	PIKIRAI	HOLLY	M	35	35-39M	1.17.15	0
133	481	1265	SIVENE	MJILA	CHILLIEB	M	37	35-39M	1.17.15	0
134	834		DISQUALIFIED		TV	M	32	SM	1.17.17	
135	321	2321	TRAVIS	VAN BREDA	TEMP	M	20	SM	1.17.19	0
136	640	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	1.17.41	2
137	569	555	BURNITA	STRYDOM	RUN4C	F	57	55-59F	1.17.48	3
138	289	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	1.17.53	1
139	29	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	1.17.55	2
140		1984	DISQUALIFIED		ACH	M	48	45-49M	1.18.00	0
141	552	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	1.18.01	2
142	806	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	1.18.03	2
143	555	564	GAVIN	SILLS	RUN4C	M	53	50-54M	1.18.08	2
144	399	2730	JOHN	EDWARDS	BODYCON	M	59	55-59M	1.18.10	2
145	191	3191	ATHENKOSI	MAHUWA	TEMP	M	26	SM	1.18.18	0
146	756	1017	JOE	SCHOEMAN	CHARLO	M	46	45-49M	1.18.31	2
147	435	1620	BROOKE	KRUGER	MADIBA	F	23	SF	1.18.41	2
148	4	1703	JAIME	ALCOCK	MADIBA	F	23	SF	1.18.41	2
149	772	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	1.18.42	2
150	55	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	1.18.49	2
151	2	121	YASEEN	ABRAHAMS	MALABAR	M	54	50-54M	1.18.55	2
152	362	2362	MEGAN	SNYMAN	TEMP	F	25	SF	1.19.00	0
153	10	1043	DAVID	BAINS	XCEL	M	60	60-64M	1.19.02	2
154	733	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	1.19.11	1
155	277	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	1.19.12	1
156	697	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	1.19.13	2
157	627	1010	JAN	VAN EEDEN	NEDBANK	M	68	65-69M	1.19.13	2
158	394	3396	BOMKAZI	NTONI	ACH	F	39	35-39F	1.19.32	2

159	820	9999	TAURIQ	HENDRICKS	NOCLUB	M	35	35-39M	1.19.33	0
160	468	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	1.19.37	1
161	419	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	1.19.39	1
162	688	779	RYAN	TUDHOPE	32GI	M	44	40-44M	1.19.42	1
163	766	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	1.19.52	2
164	603	534	BIANCA	VERMAAK	RUN4C	F	31	SF	1.19.53	1
165	60	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	1.19.56	2
166	774	1777	ROLAND	DACE	GELVAN	M	71	70+M	1.20.00	3
167	782	127	MUSTAFA	LAGARDIEN	MALABAR	M	33	SM	1.20.01	1
168	685	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	1.20.01	4
169	137	3137	NTANDAZO	GIJANA	TEMP	M	40	40-44M	1.20.04	0
170	602	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	1.20.04	1
171	434	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	1.20.05	1
172	891	1153	Kempie	van Rooyen	ACH	M	37	35-39M	1.20.05	1
173	838	52207	MZIMHLE	TSHOTHO	MTHATHA	M	41	40-44M	1.20.26	0
174	423	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.20.30	4
175	249	3249	JOHANNETTE	OOSTHUIZEN	TEMP	F	61	60-64F	1.20.34	0
176	696	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	1.20.36	2
177	178	3178	MARISKA	KRUGER	TEMP	F	48	45-49F	1.20.41	0
178	101	3101	LUQMAAN	ADAMS	TEMP	M	54	50-54M	1.20.43	0
179	788	1088	PERCY	DALTON	ACH	M	77	70+M	1.20.57	2
180	295	3392	SEAN	ROSS	ACH	M	35	35-39M	1.20.57	1
181	258	3258	BONI	PRITCHARD	TEMP	F	49	45-49F	1.20.58	0
182	413	658	KELLY	HOLMES	ASPEN	F	49	45-49F	1.21.00	2
183	282	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	1.21.07	2
184	628	42	SAM	ERASMUS	SAPPE	M	68	65-69M	1.21.09	2
185	726	1009	MEGAN	LONG	CHARLO	F	41	40-44F	1.21.09	2
186	862	2725	TRACEY	VAN DER WALT	32GI	F	34	SF	1.21.13	1
187	863	2724	BRANDON	VAN DER WALT	32GI	M	34	SM	1.21.14	1
188	388	2388	AYAVUYA	NGXWASHULA	TEMP	M	16	JM	1.21.34	0
189	54	1926	JOSE	DAVIS	BLUEBAY	M	33	SM	1.21.46	1
190	525	3030	TRACY	PAGE	VITALITY	F	49	45-49F	1.21.48	2
191	371	2208	LAAIQ	SALIE	TEMP	M	23	SM	1.21.59	0
192	563	1946	MICHAEL	SMITH	BLUEBAY	M	53	50-54M	1.22.01	1
193	278	40419	XHANTI	BOTCHWAY	ACT AC	M	18	JM	1.22.03	1
194	844	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	1.22.04	1
195	465	785	CHRISTOPHER	MARLIN	32GI	M	50	50-54M	1.22.04	1
196	382	2382	KIM-SHAY	GOLIATH	TEMP	F	16	JF	1.22.08	0
197	77	1203	ANNEMIE	DU TOIT	ELITEAC	F	41	40-44F	1.22.12	1
198	606	3250	ANTON	VERWEY	CONTI	M	51	50-54M	1.22.24	0
199	447	2267	BULELANI	LENGOASA	VUKANI	M	54	50-54M	1.22.24	1
200	631	740	DONOVAN	ADAMS	CRUSADE	M	43	40-44M	1.22.31	1
201	359	2359	BRENDON	MUGANHU	TEMP	M	29	SM	1.22.41	0
202	764	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	1.22.41	2
203	893	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	1.22.43	1
204	518	2316	KHAHLISO	NTLALE	CHILLIEP	M	39	35-39M	1.22.44	1
205	14	1285	WANDA	BANJWA	VWAC	M	39	35-39M	1.22.45	1
206	682	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	1.22.46	1
207	73	1125	BRENDON	DRYDEN	ACH	M	58	55-59M	1.22.46	1
208	183	3183	MARIO	LOCKEM	TEMP	M	42	40-44M	1.22.51	0
209	306	2306	TAU	TARY	TEMP	M	37	35-39M	1.22.54	0
210	649	1635	DORIS	GERBER	MADIBA	F	55	55-59F	1.23.01	2
211	826	2695	VUSIKAYA	MANCAPA	MOTHER	M	60	60-64M	1.23.02	2
212	349	2349	NATASHA	HALLER	TEMP	F	45	45-49F	1.23.03	0

213	449	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	1.23.03	3
214	219	3219	THABANG ELLIOT	MOPEDI	TEMP	M	35	35-39M	1.23.07	0
215	255	3255	LARA	PRAGNELL	TEMP	F	35	35-39F	1.23.08	0
216	642	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	1.23.11	1
217	84	769	MEGAN	ELS	CRUSADE	F	41	40-44F	1.23.14	1
218	75	1609	WILLEMEN	DU RANDT	DESPATCH	F	51	50-54F	1.23.16	2
219	570	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	1.23.19	2
