

## SPORTSMANS WAREHOUSE 15KM - PORT ELIZABETH - 2019/03/02

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	501	355	MELIKHAYA	FRANS	IKHAMVA	M	29	SM	0.46.26	5
2	730	11939	AMOS	NYONGO	BOXER	M	32	SM	0.47.18	0
3	502	366	ZOLANI	MABHONGO	IKHAMVA	M	32	SM	0.47.51	5
4	421	2336	MARIANO	EESOU	MADIBAZ	M	27	SM	0.49.00	5
5	363	1373	RODNEY	PRINS	NEDBANK	M	30	SM	0.50.10	5
6	864	1836	XOLISA	NDLUMBINI	VUKANI	M	36	35-39M	0.50.11	5
7	668	387	BULELANI	NIWA	IKHAMVA	M	35	35-39M	0.50.52	5
8	500	380	MZWANELE	MAPHEKULA	IKHAMVA	M	42	40-44M	0.51.29	5
9	475	2797	SINATHI	MAFANGA	SAPPE	M	27	SM	0.52.01	5
10	473	2792	TANDISILE	XOSHOPA	SAPPE	M	23	SM	0.52.04	5
11	545	2749	THANDO	NCIPHA	SAPPE	M	27	SM	0.52.36	5
12	360	1259	GCOBANI	BEKWAPI	ELITEAC	M	39	35-39M	0.52.42	5
13	840	1170	DESMOND	ZIBI	ACH	M	55	55-59M	0.52.56	5
14	133	944	MASANDE	MLONYENI	CHARLO	M	38	35-39M	0.52.57	5
15	499	362	KHAYALETHU	MAKALIMA	IKHAMVA	M	35	35-39M	0.53.05	5
16	870	1534	MILA	PASIYA	NEDBANK	M	39	35-39M	0.53.11	5
17	186	860	CHARLES	SEGALO	CHARLO	M	31	SM	0.54.09	5
18	385	2768	SIBUSISO	THU	SAPPE	M	31	SM	0.54.38	5
19	212	848	ZAMUBUNTU	TEYISE	CHARLO	M	42	40-44M	0.54.57	5
20	2	1735	NOEL	ADAMS	GELVAN	M	46	45-49M	0.55.38	5
21	474	2785	SANUSE	MBONENI	SAPPE	M	34	SM	0.56.08	4
22	255	1618	ANELE	VOORMAN	NEDBANK	M	19	JM	0.56.52	4
23	362	1365	SITHEMBISO	YOZO	NEDBANK	M	54	50-54M	0.57.28	5
24	878	3161	TRUST	MTETWA	UPANDRUN	M	29	SM	0.57.42	4
25	850	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	37	35-39F	0.57.48	5
26	462	1722	FRANCISCO	VAN DEN BERG	GELVAN	M	42	40-44M	0.58.00	5
27	787	1542	MZUKISI	KLAAS	NEDBANK	M	50	50-54M	0.58.33	5
28	897	1613	TUMELO	MOCHELENYANE	NEDBANK	M	36	35-39M	0.58.58	4
29	868	1354	PUMLANI	BANGANI	NEDBANK	M	44	40-44M	0.59.07	4
30	262	1402	SANDILE	NGUNUZA	NEDBANK	M	36	35-39M	0.59.10	4
31	358	3002	LUVUYO	DYANI	SPAREC	M	48	45-49M	0.59.27	5
32	313	2498	KHAYA	GWQETHA	XCEL	M	33	SM	0.59.49	3
33	357	2980	LEWIS	SKADE	TPTACEP	M	40	40-44M	0.59.57	4
34	648	2040	HENRY	CRAUSE	DESPATCH	M	36	35-39M	0.59.58	3
35	423	3461	VUYISA	NKONZE	YOUTH	M	36	35-39M	1.00.03	3
36	381	2988	LUYANDA	MATIWANA	SPAREC	M	40	40-44M	1.00.22	4
37	890	1406	AUGUST	ESAU	NEDBANK	M	48	45-49M	1.00.38	5
38	334	3060	FREEK	DANIELS	TRANSNET	M	52	50-54M	1.00.45	5
39	247	1255	ERROL	WHITTAL	ELITEAC	M	43	40-44M	1.00.57	4
40	300	7300	CONRAD	VILJOEN	TEMP	M	34	SM	1.01.30	0
41	922	1398	SIYABONGA	NGCOBO	NEDBANK	M	26	SM	1.01.34	3
42	652	1941	KENNETH	MENZE	BLUEBAY	M	57	55-59M	1.01.35	5
43	135	993	THEMBEKILE	MSIPA	CHARLO	M	44	40-44M	1.02.00	3
44	996	282	ABDUL	WICOMB	MUIRITE	M	40	40-44M	1.02.02	3
45	597	1899	FREDDIE	JANTJIES	VUKANI	M	49	45-49M	1.02.25	4
46	8	858	SHAUN	ATTENBOROUGH	CHARLO	M	50	50-54M	1.02.26	5
47	808	188	RUAN	SMALBERGER	CSEP	M	29	SM	1.02.47	3
48	855	30723	ROBBIE	STANDER	RWFLNWN	M	39	35-39M	1.02.53	0
49	410	1425	LYNDON	MAKOMO	NEDBANK	M	20	SM	1.02.54	3
50	584	5084	KERRIN	WATSON-SMITH	TEMP	F	36	35-39F	1.02.57	0
51	371	1499	THEMBINKOSI	HAMBIYANI	NEDBANK	M	47	45-49M	1.03.00	4
52	697	224	ADRI	WESSELS	CSEP	F	43	40-44F	1.03.23	5
53	641	2909	MBUYISELI	SITENGE	BIGHOUSE	M	40	40-44M	1.03.24	3
54	252	1443	DENYS	WOLMARANS	NEDBANK	M	39	35-39M	1.03.31	3
55	524	5024	LUTHANDO	NODADA	TEMP	M	30	SM	1.03.35	0
56	119	843	PATRIC	MAKWENKWE	CHARLO	M	52	50-54M	1.04.14	4
57	72	320	STUART	GILLMER	MUIRITE	M	26	SM	1.04.15	2
58	921	1898	AYANDA	FAKU	VUKANI	M	32	SM	1.04.18	2
59	18	2347	THOZAMILE	BOKOLO	MADIBAZ	M	57	55-59M	1.04.23	5
60	337	173	GEDDES	GALLANT	SANDFEP	M	52	50-54M	1.04.35	4
61	810	2082	JACQUES	BARNARD	DESPATCH	M	42	40-44M	1.04.41	3
62	407	1931	MUSA	SENTI	BLUEBAY	M	26	SM	1.04.49	2
63	467	543	LEONARDO	DE VILLIERS	RUN4C	M	53	50-54M	1.04.54	4
64	258	1355	SIMPIWE	SIPINGO	NEDBANK	M	28	SM	1.04.56	2
65	279	7279	BRENDON	JORDAAN	TEMP	M	29	SM	1.04.57	0
66	97	981	MZWANDILE	JULY	CHARLO	M	45	45-49M	1.05.00	3
67	603	171	NOKHOLO	HLEZUPONDO	SANDFEP	F	40	40-44F	1.05.22	5

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68	676	197	MORNE	GARDINER	CSEP	M	42	40-44M	1.05.27	3
69	617	2049	LEON	WEITSZ	DESPATCH	M	44	40-44M	1.05.54	3
70	521	5021	HEIN	LODEWYKS	TEMP	M	36	35-39M	1.05.58	0
71	144	207	KAYLA	NELL	RUN4C	F	24	SF	1.06.13	3
72	626	1701	VERNON	NEWFELDT	GELVAN	M	52	50-54M	1.06.14	4
73	640	2900	PRINCE	PHILLIPS	BIGHOUSE	M	55	55-59M	1.06.23	5
74	419	1875	EMMANUEL	PETERS	VUKANI	M	32	SM	1.06.30	2
75	78	2217	LINTON	HARMSE	MADIBAZ	M	55	55-59M	1.06.40	5
76	505	1892	KABELO	KADI	VUKANI	M	33	SM	1.06.40	2
77	464	1457	RICHARD	MAZUNGULA	NEDBANK	M	42	40-44M	1.06.42	3
78	612	1753	JOHNSTON	JUMBA	KOUGA	M	45	45-49M	1.06.44	3
79	885	1221	TERRAY	NEWCOMBE	ELITEAC	F	28	SF	1.06.45	3
80	231	1238	RUDI	VAN TONDER	ELITEAC	M	46	45-49M	1.06.46	3
81	875	5184	STEPHEN	MCCARTHY	EDGE	M	58	55-59M	1.06.57	0
82	497	1401	MARTIN	JANSEN	NEDBANK	M	50	50-54M	1.06.57	3
83	311	889	ASANDA	ZAMISA	CHARLO	F	35	35-39F	1.07.04	3
84	865	2513	CHRISTIAN	DU PREEZ	XCEL	M	49	45-49M	1.07.17	3
85	205	2170	SANELISEKILE	SUNDU	MADIBAZ	M	20	SM	1.07.47	2
86	391	1469	ANDREW	PATERSON	NEDBANK	M	28	SM	1.07.48	2
87	997	1538	BONGANI	BASHE	NEDBANK	M	37	35-39M	1.07.52	2
88	570	5070	MURRAY	MIDDLETON	TEMP	M	28	SM	1.07.55	0
89	549	5049	JACQUES	HALBERT	TEMP	M	29	SM	1.07.58	0
90	582	5082	ZOLANI	NTUNGWA	TEMP	M	36	35-39M	1.07.59	0
91	533	5033	ANDREW	CRUICKSHANKS	TEMP	M	28	SM	1.08.03	0
92	349	2516	JEMAIN	WILSON	XCEL	M	31	SM	1.08.07	2
93	179	957	PIERRE	RENSHAW	CHARLO	M	45	45-49M	1.08.08	3
94	674	1194	CHRISTINE	CLAASEN	ACH	F	54	50-54F	1.08.09	5
95	210	2350	GRAHAM	TERBLANCHE	MADIBAZ	M	54	50-54M	1.08.10	3
96	634	2488	ROBERT	JORDAAN	XCEL	M	51	50-54M	1.08.21	3
97	145	828	COLBEN	NGCUPE	CHARLO	M	55	55-59M	1.08.21	4
98	567	5067	WAYNE	BRAZIER	TEMP	M	31	SM	1.08.47	0
99	547	5047	TRAVERS	HENRICK	TEMP	M	29	SM	1.08.55	0
100	260	1594	AMBESA	TOKWE	NEDBANK	M	15	JM	1.09.02	2
101	951	865	DEAN	HOYLE	CHARLO	M	49	45-49M	1.09.03	2
102	556	5056	BERNHARD	KAPP	TEMP	M	28	SM	1.09.03	0
103	949	2481	KELVIN	JOOSTE	XCEL	M	32	SM	1.09.05	2
104	438	323	CLIVE	VAN RAYNER	MUIRITE	M	51	50-54M	1.09.08	3
105	54	2342	RIKUS	DU PLESSIS	MADIBAZ	M	26	SM	1.09.10	2
106	312	3440	ABDUL	LILLAH	PROFILES	M	29	SM	1.09.11	2
107	495	1718	CHARLES	BAATJIES	GELVAN	M	62	60-64M	1.09.12	5
108	356	2241	BILL	DAVIDS	MADIBAZ	M	49	45-49M	1.09.19	2
109	451	758	WERNER	DE LANGE	CRUSADE	M	31	SM	1.09.21	2
