

BESTMED MADIBAZ 10KM - NELSON MANDELA UNIVERSITY - 2026/07/25										
POS	RNO	LIC	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1582	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.29.44	1
2	1388	2559	APHELELE	NKONYENI	BESTMED	M	28	SM	0.30.38	1
3	1451	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.30.52	1
4	1420	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.31.31	1
5	1578	40402	ENDINAKO	JOLA	MOTHER	M	17	JM	0.32.05	1
6	1583	1338	SIBAHLE	MAQWARA	IKHAMVA	M	24	SM	0.32.28	1
7	1460	1156	KEANU	WELCH	EMERIS	M	21	SM	0.32.36	1
8	1463	40370	CHR	BROWN	SCHOOL	M	18	JM	0.32.51	1
9	1442	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.33.06	1
10	1661	611	JENIEL	ZANA	RUN4C	M	31	SM	0.34.27	1
11	1687	1687	RODNEY	PRINS	TEMP	M	37	35-39M	0.34.36	0
12	1391	2517	BANELISIWE	TAMELA	BESTMED	M	21	SM	0.34.43	1
13	1159	40311	SIMTHANDILE	GOLIATH	HOLLYWOO	M	18	JM	0.34.57	1
14	1579	1460	MZOLISI	MAKHANDA	NEDBANK	M	43	40-44M	0.35.00	1
15	1734	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.35.01	1
16	1729	1622	DARREN	BENECKE	MADIBA	M	34	SM	0.35.33	1
17	1614	694	LUBABALO	JUSAYI	NEDBANK	M	35	35-39M	0.35.48	1
18	1221	3921	VUYOLWETHU	GQOBOKA	TEMP	M	26	SM	0.36.05	0
19	1184	271	SIYATHEMBA	MBADULI	MUIRITE	M	27	SM	0.36.17	1
20	1569	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	0.36.26	1
21	1585	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	0.36.45	1
22	1693	613	JORDAN	FORTUIN	RUN4C	M	21	SM	0.36.49	1
23	1613	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.36.52	1
24	1196	40071	CONNOR	BIRD	ELITEAC	M	15	JM	0.37.46	1
25	1364	3764	DAVID	VEITCH	TEMP	M	35	35-39M	0.38.19	0
26	1652		SIPHUMLE	MKETO	TEMP	M	23	SM	0.38.25	0
27	1422	2485	KOBUS	JOUBERT	JBAY	M	51	50-54M	0.38.36	1
28	1386	2552	AMANDA	DETSHE	BESTMED	F	22	SF	0.38.53	1
29	1389	2516	GIFT	NKOSI	BESTMED	F	20	SF	0.39.03	1
30	1639	1384	LESLEY	KOESEBA	NEDBANK	M	53	50-54M	0.39.05	1
31	1574	1503	LUVUYO	DYANI	NEDBANK	M	56	55-59M	0.39.26	1
32	1496	2306	PHILLIP	HEINE	TEMP	M	35	35-39M	0.39.30	0
33	1586	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.40.27	1
34	1601	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.40.31	1
35	1570	1357	MBUYISELI	SITENGE	NEDBANK	M	47	45-49M	0.41.19	1
36	1177	2294	FREEMAN	VUTU	VUKANI	M	61	60-64M	0.41.58	1
37	1009	3021	SHAUN	HOEKSTRA	VITALITY	M	26	SM	0.42.13	1
38	1741	1459	MONWABISI	KEPE	NEDBANK	M	42	40-44M	0.42.27	1
39	1096	3096	CJ	STRYDOM	TEMP	M	42	40-44M	0.42.31	0
40	1047	40542	BLAKE	BOUCHER	CRUSADE	M	14	JM	0.42.34	1
41	1404	40305	KYLIE	DORFLING	NEDBANK	F	14	JF	0.42.36	1
42	1627	40494	ASIVE	SOLOMON	MUIRITE	M	15	JM	0.43.06	1
43	1696	40367	MATTHEW	KINGWILL	SCHOOL	M	15	JM	0.43.25	1
44	1716	2536	THOZAMILE	BOKOLO	Bestmed	M	64	60-64M	0.43.35	1
45	1720	1807	MIKULE	NEL	GELVAN	M	19	JM	0.43.41	1
46	1205	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	0.43.44	1
47	1672	1805	ETHAN	DANIELS	GELVAN	M	19	SM	0.43.56	1
48	1035	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	0.43.56	1
49	1350	3750	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	0.44.02	0
50	1399	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.44.10	1
51	1255	3955	VUNENE	NKUNA	TEMP	M	22	SM	0.44.23	0
52	1025	839	HESTER	KINGWILL	32GI	F	45	45-49F	0.44.29	1
53	2094	4339	JOSH	BAILEY	TEMP	M	32	SM	0.44.30	0
54	1581	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.44.55	1
55	1732	558	JENE	BANFIELD	RUN4C	F	55	55-59F	0.45.06	1
56	1703	3488	BEATRICE	CHATORA	CHILLI	F	24	SF	0.45.09	1
57	3199	1113	ROGER	TRADER	ACH	M	72	70+M	0.45.19	1
58	1198	40076	KYLIE	VERMAAK	ELITEAC	F	19	JF	0.45.29	1
59	1447	2188	KYLIE	RIDDIN	32GI	F	41	40-44F	0.45.41	1
60	1636	2203	SIPHOSETHU	MAVATHA	SIBALEKA	F	29	SF	0.45.46	1
61	1197	40075	CHLOE	VERMAAK	ELITEAC	F	19	JF	0.45.52	1
62	1218	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.45.56	1
63	1580	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.46.04	1

64	1459	3242	DARREN	VOGES	CONTI	M	48	45-49M	0.46.26	1
65	1684	1986	HAL	SNYMAN	ACH	M	46	45-49M	0.46.27	1
66	1415	1282	SEBASTIAN	HAARHOFF	VWAC	M	49	45-49M	0.46.46	1
67	1521	2121	ABDISALAAM	MOHAMED	TEMP	M	19	JM	0.46.48	0
68	1621	1083	ALAN	TAYLOR	ACH	M	69	65-69M	0.46.56	1
69	1397	2880	CECIL	CLAASSEN	CSEP	M	34	SM	0.46.58	1
70	1052	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	0.48.03	1
71	1482	2182	SINAWO	CABANE	TEMP	M	33	SM	0.48.10	0
72	1514	2114	ZUKISANI	MBIZA	TEMP	M	32	SM	0.48.10	0
73	1711	706	STEPHEN	MCCARTHY	CRUSADE	M	65	65-69M	0.48.13	1
74	1377	3777	HLUMELO	SHONGWE	TEMP	M	17	JM	0.48.28	0
75	1191	3444	JASON	WILSON	RUN4C	M	47	45-49M	0.48.32	1
76	1112	50522	IMRAAN	JACOBS	ITHEKO	M	40	40-44M	0.48.33	0
77	1738	254	JUAN	GOOSEN	MUIRITE	M	24	SM	0.48.45	1
78	1252	3952	DAKALO	NALEDZANI	TEMP	M	24	SM	0.49.13	0
79	1462	1200	JANINE	WHITTAL	32GI	F	45	45-49F	0.49.17	1
80	1649	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.49.31	1
81	1327	3702	BRENDON	GOUWS	TEMP	M	27	SM	0.49.32	0
82	1610	1027	NELSON	VLAKBOK	CHARLO	M	62	60-64M	0.49.40	1
83	1298	3998	JUSTIN	WEBB	TEMP	M	26	SM	0.49.44	0
84	1479	2179	PETER	BOTHA	TEMP	M	39	35-39M	0.50.00	0
