

MAKRO 10KM - GQEBERHA - 2026/04/04

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1	50827	KEANU	DOMINGO	TUKKIES	M	24	SM	0.29.49	0
2	2	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	0.29.59	5
3	3	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.30.28	5
4	5	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.30.58	5
5	4	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.31.25	5
6	950	2527	SIBUSISO	COLEPI	TEMP	M	21	SM	0.31.28	0
7	7	40016	THANDOLWETHU	MATSALO	IKHAMVA	M	19	JM	0.31.29	5
8	267	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.32.29	5
9	929	40402	ENDINAKO	JOLA	MOTHER	M	17	JM	0.32.38	5
10	10	379	SEMIHLE	BEDA	IKHAMVA	M	19	SM	0.32.57	5
11	830	2149	XOLISA	NDLUMBINI	TRANSNET	M	44	40-44M	0.32.58	5
12	6	358	MZWANELE	MAPHEKULA	IKHAMVA	M	49	45-49M	0.33.20	5
13	268	40143	AGCOBILE	JEZILE	ACH	M	17	JM	0.33.58	5
14	533	1392	ZOLANI	MABONGO	NEDBANK	M	40	40-44M	0.33.59	5
15	424	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.34.31	5
16	536	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.35.15	5
17	853	611	JENIEL	ZANA	RUN4C	M	31	SM	0.35.19	5
18	9	1338	SIBAHLE	MAQWARA	NEDBANK	M	24	SM	0.35.46	5
19	439	12978	BUNOLOHANDO	PLAATJIE	UWC	M	25	SM	0.35.50	0
20	928	40401	HLOMLA	NCUMANI	MOTHER	M	19	JM	0.36.03	4
21	936	400	LEBOHANG	SENTI	IKHAMVA	M	39	35-39M	0.36.15	5
22	552	376	REUBEN	STANDER	IKHAMVA	M	23	SM	0.36.16	4
23	910	40300	LIAM	WESTRAADT	SCHOOL	M	15	JM	0.36.28	4
24	532	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	0.37.18	5
25	136	2136	VUYOLWETHU	GQOBOKA	TEMP	M	26	SM	0.37.43	0
26	19	2059	YUSUF	ARENDSE	ACH	M	41	40-44M	0.37.43	5
27	531	40183	SENZO	NDZOTOYI	SIBALEKA	M	17	JM	0.37.55	4
28	956	2528	ATHINI	MABALA	TEMP	M	32	SM	0.37.56	0
29	902	2489	LIHLE	SWEPU	TEMP	M	26	SM	0.38.06	0
30	808	4808	APHELELE	MATROOS	TEMP	M	17	JM	0.38.14	0
31	476	1106	Sipesihle	Sofute	ACH	M	29	SM	0.38.18	3
32	538	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	0.38.19	5
33	852	613	JORDAN	FORTUIN	RUN4C	M	21	SM	0.38.37	3
34	416	1871	SAPHO	NKATA	HOLLYWOO	M	49	45-49M	0.38.37	5
35	550	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.39.01	4
36	520	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	0.39.05	4
37	506	2991	MZAMO	VILI	HOLLYWOO	M	20	SM	0.39.10	3
38	537	1406	REFELOE	SOLOMONS	NEDBANK	F	45	45-49F	0.39.12	5
39	375	2524	ABBIE	MITCHELL	Bestmed	F	19	SF	0.39.40	5
40	820	1503	LUVUYO	DYANI	NEDBANK	M	56	55-59M	0.39.59	5
41	941	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.40.09	3
42	919	2146	SLULAMI	JACK	TRANSNET	M	51	50-54M	0.40.09	5
43	383	3266	JONGI	MNYATHELI	CHEETAHS	M	31	SM	0.40.13	0
44	364	2900	SABELO	MELITAFA	CSEP	M	47	45-49M	0.40.28	4
45	568	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	0.40.35	5
46	953	2266	KHAYA	GQWETHA	VUKANI	M	41	40-44M	0.40.38	3
47	911	9557	SIPHESIHLE	BULOSE	TEAMVIT	M	37	35-39M	0.40.38	0
48	923	1844	SONWABILE	ZOKOZA	HOLLYWOO	M	44	40-44M	0.40.38	3
49	346	1849	QAWE	MAJIZA	HOLLYWOO	M	39	35-39M	0.40.38	3
50	867	1105	MARK	FRASER	ACH	M	32	SM	0.40.39	3

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51	916	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	0.40.51	5
52	448	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.40.53	5
53	465	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	0.40.55	4
54	35	40543	CODY	BOUCHER	CRUSADE	M	17	JM	0.41.06	3
55	454	40500	LIAM	SAUNDERS	SCHOOL	M	14	JM	0.41.17	3
56	460	1800	ROMAN	SEPTOE	GELVAN	M	28	SM	0.41.18	3
57	459	266	DANTON	SEPTEMBER	MUIRITE	M	32	SM	0.41.22	3
58	34	40542	BLAKE	BOUCHER	CRUSADE	M	14	JM	0.41.41	3
59	575	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	0.41.42	3
60	566	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.41.50	5
61	374	2795	ROGER	MIGGELS	ATLANTIC	M	33	SM	0.41.58	2
62	11	2511	KADER	ABDULLA	Bestmed	M	49	45-49M	0.42.03	3
63	903	844	THERESA	BUCHNER	32GI	F	41	40-44F	0.42.23	5
64	93	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.42.23	4
65	461	1068	Daniel	Shelver	ACH	M	26	SM	0.42.29	2
66	890	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.42.35	3
67	327	4327	OWEN	SCHOEMAN	TEMP	M	27	SM	0.42.44	0
68	934	1431	GIDEON	MENGO	NEDBANK	M	48	45-49M	0.42.58	3
69	414	50716	MARK	NICHOLLS	KOVSIES	M	43	40-44M	0.43.15	0
70	836	1639	VANDRE	NEL	MADIBA	M	41	40-44M	0.43.19	3
71	426	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	0.43.25	5
72	286	1866	SIPHAMANDLA	KOKO	HOLLYWOOD	M	36	35-39M	0.43.37	2
73	897	2487	MKHULULI	MANYALA	TEMP	M	44	40-44M	0.43.42	0
74	262	1180	CHRISTI	JANSE VAN RENSBURG	SAPPE	M	27	SM	0.43.46	2
75	129	2129	KATE	DU PLESSIS	TEMP	F	38	35-39F	0.44.05	0
76	345	1852	MVULELI	MAGAWULANA	HOLLYWOOD	M	49	45-49M	0.44.20	3
77	248	3021	SHAUN	HOEKSTRA	VITALITY	M	26	SM	0.44.20	2
78	823	955	SIVUYILE	SCHEEPERS	CHARLO	M	33	SM	0.44.51	2
79	63	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	0.44.55	3
80	951	2088	GEDDES	GALLANT	SANDFEP	M	59	55-59M	0.44.59	4
81	933	2185	DANNY	HARTZENBERG	TRANSNET	M	49	45-49M	0.45.02	3
82	914	2652	Samkelo	Shabangu	Bestmed	M	25	SM	0.45.09	2
83	154	2154	DAWID	KEYSER	TEMP	M	47	45-49M	0.45.11	0
84	877	829	WYNAND	DU PREEZ	32GI	M	53	50-54M	0.45.15	3
85	142	2142	LUNGISA	JACOBS	VUKANI	M	43	40-44M	0.45.35	2
86	921	1533	THOBELA	NTAMO	DESPATCH	M	40	40-44M	0.45.36	2
87	942	2287	LINDIKHAYA	NTEYI	VUKANI	M	47	45-49M	0.45.43	2
88	228	2228	YONELA	NKONZO	TEMP	M	36	35-39M	0.45.47	0
89	542	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.46.01	2
90	347	2953	TINASHE	MANDIZVIDZA	HOLLYWOOD	M	44	40-44M	0.46.02	2
91	529	2203	SIPHOSETHU	MAVATHA	SIBALEKA	F	29	SF	0.46.05	2
92	650	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	0.46.12	3
93	289	2289	MELVILLE	PRICE VENTER	TEMP	M	47	45-49M	0.46.13	0
94	564	898	PATRIC	MAKWENKWE	CHARLO	M	60	60-64M	0.46.15	4
95	20	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	0.46.22	2
96	53	1062	NICK	CHAPMAN	ACH	M	54	50-54M	0.46.25	3
