

SUNRIDGE VILLAGE 10KM - 2022/05/07 - PROVISIONAL RESULTS

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	222	363	CWENGA	NOSE	IKHAMVA	M	21	SM	0.30.36	5
2	256	357	SINAWO	POTI	IKHAMVA	M	20	SM	0.31.52	5
3	308	356	LUYANDA	TSHANGANA	IKHAMVA	M	38	35-39M	0.32.05	5
4	84	1440	MARIANO	EESOU	NEDBANK	M	30	SM	0.33.14	5
5	174	358	MZWANELE	MAPHEKULA	IKHAMVA	M	45	45-49M	0.33.21	5
6	387	178	BULELANI	NIWA	SPAREC	M	38	35-39M	0.34.13	5
7	668	1768	THULANI	MDLALO	TRANSNET	M	37	35-39M	0.35.04	5
8	622	1066	PATRIDGE	CHIMWENDO	ACH	M	19	SM	0.35.41	5
9	128	376	HOPEWELL	JABAVU	IKHAMVA	M	38	35-39M	0.35.45	5
10	386	20012	SIYABONGA	RHAFUZA	NEDBANK	M	17	JM	0.36.14	4
11	655	1810	XOLANI	NTEYI	VUKANI	M	43	40-44M	0.36.40	5
12	611	1413	TUMELO	MOCHELENYANE	NEDBANK	M	39	35-39M	0.36.51	5
13	14	117	DARREN	BENECKE	MADIBA	M	30	SM	0.37.03	4
14	352	1365	SITHEMBISO	YOZO	NEDBANK	M	58	55-59M	0.37.20	5
15	187	354	NWABISA	MJOLI	IKHAMVA	F	30	SF	0.37.33	5
16	1414	1414	KELLY	VAN VLIET	NEDBANK	F	34	SF	0.37.43	5
17	572	1728	NOEL	ADAMS	GELVAN	M	49	45-49M	0.37.45	5
18	348	1443	DENYS	WOLMARANS	NEDBANK	M	43	40-44M	0.37.54	5
19	573	60	THANDO	NCIPHA	SAPPE	M	30	SM	0.38.06	3
20	639	20175	ZADRIAAN	GOUWS	NEDBANK	M	16	JM	0.38.14	3
21	351	1398	MUTEKILE	RASMENI	NEDBANK	M	57	55-59M	0.38.21	5
22	143	1353	MZUKISI	KLAAS	NEDBANK	M	53	50-54M	0.38.27	5
23	556	182	LUVUYO	DYANI	MOTHER	M	51	50-54M	0.38.53	5
24	197	993	THEMBEKILE	MSIPA	CHARLO	M	47	45-49M	0.39.17	5
25	94	999	GRAHAM	ESHMADE	CHARLO	M	44	40-44M	0.39.24	4
26	80	1436	NTSIKELELO	SEBE	NEDBANK	M	39	35-39M	0.39.28	3
27	168	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	55	55-59M	0.39.31	5
28	701	20004	JAY-DEE	DEERLING	NEDBANK	M	18	JM	0.39.35	3
29	637	1127	BRADLEY	MACKENZIE	ACH	M	50	50-54M	0.39.42	5
30	5006	5006	TRAVIS	BENN	TEMP	M	26	SM	0.39.43	0
31	670	1909	SIBUSISO	THU	SIBALEKA	M	34	SM	0.39.52	3
32	5133	5133	CONRAD	VILJOEN	TEMP	M	37	35-39M	0.39.54	0
33	314	20015	RONAN	VAN DER VAART	NEDBANK	M	16	JM	0.39.55	3
34	60	1340	WELCOME	LOLIWE	NEDBANK	M	57	55-59M	0.39.57	5
35	654	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	40	40-44F	0.40.15	5
36	702	1342	JEANDRY	DEERLING	NEDBANK	M	29	SM	0.40.29	3
37	7	858	SHAUN	ATTENBOROUGH	CHARLO	M	53	50-54M	0.40.34	5
38	211	908	KAYLA	NELL	CHARLO	F	27	SF	0.40.36	4
39	5065	5065	ADRIAN	OOSTHUIZEN	TEMP	M	31	SM	0.41.07	0
40	192	537	BATHANDWA	MOOI	RUN4C	M	37	35-39M	0.41.24	3
41	162	1652	HEIN	LODEWYKS	MADIBA	M	39	35-39M	0.41.43	3
42	6666	6666	PUMLANI	BANGANI	TEMP	M	48	45-49M	0.42.24	0
43	5042	5042	JEAN	KOEN	TEMP	M	27	SM	0.42.27	0
44	323	1437	DARREN	VAN VLIET	NEDBANK	M	38	35-39M	0.42.31	3
45	1855	1855	MARIO	PLAATJIES	GELVAN	M	41	40-44M	0.42.33	3
46	5122	5122	NDINANI	MPUSHE	TEMP	M	16	JM	0.42.36	0
47	385	1359	THEMBINKOSI	HAMBIYANI	NEDBANK	M	50	50-54M	0.42.50	4
48	681	101	LARA	DE BLOE	VARSITY	F	20	SF	0.42.55	3
49	5131	5131	JORDAN	TISSINK	TEMP	F	20	SF	0.43.20	0
50	5132	5132	RAYNARD	TISSINK	TEMP	M	48	45-49M	0.43.21	0
51	279	1944	MUSA	SENTI	BLUEBAY	M	29	SM	0.43.22	2
52	171	898	PATRIC	MAKWENKWE	CHARLO	M	55	55-59M	0.43.30	5
53	144	565	SEBASTIAN	KLEU	RUN4C	M	46	45-49M	0.43.40	3
54	1394	1394	DAVERA	MAGSON	NEDBANK	F	47	45-49F	0.43.41	5
55	5148	5148	SHAUN	HOEKSTRA	TEMP	M	22	SM	0.43.41	0
56	638	20264	FRANCOIS	VOSLOO	SCHOOL	M	16	JM	0.43.49	2
57	300	1083	ALAN	TAYLOR	ACH	M	64	60-64M	0.43.53	5
58	134	919	KELVIN	JOOSTE	CHARLO	M	35	35-39M	0.44.06	2
59	341	1255	ERROL	WHITTAL	ELITEAC	M	46	45-49M	0.44.14	3
60	5060	5060	MATTHEW	MYERS	TEMP	M	18	JM	0.44.17	0
61	288	1642	NICO	SMITH	MADIBA	M	36	35-39M	0.44.20	2
62	151	1263	KAHN	LANGFORD	VWAC	M	43	40-44M	0.44.22	2
63	5127	5127	DAVE	SCOTT	TEMP	M	35	35-39M	0.44.23	0
64	87	1659	HANNES	ELS	MADIBA	M	72	70+M	0.44.28	5
65	89	1633	ENRICO	ELS	MADIBA	M	43	40-44M	0.44.29	2
66	646	406	LONWABO	NDLALANI	CHILLIEP	M	44	40-44M	0.44.41	2
67	199	1952	VUSI	MSUTHWANA	BLUEBAY	M	50	50-54M	0.44.51	3
68	630	1283	URAN	LE ROUX	VWAC	M	55	55-59M	0.44.57	4
69	5106	5106	ELNE	OWEN	TEMP	F	22	SF	0.45.14	0
70	684	2002	LUVUYO	BANGAZI	IKHAMVA	M	45	45-49M	0.45.23	2
71	139	981	MZWANDILE	JULY	CHARLO	M	49	45-49M	0.45.27	2

72	662	1869	KESETSELEMANG	THAGAKANE	HOLLYWOOD	M	38	35-39M	0.45.29	2
73	672	20123	Sinethemba	Ngabase	SIBALEKA	M	19	JM	0.45.32	2
74	220	1358	BISHO	NOMBEWU	NEDBANK	M	56	55-59M	0.45.42	3
75	731	731	GAVIN	ROGERS	CRUSADE	M	57	55-59M	0.45.45	3
76	647	1140	SHANE	NORRIS	ACH	M	48	45-49M	0.45.47	2
