HEALTHY LIFESTYLE 10KM RUN - GQEBERHA - 2022/07/23										
POS	RNO	LICNO	NAME	SURNAME	CLB	SEX	AGE	CAT	HMS	PTS
1	694	1836	XOLISA	NDLUMBINI	VUKANI	M	40	40-44M	0.32.35	5
2	891	1336	MELIKHAYA	KEPE	NEDBANK	M	46	45-49M	0.33.37	5
3	760	117	DARREN	BENECKE	MADIBA	M	30	SM	0.35.36	5
4	596	1400	KELLY	VAN VLIET	NEDBANK	F	34	SF	0.36.32	5
5	888	1342	JEANDRY	DEERLING	NEDBANK	M	30	SM	0.37.06	4
6	726	182	LUVUYO	DYANI	MOTHER	M	52	50-54M	0.37.16	5
7	575	1255	ERROL	WHITTAL	ELITEAC	M	47	45-49M	0.37.19	5
8	701	537	BATHANDWA	MOOI	RUN4C	M	37	35-39M	0.37.40	4
9	728	1920	Nizole	Mponzo	SIBALEKA	M	16	JM	0.37.51	4
10	577	1443	DENYS	WOLMARANS	NEDBANK	M	43	40-44M	0.37.58	5
11	733	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	40	40-44F	0.38.06	5
12	591	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	56	55-59M	0.38.38	5
13	766	224	MALAKHIWE	YSTERMAN	CSEP	M	31	SM	0.38.44	3
14	887	20004	JAY-DEE	DEERLING	NEDBANK	M	19	JM	0.39.00	3
15	132	5132	TRAVIS	BENN	TEMP	M	26	SM	0.39.02	0
16	52	2137	THANDO	BIXA	MADIBA	M	42	40-44M	0.39.25	4
17	594	1436	NTSIKELELO	SEBE	NEDBANK	M	39	35-39M	0.39.52	3
18	738	1216	WESSEL	WOLMARANS	ELITEAC	M	44	40-44M	0.39.56	4
19	559	1642	NICO	SMITH	MADIBA	M	37	35-39M	0.40.04	3
20	623	396	STANTON	FREEMAN	ACT AC	M	44	40-44M	0.40.05	4
21	889	20015	RONAN	VAN DER VAART	NEDBANK	M	16	JM	0.40.30	3
22	644	908	KAYLA	NELL	CHARLO	F	28	SF	0.40.32	4
23	886	681	GAVIN	THORNE	NMBMUN	M	41	40-44M	0.40.40	3
24	893	1359	THEMBINKOSI	HAMBIYANI	NEDBANK	M	50	50-54M	0.40.47	5
25	595	1437	DARREN	VAN VLIET	NEDBANK	M	39	35-39M	0.40.48	3
26	749	1652	HEIN	LODEWYKS	MADIBA	M	39	35-39M	0.41.17	3
27	729	20125	LUBABALO	ZANTSI	SIBALEKA	M	15	JM	0.41.26	3
28	259	5259	LEIGH	CALLAGHAN	TEMP	F	27	SF	0.41.32	0
29	668	1131	TAWFEEQ	VYVER	NEDBANK	M	23	SM	0.41.49	2
30	764	221	NYAMENDE	BUBELE	CSEP	M	27	SM	0.42.10	2
31	544	1221	TERRAY	POTHIER	ELITEAC	F	31	SF	0.42.23	3
32	721	944	RIAAN	BEKKER	ELITEAC	M	39	35-39M	0.42.23	3
33	638	898	PATRIC	MAKWENKWE	CHARLO	M	56	55-59M	0.42.32	5
34	308	1659	HANNES	ELS	MADIBA	M	72	70+M	0.42.40	5
35	658	1083	ALAN	TAYLOR	ACH	M	65	65-69M	0.42.57	5
36	759	406	LONWABO	NDLALENI	CHILLIEP	M	44	40-44M	0.43.05	3
37	547	1422	TSIETSI	RAMATSASA	NEDBANK	M	46	45-49M	0.43.12	3