110	322	2483	CHESTER	BROOKS	XCEL	M	61	60-64M	1.09.25	5
111	953	1609	MICHAEL	PRINCE	NEDBANK	M	45	45-49M	1.09.25	2
112	420	2492	ALBERT	NGCANGA	XCEL	M	68	65-69M	1.09.28	5
113	666	273	ANDREW	JONAS	MUIRITE	M	54	50-54M	1.09.31	3
114	984	1323	ETIENNE	GERBER	VWAC	M	49	45-49M	1.09.39	2
115	895	1584	NJONGO	COKOTH0	NEDBANK	M	31	SM	1.09.41	2
116	292	7292	DANTE	ROSSI	TEMP	M	25	SM	1.09.47	0
117	859	2050	EDVIN	DONLEY	DESPATCH	M	41	40-44M	1.09.52	2
118	918	621	KIRWIN	DE KLERK	ASPEN	M	37	35-39M	1.09.55	2
119	574	643	SAMKELO	SINYONGO	ASPEN	M	37	35-39M	1.09.57	2
120	308	370	LIZO	MOHAPI	IKHAMVA	M	29	SM	1.10.09	2
121	395	1835	KHULISO	MULAUDZI	VUKANI	M	33	SM	1.10.19	2
122	436	2013	JUANITA	CLAASSEN	DESPATCH	F	30	SF	1.10.20	2
123	593	6593	LEONARD	ERASMUS	TEMP	M	61	60-64M	1.10.23	0
124	148	1393	NZUZO	NOQEKWA	NEDBANK	M	40	40-44M	1.10.24	2
125	201	880	AMORE	STRAUSS	CHARLO	F	34	SF	1.10.26	2
126	359	221	SAPHO	NKATA	CSEP	M	41	40-44M	1.10.35	2
127	642	2892	THAMSANQA	MANGI	BIGHOUSE	M	34	SM	1.10.37	2
128	225	1473	RUAN	VAN NIEKERK	NEDBANK	M	17	JM	1.10.42	2
129	422	2641	THEMBA	GXABEKA	NMBMUN	M	43	40-44M	1.10.43	2
130	594	5094	SIPHOKAZI	NOJOKO	TEMP	F	24	SF	1.10.46	0
131	240	1352	TOEGEDA	VYVER	NEDBANK	F	46	45-49F	1.10.46	4
132	129	1386	NELSON	MGUBASI	NEDBANK	M	61	60-64M	1.10.55	4
133	839	797	GAVIN	ROGERS	CRUSADE	M	54	50-54M	1.10.57	3
134	630	1230	JOHANN	POSTMA	ELITEAC	M	53	50-54M	1.11.13	2
135	342	1530	MIRACLE	CHAUKE	NEDBANK	M	35	35-39M	1.11.24	2

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
136	872	1374	MZWABANTU	NESI	NEDBANK	M	36	35-39M	1.11.28	2
137	466	1510	SAMIER	ABRAHAMS	NEDBANK	M	48	45-49M	1.11.36	2
138	516	5016	TIMOTHY	HAYWARD	TEMP	M	19	JM	1.11.39	0
139	329	1707	PETER	WILDSCHUT	GELVAN	M	42	40-44M	1.11.58	2
140	633	1709	STANTON	JACKSON	GELVAN	M	47	45-49M	1.11.58	2
141	517	5017	RONALD	SCHEFFER	TEMP	M	44	40-44M	1.12.05	0
142	434	3034	LINDY	KREZTMANN	32GI	F	42	40-44F	1.12.10	3
143	946	288	WARREN	GRIFFITHS	MUIRITE	M	53	50-54M	1.12.11	2
144	73	271	KEVIN	GILLMER	MUIRITE	M	58	55-59M	1.12.18	3
145	994	175	EFESE	PETER	SANDFEP	M	58	55-59M	1.12.32	3
146	233	932	WAYNE	VENTER	CHARLO	M	50	50-54M	1.12.35	2
147	113	920	LOCHI	LOCHNER	CHARLO	M	71	70+M	1.12.36	5
148	992	772	WILMERI	POTGIETER	CRUSADE	F	27	SF	1.12.37	2
149	615	1152	ANCHE	SCHUBART	ACH	F	37	35-39F	1.12.45	2
150	459	2511	PHILLIP	DU PLESSIS	XCEL	M	48	45-49M	1.12.49	2
151	931	2968	MONDRE	GALLANT	TPTACEP	M	30	SM	1.12.50	2
152	695	1247	HENRY	VAN DER WATT	ELITEAC	M	53	50-54M	1.12.54	2
153	253	2312	TEBOHO	ZONGOLA	MADIBAZ	M	23	SM	1.13.03	2
154	887	571	ARTHUR	WILLIAMS	RUN4C	M	56	55-59M	1.13.09	3
155	12	979	TANYA	BENTLEY	CHARLO	F	26	SF	1.13.11	2
156	443	625	ROBIN	LAKE	ASPEN	M	29	SM	1.13.22	2
157	687	2022	NEEVRA	BELLINGAN	DESPATCH	F	32	SF	1.13.26	2
158	899	2105	EUGENE	VAN ROOYEN	DESPATCH	M	37	35-39M	1.13.26	2
159	643	2906	PATRICK	NOKWE	BIGHOUSE	M	57	55-59M	1.13.27	2
160	486	1282	SEBASTIAN	HAARHOFF	VWAC	M	41	40-44M	1.13.29	2
161	483	1252	CHAD	WEWERS	ELITEAC	M	25	SM	1.13.39	2
162	522	5022	REON	VAN RENSBURG	TEMP	M	46	45-49M	1.13.44	0
163	845	2073	STEPHEN	PHILLIPSON	DESPATCH	M	55	55-59M	1.13.47	2
164	325	1198	MARC	RIEDER	ACH	M	44	40-44M	1.13.49	2
165	525	5025	DALE	STOCK	TEMP	M	39	35-39M	1.13.59	0
166	838	195	RUAN	WELGEMOED	CSEP	M	24	SM	1.14.03	2
167	193	844	CLINTON	SMITH	CHARLO	M	33	SM	1.14.09	2
168	196	71	SIMPHIWE	SOCI	PEAAC	M	53	50-54M	1.14.12	2
169	392	8653	IGSHAAN	KENNY	OMMIE	M	37	35-39M	1.14.12	0
170	331	1522	SITHEMBILE	MPAKO	NEDBANK	M	58	55-59M	1.14.19	2
171	628	1847	BONGA	FUNANI	VUKANI	M	34	SM	1.14.20	2
172	680	1841	MCEBISI	MPONDO	VUKANI	M	35	35-39M	1.14.21	2
173	649	381	LONWABO	MTSHAKE	IKHAMVA	M	48	45-49M	1.14.30	2
174	49	835	NEIL	DICKSON	CHARLO	M	37	35-39M	1.14.37	2
175	251	825	GEORGE	WINSHIP	CHARLO	M	53	50-54M	1.14.37	2
176	904	1608	EDDIE	EADES	NEDBANK	M	70	70+M	1.14.38	5
177	1955	1191	ALAN	TAYLOR	ACH	M	61	60-64M	1.14.39	3
178	146	2588	ZANDISILE	NGXONONO	TINARHA	M	45	45-49M	1.14.42	2
179	910	166	PATRICK	MBONGWE	SANDFEP	M	53	50-54M	1.14.45	2
180	915	2772	LAURENTIUS	ZEELIE	SAPPE	M	49	45-49M	1.14.47	2
181	698	1580	BENEDICT	WILSON	NEDBANK	M	40	40-44M	1.14.51	2
182	142	2371	LUTHANDO	NDZAMBO	MADIBAZ	M	35	35-39M	1.14.58	2
183	694	1253	MICHELLE	VAN DER WATT	ELITEAC	F	52	50-54F	1.15.01	3
184	609	1090	KELLY	FULLER	ACH	F	29	SF	1.15.01	2
185	185	303	CHRISTO	SCRIVEN	MUIRITE	M	36	35-39M	1.15.03	2
186	177	176	REUBEN	RALANE	SANDFEP	M	56	55-59M	1.15.05	2
187	842	1251	CLIVE	WEWERS	ELITEAC	M	58	55-59M	1.15.07	2
188	637	1573	TAMSANQA	JUSAYI	NEDBANK	M	76	70+M	1.15.09	4
189	445	1535	JOSEPH	GUNN	NEDBANK	M	45	45-49M	1.15.11	2
190	644	2901	ERIC	TYOMBO	BIGHOUSE	M	55	55-59M	1.15.12	2
191	218	1053	CLAIRE	VAN DER NEST	BODYCON	F	37	35-39F	1.15.13	2
192	298	7298	GRAEME	VAN DER NEST	TEMP	M	45	45-49M	1.15.13	0
193	327	1861	SIVUYILE	QUSHEKA	VUKANI	M	38	35-39M	1.15.14	2
194	384	561	DARRYL	CALVERT	RUN4C	M	43	40-44M	1.15.16	2
195	552	5380	CURT	FEBRUARY	EDGE	M	42	40-44M	1.15.35	0
196	515	5015	CLARA	DU PLESSIS	TEMP	F	37	35-39F	1.15.41	0
197	53	833	NIKITA	DRURY	CHARLO	F	26	SF	1.15.44	2
198	207	1561	CILLIERS	SWART	NEDBANK	M	72	70+M	1.15.49	4
199	806	1148	PERCY	DALTON	ACH	M	70	70+M	1.15.56	4
200	227	1250	PETER	VAN RENSBURG	ELITEAC	M	60	60-64M	1.16.02	2
201	568	5068	JAMES	FLANAGAN	TEMP	M	37	35-39M	1.16.25	0
202	541	5041	KENNETH	JOOSTE	TEMP	M	33	SM	1.16.26	0
203	940	859	CARIKA	BURTON	CHARLO	F	38	35-39F	1.16.27	2

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204	254	1416	ANDISWA	FEZANI	NEDBANK	F	31	SF	1.16.29	2
205	873	51540	SIZIBULE	DIBELA	ESKOM	F	31	SF	1.16.41	0
206	57	1844	NATHI	DWAYI	VUKANI	M	26	SM	1.16.46	1
207	444	853	DEAN	FOONG	CHARLO	M	40	40-44M	1.16.52	2
208	440	349	WERNER	GERBER	MUIRITE	M	51	50-54M	1.16.56	2
209	664	1749	NELIA	JACOBS	KOUGA	F	39	35-39F	1.17.00	2
210	409	3502	AZOLA	MASIKO	NMBMUN	M	29	SM	1.17.07	1
211	863	2579	RONALD	NDIZA	TINARHA	M	59	55-59M	1.17.09	2
212	625	212	KAASHIEF	PIETERSEN	CSEP	M	42	40-44M	1.17.15	2
213	659	2927	THELMA	MCOPELO	TPTACEP	F	36	35-39F	1.17.16	2
214	27	967	MIKE	BURGER	CHARLO	M	59	55-59M	1.17.17	2
215	81	841	LESTER	HEN-BOISEN	CHARLO	M	51	50-54M	1.17.18	2
216	952	1543	MFEZI	MCINGANA	NEDBANK	M	43	40-44M	1.17.19	2
217	639	2904	SIPHO	NCANDANA	BIGHOUSE	M	62	60-64M	1.17.27	2