77	5096	5096	MELVILLE	VENTER	TEMP	M	43	40-44M	0.45.48	0
78	617	1370	WERNER	MEYER	NEDBANK	M	48	45-49M	0.45.52	2
79	18	970	MALCOLM	BLANDY	CHARLO	M	40	40-44M	0.45.56	2
80	682	20117	MARCO	SPRONG	SCHOOL	M	16	JM	0.45.56	2
81	146	4355	TIMOTHY	KOORTS	CHARLO	M	17	JM	0.46.03	2
82	103	1626	GERRIT	FYVER	MADIBA	M	37	35-39M	0.46.05	2
83	39	1516	THERESA	BUCHNER	32GI	F	36	35-39F	0.46.09	3
84	631	4325	MIA-CARA	HART	SCHOOL	F	17	JF	0.46.10	2
85	5202	5202	BRUCE	LE GRANGE	TEMP	M	29	SM	0.46.28	0
86	215	1943	LUYANDA	NGESI	BLUEBAY	M	29	SM	0.46.32	2
87	5208	5208	LEBUHANG	SENTI	TEMP	M	35	35-39M	0.46.40	0
88	5068	5068	BRANDON	PHILLIPS	TEMP	M	24	SM	0.46.51	0
89	667	623	SAMKELO	SINYONGO	ASPEN	M	40	40-44M	0.46.53	2
90	130	1151	NELIA	JACOBS	JBAY	F	43	40-44F	0.46.56	3
91	243	1968	HENRY	PIENAAR	BLUEBAY	M	50	50-54M	0.46.59	2
92	283	564	GAVIN	SILLS	RUN4C	M	49	45-49M	0.47.00	2
93	640	534	MIEKE	SCHOLTZ	RUN4C	F	26	SF	0.47.08	2
94	657	1252	CHAD	WEWERS	ELITEAC	M	28	SM	0.47.25	2
95	5045	5045	RAYNO	KUSTERER	TEMP	M	33	SM	0.47.25	0
96	179	706	STEPHEN	MCCARTHY	CRUSADE	M	61	60-64M	0.47.42	3
97	63	1275	PLAAITJIE	DAMONS	VWAC	M	58	55-59M	0.47.43	3
98	214	949	COLBEN	NGCUPE	CHARLO	M	58	55-59M	0.47.52	3
99	653	50969	SITHA	SIGENU	REALGIJ	F	38	35-39F	0.47.55	0
100	5031	5031	ANDREW	HOBDAV	TEMP	M	42	40-44M	0.48.01	0
101	689	1833	KAYA	MFONO	VUKANI	M	47	45-49M	0.48.04	2
102	5162	5162	SHARON	GOUWS	TEMP	F	51	50-54F	0.48.10	0
103	694	179	LONWABO	MTSHAKE	SPAREC	M	51	50-54M	0.48.12	2
104	304	1824	VUYILE	TIKWAYO	VUKANI	M	40	40-44M	0.48.13	2
105	328	1198	GERHARD	VERMAAK	JBAY	M	27	SM	0.48.21	2
106	674	1056	BRUCE	MCEWAN	ACH	M	68	65-69M	0.48.21	4
107	72	758	WERNER	DE LANGE	CRUSADE	M	34	SM	0.48.22	2
108	634	508	OLWETHU	BOMVANA	MOTHER	F	35	35-39F	0.48.26	2
109	96	765	LESLIE	FERREIRA	CRUSADE	M	26	SM	0.48.26	2
110	191	8031	CHANTELLE	MOLL	NEDAGN	F	22	SF	0.48.28	0
111	5026	5026	CHRISTOFF	GREEFF	TEMP	M	39	35-39M	0.48.30	0
112	153	1809	Sibongile	Mgqeba	VUKANI	F	35	35-39F	0.48.37	2
113	373	608	DAVID	NEL	ASPEN	M	34	SM	0.48.39	2
114	142	2015	SILAS	KHANYUNDI	VUKANI	M	43	40-44M	0.48.51	2
115	568	876	GEORGE	WINSHIP	CHARLO	M	56	55-59M	0.48.54	2
116	1388	1388	MORNE	GARDINER	NEDBANK	M	45	45-49M	0.48.56	2
117	5183	5183	XYLON	VAN EYCK	TEMP	M	37	35-39M	0.48.58	0
118	360	1408	EDDIE	EADES	NEDBANK	M	73	70+M	0.48.58	5
119	675	1835	SIYABULELA	MPENGESI	VUKANI	M	40	40-44M	0.48.59	2
120	613	1815	PETER	GATANGI	VUKANI	M	44	40-44M	0.48.59	2
121	5086	5086	TANDO	TSOTSOBE	TEMP	M	32	SM	0.49.00	0
122	552	506	MPUMELELO	NDLUMBINI	MOTHER	M	50	50-54M	0.49.02	2
123	5025	5025	VAUGHAM	GOWER	TEMP	M	41	40-44M	0.49.05	0
124	625	1385	KOOS	OLIVIER	NEDBANK	M	64	60-64M	0.49.07	3
125	210	1639	VANDRE	NEL	MADIBA	M	37	35-39M	0.49.09	2
126	181	1637	CHARL	MEISTRE	MADIBA	M	37	35-39M	0.49.09	2
127	172	501	VUSIKAYA	MANCAPA	MOTHER	M	56	55-59M	0.49.11	2
128	615	1862	SIMPHIWE	SOCI	HOLLYWOOD	M	56	55-59M	0.49.16	2
129	272	934	HERMAN	SCHEEPERS	CHARLO	M	46	45-49M	0.49.17	2
130	258	1526	CANDICE	RICHARDS	32GI	F	29	SF	0.49.18	2
131	5206	5206	ROBIN	VENTER	TEMP	M	45	45-49M	0.49.18	0
132	213	887	LYNNE	NEUBERT	CHARLO	F	49	45-49F	0.49.19	3
133	175	952	CINDY	MARAIS	CHARLO	F	44	40-44F	0.49.23	2
134	561	561	DARRYL	CALVERT	RUN4C	M	46	45-49M	0.49.25	2
135	665	1360	SITHEMBILE	MPAKO	NEDBANK	M	61	60-64M	0.49.28	3
136	216	1742	ZANDISILE	NGXONONO	HOLLYWOOD	M	48	45-49M	0.49.42	2
137	5191	1316	SERGEI	BENJAMIN	VUKANI	M	35	35-39M	0.49.43	2
138	16	893	HISHAAN	BHANA	CHARLO	M	25	SM	0.49.44	1
139	686	1216	WESSEL	WOLMARANS	ELITEAC	M	44	40-44M	0.49.48	2
140	4394	4394	ILKE	WOLMARANS	ELITEAC	F	14	JF	0.49.48	2
141	176	948	THOMAS	MARAIS	CHARLO	M	35	35-39M	0.49.49	2
142	5001	5001	SHANE	ANNANDALE	TEMP	M	38	35-39M	0.49.50	0
143	282	1001	AMANDA	SHAW	BODYCON	F	57	55-59F	0.49.55	4
144	5016	5016	CILIA	CLAYDON	TEMP	F	38	35-39F	0.50.11	0

145	5032	5032	LIZA	HOBDAV	TEMP	F	43	40-44F	0.50.12	0
146	691	2008	SIYABONGA	PANDLE	XCEL	M	53	50-54M	0.50.13	2
147	5111	5111	ZAINVO-DEEN	BOTHA	TEMP	M	22	SM	0.50.19	0
148	5103	5103	STEYN	WILLIAMS	TEMP	M	22	SM	0.50.25	0
149	621	1088	PERCY	DALTON	ACH	M	73	70+M	0.50.35	3
150	298	555	BURNITA	STRYDOM	RUN4C	F	53	50-54F	0.50.38	3
151	152	540	JACQUES	LANGLEY	RUN4C	M	33	SM	0.50.40	1
152	21	861	DISEMBA	BLOU	CHARLO	M	63	60-64M	0.50.40	2
153	695	1444	MFUNDISO	LUVALO	NEDBANK	M	52	50-54M	0.50.41	2
154	624	1334	SUZETTE	VICTOR	NEDBANK	F	51	50-54F	0.50.47	3