38	642	1457	RICHARD	MAZUNGULA	NEDBANK	M	45	45-49M	0.43.16	3
39	599	1394	DAVERA	MAGSON	NEDBANK	F	47	45-49F	0.43.26	5
40	744	47	SIMCELILE	SITHEMBU	SAPPE	M	31	SM	0.43.45	2
41	539	1968	HENRY	PIENAAR	BLUEBAY	M	50	50-54M	0.43.58	3
42	892	1441	MARTIN	JANSEN	NEDBANK	M	54	50-54M	0.44.06	3
43	586	623	SAMKELO	SINYONGO	ASPEN	M	41	40-44M	0.44.32	2
44	653	957	PIERRE	RENSHAW	CHARLO	M	49	45-49M	0.44.45	3
45	731	641	JAN	FOURIE	GRAAFFR	M	40	40-44M	0.44.47	2
46	802	1395	MICHAEL	MAGSON	NEDBANK	M	46	45-49M	0.45.03	3
47	754	1535	JONATHAN	Naude	32GI	M	25	SM	0.45.10	2
48	546	554	PETRUS	RADEMEYER	RUN4C	M	47	45-49M	0.45.22	2
49	491	792	DQ		TEMP	M	30	SM	0.45.32	0
50	553	534	MIEKE	SCHOLTZ	RUN4C	F	27	SF	0.45.37	2
51	631	919	KELVIN	JOOSTE	CHARLO	M	35	35-39M	0.45.45	2
52	36	1316	SERGEI	BENJAMIN	VUKANI	M	35	35-39M	0.46.00	2
53	758	1252	CHAD	WEWERS	ELITEAC	M	28	SM	0.46.10	2
54	765	5274	KUHLE	MZUZWANA	TEMP	M	20	SM	0.46.20	0
55	762	202	MKHANYISI	DHINGWE	CSEP	M	30	SM	0.46.21	2
56	392	1626	GERRIT	FYVER	MADIBA	M	38	35-39M	0.46.43	2
57	619	765	LESLIE	FERREIRA	CRUSADE	M	27	SM	0.47.00	2

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58	606	20151	KERRI-LEE	BARNARD	PRAC	F	18	JF	0.47.03	2
59	705	1118	BRUCE	KING	ACH	M	56	55-59M	0.47.11	3
60	698	1360	SITHEMBILE	MPAKO	NEDBANK	M	61	60-64M	0.47.25	3
61	693	50869	SITHA	SIGENU	REALGIJ	F	38	35-39F	0.47.38	0
62	571	1042	EUGENE	VAN WYK	XCEL	M	50	50-54M	0.47.41	2
63	699	621	KIRWIN	DE KLERK	ASPEN	M	40	40-44M	0.47.51	2
64	607	970	MALCOLM	BLANDY	CHARLO	M	40	40-44M	0.47.57	2
65	625	914	ETIENNE	GERBER	CHARLO	M	52	50-54M	0.48.17	2
66	167	1949	LEONARD	CONRADIE	BLUEBAY	M	68	65-69M	0.48.18	4
67	395	692	GODFREY	GELDERBLOEM	NMBMUN	M	54	50-54M	0.48.24	2
68	645	949	COLBEN	NGCUPE	CHARLO	M	59	55-59M	0.48.36	2
69	712	1848	DENVER	PETERSEN	GELVAN	M	38	35-39M	0.48.44	2
70	568	450	REON	VAN RENSBURG	PROFILES	M	50	50-54M	0.48.48	2
71	95	561	DARRYL	CALVERT	RUN4C	M	47	45-49M	0.48.50	2
72	588	1010	JAN	VAN EEDEN	NEDBANK	M	64	60-64M	0.48.52	3
73	707	608	DAVID	NEL	ASPEN	M	34	SM	0.48.55	2
74	681	1824	VUYILE	TIKWAYO	VUKANI	M	40	40-44M	0.48.59	2
75	533	1639	VANDRE	NEL	MADIBA	M	37	35-39M	0.49.06	2
76	730	1621	CHARL	DE LANGE	MADIBA	M	37	35-39M	0.49.19	2