220	644	721	FIONA	FLEUR	CRUSADE	F	41	40-44F	1.23.23	1
221	683	3028	SUSAN	SCOTT	CRUSADE	F	61	60-64F	1.23.27	3
222	817	2083	ANELE	CHARLIE	TEMP	M	27	SM	1.23.28	0
223	717	880	DAVID	HOLLIS	CHARLO	M	42	40-44M	1.23.30	1
224	348	2348	CARL	HALLER	TEMP	M	51	50-54M	1.23.31	0
225	68	730	SUNE	DIEDERICKS	CRUSADE	F	55	55-59F	1.23.32	2
226	612	511	ELRINDA	WANNENBURG	RUN4C	F	45	45-49F	1.23.33	2
227	498	1232	SONIKA	NEL	ELITEAC	F	26	SF	1.23.36	1
228	452	616	RUAN	LUNDT	RUN4C	M	39	35-39M	1.23.38	1
229	882	2096	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	1.23.39	0
230	479	484	Maryka	Meyer	RUN4C	F	31	SF	1.23.39	1
231	478	483	MARISA	MEYER	RUN4C	F	31	SF	1.23.39	1
232	332	2332	BIANCA	VAN SCHALKWYK	TEMP	F	36	35-39F	1.23.59	0
233	9	3226	Bernard	Badenhorst	CITYC	M	46	45-49M	1.24.41	1
234	598	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	1.24.50	2
235	694	984	BELINDA	BAIN	CHARLO	F	64	60-64F	1.24.54	2
236	374	2328	JOANNE	DANIELS	TEMP	F	60	60-64F	1.24.56	0
237	860	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	1.24.56	1
238	742	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	1.25.01	2
239	779	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	1.25.02	1
240	536	2818	THABISO	NGCONGO	ABSAEP	M	27	SM	1.25.11	1
241	856	2089	RUFARO	MHLAMBISO	TEMP	M	33	SM	1.25.21	0
242	127	3127	MICHELLE	DAMES	TEMP	F	51	50-54F	1.25.36	0
243	335	2335	JENNA	WALTERS	TEMP	F	26	SF	1.25.51	0
244	268	3268	SOPHIE	SAUNDERS	TEMP	F	25	SF	1.25.51	0
245	545	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	1.25.56	2
246	453	2958	ZENANDE	MABINI	SAPPE	M	30	SM	1.26.03	1
247	186	3186	KATHRYN	LUCK	TEMP	F	42	40-44F	1.26.07	0
248	251	3251	LYNDA	PAUTZ	TEMP	F	45	45-49F	1.26.24	0
249	470	72	KANYISA	MAYAYA	SAPPE	F	39	35-39F	1.26.37	1
250	298	2077	KEVIN	GILLMER	TEMP	M	65	65-69M	1.26.55	0
251	597	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	1.26.55	1
252	299	2632	PHILIPP	HOELZER	Bestmed	M	42	40-44M	1.26.56	1
253	169	3169	CHRISTIE	KAPUTENI	TEMP	M	25	SM	1.26.57	0
254	182	3182	GERALD	LETILE	TEMP	M	28	SM	1.26.57	0
255	497	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	1.26.59	1
256	845	2733	IVO	MEYER	BODYCON	M	51	50-54M	1.27.08	1
257	30	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	1.27.13	1
258	889	2805	NELSON	KOTU	ABSAEP	M	33	SM	1.27.14	1
259	464	708	JOAN	MARLBOROUGH	CRUSADE	F	71	70+F	1.27.16	3
260	56	804	VALMAINE	DE KLERK	32GI	F	49	45-49F	1.27.31	1
261	188	3188	MANDILAKHE	MABIZA	TEMP	M	42	40-44M	1.27.32	0
262	414	811	TREVLIN	HOYLE	32GI	F	51	50-54F	1.27.48	1
263	486	3391	KUHLE	MQASHANE	CHILLIEP	F	22	SF	1.27.50	1
264	562	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	1.27.51	1
265	254	3254	LAURE	PIETERSE	TEMP	M	55	55-59M	1.27.53	0
266	74	1155	CARYNNE	DRYDEN	ACH	F	51	50-54F	1.27.58	1

267	393	2603	JOHANN	VAN DER MERWE	Bestmed	M	62	60-64M	1.28.01	1
268	514	50924	KHANYISA	NOGWINA	REALGIJ	F	38	35-39F	1.28.01	0
269	548	750	PIETER	ROUX	CRUSADE	M	71	70+M	1.28.03	1
270	490	578	MARLENE	MULVEY	RUN4C	F	47	45-49F	1.28.10	1
271	92	1705	JOHN	FREWEN	MADIBA	M	64	60-64M	1.28.20	1
272	128	3128	LUCA	DE BRUIJN	TEMP	F	25	SF	1.28.22	0
273	131	3131	TRISTEN	DU RANDT	TEMP	M	26	SM	1.28.22	0
274	164	3164	ELROZAAN	JOUBERT	TEMP	F	21	SF	1.28.28	0
275	328	2328	ZOE	VAN DER WALT	TEMP	F	19	JF	1.28.36	0
276	364	2364	CHRIS	VAN DER WALT	TEMP	M	50	50-54M	1.28.38	0
277	718	915	JOEL	HUMAN	CHARLO	M	53	50-54M	1.28.39	1
278	334	2334	PIETER	VAN WYK	TEMP	M	34	SM	1.28.41	0
279	488	1142	SAMANTHA	MUKHEIBIR	ACH	F	48	45-49F	1.28.50	1
280	223	3223	KYLE	MUKHEIBIR	TEMP	M	25	SM	1.28.51	0
281	810	800	JONATHAN	MANDELL	32GI	M	61	60-64M	1.28.55	1
282	736	934	JEAN	MEYER	CHARLO	M	47	45-49M	1.28.56	1
283	738	905	MICHELE	MOOLMAN	CHARLO	F	41	40-44F	1.28.57	1
284	280	392	LAWRENCE	NTIKA	IKHAMVA	M	68	65-69M	1.29.00	1
285	116	3116	MADODA	BOTHA	TEMP	M	37	35-39M	1.29.01	0
286	402	3235	MARITZA	HANEKOM	CITYC	F	44	40-44F	1.29.06	1
287	143	3143	ETHAN	GRUNEWALD	TEMP	M	21	SM	1.29.06	0
288	209	3209	KHAZIMLA	MELANI	TEMP	M	22	SM	1.29.07	0
289	134	3134	JUAN	FRANCIS	TEMP	M	36	35-39M	1.29.10	0
290	574	1959	XOLANI	TEYISE	BLUEBAY	M	44	40-44M	1.29.13	1
291	632		DISQUALIFIED		BLUEBAY	M	62	60-64M	1.29.15	0
292	383	2383	SIVIWE	JACK	TEMP	F	16	JF	1.29.16	0
293	264	3264	CARYN	RYAN	TEMP	F	27	SF	1.29.17	0
294	174	3174	KELLY	KINGWILL	TEMP	F	27	SF	1.29.17	0
295	159	3159	REBECCA	JAPHET	TEMP	F	25	SF	1.29.17	0
296	28	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	1.29.21	1
297	557	13399	LUCIAN	SIMMONDS	TITANS	M	46	45-49M	1.29.21	0
298	831	1529	STÉPHAN	DU PLESSIS	DESPATCH	M	23	SM	1.29.23	1
299	691	1565	BONITA	WEITSZ	DESPATCH	F	54	50-54F	1.29.28	1
300	582	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	1.29.32	1
301	823	2086	MICHAEL	BARNARDO	TEMP	M	59	55-59M	1.29.37	0
302	643	525	WESSEL	EBERSOHN	RUN4C	M	36	35-39M	1.29.47	1
303	5	123	SIHAAM	ALLISON	MALABAR	F	41	40-44F	1.29.49	1
304	72	1195	SAMANTHA	DOUGLAS	ELITEAC	F	38	35-39F	1.29.53	1
305	596	85	CHRIS	VAN RENSBURG	SAPPE	M	52	50-54M	1.29.53	1
306	600	1553	MINIQUE	VAN TONDER	DESPATCH	F	19	SF	1.29.55	1
307	145	3145	MORRIGAN	HALKETT	TEMP	F	31	SF	1.29.58	0
308	813	584	BRENDON	SLABBERT	RUN4C	M	55	55-59M	1.29.59	1
309	670	859	KAYLEE	MARX	32GI	F	29	SF	1.30.00	1
310	343	2343	CLAIRE	CALDECOTT	TEMP	F	42	40-44F	1.30.02	0
311	547	842	KELLY	ROSE	32GI	F	47	45-49F	1.30.02	1
312	653	798	JUSTYN	HARRISON	32GI	M	49	45-49M	1.30.09	1