155	5120	5120	JOHN-JACQUES	MALAN	TEMP	M	25	SM	0.50.50	0
156	13	995	JACQUES-PIERRE	BEKKER	CHARLO	M	28	SM	0.50.58	1
157	361	634	JO-ANNE	FORSON	ASPEN	F	34	SF	0.50.59	2
158	235	1165	MORNE	OWEN	JBAY	M	49	45-49M	0.50.59	2
159	236	1521	GRANT	PATTINSON	32GI	M	46	45-49M	0.51.02	2
160	5123	5123	BHEKA	MSELEKU	TEMP	M	53	50-54M	0.51.11	0
161	627	2001	JOSEPH	BAIN	CSEP	M	62	60-64M	0.51.12	2
162	71	1621	CHARL	DE LANGE	MADIBA	M	37	35-39M	0.51.15	1
163	9113	113	SHAFIK	RASIEN	GELVAN	M	50	50-54M	0.51.20	2
164	5098	5098	WARREN	WATERMEYER	TEMP	M	40	40-44M	0.51.28	0
165	5018	5018	CHANEL	DEWAR	TEMP	F	28	SF	0.51.29	0
166	5073	5073	MARK	RIDDLE	TEMP	M	30	SM	0.51.34	0
167	650	20215	ALOUISE	VOSLOO	SCHOOL	F	14	JF	0.51.39	2
168	678	1378	THEMBELANI	MABONGO	NEDBANK	M	44	40-44M	0.51.43	1
169	317	905	JANET	VAN NIEKERK	CHARLO	F	45	45-49F	0.51.50	2
170	59	904	MATTHEW	CULLIS	CHARLO	M	40	40-44M	0.51.52	1
171	666	1118	BRUCE	KING	ACH	M	55	55-59M	0.51.56	2
172	641	1034	ALBERT	NGCANGA	XCEL	M	72	70+M	0.51.57	3
173	4	1623	SUSAN	ALCOCK	MADIBA	F	56	55-59F	0.52.10	3
174	54	1478	LUCILLE	COCK	32GI	F	39	35-39F	0.52.10	2
175	5066	5066	NATALIE	PARRY	TEMP	F	50	50-54F	0.52.11	0
176	312	317	JEAN-PIERRE	VAN DER MERWE	MUIRITE	M	24	SM	0.52.11	1
177	305	1420	GRAEME	TING CHONG	NEDBANK	M	53	50-54M	0.52.16	2
178	5075	5075	LEANDRA	ROSSLEE	TEMP	F	38	35-39F	0.52.17	0
179	66	851	DANNY	DARNE	CHARLO	M	44	40-44M	0.52.19	1
180	49	903	KESVAL	CHETTY	CHARLO	M	57	55-59M	0.52.20	2
181	5179	5179	LIZE-ANN	RADEMEYER	TEMP	F	29	SF	0.52.24	0
182	372	1160	CARLA	MULLER	JBAY	F	30	SF	0.52.25	1
183	64	1040	NIGEL	DANIELS	XCEL	M	46	45-49M	0.52.29	1
184	3	1382	SAMIER	ABRAHAMS	NEDBANK	M	51	50-54M	0.52.31	2
185	206	1827	NDABA	NDZOMBANE	VUKANI	M	62	60-64M	0.52.32	2
186	343	277	DE WET	WILLIAMS	MUIRITE	M	60	60-64M	0.52.38	2
187	571	1877	XOLILE	MBALI	HOLLYWOO	M	46	45-49M	0.52.39	1
188	177	928	ALLISTER	MARRAN	CHARLO	M	46	45-49M	0.52.45	1
189	203	1267	ANAND	NAIDOO	VWAC	M	52	50-54M	0.52.47	1
190	5205	5205	LEHLOHONOLO SAN	MNTUNDINI	TEMP	M	41	40-44M	0.52.49	0
191	354	1675	MARIUS	ZEELIE	MADIBA	M	57	55-59M	0.52.51	2
192	156	1644	JAN	LE ROUX	MADIBA	M	33	SM	0.52.51	1
193	53	894	TONY	CLARKE	CHARLO	M	61	60-64M	0.53.00	2
194	29	1586	MAUDY	BOTES	DESPATCH	F	40	40-44F	0.53.06	2
195	43	1575	LESLEY-ANN	BUSH	DESPATCH	F	49	45-49F	0.53.07	2
196	122	1666	Julia	Hofart	MADIBA	F	39	35-39F	0.53.08	1
197	5084	5084	CALEY	TAYLOR	TEMP	F	24	SF	0.53.08	0
198	5012	5012	MELISSA	BULBRING	TEMP	F	31	SF	0.53.09	0
199	345	556	ARTHUR	WILLIAMS	RUN4C	M	59	55-59M	0.53.10	2
200	310	1648	KEITH	VALENTINE	MADIBA	M	31	SM	0.53.11	1
201	5030	5030	ANNA	HEYDENRYCH	TEMP	F	38	35-39F	0.53.22	0
202	34	387	MORNETTE	BOTHMA	CSEP	F	46	45-49F	0.53.24	2
203	5204	5204	IVAN	MOSES	TEMP	M	60	60-64M	0.53.25	0
204	106	913	ZENE	GERBER	CHARLO	F	20	SF	0.53.29	1
205	108	914	ETIENNE	GERBER	CHARLO	M	52	50-54M	0.53.35	1
206	194	1590	ANNEKE	MOORE	DESPATCH	F	38	35-39F	0.53.36	1
207	299	1559	RENE	SWART	DESPATCH	F	51	50-54F	0.53.37	2
208	229	1551	WERNER	OLIVIER	DESPATCH	M	38	35-39M	0.53.42	1
209	5058	5058	VUYA	MPANGE	TEMP	M	19	SM	0.53.43	0
210	57	1949	LEONARD	CONRADIE	BLUEBAY	M	67	65-69M	0.53.44	2
211	319	1250	PETER	VAN RENSBURG	ELITEAC	M	63	60-64M	0.53.45	2
212	551	1236	STEPHEN	KLUE	ELITEAC	M	63	60-64M	0.53.48	2
213	5041	5041	HERMAN	KOEN	TEMP	M	59	55-59M	0.53.56	0
214	671	1878	MELUMZI	NORUSHU	HOLLYWOO	M	53	50-54M	0.53.57	1
215	673	1074	PAULETTE	MCEWAN	ACH	F	57	55-59F	0.53.58	2
216	297	1560	PIETER	STRYDOM	DESPATCH	M	60	60-64M	0.54.12	2
217	5050	5050	WENDY	MCCALLUM	TEMP	F	41	40-44F	0.54.13	0

218	336	206	BENNITUS	WELCH	CSEP	M	47	45-49M	0.54.13	1
219	234	1164	ELSABE	OWEN	JBAY	F	46	45-49F	0.54.14	2
220	30	1585	GEORGE	BOTES	DESPATCH	M	48	45-49M	0.54.15	1
221	223	1931	CONROY	NOTLEY	BLUEBAY	M	41	40-44M	0.54.15	1
222	284	1678	ADELE	SLABBERT	MADIBA	F	51	50-54F	0.54.25	2
223	44	50345	ROBERT	BUTTON	OLDSELB	M	63	60-64M	0.54.32	0
224	342	1256	JANINE	WHITTAL	ELITEAC	F	41	40-44F	0.54.33	1
225	5048	5048	NICOLE	MAGER	TEMP	F	27	SF	0.54.34	0
226	45	1939	RUDY	BUYS	BLUEBAY	M	45	45-49M	0.54.35	1
227	697	1251	CLIVE	WEWERS	ELITEAC	M	61	60-64M	0.54.40	2
228	553	1700	ELIZE	ADAMS	GELVAN	F	47	45-49F	0.54.55	1
229	158	1647	JUSTIN	LEESON	MADIBA	M	36	35-39M	0.54.56	1
230	648	1468	MARISSA	BLACK	NEDBANK	F	43	40-44F	0.54.57	1
231	193	1459	MICHELE	MOOLMAN	NEDBANK	F	37	35-39F	0.54.57	1
