

Onrus 10km 22 December 2018

	Name	Surname	Club	M/F	Category	Time
1	Barry-John	Pienaar	Sanlam	M	O	32.42
2	Morne	Kammies	Sanlam	M	O	32.54
3	Alantino	Belillie	Sanlam	M	O	33.19
4	Jimmy	Bonjesi	Whalers	M	40	33.20
5	Gershwin	Kammies	Sanlam	M	O	35.46
6	Melt	Von Molwendorff	Temp	M	J	35.48
7	Phumlani	Kumbacia	Temp	M	O	37.33
8	John	September	Itheko	M	50	37.43
9	Mlandeli		Whalers	M	40	38.29
10	Johan	Van Zyl	Bellville	M	40	38.44
11	Cristiaan	Niemand	Temp	M	O	40.06
12	S	Stander	Secunda	M	O	40.18
13	Christo	Dorries	Correctional Services	M	40	40.52
14	Liaan	Minnaar	Correctional Services	M	40	41.23
15	Chantelle	Breytenbach	Vitality	F	O	41.37
16	Philip	Fyfer	Whalers	M	40	41.53
17	Frank	Gillion	Whalers	M	60	42.01
18	Jana	Le Roux	KPMG	F	J	42.05
19	Shaheed	Russon	Topform	M	50	42.07
20	Jacques	Theron	Temp	M	40	42.31
21	Luan	van der Vyver	Temp	M	O	42.37
22	Junita	Maree	Brackenfell	F	O	42.44
23	Francois	van der Westhuizen	Temp	M	O	42.55
24	Niel	Hoy	Temp	M	O	43.21
25	Marius	Nel	West Coast	M	50	43.25
26	Kobus	de Jager	Gauteng North	M	O	43.26
27	Hannes	Venter	Temp	M	J	43.26
28	A	Smith	Temp	M	O	43.27
29	Lara	Rossouw	Maties	F	J	43.51
30	Reino	Bingle	Temp	M	O	43.53
31	Sharon	Sunderland	Nedbank	F	40	44.05
32	Craig	Hurdill	Temp	M	O	44.06
33	Hein	Bingle	Temp	M	O	44.23
34	Johan	Conradie	Correctional Services	M	40	44.44
35	Pierre	Geldenuys	Temp	M	O	44.47
36	Johan	van der Vyver	Temp	M	50	45.12
37	Mike	Cresty	Temp	M	40	45.37
38	Charl	Bingle	Cape Multi Sport	M	O	45.52
39	Aubry	Symington	Temp	M	50	46.10
40	Viaan	Strydom	Temp	M	O	46.21
41	Caspar	Venter	Germany	M	45	46.29
42	George	October	Durbac	M	50	46.31
43	Keenan	Ribeira	Stellenbosch	M	J	46.36
44	Onbekend					46.40
45	David	Hepburn-Brown	Whalers	M	50	46.41
46	Marisa	van der Merwe	Temp	F	O	46.45
47	Marietjie	de Vries	Strand	F	40	46.46
48	Emeth	Mafentile	Temp	M	O	46.50
49	Jan	Pieters	Temp	M	O	46.52
50	Janelle	Verster	Unisa	F	50	46.54
51	Malana	Uys	Cape Multi Sport	F	50	47.00

52	Mohammed	Allie	Topform	M	40	47.03
53	Onbekend					47.12
54	Junaid	Roopnarain	Strand AC	M	O	47.14
55	Onbekend			M	40	47.17
56	Suzanne	King	Strand AC	F	40	47.20
57	Jane	Swarbreck	Temp	F	O	47.22
58	Pierre	Bredenkamp	Temp	M	O	47.24
59	David	Hurwitz	Temp	M	40	47.30
60	Servaas	Vorster	Temp	M	O	47.33
61	Julian	Veermeer	Stellenbosch AC	M	O	47.51
62	Mark	Pencharz	Rockies	M	50	47.52
63	Nina	Heischer	Temp	F	O	47.56
64	Sue	Kumleben	Temp	F	50	47.59