85	1395	40092	RENEL	BILLSON	JBAY	F	15	JF	0.50.02	1
86	1644	1360	SITHEMBILE	MPAKO	NEDBANK	M	65	65-69M	0.50.11	1
87	1617	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.50.14	1
88	1557	2157	ENSLIN	VAN DER BROOK	TEMP	M	36	35-39M	0.50.21	0
89	1523	2123	RUNESHAN	MOODLEY	TEMP	M	41	40-44M	0.50.32	0
90	1699	669	TERENCE	LANTZ	ASPEN	M	46	45-49M	0.50.32	1
91	1398	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	0.50.49	1
92	1544	2144	MART	REYNEKE	TEMP	F	35	35-39F	0.50.54	0
93	1765	52419	YAMKELA	MLISA	MTHATHA	M	27	SM	0.50.56	0
94	1495	2225	ANÉ	HEINE	TEMP	F	35	35-39F	0.50.57	0
95	1141	1176	AHMED	SALEEM	EMERIS	M	20	SM	0.51.02	1
96	1477	2177	WAYNE	BENN	TEMP	M	37	35-39M	0.51.02	0
97	1568	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	0.51.02	1
98	1351	3751	MSEKI	MAPONONO	TEMP	M	30	SM	0.51.04	0
99	1293	3993	SITHEMBISO	MATIWANE	TEMP	M	35	35-39M	0.51.09	0
100	1554	2154	TAINE-JOSH	THORNE	TEMP	M	25	SM	0.51.12	0
101	1450	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	0.51.12	1
102	1547	2147	CLIFFORD	SAVAGE	TEMP	M	35	35-39M	0.51.35	0
103	1167	1268	BILLY	KIETAS	VWAC	M	51	50-54M	0.51.47	1
104	1187	2878	LONWABO	FONGO	CSEP	M	39	35-39M	0.51.48	1
105	1339	3789	BRANDON	GOVENDER	TEMP	M	23	SM	0.51.52	0
106	1476	2176	IZETTE	BENN	TEMP	F	37	35-39F	0.51.54	0
107	1694	1261	FRANKLIN	HUMAN	VWAC	M	51	50-54M	0.51.59	1
108	1682	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.52.02	1
109	1472	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	0.52.02	1
110	1713	4841	KAELYM	PHILLIPS	TEMP	M	20	SM	0.52.25	0
111	1681	2171	SEAN	LACEY	TEMP	M	55	55-59M	0.52.27	0
112	1609	983	PETER	VENTER	CHARLO	M	45	45-49M	0.52.28	1
113	1650	40073	STACEY	DE RIDDER	ELITEAC	F	17	JF	0.52.32	1
114	1464	20172	JOSHUA	LOUW	32GI	M	17	JM	0.52.32	1
115	1007	2335	BONKE	GOYI	VUKANI	M	38	35-39M	0.52.46	1
116	1718	52812	ZUKISA	NQAMBI	RAF	M	43	40-44M	0.52.50	0
117	1562	2162	LINDSAY-O'NEILL	CAMPHER	TEMP	M	19	SM	0.52.53	0
118	1588	881	SHAUN	ATTENBOROUGH	CHARLO	M	57	55-59M	0.52.55	1
119	1606	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	0.52.57	1
120	1259	3959	DEAN	REDCLIFFE	TEMP	M	31	SM	0.53.07	0
121	1385	2219	BONIWE	DYWANISI	SIBALEKA	F	37	35-39F	0.53.13	1
122	1548	2148	BRAAM	SCHUTTE	TEMP	M	28	SM	0.53.22	0
123	1648	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.53.30	1
124	1379	3779	MOKOLA	MOALOSI	TEMP	M	19	SM	0.53.31	0
125	1406	769	MEGAN	ELS	CRUSADE	F	41	40-44F	0.53.50	1
126	1353	3753	RYNO	LAUBSCHER	TEMP	M	38	35-39M	0.54.00	0
127	1084	3084	KONSTANTIN	ZYKOV	TEMP	M	22	SM	0.54.06	0
128	1602	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	0.54.08	1

129	1376	3776	SISANDA	MANXOYI	TEMP	M	14	JM	0.54.13	0
130	1537	2137	MKHOSIWANDILE	NYATHELA	TEMP	M	31	SM	0.54.16	0
131	1334	3744	KARLI	GREYLING	TEMP	F	24	SF	0.54.18	0
132	1458	3288	ANDRE	VILJOEN	ACH	M	71	70+M	0.54.19	1
133	1709	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.54.39	1
134	1623	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.54.45	1
135	1239	3939	ASHTON	HAFKEY	TEMP	M	15	JM	0.55.00	0
136	1263	3963	MIGNON	JOUBERT	TEMP	F	16	JF	0.55.27	0
137	1122	494	SHAFERON	JOHANNES	RUN4C	F	44	40-44F	0.55.30	1
138	1036	1346	KALLIE	KLINKENBURG	NEDBANK	M	42	40-44M	0.55.34	1
139	1668	662	Zenita	Durrheim	ASPEN	F	47	45-49F	0.55.42	1
140	1074	3074	SALMAAN	FREDERICKS	TEMP	M	40	40-44M	0.55.45	0
141	1466	1705	JOHN	FREWEN	MADIBA	M	64	60-64M	0.55.48	1
142	1129	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	0.55.55	1
143	1690	2596	Zaylon	Gouza	Bestmed	M	22	SM	0.55.55	1
144	1048	1296	NOEL	MCMaster	VWAC	M	60	60-64M	0.56.06	1
145	1111	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	0.56.11	1
146	1461	3284	ELAINE	WELSH	ACH	F	57	55-59F	0.56.12	1
147	1408	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	0.56.12	1
148	1199	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.56.13	1
149	1526	2126	HANS	MULLER	TEMP	M	26	SM	0.56.14	0
150	1345	3795	SAMKELO	MSUTWANA	TEMP	M	32	SM	0.56.23	0
151	1372	3772	DIMITRI	HAFKEY	TEMP	M	22	SM	0.56.32	0
152	1010	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.56.33	1
153	1207	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	0.56.43	1
154	1212	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	0.56.51	1
155	1262	3962	ESME	JOUBERT	TEMP	F	45	45-49F	0.56.52	0
156	1608	932	KIM	VENTER	CHARLO	F	42	40-44F	0.57.04	1
157	1692	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	0.57.06	1
158	1034	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.57.19	1
159	1343	3793	CECIL	MADZIWA	TEMP	M	48	45-49M	0.57.26	0
160	1691	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	0.57.42	1
161	1751	2348	LUCELLE	THERON	32GI	F	33	SF	0.57.52	1
162	1665	2451	BRONWYN	VAN WYNGAARDT	JBAY	F	25	SF	0.57.55	1
163	1427	818	LEANNE	KRIEK	32GI	F	38	35-39F	0.57.59	1
164	1077	3077	LEE-ANN	BOTHA	TEMP	F	34	SF	0.58.00	0
165	1497	4305	LOGAN	HOLMES	TEMP	M	27	SM	0.58.00	0
166	1271	3971	JOSH	SAPTOE	TEMP	M	26	SM	0.58.00	0
167	1005	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	0.58.01	1
168	1541	2141	LAURE	PIETERSE	TEMP	M	55	55-59M	0.58.03	0
169	1412	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.58.04	1