232	145	91	DENZIL	KOOPMAN	INFINITY	M	51	50-54M	0.55.01	1
233	635	121	YASEEN	ABRAHAMS	MALABAR	M	50	50-54M	0.55.03	1
234	221	145	ROBIN	NOMDOE	GELVAN	M	34	SM	0.55.05	1
235	5181	5181	LUTHANDO	NDZAMBA	TEMP	M	38	35-39M	0.55.06	0
236	5187	5187	NEAL	BROPHY	TEMP	M	26	SM	0.55.14	0
237	5189	5189	RUAAN	WATSON	TEMP	M	25	SM	0.55.16	0
238	5172	5172	CARL	TERBLANCHE	TEMP	M	52	50-54M	0.55.17	0
239	320	1389	MARTIE	VAN SCHALKWYK	NEDBANK	F	57	55-59F	0.55.24	2
240	330	1085	ANDRE	VILJOEN	ACH	M	67	65-69M	0.55.24	2
241	19	567	DOMINIQUE	BLIGNAULT	RUN4C	M	32	SM	0.55.25	1
242	147	911	JACOBUS	KOORTS	CHARLO	M	50	50-54M	0.55.34	1
243	131	872	SURITA	JANSEN VAN VUUREN	CHARLO	F	30	SF	0.55.38	1
244	5079	5079	GAVIN	SCHONKNECHT	ACH	M	54	50-54M	0.55.39	1
245	349	1197	FREDERIKA	Woolley	JBAY	F	22	SF	0.55.39	1
246	56	1453	NJONGO	COKOTHO	NEDBANK	M	34	SM	0.55.40	1
247	109	1635	DORIS	GERBER	MADIBA	F	51	50-54F	0.55.41	2
248	27	1607	ILANA	BOSHOFF	DESPATCH	F	42	40-44F	0.55.42	1
249	335	1565	BONITA	WEITSZ	DESPATCH	F	49	45-49F	0.55.46	1
250	382	1262	SABIR	SALIE	VWAC	M	34	SM	0.55.46	1
251	35	770	WINSLOW	BOUWER	CRUSADE	M	37	35-39M	0.55.59	1
252	77	1234	DEWALD	DEYSEL	ELITEAC	M	39	35-39M	0.56.00	1
253	260	1233	CURT	ROBERTS	ELITEAC	M	37	35-39M	0.56.02	1
254	265	1528	KELVIN	SAMUEL	32GI	M	38	35-39M	0.56.08	1
255	332	1534	LEON	VOULTSOS	32GI	M	48	45-49M	0.56.08	1
256	620	1505	ASHTON	JACOBS	32GI	F	25	SF	0.56.11	1
257	5008	5008	RAYHAAN	BOTHA	TEMP	M	20	SM	0.56.13	0
258	231	1163	JANENE	OOSTHUIZEN	JBAY	F	43	40-44F	0.56.15	1
259	262	750	PIETER	ROUX	CRUSADE	M	67	65-69M	0.56.17	1
260	12	746	JOHAN	BARNARD	CRUSADE	M	67	65-69M	0.56.17	1
261	41	967	MIKE	BURGER	CHARLO	M	62	60-64M	0.56.24	1
262	184	1428	TANYA	MEYER	NEDBANK	F	37	35-39F	0.56.29	1
263	5038	5038	VANESSA	JOUBERT	TEMP	F	43	40-44F	0.56.29	0
264	5028	5028	HERMAN	HARMZEN	TEMP	M	37	35-39M	0.56.33	0
265	5053	5053	NATASHA	MICHAU	TEMP	F	40	40-44F	0.56.37	0
266	137	723	ALETTA	JOUBERT	CRUSADE	F	60	60-64F	0.56.38	2
267	178	896	GAVIN	MATTHEWS	CHARLO	M	46	45-49M	0.56.39	1
268	5176	5176	LEA	JACOBS	TEMP	M	29	SM	0.56.50	0
269	5128	5128	NORMAN	SILKE	TEMP	M	44	40-44M	0.56.52	0
270	259	1645	RORY	RICHTER	MADIBA	M	39	35-39M	0.56.57	1
271	287	1087	FRANCOIS	SMIT	ACH	M	62	60-64M	0.57.01	1
272	645	1937	AMANDA	PRIDEAUX	BLUEBAY	F	46	45-49F	0.57.09	1
273	301	1429	RIKA	TERBLANCHE	NEDBANK	F	44	40-44F	0.57.18	1
274	5036	5036	KAREL	JANSE VAN RENSBURG	TEMP	M	52	50-54M	0.57.24	0
275	5037	5037	CHANTEL	JONKER	TEMP	F	37	35-39F	0.57.26	0
276	350	1567	JACOBUS	WYATT	DESPATCH	M	59	55-59M	0.57.26	1
277	264	1211	SANETTE	RYAN	ELITEAC	F	52	50-54F	0.57.29	1
278	290	543	VERONICA	SMITH	RUN4C	F	55	55-59F	0.57.31	1
279	632	1271	LEZELL	HARRIS	VWAC	F	48	45-49F	0.57.34	1
280	5055	5055	CAMERON	MOODALEY	TEMP	M	19	SM	0.57.35	0
281	78	1680	JANI	DEYZEL	MADIBA	F	28	SF	0.57.35	1
282	5118	5118	BRENT	JULIE	TEMP	M	36	35-39M	0.57.36	0
283	32	1588	JACQUES	BOTHA	DESPATCH	M	48	45-49M	0.57.41	1
284	5043	5043	JACOBUS	KRUGER	TEMP	M	35	35-39M	0.57.45	0
285	5186	5186	LENNON	FISHER	TEMP	M	42	40-44M	0.57.49	0
286	5160	5160	LEZELLE	HALL	TEMP	F	39	35-39F	0.57.52	0
287	224	1932	LIZELLE	NOTLEY	BLUEBAY	F	39	35-39F	0.57.53	1
288	663	1819	ANDILE	BOVUNGANA	VUKANI	M	55	55-59M	0.57.56	1
289	633	412	NOSITO	NQWATA	CHILLIEP	F	39	35-39F	0.57.56	1
290	661	422	Bomkazi	Tshefu	HOLLYWOO	F	34	SF	0.57.57	1

291	37	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	49	45-49M	0.57.58	1
292	155	1331	JAN	LE ROUX	NEDBANK	M	62	60-64M	0.57.59	1
293	5188	5188	ERNST	STAPELBERG	TEMP	M	27	SM	0.58.05	0
294	207	1636	LISTIA	NEL	MADIBA	F	47	45-49F	0.58.06	1
295	28	1284	DEAN	BOSMAN	VWAC	M	40	40-44M	0.58.10	1
296	68	1479	TENIELLE	DE ANDRADE	32GI	F	37	35-39F	0.58.16	1
297	367	741	MARGARET	LLOYD	CRUSADE	F	58	55-59F	0.58.18	1
298	10	521	ALECHE	BARNARD	RUN4C	F	27	SF	0.58.26	1
299	244	1264	LAVINIA	PIETERSE	VWAC	F	47	45-49F	0.58.41	1
300	5169	5169	KHULILE	SIQITI	TEMP	M	35	35-39M	0.58.41	0
301	5091	5091	CLAUDEAN	VAN GREUNEN	TEMP	F	40	40-44F	0.58.42	0
302	331	1507	CORRINE	VOS	32GI	F	41	40-44F	0.58.42	1
303	685	1717	ANTOINETTE	HUMAN	GELVAN	F	54	50-54F	0.58.47	1
304	652	1704	KEITH	SEZOE	GELVAN	M	51	50-54M	0.58.52	1
305	75	1033	SALWYN	DENNIS	XCEL	M	44	40-44M	0.58.54	1
306	5121	5121	NADEANE	MARITZ	TEMP	F	21	SF	0.58.56	0
307	5007	5007	THERA	BOTHA	TEMP	F	23	SF	0.58.57	0
308	5167	5167	THELMA	NORTJE	TEMP	F	24	SF	0.58.57	0