77	652	1125	MICHAEL	PRINCE	NEDBANK	M	48	45-49M	0.49.20	2
78	488	1001	AMANDA	SHAW	IKHAMVA	F	57	55-59F	0.49.27	5
79	616	851	DANNY	DARNE	CHARLO	M	44	40-44M	0.49.42	2
80	576	1256	JANINE	WHITTAL	ELITEAC	F	41	40-44F	0.49.52	2
81	745	1666	Julia	Hofart	MADIBA	F	39	35-39F	0.49.55	2
82	708	634	JO-ANNE	FORSON	ASPEN	F	34	SF	0.50.02	2
83	640	948	THOMAS	MARAIS	CHARLO	M	35	35-39M	0.50.05	1
84	566	1420	GRAEME	TING CHONG	NEDBANK	M	53	50-54M	0.50.06	2
85	265	5265	NICOLE	MAGER	TEMP	F	28	SF	0.50.07	0
86	747	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	61	60-64F	0.50.18	5
87	130	5130	TIMOTHY	BENN	TEMP	M	30	SM	0.50.39	0
88	587	1560	PIETER	STRYDOM	DESPATCH	M	61	60-64M	0.51.05	2
89	740	1224	SHAUN	NEL	ELITEAC	M	47	45-49M	0.51.25	2
90	672	876	GEORGE	WINSHIP	CHARLO	M	56	55-59M	0.51.37	2
91	81	1939	RUDY	BUYS	BLUEBAY	M	45	45-49M	0.51.40	2
92	647	108	SERGIO	PETERSEN	RUN4C	M	44	40-44M	0.51.44	1
93	761	1523	MERLYNN	PIETERSE	32GI	M	27	SM	0.51.46	1
94	688	1738	IVO	MEYER	BODYCON	M	47	45-49M	0.51.47	1
95	663	905	JANET	VAN NIEKERK	CHARLO	F	46	45-49F	0.51.52	2
96	4	521	ALECHE	BARNARD	RUN4C	F	27	SF	0.51.58	1
97	714	127	ABDUL	LILLAH	MALABAR	M	32	SM	0.52.00	1
98	612	967	MIKE	BURGER	CHARLO	M	63	60-64M	0.52.12	2
99	641	928	ALLISTER	MARRAN	CHARLO	M	46	45-49M	0.52.13	1
100	627	1214	BENITA	GERBER	ELITEAC	F	57	55-59F	0.52.15	3
101	626	913	ZENE	GERBER	CHARLO	F	21	SF	0.52.18	1
102	639	952	CINDY	MARAIS	CHARLO	F	45	45-49F	0.52.22	2
103	79	1575	LESLEY-ANN	BUSH	DESPATCH	F	50	50-54F	0.52.23	2
104	613	903	KESVAL	CHETTY	CHARLO	M	57	55-59M	0.52.24	2
105	551	1211	SANETTE	RYAN	ELITEAC	F	52	50-54F	0.52.45	2
106	718	1656	SCHOOMBEE	PRETORIUS	MADIBA	M	64	60-64M	0.52.47	2
107	662	961	LARA	VAN HEERDEN	CHARLO	F	46	45-49F	0.52.57	2
108	273	5273	LEANDRA	ROSSLEE	TEMP	F	38	35-39F	0.53.05	0
109	605	976	LOUISE	AXON	CHARLO	F	44	40-44F	0.53.21	2
110	401	1505	ASHTON	JACOBS	32GI	F	26	SF	0.53.24	1
111	484	741	MARGARET	LLOYD	CRUSADE	F	58	55-59F	0.53.57	2
112	656	930	IMKE	SMIT	CHARLO	F	33	SF	0.54.06	1
113	550	750	PIETER	ROUX	CRUSADE	M	67	65-69M	0.54.12	2
114	737	1648	KEITH	VALENTINE	MADIBA	M	31	SM	0.54.24	1
115	525	1637	CHARL	MEISTRE	MADIBA	M	37	35-39M	0.54.25	1