170	1437	1142	SAMANTHA	MUKHEIBIR	ACH	F	48	45-49F	0.58.07	1
171	1200	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.58.11	1
172	1469	535	GERT	HARMSE	RUN4C	M	60	60-64M	0.58.22	1
173	1317	3317	MUNYARADZI	ANTONIO	TEMP	M	23	SM	0.58.22	0
174	1707	2520	STEVEN	THOMAS	Bestmed	M	60	60-64M	0.58.23	1
175	1483	2183	ROBERT	CLARKE	TEMP	M	49	45-49M	0.58.25	0
176	1360	3760	EJAAZ	KADER	TEMP	M	26	SM	0.58.41	0
177	1301	3301	YAASEEN	CONNELLY	TEMP	M	24	SM	0.58.41	0
178	1563	2163	TARIKA	ELS	TEMP	F	19	SF	0.58.43	0
179	1016	2373	SANET	DE NYSSCHEN	JBAY	F	59	55-59F	0.58.45	1
180	1558	2158	CHANTEL	VAN DER MERWE	TEMP	F	42	40-44F	0.59.01	0
181	1338	3788	TARYN	WHITFIELD	TEMP	F	35	35-39F	0.59.05	0
182	1162	1314	SKHUMBUZO	MADLALA	VWAC	M	33	SM	0.59.08	1
183	1686	4346	ABDULLAH	FREDERICK	TEMP	M	23	SM	0.59.16	0
184	1390	40174	TAFARA	KASERERA	SIBALEKA	M	15	JM	0.59.19	1
185	1245	3945	GERALD	LETILE	TEMP	M	28	SM	0.59.19	0
186	1138	2141	CHUMANI	MASHIQA	TRANSNET	M	38	35-39M	0.59.23	1
187	1228	3928	OYAMA	MTATI	TEMP	F	28	SF	0.59.28	0
188	1337	3787	CINDY	EMMETT	TEMP	F	40	40-44F	0.59.36	0
189	1431	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.59.38	1
190	1603	884	HERMAN	SCHEEPERS	CHARLO	M	50	50-54M	0.59.38	1
191	1172	1116	HEIDI	JANSEN	ACH	F	59	55-59F	0.59.48	1
192	1086	3086	JAUQUE	GERBER	TEMP	M	34	SM	0.59.49	0
193	1405	2459	JOHANN	ELS	JBAY	M	52	50-54M	0.59.49	1

194	1217	1128	ADRIAN	JANSEN	ACH	M	63	60-64M	0.59.50	1
195	2394	705	OCTAVIA	BOSHOF	CRUSADE	F	56	55-59F	0.59.58	1
196	1550	2150	ASIVE	SIMETU	TEMP	F	27	SF	0.59.59	0
197	1467	1074	MARIZA	FREWEN	MADIBA	F	64	60-64F	1.00.02	1
198	1214	3230	JOHAN	REDELINGHUYS	CITYC	M	80	70+M	1.00.06	1
199	1660	3038	TYLER	BUHAGIAR	TEMP	M	15	JM	1.00.11	0
200	1739	2090	WELLINGTON	TSHINGANE	SANDFEP	M	56	55-59M	1.00.11	1
201	1565	2165	EVAN	RANDALL	TEMP	M	17	JM	1.00.12	0
202	1312	3312	SBONELO	MATHENJWA	TEMP	M	37	35-39M	1.00.12	0
203	1285	3985	YOLANDI	STRYDOM	TEMP	F	43	40-44F	1.00.13	0
204	1213	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.00.19	1
205	1041	1453	HEINRICH	WENTZEL	NEDBANK	M	40	40-44M	1.00.22	1
206	1520	2120	TREVOR	MOFOKENG	TEMP	M	23	SM	1.00.23	0
207	1598	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	1.00.25	1
208	1313	3313	PHILISWA	MAKI	TEMP	F	35	35-39F	1.00.26	0
209	1695	392	LAWRENCE	NTIKA	IKHAMVA	M	69	65-69M	1.00.26	1
210	1370	3770	ROLANDA	BAATJIES	TEMP	F	46	45-49F	1.00.29	0
211	1560	2160	REECE	WHITFIELD	TEMP	M	32	SM	1.00.31	0
212	1392	2363	LIESEL	BADENHORST	JBAY	F	52	50-54F	1.00.31	1
213	1509	2724	WELCOME	KUPANGWA	TEMP	M	37	35-39M	1.00.35	0
214	1304	3304	MIKAEEL	LAGARDIEN	TEMP	M	27	SM	1.00.39	0
215	1678	52160	AKHONA	GAZI	ESKOM	M	41	40-44M	1.00.50	0
216	1612	1011	CORNE	VOSLOO	CHARLO	M	47	45-49M	1.00.51	1
217	1735	4660	CHRISTO	MINNAAR	TEMP	M	53	50-54M	1.01.05	0
218	1056	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.01.15	1
219	1215	797	ADRIAN	DE WAAL	32GI	M	61	60-64M	1.01.21	1
220	1151	3013	SIYAVUYA	MARWANQA	VITALITY	M	28	SM	1.01.31	1
221	1289	3989	KHANYISILE	LINGELA	TEMP	F	23	SF	1.01.42	0
222	1315	3315	KARLA	DU TOIT	TEMP	F	23	SF	1.01.44	0
223	1677	765	SJANI	HUMAN	CRUSADE	F	56	55-59F	1.01.52	1
224	1276	3976	SIYABULELA	PHECHE	TEMP	M	34	SM	1.01.53	0
225	1728	4903	SISHYELO	DICK	TEMP	M	27	SM	1.02.03	0
226	1120	820	ANDREW	PATERSON	32GI	M	36	35-39M	1.02.07	1
227	1121	823	ROXY	PATERSON	32GI	F	34	SF	1.02.07	1
228	1485	2185	JUANE	ELS	TEMP	F	24	SF	1.02.20	0
229	1157	3489	ZUKISA	BAJISI	TRANSNET	M	29	SM	1.02.32	1
230	1434	3109	GREGORY	MITCHELL	VITALITY	M	45	45-49M	1.02.38	1
231	1257	3957	THANDIWE	MPANGEVA	TEMP	F	32	SF	1.02.48	0
232	1015	2354	WILBUR	WRIGHT	JBAY	M	50	50-54M	1.02.49	1
233	1559	2159	BENNITUS	WELCH	TEMP	M	51	50-54M	1.02.51	0
234	1170	2744	NKOSITHANDILE	MONDE	TRANSNET	M	28	SM	1.02.52	1
235	1439	754	CELESTIN	NDHLOVU	CRUSADE	M	54	50-54M	1.02.56	1
236	1645	83	ETTIENNE	GERBER	SAPPE	M	51	50-54M	1.02.56	1
237	1730	1295	XOLANI	MGJIMA	VWAC	M	43	40-44M	1.03.00	1
238	1134	2138	ANGELA	NTANGA	TRANSNET	F	31	SF	1.03.01	1
239	1595	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	1.03.05	1
240	1596	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.03.06	1
241	1026	782	LISA	WATKINS-BAKER	32GI	F	51	50-54F	1.03.06	1
242	1411	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.03.28	1
243	1375	3775	YAZEED	FREDERICKS	TEMP	M	15	JM	1.03.29	0
244	1441	2057	SINALO	NGALO	ACH	F	37	35-39F	1.03.34	1
245	1232	3932	SIPHAMANDLA	NGQENGQA	TEMP	F	34	SF	1.03.43	0
246	1380	3780	LEONELLE	WILSON	TEMP	F	18	JF	1.03.44	0
247	1566	2166	RACHEL	WOODS	TEMP	F	18	JF	1.03.45	0
248	1647	2170	SIVUYILE	HULE	TEMP	M	39	35-39M	1.03.45	0
249	1049	2377	KENNY	BROWN	JBAY	M	75	70+M	1.03.53	1
250	1481	2181	RUACH	BURGER	TEMP	M	26	SM	1.03.57	0
251	1336	3786	BRENDA	NEWLAND-NELL	TEMP	F	46	45-49F	1.03.58	0
252	1561	2161	SIMTANDILE	ZICI	TEMP	F	34	SF	1.03.59	0
253	1008	2302	TEMLAKAZI	GOQWANA	VUKANI	F	38	35-39F	1.04.00	1
254	1555	2155	ATHI	TSANA	TEMP	M	32	SM	1.04.05	0
255	1409	1625	HELENA	FYVER	MADIBA	F	41	40-44F	1.04.05	1
256	1116	2497	SHONA	SMITH	JBAY	F	53	50-54F	1.04.06	1
257	1286	3986	TANNAH	BOSMAN	TEMP	F	32	SF	1.04.08	0