309	270	75	DESTIN	SAUER	VWAC	M	41	40-44M	0.59.00	1
310	659	1209	CARRYN	WEWERS	ELITEAC	F	26	SF	0.59.01	1
311	5180	5180	KOBUS	RADEMEYER	TEMP	M	28	SM	0.59.08	0
312	173	1500	JONATHAN	MANDELL	32GI	M	57	55-59M	0.59.17	1
313	239	974	PAULA	PEARCE	CHARLO	F	53	50-54F	0.59.17	1
314	619	1689	GEROME	MINTOOR	ATLANTIC	M	54	50-54M	0.59.24	1
315	5171	5171	JAKOB	SIWAK	TEMP	M	35	35-39M	0.59.44	0
316	164	547	YOLANDE	LOUW	RUN4C	F	43	40-44F	0.59.47	1
317	91	1424	SAM	ERASMUS	NEDBANK	M	64	60-64M	0.59.52	1
318	115	4351	CONNOR	GROBLER	CHARLO	M	19	JM	0.59.53	1
319	313	284	ESTELLE	VAN DER MERWE	MUIRITE	F	56	55-59F	0.59.54	1
320	644	1744	MVULELI	MALAHLA	HOLLYWOOD	M	48	45-49M	0.59.55	1
321	185	51710	THANDEKA	MHLANGA	OTHER	F	32	SF	1.00.05	0
322	5109	5109	LINDSAY	BIGGS	TEMP	F	26	SF	1.00.06	0
323	612	1464	DAVID	O'REILLY	NEDBANK	M	74	70+M	1.00.07	1
324	5017	5017	GANIEF	DAVIDS	TEMP	M	56	55-59M	1.00.08	0
325	114	951	JACKIE	GROBLER	CHARLO	F	46	45-49F	1.00.09	1
326	5002	5002	VENESH	ATHIMOOLAM	TEMP	M	53	50-54M	1.00.09	0
327	291	1627	NATASHA	SMITH	MADIBA	F	35	35-39F	1.00.11	1
328	186	1298	MPHATHISI	MJADU	VWAC	M	50	50-54M	1.00.15	1
329	294	1333	MBULELO	SOBIKWA	NEDBANK	M	67	65-69M	1.00.17	1
330	5092	5092	ADEL	VAN RENSBURG	TEMP	F	44	40-44F	1.00.36	0
331	5093	5093	SHELBY	VAN ROOYEN	TEMP	F	25	SF	1.00.43	0
332	5125	5125	JARED	PETZER	TEMP	M	36	35-39M	1.00.48	0
333	276	8305	MARICIA	SCHULPFORT	MAZARS	F	35	35-39F	1.00.52	0
334	801	801	WENDY	CAMERON	MADIBAZ	F	44	40-44F	1.00.52	1
335	5021	5021	GERARD	FELIX	TEMP	M	44	40-44M	1.01.02	0
336	136	1153	KOBA	JOUBERT	JBAY	F	57	55-59F	1.01.06	1
337	129	626	EARL	JACKSON	ASPEN	M	43	40-44M	1.01.07	1
338	402	402	Cwayita	Mdledle	CHILLIEP	F	42	40-44F	1.01.09	1
339	5155	5155	UNKNOWN		TEMP	M	30	SM	1.01.12	0
340	112	707	CHARL	GRIESEL	CRUSADE	M	58	55-59M	1.01.19	1
341	560	1995	WAYNE	MAC GEAR	MADIBAZ	M	58	55-59M	1.01.26	1
342	281	1587	LISA	SHARP	DESPATCH	F	41	40-44F	1.01.31	1
343	321	1582	MARINET	VAN TONDER	DESPATCH	F	43	40-44F	1.01.40	1
344	98	200	ERIKA	FOREMAN	CSEP	F	51	50-54F	1.01.41	1
345	209	1677	LUETTE	NEL	MADIBA	F	44	40-44F	1.01.45	1
346	157	1515	PAIGE	LEE	32GI	F	56	55-59F	1.01.49	1
347	5070	5070	LOUIS	POTGIETER	TEMP	M	60	60-64M	1.01.55	0
348	649	1676	SUNE	POTGIETER	MADIBA	F	40	40-44F	1.01.56	1
349	286	930	IMKE	SMIT	CHARLO	F	33	SF	1.01.58	1
350	26	705	OCTAVIA	BOSHOFF	CRUSADE	F	52	50-54F	1.02.05	1
351	293	213	SHARON	SMUTS	CSEP	F	56	55-59F	1.02.07	1
352	344	205	LUDINE	WILLIAMS	CSEP	F	34	SF	1.02.13	1
353	5027	5027	CRAIG	HAMILTON	TEMP	M	47	45-49M	1.02.21	0
354	5056	5056	ANDREW	MOSES	TEMP	M	49	45-49M	1.02.21	0
355	616	541	GIANNI	TISTELLI	RUN4C	M	50	50-54M	1.02.22	1
356	5170	5170	DEON	MIGGELS	TEMP	M	51	50-54M	1.02.22	0
357	5095	5095	LAUREN	VAN ZYL	TEMP	F	34	SF	1.02.25	0
358	5076	5076	RIAAN	ROSSOUW	TEMP	M	50	50-54M	1.02.33	0
359	202	751	NICK	MULLINS	CRUSADE	M	66	65-69M	1.02.41	1
360	690	1860	DESIREE	TITUS	GELVAN	F	56	55-59F	1.02.47	1
361	47	1724	AMEERA	CAMPBELL	GELVAN	F	48	45-49F	1.02.47	1
362	42	1476	DEIDRE	BURGER	32GI	F	48	45-49F	1.02.52	1
363	102	1484	MICHAEL	FOWLER	32GI	M	55	55-59M	1.02.52	1

365	5040	5040	LYNELL	KLEINENBERG	TEMP	F	37	35-39F	1.02.57	0
366	605	1962	DANIEL	PIETERSE	BLUEBAY	M	59	55-59M	1.02.58	1
367	603	1942	IAN	KILLIAN	BLUEBAY	M	32	SM	1.02.58	1
368	628	1126	TOM	D'ARCY	ACH	M	76	70+M	1.02.59	1
369	159	1269	SIMON	LELAKA	VWAC	M	49	45-49M	1.03.04	1
370	88	1632	JOS	ELS	MADIBA	F	70	70+F	1.03.06	1
371	58	100	LYNETTE	CRAUSE	INFINITY	F	62	60-64F	1.03.08	1
372	251	889	PETER	POHLMANN	CHARLO	M	58	55-59M	1.03.09	1
373	5194	5194	FAITH	CADOGAN	TEMP	F	34	SF	1.03.10	0
374	5190	5190	MICHAEL	NYONI	TEMP	M	46	45-49M	1.03.13	0
375	5130	5130	HAYDEN	THARRATT	TEMP	M	26	SM	1.03.17	0
376	5077	5077	DANIEL	RYAN	TEMP	M	23	SM	1.03.30	0
377	5116	5116	TAYLA	GIFFORD	TEMP	F	27	SF	1.03.31	0
378	5115	5115	DEAN	GIFFORD	TEMP	M	28	SM	1.03.33	0
379	245	1094	MARIETJIE	PIETERSEN	ACH	F	65	65-69F	1.03.34	1
380	95	1935	XENOPHON	FERREIRA	BLUEBAY	M	60	60-64M	1.03.39	1
381	5081	5081	CARMIA	SMUTS	TEMP	F	56	55-59F	1.03.41	0
382	5108	5108	IAIN	BARROW	TEMP	M	47	45-49M	1.03.42	0
383	225	1826	AKHONA	NTANJANA	VUKANI	F	34	SF	1.03.47	1
384	642	1579	JHANINEN	BOSHOFF	DESPATCH	F	56	55-59F	1.03.48	1
385	133	1600	YVETTE	JONKER	DESPATCH	F	50	50-54F	1.04.09	1
386	48	923	EVA	CHETTY	CHARLO	F	53	50-54F	1.04.10	1