97	565	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	0.46.27	2
98	847	552	GEOFFREY	SWARTBOOI	RUN4C	M	50	50-54M	0.46.29	3
99	90	1633	ENRICO	ELS	MADIBA	M	47	45-49M	0.46.38	2
100	315	1283	URAN	LE ROUX	VWAC	M	59	55-59M	0.46.42	3
101	859	148	ABDUL	LILLAH	MALABAR	M	36	35-39M	0.46.49	2
102	312	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	0.46.53	2

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103	12	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	0.46.57	3
104	558	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	0.46.58	2
105	948	2525	DONNE	GALLANT	TEMP	M	109	70+M	0.47.00	0
106	521	2122	RODNEY	WITBOOI	ATLANTIC	M	55	55-59M	0.47.07	3
107	211	532	JUDY	GERBER	RUN4C	F	60	60-64F	0.47.16	5
108	854	1113	ROGER	TRADER	ACH	M	72	70+M	0.47.18	5
109	567	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.47.22	3
110	828	202	WERNER	MEYER	SAPPE	M	53	50-54M	0.47.26	2
111	551	375	MARIUS	STANDER	IKHAMVA	M	58	55-59M	0.47.27	3
112	932	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.47.28	3
113	110	2110	THOKOZANI	BAMO	TEMP	M	31	SM	0.47.29	0
114	290	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	0.47.45	2
115	843	2807	LEHLOHONOLO	THOKOA	ABSAEP	M	45	45-49M	0.47.48	2
116	385	607	LOUIS	MOOLMAN	RUN4C	M	34	SM	0.47.51	2
117	397	2397	MARCO	WILLIAMS	TEMP	M	32	SM	0.48.02	0
118	307	970	MALCOLM	BLANDY	CHARLO	M	44	40-44M	0.48.04	2
119	856	3424	BYRON	MINNIE	TEMP	M	16	JM	0.48.06	0
120	514	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	0.48.06	5
121	340	4340	LESLEY	STARBUCK	TEMP	M	39	35-39M	0.48.07	0
122	580	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	0.48.11	2
123	130	2130	WIHANN	DU PLESSIS	TEMP	M	38	35-39M	0.48.17	0
124	825	1377	THEMBINKOSI	SINGQOTO	NEDBANK	M	49	45-49M	0.48.26	2
125	271	270	ANDREW	JONAS	MUIRITE	M	62	60-64M	0.48.38	3
126	242	1428	MARIETTE	HATTINGH	NEDBANK	F	60	60-64F	0.48.41	5
127	250	2250	SISA	PAZI	TEMP	M	35	35-39M	0.48.42	0
128	308	890	SIMPHIWE	BLOU	CHARLO	M	54	50-54M	0.48.44	2
129	41	2883	TSHOI	LEKALAKE	CSEP	M	36	35-39M	0.48.53	2
130	421	40507	LONWABO	NONDLWANA	ACH	M	15	JM	0.48.57	2
131	197	2197	AYANDA	MHLAMBISO	TEMP	M	36	35-39M	0.48.57	0
132	393	2392	MELVILLE	VAN RAYNER	TEMP	M	61	60-64M	0.48.57	0
133	207	791	CHARL	GERBER	32GI	M	49	45-49M	0.49.02	2
134	636	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.49.10	3
135	206	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.49.14	2
136	57	2880	Cecil Brayn	Claassen	CSEP	M	34	SM	0.49.15	2
137	876	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	0.49.18	2
138	577	1026	CHRISTOFF	SNYMAN	CHARLO	M	32	SM	0.49.23	1
139	372	1984	AFRIKA	MHLOPHE	ACH	M	48	45-49M	0.49.30	2
140	930	1055	JEROME	MAY	XCEL	M	59	55-59M	0.49.36	2
141	139	2139	JOEL	HOOLE	TEMP	M	17	JM	0.49.39	0
142	832	2093	ANDRE	IMMELMAN	TEMP	M	49	45-49M	0.49.42	0
143	573	900	JASON	SAUNDERS	CHARLO	M	46	45-49M	0.49.47	2
144	549	2778	KHUMBULA	MANQANA	YOUTH	M	25	SM	0.49.52	1
145	399	2399	NKOSIVUMILE	YEKWAYO	TEMP	M	39	35-39M	0.50.00	0
146	386	1590	ANNEKE	MOORE	DESPATCH	F	42	40-44F	0.50.02	2
147	838	1597	EDVIN	DONLEY	DESPATCH	M	49	45-49M	0.50.02	2
148	562	1008	Darryl	Long	CHARLO	M	48	45-49M	0.50.07	2
149	642	1764	VERNON	NEWFELDT	GELVAN	M	60	60-64M	0.50.18	2
150	413	3037	SANDISO	NGWENYA	VITALITY	F	32	SF	0.50.21	2
151	261	40008	JUDE	JACOBS	RUN4C	M	15	JM	0.50.22	1
152	505	534	BIANCA	VERMAAK	RUN4C	F	31	SF	0.50.22	2
153	585	1027	NELSON	VLAKBOK	CHARLO	M	62	60-64M	0.50.30	2
154	310	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.50.32	2

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155	68	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	0.50.33	3
156	55	2651	Nolwazi	Bila	Bestmed	F	26	SF	0.50.37	2
157	572	991	GREGORY	ROSS	CHARLO	M	53	50-54M	0.50.39	2
158	358	967	MIKE	BURGER	CHARLO	M	67	65-69M	0.50.44	3
159	246	1289	ANSLON	HECTOR	VWAC	M	32	SM	0.50.45	1
160	507	40314	HENDRE	VIVIERS	MADIBA	M	17	JM	0.50.45	1
161	191	2191	SIYOMCELO	MBELEKANE	TEMP	M	31	SM	0.50.47	0
162	331	4331	ULRICH	SCHULTZ	TEMP	M	27	SM	0.50.51	0
163	362	2362	WESLEY	TAIT	TEMP	M	14	JM	0.50.53	0
164	149	2149	LIY AHLUMA	KATAZWA	TEMP	M	23	SM	0.50.58	0
165	938	50732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	0.51.02	0
166	868	114	TAURIQ	HENDRICKS	MALABAR	M	35	35-39M	0.51.10	1
167	168	2168	MUZI	LUSHABA	TEMP	M	34	SM	0.51.18	0
168	42	3179	DANIELLE	BRITO	32GI	F	43	40-44F	0.51.18	2
169	556	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	0.51.25	2
170	284	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	0.51.35	2
171	430	816	MATTHEW	OSBORNE	32GI	M	38	35-39M	0.51.43	1
172	257	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	0.51.45	2
173	516	1200	JANINE	WHITTAL	32GI	F	45	45-49F	0.51.53	2
174	407	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	0.51.54	1
175	102	2102	BRANEM	ADAMS	TEMP	M	32	SM	0.51.59	0
176	185	2185	LUYANDA	MATIWANA	TEMP	M	47	45-49M	0.52.01	0
177	29	40092	Renel	Billson	JBAY	F	15	JF	0.52.07	1
178	860	125	FUARD	DE JAGER	MALABAR	M	47	45-49M	0.52.17	1
179	233	2233	KUDWAKWASHE	NYAMUTSAMBIRA	TEMP	M	35	35-39M	0.52.24	0
180	64	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	0.52.34	1
181	456	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.52.37	2
182	283	1118	BRUCE	KING	ACH	M	60	60-64M	0.52.37	2
183	43	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	0.52.42	2
184	311	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	0.52.50	2
185	165	2165	CALEB	LOSE	TEMP	M	14	JM	0.52.53	0
186	251	1666	JULIA	HOFART	MADIBA	F	43	40-44F	0.52.56	2
187	367	2270	ANELE	MESANI	VUKANI	M	46	45-49M	0.52.59	1
188	595	1336	DON	CHARLES	NEDBANK	M	77	70+M	0.53.04	2
189	411	2818	THABISO	NGCONGO	ABSAEP	M	27	SM	0.53.07	1
190	534	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	0.53.11	1
191	845	2096	CAYDON	MINNIE	TEMP	M	14	JM	0.53.14	0
192	396	2396	GERRIE	WILLIAMS	TEMP	M	45	45-49M	0.53.14	0