218	289	7289	TEMBIKAYA	NOCUZE	TEMP	M	41	40-44M	1.17.31	0
219	418	1745	STANTON	JANTJIES	GELVAN	M	41	40-44M	1.17.34	2
220	589	6589	JIMMY	STYAN	TEMP	M	66	65-69M	1.17.37	0
221	439	319	KERNEELS	MEINTJIES	MUIRITE	M	59	55-59M	1.17.48	2
222	304	2057	LESLEY-ANN	BUSH	DESPATCH	F	46	45-49F	1.17.58	2
223	508	5008	ZARRIN	ZEHMKE	TEMP	M	44	40-44M	1.18.00	0
224	655	2891	PHUMZILE	TWANI	BIGHOUSE	M	40	40-44M	1.18.15	1
225	836	1300	VERNON	NAIDOO	VWAC	M	50	50-54M	1.18.17	2
226	132	449	GEOFFERY	MLAWU	COEGA	M	55	55-59M	1.18.18	2
227	47	1878	MDUMISENI	DELIWE	VUKANI	M	34	SM	1.18.19	1
228	75	1848	TEMLAKAZI	GOQWANA	VUKANI	F	31	SF	1.18.20	2
229	3	1736	ELIZE	ADAMS	GELVAN	F	44	40-44F	1.18.21	2
230	510	5010	MICHAEL	DURRHEIM	TEMP	M	21	SM	1.18.23	0
231	121	3030	JONATHAN	MANDELL	32GI	M	54	50-54M	1.18.28	2
232	278	7278	SIMAMNKELE	JACOBS	TEMP	M	19	JM	1.18.36	0
233	800	4800	XHANTI	XOTYENI	TEMP	M	27	SM	1.18.36	0
234	77	892	SHAYNE	HARDIMAN	CHARLO	M	48	45-49M	1.18.45	2
235	55	2343	RENNEN	DU PLESSIS	MADIBAZ	M	60	60-64M	1.18.56	2
236	383	1181	BRENDON	DRYDEN	ACH	M	50	50-54M	1.19.00	2
237	241	1353	TAWFEEQ	VYVER	NEDBANK	M	20	SM	1.19.05	1
238	923	2053	COENIE	KUKKUK	DESPATCH	M	56	55-59M	1.19.08	2
239	638	2905	THOKOZANI	KUMBACA	BIGHOUSE	M	36	35-39M	1.19.11	1
240	468	190	MARIUS	FERREIRA	CSEP	M	50	50-54M	1.19.18	2
241	688	4	ERROL	ROSSOUW	PEAAC	M	69	65-69M	1.19.19	2
242	449	84	LANCE	PETERSEN	PEAAC	M	46	45-49M	1.19.27	1
243	232	285	PIETER	VAN ZYL	MUIRITE	M	31	SM	1.19.27	1
244	447	1030	BRUCE	GIE	BODYCON	M	45	45-49M	1.19.28	1
245	677	2424	LIONEL	NIEBURG	PROFILES	M	50	50-54M	1.19.30	2
246	427	1921	PHILLIP	DYAKALA	BLUEBAY	M	54	50-54M	1.19.35	2
247	110	3050	PAIGE	LEE	32GI	F	52	50-54F	1.19.37	2
248	61	952	CINDY	FORBES	CHARLO	F	41	40-44F	1.19.43	2
249	123	948	THOMAS	MARAIS	CHARLO	M	32	SM	1.19.43	1
250	848	651	WALEED	HAMMOND	ASPEN	M	37	35-39M	1.19.45	1
251	51	2220	WAYNE	DRAAI	MADIBAZ	M	52	50-54M	1.19.46	2
252	905	2061	DUANE	LERM	DESPATCH	M	48	45-49M	1.19.50	1
253	651	2108	JANE	KEMP	DESPATCH	F	42	40-44F	1.19.51	2
254	803	4803	JOHN	PARRY	TEMP	M	51	50-54M	1.20.00	0
255	543	5043	DEON	CLAASSEN	TEMP	M	43	40-44M	1.20.06	0
256	347	2502	SALWYN	DENNIS	XCEL	M	41	40-44M	1.20.13	1
257	613	1270	MUHAMMED	PETERSEN	VWAC	M	35	35-39M	1.20.13	1
258	316	164	TERENCE	GALLANT	SANDFEP	M	47	45-49M	1.20.22	1
259	490	3075	ANDILE	JANTJIE	TRANSNET	M	43	40-44M	1.20.26	1
260	933	1050	AMANDA	SHAW	BODYCON	F	54	50-54F	1.20.28	2
261	168	1188	CANDICE	PITSILADI	ACH	F	40	40-44F	1.20.29	2
262	647	2027	LERENZO	FRANCIS	DESPATCH	M	32	SM	1.20.32	1
263	788	205	LUDINE	WILLIAMS	CSEP	F	31	SF	1.20.33	1
264	884	220	BENNIE	THYSSE	CSEP	M	61	60-64M	1.20.34	2
265	920	1022	IVO	MEYER	BODYCON	M	44	40-44M	1.20.45	1
314	577	6577	JULIA	HOFART	TEMP	F	35	35-39F	1.23.46	0
315	326	2043	ZIRK	HAEFELE	DESPATCH	M	41	40-44M	1.23.59	1
316	583	6583	CHRISTOFF	GREEFF	TEMP	M	36	35-39M	1.24.02	0
317	136	904	SAMANTHA	MUKHEIBIR	CHARLO	F	40	40-44F	1.24.06	1
318	296	7296	TANDO	TSOTSOBE	TEMP	M	29	SM	1.24.08	0
319	283	7283	BYRON	LYNCH	TEMP	M	27	SM	1.24.11	0

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
320	476	1730	CYRIL	UITHALER	GELVAN	M	56	55-59M	1.24.22	1
321	400	114	LAURA	MARITZ	INFINITY	F	58	55-59F	1.24.24	2
322	42	871	RICHARD	DE ANDRADE	CHARLO	M	58	55-59M	1.24.30	1
323	348	2994	MZWABANTU	SWAPI	SPAREC	M	39	35-39M	1.24.31	1
324	585	6585	MOGAMAT	HAUPT	TEMP	M	27	SM	1.24.39	0
325	130	2111	SAMSON	MGUNDA	DESPATCH	M	30	SM	1.24.42	1
326	867	2085	JACOBUS	WYATT	DESPATCH	M	55	55-59M	1.24.43	1
327	68	1046	LINDI	GEORGIUO	BODYCON	F	39	35-39F	1.24.57	1
328	281	7281	TANIA	KITCHING	TEMP	F	40	40-44F	1.24.57	0
329	270	7270	JESSICA	DE LANGE	TEMP	F	25	SF	1.25.05	0
330	553	5053	MICHAEL	SMITH	TEMP	M	45	45-49M	1.25.10	0
331	250	899	A J	WILLIAMS	CHARLO	M	32	SM	1.25.17	1
332	150	931	ANDILE	NYOKA	CHARLO	M	46	45-49M	1.25.18	1
333	995	1419	THANDOLWETHU	NGQEZA	NEDBANK	M	32	SM	1.25.21	1
334	138	1778	CARLA	MULLER	KOUGA	F	27	SF	1.25.22	1
335	498	811	RUDI	VAN DEN BERG	CRUSADE	M	39	35-39M	1.25.26	1
336	229	3042	REINHARDT	VAN ROOYEN	32GI	M	42	40-44M	1.25.28	1
337	957	1228	ERIC	BOSCH	ELITEAC	M	37	35-39M	1.25.32	1
338	237	1085	ANDRE	VILJOEN	ACH	M	64	60-64M	1.25.33	1
339	435	1852	LUNGISA	MKOSI	VUKANI	M	31	SM	1.25.37	1
340	988	731	PETER	WIEHAHN	CRUSADE	M	46	45-49M	1.25.48	1
341	847	1784	BRIAN	MERRINGTON	KOUGA	M	72	70+M	1.25.54	2
342	602	300	CAROL	BOOYSEN	MUIRITE	F	50	50-54F	1.26.01	1
343	56	913	LEE-ANNE	DU PREEZ	CHARLO	F	43	40-44F	1.26.05	1
344	981	1547	RYNO	HAMILTON	NEDBANK	M	30	SM	1.26.07	1
345	124	928	ALLISTER	MARRAN	CHARLO	M	43	40-44M	1.26.17	1
346	581	5081	CARL	TERBLANCHE	TEMP	M	49	45-49M	1.26.23	0
347	990	622	YVETTE	DE VILLIERS	ASPEN	F	33	SF	1.26.24	1
348	401	1262	CARLY	LOUW	ELITEAC	F	36	35-39F	1.26.25	1
349	980	374	NTOMBENTSHA	NAZO	IKHAMVA	F	35	35-39F	1.26.26	1
350	966	752	LINDI-MAE	HUMPHREYS	CRUSADE	F	33	SF	1.26.26	1
351	965	774	DONOVAN	HUMPREYS	CRUSADE	M	42	40-44M	1.26.27	1
352	542	5042	LINDILE	XOLA	TEMP	M	42	40-44M	1.26.30	0
353	562	5062	MZUKISI	SALIWA	TEMP	M	35	35-39M	1.26.31	0
354	665	1144	KEN	BARWOOD	ACH	M	63	60-64M	1.26.32	1
355	350	276	RUFUS	LANGVELDT	MUIRITE	M	47	45-49M	1.26.39	1
356	592	3516	PHUMEZA	GADU	COEGA	F	33	SF	1.26.47	1
357	315	1888	ANDILE	BOVUNGANA	VUKANI	M	52	50-54M	1.26.47	1
358	595	6595	CHARMAINE	BYLEVELD	TEMP	F	41	40-44F	1.26.48	0
359	88	849	SURITA	JANSEN VAN VUUREN	CHARLO	F	27	SF	1.26.49	1
360	804	4804	MOEGAMAT	JACOBS	TEMP	M	31	SM	1.26.50	0
361	20	986	KIRSTY	BOSHOFF	CHARLO	F	40	40-44F	1.27.04	1
362	10	2520	DAVID	BAINS	XCEL	M	52	50-54M	1.27.11	1
363	896	1404	DEON	VAN DER MERWE	NEDBANK	M	49	45-49M	1.27.12	1
364	448	22	MICHELLE	MEYER	PEAAC	F	38	35-39F	1.27.14	1
365	587	6587	JEAN	OPPERMAN	TEMP	F	34	SF	1.27.15	0
366	588	6588	MICHAEL	MARAIS	TEMP	M	26	SM	1.27.15	0
367	802	4802	MATTHEW	HUNTER	TEMP	M	27	SM	1.27.25	0
368	170	912	PETER	POHLMANN	CHARLO	M	55	55-59M	1.27.28	1
369	877	59	EMMERENCHIA	SLABBERT	PEAAC	F	46	45-49F	1.27.29	1
370	672	337	JOHANNES	HERBST	MUIRITE	M	73	70+M	1.27.30	1
371	960	1585	KOOS	OLIVIER	NEDBANK	M	61	60-64M	1.27.30	1
372	876	57	WERNICH	SLABBERT	PEAAC	M	51	50-54M	1.27.30	1
373	512	5012	AMANDA	HOWLETT	TEMP	F	37	35-39F	1.27.34	0
374	950	2020	SONJA	VAN WYK	DESPATCH	F	37	35-39F	1.27.35	1
375	171	1581	MATTHEW	POHLMANN	NEDBANK	M	23	SM	1.27.36	1