387	6	856	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	59	55-59M	1.04.27	1
388	5044	5044	ANDREA	KUSTERER	TEMP	F	33	SF	1.04.28	0
389	643	1407	BUKEKA	MATINISE	NEDBANK	F	49	45-49F	1.04.29	1
390	696	135	WARDAH	KAFAAR	MALABAR	F	42	40-44F	1.04.35	1
391	257	1421	ANNELINE	RAUTENBACH	NEDBANK	F	54	50-54F	1.04.42	1
392	107	1504	HEIDRIN	GERBER	32GI	F	52	50-54F	1.04.43	1
393	183	1832	ANELE	MESANI	VUKANI	M	42	40-44M	1.04.48	1
394	5059	5059	MANDY	MYERS	TEMP	F	49	45-49F	1.04.49	0
395	268	612	MANDY	SAPTOE	ASPEN	F	37	35-39F	1.04.49	1
396	126	1654	IRMA	INGRAM	MADIBA	F	56	55-59F	1.04.53	1
397	70	1624	ESTELLE	DE KLERK	MADIBA	F	55	55-59F	1.04.54	1
398	180	97	INA	MEAKER	INFINITY	F	60	60-64F	1.04.54	1
399	669	1064	JOHN	KOTZE	ACH	M	70	70+M	1.04.55	1
400	196	1591	MOSSIE	MOSTERT	DESPATCH	M	58	55-59M	1.04.56	1
401	154	1622	MARISSA	LE ROUX	MADIBA	F	28	SF	1.04.57	1
402	253	1230	JOHANN	POSTMA	ELITEAC	M	57	55-59M	1.05.08	1
403	292	458	LYNETTE	SMUTS	WALMER	F	55	55-59F	1.05.08	1
404	693	1136	CATHY	IVES	ACH	F	69	65-69F	1.05.13	1
405	5089	5089	TANJA	VAN DER SPUY	TEMP	F	45	45-49F	1.05.19	0
406	5088	5088	BARNIE	VAN DER SPUY	TEMP	M	47	45-49M	1.05.19	0
407	311	1629	ARINDA	VAN DER LINDE	MADIBA	F	32	SF	1.05.25	1
408	271	895	CHANTALL	SAUER	CHARLO	F	43	40-44F	1.05.30	1
409	5201	5201	MCEBISI	MZINZI	TEMP	M	42	40-44M	1.05.32	0
410	20	1631	AMANDA	BLIGNAULT	MADIBA	F	62	60-64F	1.05.44	1
411	52	1592	WERNER	CLAASSEN	DESPATCH	M	58	55-59M	1.05.48	1
412	315	320	JENNY	VAN DER WALT	MUIRITE	F	39	35-39F	1.05.48	1
413	5011	5011	GISELA	BUDLER	ASPEN	F	33	SF	1.05.55	1
414	163	552	BERNADETTE	LOOCK	RUN4C	F	42	40-44F	1.06.09	1
415	379	1270	MUHAMMED	PETERSEN	VWAC	M	38	35-39M	1.06.11	1
416	5033	5033	KATHARINE	HOLMES	TEMP	F	31	SF	1.06.12	0
417	5113	5113	GERARLD	DELL	TEMP	M	33	SM	1.06.14	0
418	5161	5161	GARY	GEYER	TEMP	M	59	55-59M	1.06.15	0
419	124	528	JOEL	HUMAN	RUN4C	M	49	45-49M	1.06.19	1
420	5104	5104	IVOR	WINDVOGEL	TEMP	M	53	50-54M	1.06.19	0
421	353	1674	ELZETTE	ZEELIE	MADIBA	F	54	50-54F	1.06.21	1
422	237	115	COBUS	PAXTON	MADIBA	M	56	55-59M	1.06.26	1
423	5019	5019	ANCHERIEN	DU PLESSIS	TEMP	F	57	55-59F	1.06.39	0
424	116	216	SUNET	HARRIS	CSEP	F	49	45-49F	1.06.48	1
425	227	1248	EULIDA	OELOFSE	ELITEAC	F	49	45-49F	1.07.03	1
426	5124	5124	ROXANNE	PATERSON	TEMP	F	30	SF	1.07.08	0
427	5185	5185	ANDREW	PATERSON	TEMP	M	31	SM	1.07.09	0
428	55	1655	ANITA	COETZER	MADIBA	F	48	45-49F	1.07.21	1
429	5184	5184	CRAIGH	JONAS	TEMP	F	33	SF	1.07.24	0
430	100	1220	ANDRE	FOURIE	ELITEAC	M	75	70+M	1.07.29	1
431	120	1274	TIMOTHY	HERMANUS	VWAC	M	54	50-54M	1.07.33	1
432	138	886	CELEST	JOYCE	CHARLO	F	53	50-54F	1.07.33	1
433	208	1404	ANDRE	NEL	NEDBANK	M	55	55-59M	1.07.42	1
434	169	1802	THOBEKA	MABUSELA	VUKANI	F	60	60-64F	1.07.43	1
435	25	1605	VERONICA	BOSHOFF	DESPATCH	F	61	60-64F	1.07.44	1
436	140	126	SHUKRY	KAFAAR	MALABAR	M	36	35-39M	1.07.47	1
437	683	509	XHANDI	MANTSHIYO	MOTHER	M	54	50-54M	1.08.11	1

438	602	713	DENISE	FERREIRA	CRUSADE	F	60	60-64F	1.08.16	1
439	247	884	KRISH	PILLAY	CHARLO	M	60	60-64M	1.08.26	1
440	212	1375	BARRY	NELSON	NEDBANK	M	70	70+M	1.08.35	1
441	233	1231	HELENE	OPPEL	ELITEAC	F	72	70+F	1.09.00	1
442	218	562	JUDITH	NIENABER	RUN4C	F	62	60-64F	1.09.15	1
443	5166	5166	SKHUMBUZE	MZOBOSHE	TEMP	M	49	45-49M	1.09.21	0
444	149	95	ZELDA	KRIGE	INFINITY	F	61	60-64F	1.09.28	1
445	5174	5174	ANELDA	CONRADIE	TEMP	F	52	50-54F	1.09.32	0
446	5117	5117	SIPHOSETHU	GODOLO	TEMP	F	16	JF	1.09.39	0
447	83	873	WARREN	DURANT	CHARLO	M	46	45-49M	1.09.41	1
448	65	943	DENISE	DARLOW	CHARLO	F	53	50-54F	1.09.42	1
449	141	969	GARY	KELLEHER	CHARLO	M	64	60-64M	1.09.42	1
450	167	1940	JACKI	LYLE	BLUEBAY	F	41	40-44F	1.09.44	1
451	85	1277	DENVER	ELLIE	VWAC	M	41	40-44M	1.09.45	1
452	5	52162	GILES	ALEXANDER	ESKOM	M	49	45-49M	1.09.46	0
453	5175	5175	MIRANDA	BOTHA	TEMP	F	51	50-54F	1.09.48	0
454	150	1936	MARKUS	KUNNEKE	BLUEBAY	M	52	50-54M	1.09.52	1
455	5158	5158	FERDI	VILJOEN	TEMP	M	55	55-59M	1.09.56	0
456	217	1741	BUYISWA	NGXONONO	HOLLYWOO	F	45	45-49F	1.09.58	1
457	9124	124	RUSHNEEN	GAFFORE	MALABAR	F	38	35-39F	1.10.03	1
458	40	759	MIKE	BURGER	CRUSADE	M	68	65-69M	1.10.20	1
459	230	1967	SONJA	OLIVIER	BLUEBAY	F	54	50-54F	1.10.24	1
460	5034	5034	WARREN	HOOLE	TEMP	M	45	45-49M	1.10.29	0
461	5146	5146	LOUISE	WESTERMAN	TEMP	F	58	55-59F	1.10.29	0
462	5147	5147	SANDY	BEZUIDENHOUT	TEMP	F	38	35-39F	1.10.31	0
463	5110	5110	BRENDAN	BOSMAN	TEMP	M	37	35-39M	1.10.34	0