313	816	27	LIESL	BARKER	PEAAC	F	59	55-59F	1.30.11	1
314	573	1429	RIKA	TERBLANCHE	NEDBANK	F	49	45-49F	1.30.14	1
315	719	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	1.30.18	1
316	109	3109	JACQUI	BESTER	TEMP	F	49	45-49F	1.30.21	0
317	687	170	THANDEKA	MHLANGA	ACT AC	F	36	35-39F	1.30.28	1
318	48	1167	CHLOE	CRITCHLOW	EMERIS	F	21	SF	1.30.28	0
319	789	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	1.30.36	1
320	266	3266	UZAIR	SALIE	TEMP	M	17	JM	1.30.37	0

321	741	996	PAULA	PEARCE	CHARLO	F	58	55-59F	1.30.41	1
322	802	9	ELMARIE	BOTHA	PEAAC	F	59	55-59F	1.30.43	1
323	695	893	MAGDA	BECKER	CHARLO	F	38	35-39F	1.30.45	1
324	350	2350	MARYBETH	HANSEN	TEMP	F	38	35-39F	1.30.52	0
325	426	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.30.58	2
326	19	512	ANSIE	BENADE	RUN4C	F	66	65-69F	1.31.06	1
327	124	3124	ROBERT	CLARKE	TEMP	M	49	45-49M	1.31.07	0
328	172	3172	HELEN	KERNOHAN	TEMP	F	51	50-54F	1.31.07	0
329	508	541	ULRICH	NIEUWOUDT	RUN4C	M	31	SM	1.31.10	1
330	590	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	1.31.14	1
331	93	1704	MARIZA	FREWEN	MADIBA	F	64	60-64F	1.31.20	1
332	373	2343	ANDREW	DANIELS	TEMP	M	64	60-64M	1.31.25	0
333	674	1753	ROXANNE	MULLER	GELVAN	F	41	40-44F	1.31.33	1
334	803	840	BRONWIN	MEYER	32GI	F	53	50-54F	1.31.33	1
335	751	884	HERMAN	SCHEEPERS	CHARLO	M	50	50-54M	1.31.34	1
336	476	52201	SONGEZO	TUNTULWANA	MTHATHA	M	41	40-44M	1.31.38	0
337	885	51277	LUBABALO	DLUNGWANA	CHILLIEB	M	34	SM	1.31.39	0
338	706	986	DYLAN	DU PLOOY	CHARLO	M	41	40-44M	1.31.42	1
339	865	418	AYANDA	POTGIETER	CHILLIEP	F	31	SF	1.31.54	1
340	626	3275	BONISWA	ZONDANI	CHEETAHS	F	42	40-44F	1.31.56	0
341	269	3269	SILKY	SCHUIN-DORFLING	TEMP	F	25	SF	1.31.56	0
342	884	128	DAWOOD	BABOO	MALABAR	M	39	35-39M	1.31.59	1
343	768	972	CONRAD	VENTER	CHARLO	M	34	SM	1.32.02	1
344	824	1868	TUMELO	LEHASA	HOLLYWOO	M	38	35-39M	1.32.04	1
345	846	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	1.32.04	1
346	870	2093	NCEBA	KAPAYI	TEMP	M	50	50-54M	1.32.09	0
347	5254		DISQUALIFIED		VITALITY	M			1.32.09	0
348	460	13197	KEDIBONE	MANGENA	WATER	M	35	35-39M	1.32.10	0
349	851	1575	LESLEY-ANN	BUSH	DESPATCH	F	54	50-54F	1.32.13	1
350	355	2355	CHRIS	KRUGER	TEMP	M	50	50-54M	1.32.19	0
351	777	252	Mzimkhulu	Memese	MUIRITE	M	64	60-64M	1.32.24	1
352	250	3250	CASEY	PAUTZ	TEMP	F	17	JF	1.32.26	0
353	80	738	SAM	DU TOIT	CRUSADE	F	57	55-59F	1.32.29	1
354	781	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	46	45-49M	1.32.31	1
355	232	3232	STANFORD	NDLOVU	TEMP	M	32	SM	1.32.41	0
356	513	2257	Sinovuyo	Nodangala	SIBALEKA	M	32	SM	1.32.43	1
357	428	1118	BRUCE	KING	ACH	M	59	55-59M	1.32.54	1
358	532	2317	SINOVUYO	PHOHLONGO	TNETFS	F	32	SF	1.32.57	0
359	211	3211	MARYNA	MEYER	TEMP	F	55	55-59F	1.32.58	0
360	658	494	Shaferon	Johannes	RUN4C	F	44	40-44F	1.32.59	1
361	461	3008	THOZAMA	MANTLAKA	VITALITY	F	40	40-44F	1.33.00	1
362	104	3104	ROLANDA	BAATJIES	TEMP	F	46	45-49F	1.33.01	0
363	405	1115	PALESA	HEADBUSH	ACH	F	47	45-49F	1.33.03	1
364	288	77	LOUIS	SWIEGELAAR	SAPPE	M	60	60-64M	1.33.05	1
365	404	1067	MARK	HEADBUSH	ACH	M	81	70+M	1.33.06	1
366	94	899	KIRSTEN	FULLER	CHARLO	F	34	SF	1.33.13	1
367	815	2008	TRACEY-LYNNE	HERMAN	WALMER	F	54	50-54F	1.33.13	1
368	638	849	LUCILLE	COCK	32GI	F	43	40-44F	1.33.16	1
369	811	850	PAIGE	LEE	32GI	F	60	60-64F	1.33.17	1
370	221	3221	SAMKELO	MSUTWANA	TEMP	M	32	SM	1.33.19	0
371	559	473	Michelle	Simon	RUN4C	F	37	35-39F	1.33.19	1
372	516	50744	LEON	NORTJE	RUNEDGE	M	54	50-54M	1.33.21	0
373	97	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.33.25	1
374	577	3124	SINOTHANDO	TISO	VITALITY	F	31	SF	1.33.25	1

375	829	119	GALEEMA	LILLAH	MALABAR	F	33	SF	1.33.32	1
376	122	3122	MAKHOSANDILE	CANCA	TEMP	M	18	JM	1.33.35	0
377	202	3202	AZILE	MAXONGO	TEMP	F	29	SF	1.33.36	0
378	524	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.33.38	1
379	471	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	1.33.42	1
380	773	1717	ANTOINETTE	HUMAN	GELVAN	F	58	55-59F	1.33.51	1
381	583	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	1.33.54	1
382	556	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.33.58	1
383	400	2082	TAYLA	MANSHEID	TEMP	F	26	SF	1.33.59	0
384	347	2347	ABDULLAH	FREDERICKS	TEMP	M	23	SM	1.34.03	0
385	396	2079	CAMERON	KITCHING	TEMP	M	17	JM	1.34.03	0
386	233	3233	AIMEE	NEWMAN	TEMP	F	31	SF	1.34.04	0
387	709	959	JOHAN	GERBER	CHARLO	M	47	45-49M	1.34.11	1
388	142	3142	MELANY	GROBLER	TEMP	F	35	35-39F	1.34.16	0
389	881	76	HEIN	BADENHORST	SAPPE	M	56	55-59M	1.34.17	1
390	659	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	1.34.19	1
391	537	450	SIHLE	QWEMESHA	CHILLIEP	F	32	SF	1.34.26	1
392	358	2358	DAVID	MANNING	TEMP	M	63	60-64M	1.34.37	0
393	864	3273	MIHLALI	TYUSHA-SISILANA	CHEETAHS	F	33	SF	1.34.40	0
394	616	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.34.42	1
395	759	906	TARYN	FERREIRA	CHARLO	F	45	45-49F	1.34.44	1
396	500	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.34.45	1
397	571	3038	MELISSA	SWANEPOEL	VITALITY	F	37	35-39F	1.34.46	1
398	354	2354	TESSA	KITCHING	TEMP	F	43	40-44F	1.34.46	0
399	344	2344	TALIA	CASTELYN	TEMP	F	16	JF	1.34.46	0
400	807	1798	KEVIN	MAGNUS	GELVAN	M	56	55-59M	1.34.50	1
401	887	50427	SIASANGA	MYATAZA	BALEKANI	F	41	40-44F	1.34.50	0
402	639	632	MOMELEZI	COMJWA	ASPEN	M	31	SM	1.34.55	1
403	767	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	1.35.16	1