376	963	1485	RIAAAN	OLIVIER	NEDBANK	M	48	45-49M	1.27.41	1
377	169	1169	PETER	PITSILADI	ACH	M	41	40-44M	1.27.42	1
378	611	940	SIMON	YOUNG	CHARLO	M	38	35-39M	1.27.46	1
379	399	1853	SIDWELL	MATINYANE	VUKANI	M	53	50-54M	1.27.48	1
380	176	854	NOLUVUYOLWETHU	QOKWENI	CHARLO	F	37	35-39F	1.27.48	1
381	317	1909	LEKELA	NKONKI	BLUEBAY	M	47	45-49M	1.27.49	1
382	455	2600	VUYO	GROOTBOOM	TINARHA	M	41	40-44M	1.27.49	1
383	28	30370	ROBERT	BUTTON	OLDSELB	M	59	55-59M	1.27.50	0
384	970	1160	DEAN	FINLAY	ACH	M	52	50-54M	1.27.51	1
385	226	905	JANET	VAN NIEKERK	CHARLO	F	42	40-44F	1.28.04	1
386	21	1284	DEAN	BOSMAN	VWAC	M	36	35-39M	1.28.05	1
387	894	2064	WERNER	CLAASSEN	DESPATCH	M	55	55-59M	1.28.08	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
388	835	2582	LINDIKHAYA	NTEYI	TINARHA	M	39	35-39M	1.28.12	1
389	849	76	RENIER	VAN VUUREN	PEAAC	M	62	60-64M	1.28.18	1
390	854	1574	SINOXOLO	NYIKA	NEDBANK	F	25	SF	1.28.23	1
391	888	1496	PAUL	STEFFENS	NEDBANK	M	67	65-69M	1.28.24	1
392	975	1157	GEOFF	ROBERTS	ACH	M	66	65-69M	1.28.29	1
393	390	52376	PRINCE	MANGANYI	MUTUAL	M	38	35-39M	1.28.36	0
394	441	1706	HENRY	MASCHAKA	GELVAN	M	52	50-54M	1.28.36	1
395	102	1937	IAN	KILLIAN	BLUEBAY	M	29	SM	1.28.38	1
396	174	52082	KYLA	PURDON	STEL	F	22	SF	1.28.40	0
397	338	456	TRACEY-LYNNE	HERMAN	WALMER	F	46	45-49F	1.28.41	1
398	424	1227	HENDRE	POTGIETER	ELITEAC	M	37	35-39M	1.28.46	1
399	646	1952	VUSI	MSUTHWANA	BLUEBAY	M	47	45-49M	1.28.47	1
400	195	497	MBULELO	SOBIKWA	WALMER	M	64	60-64M	1.28.48	1
401	482	326	THEUNIS	MARAIS	MUIRITE	M	53	50-54M	1.28.48	1
402	117	2215	WAYNE	MAC GEAR	MADIBAZ	M	55	55-59M	1.28.49	1
403	579	5079	ELIZE	BOTHA	TEMP	F	43	40-44F	1.28.51	0
404	956	98	AMANDA	WOLMARANS	INFINITY	F	60	60-64F	1.28.55	2
405	140	52943	PHUNYEZWA	NDEVU	SABC	F	52	50-54F	1.28.57	0
406	25	924	GRAHAM	BROOM	CHARLO	M	48	45-49M	1.29.00	1
407	82	47	KEVIN	HOLMES	PEAAC	M	63	60-64M	1.29.07	1
408	285	7285	RICHARD	MACLEAR	TEMP	M	43	40-44M	1.29.08	0
409	913	1220	CLAUDETTE	LE ROUX	ELITEAC	F	34	SF	1.29.15	1
410	442	1464	LINTON	LE GRANGE	NEDBANK	M	52	50-54M	1.29.20	1
411	509	5009	CAMERON	PRICE	TEMP	M	40	40-44M	1.29.23	0
412	291	7291	NIKOLAS	REGNART	TEMP	M	34	SM	1.29.29	0
413	386	1164	JOHN	KOTZE	ACH	M	67	65-69M	1.29.31	1
414	194	496	LYNETTE	SMUTS	WALMER	F	52	50-54F	1.29.34	1
415	871	3432	LUSHAPO	PITANA	COEGA	M	27	SM	1.29.38	1
416	681	2021	BONITA	WEITSZ	DESPATCH	F	46	45-49F	1.29.39	1
417	89	3056	RONALD	JANTJIES	TRANSNET	M	46	45-49M	1.29.41	1
418	39	1905	GANIEF	DAVIDS	BLUEBAY	M	52	50-54M	1.29.42	1
419	797	4797	MICHELLE	SMIT	TEMP	F	25	SF	1.29.45	0
420	244	872	BIANCA	WELGEMOED	CHARLO	F	40	40-44F	1.29.45	1
421	692	3441	KURAUONE	MAZONGO	PROFILES	M	43	40-44M	1.29.54	1
422	656	1395	RUBERTO	MAY	NEDBANK	M	41	40-44M	1.29.57	1
423	184	1017	ECKART	SCHUMANN	BODYCON	M	73	70+M	1.30.06	1
424	157	974	PAULA	PEARCE	CHARLO	F	50	50-54F	1.30.12	1
425	563	5063	SANDY	BARROW	TEMP	F	38	35-39F	1.30.14	0
426	657	1576	CHARMELLE	MAY	NEDBANK	F	38	35-39F	1.30.21	1
427	276	7276	TINKY	HODGSON	TEMP	F	52	50-54F	1.30.30	0
428	275	7275	PADDY	HODGSON	TEMP	M	56	55-59M	1.30.31	0
429	31	903	KESVAL	CHETTY	CHARLO	M	54	50-54M	1.30.37	1
430	488	547	JACQUES	LANGLEY	RUN4C	M	30	SM	1.30.39	1
431	925	558	BURNITA	STRYDOM	RUN4C	F	50	50-54F	1.30.42	1
432	903	1524	SAM	ERASMUS	NEDBANK	M	61	60-64M	1.30.42	1
433	16	2244	SYLVAN	BLIGNAUT	MADIBAZ	M	59	55-59M	1.30.42	1
266	220	1004	KATHARINE	VAN DER WALT	BODYCON	F	43	40-44F	1.20.48	2
267	932	1026	SEAN	SWANEPOEL	BODYCON	M	30	SM	1.20.49	1
268	243	1412	RAYMOND	WEITZ	NEDBANK	M	64	60-64M	1.20.51	2
269	271	7271	GRANT	FERREIRA	TEMP	M	29	SM	1.20.58	0
270	106	911	JACOBUS	KOORTS	CHARLO	M	47	45-49M	1.21.00	1
271	277	7277	DARREN	HOWE	TEMP	M	34	SM	1.21.00	0
272	491	1396	BUYELWA	KOBOKANA	NEDBANK	F	54	50-54F	1.21.03	2
273	909	2065	LINDIE	STANDER	DESPATCH	F	34	SF	1.21.11	1
274	632	1716	DERICK	GOLIATH	GELVAN	M	55	55-59M	1.21.11	2
275	669	2514	DEON	PRINSLOO	XCEL	M	52	50-54M	1.21.12	1
276	860	1025	CHARLES	BATAILLE	BODYCON	M	54	50-54M	1.21.15	1
277	320	1910	AMANDA	PRIDEAUX	BLUEBAY	F	43	40-44F	1.21.18	2
278	9	978	LOUISE	AXON	CHARLO	F	40	40-44F	1.21.22	2
279	520	5020	JADE	SNYMAN	TEMP	M	26	SM	1.21.22	0
280	204	2159	FRANZT	STRUWIG	MADIBAZ	M	61	60-64M	1.21.23	2
281	924	781	STEPHEN	BURGESS	CRUSADE	M	36	35-39M	1.21.25	1
282	605	1886	PHYLLIS	MATOLE	VUKANI	F	37	35-39F	1.21.36	1
283	234	992	PETER	VENTER	CHARLO	M	38	35-39M	1.21.38	1
284	686	765	LESLIE	FERREIRA	CRUSADE	M	23	SM	1.21.54	1
285	352	2894	SERVICE	MBEWU	BIGHOUSE	M	55	55-59M	1.21.59	2
286	63	885	CHRIS	FOURIE	CHARLO	M	39	35-39M	1.22.08	1
287	564	5064	MARK	OOSTHUIZEN	TEMP	M	54	50-54M	1.22.15	0

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
288	382	280	XOLILE	ANTONI	MUIRITE	M	38	35-39M	1.22.19	1
289	319	2993	TINASHE	MANDIZVIEZA	SPAREC	M	37	35-39M	1.22.21	1
290	460	626	MELISSA	BEZUIDENHOUDT	ASPEN	F	29	SF	1.22.25	1
291	678	1866	BABALWA	MELITAFA	VUKANI	F	38	35-39F	1.22.31	1
292	914	2035	RETHA	POTGIETER	DESPATCH	F	44	40-44F	1.22.31	1
293	555	5055	THOBELA	MTANGA	TEMP	M	32	SM	1.22.33	0
294	321	1600	VUSUMZI	SIMAKUHLE	NEDBANK	M	53	50-54M	1.22.34	1
295	189	1370	AYABULELA	SIBANGELA	NEDBANK	M	37	35-39M	1.22.37	1
296	324	1579	THERESA	BUCHNER	NEDBANK	F	33	SF	1.22.40	1
297	4	1394	SANDISWA	ADAMS	NEDBANK	F	34	SF	1.22.42	1
298	790	649	CINDY	MILLER	ASPEN	F	38	35-39F	1.22.42	1
299	450	634	JO-ANNE	FORSON	ASPEN	F	31	SF	1.22.44	1
300	891	1295	MZUMVIKILE	MOOI	VWAC	M	52	50-54M	1.22.44	1
301	880	1773	MAARTEN	OOSTHUIZEN	KOUGA	M	38	35-39M	1.22.47	1
302	572	5072	JULIAN	BAIN	TEMP	M	27	SM	1.22.47	0
303	841	201	JOSEPH	BAIN	CSEP	M	59	55-59M	1.22.48	1
304	478	1904	RUDY	BUYS	BLUEBAY	M	42	40-44M	1.23.01	1
305	661	1027	JOHANNETTE	OOSTHUIZEN	BODYCON	F	54	50-54F	1.23.05	2
306	126	896	GAVIN	MATTHEWS	CHARLO	M	43	40-44M	1.23.07	1
307	580	5080	MIEKE	STROBACH	TEMP	F	19	JF	1.23.15	0
308	216	941	CERI	TUSTIN	CHARLO	F	40	40-44F	1.23.21	1
309	115	378	MALIBONGWE	LONZI	IKHAMVA	M	40	40-44M	1.23.34	1
310	972	1218	FRANCOIS	JANSE VAN RENSBURG	ELITEAC	M	29	SM	1.23.34	1
311	96	3017	ROSEMARY	JOUBERT	32GI	F	58	55-59F	1.23.39	2
312	851	2062	DANIEL	PIETERSE	DESPATCH	M	56	55-59M	1.23.40	1
313	94	1304	CLINT	JONAS	VWAC	M	32	SM	1.23.42	1
602	548	5048	BREDON	KRIEL	TEMP	M	24	SM	1.41.13	0