65	Hebry	van der Watt	Elite	M	50	48.00
66	Michelle	van der Walt	Elite	F	50	48.01
67	Hermanus	Poole	Helderberg	M	40	48.03
68	Rudolph		Temp	M	O	48.09
69	Jana	Wessels	Bonnievale	F	J	48.15
70	Joretha	Kruger	Belville AC	F	40	48.17
71	Tom	Stabler	Whalers	M	O	48.29
72	Carlien	Roux	Whalers	F	40	48.31
73	Gary	Britz	West Coast	M	50	48.37
74	JP	Duvenage	Hangklip	M	O	48.39
75	Tanya	Nunn	Temp	F	O	48.42
76	Onbekend			M		48.48
77	Adiel	Adams	Atlantis Harriers	M	50	49.19
78	Melanie	Joubert	Temp	F	40	49.21
79	Daan	du Toit	Temp	M	40	49.32
80	Sarah	Swarbrech	Temp	F	O	49.33
81	Derik	van Greunen	Temp	M	40	49.34
82	Jeane	van Greunen	Temp	F	O	49.35
83	Onbekend					49.38
84	Marisa	Agnello	Temp	F	O	49.44
85	Cillie	du Toit	Temp	M	J	49.51
86	Chelsea	Gibson	Temp	F	O	49.50
87	Louise	Erasmus	Whalers	F	50	50.08
88	Onbekend					50.09
89	Monice	Brand	Cape Multi Sport	F	50	50.15
90	Cailey	Bredenkamp	Paarl	F	50	50.18
91	Deon	van Schalkwyk	Sanlam	M	O	50.21
92	Juanita	Loubser	Temp	F	50	50.55
93	Keivin	Middleton	Temp	M	50	51.02
94	Burger		Temp	M	O	51.04
95	Maryna	Bingle	Cape Multi Sport	F	50	51.04
96	Christiaan	Brand	Cape Multi Sport	M	50	51.08
97	Nico	Visser	Temp	M	50	51.09
98	Monica	Paterson	West Coast	F	50	51.10
99	Pieter	Verster	Temp	M	O	51.18
100	Jan	Roos	Temp	M	60	51.20
101	Pauline	Rathbone	Temp	F	O	51.22
102	Eunice	Pretorius	Temp	F	O	51.29
103	F	du Plessis	Temp	M	40	51.35
104	Candice	Karreman	Temp	F	O	51.36
105	Helena	Chamberlain	Roodepoort AC	F	40	52.01
106	Alida	Hugo	Temp	F	O	52.06

107	Johann	Wilken	Temp	M	O	52.09
108	Didi	Ward	Atlantic AC	F	O	52.10
109	Ockie	Brand	Cape Multi Sport	M	60	52.24
110	Roelof		Temp	M	O	52.32
111	Onbekend					52.40
112	Christiaan		Temp	M	O	52.45
113	Dave	Johnston	West Coast	M	50	52.46
114	Tom	Johnson	Aurecon	M	60	52.53
115	Maria	Schmidt	Temp	F	50	53.02
116	Guy	Meredith	Temp	M	50	53.03
117	Morné	Botes	Temp	M	40	53.04
118	Uys	van Heerden	Temp	M	40	53.05
119	Robbie	Viljoen	Temp	M	50	53.06
120	Jurie	Badenhorst	Temp	M	O	53.07
121	Albert	Diedericks	Temp	M	J	53.09
122	Leon	Visser	Brackenfell	M	40	53.10
123	Brian	Rothman	Brackenfell	M	60	53.13
124	Spikanth	Karumvri	Brackenfell	M	O	53.16
125	Keivin	du Plessis	Temp	F	40	53.19
126	Garth	Ehlis	Celtic Harriers	M	50	53.21
127	Erik	Booyesen	Temp	M	40	53.28
128	Onbekend					53.36
129	Fanie	de Kock	Sanlam	M	50	53.43
130	Reina	de Waal	Temp	F	40	54.00
131	N	van der Merwe	Whalers	F	O	54.01
132	Hanré	van der Vyver	Temp	F	O	54.04