404	722	937	KIJANA	LARSEN	CHARLO	F	25	SF	1.35.16	1
405	762	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.35.17	1
406	784	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	1.35.20	1
407	345	2345	SIPHELO	DICK	TEMP	M	27	SM	1.35.24	0
408	707	788	JAMES	DU TOIT	32GI	M	41	40-44M	1.35.24	1
409	456	1314	Skhumbuzo	Madlala	VWAC	M	33	SM	1.35.46	1
410	501	2057	SINALO	NGALO	ACH	F	37	35-39F	1.35.48	1
411	652	799	ALLISON	HARRISON	32GI	F	43	40-44F	1.35.49	1
412	433	818	Leanne	Kriek	32GI	F	38	35-39F	1.35.52	1
413	286	894	TONY	CLARKE	CHARLO	M	65	65-69M	1.35.52	1
414	379	2312	EMIHLE	VAKALISA	TEMP	M	20	SM	1.36.02	0
415	380	2380	ZENITH	HAWKINS	TEMP	M	16	JM	1.36.03	0
416	287	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	1.36.09	1
417	489	751	NICK	MULLINS	CRUSADE	M	70	70+M	1.36.14	1
418	650	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.36.14	1
419	38	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	1.36.15	1
420	615	328	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.36.19	1
421	693	946	DONOVAN	AUSTIN	CHARLO	M	46	45-49M	1.36.21	1
422	459	117	LAILAA	MAN LEE	MALABAR	F	34	SF	1.36.28	1
423	22	1251	FEZEKILE	BHUSAKWE	CONTI	M	36	35-39M	1.36.28	0
424	112	3112	SIYAMTEMBA	BOMVU	TEMP	M	34	SM	1.36.35	0
425	185	3185	BIANCA	LOUWRENS	TEMP	F	31	SF	1.36.35	0
426	869	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	1.36.49	1
427	502	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	1.36.54	1
428	506	492	NTOKOZO	NGUBANE	RUN4C	F	31	SF	1.36.54	1

429	576	2505	SIPHOKAZI	TILI	Bestmed	F	46	45-49F	1.36.54	1
430	17	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.36.57	1
431	177	3177	CHANRI	KRITZINGER	TEMP	F	19	JF	1.36.58	0
432	458	3114	VUKOSI	MALULEKE	VITALITY	M	30	SM	1.37.11	1
433	228	3228	MASIVUYE	MZOBOSHE	TEMP	M	39	35-39M	1.37.13	0
434	752	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	1.37.14	1
435	828	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	1.37.15	1
436	827	705	OCTAVIA	BOSHOFF	CRUSADE	F	56	55-59F	1.37.15	1
437	392	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.37.17	1
438	425	139	WARDAH	KAFAAR	MALABAR	F	46	45-49F	1.37.25	1
439	871	2094	SISEKO	BHOLKA	TEMP	M	26	SM	1.37.25	0
440	873	432	MVELELI	MBANDE	CHILLIEP	M	40	40-44M	1.37.26	1
441	316	2316	SINIKELO	TSHAKA	TEMP	M	21	SM	1.37.26	0
442	894	2547	TEDDY	PRUSENT	VITALITY	M	38	35-39M	1.37.27	1
443	581	467	SIYABONGA	TSHAKA	CHILLIEP	M	43	40-44M	1.37.27	1
444	1	861	Marion	Abernerthy	32GI	F	31	SF	1.37.29	1
445	176	3176	RODNEY	KLEINGELD	TEMP	M	51	50-54M	1.37.29	0
446	739	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.37.30	1
447	155	3155	SIVUYILE	HULE	TEMP	M	39	35-39M	1.37.31	0
448	314	2314	LIHLE	TSHAKA	TEMP	M	24	SM	1.37.33	0
449	734	896	GAVIN	MATTHEWS	CHARLO	M	50	50-54M	1.37.34	1
450	839	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.37.36	1
451	216	3216	TYRA	MOORCROFT	TEMP	F	19	SF	1.37.36	0
452	730	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.37.38	1
453	713	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	1.38.01	1
454	712	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.38.02	1
455	676	753	PLACXEDES	NDHLOVU	CRUSADE	F	52	50-54F	1.38.07	1
456	203	3203	LWAZI GIFT	MAXONGO	TEMP	M	34	SM	1.38.09	0
457	70	5478	NDU	DLAMINI	RAF	M	42	40-44M	1.38.11	0
458	633		DISQUALIFIED		BLUEBAY	F	60	60-64F	1.38.12	0
459	463	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	1.38.19	1
460	27	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.38.51	1
461	619	774	ANNELIE	WILSON	CRUSADE	F	46	45-49F	1.39.00	1
462	390	2390	IBANATHI	TSEWU	TEMP	M	16	JM	1.39.06	0
463	322	2322	DANZEL	VAN DER MERWE	TEMP	M	30	SM	1.39.08	0
464	243	3243	KHANYA	NKUNZI	TEMP	M	23	SM	1.39.09	0
465	226	3226	MADISON	MULLER	TEMP	F	16	JF	1.39.10	0
466	103	3103	KIERAN	ARENDSE	TEMP	M	21	SM	1.39.11	0
467	387	2387	ISIPHILE	GOJELA	TEMP	M	16	JM	1.39.11	0
468	225	3225	DEVON	MULLER	TEMP	M	42	40-44M	1.39.12	0
469	197	3197	MSEKI	MAPONONO	TEMP	M	30	SM	1.39.19	0
470	64	797	Adrian	de Waal	32GI	M	61	60-64M	1.39.20	1
471	37	50735	JUANITA	BRINK	KIMBH	F	47	45-49F	1.39.28	0
472	6	98	PIPPIE	ANDERSON	KIMBH	F	62	60-64F	1.39.28	0
473	723	1025	JOLENE	LERM	CHARLO	F	42	40-44F	1.39.44	1
474	769	932	KIM	VENTER	CHARLO	F	41	40-44F	1.39.46	1
475	136	3136	JAQUE	GERBER	TEMP	M	34	SM	1.39.47	0
476	224	3224	WAYNE	MUKHEIBIR	TEMP	M	50	50-54M	1.39.52	0
477	391	2078	LIESEL	CHUM	TEMP	F	51	50-54F	1.40.07	0
478	740	1002	LEE	PAGE	CHARLO	F	43	40-44F	1.40.10	1
479	31	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.40.12	1
480	618	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.40.12	1
481	356	2356	VUYANI	KUSE	TEMP	M	40	40-44M	1.40.13	0
482	566	3223	CHRISTO	STEYN	CITYC	M	58	55-59M	1.40.13	1

483	417	1594	ADEL	JANSE VAN RENSBURG	DESPATCH	F	56	55-59F	1.40.39	1
484	166	3166	HANLIE	JUNIUS	TEMP	F	54	50-54F	1.40.45	0
485	512	1332	THANDI	NKWANDLA	NEDBANK	F	61	60-64F	1.41.04	1
486	550	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	1.41.05	1
487	504	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.41.06	1
488	15	2909	DENVER	BARENDSE	CSEP	M	38	35-39M	1.41.16	1
489	778	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	1.41.16	1
490	509	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	39	35-39F	1.41.21	1
491	667	2620	WAYNE	MAC GEAR	Bestmed	M	63	60-64M	1.41.22	1
492	451	728	PAUL	LUBBE	CRUSADE	M	64	60-64M	1.41.38	1
493	830	2087	PHUMLILE	COTIYANE-PONDO	TEMP	M	35	35-39M	1.41.39	0