603	248	1774	BEN	WIESE	KOUGA	M	69	65-69M	1.41.30	1
604	792	2092	VERONICA	BOSHOFF	DESPATCH	F	58	55-59F	1.41.43	1
605	109	910	MICHELLE	LAWSON	CHARLO	F	60	60-64F	1.41.52	1
606	930	768	SHAUN	ROBERTS	CRUSADE	M	39	35-39M	1.41.53	1
607	731	1135	MOF	BOTHA	ACH	M	63	60-64M	1.41.55	1
608	962	436	NOSICELO	BIYANA	COEGA	F	42	40-44F	1.41.59	1
609	294	7294	CANDICE	SHARP	TEMP	F	35	35-39F	1.42.00	0
610	265	7265	NATALIE	BOSHOFF	TEMP	F	32	SF	1.42.01	0
611	343	51144	SIVIWE	MEVENI	REALGIJ	M	32	SM	1.42.02	0
612	149	21614	SIPHOKAZI	NYEMBEZI	SABC	F	32	SF	1.42.06	0
613	17	633	OLWETHU	BLOM	ASPEN	F	27	SF	1.42.07	1
614	101	1932	ALICIA	KILLIAN	BLUEBAY	F	25	SF	1.42.07	1
615	13	827	ROWAN	BENTLEY	CHARLO	M	58	55-59M	1.42.08	1
616	477	1903	JACKI	LYLE	BLUEBAY	F	38	35-39F	1.42.10	1
617	238	2408	CHRIS	VILJOEN	PROFILES	M	71	70+M	1.42.18	1
618	388	1340	LAVINIA	PIETERSE	VWAC	F	44	40-44F	1.42.19	1
619	239	1783	JOHAN	VOSLOO	KOUGA	M	67	65-69M	1.42.32	1
620	942	1860	VUYOKAZI	NGALO	VUKANI	F	37	35-39F	1.42.38	1
621	670	2460	VUYOKAZI	MBASA	DPWEC	F	38	35-39F	1.42.44	1
622	211	465	HELMUT	TERBLANS	WALMER	M	54	50-54M	1.42.50	1
623	993	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	46	45-49M	1.42.50	1
624	164	907	PAVANA	PILLAY	CHARLO	F	18	JF	1.42.56	1
625	167	884	KRISH	PILLAY	CHARLO	M	57	55-59M	1.43.09	1
626	116	552	BERNADETTE	LOOCK	RUN4C	F	39	35-39F	1.43.19	1
627	591	4591	YOLANDA	DUGMORE	TEMP	F	46	45-49F	1.43.21	0
628	453	2120	ADRIAAN	OLIVIER	DESPATCH	M	40	40-44M	1.43.28	1
629	328	330	BENTLEY	HISCOCK	MUIRITE	M	51	50-54M	1.43.29	1
630	139	929	ANUSHA	NAIDU	CHARLO	F	52	50-54F	1.43.31	1
631	540	5040	THEMBANI	MKAPA	TEMP	M	35	35-39M	1.43.32	0
632	127	3018	BRONWIN	MEYER	32GI	F	46	45-49F	1.43.53	1
633	1	2213	WARDA	ABRAHAMS	MADIBAZ	F	29	SF	1.44.04	1
634	879	1797	JANENE	OOSTHUIZEN	KOUGA	F	40	40-44F	1.44.14	1
635	346	1151	LIZ	AUSTIN	ACH	F	60	60-64F	1.44.18	1
636	38	943	DENISE	DARLOW	CHARLO	F	50	50-54F	1.44.19	1
637	66	3027	MICHAEL	FOWLER	32GI	M	52	50-54M	1.44.20	1
638	99	969	GARY	KELLEHER	CHARLO	M	61	60-64M	1.44.22	1
639	566	5066	ANJA	MYBURGH	TEMP	F	41	40-44F	1.44.43	0
640	274	7274	ARNO	GOUWS	TEMP	M	29	SM	1.44.44	0
641	273	7273	ARMAND	GOUWS	TEMP	M	23	SM	1.44.44	0
642	902	1541	LYNN	LOYSON	NEDBANK	F	48	45-49F	1.44.53	1
643	636	1348	ESTELLE	DE KLERK	NEDBANK	F	52	50-54F	1.44.55	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
644	971	1261	TAMMY-LEIGH	NEVELING	ELITEAC	F	26	SF	1.44.56	1
645	973	1217	NADIA	JANSE VAN RENSBURG	ELITEAC	F	29	SF	1.44.57	1
646	228	879	SHELBY	VAN ROOYEN	CHARLO	F	21	SF	1.45.07	1
647	590	5090	NKULULEKO	MOLOSI	TEMP	M	40	40-44M	1.45.09	0
648	843	817	FAYROEZ	ALLY	MALABAR	F	52	50-54F	1.45.28	1
649	607	2063	MADELEIN	CLAASSEN	DESPATCH	F	51	50-54F	1.45.35	1
434	551	5051	WESLEY	REGNART	TEMP	M	29	SM	1.30.50	0
435	344	1114	GAIL	KLICHOWICZ	ACH	F	52	50-54F	1.30.51	1
436	206	1799	KOOT	SWANEPOEL	KOUGA	M	65	65-69M	1.30.56	1
437	606	457	THEO	HALGREEN	WALMER	M	49	45-49M	1.30.57	1
438	846	1111	GRAHAM	CHANNON	ACH	M	69	65-69M	1.30.58	1
439	230	780	SHAVONNE	VAN STADEN	CRUSADE	F	37	35-39F	1.30.58	1
440	600	6600	LUDWE	SITYOSHWANA	TEMP	M	42	40-44M	1.30.59	0
441	937	100	LYNETTE	CRAUSE	INFINITY	F	59	55-59F	1.31.06	1
442	941	1483	MARIUS	SNYMAN	NEDBANK	M	54	50-54M	1.31.11	1
443	679	369	ASANDA	MSARO	IKHAMVA	F	33	SF	1.31.13	1
444	911	2041	BIANCA	ROBERTS	DESPATCH	F	30	SF	1.31.15	1
445	224	566	TANIA	VAN NIEKERK	RUN4C	F	45	45-49F	1.31.16	1
446	219	1049	CHRIS	VAN DER WALT	BODYCON	M	43	40-44M	1.31.17	1
447	550	5050	CHANTELLE	POTTS	TEMP	F	33	SF	1.31.18	0
448	190	1305	CRESWINNE	SLOTTO	VWAC	M	18	JM	1.31.19	1
449	650	2095	CHRISTINE	SNYMAN	DESPATCH	F	62	60-64F	1.31.28	1
450	156	1514	DAVID	O'REILLY	NEDBANK	M	71	70+M	1.31.33	1
451	485	142	SIHAAM	ALLISON	MALABAR	F	33	SF	1.31.36	1
452	305	1339	LEZELL	HARRIS	VWAC	F	45	45-49F	1.31.38	1
453	463	278	CATHY	CURTAIN	MUIRITE	F	48	45-49F	1.31.38	1
454	809	1963	LISA	SHARP	BLUEBAY	F	38	35-39F	1.31.39	1
455	406	105	JOSE	DOS SANTOS	INFINITY	M	53	50-54M	1.31.40	1
456	662	1739	DESIREE	TITUS	GELVAN	F	53	50-54F	1.31.43	1
457	976	2386	YOLANDIE	LANDMAN	PROFILES	F	43	40-44F	1.31.48	1
458	861	648	KELLY	HOLMES	ASPEN	F	42	40-44F	1.32.03	1
459	175	52053	TEGAN	PURDON	STEL	F	26	SF	1.32.06	0
460	565	5065	RENTIA	MEYER	TEMP	F	59	55-59F	1.32.08	0
461	408	2782	JASTINE	VAN DER BERG	SAPPE	F	16	JF	1.32.11	1
462	288	7288	JEAN-PIERRE	NELSON	TEMP	M	34	SM	1.32.15	0
463	898	2113	YOLANDE	VAN ROOYEN	DESPATCH	F	39	35-39F	1.32.21	1
464	881	2090	MARISKA	OLIVIER	DESPATCH	F	31	SF	1.32.21	1
465	682	2059	YVETTE	JONKER	DESPATCH	F	46	45-49F	1.32.21	1
466	469	1717	ANTOINETTE	HUMAN	GELVAN	F	50	50-54F	1.32.25	1
467	514	5014	NOKUKHANYA	METIWA	TEMP	F	25	SF	1.32.25	0
468	336	431	SIYASANGA	LONI	COEGA	M	37	35-39M	1.32.29	1
469	977	2384	VERNON	LANDMAN	PROFILES	M	44	40-44M	1.32.33	1
470	989	777	CHARLES	RENNIE	CRUSADE	M	54	50-54M	1.32.35	1
471	24	882	ARMIN	BRANDLE	CHARLO	M	67	65-69M	1.32.37	1
472	671	1097	MATI	JACK	ACH	M	67	65-69M	1.32.41	1
473	614	1859	BONGEKA	FUZILE	VUKANI	F	33	SF	1.32.44	1
474	222	961	LARA	VAN HEERDEN	CHARLO	F	43	40-44F	1.32.45	1
475	834	812	CHARL	GRIESSEL	CRUSADE	M	55	55-59M	1.32.47	1
476	125	805	TAMRYN	MARSBERG	CRUSADE	F	28	SF	1.32.52	1
477	807	198	RIAAAN	SMALBERGER	CSEP	M	64	60-64M	1.32.54	1
478	90	296	LIZ	JENKERSON	MUIRITE	F	72	70+F	1.32.56	1
479	302	6302	CHRISTINE	WALE	TEMP	F	38	35-39F	1.32.57	0
480	954	1885	NOSITO	NQWATA	VUKANI	F	36	35-39F	1.32.59	1
481	103	760	TAMARA	KLOS	CRUSADE	F	34	SF	1.33.00	1
482	147	2239	SIMPHIWE	NOKO	MADIBAZ	M	34	SM	1.33.03	1
483	461	291	RUSSELL	HISCOCK	MUIRITE	M	45	45-49M	1.33.07	1
484	789	2526	SIMANGILE	SOLWANDLE	HOLLYWOO	F	27	SF	1.33.10	0
485	93	1336	LINDY	JONAS	VWAC	F	35	35-39F	1.33.17	1
486	596	6596	SIYABONGA	GALIMA	TEMP	M	34	SM	1.33.20	0
487	5	150	YOUNUS	AMOD	MALABAR	M	66	65-69M	1.33.22	1
488	345	2494	CONNIE	FELIX	XCEL	F	52	50-54F	1.33.26	1
489	683	2058	RONNIE	JONKER	DESPATCH	M	49	45-49M	1.33.30	1
490	318	2741	RICHARD	ZUNGU	SAPPE	M	52	50-54M	1.33.31	1
491	353	1480	MARIANE	VAN DER LINDE	NEDBANK	F	40	40-44F	1.33.35	1
492	307	1384	NOYISE	LUVALO	NEDBANK	F	39	35-39F	1.33.40	1
493	945	1556	ZANELE	MGEMA	NEDBANK	F	18	JF	1.33.42	1
494	180	2493	YUSUF	SAMUELS	XCEL	M	59	55-59M	1.33.42	1
495	934	1051	VERONICA	SMITH	BODYCON	F	52	50-54F	1.33.43	1



POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
496	958	722	CHRISTINE	ROBERTS	CRUSADE	F	42	40-44F	1.33.51	1
497	235	990	KIM	VENTER	CHARLO	F	34	SF	1.33.56	1
498	323	2052	JHANINEN	BOSHOFF	DESPATCH	F	52	50-54F	1.33.59	1
499	84	971	LLEWELLYN	IRELAND	CHARLO	M	31	SM	1.34.09	1
500	34	1934	STEPHEN	COETZEE	BLUEBAY	M	63	60-64M	1.34.11	1
501	529	5029	CANDICE	VAN ROOYEN	TEMP	F	33	SF	1.34.14	0
502	108	915	WILLI	LAWSON	CHARLO	M	66	65-69M	1.34.16	1
503	507	5007	THABANG	MOATSHE	TEMP	M	29	SM	1.34.26	0
504	107	1924	MARKUS	KUNNEKE	BLUEBAY	M	49	45-49M	1.34.32	1
505	964	1840	BULELWA	MASOKA	VUKANI	F	38	35-39F	1.34.33	1
506	198	1424	KEITH	SPARKS	NEDBANK	M	28	SM	1.34.33	1
507	242	2143	NICOLA	WEBBER	MADIBAZ	F	25	SF	1.34.34	1
508	986	670	MORNE	DU PLESSIS	ASPEN	M	40	40-44M	1.34.44	1
509	389	5508	XHANTI	MANTSHIYO	TEMP	M	51	50-54M	1.34.53	0
510	532	5032	REGARDT	STRYDOM	TEMP	M	38	35-39M	1.34.56	0
511	431	36	SHANE	SAUNDERS	PEAAC	M	51	50-54M	1.34.57	1
512	484	554	PETRUS	RADEMEYER	RUN4C	M	44	40-44M	1.34.58	1
513	86	2278	LANCE	JACOBS	MADIBAZ	M	45	45-49M	1.35.09	1
514	290	7290	SOLOMZI	NODALI	TEMP	M	30	SM	1.35.17	0
515	938	88	WYNAND	CRAUSE	INFINITY	M	29	SM	1.35.21	1
516	654	1260	MIEMSIE	SWANEPOEL	ELITEAC	F	57	55-59F	1.35.23	1
517	405	302	HELEN	DEYZEL	MUIRITE	F	46	45-49F	1.35.26	1
518	527	5027	MAKUNGI	MATHEBULA	MADIBAZ	F	20	SF	1.35.27	1
519	944	1403	NOMATEMBA	GUM	NEDBANK	F	44	40-44F	1.35.29	1
520	926	51530	POPPY	DYASI	ESKOM	F	37	35-39F	1.35.29	0
521	943	1165	LESLEY	MAGGOTT	ACH	F	51	50-54F	1.35.38	1
522	852	38	MIKE	HANLEY	PEAAC	M	69	65-69M	1.35.39	1
523	85	1136	CATHY	IVES	ACH	F	65	65-69F	1.35.42	1
524	471	645	MONDE	NCOYO	ASPEN	M	62	60-64M	1.35.45	1
525	586	6586	MOJACK	HAUPT	TEMP	M	33	SM	1.35.54	0
526	45	2779	HERMAN	DEKKER	SAPPE	M	74	70+M	1.35.55	1
527	882	1786	BEN	JOUBERT	KOUGA	M	54	50-54M	1.36.07	1
528	286	7286	MTHANDAZO	MAKAMISA	TEMP	M	29	SM	1.36.11	0
529	912	223	SHARON	SMUTS	CSEP	F	52	50-54F	1.36.12	1
530	100	1968	ALEX	KHUZWAYO	BLUEBAY	M	56	55-59M	1.36.24	1
531	530	5030	ELJOAN	DAMONS	TEMP	M	26	SM	1.36.26	0
532	105	886	KARIEN	KNOETZE	CHARLO	F	26	SF	1.36.27	1
533	203	878	IRMA	STRUWIG	CHARLO	F	24	SF	1.36.28	1
534	287	7287	KIM	MULOCK HOUWER	TEMP	F	47	45-49F	1.36.31	0
535	295	7295	DEAN	SMALL	TEMP	M	46	45-49M	1.36.31	0
536	397	715	JUAN-PIERRE	DESCHAMPS	CRUSADE	M	27	SM	1.36.36	1
537	396	746	MARINE	BELTRAN	CRUSADE	F	29	SF	1.36.37	1
538	59	1536	JOHN	FACEY	NEDBANK	M	61	60-64M	1.36.43	1
539	999	541	BEVERLEY	VILJOEN	RUN4C	F	47	45-49F	1.36.50	1
540	188	32	LANCE	SHORTT	PEAAC	M	67	65-69M	1.36.50	1
541	624	2034	TALANA	WYATT	DESPATCH	F	27	SF	1.36.52	1
542	883	1787	KOBA	JOUBERT	KOUGA	F	54	50-54F	1.36.56	1
543	653	1759	SHANNON	CHAMBERLAIN	KOUGA	F	52	50-54F	1.36.56	1
544	974	897	DAVID	MASTERTON	CHARLO	M	48	45-49M	1.36.57	1
545	544	5044	DAVID	GWABENI	TEMP	M	40	40-44M	1.37.00	0
546	161	1821	ABONGILE	PEZA	VUKANI	M	35	35-39M	1.37.01	1
547	309	1375	BARRY	NELSON	NEDBANK	M	67	65-69M	1.37.05	1
548	853	2074	MOSSIE	MOSTERT	DESPATCH	M	55	55-59M	1.37.07	1
549	667	2071	MARIUS	WAGNER	DESPATCH	M	40	40-44M	1.37.12	1
550	489	2042	ARUSHKE	HAEFELE	DESPATCH	F	38	35-39F	1.37.29	1
551	503	1033	BONGIWE	MTHOMBENI	BODYCON	F	38	35-39F	1.37.31	1
552	280	7280	STEPHEN	KIRTON	TEMP	M	22	SM	1.37.32	0
553	272	7272	CHARL	FRANCIS	TEMP	M	51	50-54M	1.37.48	0
554	513	5013	DANIELLA	VAN DER WALT	TEMP	F	36	35-39F	1.37.55	0
555	425	3520	SIYABULELA	STUNGU	VUKANI	M	42	40-44M	1.37.55	1
556	80	881	LISA	HEN-BOISEN	CHARLO	F	45	45-49F	1.37.57	1
557	30	2377	WENDY	CAMERON	MADIBAZ	F	41	40-44F	1.37.58	1
558	178	1421	ANNELINE	RAUTENBACH	NEDBANK	F	51	50-54F	1.38.01	1
559	684	1725	PEARL	DAMONS	GELVAN	F	55	55-59F	1.38.03	1
560	811	713	DENISE	FERREIRA	CRUSADE	F	57	55-59F	1.38.05	1
561	104	1239	YOLANDE	KNOETZE	ELITEAC	F	51	50-54F	1.38.17	1
562	528	5028	WANDA	ELS	TEMP	F	44	40-44F	1.38.17	0
563	182	934	HERMAN	SCHEEPERS	CHARLO	M	43	40-44M	1.38.18	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
564	472	2104	ADELE	JANSE VAN RENSBURG	DESPATCH	F	48	45-49F	1.38.21	1
565	330	2928	SINDILE	NOGQALA	TPTACEP	M	43	40-44M	1.38.21	1
566	387	428	NTOMBIZINE	MTANDA	COEGA	F	42	40-44F	1.38.25	1
567	269	7269	SHAHIED	DAVIDS	TEMP	M	56	55-59M	1.38.27	0
568	429	432	THUTHUKA	SONGELWA	COEGA	F	39	35-39F	1.38.28	1
569	465	1929	LIZELLE	NOTLEY	BLUEBAY	F	36	35-39F	1.38.41	1
570	71	996	HEIDRIN	GERBER	CHARLO	F	49	45-49F	1.38.42	1
571	199	838	CATHERINE	STARK	CHARLO	F	28	SF	1.38.42	1
572	245	891	LYNN	WELMAN	CHARLO	F	39	35-39F	1.38.46	1
573	604	1267	CHUMA	VUTHA	VWAC	M	38	35-39M	1.39.05	1
574	578	5078	KHANGELANI	HALOM	TEMP	M	37	35-39M	1.39.06	0
575	893	2048	HENRY	HULME	DESPATCH	M	53	50-54M	1.39.09	1
576	183	1975	MARICIA	SCHULPFORT	SOMEAST	F	32	SF	1.39.11	1
577	939	642	DIVAN	LOUBSER	ASPEN	M	36	35-39M	1.39.12	1
578	886	3071	EUNICE	KEFILE	TRANSNET	F	44	40-44F	1.39.13	1
579	991	35077	KHAYA	MTI	ABSA	M	39	35-39M	1.39.23	0
580	536	5036	GREG	RASEROKA	TEMP	M	27	SM	1.39.25	0
581	635	14607	VUYISEKA	TYUKALA	UNKNOWN	F	27	SF	1.39.28	0
582	978	1500	JAN	LE ROUX	NEDBANK	M	59	55-59M	1.39.32	1
583	511	5011	STEFAN	VAN DER LINDE	TEMP	M	36	35-39M	1.39.41	0
584	398	1548	THANDIWE	NKWANDLA	NEDBANK	F	53	50-54F	1.39.43	1
585	70	3045	ZELDA	GERBER	32GI	F	42	40-44F	1.39.51	1
586	153	2327	HANNELI	OLIVIER	MADIBAZ	F	20	SF	1.39.53	1
587	48	1471	MARCHELLE	DEYZEL	NEDBANK	F	53	50-54F	1.40.01	1
588	534	5034	BRENDON	BOSCH	TEMP	M	24	SM	1.40.09	0
589	969	1842	BABALWA	NOMPUKANE	VUKANI	F	36	35-39F	1.40.30	1
590	858	95	ZELDA	KRIGE	INFINITY	F	58	55-59F	1.40.30	1
591	919	97	INA	MEAKER	INFINITY	F	57	55-59F	1.40.31	1
592	627	2451	MCEBISI	MZINZI	DPWEC	M	39	35-39M	1.40.31	1
593	998	1463	RONELLE	STEYN	NEDBANK	F	75	70+F	1.40.32	1
594	967	85	JANETTE	VAN DER KOLF	PEAAC	F	59	55-59F	1.40.38	1
595	538	1882	MBULELO	MENGU	VUKANI	M	45	45-49M	1.40.42	1
596	481	1388	JAN	GERBER	NEDBANK	M	42	40-44M	1.40.49	1
597	494	1256	DANIEL	FERREIRA	ELITEAC	M	60	60-64M	1.40.57	1
598	801	4801	MARLIZE	MINNAAR	TEMP	F	41	40-44F	1.40.58	0
599	496	3494	NELLA	DE JAGER	HOLLYWOO	F	52	50-54F	1.40.59	0
600	15	956	NEELESH	BHANA	CHARLO	M	47	45-49M	1.41.01	1
601	131	2286	GEROME	MINTOOR	MADIBAZ	M	51	50-54M	1.41.02	1
650	35	954	LYNETTE	COLE	CHARLO	F	54	50-54F	1.45.51	1
651	983	2766	LINDI	MEYER	SAPPE	F	45	45-49F	1.45.52	1
652	151	2778	MICHAEL	DEKKER	SAPPE	M	46	45-49M	1.45.52	1