133	Kêk	Verster	Whalers	M	70	54.15
134	Retha	Serdyn	Temp	F	40	54.20
135	Anneri	Naudé	Temp	F	O	54.22
136	Antoni	Ribeiro	Stellenbosch	M	50	54.26
137	Jaques	van der Merwe	Temp	M	40	54.27
138	Morkel	van Wyk	Temp	M	O	54.28
139	Yvonne	Lerm	Temp	F	40	54.29
140	Francien		Temp	F	40	54.44
141	John	de Villiers	Temp	M	O	54.51
142	Fancois	Pieterse	Temp	M	O	54.52
143	Natasha	S	Temp	F	O	54.53
144	Chris	Mitchell	Temp	M	O	54.54
145	Jeanne		Temp	F	J	54.56
146	Elaine	Gibson	Whalers	F	50	55.11
147	Molly	de Bruyn	Temp	F	40	55.24
148	Izandré		Temp	M	O	55.29
149	Abraham	Mostert	Brackenfell	M	50	55.30
150	Andra	Kritzinger	Temp	F	O	55.32
151	JC		Temp	M	O	55.40
152	Mariska	Erasmus	Team Vitality	F	O	55.41
153	Angus	Davison	Temp	M	50	55.42
154	Roelof	van Weele	Whalers	M	70	55.49
155	Evert	W	Temp	M	O	55.56
156	Kimberley	McDonald	Temp	F	O	56.05
157	Jacques	Scheffer	Temp	M	O	56.07
158	Ferdi	Rhoda	Ommiedraai	M	40	56.09
159	Geoff	Howard	Helde Harriers	M	50	56.11
160	Abri	Vosloo	Temp	M	O	56.20
161	Justin	Attler	Temp	M	O	56.22

162	Johannes	Theron	Temp	M	O	56.24
163	Elke	Jansen	Temp	F	O	56.26
164	Suzanne	Mare	Temp	F	O	56.27
165	Aran	Sinclair	Temp	M	O	56.42
166	Carine	Kruger	Helder Harriers	F	50	56.44
167	Sanmarie		Temp	F	O	56.45
168	Dominique	Erlank	Varsity Kudus	F	50	56.50
169	Jeanne	Gouws	Temp	F	O	56.54
170	Nita	Mussmann	Temp	F	O	56.55
171	Michael	Kotzé	Whalers	M	O	56.55
172	Alan	Kalton	Temp	M	40	56.58
173	Rohan		Temp	M	O	56.59
174	Heyns	du Preez	Temp	M	O	56.59
175	Myer		Temp	M	O	57.01
176	Rika	Kellermann	Temp	F	O	57.08
177	Andries	van der Merwe	Temp	M	O	57.11
178	Lukas	du Preez	Temp	M	40	57.14
179	Onbekend		Klerksdorp MC	F	O	57.18
180	Louise	Smith	Temp	F	O	57.19
181	Onbekend					57.21
182	Spencer	Fuelschem	Temp	M	60	57.23
183	Andrew	Murray	Temp	M	60	57.25
184	Judith	Davidse	Pinelands AC	F	O	57.33
185	Onbekend					57.34
186	Arno	Smith	Paarl AC	M	40	57.34
187	André	Wannenburg	Temp	M	50	57.35
188	Leigh		Temp	F	J	57.39
189	Jacques	Beukes	Temp	M	O	57.42
190	At	van Schoor	Whalers	M	70	57.43
191	Sanri		Temp	F	O	57.49
192	Glynn		Temp	M	O	57.57
193	Liesl	Ribeiro	Stellenbosch	F	40	58.06
194	Werner	Visagie	Bredasdorp	M	O	58.07
195	Deon	Beukes	Temp	M	O	58.11
196	Gerhard	Beukes	Temp	M	O	58.13
197	Chelsea	Rheeder	Temp	F	O	58.16
198	Johan	Davel	Temp	M	60	58.17
199	Katherine	le Roux	Temp	F	O	58.21
200	Elzanne	le Roux	Temp	F	O	58.22
201	Kimberley	Botti	Temp	F	40	58.24