258	1065	279	VERONICA	BOSHOF	MUIRITE	F	65	65-69F	1.04.09	1

259	1012	109	ZAKIYYAH	AJAM	MALABAR	F	38	35-39F	1.04.22	1
260	1152	1315	NICKY	ELLIE	VWAC	F	41	40-44F	1.04.25	1
261	1105	5413	ALTHEA	SWARTZ	SANLAMC	F	42	40-44F	1.04.26	0
262	1006	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.04.26	1
263	1663	3377	MASIBULELE	QWELE	CHILLIEP	F	34	SF	1.04.27	1
264	1754	1211	SALLY	VAN DER BYL	TEMP	F	40	40-44F	1.04.37	0
265	1667	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.04.39	1
266	1546	2146	LEILA	SAMPSON	TEMP	F	37	35-39F	1.04.54	0
267	1688	4912	MASIVUYE	MZOBOSHE	TEMP	M	39	35-39M	1.04.54	0
268	1072	3072	ANELISA	MAKWABE	TEMP	M	35	35-39M	1.04.56	0
269	1330	3711	LAUREN	VAN ZYL	TEMP	F	38	35-39F	1.04.59	0
270	1487	2187	CRAIG	GLEAVES	TEMP	M	58	55-59M	1.05.00	0
271	1474	2174	NATASHA	BANDA	TEMP	F	30	SF	1.05.02	0
272	1401	338	SALIE	DAYA	MUIRITE	M	34	SM	1.05.03	1
273	1242	3942	BULELWA	MANDZENDZE	TEMP	F	43	40-44F	1.05.10	0
274	1092	3092	ESTI	DU TOIT	TEMP	F	42	40-44F	1.05.10	0
275	1094	3094	LIEZL	SCHOEMAN	TEMP	F	44	40-44F	1.05.12	0
276	1589	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.05.15	1
277	1530	2130	ZUKHANYE	NDABAMBI	TEMP	F	20	SF	1.05.18	0
278	1470	1098	SIZINZO	KAMA	ACH	M	75	70+M	1.05.18	1
279	1444	1993	JODI	PIENAAR	WALMER	M	32	SM	1.05.23	1
280	1480	2180	TIAAN	BOUWER	TEMP	M	23	SM	1.05.25	0
281	2902	4407	YANELA	MTATI	TEMP	F	43	40-44F	1.05.30	0
282	1587	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.05.32	1
283	2502	4502	SIYAMTHANDA	SIW	TEMP	M	30	SM	1.05.33	0
284	1421	1545	RUAN	JONKER	DESPATCH	M	27	SM	1.05.50	1
285	1489	2189	MLONDOLOZI	GOBA	TEMP	M	24	SM	1.06.00	0
286	1400	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.06.04	1
287	1757	1211	ELIZE	ADAMS	ELITEAC	F	51	50-54F	1.06.05	1
288	1291	3991	DARRYN	NIEMAND	TEMP	M	39	35-39M	1.06.18	0
289	1305	3305	PENNY	JANSEN VAN	TEMP	F	49	45-49F	1.06.20	0
290	1202	703	LEE	GANDER	CRUSADE	M	69	65-69M	1.06.22	1
291	1108	748	MELINDA	ROIG	CRUSADE	F	56	55-59F	1.06.23	1
292	1700	849	YANGA	BEYE	TEMP	M	26	SM	1.06.26	0
293	1619	1104	CATHY	IVES	ACH	F	73	70+F	1.06.27	1
294	1653	3029	MIKE	MEYER	TEMP	M	57	55-59M	1.06.29	0
295	1662	4327	RISHAAD	BALLIM	TEMP	M	35	35-39M	1.06.36	0
296	1062	3062	ROBYN	JACOBS	TEMP	F	38	35-39F	1.06.37	0
297	1501	4809	FRANCOIS	JONKER	TEMP	M	43	40-44M	1.06.39	0
298	1290	3990	CARIEN	NIEMAND	TEMP	F	33	SF	1.06.46	0
299	1448	2069	DARREL	SLAMBEE	MUIRITE	M	41	40-44M	1.06.46	1
300	1452	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	31	SF	1.06.46	1
301	1498	4343	KRIS	HOPNER	TEMP	F	45	45-49F	1.06.47	0
302	1515	2115	ANGUS	MCNAUGHTON	TEMP	M	33	SM	1.06.48	0
303	1510	2110	BYRON	LYNCH	TEMP	M	34	SM	1.06.50	0
304	1685	1685	SILONDIWE	MADIKIZELA	TEMP	F	34	SF	1.06.51	0
305	1710	3466	INAM	DATINI	SIBALEKA	F	19	SF	1.06.55	1
306	1511	2111	ZILUNGILE	MAGAQA	TEMP	F	28	SF	1.06.56	0
307	1522	2122	MATHOTO	MOIMA	TEMP	F	29	SF	1.06.56	0
308	1244	3944	KAYA	NOMBIBA	TEMP	F	29	SF	1.06.57	0
309	1384	3784	TIM	BAKER	TEMP	M	65	65-69M	1.06.58	0
310	1050	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.06.58	1
311	1457	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.07.09	1
312	1033	14493	VICTORIA	GOODALL	CCJHB	F	44	40-44F	1.07.12	0
313	1669	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.07.22	1
314	1622	1102	KEN	BARWOOD	ACH	M	71	70+M	1.07.22	1
315	1088	3088	BUCHULE	MAGQUNTULA	TEMP	M	25	SM	1.07.23	0
316	1027	781	RICHARD	WATKINS-BAKER	32GI	M	58	55-59M	1.07.24	1
317	1402	1624	ESTELLE	DE KLERK	MADIBA	F	60	60-64F	1.07.25	1
318	1465	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.07.25	1
319	1099	3099	BOTLE	MARRAND	TEMP	F	24	SF	1.07.35	0
320	1156	761	NICOLE	BOUCHER	CRUSADE	F	41	40-44F	1.07.39	1
321	1413	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.07.42	1
322	1536	2136	OVEHLE	NTLANGU	TEMP	F	28	SF	1.07.47	0
323	1251	3951	AMANGILE	BLESS	TEMP	F	27	SF	1.07.56	0

324	1361	3761	TIM	PRAGNELL	TEMP	M	35	35-39M	1.08.13	0
325	1126	1382	CHARMELL	KOOPMAN	NEDBANK	F	46	45-49F	1.08.18	1
326	1725	1387	ALTA-MARI	GREBE	NEDBANK	F	44	40-44F	1.08.19	1
327	1443	1691	COBUS	PIENAAR	MADIBA	M	47	45-49M	1.08.22	1
328	1759	4347	SIMPHIWE	,J;ELP	TEMP	M	23	SM	1.08.23	0
329	1456	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.08.40	1
330	1046	1610	BRENDON	DONOGHUE	DESPATCH	M	38	35-39M	1.08.40	1
331	1697	2729	LINDA	BARKHUIZEN	BODYCON	F	57	55-59F	1.08.43	1
332	1039	3046	SIYABULELA	NXALA	TEMP	M	46	45-49M	1.08.45	0
333	1394	2366	RENE	BILLSON	JBAY	F	47	45-49F	1.08.47	1
334	1321	3321	JACOBUS	HUMPHRIS	TEMP	M	55	55-59M	1.08.50	0
335	1436	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.08.51	1
336	1135	2179	WITNESS	CHAUKE	TRANSNET	F	35	35-39F	1.08.53	1
337	1599	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.08.58	1
338	1249	3949	KGEDI	MASHIANGAKO	TEMP	M	29	SM	1.09.01	0
339	1280	3980	ELSA	JANSEN	TEMP	F	39	35-39F	1.09.08	0
340	1307	3307	ZIZIPHO	GXULA	TEMP	F	29	SF	1.09.08	0
341	1468	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.09.08	1
342	1620	850	PAIGE	LEE	32GI	F	60	60-64F	1.09.13	1
343	1723	801	BIANCA	LEONARD	32GI	F	36	35-39F	1.09.13	1