464	219	1332	THANDIWE	NKWANDLA	NEDBANK	F	57	55-59F	1.11.09	1
465	190	362	PHATHEKA	MOKGWETSI	IKHAMVA	F	30	SF	1.11.20	1
466	5102	5102	KELSEY	WEYER	TEMP	F	26	SF	1.11.23	0
467	5097	5097	JANINE	VILJOEN	TEMP	F	52	50-54F	1.11.27	0
468	558	25925	VICTORIA	GOODALL	JCC	F	40	40-44F	1.11.36	0
469	656	1051	LIZ	AUSTIN	ACH	F	63	60-64F	1.11.38	1
470	5023	5023	KATHLEEN	FERREIRA	TEMP	F	37	35-39F	1.11.39	0
471	5022	50222	FERDI	FERREIRA	TEMP	M	45	45-49M	1.11.40	0
472	46	624	BANDLAKAZI	CABA	ASPEN	F	34	SF	1.11.42	1
473	679	1295	XOLANI	MGIJIMA	VWAC	M	39	35-39M	1.11.44	1
474	135	714	KARIEN	JOUBERT	CRUSADE	F	34	SF	1.11.49	1
475	658	1816	KHAYA	MTI	VUKANI	M	42	40-44M	1.11.52	1
476	309	941	CERI	TUSTIN	CHARLO	F	43	40-44F	1.11.54	1
477	333	2044	WARREN	WAGENAAR	VWAC	M	46	45-49M	1.11.56	1
478	105	719	MICHELLE	GEIGER	CRUSADE	F	48	45-49F	1.12.05	1
479	5203	5203	NTOMBIZINE	MTANDA	TEMP	F	45	45-49F	1.12.08	0
480	125	52163	MARUSHKA	INGRAM	ESKOM	F	42	40-44F	1.12.09	0
481	563	1997	JOHANN	VAN DER MERWE	MADIBAZ	M	58	55-59M	1.12.21	1
482	111	1348	XOLILE	GOMOMO	NEDBANK	M	69	65-69M	1.12.22	1
483	5100	5100	MARK	WEYER	TEMP	M	57	55-59M	1.12.35	0
484	5101	5101	TERSIA	WEYER	TEMP	F	54	50-54F	1.12.38	0
485	289	1343	BERENICE	SMITH	NEDBANK	F	57	55-59F	1.12.56	1
486	263	1527	NIKI	RYAN	32GI	F	40	40-44F	1.12.58	1
487	5054	5054	MERIKA	MILES	TEMP	F	26	SF	1.12.59	0
488	238	116	ESTELLE	PAXTON	MADIBA	F	56	55-59F	1.12.59	1
489	5207	5207	CHRISTELLE	SLABBERT	TEMP	F	50	50-54F	1.13.02	0
490	306	1634	TANIA	TRUTER	MADIBA	F	49	45-49F	1.13.06	1
491	5193	5193	CARINA	O'NEILL	TEMP	F	28	SF	1.13.07	0
492	664	531	NEVILLE	MARTIN	RUN4C	M	62	60-64M	1.13.25	1
493	113	334	NEIL	GROBLER	MUIRITE	M	62	60-64M	1.13.26	1
494	110	1661	PIETER	GERBER	MADIBA	M	63	60-64M	1.13.27	1
495	62	761	NTOKOZO	DAMBUZA	CRUSADE	F	43	40-44F	1.13.30	1
496	5165	5165	DEL-RIO	DU PLESSIS	TEMP	F	61	60-64F	1.13.30	0
497	51	1593	MADELEIN	CLAASSEN	DESPATCH	F	54	50-54F	1.13.34	1
498	50	1606	FANIE	CLAASSEN	DESPATCH	M	64	60-64M	1.13.50	1
499	5129	5129	WALTER	STRONACH	TEMP	M	32	SM	1.13.57	0
500	198	1954	NWABISA	MSUTHWANA	BLUEBAY	F	41	40-44F	1.13.59	1
501	698	1765	NOLIZWI	XABADIYA	TRANSNET	F	40	40-44F	1.14.02	1
502	318	926	TREVOR	VAN RENSBURG	CHARLO	M	69	65-69M	1.14.12	1
503	5107	5107	TENDELA	MPUSHE	TEMP	F	38	35-39F	1.14.15	0
504	608	1753	RONALD	JANTJIES	TRANSNET	M	50	50-54M	1.14.19	1
505	5083	5083	MELISSA	SWANEPOEL	TEMP	F	33	SF	1.14.27	0
506	205	753	PLACXEDES	NDHLOVU	CRUSADE	F	47	45-49F	1.14.54	1
507	97	1403	JOHAN	FERREIRA	NEDBANK	M	60	60-64M	1.14.55	1
508	9415	9415	UNKNOWN		TEMP	M	30	SM	1.15.00	0
509	76	1204	YOLANDA	DEYSEL	ELITEAC	F	46	45-49F	1.15.03	1
510	2525	2525	VUYOKAZI	MBELE	NEDBANK	F	45	45-49F	1.15.05	1

511	118	93	STEPHANIE	HAY	INFINITY	F	66	65-69F	1.15.14	1
512	564	1604	HENRY	HULME	DESPATCH	M	57	55-59M	1.15.18	1
513	228	1713	LYDIA	OLIVER	GELVAN	F	54	50-54F	1.15.19	1
514	358	1380	BANDILE	CUNTU	NEDBANK	M	57	55-59M	1.15.44	1
515	629	420	SITEMBILE	GOQWANA	CHILLIEP	M	37	35-39M	1.15.55	1
516	5163	5163	MARK	BOTHA	TEMP	M	50	50-54M	1.15.55	0
517	5192	5192	RITHA	STEENKAMP	TEMP	F	39	35-39F	1.15.56	0
518	5082	5082	ZELDA	STRYDOM	TEMP	F	40	40-44F	1.15.59	0
519	5009	5009	ELZET	BRITS	TEMP	F	33	SF	1.16.01	0
520	5164	5164	UNKNOWN		TEMP	M	30	SM	1.16.07	0
521	5126	5126	CHANTELL	PIETERSE	TEMP	F	30	SF	1.16.08	0
522	5069	5069	CARMEN	PIETERSE	TEMP	F	41	40-44F	1.16.09	0
523	5010	5010	SUSAN	BUBB	TEMP	F	56	55-59F	1.16.10	0
524	618	54	DAVID	FORTEIN	SAPPE	M	57	55-59M	1.16.13	1
525	5610	5610	JENNA	BEZUIDENHOUT	TEMP	F	35	35-39F	1.16.15	0
526	5623	5623	JESSICA	HOOD	TEMP	F	33	SF	1.16.25	0
527	5004	5004	ALEX	BAINS	TEMP	M	15	JM	1.16.33	0
528	9	1043	DAVID	BAINS	XCEL	M	56	55-59M	1.16.33	1
529	5039	5039	KHOLISWA	JWARA-PAKADE	TEMP	F	39	35-39F	1.16.41	0
530	5182	5182	JOHN	RAMABOEA	TEMP	M	39	35-39M	1.16.41	0
531	5119	5119	NOMLINDO	MAKUBALO	TEMP	F	47	45-49F	1.16.45	0
532	5112	5112	PHUMLA	CHELESI	TEMP	F	41	40-44F	1.17.06	0
533	692	1723	REHANA	DE MAINE	GELVAN	F	55	55-59F	1.19.48	1
534	69	871	RICHARD	DE ANDRADE	CHARLO	M	61	60-64M	1.20.10	1
535	1611	1611	UNKNOWN		TEMP	M	30	SM	1.21.11	0
536	5099	5099	COLLEEN	WATTS	TEMP	F	39	35-39F	1.21.13	0
537	5024	5024	MELANIE	FRANCIS	TEMP	F	46	45-49F	1.21.15	0
538	248	4353	THURAYA	PILLAY	CHARLO	F	20	SF	1.21.20	1
539	565	672	ANDISWA	JAFTA	NMBMUN	F	30	SF	1.21.27	1
540	273	4354	RUTH	SCHNETLER	CHARLO	F	17	JF	1.21.28	1