202	Eleonore	Basson	Temp	F	J	58.25
203	Jan	Strydom	Born2Run	M	O	58.29
204	S	Rolfe	Temp	F	40	58.43
205	Marc	Rolfe	Whalers	M	40	58.50
206	Tobie	Vermeulen	CMC	M	40	58.57
207	Juanita	Loubseer	Temp	M	36	58.58
208	Gerrit	Oosthuizen	Whalers	M	40	58.59
209	Wayne	Kretschmer	Bellville AC	M	40	58.59
210	Laetitia	Hitzercht	Temp	F	50	59.03
211	Matie	Stander	Whalers	M	60	59.05
212	Sharon	Sleigh	Whalers	F	50	59.15
213	James	Sleigh	Whalers	M	50	59.16
214	Johann	Kotzé	Whalers	M	70	59.20
215	Johanci	Meintjies	Team Vitality	F	O	59.20
216	Roberto	Lobo	Team Vitality	M	O	59.21

217	Susanna	Jordaan	Temp	F	40	59.23
218	Pieter	Carstens	Paarl AC	M	50	59.24
219	Onbekend					59.27
220	Liezl		Temp	F	40	59.28
221	Jurgens	de Jager	Temp	M	40	59.38
222	R	de Jager	Temp	M	O	59.39
223	Jolandie	Strydom	Born2Run	F	O	59.39
224	J	Swart	Sanlam	M	50	59.40
225	Gavin	Sheldon	Temp	M	40	59.53
226	Onbekend					59.53
227	Grant	Williams	Temp	M	O	59.54
228	William	Hendricks	Eersterivier AC	M	60	59.55
229	Ria	Viljoen	Temp	F	50	59.57
230	Janeli		Temp	F	O	60.11
231	Tienie	Viljoen	Alberton	M	60	60.24
232	T	van Zyl	Temp	F	O	60.24
233	Chelsea	van Zyl	Temp	M	O	60.25
234	Inge	Visser	Temp	F	O	60.39
235	Matthys	Visser	Temp	M	O	60.39
236	A	Smith	Temp	F	50	60.40
237	Marga	Coculescu	Edgemead Runners	F	40	60.41
238	Elzeth	du Toit	Cape Multi Sport	F	40	60.44
239	Luzanne	Theron	Temp	F	O	61.04
240	G	Marais	Temp	M	40	61.05
241	Chelsea	Furst	Temp	F	40	61.11
242	Hanlie	Diedericks	Temp	F	50	61.12
243	Carl	de Clerqc	Whalers	M	40	61.17
244	Debbie	Taljaard	Whalers	F	40	61.22
245	Norma	Wheeler	Whalers	F	70	61.34
246	Elaine	Cuffe	Whalers	F	50	61.41
247	Onbekend					61.52
248	Lize	Smith	Paarl AC	F	40	61.53
249	Mario	van Voore	Cape Multi Sport	M	40	62.15
250	Helen	van Voore	Cape Multi Sport	F	40	62.22
251	Sophia	Louw	Brackenfell	F	40	62.27
252	B	Rizzo	Team Vitality	M	50	62.28
253	Marguerite		Temp	F	O	62.31
254	Pierre	Lombard	Temp	M	O	62.32
255	A	Gericke	Solidcity	M	50	62.40
256	Conrad		Temp	M	J	62.41
257	Tanya	Collins	Temp	F	40	62.58
258	Gerhard	Cruywagen	Temp	M	40	63.11
259	Axel	Klopper	Temp	M	50	63.24
260	Lené	le Roux	Temp	F	O	63.35
261	Alex	Green	Temp	M	O	63.39
262	Vanessa	le Borgne	Southern Striders	F	50	63.54
263	Tara	McComas	Whalers	F	O	63.58
264	Y	la Cock	Temp	F	50	64.03
265	Chané	Kotzé	Whalers	F	J	64.06
266	Anthony	Green	Temp	M	50	64.14
267	Helen	du Plessis	Brackenfell	F	60	64.15