344	2649	3649	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.09.31	0
345	1357	3757	AMEENA	CUPP	TEMP	F	25	SF	1.09.32	0
346	1325	3603	KIRSTY	BARKER	TEMP	F	54	50-54F	1.09.34	0
347	1109	2711	WALTER	STRONACH	VITALITY	M	36	35-39M	1.09.47	1
348	1216	1935	XENOPHON	FEIRRERA	BLUEBAY	M	65	65-69M	1.09.57	1
349	1367	3767	LUTHO	NYEWE	TEMP	F	30	SF	1.10.00	0
350	1708	3439	SHERENE	ISAACS	MALABAR	F	40	40-44F	1.10.03	1
351	1590	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.10.13	1
352	1642	2545	MANDLA	MANTSHONGO	Bestmed	M	45	45-49M	1.10.14	1
353	1183	2028	CAROLYN	GRANT	ALBANY	F	60	60-64F	1.10.20	1
354	1282	3982	ZIMASA	GCWEKANA	TEMP	F	31	SF	1.10.22	0
355	1378	3778	LUNATHI	KRWAXA	TEMP	M	18	JM	1.10.22	0
356	1288	3988	SIMORE	SLABBERT	TEMP	F	32	SF	1.10.26	0
357	1737	864	KAYLEIGH	HILL	32GI	F	24	SF	1.10.38	1
358	1455	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.10.42	1
359	1042	1646	MONYA	ACKERMAN	MADIBA	F	26	SF	1.10.55	1
360	1717	1717	ALAN	BEATON	TEMP	M	45	45-49M	1.11.02	0
361	1089	3089	GODFREY	KATHAN	TEMP	M	52	50-54M	1.11.06	0
362	1758	1758	ROCKY	GEYSER	TEMP	M	43	40-44M	1.11.06	0
363	1488	2188	LISA	GLEAVES	TEMP	F	56	55-59F	1.11.12	0
364	1268	3968	JANIQUE	STEYN	TEMP	F	24	SF	1.11.14	0
365	1076	3076	MELISSA	MAX	TEMP	F	33	SF	1.11.16	0
366	1446	3403	ANNELINE	POTGIETER	BIGBEAR	F	50	50-54F	1.11.17	1
367	1630	1630	VATHISWA	MADIKANE	TEMP	F	39	35-39F	1.11.23	0
368	1752	2908	PHUMELA	SIGODI	CSEP	F	41	40-44F	1.11.25	1
369	1018	3867	MUJAAHID	ABRAHAMS	TEMP	M	53	50-54M	1.11.26	0
370	1714	1714	LILY	RUDOLPH	TEMP	F	21	SF	1.11.28	0
371	1755	1755	JENNA	WESTRAADT	TEMP	F	22	SF	1.11.29	0
372	1438	2182	NANGAMSO	NABE	TRANSNET	F	38	35-39F	1.11.36	1
373	1418	2095	RICHTER	JACOBS	ASPEN	M	39	35-39M	1.11.38	1
374	1382	3782	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.11.39	1
375	1553	2153	THANDIWE	THEKO	TEMP	F	32	SF	1.11.39	0
376	1195	1372	KHAALEED	DAVIDS	NEDBANK	M	17	JM	1.11.41	1
377	1123	3294	CLARISSE	VERWEY	ASPEN	F	26	SF	1.11.42	1
378	1674	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.11.43	1
379	1675	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.11.44	1
380	1273	3973	EMEREI	BUTOI	TEMP	F	26	SF	1.11.49	0
381	1190	3410	SUSAN	VAN NIEKERK	BIGBEAR	F	59	55-59F	1.11.49	1
382	1417	2115	DERRICK	HOSHE	ATLANTIC	M	67	65-69M	1.12.10	1
383	1194	40103	KIERAN	LEWIES	VWAC	M	16	JM	1.12.14	1
384	1161	1928	SIYAMANGA	SIJAJI	BLUEBAY	F	28	SF	1.12.17	1
385	1368	3768	SINESIPHO	SOBUWA	TEMP	F	32	SF	1.12.21	0
386	1146	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	1.12.21	1
387	1640	3084	SIPHOKAZI	MASHININI	VITALITY	F	34	SF	1.12.22	1
388	1641	2176	SIMPHIWE	MASHININI	TRANSNET	M	36	35-39M	1.12.23	1

389	1607	927	ANTON	VAN WYK	CHARLO	M	58	55-59M	1.12.28	1
390	1058	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.12.31	1
391	2529	131	SHUKRY	KAFAAR	MALABAR	M	40	40-44M	1.12.32	1
392	1403	40001	ZANTE	DEKKER	SAPPE	F	19	JF	1.12.34	1
393	1081	3081	ATHIENKOSI	LUTHOYI	TEMP	F	31	SF	1.12.42	0
394	1433	2202	VUYISEKA	MHLAHLA	SIBALEKA	F	44	40-44F	1.12.46	1
395	1366	3766	AZOLA	TIYO	TEMP	F	38	35-39F	1.12.46	0
396	3101	3904	NEALY	LOMBAARD	TEMP	F	27	SF	1.12.53	0
397	1132	772	SUNIL	GAJJAR	CRUSADE	M	61	60-64M	1.12.53	1
398	1067	4490	ASANDA	NONTSHINGA	TEMP	M	40	40-44M	1.12.56	0
399	1299	3999	SARAH	NEARY	TEMP	F	26	SF	1.12.57	0
400	1265	3965	SIBABALWE	MNOTOZA	TEMP	M	26	SM	1.12.57	0
401	1410	276	CHRISTIAAN	GERBER	MUIRITE	M	51	50-54M	1.12.58	1
402	1407	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.13.01	1
403	1227	3927	MIRRIAM	VRY	TEMP	F	30	SF	1.13.05	0
404	1037	129	MUHAMMAD	WHITE	MALABAR	M	39	35-39M	1.13.16	1
405	1130	2959	LORRAINE	MOTSWENYANE	HOLLYWOO	F	40	40-44F	1.13.16	1
406	1683	3800	SIPHE	MNTANINTSHI	TEMP	F	33	SF	1.13.22	0
407	1503	4829	STHEMBELE	KAHLU	TEMP	M	23	SM	1.13.23	0
408	1545	2145	VUYISILE	SAMBOKWE	TEMP	M	55	55-59M	1.13.24	0
409	1493	2193	ARDEN	HARRIS	TEMP	F	23	SF	1.13.30	0
410	1316	3316	ABIGAIL	KIVEDO	TEMP	F	43	40-44F	1.13.34	0
411	1679	2638	SIP	JOBO	Bestmed	M	32	SM	1.13.35	1
412	1505	2400	MAYA	KERR	TEMP	F	18	JF	1.13.37	0
413	1564	2164	ELIZNA	HEYMANS	TEMP	F	18	JF	1.13.37	0
414	1591	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.13.40	1
415	1356	3756	BRITNEY	ROCKMAN	TEMP	F	26	SF	1.13.49	0
416	1185	3244	SIPHOKAZI	DOKWANA	CONTI	F	31	SF	1.13.50	1
417	1597	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.13.53	1
418	1593	1003	ERIKA	FOREMAN	CHARLO	F	56	55-59F	1.13.53	1
419	1142	1168	INEZ	SLATER	EMERIS	F	42	40-44F	1.13.55	1
420	1680	1680	VULINDLELA	NYONI	TEMP	M	49	45-49M	1.13.57	0
421	1490	2190	MANDISI	GOGELA	TEMP	M	34	SM	1.13.59	0
422	1453	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	1.14.08	1
423	1657	106	FAIQ	JAPPIE	MALABAR	M	53	50-54M	1.14.14	1
424	1656	3033	RUSHDA	JAPPIE	TEMP	F	55	55-59F	1.14.14	0
425	1209	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.14.20	1
426	1083	3083	NANDIPHA	NOQAYI	TEMP	F	36	35-39F	1.14.33	0
427	1326	3701	PHAPHANI	NDEYA	TEMP	M	32	SM	1.14.38	0
428	1760	1760	AADIEL	JASSEN	TEMP	M	53	50-54M	1.14.39	0
429	1061	3061	COURTNEY	VENTER	TEMP	F	23	SF	1.14.46	0