POS	RNO	LICNO	NAME	SURNAME	CLB	SEX	AGE	CAT	HMS	PTS
116	724	2001	JOSEPH	BAIN	CSEP	M	62	60-64M	0.54.33	2
117	885	1087	FRANCOIS	SMIT	ACH	M	62	60-64M	0.54.45	2
118	683	1075	GAVIN	SCHONKNECHT	ACH	M	54	50-54M	0.54.46	1
119	471	91	DENZIL	KOOPMAN	INFINITY	M	51	50-54M	0.54.47	1
120	581	697	DEON	ENGELBRECHT	NMBMUN	M	54	50-54M	0.54.48	1
121	669	1129	TOEGEDA	VYVER	NEDBANK	F	50	50-54F	0.54.53	2
122	534	611	HAYLEY	NEWING	ASPEN	F	37	35-39F	0.54.54	1
123	763	1273	BUYILE	GQUBULE	VWAC	M	55	55-59M	0.54.55	1
124	692	119	THEMALETHU	MANA	VARSITY	M	46	45-49M	0.54.57	1
125	530	754	CELESTIN	NDHLOVU	CRUSADE	M	50	50-54M	0.55.04	1
126	264	5264	CHANTAL	LOOCK	TEMP	F	38	35-39F	0.55.06	0
127	413	723	ALETTA	JOUBERT	CRUSADE	F	60	60-64F	0.55.19	2
128	601	1201	CATHY	ALLERS	ELITEAC	F	60	60-64F	0.55.30	2
129	417	1235	PHILLIP	KEMP	ELITEAC	M	39	35-39M	0.55.38	1
130	437	1225	SUSANNA	KEMP	ELITEAC	F	38	35-39F	0.55.39	1
131	558	1627	NATASHA	SMITH	MADIBA	F	36	35-39F	0.55.42	1
132	739	1536	TRACEY	VAN GREUNEN	32GI	F	30	SF	0.55.46	1
133	213	50	MICHAEL	DEKKER	SAPPE	M	49	45-49M	0.55.58	1
134	540	455	JODI	PIENAAR	WALMER	M	28	SM	0.55.59	1
135	684	5150	DANIEL	RYAN	TEMP	M	24	SM	0.56.02	0
136	560	543	VERONICA	SMITH	RUN4C	F	56	55-59F	0.56.09	2
137	306	82	LETA	DOS SANTOS	INFINITY	F	58	55-59F	0.56.12	2
138	736	1590	ANNEKE	MOORE	DESPATCH	F	38	35-39F	0.56.13	1
139	735	1586	MAUDY	BOTES	DESPATCH	F	40	40-44F	0.56.14	1
140	734	1565	BONITA	WEITSZ	DESPATCH	F	50	50-54F	0.56.15	1
141	194	1479	TENIELLE	DE ANDRADE	32GI	F	37	35-39F	0.56.15	1
142	532	1636	LISTIA	NEL	MADIBA	F	47	45-49F	0.56.19	1
143	593	1424	SAM	ERASMUS	NEDBANK	M	64	60-64M	0.56.20	1
144	715	130	AMIR	VENTER	MALABAR	M	41	40-44M	0.56.20	1
145	290	5290	LINZAY	QUIN	TEMP	F	33	SF	0.56.23	0
146	284	5284	LEZELLE	HALL	TEMP	F	39	35-39F	0.56.48	0
147	806	1435	THOLAKELE	SITELA	NEDBANK	M	32	SM	0.56.54	1
148	535	1826	AKHONA	NTANJANA	VUKANI	F	34	SF	0.57.05	1
149	564	1429	RIKA	TERBLANCHE	NEDBANK	F	45	45-49F	0.57.17	1
150	569	1389	MARTIE	VAN SCHALKWYK	NEDBANK	F	57	55-59F	0.57.18	1
151	746	251	VUYO	GROOTBOOM	TINARHA	M	45	45-49M	0.57.18	1
152	679	1962	DANIEL	PIETERSE	BLUEBAY	M	60	60-64M	0.57.19	1
153	272	5272	BULALI	QOSE	TEMP	M	26	SM	0.57.22	0
154	590	1365	SITHEMBISO	YOZO	NEDBANK	M	58	55-59M	0.57.27	1