193	582	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	0.53.16	1
194	478	1700	EMILE	SONNEKUS	MADIBA	M	45	45-49M	0.53.33	1
195	588	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	0.53.39	2
196	67	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	0.53.39	1
197	457	1272	JEREMY	SCOTT	VWAC	M	54	50-54M	0.53.41	1
198	106	2106	SHANE	AWERIES	TEMP	M	32	SM	0.53.42	0
199	384	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.53.54	1
200	495	4423	YONELA	CHELESI	TEMP	F	32	SF	0.54.00	0
201	560	937	KIJANA	LARSEN	CHARLO	F	26	SF	0.54.01	1
202	24	485	WANDILE	BATAYI	RUN4C	M	30	SM	0.54.02	1
203	884	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	0.54.08	1
204	917	2496	NWABISA	NGCINGWANA	TEMP	F	42	40-44F	0.54.10	0
205	115	2115	KHANYISO	BLOU	TEMP	M	29	SM	0.54.12	0
206	104	2104	DARION	ALEXANDER	TEMP	M	28	SM	0.54.12	0

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207	153	2153	SIYANDA	KETANI	ABSAEP	M	39	35-39M	0.54.13	1
208	219	2219	LUKHANYO	MVUNELWA	TEMP	M	31	SM	0.54.13	0
209	519	3159	CINDY	WILLIAMSON	32GI	F	46	45-49F	0.54.16	2
210	48	3358	CARIKA	BURTON	32GI	F	46	45-49F	0.54.16	2
211	258	628	CT	JACOBS	ASPEN	M	42	40-44M	0.54.17	1
212	591	1088	PERCY	DALTON	ACH	M	77	70+M	0.54.28	2
213	81	730	SUNE	DIEDERICKS	CRUSADE	F	55	55-59F	0.54.32	2
214	581	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	0.54.52	2
215	882	75	HESTER	DEKKER	SAPPE	F	54	50-54F	0.54.54	2
216	561	1009	MEGAN	LONG	CHARLO	F	41	40-44F	0.55.02	1
217	940	2888	LUTHANDO	NOMTOTO	CSEP	M	39	35-39M	0.55.05	1
218	403	52848	ANDA	MZINYATHI	TNETFS	M	34	SM	0.55.07	0
219	648	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	0.55.07	1
220	886	2483	SIYABONGA	MAJEKE	TEMP	F	43	40-44F	0.55.10	0
221	269	494	Shaferon	Johannes	RUN4C	F	44	40-44F	0.55.14	1
222	292	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	0.55.15	1
223	69	1777	ROLAND	DACE	GELVAN	M	71	70+M	0.55.17	2
224	202	2070	GCINIKHAYA	NTLIZIYWANA	SAPPE	M	46	45-49M	0.55.18	1
225	717	3271	NONTEMBEKO	NYONI	TEMP	F	36	35-39F	0.55.24	0
226	16	570	JENNY	AH CHONG	RUN4C	F	58	55-59F	0.55.25	2
227	488	1592	BENNIE	THYSSE	DESPATCH	M	68	65-69M	0.55.29	2
228	947	2526	MANTIEGO	GALLANT	TEMP	M	14	JM	0.55.31	0
229	162	2162	RYNO	LAUBSCHER	TEMP	M	38	35-39M	0.55.34	0
230	143	2143	TREVINO	JACOBS	TEMP	M	40	40-44M	0.55.39	0
231	357	72	KANYISA	MAYAYA	SAPPE	F	39	35-39F	0.55.44	1
232	152	2152	RHYDEN	KEMP	TEMP	M	15	JM	0.55.47	0
233	864	1913	ANDRE	BOTHA	BLUEBAY	M	62	60-64M	0.55.47	1
234	909	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	0.55.49	1
235	955	40019	JODY	FLEURS	GELVAN	M	18	JM	0.55.51	1
236	329	4329	BIANCA	SCHOONBEE	TEMP	F	22	SF	0.55.54	0
237	236	1619	Juan	Grigor	MADIBA	M	20	SM	0.55.54	1
238	829	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.55.55	1
239	368	2733	IVO	MEYER	BODYCON	M	51	50-54M	0.55.56	1
240	931	2500	SIVUYILE	WATANI	TEMP	M	44	40-44M	0.55.59	0
241	92	769	MEGAN	ELS	CRUSADE	F	41	40-44F	0.56.13	1
242	449	3230	JOHAN	REDELINGHUYS	CITYC	M	80	70+M	0.56.20	2
243	330	4330	MARCELLE	SCHOONBEE	TEMP	F	20	SF	0.56.22	0
244	432	684	AXOLA	PAKADE	ASPEN	M	29	SM	0.56.28	1
245	522	1567	JACOBUS	WYATT	DESPATCH	M	63	60-64M	0.56.30	1
246	493	189	OMPHILE	TSOMOKO	SAPPE	M	36	35-39M	0.56.37	1
247	254	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.56.44	1
248	463	986	DYLAN	DU PLOOY	CHARLO	M	41	40-44M	0.57.11	1
249	137	2137	DANIEL	HEINE	TEMP	M	22	SM	0.57.12	0
250	266	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	0.57.14	1
251	638	1714	HANSIE	ELS	MADIBA	M	78	70+M	0.57.15	1
252	17	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	0.57.15	2
253	526	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	0.57.17	1
254	731	3212	JETHRO	PAKADE	TEMP	M	21	SM	0.57.20	0
255	443	825	JOY	PREGNOLATO	32GI	F	55	55-59F	0.57.21	1
256	194	2194	RUSSEL-WOOD	MEKI	TEMP	M	41	40-44M	0.57.25	0
257	945	353	THANDO	FRANS	IKHAMVA	M	48	45-49M	0.57.25	1
258	735	3146	LUCIEN	SASS	TEMP	M	42	40-44M	0.57.38	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
259	553	959	JOHAN	GERBER	CHARLO	M	47	45-49M	0.57.41	1
260	33	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	0.57.43	1
261	908	525	WESSEL	EBERSOHN	RUN4C	M	36	35-39M	0.57.46	1
262	351	665	NTHABISENG	MASHEGO	ASPEN	F	33	SF	0.57.48	1
263	879	2470	LAURE	PIETERSE	TEMP	M	55	55-59M	0.57.49	0
264	210	1635	DORIS	GERBER	MADIBA	F	55	55-59F	0.57.51	1
265	871	3012	MARC	MAHAMBEHLALA	VITALITY	M	35	35-39M	0.57.55	1
266	263	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	0.57.55	1
267	60	1682	CLIVE	CLAASSENS	MADIBA	M	42	40-44M	0.57.57	1
268	795	3107	CRAIG	VISAGIE	TEMP	M	36	35-39M	0.57.57	0
269	71	804	VALMAINE	DE KLERK	32GI	F	49	45-49F	0.58.01	1
270	116	2116	MADODA	BOTHA	TEMP	M	37	35-39M	0.58.07	0
271	469	584	BRENDON	SLABBERT	RUN4C	M	55	55-59M	0.58.10	1
272	800	50118	MANDLA	MANTLAKA	CHEETAH	M	63	60-64M	0.58.10	0
273	303	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	0.58.13	1
274	544	2779	MANELISI	MFECANE	YOUTH	M	40	40-44M	0.58.24	1
275	186	2186	SITHEMBISO	MATIWANE	TEMP	M	35	35-39M	0.58.24	0
276	878	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.58.25	1
277	574	884	HERMAN	SCHEEPERS	CHARLO	M	50	50-54M	0.58.27	1
278	787	3117	KERI	PETERS	TEMP	F	23	SF	0.58.29	0
279	737	3118	GARRIC	KIETZMANN	TEMP	M	24	SM	0.58.30	0
280	872	2460	MARTIN	TSHABANGU	TEMP	M	39	35-39M	0.58.32	0
281	276	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	0.58.43	1
282	503	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	0.58.43	1
283	589	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.58.44	1
284	492	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	0.58.45	1
285	513	1565	BONITA	WEITSZ	DESPATCH	F	54	50-54F	0.58.46	1
286	148	2148	AUTHLEY	KASHESHA	TEMP	M	25	SM	0.58.46	0
287	181	2181	EDITH	MARITZ	TEMP	F	42	40-44F	0.58.57	0
288	344	4344	JACO	SWANEPOEL	TEMP	M	58	55-59M	0.58.57	0
289	583	932	KIM	VENTER	CHARLO	F	42	40-44F	0.59.01	1