430	1354	3754	THANDISIZWE	GQOMO	TEMP	M	43	40-44M	1.14.56	0
431	1001	3111	STACEY	DANIELS	VITALITY	F	36	35-39F	1.14.59	1
432	1179	1212	SIYAMTHANDA	MBAYEKA	ELITEAC	F	28	SF	1.15.09	1
433	1733	4352	ZUKISWA	DYONKI	TEMP	F	42	40-44F	1.15.15	0
434	1235	3935	ZINTLE	YAWA	TEMP	F	42	40-44F	1.15.15	0
435	1174	2260	NODUMO	MALINGE	SIBALEKA	F	31	SF	1.15.15	1
436	1063	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.15.26	1
437	1655	1227	MASOODA	OBARAY	MALABAR	F	23	SF	1.15.27	1
438	1303	3303	MILLICENT	MOTHIBI	TEMP	F	26	SF	1.15.28	0
439	1654	50345	ROBERT	BUTTON	OLDSELB	M	67	65-69M	1.15.31	0
440	1149	3384	NOLUBABALO	NGQOBA	CHILLIEP	F	34	SF	1.15.36	1
441	1154	3281	SIPHOKAZI	TOTO	CHILLIEP	F	33	SF	1.15.36	1
442	1423	2485	ROSE	JOUBERT	JBAY	F	42	40-44F	1.15.53	1
443	1284	3984	JANE	HILLOCK	TEMP	F	30	SF	1.15.55	0
444	1605	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.16.14	1
445	1237	3937	FREDDY	SASS	TEMP	M	65	65-69M	1.16.19	0
446	1021	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.16.25	1
447	1224	3924	SIPHOTESIHLA	BLANKET	TEMP	F	30	SF	1.16.29	0
448	1416	2423	JEFFREY	HOLLOWAY	JBAY	M	67	65-69M	1.16.34	1
449	1626	3022	CHRIS	VILJOEN	TEMP	M	79	70+M	1.16.40	0
450	1727	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.16.48	1
451	1201	2455	NADIA	PIETERSEN	JBAY	F	69	65-69F	1.16.49	1
452	1236	3936	NONOPHA	HLALETYENI	TEMP	F	30	SF	1.17.01	0
453	1393	2811	CLARISSA	BENDER	ABSAEP	F	53	50-54F	1.17.06	1

454	1093	3093	ANIKA	WILSON	TEMP	F	36	35-39F	1.17.07	0
455	1507	2700	THULISA	KOBESÉ	TEMP	F	35	35-39F	1.17.08	0
456	1492	2192	LUNTUKAZI	GWAYISE	TEMP	F	33	SF	1.17.09	0
457	1073	3073	ZIPO	MAKWABE	TEMP	F	36	35-39F	1.17.22	0
458	1540	2140	CHANTE	PETRUS	TEMP	F	29	SF	1.17.25	0
459	1193	40532	SIYUHLUMA	NKONE	BLUEBAY	F	17	JF	1.17.26	1
460	1243	3943	TINASHE	MBAVA	TEMP	M	27	SM	1.17.27	0
461	1118	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.17.28	1
462	1003	1973	LUNGILE	SITHOLE	VITALITY	F	35	35-39F	1.17.29	1
463	1502	4818	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.17.29	0
464	1719	4839	TARYN	BEATON	TEMP	F	44	40-44F	1.17.42	0
465	1529	2129	PHELOKAZI	NDABA	TEMP	F	39	35-39F	1.17.44	0
466	1756	2307	VUYOKAZI	NGALO	VUKANI	F	45	45-49F	1.17.48	1
467	1543	2143	SARAH	REDDY	TEMP	F	40	40-44F	1.17.51	0
468	1070	3070	AMTHANDILE	KONDILE	TEMP	F	26	SF	1.17.57	0
469	2374	1857	GAVEN	MATLI	HOLLYWOOD	M	36	35-39M	1.18.06	1
470	1241	3941	AMANDA	MBOTHO	TEMP	F	26	SF	1.18.07	0
471	1358	3758	CEBOKAZI	YANGAPI	TEMP	F	36	35-39F	1.18.07	0
472	1671	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.18.07	1
473	1230	3930	MARIO	LEE CHING	TEMP	M	40	40-44M	1.18.22	0
474	1552	2152	CEBO	TETYANA	TEMP	M	32	SM	1.18.33	0
475	1340	3790	ABDULLAH	BUTERAH	TEMP	M	27	SM	1.18.34	0
476	1091	3091	ZIKHONA	MATSOLO	TEMP	F	35	35-39F	1.18.36	0
477	1651	4344	VUYO	JAKU	TEMP	M	31	SM	1.18.36	0
478	1633	3870	ERIC	NDABA	TEMP	M	27	SM	1.18.37	0
479	1057	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.18.40	1
480	1705	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.18.40	1
481	1051	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.18.42	1
482	1664	2449	NATASHIA	VAN WYNGAARDT	JBAY	F	54	50-54F	1.18.43	1
483	1136	2692	JENOME	VALINT	ATLANTIC	F	39	35-39F	1.18.43	1
484	1281	3981	OLU	AJAYI	TEMP	M	47	45-49M	1.18.51	0
485	1704	1704	VUMBONI	MANGANYI	TEMP	F	31	SF	1.18.53	0
486	1080	3080	SANDY	BUTTERS	TEMP	F	60	60-64F	1.18.56	0
487	1220	3920	APHELELE	MAKUBALO	TEMP	F	25	SF	1.19.00	0
488	1499	4805	SINOTHANDO	JAKAVULA	TEMP	F	26	SF	1.19.03	0
489	1011	1732	KEITH	HARRIS	GELVAN	M	55	55-59M	1.19.14	1
490	1240	3940	MONIQUE	VAN SCHALKWYK	TEMP	F	27	SF	1.19.16	0
491	1371	3771	NDINGATSHILIDZ	NDOU	TEMP	F	18	JF	1.19.28	0
492	1186	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.19.37	1
493	1279	3979	LAIKEN	ABRAHAMS	TEMP	F	35	35-39F	1.19.40	0
494	1300	4000	SAABIRAH	ABRAHAMS	TEMP	F	26	SF	1.19.44	0
495	1295	3995	QAILAH	LAGARDIEN	TEMP	F	22	SF	1.19.44	0
496	1297	3997	KHANYA	NDZAMBO	TEMP	F	35	35-39F	1.19.52	0
497	1542	2142	NTOMBIZANELE	RALO	TEMP	F	34	SF	1.20.14	0
498	1381	3781	SARAH	MOORE	TEMP	F	60	60-64F	1.20.21	0
499	1071	3071	ANDA	KONDILE	TEMP	F	23	SF	1.20.41	0
500	1098	3098	MILA	MATAKA	TEMP	F	22	SF	1.20.49	0
501	1104	51795	NANDE	MZAI DUME	POWER	F	24	SF	1.20.53	0
502	1396	2353	ERIC	JANSEN	JBAY	M	41	40-44M	1.20.57	1
503	1208	1241	MARLENE	TERBLANCHE	ELITEAC	F	76	70+F	1.21.05	1
504	1761	1761	PUMEZA	KHATLANE	TEMP	F	27	SF	1.21.07	0
505	1715	3052	DEAN	GOOSEN	TEMP	M	35	35-39M	1.21.21	0
506	1486	2186	ZIKHO	FILANE	TEMP	F	25	SF	1.21.23	0
507	1038	6629	NELISIWE	NDWANDWE	HULAMIN	F	39	35-39F	1.21.29	0
508	1002	3308	NONKULULEKO	MNQWAZI	VWAC	F	36	35-39F	1.21.30	1
509	1724	1724	GALALELO	MONYAKI	TEMP	F	22	SF	1.21.33	0
510	1722	1746	ARDEN	GROOTBOOM	GELVAN	F	45	45-49F	1.21.36	1
511	1712	52583	LAMLA	YOYO	SAPSTR	F	42	40-44F	1.21.36	0
512	1363	3763	ASEMAHLE	NKWENKWEZI	TEMP	F	25	SF	1.21.41	0
513	1504	2392	KANGELANI	KANDANISA	TEMP	M	31	SM	1.21.44	0
514	1736	1375	BARRY	NELSON	NEDBANK	M	75	70+M	1.21.51	1
515	1180	3229	DEONE	JANSEN VAN	CITYC	F	44	40-44F	1.21.52	1
516	2603	2850	NONHLANHLA	SIKHAKHANE	TRANSNET	F	47	45-49F	1.21.53	1