155	697	5152	TAZZ	ODENDAAL	TEMP	F	29	SF	0.57.28	0
156	527	51710	THANDEKA	MHLANGA	OTHER	F	32	SF	0.57.29	0
157	628	1716	DERICK	GOLIATH	GELVAN	M	58	55-59M	0.57.42	1
158	578	1567	JACOBUS	WYATT	DESPATCH	M	59	55-59M	0.57.44	1
159	55	1476	DEIDRE	BURGER	32GI	F	49	45-49F	0.57.46	1
160	391	1484	MICHAEL	FOWLER	32GI	M	56	55-59M	0.57.48	1
161	752	5211	IVAN	MOSES	TEMP	M	60	60-64M	0.57.49	0
162	635	915	LUCA	LA MONICA	CHARLO	M	21	SM	0.57.56	1
163	695	1115	ANNE	WALLIS	ACH	F	41	40-44F	0.57.58	1
164	305	1234	DEWALD	DEYSEL	ELITEAC	M	40	40-44M	0.58.03	1
165	584	1331	JAN	LE ROUX	NEDBANK	M	62	60-64M	0.58.10	1
166	9	746	JOHAN	BARNARD	CRUSADE	M	67	65-69M	0.58.14	1
167	651	889	PETER	POHLMANN	CHARLO	M	58	55-59M	0.58.25	1
168	614	923	EVA	CHETTY	CHARLO	F	54	50-54F	0.58.32	1
169	572	726	KEITH	VOSLOO	CRUSADE	M	59	55-59M	0.58.39	1
170	670	1128	DEON	VYVER	NEDBANK	M	55	55-59M	0.58.40	1
171	133	5133	MARK	BOTHA	TEMP	M	51	50-54M	0.58.42	0
172	665	990	KIM	VENTER	CHARLO	F	38	35-39F	0.58.45	1
173	667	992	PETER	VENTER	CHARLO	M	41	40-44M	0.58.48	1

POS	RNO	LICNO	NAME	SURNAME	CLB	SEX	AGE	CAT	HMS	PTS
174	649	884	KRISH	PILLAY	CHARLO	M	60	60-64M	0.59.04	1
175	748	1333	MBULELO	SOBIKWA	NEDBANK	M	68	65-69M	0.59.06	1
176	393	1625	HELENA	FYVER	MADIBA	F	37	35-39F	0.59.08	1
177	261	5261	GANIEF	DAVIDS	TEMP	M	56	55-59M	0.59.10	0
178	646	974	PAULA	PEARCE	CHARLO	F	54	50-54F	0.59.13	1
179	567	1629	ARINDA	VAN DER LINDE	MADIBA	F	32	SF	0.59.17	1
180	286	5286	GERT	HARMSE	TEMP	M	56	55-59M	0.59.18	0
181	267	5267	MARK	MOMSEN	TEMP	M	45	45-49M	0.59.22	0
182	274	5274	RIAAN	ROSSOUW	TEMP	M	50	50-54M	0.59.32	0
183	287	5287	KIM-LIN	JONES	TEMP	F	29	SF	0.59.38	0
184	309	1632	JOS	ELS	MADIBA	F	70	70+F	0.59.39	2
185	884	1094	MARIETJIE	PIETERSEN	ACH	F	65	65-69F	0.59.56	1
186	883	1514	BIANCA	LEONARD	32GI	F	32	SF	0.59.56	1
187	604	946	DONOVAN	AUSTIN	CHARLO	M	42	40-44M	1.00.03	1
188	610	869	RENIER	BOTHA	CHARLO	M	40	40-44M	1.00.03	1
189	271	5271	LYNDLE	PLAATJIES	TEMP	F	30	SF	1.00.05	0
190	562	1559	RENE	SWART	DESPATCH	F	51	50-54F	1.00.16	1
191	720	1689	GEROME	MINTOOR	ATLANTIC	M	54	50-54M	1.00.21	1
192	557	563	LINDA	SILLS	RUN4C	F	40	40-44F	1.00.30	1
193	556	564	GAVIN	SILLS	RUN4C	M	49	45-49M	1.00.31	1