290	584	983	PETER	VENTER	CHARLO	M	45	45-49M	0.59.01	1
291	889	632	MOMELEZI	CONJWA	ASPEN	M	31	SM	0.59.03	1
292	296	2296	JEAN-RAY	RABE	TEMP	M	27	SM	0.59.07	0
293	458	479	MONIQUE	SENEKAL	RUN4C	F	34	SF	0.59.18	1
294	107	2107	AIMEE	BADENHORST	TEMP	F	24	SF	0.59.19	0
295	89	76	HEIN	BADENHORST	SAPPE	M	56	55-59M	0.59.19	1
296	325	3047	NOMKE	MABIZELA	VITALITY	M	43	40-44M	0.59.24	1
297	91	40315	ETHAN	ELS	MADIBA	M	14	JM	0.59.27	1
298	281	40335	RUBEN	KEYSER	SCHOOL	M	14	JM	0.59.28	1
299	512	520	SASKIA	WAIT	RUN4C	F	24	SF	0.59.28	1
300	858	40509	REUBEN	HOLTZHAUSEN	SCHOOL	M	15	JM	0.59.30	1
301	320	1065	SUE	LEWIS	ACH	F	61	60-64F	0.59.42	1
302	926	2499	JACK	MANSEN	TEMP	M	17	JM	0.59.44	0
303	486	1429	RIKA	TERBLANCHE	NEDBANK	F	49	45-49F	0.59.49	1
304	388	2607	IVAN	MOSES	Bestmed	M	64	60-64M	1.00.00	1
305	217	2217	TREVOR	MUPANDA	TEMP	M	32	SM	1.00.00	0
306	245	1115	PALESA	HEADBUSH	ACH	F	47	45-49F	1.00.01	1
307	732	3165	JESSE	PAKADE	TEMP	M	17	JM	1.00.03	0
308	280	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.00.04	2
309	949	1880	MELUMZI	NORUSHU	HOLLYWOO	M	57	55-59M	1.00.10	1
310	188	2188	AZILE	MAXONGO	TEMP	F	29	SF	1.00.12	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
311	112	2112	CURTIS	BARTIES	TEMP	M	26	SM	1.00.14	0
312	328	4328	MICAELA	SCHOLTZ	TEMP	F	30	SF	1.00.14	0
313	333	4333	JEREMIAH	SEWELO	TEMP	M	47	45-49M	1.00.18	0
314	40	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	1.00.18	1
315	641	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	1.00.18	1
316	365	252	Mzimkhulu	Memese	MUIRITE	M	64	60-64M	1.00.24	1
317	324	81	NOMANDLA	LUNGUZA	SAPPE	F	50	50-54F	1.00.24	1
318	694	1689	SILKE	BOTHA	MADIBA	F	29	SF	1.00.29	1
319	241	535	GERT	HARMSE	RUN4C	M	60	60-64M	1.00.29	1
320	883	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	1.00.30	1
321	695	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	1.00.30	1
322	171	2171	THATO	MAFOKWANE	TEMP	M	21	SM	1.00.32	0
323	525	3126	SISA	ZAZA	VITALITY	M	33	SM	1.00.32	1
324	14	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	1.00.34	1
325	810	4910	SANDILE	MITIYO	TEMP	M	51	50-54M	1.00.36	0
326	837	1636	LISTIA	NEL	MADIBA	F	51	50-54F	1.00.37	1
327	25	512	ANSIE	BENADE	RUN4C	F	67	65-69F	1.00.40	1
328	489	3124	SINOTHANDO	TISO	VITALITY	F	31	SF	1.00.41	1
329	317	1722	RAYMOND	LEIBRAND	GELVAN	M	62	60-64M	1.00.41	1
330	444	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.00.43	1
331	839	2094	MARTIN	LANGLEY	TEMP	M	46	45-49M	1.00.51	0
332	88	2121	ABRAHAM	PATRICK	ATLANTIC	M	63	60-64M	1.00.55	1
333	596	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	1.00.56	1
334	827	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	1.01.02	1
335	272	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	1.01.03	1
336	322	1143	THERESA	LILLIS	ACH	F	70	70+F	1.01.14	1
337	935	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	1.01.16	1
338	75	797	Adrian	de Waal	32GI	M	61	60-64M	1.01.23	1
339	273	40010	Isabella	Jonson	RUN4C	F	17	JF	1.01.30	1
340	952	2090	WELLINGTON	TSHINGANE	SANDFEP	M	56	55-59M	1.01.34	1
341	72	2373	Sanet	De Nysschen	JBAY	F	59	55-59F	1.01.40	1
342	282	2282	AMOS	PRAM	TEMP	M	50	50-54M	1.01.44	0
343	559	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.01.52	1
344	412	2308	SETHU	NGOBE	VUKANI	M	22	SM	1.01.58	1
345	22	2909	DENVER	BARENDSE	CSEP	M	38	35-39M	1.01.59	1
346	244	1067	MARK	HEADBUSH	ACH	M	81	70+M	1.01.59	1
347	569	909	THURAYA	PILLAY	CHARLO	F	24	SF	1.01.59	1
348	481	3038	MELISSA	SWANEPOEL	RUN4C	F	37	35-39F	1.02.04	1
349	431	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.02.09	1
350	924	2497	EMILY	MANSON	TEMP	F	57	55-59F	1.02.12	0
351	494	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	1.02.16	1
352	834	50345	ROBERT	BUTTON	OLDSELB	M	67	65-69M	1.02.16	0
353	208	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.02.27	1
354	405	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.02.28	1
355	913	2495	YONELA	MXESHA	TEMP	F	29	SF	1.02.29	0
356	957	2337	MKONYISELA	MCUBASE	VUKANI	M	39	35-39M	1.02.31	1
357	173	2173	PHILISWA	MAKI	TEMP	F	34	SF	1.02.31	0
358	915	2549	Amila	Zibonda	Bestmed	F	19	SF	1.02.35	1
359	440	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	1.02.40	1
360	415	541	ULRICH	NIEUWOUDT	RUN4C	M	31	SM	1.02.41	1
361	944	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.02.44	1
362	473	1994	haig	SMUTS	WALMER	M	32	SM	1.02.45	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
363	401	751	NICK	MULLINS	CRUSADE	M	70	70+M	1.02.46	1
364	918	12248	PATRICIA	PHAKA	TEAMVIT	F	43	40-44F	1.02.46	0
365	586	1011	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.02.59	1
366	54	2960	SUSANN	CHAPMAN	ACH	F	50	50-54F	1.03.10	1
367	597	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	1.03.11	1
368	927	705	OCTAVIA	BOSHOFF	CRUSADE	F	56	55-59F	1.03.12	1
369	647	823	ROXANNE	PATERSON	32GI	F	34	SF	1.03.12	1
370	901	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	1.03.13	1
371	900	3066	WALTER	ZIMBEVA	VITALITY	M	46	45-49M	1.03.13	1
372	378	3341	ANCHERIEN	DU PLESSIS	CHARLO	F	61	60-64F	1.03.13	1
373	892	2484	LOYISO	DUNA	TEMP	M	33	SM	1.03.14	0
374	576	913	SHARON	SMUTS	CHARLO	F	60	60-64F	1.03.18	1
375	640	1717	ANTOINETTE	HUMAN	GELVAN	F	58	55-59F	1.03.24	1
376	235	1658	ARISTA	GRIGOR	MADIBA	F	48	45-49F	1.03.27	1
377	255	2255	DILLON	PEFFER	TEMP	M	27	SM	1.03.40	0
378	483	788	JAMES	DU TOIT	CHARLO	M	41	40-44M	1.03.41	1
379	442	383	MAHENDRA	PRAHALADH	IKHAMVA	M	59	55-59M	1.03.48	1
380	873	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.03.49	1
381	863	1914	SUZETTE	BOTHA	BLUEBAY	F	60	60-64F	1.03.50	1
382	862	1915	TAMSYN	BOTHA	BLUEBAY	F	30	SF	1.03.51	1
383	435	2317	SINOVUYO	PHOHLONGO	TRANSNET	F	32	SF	1.03.56	1
384	138	2138	CLIVE	HOFART	TEMP	M	42	40-44M	1.03.56	0
385	946	3036	NANDIPA	MYELEYELE	VITALITY	F	38	35-39F	1.03.59	1
386	371	190	MFUNDO	MGETYANA	SAPPE	M	43	40-44M	1.03.59	1