268	A	McDonlad	Temp	M	50	64.18
269	Antoinette	van Rooyen	Temp	F	O	64.25
270	Henry	Collins	Temp	M	50	64.29
271	J	van Royen	Temp	M	40	65.08

272	Onbekend					65.10
273	John	Theobald	Whalers	M	60	65.10
274	Glenda	Theobald	Whalers	F	60	65.11
275	Hanlie	van Zyl	Temp	F	40	65.14
276	Lynette	King	Edgemead Runners	F	50	65.21
277	Liesel	Hugo	Temp	F	40	65.22
278	M	King	Temp	F	40	65.34
279	L	Franken	SANDEF WP	F	40	65.36
280	Monique	Vermaak	Temp	F	O	65.44
281	C	de Villiers	Temp	M	O	65.45
282	Delyse	Rist	Pinelands AC	F	50	65.46
283	Ruan	Pretorius	Temp	M	O	65.47
284	Adam	Papier	Brackenfell	M	50	65.48
285	Gitte	Muller	Temp	F	O	66.11
286	Stanley	Chamberlain	Strand AC	M	O	66.15
287	Marie	Vorster	Hangklip AC	F	70	66.17
288	Zelré	van der Merwe	Temp	F	40	66.36
289	B	Cotter	Wanderers	M	60	66.41
290	Anita	Nieuwoudt	Strand AC	F	40	66.59
291	Ruan	van Rooyen	Temp	M	O	67.01
292	David	Tucker	Cape Multi Sport	M	60	67.03
293	Andi	Tucker	Cape Multi Sport	F	50	67.06
294	Mike	Paterson	West Coast	M	60	67.08
295	J	Coetzee	Brackenfell	M	40	67.09
296	Suzaan	Jordaan	Temp	F	J	67.16
297	Paul	Pretorius	Wanderers	M	60	67.17
298	Onbekend					67.19
299	Adriaan	Badenhorst	Temp	M	50	67.23
300	Sonja	Vermaak	RWFL	F	40	67.24
301	Soné		Temp	F	40	67.40
302	Kobus	du Pisani	Temp	M	60	67.50
303	Jacobus		Temp	M	O	67.51
304	Abe	September	Eersterivier AC	M	60	68.07
305	Michelle	Pencharz	Rockies	F	50	68.13
306	Gerty	Duncan	Temp	F	50	68.36
307	Mechelle	Kotzé	Temp	F	J	68.40
308	Norma	Hough	Temp	F	50	68.43
309	Greg	Duckworth	Temp	M	O	68.56
310	Rina	Machado	Ndaba	F	60	69.10
311	Ian	Uys	Temp	M	O	69.21
312	Maria	Brand	Kway VOB	F	40	69.29
313	Jeannine	de Waal	Temp	F	O	69.36
314	Gillian	Guiney	Temp	F	O	69.42
315	Annemieke	van der Valk	Temp	F	O	70.21
316	Kerry	van Niekerk	Temp	F	O	70.22
317	Celesté	van Beek	Whalers	F	50	70.23
318	Samatha	Chamberlain	Strand AC	F	O	70.26
319	Onbekend					70.38
320	Joy	Jelliman	Temp	M	60	70.53
321	Marina	de Kock	Temp	F	60	71.00
322	Elizka	Hendrikse	Brackenfell	F	40	71.12
323	R	Smuts	Temp	F	40	71.13
324	Petré	Olivier	Whalers	F	O	71.37
325	Riël	Hugo	Durbac	M	70	71.49
326	Karin	Theron	Brackenfell	F	50	71.51

327	David	Fraser	Temp	M	60	72.05
328	Percival	Harmse	Correctional Services	M	O	72.07
329	Bernice	October	Durbanville AC	F	50	72.08
330	Jennifer	Papier	Brackenfell	F	50	72.14
331	Frieda	Blignaut	Sanlam	F	60	72.33
332	J	Neethling	Paarl AC	M	60	72.34
333	Corné	Marais	Temp	F	50	73.08