194	570	1582	MARINET	VAN TONDER	DESPATCH	F	44	40-44F	1.01.07	1
195	409	1600	YVETTE	JONKER	DESPATCH	F	50	50-54F	1.01.07	1
196	485	552	BERNADETTE	LOOCK	RUN4C	F	42	40-44F	1.01.08	1
197	743	1542	ARUSHKE	HAEFELE	DESPATCH	F	42	40-44F	1.01.09	1
198	542	1555	LYDIA	POTGIETER	DESPATCH	F	47	45-49F	1.01.10	1
199	805	213	SHARON	SMUTS	CSEP	F	56	55-59F	1.01.11	1
200	671	1446	SYLMA	WATKINS	NEDBANK	F	54	50-54F	1.01.12	1
201	266	5266	LIKHONA	MASIKA	TEMP	M	39	35-39M	1.01.20	0
202	277	5277	ROBYN	WATERMEYER	TEMP	F	35	35-39F	1.01.26	0
203	611	882	ARMIN	BRANDLE	CHARLO	M	70	70+M	1.01.31	1
204	882	1065	DANIELLE	LUDEN	ACH	F	37	35-39F	1.01.37	1
205	397	1287	BANDILE	GWAMANDA	VWAC	M	52	50-54M	1.01.39	1
206	268	5268	KHULISO	NEPHALAMA	TEMP	M	31	SM	1.01.40	0
207	750	1995	WAYNE	MAC GEAR	MADIBAZ	M	59	55-59M	1.01.41	1
208	311	1935	XENOPHON	FERREIRA	BLUEBAY	M	61	60-64M	1.01.54	1
209	602	859	ANTON	VAN WYK	CHARLO	M	54	50-54M	1.01.55	1
210	680	6680	MONDE	MHLETYWA	TEMP	M	48	45-49M	1.02.00	0
211	603	856	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	59	55-59M	1.02.01	1
212	592	1418	PRISCILLA	DYANTYI	NEDBANK	F	48	45-49F	1.02.16	1
213	622	200	ERIKA	FOREMAN	CSEP	F	52	50-54F	1.02.21	1
214	682	1832	ANELE	MESANI	VUKANI	M	42	40-44M	1.02.42	1
215	755	5272	CHRIS	JULIUS	TEMP	M	61	60-64M	1.02.59	0
216	178	100	LYNETTE	CRAUSE	INFINITY	F	62	60-64F	1.03.08	1
217	531	730	KAREN	NDHLOVU	CRUSADE	F	22	SF	1.03.15	1
218	152	801	WENDY	CAMERON	MADIBAZ	F	44	40-44F	1.03.21	1
219	481	1936	MARKUS	KUNNEKE	BLUEBAY	M	53	50-54M	1.03.22	1
220	552	612	MANDY	SAPTOE	ASPEN	F	38	35-39F	1.03.23	1
221	536	1967	SONJA	OLIVIER	BLUEBAY	F	54	50-54F	1.03.24	1
222	549	620	MARK	ROSS	ASPEN	M	57	55-59M	1.03.34	1
223	664	926	TREVOR	VAN RENSBURG	CHARLO	M	69	65-69M	1.04.21	1
224	725	5200	GERRIT	SASS	TEMP	M	56	55-59M	1.04.26	0
225	686	629	ANGIE	GOMES	ASPEN	F	36	35-39F	1.04.29	1
226	687	635	DANIEL	MOORE	ASPEN	M	33	SM	1.04.31	1
227	751	97	INA	MEAKER	INFINITY	F	60	60-64F	1.04.35	1
228	163	2039	CYNTHIA	CHANNON	ELITEAC	F	56	55-59F	1.04.40	1
229	675	1348	XOLILE	GOMOMO	NEDBANK	M	70	70+M	1.04.44	1
230	632	886	CELEST	JOYCE	CHARLO	F	53	50-54F	1.05.01	1
231	487	1802	THOBEKA	MABUSELA	VUKANI	F	60	60-64F	1.05.32	1