494	32	40081	Meriska	Bouwer	ELITEAC	F	19	JF	1.41.53	1
495	59	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.41.53	1
496	744	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.41.56	1
497	24	1211	ELIZE	ADAMS	ELITEAC	F	51	50-54F	1.42.15	1
498	621	456	BULELANI	WITI	CHILLIEP	F	30	SF	1.42.22	1
499	150	3150	JAYLYNNE	HILLIER	TEMP	F	41	40-44F	1.42.25	0
500	407	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.42.29	1
501	309	2309	ZINZAN	THORNE	TEMP	M	29	SM	1.42.34	0
502	493	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	1.42.40	1
503	651	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	41	40-44F	1.42.43	1
504	115	3115	ARNO	BOTHA	TEMP	M	26	SM	1.42.43	0
505	325	2325	CHANÉ	VAN DER MESCHT	TEMP	F	25	SF	1.42.44	0
506	790	1104	CATHY	IVES	ACH	F	73	70+F	1.42.47	1
507	661	131	SHUKRY	KAFAAR	MALABAR	M	40	40-44M	1.42.54	1
508	699	924	GRAHAM	BROOM	CHARLO	M	55	55-59M	1.43.02	1
509	83	575	JACKIE	ELOFF	RUN4C	F	54	50-54F	1.43.22	1
510	220	3220	ZINTLE	MPOLONGWANA	TEMP	F	20	SF	1.43.24	0
511	351	2351	SHAMEEMA	HENDRICKS	TEMP	F	45	45-49F	1.43.25	0
512	41	2600	WENDY	CAMERON	Bestmed	F	48	45-49F	1.43.26	1
513	665	1065	SUE	LEWIS	ACH	F	61	60-64F	1.43.26	1
514	591	2534	CHANEL	VAN DER MERWE	Bestmed	F	34	SF	1.43.26	1
515	111	3111	MICHELLE	BLOM	TEMP	F	48	45-49F	1.43.30	0
516	260	3260	LISA	RANDALL	TEMP	F	46	45-49F	1.43.30	0
517	158	3158	PENNY	JANSEN VAN RENSBURG	TEMP	F	49	45-49F	1.43.51	0
518	445	3034	ADELE	LE ROUX	VITALITY	F	50	50-54F	1.43.51	1
519	771	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.44.00	1
520	588	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.44.07	1
521	527	242	Robin	Peacock	MUIRITE	M	41	40-44M	1.44.12	1
522	475	3216	Gerhard	Meiring	CITYC	M	46	45-49M	1.44.13	1
523	256	3256	AMOS	PRAM	TEMP	M	50	50-54M	1.44.14	0
524	181	3181	CHRISTINE	LEE	TEMP	F	33	SF	1.44.45	0
525	886	51285	AKHONA	DLUNGWANA	CHILLIEB	F	35	35-39F	1.44.52	0
526	761	922	REFILWE	TSATSIMPE	CHARLO	F	29	SF	1.44.52	1
527	214	3214	ADELE	MOKGOKONG	TEMP	F	24	SF	1.44.56	0
528	558	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.45.03	1
529	406	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.45.05	1
530	634		DISQUALIFIED		BLUEBAY	F	30	SF	1.45.13	0
531	324	2324	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.45.16	0
532	529	471	SHOWNA	PETZER	RUN4C	F	42	40-44F	1.45.24	1
533	234	3234	MAWANDE	NGCELWANE	TEMP	M	25	SM	1.45.26	0
534	301	2301	BUHLE	SIZIBA	TEMP	M	26	SM	1.45.48	0
535	273	3273	SIPHOKAZI	SIMELANE	TEMP	F	25	SF	1.45.48	0
536	307	2307	REFILOE	TAU	TEMP	F	28	SF	1.45.49	0

537	138	3138	AFIKILE	GIYOSE	TEMP	M	29	SM	1.45.59	0
538	878	52474	ZIKHONA	MQWEBA	KOMANIR	F	37	35-39F	1.46.01	0
539	99	1548	TYLO	GERBER	DESPATCH	F	20	SF	1.46.01	1
540	660	1545	RUAN	JONKER	DESPATCH	M	27	SM	1.46.02	1
541	599	1582	MARINET	VAN TONDER	DESPATCH	F	48	45-49F	1.46.02	1
542	832	1542	MARYKE	GERBER	DESPATCH	F	39	35-39F	1.46.02	1
543	96	1601	ANIZE	GERBER	DESPATCH	F	53	50-54F	1.46.02	1
544	526	50270	JODY	PASQUALLIE	MPOX	M	42	40-44M	1.46.09	0
545	89	1097	CINDY	FERREY	ACH	F	60	60-64F	1.46.16	1
546	401	1108	COMINE	GIERZ	ACH	F	60	60-64F	1.46.16	1
547	267	3267	ASHLEIGH	SAMUELS	TEMP	F	31	SF	1.46.22	0
548	874	3246	SHAKEERA	GEORGE	CONTI	F	39	35-39F	1.46.23	0
549	875	3240	ASHWELL	ISAACS	CONTI	M	42	40-44M	1.46.23	0
550	162	3162	SANDY	JOOSTE	TEMP	F	64	60-64F	1.46.25	0
551	852	2917	Thulani	Gwana	CSEP	M	47	45-49M	1.46.50	1
552	184	3184	ROSE MBUNGU	LOLO	TEMP	F	31	SF	1.46.52	0
553	3	109	ZAKIYYAH	AJAM	MALABAR	F	38	35-39F	1.46.55	1
554	341	2341	ATHENKOSI	BEZANA	TEMP	F	27	SF	1.46.56	0
555	43	52375	SINOVUYO	CHOCHOE	KWAMA	M	29	SM	1.46.56	0
556	858	13778	TAMARA	SELEPE	SANDFWP	F	38	35-39F	1.47.03	0
557	108	3108	ROSS	BENNETT	TEMP	M	33	SM	1.47.10	0
558	194	3194	MARGUERITE	MALAN	TEMP	F	37	35-39F	1.47.11	0
559	701	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.47.17	1
560	541	2954	SIVENATI	RASI	HOLLYWOO	M	30	SM	1.47.22	1
561	300	3238	Lisa	Kwong Hing	CONTI	F	42	40-44F	1.47.40	0
562	33	3236	RIAANA	BOUWER	CONTI	F	49	45-49F	1.47.41	0
563	877	2808	THEMBU	NTSUKUNYANE	ABSAEP	F	47	45-49F	1.47.47	1
564	46	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.47.51	1
565	25	286	SANET	BLOM	MUIRITE	F	59	55-59F	1.47.52	1
566	840	913	SHARON	SMUTS	CHARLO	F	60	60-64F	1.48.12	1
567	467	598	PHAKAMA	MATATA	RUN4C	F	34	SF	1.48.17	1
568	304	2304	KIRSTEN MARI	SWANEVELDER	TEMP	F	21	SF	1.48.20	0
569	180	3180	RUAN	LE ROUX	TEMP	M	21	SM	1.48.20	0
570	520	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	1.48.25	1
571	799	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.48.25	1
572	196	3196	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.48.31	0
573	567	478	NOMAZIBUKO	STOUT	RUN4C	F	43	40-44F	1.48.35	1
574	292	3047	NOMKE	MABIZELA	VITALITY	M	43	40-44M	1.48.38	1
575	808	50732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	1.48.38	0
576	564	1995	LYNETTE	SMUTS	WALMER	F	60	60-64F	1.48.39	1
577	530	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	1.48.40	0
578	586	3305	SIBULELE	TYAM	CONTI	F	28	SF	1.48.45	0
579	474	1833	ZIYANDA	MDWAYI	HOLLYWOO	F	46	45-49F	1.48.53	1
580	492	2189	NANGAMSO	NABE	TRANSNET	F	37	35-39F	1.48.53	1
581	689	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.49.04	1
582	842	3116	MUMINGH	DANIELLS	VITALITY	F	27	SF	1.49.11	1
583	329	2329	HELEN	VAN DER WESTHUIZEN	TEMP	F	45	45-49F	1.49.12	0