334	Hannelise	Visser	Temp	F	40	73.35
335	Nico	du Preez	Temp	M	60	73.41
336	Faffa	Joubert	Paarl AC	M	70	73.47
337	Marlise	Brand	Hartenbos R	F	O	73.56
338	Nicola		Temp	F	O	73.57
339	Jacobus		Temp	M	O	73.58
340	Sean	Ward	Temp	M	O	73.59
341	Marené	Burger	Temp	F	40	74.38
342	John	Robertson	Temp	M	50	74.59
343	Jana		Temp	F	J	75.46
344	Chris	Goldschmidt	Celtic Harriers	M	60	75.47
345	Edgar	Rathbone	Temp	M	60	76.00
346	Abigail	Davie	Correctional Services	F	O	76.10
347	Lee-Zanne	Strydom	Temp	F	O	76.24
348	Christopher	Griebenouw	Temp	M	O	76.53
349	Chantelle	Memzwe	ACSA	F	O	76.54
350	Ronelle	Liversage	Temp	F	50	77.02
351	Suzanne		Temp	F	J	77.03
352	Mignon		Temp	F	J	77.14
353	Carine	Vosloo	Temp	F	50	77.14
354	Xio-Anne	de Waal	Sanlam	F	O	77.52
355	Ewald	Diederich	Temp	M	O	78.18
356	Sanja	Lutzyer	Temp	F	O	78.54
357	Liandra	Marais	Temp	F	40	79.05
358	Barbara	Soellaart	Temp	F	40	79.45
359	Karliën	de Villiers	Temp	F	O	79.46
360	Mariaan	Meintjies	Team Vitality	F	50	79.55
361	Nandi	Burger	Temp	F	O	80.13
362	Juanita	Wiese	Caarbineers WP	M	40	80.15
363	Karen	Bezuidenhout	Temp	F	O	80.43
364	Nina	Schein	Temp	F	O	81.41
365	Amanda	Visser	Temp	F	60	81.55
366	Annamarie	Faul	Sanlam	F	60	81.56
367	Elsabe	Kotzé	Whalers	F	60	82.57
368	Eva	Gilliam	Temp	F	40	83.03
369	Jo-Anne	Duffett	Sanlam	F	O	83.04
370	Flora	Masamba	Ommiedraai	F	50	83.26
371	Brenda	Human	Metropolitan	F	50	83.27
372	Michelle	Williams	Ommiedraai	F	O	84.16
373	Sanet	du Toit	Brackenfell	F	50	84.39
374	Andriette	Hurndall	Temp	F	O	84.41
375	Johrine	Nortje	Sanlam	F	60	84.51
376	E	van Vuren	Temp	F	40	84.52
377	Quintin	Appels	Temp	M	40	85.09
378	Roan	Dearham	Brackenfell	M	O	85.14
379	Bill	Maycock	RWFL	M	60	85.15
380	Gavin		RWFL	M	60	85.16
381	Christopher	Wroth	Temp	M	60	85.33

382	Gavin	Thompson	Itheko	F	50	85.34
383	Onbekend					85.56
384	Arlene	Ehrenberg	Whalers	F	70	86.31
385	Shereen	September	Itheko	F	40	86.31
386	John	Sterban	RWFL	M	60	86.35
387	Onbekend					86.45
388	Chris	Marias	Temp	M	50	86.52
389	Tanya	April	Pinelands AC	F	O	87.05
390	Annarie	Nel	Whalers	F	60	88.07
391	Schalk	Visser	Whalers	M	60	90.31
392	Hester	Rothman	Brackenfell	F	60	90.37
393	Jan	du Plessis	Helderberg Harriers	M	60	91.18
394	Lizette	Bron	Temp	F	50	91.52
395	M	Naude	Temp	F	60	92.27
396	Alet		Temp	F	O	92.28
397	James	Sleigh	Temp	M	60	92.29
398	Onbekend					92.33
399	Onbekend					95.55
400	Onbekend					95.56
401	Onbekend					95.57