387	61	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.04.05	1
388	146	2146	LESLEY	JOUBERT	TEMP	M	35	35-39M	1.04.05	0
389	23	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.04.08	1
390	47	725	WENDY	BULULU	CRUSADE	F	43	40-44F	1.04.12	1
391	885	2979	NOBUNTU	MCUNUKELWA	CHILLIEP	F	36	35-39F	1.04.13	1
392	410	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.04.21	1
393	214	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.04.23	1
394	66	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.04.24	1
395	500	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.04.25	1
396	359	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	1.04.29	1
397	163	2163	ANGELO	LE ROUX	TEMP	M	34	SM	1.04.45	0
398	36	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.04.58	1
399	229	2229	LISE	NOACK	TEMP	F	27	SF	1.05.03	0
400	230	2230	STORM	NOACK	TEMP	M	27	SM	1.05.03	0
401	336	4336	NTUTHUZELO	SKENJANA	TEMP	M	44	40-44M	1.05.07	0
402	238	2917	Thulani	Gwana	CSEP	M	47	45-49M	1.05.07	1
403	728	3270	QHAMANI	WITBOOI	TEMP	M	21	SM	1.05.14	0
404	159	2159	CAREY-LEE	KRIGE	TEMP	F	40	40-44F	1.05.15	0
405	846	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	1.05.20	1
406	392	3068	NTOMBIZINE	MTANDA	VITALITY	F	49	45-49F	1.05.20	1
407	30	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.05.33	1
408	736	3141	VERONIQUE	SASS	TEMP	F	41	40-44F	1.05.38	0
409	44	2377	Kenny	Brown	JBAY	M	75	70+M	1.05.52	1
410	896	464	UNATHI	NDAMASE	CHILLIEP	F	40	40-44F	1.05.59	1
411	515	51224	VENESSA	WEST	PAC	F	59	55-59F	1.06.01	0
412	193	2193	ROSE	MBUNGU LOLO	TEMP	F	31	SF	1.06.04	0
413	654	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.06.06	1
414	639	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.06.15	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
415	841	2392	SHAWN	VAN EYK	TEMP	M	58	55-59M	1.06.17	0
416	474	1995	LYNETTE	SMUTS	WALMER	F	60	60-64F	1.06.24	1
417	866	2453	QHAMA	DUMEZWENI	TEMP	M	30	SM	1.06.38	0
418	144	2144	SINGALAKHA	JADEZWENI	TEMP	M	32	SM	1.06.38	0
419	833	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	1.06.42	1
420	423	2138	Angela	Ntanga	TRANSNET	F	31	SF	1.06.43	1
421	855	2411	MARIO	BEZUIDENHOUT	TEMP	M	41	40-44M	1.06.46	0
422	857	2426	ANNEMIE	HOLTZHAUSEN	TEMP	F	40	40-44F	1.06.46	0
423	817	2333	SULENE	CAMARINOS	TEMP	F	45	45-49F	1.06.46	0
424	797	2367	MINNIE	MULLER	TEMP	F	15	JF	1.06.47	0
425	599	1104	CATHY	IVES	ACH	F	73	70+F	1.06.54	1
426	925	2498	ISLA	MANSEN	TEMP	F	17	JF	1.06.57	0
427	848	553	TYRESE	SWARTBOOI	RUN4C	M	23	SM	1.06.58	1
428	510	726	KEITH	VOSLOO	CRUSADE	M	63	60-64M	1.07.00	1
429	326	2620	WAYNE	MAC GEAR	Bestmed	M	63	60-64M	1.07.02	1
430	239	2239	RENEE	OLIVIER	TEMP	F	58	55-59F	1.07.06	0
431	96	51102	JASON	FORSDICK	SUNNING	M	30	SM	1.07.19	0
432	360	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	1.07.26	1
433	835	3223	CHRISTO	STEYN	CITYC	M	58	55-59M	1.07.28	1
434	240	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.07.32	1
435	954	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	1.07.34	1
436	277	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.07.35	1
437	691	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.07.40	1
438	177	2177	THABANG	MANYAMA	TEMP	M	32	SM	1.07.52	0
439	434	38	TEMBA	PEZISA	SIBALEKA	M	59	55-59M	1.07.58	1
440	58	16631	COURTNEY	CLAASSEN	TEAMVIT	F	29	SF	1.08.02	0
441	842	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	1.08.09	1
442	195	2195	MIKE	MEYER	TEMP	M	57	55-59M	1.08.10	0
443	108	2108	ZUKISA	BAJISI	TEMP	M	29	SM	1.08.13	0
444	45	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.08.14	1
445	379	2772	KHAYALETHU	MKHANDWANA	CONTI	M	44	40-44M	1.08.19	0
446	865	2444	ZUKISWA	SITHO	TEMP	F	37	35-39F	1.08.22	0
447	260	2260	ROBYN	PIEDT	TEMP	F	28	SF	1.08.37	0
448	98	3220	CARLA	FOURIE	CITYC	F	30	SF	1.08.38	1
449	811	4801	MARLIZE	VAN DER MERWE	TEMP	F	49	45-49F	1.08.44	0
450	504	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.08.45	1
451	870	3013	SIYAVUYA	MARWANQA	VITALITY	M	28	SM	1.08.49	1
452	821	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.08.52	1
453	170	2170	SILONDIWE	MADIKIZELA	TEMP	F	34	SF	1.09.09	0
454	352	2141	Chumani	Mashiqa	TRANSNET	M	38	35-39M	1.09.11	1
455	15	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.09.12	1
456	28	2366	RENE	BILLSON	JBAY	F	47	45-49F	1.09.12	1
457	140	2140	COBUS	HUMPHRIS	TEMP	M	55	55-59M	1.09.13	0
458	314	3125	LEANNE	LE ROUX	VITALITY	F	48	45-49F	1.09.14	1
459	497	3305	SIBULELE	TYAM	CONTI	F	28	SF	1.09.17	0
460	939	1993	JODI	PIENAAR	WALMER	M	32	SM	1.09.17	1
461	205	3246	SHAKEERA	GEORGE	CONTI	F	39	35-39F	1.09.18	0
462	256	3240	ASHWELL	ISAACS	CONTI	M	42	40-44M	1.09.18	0
463	894	2486	SIYAMTHANDA	SIAW	TEMP	M	30	SM	1.09.21	0
464	419	253	Michal	van Rayner	MUIRITE	F	23	SF	1.09.37	1
465	511	550	LIEZEL	WAIT	RUN4C	F	53	50-54F	1.09.40	1
466	65	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	1.09.42	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
467	79	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.09.48	1
468	38	3236	RIAANA	BOUWER	CONTI	F	50	50-54F	1.09.58	0
469	437	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.09.59	1
470	427	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	1.10.03	1
471	291	2291	ZANDILE	QUNTA	TEMP	F	49	45-49F	1.10.05	0
472	482	5413	ALTHEA	SWARTZ	SANLAMC	F	42	40-44F	1.10.07	0
473	796	3105	MIKHAEL	RAMASAMY	TEMP	M	15	JM	1.10.08	0
474	425	629	VICKI	VAN SCHALKWYK	ASPEN	F	44	40-44F	1.10.10	1
475	455	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.10.13	1
476	21	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.10.13	1
477	798	2342	CEBO	MANTLAKA	TEMP	F	27	SF	1.10.19	0
478	445	2547	TEDDY	PRUSENT	VITALITY	M	38	35-39M	1.10.19	1
479	339	4339	ONKE	SOTYATO	TEMP	M	31	SM	1.10.23	0
480	151	2151	CHUMA	KAYA	TEMP	F	26	SF	1.10.24	0
481	895	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.10.30	1