517	1471	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.21.58	1
518	1219	744	KAREN	GARDNER	CRUSADE	F	64	60-64F	1.21.58	1

519	1234	3934	ZENANDE	SANGONI	TEMP	F	33	SF	1.21.58	0
520	1517	2117	ZENANDE	MELAPI	TEMP	F	32	SF	1.22.01	0
521	1494	2194	RODNEY	HARRIS	TEMP	M	55	55-59M	1.22.06	0
522	1055	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.22.06	1
523	1226	3926	KAYCE	MOORE	TEMP	F	29	SF	1.22.11	0
524	1113	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.22.15	1
525	1158	2061	JOCELYN	YOUNG	ACH	F	58	55-59F	1.22.16	1
526	1206	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.22.20	1
527	1144	1100	JODI	MALAN	ACH	F	41	40-44F	1.22.20	1
528	1742	1742	MARY	NGODWANA	TEMP	F	40	40-44F	1.22.22	0
529	1246	3946	OVAYO	BELESI	TEMP	F	21	SF	1.22.25	0
530	1359	3759	THULISA	MLAMBISA	TEMP	F	41	40-44F	1.22.25	0
531	1440	1117	GRAHAM	NELL	ACH	M	75	70+M	1.22.30	1
532	1020	448	KHOLISA	PAPU	CHILLIEP	F	39	35-39F	1.23.02	1
533	1069	3069	NONELE	TSHAKA	TEMP	F	38	35-39F	1.23.06	0
534	1535	2135	LUYANDA	NKOLISA	TEMP	M	30	SM	1.23.07	0
535	1253	3953	APHILE	SENESE	TEMP	F	20	SF	1.23.08	0
536	1426	1270	LEIGH	KLINK	VWAC	F	44	40-44F	1.23.13	1
537	1328	3703	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.23.15	0
538	1322	3068	SUNELL	HUMPHRIS	TEMP	F	58	55-59F	1.23.16	0
539	1666	3042	ELIZABETH	HEATH	TEMP	F	75	70+F	1.23.16	0
540	1019	3049	NADEERA	VAN WYK	VITALITY	F	35	35-39F	1.23.19	1
541	1145	3024	CHUMA	NDIMENI	VITALITY	F	41	40-44F	1.23.21	1
542	1101	2810	FEZIWE	SALAZE	ABSAEP	F	38	35-39F	1.23.31	1
543	1556	2156	LIKHONA	TSHALI	TEMP	F	28	SF	1.23.49	0
544	1519	2119	NANDE	MOEKETSI	TEMP	F	43	40-44F	1.23.56	0
545	1059	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.23.59	1
546	1491	2191	JIMMY	GQIRANA	TEMP	M	36	35-39M	1.24.00	0
547	1726	295	MALIZA	JOOSTE	MUIRITE	F	32	SF	1.24.01	1
548	1311	3311	MABAHAKOANA	NLALE	TEMP	F	37	35-39F	1.24.04	0
549	1171	2994	MBASA	PINDA	HOLLYWOOD	M	29	SM	1.24.05	1
550	1346	3796	WENDY	KHWETANI	TEMP	F	30	SF	1.24.05	0
551	1743	1743	MUZI	LUSHABA	TEMP	M	34	SM	1.24.11	0
552	1150	79	NONTUTHUZELO	NGXONONO-DOUSE	SAPPE	F	57	55-59F	1.24.14	1
553	1078	3078	YONELA	CETYWAYO	TEMP	M	35	35-39M	1.24.15	0
554	1506	3335	SESETHU	KETSE	TEMP	F	28	SF	1.24.23	0
555	1324	3585	NADIA	THOMAS	TEMP	F	33	SF	1.24.51	0
556	1270	3970	SINAZO	NGQONO	TEMP	F	31	SF	1.24.51	0
557	1256	3956	LELETHU	NGAPI	TEMP	F	31	SF	1.24.51	0
558	1573	2780	VUYOKAZI	CANDA	YOUTH	F	38	35-39F	1.25.00	1
559	1425	3756	LONDEKA	KHOMO	BUFFALO	F	40	40-44F	1.25.02	0
560	1060	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.25.05	1
561	1528	2128	SIBULELE	NCAPAI	TEMP	F	35	35-39F	1.25.07	0
562	1673	3646	BABALWA	JOZELA	TEMP	F	43	40-44F	1.25.09	0
563	1659	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.25.31	1
564	1658	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	1.25.34	1
565	1670	1670	CYNTHIA	CHANNON	TEMP	F	60	60-64F	1.25.43	0
566	1309	3309	IRSHAAD	KAFAAR	TEMP	M	27	SM	1.25.46	0
567	1341	3791	AYANDA	NKUNZI	TEMP	F	34	SF	1.25.48	0
568	1430	12899	NOMAKULA	MANOTI	CSEP	F	55	55-59F	1.26.03	1
569	1508	2701	TOINETTE	KOUMPAN	TEMP	F	59	55-59F	1.26.07	0
570	1128	1141	MICHELLE	MORTIMER	ACH	F	46	45-49F	1.26.08	1
571	1090	3090	SIPOKAZI	MKUMLA	TEMP	F	42	40-44F	1.26.16	0
572	1731	639	DHIRESH	VALLABH	ASPEN	M	41	40-44M	1.26.21	1
573	1424	642	ESTINE	KEIRSGIETER	ASPEN	F	39	35-39F	1.26.21	1
574	1484	2184	MOMELEZI	DLOVA	TEMP	M	29	SM	1.26.23	0
575	1600	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.26.30	1
576	1478	2178	ZILUNGILE	BEZANA	TEMP	F	26	SF	1.26.34	0
577	1531	2131	COUMBA	NDIAYE	TEMP	F	19	JF	1.26.39	0
578	1127	257	MELANIE	VAN APPEL	MUIRITE	F	51	50-54F	1.26.41	1
579	1125	256	NICCI	DUPLESSIS	MUIRITE	F	50	50-54F	1.26.41	1
580	1344	3794	DIEDERICK	OOSTHUIZEN	TEMP	M	57	55-59M	1.26.44	0
581	1349	3749	NCEBAKAZI	MANTSHONGO	TEMP	F	38	35-39F	1.26.47	0
582	1432	2914	ZUKISWA	MGATIWA	CSEP	F	48	45-49F	1.26.54	1
583	1635	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	1.27.10	1

584	1634	3871	ANNI	WOLF	TEMP	F	40	40-44F	1.27.25	0
585	1604	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	1.27.45	1
586	1119	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.27.52	0
587	1203	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.27.55	1
588	1310	3310	TASHRIQAH	SEPTEMBER	TEMP	F	28	SF	1.28.15	0
589	1040	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.28.19	1
590	1178	3262	NANGAMSO	MASAKA	CHEETHAS	F	42	40-44F	1.28.20	1
591	1204	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.28.25	1
592	1454	2907	PHUMELELA	TSHONA	CSEP	F	43	40-44F	1.28.28	1
593	1097	3097	SONWABISE	TYALI	TEMP	F	24	SF	1.28.55	0
594	1676	3054	JOLENE	OSMAN	TEMP	F	52	50-54F	1.29.00	0
595	1706	3053	RIAN	OSMAN	TEMP	M	51	50-54M	1.29.01	0
596	1628	1122	BOB	STEDMAN	ACH	M	76	70+M	1.29.06	1
597	1115	3376	NTOMBIFUTHI	NGCOBO	SIBALEKA	F	24	SF	1.29.12	1
598	1155	3490	KUTALA	MATHOKAZI	TRANSNET	F	28	SF	1.29.12	1
599	1287	3987	ATHENKOSI	NGEMBE	TEMP	F	34	SF	1.29.15	0
600	1500	4807	ZUKILE	JAM-JAM	TEMP	M	33	SM	1.29.22	0
601	1348	3748	BULELWA	BULELWA	TEMP	F	32	SF	1.29.26	0
602	1347	3747	RUCHE	KLAASEN	TEMP	F	23	SF	1.29.28	0