584	238	3238	CARIEN	NIEMAND	TEMP	F	33	SF	1.49.19	0
585	841	3117	FIEROZA	DANIELS	VITALITY	F	53	50-54F	1.49.50	1
586	438	2539	Priscah	Lakane	Bestmed	F	29	SF	1.49.59	1
587	496	2537	Asiphe	Ndoto	Bestmed	F	29	SF	1.50.00	1
588	522	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.50.02	1
589	262	3262	TANNAH - GRACIE	ROBINSON	TEMP	F	32	SF	1.50.05	0
590	82	2148	ABONGILE	NQEZO	TRANSNET	F	36	35-39F	1.50.05	1

591	199	3199	SARAH	MARX	TEMP	F	33	SF	1.50.11	0
592	711	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.50.20	1
593	323	2323	DION	VAN DER MERWE	TEMP	M	60	60-64M	1.50.25	0
594	248	3248	CHANTELLE	OKENNEDY	TEMP	F	28	SF	1.50.33	0
595	302	2302	KARLI	SLABBERT	TEMP	F	22	SF	1.50.33	0
596	171	3171	NOMVANO	KENTANE	TEMP	F	36	35-39F	1.50.35	0
597	179	3179	MUSA	LALELA	TEMP	F	28	SF	1.50.35	0
598	416	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.50.36	1
599	16	1924	SHELAINE	BARENDSE-SCHOLTZ	BLUEBAY	F	40	40-44F	1.50.43	1
600	494	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.50.44	1
601	87	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.50.47	1
602	641	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.50.51	1
603	814	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	1.50.52	1
604	812	590	LIANI	KEMP	RUN4C	F	27	SF	1.50.53	1
605	331	2331	SHAWN	VAN EYK	TEMP	M	58	55-59M	1.50.54	0
606	360	2360	THABANG	PHAKATHI	TEMP	M	24	SM	1.50.56	0
607	578	3023	MOSALE	TLAKA	VITALITY	F	29	SF	1.50.57	1
608	26	1210	MICHELLE	BOSHOFF	ELITEAC	F	44	40-44F	1.51.15	1
609	190	3190	KHANGELA	MAGULA	TEMP	F	33	SF	1.51.22	0
610	340	340	VUYOKAZI	NONCEMBU	TEMP	F	53	50-54F	1.51.27	0
611	152	3152	JADE	HOGGONS	TEMP	F	37	35-39F	1.51.31	0
612	253	3253	HAMILTON	PIETERS	TEMP	M	21	SM	1.51.41	0
613	702	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.51.42	1
614	561	1168	INEZ	SLATER	EMERIS	F	42	40-44F	1.51.52	0
615	119	3119	YONELA	BUKULA	TEMP	F	25	SF	1.51.53	0
616	544	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	39	35-39F	1.51.57	1
617	776	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.51.58	1
618	125	3125	MIRANDA	COGGER	TEMP	F	49	45-49F	1.51.59	0
619	257	3257	ROB	PRIDEAUX	TEMP	M	58	55-59M	1.52.00	0
620	366	2366	MIKE	MEYER	TEMP	M	57	55-59M	1.52.08	0
621	415	3105	ANDISWA	JAFTA	VITALITY	F	34	SF	1.52.38	1
622	71	1610	Brendon	Donoghue	DESPATCH	M	38	35-39M	1.52.39	1
623	397	50716	SANELISIWE	FUNANI	MTHATHA	M	42	40-44M	1.52.50	0
624	446	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.52.59	1
625	763	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.53.00	1
626	346	2346	ARNOLD	DLAMINI	TEMP	M	35	35-39M	1.53.01	0
627	657	111	CAMILA	ISMAIL	MALABAR	F	60	60-64F	1.53.17	1
628	678	1396	ONGEZWA	NLATI	NEDBANK	F	31	SF	1.53.22	1
629	455	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.53.29	1
630	432	24622	NICHOLAS	KOTSHOLO	MIWAY	M	36	35-39M	1.53.34	0
631	765	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.53.39	1
632	721	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.53.39	1
633	173	3173	PUMEZA	KHATLANE	TEMP	F	27	SF	1.53.46	0
634	892	2098	CHUMA	MOMELA	TEMP	M	30	SM	1.53.47	0
635	189	3189	ACWENGILE	MADLANGA	TEMP	F	28	SF	1.53.47	0
636	272	3272	SAMANTHA	SIBANDA	TEMP	F	31	SF	1.53.47	0
637	472	53594	LUPHIWO	MDUZANA	STUT	M	40	40-44M	1.53.48	0
638	531	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	1.53.48	1
639	883	2097	RACHEL	MASUNDA	TEMP	F	28	SF	1.53.49	0
640	835	2772	KHAYALETU	MKHANDWANA	CONTI	M	44	40-44M	1.53.50	0
641	821	2085	LELETU	MAJOLA	TEMP	F	24	SF	1.53.50	0
642	743	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.53.55	1
643	589	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.53.58	1
644	204	3204	SISIPHO	MAYO	TEMP	F	28	SF	1.54.00	0

645	53	3111	STACEY	DANIELS	VITALITY	F	36	35-39F	1.54.12	1
646	50	488	CHERYL	CUPIDO	RUN4C	F	57	55-59F	1.54.43	1
647	454	17064	TUMISO	MABOKELA	HOLLY	M	30	SM	1.54.44	0
648	339	2339	ZINTLE	YAWA	TEMP	F	42	40-44F	1.54.50	0
649	247	247	CEBOKAZI	YANGAPI	TEMP	F	36	35-39F	1.54.54	0
650	147	3147	ARDEN	HARRIS	TEMP	F	23	SF	1.54.57	0
651	34	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	1.55.01	1
652	724	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	1.55.02	1
653	888	50028	NOSICELO	MTSHINGANE	QOKOL	F	42	40-44F	1.55.09	0
654	594	1386	JOHLI	VAN EEDEN	NEDBANK	F	57	55-59F	1.55.21	1
655	510	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.55.31	1
656	511	40532	SIYAHLUMA	NKONE	BLUEBAY	F	17	JF	1.55.31	1
657	585	2964	SINDISWA	TUNZI	TRANSNET	F	38	35-39F	1.55.33	1
658	833	19394	LINDI-ANNE	HILLIAR	TEAMVITC	F	47	45-49F	1.55.34	0
659	5256		DISQUALIFIED		TEMP	M			1.55.50	0
660	5257		DISQUALIFIED		TEMP	F			1.55.50	0
661	7	97	DONALD	ANDERSON	KIMBH	M	72	70+M	1.55.53	0
662	168	3168	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.55.56	0
663	58	1927	ANIRLE	DE MEYER	BLUEBAY	F	29	SF	1.55.56	1
664	601	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.55.56	1
665	208	3208	ZINE	MEKUTO	TEMP	F	56	55-59F	1.55.59	0
666	63	24633	GRAHAM	DE VOS	MIWAY	M	27	SM	1.56.03	0
667	130	3130	JANELLE	DE VOS	TEMP	F	24	SF	1.56.03	0
668	65	41	TINA	DERBYSHIRE	SAPPE	F	71	70+F	1.56.03	1
669	535	596	NICOLETTE	POTGIETER	RUN4C	F	52	50-54F	1.56.16	1
670	483	50910	TSHOLOFELO	MOKOLOPO	MTHATHA	F	44	40-44F	1.56.24	0
671	648	276	CHRISTIAN	GERBER	MUIRITE	M	51	50-54M	1.56.24	1
672	482	2203	YANGA	MKIVA	MTHATHA	F	29	SF	1.56.24	0