482	464	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.10.38	1
483	332	4332	CYNTHIA	SEBOTHOMA	TEMP	F	38	35-39F	1.10.40	0
484	517	3344	KATE	WILLIAMS	CHARLO	F	29	SF	1.10.43	1
485	100	2052	MNCEDISA	FUSA	HOLLYWOO	M	46	45-49M	1.10.49	1
486	844	3373	MCEBISI	MZINZI	HOLLYWOO	M	46	45-49M	1.10.50	1
487	912	2493	BIANCA	WELGEMOED	TEMP	F	48	45-49F	1.10.57	0
488	420	2313	VUYOKAZI	NONCEMBU	VUKANI	F	53	50-54F	1.11.00	1
489	216	14493	VICTORIA	GOODALL	JCC	F	44	40-44F	1.11.04	0
490	105	2105	MXOLISI	SIBOTO	TEMP	M	37	35-39M	1.11.13	0
491	851	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.11.17	1
492	279	590	LIANI	KEMP	RUN4C	F	27	SF	1.11.17	1
493	470	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	1.11.17	1
494	593	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.11.20	1
495	874	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.11.22	1
496	390	2959	Lorraine	Motswenyane	HOLLYWOO	F	40	40-44F	1.11.24	1
497	404	2189	NANGAMSO	NABE	TRANSNET	F	38	35-39F	1.11.26	1
498	264	3398	PENELOPE	JANUARY	ABSAEP	F	62	60-64F	1.11.30	1
499	95	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.11.31	1
500	850	2097	SADAT	LUKWAGO	TEMP	M	31	SM	1.11.34	0
501	178	2178	SHANICE	MAPOE	TEMP	F	32	SF	1.11.36	0
502	316	3345	ZALITA	LE ROUX	CHARLO	F	46	45-49F	1.11.38	1
503	298	2370	JOSINA	LABUSCHAGNE	JBAY	F	70	70+F	1.11.41	1
504	128	2128	ABIGAIL	DU PLESSIS	TEMP	F	15	JF	1.11.58	0
505	97	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.11.59	1
506	56	2179	Witness	Chauke	TRANSNET	F	35	35-39F	1.12.00	1
507	436	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.12.02	1
508	76	2770	MATTHEW	DE WAAL	32GI	M	23	SM	1.12.04	1
509	578	922	REFILWE	TSATSIMPE	CHARLO	F	30	SF	1.12.06	1
510	394	2394	FIONNA	VENTER	TEMP	F	45	45-49F	1.12.08	0
511	508	3160	KIRSTY	VOGTS	32GI	F	22	SF	1.12.11	1
512	59	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.12.19	1
513	898	2488	ZIPHOZHLE	CEZA	TEMP	M	34	SM	1.12.23	0
514	907	2492	SINIKELO	TSHAKA	TEMP	M	17	JM	1.12.24	0
515	904	467	SIYABONGA	TSHAKA	CHILLIEP	M	43	40-44M	1.12.24	1
516	160	2160	STHEMBISO	KUNENE	TEMP	M	44	40-44M	1.12.24	0
517	387	48	COLLEEN	MOSES	SAPPE	F	51	50-54F	1.12.24	1
518	417	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.12.29	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
519	125	2125	SITHOKOZISO	DIKO	TEMP	F	40	40-44F	1.12.43	0
520	209	276	CHRISTIAN	GERBER	MUIRITE	M	51	50-54M	1.12.45	1
521	323	3215	Heathon	Lottering	MUIRITE	M	35	35-39M	1.12.46	1
522	943	2523	THANDO	MAQAGI	TEMP	M	50	50-54M	1.12.52	0
523	288	24622	NICHOLAS	KOTSHOLO	MIWAY	M	36	35-39M	1.12.53	0
524	472	120	SHANNON	SMITH	MALABAR	F	30	SF	1.12.55	1
525	111	2111	ENRIQUE	BARENDSE	TEMP	M	23	SM	1.13.03	0
526	881	40001	ZANTE	DEKKER	SAPPE	F	19	JF	1.13.05	1
527	418	40532	SIYAHLUMA	NKONE	BLUEBAY	F	17	JF	1.13.05	1
528	8	1333	MBULELO	SOBIKWA	NEDBANK	M	72	70+M	1.13.06	1
529	450	1694	JAHN	ROUX	MADIBA	M	39	35-39M	1.13.16	1
530	840	775	RAKGWADI	MORITI	CRUSADE	M	37	35-39M	1.13.21	1
531	190	2190	TINASHE	MBAVA	TEMP	M	27	SM	1.13.39	0
532	467	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.13.42	1
533	557	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.13.48	1
534	554	1003	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.13.48	1
535	831	2495	AADIEL	JASSEN	TEMP	M	53	50-54M	1.13.51	0
536	579	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.14.04	1
537	592	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.14.05	1
538	337	4337	SINESIPHO	SOBUWA	TEMP	F	32	SF	1.14.09	0
539	499	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.14.20	1
540	270	145	FADIELA	JOHNSON	MALABAR	F	62	60-64F	1.14.20	1
541	376	4376	NANDIPHA	TYHALI	TEMP	F	28	SF	1.14.20	0
542	124	2124	INAM	DATINI	TEMP	F	19	SF	1.14.21	0
543	893	2485	BUSISIWE	NJOMBA	TEMP	F	32	SF	1.14.22	0
544	899	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.14.25	1
545	77	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.14.27	1
546	391	2391	ASITHANDILE	MTHOTYWA	TEMP	F	33	SF	1.14.28	0
547	196	2196	LUYOLO	MGUCA	TEMP	F	32	SF	1.14.29	0
548	491	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	1.14.37	1
549	234	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	51	50-54F	1.14.37	1
550	433	3353	NOMHLE	PASINJARA	SAPPE	F	35	35-39F	1.14.49	1
551	212	2212	LIKHONA	MTATI	TEMP	F	22	SF	1.14.51	0
552	49	2894	Noluvuyo	Burwana	CSEP	F	35	35-39F	1.14.53	1
553	158	2158	AMTHANDILE	KONDILE	TEMP	F	26	SF	1.14.55	0
554	39	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	1.15.06	1
555	570	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.15.32	1
556	452	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.15.37	1
557	179	2179	TOZI	MAQUNGELA	TEMP	F	25	SF	1.15.42	0
558	215	1542	MARYKE	GERBER	DESPATCH	F	39	35-39F	1.16.04	1
559	697	2877	RIAN	SMALBERGER	CSEP	M	71	70+M	1.16.15	1
560	83	3244	SIPHOKAZI	DOKWANA	CONTI	F	31	SF	1.16.20	0
561	788	3110	VATHISWA	MADIKANE-DYANTYI	TEMP	F	39	35-39F	1.16.23	0
562	275	264	SIMONE	JORDAAN	MUIRITE	F	46	45-49F	1.16.40	1
563	803	4803	ABIGAIL	KIVEDO	TEMP	F	43	40-44F	1.16.41	0
564	156	2156	THULISA	KOBESE	TEMP	F	34	SF	1.16.55	0
565	891	1364	PHILA	HENGE	NEDBANK	F	41	40-44F	1.17.00	1
566	174	2174	CHULUMANCO	MANGCIPU	TEMP	F	23	SF	1.17.00	0
567	370	2370	NOBATHEMBU	TEMBANI	TEMP	F	41	40-44F	1.17.14	0
568	373	3373	ESETHU	TSHOMELA	TEMP	F	26	SF	1.17.16	0
569	861	1313	KAGISO	MANAIOA	VWAC	M	34	SM	1.17.23	1
570	734	3151	FREDDY	SASS	TEMP	M	65	65-69M	1.17.27	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
571	297	2297	SINOXOLO	RULULU	TEMP	F	36	35-39F	1.17.28	0
572	164	2164	ALEXSHA	LOSE	TEMP	F	44	40-44F	1.17.30	0
573	232	2232	GABRIELLA	NORSHIB	TEMP	F	26	SF	1.17.41	0
574	490	3281	SIPHOKAZI	TOTO	CHILLIEP	F	33	SF	1.17.44	1
575	313	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.18.07	1
576	429	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.18.08	1
577	335	4335	ANEZWA	SIBEWU	TEMP	F	33	SF	1.18.12	0