653	982	1494	WERNER	MEYER	NEDBANK	M	45	45-49M	1.45.53	1
654	901	196	AUBREY	LE ROUX	CSEP	M	66	65-69M	1.45.54	1
655	862	1317	LUVUYO	SALI	VWAC	M	33	SM	1.45.55	1
656	7	856	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	56	55-59M	1.46.23	1
657	297	7297	CHANTELL	VAN BAALLEN	TEMP	F	42	40-44F	1.46.25	0
658	959	3036	JENNY	VAN DER WALT	32GI	F	36	35-39F	1.46.38	1
659	685	1818	JASMINE	JACK	GELVAN	F	47	45-49F	1.46.39	1
660	221	829	JOHLI	VAN EEDEN	CHARLO	F	49	45-49F	1.46.41	1
661	76	2254	MLULEKI	GQOBOSE	MADIBAZ	M	49	45-49M	1.46.45	1
662	799	4799	LOUIS	RUDMAN	TEMP	M	62	60-64M	1.46.46	0
663	95	1377	KEREN	JOOMAN	NEDBANK	F	32	SF	1.46.47	1
664	906	1738	KEITH	HARRIS	GELVAN	M	48	45-49M	1.47.01	1
665	246	776	CHANDRE	WEST	CRUSADE	F	43	40-44F	1.47.23	1
666	172	2273	AIMEE	POHLMANN	MADIBAZ	F	21	SF	1.47.23	1
667	266	7266	THERA	BOTHA	TEMP	F	20	SF	1.47.28	0
668	112	1281	DEWALD	LEMLEY	VWAC	M	36	35-39M	1.47.29	1
669	936	1179	KATHERINE	LIEBENBERG	ACH	F	46	45-49F	1.47.31	1
670	492	1592	GORDON	POTGIETER	NEDBANK	M	48	45-49M	1.47.33	1
671	141	753	PLACXEDES	NDHLOVU	CRUSADE	F	44	40-44F	1.47.34	1
672	690	1961	JEVAN	DAVIS	BLUEBAY	M	32	SM	1.47.51	1
673	557	5057	NOLISINDISO	MOYAKITE	TEMP	F	32	SF	1.47.51	0
674	699	7	KEVIN	BENADE	PEAAC	M	50	50-54M	1.47.52	1
675	303	6303	LEESLE	WYNFORD	TEMP	F	46	45-49F	1.48.09	0
676	601	2029	WINSLOW	BOUWER	DESPATCH	M	34	SM	1.48.20	1
677	74	2294	LUCELLE	GOLIATH	MADIBAZ	F	58	55-59F	1.48.26	1
678	618	1298	MPHATHISI	MJADU	VWAC	M	47	45-49M	1.48.44	1
679	361	2975	BANOYOLO	GQOLI	TPTACEP	F	37	35-39F	1.48.46	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
680	263	7263	LIZ	BAIN	TEMP	F	37	35-39F	1.48.55	0
681	968	1486	JOHAN	FERREIRA	NEDBANK	M	57	55-59M	1.49.06	1
682	209	94	DENISE	TERBLANCHE	INFINITY	F	71	70+F	1.49.12	1
683	866	41	THEMBISILE	NTONI	PEAAC	M	71	70+M	1.49.16	1
684	675	372	SIYANDA	NCAPAYI	IKHAMVA	M	28	SM	1.49.26	1
685	518	5018	LINDA	ALEXANDRIS	TEMP	F	46	45-49F	1.49.28	0
686	786	1545	BERENICE	SMITH	NEDBANK	F	54	50-54F	1.49.30	1
687	535	1887	KHUTHALA	NKOMO	VUKANI	F	30	SF	1.49.35	1
688	58	1560	SAM	ERASMUS	NEDBANK	M	59	55-59M	1.50.00	1
689	404	338	SANET	BOUCHER	MUIRITE	F	39	35-39F	1.50.01	1
690	36	542	TANIA	COWLEY	RUN4C	F	52	50-54F	1.50.06	1
691	506	1407	BUKEKA	MATINISE	NEDBANK	F	46	45-49F	1.50.21	1
692	622	334	NEIL	GROBLER	MUIRITE	M	58	55-59M	1.50.21	1
693	576	6576	ELMIEN	DU PREEZ	TEMP	F	46	45-49F	1.50.37	0
694	947	1849	NOTOZOLA	JAM JAM	VUKANI	F	37	35-39F	1.50.37	1
695	432	2636	ARETHA	PLATA	NMBMUN	F	36	35-39F	1.50.38	1
696	165	900	THURAYA	PILLAY	CHARLO	F	16	JF	1.50.44	1
697	452	624	BANDLAKAZI	CABA	ASPEN	F	31	SF	1.50.48	1
698	987	955	CYRIL	PETERS	CHARLO	M	52	50-54M	1.51.00	1
699	166	901	EUSENTHA	PILLAY	CHARLO	F	53	50-54F	1.51.13	1
700	571	5071	TABEA	LEBOLD	TEMP	M	18	JM	1.51.13	0
701	660	1723	REHANA	DE MAINE	GELVAN	F	51	50-54F	1.51.21	1
702	354	562	JUDITH	NIENABER	RUN4C	F	59	55-59F	1.51.22	1
703	46	1858	AYANDA	DELIWE	VUKANI	F	36	35-39F	1.51.23	1
704	658	2733	TANIA	ZEELIE	SAPPE	F	43	40-44F	1.51.32	1
705	796	4796	SANDRA	BUTTERS	TEMP	F	53	50-54F	1.51.41	0
706	598	5098	MONDE	NOGAGA	TEMP	M	41	40-44M	1.51.41	0
707	599	5099	MAVU	MUTENHA	TEMP	M	43	40-44M	1.51.51	0
708	33	796	TRACY	COCKROFT	CRUSADE	F	56	55-59F	1.51.53	1
709	554	5054	NAYOLENE	JOSEPHUS	TEMP	F	26	SF	1.51.55	0
710	629	45	SICELO	THABETHE	PEAAC	M	45	45-49M	1.52.00	1
711	856	1482	OLWETHU	MAGADLA	NEDBANK	F	28	SF	1.52.01	1
712	92	1338	ALEX	JONAS	VWAC	F	57	55-59F	1.52.02	1
713	795	4795	THEMBANI	GODLO	TEMP	M	37	35-39M	1.52.02	0
714	26	1906	LARISSA	BRUYNS	BLUEBAY	F	29	SF	1.52.09	1
715	844	816	RAFICK	ALLY	MALABAR	M	51	50-54M	1.52.19	1
716	575	6575	SIYANDA	NTENGE	TEMP	M	32	SM	1.52.24	0
717	916	1877	PHENYO	MAOKISHO	VUKANI	M	35	35-39M	1.52.27	1
718	152	1967	SONJA	OLIVIER	BLUEBAY	F	51	50-54F	1.52.32	1
719	985	2335	DEIDRE	GERBER	MADIBAZ	F	47	45-49F	1.52.33	1
720	537	5037	IAN	JORDAAN	TEMP	M	35	35-39M	1.52.35	0
721	935	1187	COLIN	STEPHEN	ACH	M	31	SM	1.52.38	1
722	22	2038	JORLINA	BOTHA	DESPATCH	F	48	45-49F	1.52.38	1
723	217	3029	GERRIE	VAN DE MERWE	32GI	M	56	55-59M	1.52.40	1
724	561	5061	ASIPHILE	MLATSHENI	TEMP	M	26	SM	1.52.54	0
725	504	1233	CHRISTINE	FOURIE	ELITEAC	F	72	70+F	1.53.02	1
726	267	7267	ANDRE	BOWER	TEMP	M	64	60-64M	1.53.06	0
727	137	2258	ROGER	MULLER	MADIBAZ	M	45	45-49M	1.53.06	1
728	355	2257	MADELEINE	NIENABER	MADIBAZ	F	24	SF	1.53.18	1
729	426	1558	FADILLA	FRITZ	NEDBANK	F	45	45-49F	1.53.31	1
730	14	988	NOLA	BEZUIDENHOUT	CHARLO	F	56	55-59F	1.53.46	1
731	79	93	STEPHANIE	HAY	INFINITY	F	63	60-64F	1.53.56	1
732	162	78	JEANETTE	PIENAAR	PEAAC	F	70	70+F	1.54.10	1
733	621	3076	THEMBISILE	VETSHEZA	TRANSNET	F	39	35-39F	1.54.13	1
734	428	1497	SHIRLEEN	CLARKE	NEDBANK	F	56	55-59F	1.54.14	1
735	111	1269	SIMON	LELAKA	VWAC	M	46	45-49M	1.54.16	1
736	663	1122	BOB	STEDMAN	ACH	M	69	65-69M	1.54.19	1
737	268	7268	FAITH	BOWER	TEMP	F	24	SF	1.54.21	0
738	700	1962	ANDRE	PIENAAR	BLUEBAY	M	56	55-59M	1.54.22	1
739	314	469	TARYN	FERREIRA	WALMER	F	37	35-39F	1.54.53	1
740	378	5844	ALASTAIR	RODGER	VOB	M	72	70-74M	1.55.11	0
741	696	3201	VELISWA	NIKELO	NMBMUN	F	45	45-49F	1.55.12	1
742	43	468	IRMA	DE JAGER	WALMER	F	58	55-59F	1.55.12	1
743	454	2096	TERTIA	GROBLER	DESPATCH	F	59	55-59F	1.55.13	1
744	889	1465	XOLILE	GOMOMO	NEDBANK	M	66	65-69M	1.55.22	1
745	458	3072	SIZIWE	KOSI	TRANSNET	F	39	35-39F	1.55.25	1
746	487	546	ALYCIA	LANGLEY	RUN4C	F	25	SF	1.55.25	1
747	645	1954	NWABISA	MSUTHWANA	BLUEBAY	F	38	35-39F	1.55.37	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
748	546	5046	MAKHI	HOBBO	TEMP	M	43	40-44M	1.55.49	0
749	310	2497	COREEN	LEANDER	XCEL	F	45	45-49F	1.55.50	1
750	798	4798	JENNY	RUDMAN	TEMP	F	36	35-39F	1.56.00	0
751	87	3202	ANDISWA	JAFTA	NMBMUN	F	27	SF	1.56.07	1
752	457	2790	ABEGAIL	TEYISE	SAPPE	F	46	45-49F	1.56.18	1
753	284	7284	THOBEKA	MABUSELA	TEMP	F	57	55-59F	1.56.20	0
754	608	3041	CASSANDRA	ERASMUS	32GI	F	35	35-39F	1.56.29	1
755	961	125	NURAAN	JACOBS	MALABAR	F	36	35-39F	1.56.39	1
756	693	2796	THABISA	NDULAMA	SAPPE	F	42	40-44F	1.56.44	1
757	805	4805	BULELWA	SIKAMPULA	TEMP	F	34	SF	1.56.55	0
758	41	1372	ZIMKITHA	DAYI-SIBANGELE	NEDBANK	F	33	SF	1.56.55	1
759	23	2775	JILLIAN	BOWER	SAPPE	F	30	SF	1.56.56	1
760	470	2800	MAVIS	MBELE	SAPPE	F	58	55-59F	1.57.05	1