673	12	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.56.24	1
674	133	3133	ESMERELDA	FELIX	TEMP	F	44	40-44F	1.56.24	0
675	408	1364	THINA	HENGE	NEDBANK	F	41	40-44F	1.56.25	1
676	853	2250	NODUMO	MALINGE	SIBALEKA	F	31	SF	1.56.26	1
677	646	772	SUNIL	GAJJAR	CRUSADE	M	61	60-64M	1.56.29	1
678	720	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.57.03	1
679	745	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.57.04	1
680	607	394	THEMBISILE	VETSHEZA	IKHAMVA	F	46	45-49F	1.57.04	1
681	704	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.57.04	1
682	239	3239	DARRYN	NIEMAND	TEMP	M	39	35-39M	1.57.14	0
683	90	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.57.18	1
684	542	1421	ANNELINE	RAUTENBACH	NEDBANK	F	58	55-59F	1.57.21	1
685	427	1794	MOHAMED	KHADRAOUI	GELVAN	M	28	SM	1.57.36	1
686	167	3167	MAYA	K	TEMP	F	18	JF	1.57.38	0
687	148	3148	ELIZNA	HEYMANS	TEMP	F	18	JF	1.57.39	0
688	370	2259	KAREN	VAN DER LINDEN	TEMP	F	51	50-54F	1.58.03	0
689	369	2254	KRISTIN	SCHOEMAN	TEMP	F	26	SF	1.58.04	0
690	317	2317	ESETHU	TSHOMELA	TEMP	F	26	SF	1.58.05	0
691	580	3281	SIPHOKAZI	TOTO	CHILLIEP	F	33	SF	1.58.06	1
692	368	3231	MARYNA	VAN DER MERWE	TEMP	F	60	60-64F	1.58.09	0
693	352	2352	SINDY	HLONGWANE	TEMP	F	25	SF	1.58.35	0
694	297	2076	UNATHI	MBALI	TEMP	F	37	35-39F	1.58.48	0
695	484	1975	CHARLOTTE	MOTHILALL	TEAMVIT	F	43	40-44F	1.59.12	0
696	668	1313	KAGISO	MANAIOA	VWAC	M	34	SM	1.59.26	1
697	714	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.59.31	1
698	708	1003	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.59.31	1

699	560	2809	SIMANGELE	SKOSANA	ABSAEP	F	45	45-49F	1.59.39	1
700	357	2357	KEARABETSWE	MALEHO	TEMP	F	26	SF	1.59.44	0
701	673	2291	ASANDA	MTSHIKWANA	VUKANI	F	44	40-44F	2.00.00	1
702	296	1826	EUFEMIA	LE ROUX	HOLLYWOO	F	38	35-39F	2.00.05	1
703	144	3144	APHINDA	GWEBECIMELE	TEMP	F	21	SF	2.00.14	0
704	291	3320	SCHRICKA	TERBLANCHE	CITYC	F	42	40-44F	2.00.16	1
705	81	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	2.00.18	1
706	263	3263	SINOXOLO	RULULU	TEMP	F	35	35-39F	2.00.26	0
707	705	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	2.00.38	1
708	319	2319	NANDIPHA	TYHALI	TEMP	F	28	SF	2.00.51	0
709	140	3140	LINATI NOMPUMEL	GONIWE	TEMP	F	18	JF	2.00.51	0
710	106	3106	ENRIQUE	BARENDSE	TEMP	M	23	SM	2.01.43	0
711	444	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	2.01.43	1
712	539	2538	SHAUN	RAMROOP	Bestmed	M	59	55-59M	2.01.53	1
713	403	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	2.01.55	1
714	326	2326	ABDURRAGIEM	VAN DER SCHAFF	TEMP	M	62	60-64M	2.01.56	0
715	443	3215	Heathon	Lottering	MUIRITE	M	35	35-39M	2.02.01	1
716	770	1012	CINDY	VOSLOO	CHARLO	F	44	40-44F	2.02.02	1
717	672	527	Kamohelo	Mota	RUN4C	F	32	SF	2.02.03	1
718	466	2528	PAMELA	MASEKO	Bestmed	F	59	55-59F	2.02.15	1
719	274	3274	NOLUYOLO	SISUSA	TEMP	F	35	35-39F	2.02.17	0
720	102	3102	JULIAN	ANDERSON	TEMP	M	32	SM	2.02.29	0
721	593	2400	GERHARD	VAN DER WESTHUIZEN	JBAY	M	51	50-54M	2.02.46	1
722	418	2353	ERIC	CHARL JANSEN	JBAY	M	41	40-44M	2.02.47	1
723	308	2308	ROXANNE	THORNE	TEMP	F	29	SF	2.02.58	0
724	783	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	2.03.11	1
725	505	3384	NOLUBABALO	NGQOBA	CHILLIEP	F	33	SF	2.03.16	1
726	521	1227	MASOODA	OBARAY	MALABAR	F	22	SF	2.03.54	1
727	215	3215	PHELELA	MONA	TEMP	F	29	SF	2.03.58	0
728	161	3161	NTOMBOZUKO GLOR	JONAS	TEMP	F	43	40-44F	2.04.01	0
729	237	3237	SANELISIWE	NGUTA	TEMP	F	27	SF	2.04.49	0
730	313	2313	ASENATHI	TSELE	TEMP	F	27	SF	2.04.50	0
731	487	2482	SESETHU	MTOTYWA	JBAY	F	31	SF	2.05.44	1
732	491	2227	SIPHOSETHU	MXATULE	SIBALEKA	F	33	SF	2.06.08	1
733	67	1204	YOLANDA	DEYSEL	ELITEAC	F	51	50-54F	2.06.09	1
734	240	3240	LUYANDA	NKOLISA	TEMP	M	30	SM	2.06.11	0
735	330	2330	DEIDRE	VAN EYK	TEMP	M	56	55-59M	2.06.18	0
736	198	3198	TOZI	MAQUNGELA	TEMP	F	25	SF	2.06.21	0
737	728	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	2.06.51	1
738	187	3187	LUNTUKAZI LUNTU	LUNTUKAZI	TEMP	F	33	SF	2.06.53	0
739	398	2081	RUBY	BUTT	TEMP	F	55	55-59F	2.06.55	0
740	477	52360	WESLEY	MERRICK	TV	M	32	SM	2.07.06	0
741	671	2448	Ilse	Merrick	JBAY	F	61	60-64F	2.07.06	1
742	336	2336	ANIKA	WILSON	TEMP	F	36	35-39F	2.07.07	0
743	305	2305	CORDELIA	SWARTBOOI	TEMP	F	42	40-44F	2.07.07	0
744	242	3242	AYANDA	NKUNZI	TEMP	F	34	SF	2.07.18	0
745	587	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	2.07.35	1
746	259	3259	LILONKE	QUNTA	TEMP	F	28	SF	2.07.36	0
747	230	3230	SIVIWE	NDAMASE	TEMP	F	34	SF	2.07.45	0
748	252	3252	VUYOLWETHU	PHIRI	TEMP	F	25	SF	2.08.24	0
749	120	3120	YOLANDA ANDIPHI	CABANE	TEMP	F	28	SF	2.08.29	0
750	448	2591	Ukanyo	Bodlela	Bestmed	F	22	SF	2.08.47	1
751	193	3193	SIBONGISENI	MAKHANYA	TEMP	M	34	SM	2.09.07	0
752	775	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	2.09.10	1

753	315	2315	NONELE NOMSA	TSHAKA	TEMP	F	38	35-39F	2.09.18	0
754	126	3126	NTOKOZO SHIRLEY	DAMBUZA	TEMP	F	47	45-49F	2.09.18	0
755	507	79	NONTUTHUZELO	NGXONONO- DOUSE	SAPPE	F	57	55-59F	2.09.23	1
756	149	3149	LENE	HEYNIKE	TEMP	F	37	35-39F	2.09.25	0
757	395	2080	MICHAELA	BUTT	TEMP	F	26	SF	2.10.04	0
758	436	3046	VUYISEKA	KULA	VITALITY	F	44	40-44F	2.10.11	1
759	156	3156	HLONELA	JACOBS	TEMP	F	27	SF	2.10.30	0
760	244	3244	PHAKAMA	NKUNZI	TEMP	F	31	SF	2.10.31	0
761	36	1190	CRAIG	BRADLEY	ELITEAC	M	43	40-44M	2.10.36	1
762	540	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	2.10.37	1