578	199	2199	MPHO	MNTUWAPI	TEMP	F	26	SF	1.18.14	0
579	222	2222	CHWAYITA	NCEDANA	TEMP	F	43	40-44F	1.18.16	0
580	700	2876	AUBREY	LE ROUX	CSEP	M	73	70+M	1.18.18	1
581	438	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.18.36	1
582	487	3320	SCHRICKA	TERBLANCHE	CITYC	F	42	40-44F	1.18.48	1
583	99	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.18.50	1
584	389	1975	CHARLOTTE	MOTHILALL	VITALITY	F	43	40-44F	1.19.03	1
585	644	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	1.19.10	1
586	594	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	1.19.13	1
587	200	2200	LONWABO	MOKO	TEMP	M	32	SM	1.19.17	0
588	408	2537	Asiphe	Ndoto	Bestmed	F	30	SF	1.19.17	1
589	699	1217	MAGGIE	MULLER	RWFL	F	70	70+F	1.19.19	0
590	422	2799	PORTIA	NQAYI	ABSAEP	F	38	35-39F	1.19.27	1
591	590	2331	ALEX	KHUZWAYO	SAPPE	M	63	60-64M	1.19.28	1
592	223	2223	SIYABONGA	NDINGANE	TEMP	M	35	35-39M	1.19.33	0
593	471	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.19.34	1
594	122	2122	VERNA	CLAASSEN	TEMP	F	63	60-64F	1.19.42	0
595	189	2189	BULI	MBAMBO	TEMP	F	35	35-39F	1.19.44	0
596	161	2161	KHANYISILE	KWATSHA	TEMP	F	33	SF	1.19.44	0
597	295	3311	LANCE	LABERCENSIE	VWAC	M	52	50-54M	1.19.57	1
598	733	3153	LUNTU	NORUKA	TEMP	M	46	45-49M	1.20.06	0
599	141	2141	SUNELL	HUMPHRIS	TEMP	F	58	55-59F	1.20.18	0
600	293	3046	VUYISEKA	KULA	VITALITY	F	44	40-44F	1.20.38	1
601	50	2742	Mpilonhle	Butler	BODYCON	F	33	SF	1.20.47	1
602	395	2395	VIWE	WASA	TEMP	F	21	SF	1.20.53	0
603	121	2121	ZILUNGILE	CHAFUZA	TEMP	F	33	SF	1.21.04	0
604	409	1117	GRAHAM	NELL	ACH	M	75	70+M	1.21.28	1
605	342	4342	JO	STUURMAN	TEMP	F	47	45-49F	1.21.51	0
606	287	2679	ANDA	KONDILE	Bestmed	F	23	SF	1.21.51	1
607	475	1541	QUINTON	SNYMAN	DESPATCH	M	48	45-49M	1.21.53	1
608	113	2113	NOMONDE	BASOAH	TEMP	F	38	35-39F	1.21.53	0
609	218	2332	SANDISIWE	GOQWANA	CSEP	F	34	SF	1.21.54	1
610	356	2356	CORDELIA	SWARTBOOI	TEMP	F	42	40-44F	1.22.09	0
611	166	2166	MAURISHA	LOUW	TEMP	F	40	40-44F	1.22.12	0
612	252	2115	DERRICK	HOSHE	ATLANTIC	M	67	65-69M	1.22.15	1
613	587	1012	CINDY	VOSLOO	CHARLO	F	44	40-44F	1.22.24	1
614	869	2459	SPAKES	XAPILE	TEMP	F	40	40-44F	1.22.52	0
615	119	2119	SANDRA	BUTTERS	TEMP	F	60	60-64F	1.23.02	0
616	468	1973	LUNGILE	SITHOLE	VITALITY	F	35	35-39F	1.23.23	1
617	155	2155	WENDY	KHWETANI	TEMP	F	30	SF	1.23.44	0
618	227	2227	LUYANDA	NKOLISA	TEMP	M	30	SM	1.23.49	0
619	920	716	CHRISTOPHER	MOOLMAN	CRUSADE	M	37	35-39M	1.24.01	1
620	527	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	1.24.07	1
621	400	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.24.12	1
622	888	2573	ALGENE	KOEBERG	Bestmed	F	43	40-44F	1.24.24	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
623	649	204	ABEGAIL	TEYISE	SAPPE	F	54	50-54F	1.24.25	1
624	441	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.24.26	1
625	480	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.24.27	1
626	94	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.24.44	1
627	204	2204	SARAH	MOORE	TEMP	F	60	60-64F	1.24.45	0
628	880	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.24.52	1
629	134	2134	RAZIA	GAIDA	TEMP	F	37	35-39F	1.24.59	0
630	253	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.25.13	1
631	203	2203	KAYCE	MOORE	TEMP	F	29	SF	1.25.13	0
632	51	2126	THERESA	CAIRNCROSS	ATLANTIC	F	60	60-64F	1.25.27	1
633	428	1587	MARISKA	OLIVIER	DESPATCH	F	38	35-39F	1.25.28	1
634	922	1550	Elrika	Botha	DESPATCH	F	28	SF	1.25.28	1
635	221	2221	ROZINA	NAMPONYA	TEMP	F	49	45-49F	1.25.29	0
636	905	2490	NONELE	TSHAKA	TEMP	F	38	35-39F	1.25.31	0
637	369	2914	Zukiswa	Mgatiwa	CSEP	F	48	45-49F	1.25.48	1
638	192	2192	VUYOKAZI	MBOMBELA	TEMP	F	38	35-39F	1.26.35	0
639	237	3074	BANDILE	GWAMANDA	VITALITY	M	56	55-59M	1.26.36	1
640	446	2882	NOMVUYO	QEMA	CSEP	F	56	55-59F	1.26.43	1
641	123	2123	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	1.26.52	0
642	101	2101	LAIKEN	ABRAHAMS	TEMP	F	35	35-39F	1.26.59	0
643	479	722	Bernadette	Stemmet	CRUSADE	F	41	40-44F	1.27.28	1
644	184	2184	KUTALA	MATHOKAZI	TEMP	F	28	SF	1.27.41	0
645	524	2221	TUMEKA	XENTSA	SIBALEKA	F	43	40-44F	1.27.43	1
646	201	1179	PAKAMA	GCAKASI	VITALITY	F	40	40-44F	1.27.43	1
647	198	2198	LEIGH-ANNE	MINDERON	TEMP	F	48	45-49F	1.28.10	0
648	167	2167	KASTHURI	LUNDALL	TEMP	F	55	55-59F	1.28.38	0
649	26	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.28.54	0
650	696	2705	ANDREW	KOCK	SAPPE	M	46	45-49M	1.29.14	1
651	157	2157	CINDY	KOCK	TEMP	F	43	40-44F	1.29.15	0
652	318	40208	KIERAN	LEWIES	VWAC	M	16	JM	1.29.18	1
653	319	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	1.29.19	1
654	485	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.29.50	1
655	528	828	FATIMA	MATHE	TEMP	F	33	SF	1.29.52	0
656	120	2120	MISHKA	BUTTRESS	TEMP	F	30	SF	1.29.53	0
657	819	2319	THANDIWE	MAGALELA	TEMP	F	64	60-64F	1.29.59	0
658	243	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.29.59	1
659	133	2133	DIEDERICK	OOSTHUIZEN	TEMP	M	56	55-59M	1.30.08	0
660	822	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.30.08	1
661	447	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.30.21	1
662	52	1760	MARISA	CALISTE	GELVAN	F	41	40-44F	1.30.26	1
663	13	1749	CRAIG	ADAMS	GELVAN	M	49	45-49M	1.30.27	1
664	132	2132	CASEY	FOUCHE	TEMP	F	27	SF	1.30.41	0
665	62	1471	SHIRLEEN	CLARKE	NEDBANK	F	63	60-64F	1.30.43	1
666	824	1375	BARRY	NELSON	NEDBANK	M	74	70+M	1.30.48	1
667	46	1966	LUDANE	BRUINTJIES	VITALITY	F	34	SF	1.30.51	1
668	87	256	NICCI	DUPLESSIS	MUIRITE	F	50	50-54F	1.30.51	1
669	498	257	MELANIE	VAN APPEL	MUIRITE	F	51	50-54F	1.30.52	1
670	348	2899	NOMAKULA	MANOTI	CSEP	F	55	55-59F	1.30.59	1
671	231	2231	CHWAYITA	NODUNYELWA	TEMP	F	43	40-44F	1.31.00	0
672	563	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.31.05	1
673	698	2318	OLWETHU	KOTO	TEMP	M	42	40-44M	1.31.09	0
674	402	248	URITIAH	MYBURGH	MUIRITE	F	49	45-49F	1.31.19	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