761	519	5019	DENISE	VAN DER MERWE	TEMP	F	47	45-49F	1.57.16	0
762	264	7264	LESLIE	BARNARD	TEMP	M	36	35-39M	1.57.38	0
763	900	1769	LURENE	ELS	KOUGA	F	38	35-39F	1.57.48	1
764	19	966	SONJA	BOSCH	CHARLO	F	56	55-59F	1.57.59	1
765	691	2025	ELAINE	GARDNER	DESPATCH	F	46	45-49F	1.58.04	1
766	69	1770	CARIKE	GERBER	KOUGA	F	40	40-44F	1.58.18	1
767	282	7282	ANITA	LABUSCHAGNE	TEMP	F	38	35-39F	1.58.19	0
768	446	761	NTOKOZO	DAMBUZA	CRUSADE	F	40	40-44F	1.58.33	1
769	158	500	ALAN	PENNEY	WALMER	M	72	70+M	1.58.59	1
770	908	3435	ANSIDA	MQHATU	COEGA	F	39	35-39F	1.59.23	1
771	631	3436	ZUKO	MQHATU	COEGA	M	41	40-44M	1.59.24	1
772	610	3487	XOLISWA	SIKONJE	IKHAMVA	F	40	40-44F	1.59.39	1
773	456	663	CLAUDIA	LANGSON	ASPEN	F	57	55-59F	1.59.39	1
774	948	1476	NTOMBIZINE	MEKUTO	NEDBANK	F	49	45-49F	1.59.42	1
775	202	2301	SIMON	STRIMLING	MADIBAZ	M	57	55-59M	2.00.01	1
776	155	27	GESINA	OOSTHUIZEN	PEAAC	F	60	60-64F	2.00.11	1
777	154	26	HENNIE	OOSTHUIZEN	PEAAC	M	62	60-64M	2.00.11	1
778	215	917	VICKY	TSOUKNIDAS	CHARLO	F	41	40-44F	2.00.59	1
779	523	5023	LUNGA	PEPPETA	TEMP	M	50	50-54M	2.01.28	0
780	907	2072	LIEZEL	LERM	DESPATCH	F	48	45-49F	2.02.17	1
781	411	3477	VUYOKAZI	CANDA	YOUTH	F	31	SF	2.02.32	1
782	430	1960	ERICA	ERASMUS	BLUEBAY	F	49	45-49F	2.02.44	1
783	143	1845	THANDIWE	NDZOMBANE	VUKANI	F	51	50-54F	2.02.48	1
784	929	569	PIETER	GERBER	RUN4C	M	60	60-64M	2.02.55	1
785	559	5059	LINDA	MATSHA	TEMP	F	38	35-39F	2.03.29	0
786	67	998	ROBERT	GALLOWAY	CHARLO	M	67	65-69M	2.03.41	1
787	569	5069	NOSPHIWO	MACHASA	TEMP	F	28	SF	2.04.02	0
788	128	1495	GLENDA	MEYER	NEDBANK	F	49	45-49F	2.04.16	1
789	60	1435	MICHAEL	FLYNN	NEDBANK	M	54	50-54M	2.04.20	1
790	837	209	ANNA	WELGEMOED	CSEP	F	49	45-49F	2.04.27	1
791	623	1434	DIANNE	HARTZENBERG	NEDBANK	F	60	60-64F	2.04.44	1
792	91	1297	CLIFFORD	JONAS	VWAC	M	56	55-59M	2.04.52	1
793	214	1850	SBONGILE	TSIU	VUKANI	F	46	45-49F	2.04.59	1
794	173	495	SHARON	POTGIETER	WALMER	F	54	50-54F	2.05.02	1
795	560	5060	SIHLE	NDONGENI	TEMP	F	27	SF	2.05.16	0
796	928	567	RITA	GERBER	RUN4C	F	58	55-59F	2.05.23	1
797	558	5058	CORDELIA	MZILENI	TEMP	F	35	35-39F	2.05.26	0
798	732	1893	NASIPHI	DINGA	VUKANI	F	30	SF	2.05.32	1
799	32	1105	ROBIN	CLARK	ACH	M	78	70+M	2.05.40	1
800	892	2088	RHYNO	OLIVIER	DESPATCH	M	49	45-49M	2.05.41	1
801	857	321	TIMOTHY	EMMERSON	MUIRITE	M	58	55-59M	2.06.35	1
802	869	1703	GODFREY	KARIEM	GELVAN	M	78	70+M	2.08.12	1
803	927	1366	GERAIN	DAVID	NEDBANK	F	48	45-49F	2.08.18	1
804	531	5031	MARILYN	MULLER	TEMP	F	47	45-49F	2.09.09	0
805	249	2310	NOMAKHAYA	WILLIAMS	MADIBAZ	F	34	SF	2.09.28	1
806	6	423	FUNDISWA	ANTONY	COEGA	F	46	45-49F	2.09.29	1
807	236	962	MILE	VERMAAK	CHARLO	F	52	50-54F	2.10.36	1
808	979	1248	CHARLENE	DE CONING	ELITEAC	F	54	50-54F	2.10.36	1
809	573	5073	JULIUS	SHOGOLE	TEMP	M	66	65-69M	2.10.59	0
810	50	2281	AYANDA	DLULA	MADIBAZ	F	24	SF	2.11.19	1
811	306	2921	PUMEZA	KETSHENGANA	TPTACEP	F	37	35-39F	2.11.23	1
812	689	1970	ROZANNE	PIETERSE	BLUEBAY	F	25	SF	2.11.52	1
813	213	783	NDILEKA	THOMPSON	CRUSADE	F	41	40-44F	2.12.46	1
814	83	972	MELISSA	IRELAND	CHARLO	F	29	SF	2.13.03	1
815	98	3331	CLARISHKA	KAPP	RUN4C	F	30	SF	2.13.13	1

POS	RNO	LNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
816	192	20	BRIAN	SMITH	PEAAC	M	75	70+M	2.14.13	1
817	351	1487	SHELDINE	SEPTOE	NEDBANK	F	57	55-59F	2.14.26	1
818	118	842	EDITH	MAC GEAR	CHARLO	F	51	50-54F	2.14.27	1
819	620	2080	REINET	STEYN	DESPATCH	F	57	55-59F	2.14.40	1
820	917	1955	VICKI	REYNOLDS	BLUEBAY	F	55	55-59F	2.14.47	1
821	493	1527	ANSJA	MCKENZIE	NEDBANK	F	32	SF	2.15.21	1
822	335	1272	KAYLEIGH	MCRAE	VWAC	F	24	SF	2.15.28	1
823	191	1325	CRESWELLE	SLOTTO	VWAC	M	45	45-49M	2.15.37	1
824	437	2639	NOMCEBISI	XATA	NMBMUN	F	42	40-44F	2.16.13	1
825	673	371	SANDISE	SITUNDA	IKHAMVA	F	36	35-39F	2.16.19	1
826	616	983	MARIUS	CROUCAMP	CHARLO	M	65	65-69M	2.17.06	1
827	791	297	MARIE	DELPORT	MUIRITE	F	63	60-64F	2.20.14	1
828	40	2393	LYNDENE	DAVIDSON	PROFILES	F	43	40-44F	2.23.39	1
829	526	5026	PUMEZA	LUSI	TEMP	F	39	35-39F	2.26.28	0
830	181	2381	VAL	SANDOW	PROFILES	F	73	70+F	2.28.49	1
<b>HELPERS RUN</b>										
H1	1001	1665	NICO	SMITH	MADIBA	M	33	SM	1.11.05	2
H2	1002	1688	ENRICO	ELS	MADIBA	M	40	40-44M	1.11.06	2
H3	1003	1681	GERRIT	FYVER	MADIBA	M	34	SM	1.11.12	2
H4	1004	1209	RACHEL	NIEUWOUDT	MADIBA	F	35	35-39F	1.17.57	2
H5	1005	1208	AMORAY	THEUNISSEN	MADIBA	F	25	SF	1.18.06	2
H6	1006	1010	JAN	VAN EEDEN	NEDBANK	M	60	60-64M	1.18.32	2
H7	1007	1676	LAUREN	ALCOCK	MADIBA	F	18	JF	1.21.31	1
H8	1008	2099	ELZABE	PHILLIPSON	DESPATCH	F	35	35-39F	1.22.46	1
H9	1009	1468	CHRISTEL	SMITH	NEDBANK	F	46	45-49F	1.23.17	2
H10	1038	9038	CATHERINE	MEIER	TEMP	F	25	SF	1.25.20	0
H11	1010	1696	CHARL	MEISTRE	MADIBA	M	34	SM	1.25.35	1
H12	1011	1674	DU RAAN	BADENHORST	MADIBA	M	34	SM	1.26.58	1
H13	1012	658	DAVID	NEL	ASPEN	M	31	SM	1.27.00	1
H14	1013	1411	THEMBINKOSI	SINGQOTO	NEDBANK	M	42	40-44M	1.28.36	1
H15	1014	1116	PETER	GIDDY	ACH	M	68	65-69M	1.29.00	1
H16	1015	623	ANDREA	DYER	ASPEN	F	41	40-44F	1.29.00	1
H17	1016	1466	AT	SCHOEMAN	NEDBANK	M	62	60-64M	1.33.56	1
H18	1017	1678	BUSISIWE	LESORO	MADIBA	F	48	45-49F	1.34.14	1
H19	1018	1667	SUSAN	ALCOCK	MADIBA	F	53	50-54F	1.35.08	1
H20	1019	1912	COLIN	INGRAM	BLUEBAY	M	59	55-59M	1.35.20	1
H21	1020	1690	IRMA	INGRAM	MADIBA	F	53	50-54F	1.35.34	1
H22	1021	1670	HELEN	MCLEAN	MADIBA	F	58	55-59F	1.37.19	1
H23	1022	1205	SUNE	POTGIETER	MADIBA	F	37	35-39F	1.37.31	1
H24	1023	115	LETA	DOS SANTOS	INFINITY	F	54	50-54F	1.38.16	1
H25	1024	1571	DORIS	GERBER	NEDBANK	F	48	45-49F	1.40.14	1
H26	1025	1687	JAN	LE ROUX	MADIBA	M	30	SM	1.41.19	1
H27	1026	630	NATASHA	CARMODY	ASPEN	F	31	SF	1.47.10	1
H28	1027	1694	NELESH	JAGANATH	MADIBA	M	38	35-39M	1.47.10	1
H29	1028	1631	AMANDA	BLIGNAULT	MADIBA	F	59	55-59F	1.49.05	1
H30	1029	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	49	45-49F	1.49.05	1
H31	1030	1697	LUETTE	NEL	MADIBA	F	41	40-44F	1.49.05	1
H32	1031	1118	RODNEY	MAGGOTT	ACH	M	61	60-64M	1.52.44	1
H33	1032	1657	ELZETTE	ZEELIE	MADIBA	F	51	50-54F	1.54.25	1
H34	1033	9033	SANET	NIIT	TEMP	F	50	50-54F	2.05.20	0
H35	1034	1655	ANITA	COETZER	MADIBA	F	45	45-49F	2.05.20	1
H36	1035	1683	REAN	THERON	MADIBA	M	56	55-59M	2.05.20	1
H37	1036	1446	HELEN	FOURIE	NEDBANK	F	49	45-49F	2.06.31	1
H38	1037	1447	ANDRE	FOURIE	NEDBANK	M	71	70+M	2.06.31	1