763	605	1196	JOHANI	VERMEULEN	ELITEAC	F	49	45-49F	2.10.39	1
764	595	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	2.10.53	1
765	88	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	2.10.53	1
766	801	204	ABEGAIL	TEYISE	SAPPE	F	54	50-54F	2.11.04	1
767	78	3316	ILSE	DU TOIT	CITYC	F	53	50-54F	2.11.11	1
768	79	3317	PIETER	DU TOIT	CITYC	M	54	50-54M	2.11.11	1
769	499	2401	MPHO	NEMUKULA	JBAY	F	40	40-44F	2.11.45	1
770	20	2811	CLARISSA	BENDER	ABSAEP	F	53	50-54F	2.11.46	1
771	517	2799	PORTIA	NQAYI	ABSAEP	F	38	35-39F	2.11.46	1
772	52	1804	Clerease	Daniels	GELVAN	F	21	SF	2.11.47	1
773	551	2810	FEZIWE	SALAZE	ABSAEP	F	37	35-39F	2.11.47	1
774	424	719	Yonela	Jubase	CRUSADE	F	33	SF	2.11.48	1
775	579	2523	NOLUTHANDO	TONI	Bestmed	F	56	55-59F	2.11.57	1
776	218	3218	SARAH	MOORE	TEMP	F	60	60-64F	2.12.10	0
777	855	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	2.12.11	1
778	847	2903	MATHABO	DICK	CSEP	F	57	55-59F	2.12.16	1
779	429	2573	ALGENE	KOEBERG	Bestmed	F	43	40-44F	2.13.18	1
780	222	3222	YAMKELA	MTEMBU	TEMP	F	34	SF	2.13.48	0
781	229	3229	SIBULELE	NCAPAI	TEMP	F	35	35-39F	2.14.00	0
782	207	3207	LILITHA	MDLOKOLO	TEMP	F	21	SF	2.14.04	0
783	320	2320	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	2.14.24	0
784	503	3376	Ntombifuthi	Ngcobo	SIBALEKA	F	24	SF	2.14.27	1
785	231	3231	SIYAMTHANDA	NDLOVU	TEMP	F	32	SF	2.14.27	0
786	365	2365	SIBA	ZWIDE	TEMP	F	25	SF	2.15.01	0
787	624	441	NOZUKO	YEYE	CHILLIEP	F	54	50-54F	2.16.43	1
788	485	875	LINDOKUHLE	MPEQEKA	MTHATHA	F	23	SF	2.16.44	0
789	727	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	2.17.03	1
790	217	3217	KAYCE	MOORE	TEMP	F	29	SF	2.17.08	0
791	139	3139	NOMATHAMSANQA	GOGELA	TEMP	F	35	35-39F	2.17.18	0
792	515	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	2.18.40	1
793	848	2088	MURENDENI	MUNYAI	TEMP	F	32	SF	2.18.49	0
794	568	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	2.18.56	1
795	377	2320	PAULIEN	LOUW	TEMP	F	53	50-54F	2.19.23	0
796	353	2353	SESETHU	KETSE	TEMP	F	28	SF	2.19.48	0

797	275	3275	ZIYANDA	SITETO	TEMP	F	26	SF	2.20.25	0
798	312	2312	LINDA	TOTANA	TEMP	F	49	45-49F	2.20.38	0
799	160	3160	TSADI	JOHANNES	TEMP	F	53	50-54F	2.20.38	0
800	170	3170	SINOVUYO	KATIYA	TEMP	F	39	35-39F	2.21.20	0
801	310	2310	FRANCOIS	TIMOTHEUS	TEMP	M	48	45-49M	2.21.26	0
802	175	3175	BABALWA	KLAAS	TEMP	F	46	45-49F	2.21.57	0
803	311	2311	AMANDA	TONGO	TEMP	F	46	45-49F	2.21.58	0
804	437	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	2.22.24	1
805	113	3113	ALUTA	BONGCO	TEMP	F	23	SF	2.22.26	0
806	39	6529	RODNEY	BUTTERS	EASYEQ	M	64	60-64M	2.26.00	0
807	609	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	2.27.23	1
808	662	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	2.27.24	1
809	857	2090	NAMAWABO	MSIZI	TEMP	F	66	65-69F	2.28.43	0
810	755	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	2.29.41	1
811	192	3192	DUMISANI	MAKANYA	TEMP	F	41	40-44F	2.29.45	0
812	261	3261	KIRSTY	REILLY	TEMP	F	44	40-44F	2.31.09	0
813	163	3163	JACQUI	JORDAAN	TEMP	F	44	40-44F	2.31.11	0
HELPERS RUN										
H1	901	2210	THEMBELANI	MBENENGE	SIBALEKA	M	31	SM	0.58.43	3
H2	902	2516	HLENGIWE	NKOSI	Bestmed	F	20	SF	1.12.48	2
H3	903	903	THABISO	MASEKO	TEMP	M	26	SM	1.12.51	0
H4	904	911	TANYA	NORRIS	CHARLO	F	41	40-44F	1.13.37	2
H5	905	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	39	35-39M	1.17.50	1
H6	906	906	SISANDA	MANXOYI	TEMP	M	14	JM	1.17.50	0
H7	908	2220	XOLELANI	JAM-JAM	SIBALEKA	M	37	35-39M	1.22.25	1
H8	440	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	1.22.47	1
H9	910	2238	ANZA	GELEBE	SIBALEKA	F	32	SF	1.24.27	1
H10	441	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	1.24.34	2
H11	912	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	1.27.08	1
H12	439	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	1.27.08	1
H13	914	12409	DAVID	MOLELEKEY	PPMC	M	60	60-64M	1.28.08	0
H14	915	392	LAWRENCE	NTIKA	IKHAMVA	M	68	65-69M	1.32.05	1
H15	23	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	1.34.38	1
H16	66	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	1.34.38	1
H17	918	3041	LINDA	HEWANA	VITALITY	M	35	35-39M	1.35.53	1
H18	919	2248	NONKULULEKO	MTHEMBU	SIBALEKA	F	43	40-44F	1.40.16	1
H19	920	2801	SIYABULELA	ZWENI	ABSAEP	M	39	35-39M	1.43.37	1
H20	921	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	1.46.05	1
H21	922	2202	VUYISEKA	MHLAHO	SIBALEKA	F	44	40-44F	1.49.04	1
H22	923	2249	SOLOMZI	MQATAZAMA	SIBALEKA	M	58	55-59M	1.49.20	1
H23	924	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.50.02	1
H24	925	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	1.52.41	1
H25	926	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.53.00	1
H26	927	2218	BABALWA	HENA	SIBALEKA	F	49	45-49F	1.53.57	1
H27	928	189	OMPHILE	TSOMOKO	SAPPE	M	36	35-39M	1.55.42	1
H28	929	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.55.43	1
H29	930	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.59.42	1
H30	931	2201	NOCAWE	MDAZUKA	SIBALEKA	F	42	40-44F	2.01.09	1
H31	932	9032	LERATO	SEPENG	TEMP	F	23	SF	2.08.03	0
H32	933	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	2.10.33	1
H33	934	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	2.10.33	1
H34	935	2806	NOLUBABALO	SOHABA	ABSAEP	F	37	35-39F	2.10.47	1
H35	936	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	2.11.01	1
H36	937	2803	SIMAMKELE	SIXIMBA	ABSAEP	F	31	SF	2.11.01	1