541	101	1215	HELEN	FOURIE	ELITEAC	F	52	50-54F	1.21.29	1
542	23	966	SONJA	BOSCH	CHARLO	F	59	55-59F	1.21.29	1
543	606	823	MANDISA	MAZINYO	MADIBAZ	F	46	45-49F	1.21.30	1
544	676	98	AMANDA	WOLMARANS	INFINITY	F	63	60-64F	1.21.30	1
545	677	99	MARIUS	WOLMARANS	INFINITY	M	64	60-64M	1.21.31	1
546	24	945	DEON	BOSCH	CHARLO	M	64	60-64M	1.21.31	1
547	90	1483	CASSANDRA	ERASMUS	32GI	F	38	35-39F	1.21.32	1
548	5047	5047	ZIMBINI	MABUYA	TEMP	F	31	SF	1.21.32	0
549	252	2043	RESHAL	POOVAN	VWAC	F	54	50-54F	1.21.33	1
550	38	566	MEGAN	BRUNSDON	RUN4C	F	31	SF	1.21.34	1
551	204	1572	NANDIPHA	NAIDOO	DESPATCH	F	43	40-44F	1.21.34	1
552	680	1281	ALEX	JONAS	VWAC	F	61	60-64F	1.21.35	1
553	117	1434	DIANNE	HARTZENBERG	NEDBANK	F	63	60-64F	1.21.36	1
554	201	453	JO-ANNE	MUIR	WALMER	F	52	50-54F	1.21.37	1
555	255	452	SHARON	POTGIETER	WALMER	F	57	55-59F	1.21.39	1
556	307	918	HANNAH	TRUTER	CHARLO	F	29	SF	1.21.57	1
557	280	1657	SANDRA	SHARE	MADIBA	F	56	55-59F	1.21.59	1
558	5013	5013	BRENDA	CARSTENS	TEMP	F	43	40-44F	1.22.01	0
559	337	294	ANNA	WELGEMOED	MUIRITE	F	53	50-54F	1.22.01	1
560	33	1135	MOF	BOTHA	ACH	M	66	65-69M	1.22.08	1
561	295	2041	LIEZEL	SOOKDIN	VWAC	F	46	45-49F	1.22.19	1
562	5168	5168	ELLENETTE	MEIRING	TEMP	F	42	40-44F	1.22.28	0
563	570	712	NDILEKA	THOMPSON	CRUSADE	F	44	40-44F	1.22.55	1
564	246	907	PAVANA	PILLAY	CHARLO	F	22	SF	1.23.08	1
565	92	1090	MARK	ERLANK	ACH	M	48	45-49M	1.23.37	1
566	93	1139	HELEN	ERLANK	ACH	F	40	40-44F	1.23.59	1
567	5071	5071	MELISSA	POTGIETER	TEMP	F	36	35-39F	1.24.56	0
568	660	210	Lumanyano	Sodo	CSEP	M	34	SM	1.26.44	1
569	5063	5063	WENDY	NEL	TEMP	F	75	70+F	1.26.44	0
570	127	2042	CASEY	ISAACS	VWAC	F	44	40-44F	1.26.56	1
571	325	916	SHARON	VAN ZYL	CHARLO	F	46	45-49F	1.27.30	1
572	269	74	SHIRNA	SAUER	VWAC	F	44	40-44F	1.27.36	1
573	5090	5090	JOSHUA	VAN DYK	TEMP	M	62	60-64M	1.27.44	0
574	123	529	NOREEN	HUMAN	RUN4C	F	45	45-49F	1.28.03	1
575	31	560	SILKE	BOTHA	RUN4C	F	25	SF	1.29.40	1
576	161	920	LOCHI	LOCHNER	CHARLO	M	74	70+M	1.30.13	1
577	81	82	LETA	DOS SANTOS	INFINITY	F	57	55-59F	1.30.40	1
578	359	81	JOSE	DOS SANTOS	INFINITY	M	57	55-59M	1.30.40	1
579	277	1643	DINA	SCHUTTE	MADIBA	F	56	55-59F	1.30.42	1
580	104	34	LEE-ANN	GARDNER	PEAAC	F	59	55-59F	1.31.13	1
581	363	1350	DOROTHY	HART	NEDBANK	F	84	70+F	1.31.14	1
582	165	910	RAE	LUCKMAN	CHARLO	F	52	50-54F	1.31.19	1
583	5105	5105	SHANTE	WRIGHT	TEMP	F	23	SF	1.31.32	0

584	17	1327	NAMHLA	BILISHO	NEDBANK	F	44	40-44F	1.31.49	1
585	11	1570	ERIKA	BARNARD	DESPATCH	F	53	50-54F	1.31.50	1
586	601	1249	RINA	BARNARD	ELITEAC	F	68	65-69F	1.35.13	1
587	5005	5005	LISA	BEDFORD	TEMP	F	47	45-49F	1.36.12	0
588	5049	5049	CLAUDIUS	MARAI	TEMP	M	58	55-59M	1.37.44	0
589	132	559	SILVIA	JONCK	RUN4C	F	61	60-64F	1.38.14	1
590	609	728	ODETTE	VOSLOO	CRUSADE	F	62	60-64F	1.39.14	1
591	607	703	PETER	DUFFELL-CANHAM	CRUSADE	M	70	70+M	1.39.15	1
592	6626	6626	GAYNOR	LAURIE	TEMP	F	73	70+F	1.40.17	0
593	267	431	VAL	SANDOW	PROFILES	F	76	70+F	1.40.55	0
594	67	432	LYNDENE	DAVIDSON	PROFILES	F	46	45-49F	1.40.56	0

HELPERS RUN

H1	1546	1546	ISCHKE	LAMBRECHTS	DESPATCH	F	38	35-39F	0.54.11	1
H2	9012	12	YOLANDI	KLINKENBURG	PEAAC	F	44	40-44F	0.55.19	1
H3	9014	14	JAMES	HART	PEAAC	M	48	45-49M	0.56.34	1
H4	274	935	BRENTON	SCHNETLER	CHARLO	M	47	45-49M	0.56.35	1
H5	9008	8	KOBUS	GERBER	PEAAC	M	78	70+M	1.00.22	1
H6	9005	5	LANCE	SHORTT	PEAAC	M	70	70+M	1.01.15	1
H7	9017	17	KATIE	JAMNECK	PEAAC	F	33	SF	1.01.15	1
H8	9009	9	ELMARIE	BOTHA	PEAAC	F	55	55-59F	1.01.31	1
H9	9004	4	SHANE	SAUNDERS	PEAAC	M	54	50-54M	1.02.22	1
H10	1542	1542	ARUSHKE	HAEFELE	DESPATCH	F	42	40-44F	1.02.26	1
H11	74	50	MICHAEL	DEKKER	SAPPE	M	49	45-49M	1.02.33	1
H12	241	455	JODI	PIENAAR	WALMER	M	28	SM	1.02.33	1
H13	9007	7	BIANCA	WELGEMOED	PEAAC	F	43	40-44F	1.07.10	1
H14	9015	15	BEVERLEY	VILJOEN	PEAAC	F	51	50-54F	1.07.10	1
H15	9021	21	JEANETTE	PIENAAR	PEAAC	F	74	70+F	1.07.16	1
H16	1563	1563	YOLANDE	VAN ROOYEN	DESPATCH	F	42	40-44F	1.07.20	1
H17	1417	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	53	50-54F	1.12.40	1
H18	9010	10	RENIER	VAN VUUREN	PEAAC	M	65	65-69M	1.13.05	1
H19	9196	196	AUBREY	LE ROUX	CSEP	M	69	65-69M	1.13.05	1
H20	1668	1668	SHANTE	DU PLESSIS	MADIBA	F	29	SF	1.16.10	1
H21	242	530	ANDRE	PIENAAR	RUN4C	M	59	55-59M	1.17.24	1
H22	9042	9042	ESTHER	BOTHA	TEMP	F	62	60-64F	1.44.20	0
H23	9043	9043	GIDEON	BOTHA	TEMP	M	68	65-69M	1.44.20	0