675	169	2169	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.31.25	0
676	117	2117	KAREN	BRINK	TEMP	F	57	55-59F	1.31.32	0
677	176	2176	NOSIPHIWO	MANTYONTYA	TEMP	F	41	40-44F	1.31.38	0
678	398	2398	ZAQHOZA	XOLELWA	TEMP	F	40	40-44F	1.32.44	0
679	509	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.32.55	1
680	249	2249	NOMKHITA	OYO	TEMP	F	40	40-44F	1.33.39	0
681	127	2127	JACKIE	DU PLE	TEMP	F	49	45-49F	1.35.00	0
682	175	2175	UNATHI	MANINJWA	TEMP	F	33	SF	1.35.03	0
683	302	243	CHRISNA	LANDMAN	MUIRITE	F	52	50-54F	1.35.09	1
684	334	4334	SONIA	SHARE	TEMP	F	59	55-59F	1.35.09	0
685	799	2338	NOMATOLO	MJIYELA	TEMP	F	38	35-39F	1.35.13	0
686	555	958	HEIDI	GERBER	CHARLO	F	47	45-49F	1.35.22	1
687	278	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.35.43	1
688	304	244	LYNN	LANDMAN	MUIRITE	M	56	55-59M	1.38.31	1
689	350	304	FOZA	MARTIN	MUIRITE	F	66	65-69F	1.38.32	1
690	338	4338	OLWETHU	SOKUTU	TEMP	F	21	SF	1.38.33	0
691	247	2919	Sizeka	Heleni	CSEP	F	51	50-54F	1.38.35	1
692	285	1650	PIERRE	KNOESEN	MADIBA	M	71	70+M	1.39.07	1
693	182	2182	APHIWE	MASEBE	TEMP	F	39	35-39F	1.41.10	0
694	109	2109	THANTASWA	BAKUMENI	TEMP	F	34	SF	1.41.10	0
695	172	2172	SANGO	MAKAPELA	TEMP	F	37	35-39F	1.42.39	0
696	294	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.49.14	0
697	183	2183	ASINAKHO	MASEBE	TEMP	F	36	35-39F	1.50.18	0
HELPERS RUN										
H1	1001	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	0.39.58	5
H2	1002	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	0.48.19	2
H3	74	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.49.00	2
H4	1004	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	0.54.10	1
H5	1005	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	0.55.26	2
H6	70	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-49F	0.55.35	1
H7	1007	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.55.56	1
H8	1008	1205	ALISON	BOWKER	ELITEAC	F	38	35-39F	0.55.57	1
H9	1009	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.56.18	1
H10	300	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.56.55	1
H11	1011	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.57.22	2
H12	355	1247	LISLE	MATTHEWS	ELITEAC	F	52	50-54F	0.57.39	1
H13	1013	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	0.58.29	1
H14	1014	777	STEVEN	GAGIANO	32GI	M	45	45-49M	0.58.29	1
H15	32	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	0.58.29	1
H16	31	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	0.59.17	1
H17	1017	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	0.59.47	1
H18	1018	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	1.00.03	1
H19	1019	1232	SONIKA	NEL	ELITEAC	F	26	SF	1.00.42	1
H20	501	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	1.00.42	1
H21	85	1203	ANNEMIE	DU TOIT	ELITEAC	F	41	40-44F	1.00.42	1
H22	1022	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	1.01.24	1
H23	1023	906	TARYN	FERREIRA	CHARLO	F	45	45-49F	1.03.32	1
H24	1024	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	1.04.01	1
H25	1025	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	1.04.01	1
H26	1026	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.04.22	1
H27	73	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.05.39	1
H28	37	40081	Meriska	Bouwer	ELITEAC	F	19	JF	1.05.39	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H29	1029	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	1.05.45	1
H30	1030	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.07.01	1
H31	1031	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.07.02	1
H32	1032	1102	KEN	BARWOOD	ACH	M	71	70+M	1.08.23	1
H33	1033	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.08.23	1
H34	1034	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	1.09.01	1
H35	1035	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	1.09.52	1
H36	1036	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.09.58	1
H37	1037	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	1.11.52	1
H38	1038	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.12.35	1
H39	1039	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.12.44	1
H40	1040	1184	Herman	Terblanche	ELITEAC	M	60	60-64M	1.14.08	1
H41	301	40067	STEFANI	LAMBRECHTS	DESPATCH	F	16	JF	1.14.42	1
H42	1042	1615	STEVE	LAMBRECHTS	DESPATCH	M	43	40-44M	1.14.43	1
H43	1043	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.14.53	1
H44	1044	827	TAMMY	SOUTHBY	32GI	F	52	50-54F	1.15.47	1
H45	1045	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.15.48	1
H46	1046	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.15.50	1
H47	1047	1197	NOREEN	NELSON	ELITEAC	F	61	60-64F	1.16.23	1
H48	1048	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.16.36	1
H49	1049	1239	YOLANDE	KNOETZE	ELITEAC	F	59	55-59F	1.16.38	1
H50	1050	1313	KAGISO	MANAIOA	VWAC	M	34	SM	1.17.11	1
H51	1051	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	1.22.17	1
H52	462	1310	PHUMLA	SIBALI	VWAC	F	47	45-49F	1.22.17	1
H53	453	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	1.22.17	1
H54	484	1241	MARLENE	TERBLANCE	ELITEAC	F	76	70+F	1.22.53	1
H55	274	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.25.04	1
H56	27	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	1.25.04	1
H57	1057	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	1.25.34	1
H58	1058	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	1.25.34	1
H59	1059	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.25.34	1
H60	1060	1181	Chantelle	Gillmer	ELITEAC	F	41	40-44F	1.30.46	1
H61	1061	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	1.30.49	1
H62	1062	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.33.04	1
H63	1063	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.39.56	1
H64	1064	1064	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.39.56	0