603	1103	3274	ALUNGILE	TYWAKU	CHEETHAS	F	33	SF	1.29.30	1
604	1225	3925	DANIKA	DE LANGE	TEMP	F	26	SF	1.29.31	0
605	1342	3792	PHAKAMA	NKUNZI	TEMP	F	31	SF	1.29.42	0
606	1524	2124	MVUYISI	MPOMPOSHE	TEMP	M	37	35-39M	1.29.56	0
607	1107	1966	LUDANE	BRUINTJIES	VITALITY	F	34	SF	1.29.57	1
608	1624	1657	SANDRA	SHARE	MADIBA	F	60	60-64F	1.30.00	1
609	1238	3938	SUKULWAKHE	HLENTI	TEMP	F	20	SF	1.30.01	0
610	1512	2112	UNATHI	MANINJWA	TEMP	F	33	SF	1.30.09	0
611	1173	2225	AYA	MANGONDO	SIBALEKA	F	29	SF	1.30.29	1
612	1176	3458	LUSANDA	MQUQO	SIBALEKA	F	42	40-44F	1.30.33	1
613	1175	3459	PAULA	ZWANE	SIBALEKA	F	44	40-44F	1.30.33	1
614	1314	3314	PUMLA	MANYUBE	TEMP	F	39	35-39F	1.30.45	0
615	1264	3964	CHWAYITA	NODUNYELWA	TEMP	F	43	40-44F	1.30.49	0
616	1054	1471	SHIRLEEN	CLARK	NEDBANK	F	63	60-64F	1.31.04	1
617	1017	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.31.04	1
618	1166	1936	MARKUS	KUNNEKE	BLUEBAY	M	57	55-59M	1.31.25	1
619	1229	3929	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.31.43	0
620	1147	37	THANYANI	RAMARU	SIBALEKA	F	38	35-39F	1.31.55	1
621	1753	4661	LUVUYO	QANDANA	TEMP	M	42	40-44M	1.32.18	0
622	1231	3931	SAVANNAH	NEWLAND-NELL	TEMP	F	29	SF	1.32.19	0
623	1369	3769	NOLUXOLO	SIKO	TEMP	F	39	35-39F	1.32.39	0
624	1594	958	HEIDI	GERBER	CHARLO	F	47	45-49F	1.32.58	1
625	1383	3783	ANTHONY	BOSMAN	TEMP	M	63	60-64M	1.33.09	0
626	1258	3958	CELESTE	HUMA	TEMP	F	29	SF	1.33.14	0
627	1513	2113	NANCY	MAVOVANA	TEMP	F	30	SF	1.33.29	0
628	1534	2134	SPHELELE	NGIDI	TEMP	M	36	35-39M	1.34.34	0
629	1087	3087	VUYOLWETHU	LINYANA	TEMP	F	34	SF	1.35.18	0
630	1320	3320	LUPHO	MANGWANA	TEMP	F	30	SF	1.35.21	0
631	1643	1643	ANDISWA	NANGA	TEMP	F	41	40-44F	1.35.45	0
632	1331	3727	LEBOHANG	MAFUBEDU	TEMP	M	30	SM	1.35.45	0
633	1022	243	CHRISNA	LANDMAN	MUIRITE	F	52	50-54F	1.35.53	1
634	1106	1179	PAKAMA	GCAKASI	VITALITY	F	40	40-44F	1.36.19	1
635	1023	244	LYNN	LANDMAN	MUIRITE	M	56	55-59M	1.36.29	1
636	1318	3318	NTHABISENG	HLONGOANE	TEMP	F	28	SF	1.36.29	0
637	1294	3994	NAZEERAH	LAGARDIEN	TEMP	F	25	SF	1.36.29	0
638	1024	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.36.32	1
639	1352	3752	SIBA	ZWIDE	TEMP	F	25	SF	1.36.36	0
640	1211	1650	PIERRE	KNOESEN	MADIBA	M	72	70+M	1.37.00	1
641	1254	3954	ATHANDIWE	MAQOKOLO	TEMP	F	25	SF	1.37.07	0
642	1188	2879	TANDAZWA	MNIKA	CSEP	F	40	40-44F	1.37.11	1
643	1631	3868	NKHENSANI	MABASA	TEMP	F	49	45-49F	1.37.33	0
644	1100	3100	LINATI	GONIWE	TEMP	F	18	JF	1.37.42	0
645	1223	3923	NSUKU	MAVUNDA	TEMP	F	21	SF	1.37.52	0
646	1308	3308	ANITA	SANDLA	TEMP	F	32	SF	1.38.09	0
647	1445	3395	MATTHEW	PORTER	ACH	M	25	SM	1.40.26	1
648	1475	2175	KAMVELIHLE	BANGANI	TEMP	F	30	SF	1.40.42	0

649	1283	3983	APHIWE	MASEBE	TEMP	F	39	35-39F	1.40.44	0
650	1335	3785	ZIZONKE	DLAMINI	TEMP	F	30	SF	1.40.46	0
651	1319	3319	XOLELWA	HINA	TEMP	F	30	SF	1.40.57	0
652	1435	1051	SINE	MTSHALI	TRANSNET	F	36	35-39F	1.41.07	1
653	1247	3947	KHAYA	SKEPU	TEMP	M	49	45-49M	1.45.12	0
654	1721	2258	SIYOLISE	MVA	SIBALEKA	F	30	SF	1.45.42	1
655	1274	3974	ANDISWA	JONAS	TEMP	F	36	35-39F	1.45.52	0
656	1272	3972	ASINAKHO	MASEBE	TEMP	F	36	35-39F	1.50.08	0
657	1689	1689	MAHALIA	SHIYANI	TEMP	F	29	SF	1.51.34	0
658	1551	2151	SAMKE	SITHOLE	TEMP	F	41	40-44F	2.02.04	0
HELPERS RUN										
H01		2577	LUXOLO	CANDLOVU	BESTMED	M	24	SM	0.36.01	1
H02		2608	SIPHELELE	SKITI	BESTMED	M	23	SM	0.37.31	1
H03		2511	ABDULLA	KADER	BESTMED	M	49	45-49M	0.42.57	1
H04		2565	SANGE	KOBO	BESTMED	F	19	SF	0.55.03	1
H05		1247	DESIRE	MATTHEWS	ELITEAC	F	52	50-54F	0.57.05	1
H06		2669	REFILOE	NTHAMA	BESTMED	F	19	SF	1.01.07	1
H07		2651	NOLWAZI	BILA	BESTMED	F	26	SF	1.02.58	1
H08		2508	DANEILLE	HARRY	BESMED	F	41	40-44F	1.03.05	1
H09		1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.03.27	1
H10		1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.04.06	1
H11		2549	AMILA	ZIBONDA	BESTMED	F	19	SF	1.05.17	1
H12		2808	NOBATHEMBU	NTSUKUNYANE	ABSA	F	47	45-49F	1.06.13	1
H13		2675	DIKELEDI	TSOKODIBANE	BESTMED	F	20	SF	1.07.19	1
H14		2582	EMIHLE	KWATSHA	BESTMED	F	22	SF	1.07.56	1
H15		2616	JABU	BAM	BESTMED	M	41	40-44M	1.08.05	1
H16		2568	MANDISI	MTSHUBUNGU	BESTMED	M	44	40-44M	1.08.26	1
H17		2668	AQHAMA	MNDI	BESTMED	F	21	SF	1.09.17	1
H18		40067	STEFANI	LAMBRECHTS	DESPATCH	F	16	JF	1.14.43	1
H19		2569	VEONNA	GOLIATH	BESTMED	F	54	50-54F	1.15.25	1
H20		2771	SHAMARA	PERUMAL	BESTMED	F	24	SF	1.15.59	1
H21		2556	SANDISWA	MASWANA	BESTMED	F	45	45-49F	1.20.17	1
H22		2654	ANGEL	CHITAMBALA	BESTMED	F	24	SF	1.21.24	1
H23		2591	UKANYO	BODLELA	BESTMED	F	22	SF	1.21.26	1
H24			KHANYA	QOKOZAYO	TEMP	F			1.24.23	0
H25		2592	MOIPONE	MOSOEUNYANE	BESTMED	F	20	SF	1.24.23	1
H26		2529	MOMELEZI	KULA	BESTMED	M	48	45-49M	1.26.09	1
H27		1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.26.31	1
H28		2531	FUNDISWA	KULA	BESTMED	F	47	45-49F	1.26.36	1
H29		2509	MARCOLENE	SAUNDERS	BESTMED	F	41	40-44F	1.28.03	1
H30		2585	LUKHANYISO	MONA	BESTMED	M	21	SM	1.28.04	1
H31		2510	LERATO	MUZA	BESTMED	F	41	40-44F	1.29.49	1
H32		962	MILE	VERMAAK	CHARLO	F	59	55-59F	1.31.24	1
H33		1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.52.58	1