POS	RNO	LICNO	NAME	SURNAME	CLB	SEX	AGE	CAT	HMS	PTS
232	716	132	FUARD	DE JAGER	MALABAR	M	43	40-44M	1.05.39	1
233	674	1380	BANDILE	CUNTU	NEDBANK	M	57	55-59M	1.05.42	1
234	621	892	GARETH	FLETCHER	CHARLO	M	47	45-49M	1.05.49	1
235	690	1016	LINDA	BARKHUIZEN	BODYCON	F	53	50-54F	1.05.50	1
236	480	95	ZELDA	KRIGE	INFINITY	F	62	60-64F	1.06.01	1
237	389	1220	ANDRE	FOURIE	ELITEAC	M	75	70+M	1.06.06	1
238	263	5263	XABISO	KROQWANA	TEMP	M	32	SM	1.06.29	0
239	717	2099	AMEER	ENSAL	MALABAR	M	47	45-49M	1.06.58	1
240	618	713	DENISE	FERREIRA	CRUSADE	F	60	60-64F	1.07.06	1
241	565	1325	SHANNON	THEOBALD	NEDBANK	F	46	45-49F	1.08.05	1
242	727	5126	ERIC	PHONGOLO	TEMP	M	65	65-69M	1.08.11	0
243	615	943	DENISE	DARLOW	CHARLO	F	53	50-54F	1.08.14	1
244	633	969	GARY	KELLEHER	CHARLO	M	64	60-64M	1.08.15	1
245	804	562	JUDITH	NIENABER	RUN4C	F	62	60-64F	1.08.22	1
246	803	1231	HELENE	OPPEL	ELITEAC	F	72	70+F	1.08.27	1
247	486	1940	JACKI	LYLE	BLUEBAY	F	41	40-44F	1.08.35	1
248	629	216	SUNET	HARRIS	CSEP	F	49	45-49F	1.08.42	1
249	620	1403	JOHAN	FERREIRA	NEDBANK	M	60	60-64M	1.09.03	1
250	722	5197	MELANIE	FRANCIS	TEMP	F	46	45-49F	1.09.11	0
251	696	5151	ANDRE	KOCK	TEMP	M	46	45-49M	1.09.32	0
252	700	5153	MICHELLE	BENN	TEMP	F	39	35-39F	1.09.50	0
253	548	607	CHANTEL	ROSS	ASPEN	F	45	45-49F	1.09.52	1
254	709	5156	ERICA	ERASMUS	TEMP	F	52	50-54F	1.09.54	0
255	657	1343	BERENICE	SMITH	NEDBANK	F	57	55-59F	1.10.09	1
256	634	62	ALEX	KHUZWAYO	SAPPE	M	59	55-59M	1.10.10	1
257	677	717	EMELISA	MEIRING	CRUSADE	F	30	SF	1.10.12	1
258	678	770	WINSLOW	BOUWER	CRUSADE	M	38	35-39M	1.10.12	1
259	881	208	INGA	GXOLO	CSEP	F	26	SF	1.10.20	1
260	673	1349	CAROLINE	ZINTO	NEDBANK	F	42	40-44F	1.10.21	1
261	742	1312	HERMAN	DEKKER	SAPPE	M	77	70+M	1.10.27	1
262	648	4353	THURAYA	PILLAY	CHARLO	F	20	SF	1.10.31	1
263	110	5110	ANNA-JADE	BADIER	TEMP	F	25	SF	1.10.37	0
264	713	624	BANDLAKAZI	CABA	ASPEN	F	35	35-39F	1.10.51	1
265	529	753	PLACXEDES	NDHLOVU	CRUSADE	F	48	45-49F	1.10.54	1
266	711	5196	AZANDA	DLADLA	TEMP	F	26	SF	1.11.16	0
267	661	917	VICKY	TSOUKNIDAS	CHARLO	F	44	40-44F	1.11.45	1
268	706	5155	LINDSAY	WESTRAADT	TEMP	F	38	35-39F	1.12.48	0
269	719	1606	FANIE	CLAASSEN	DESPATCH	M	64	60-64M	1.12.55	1
270	757	1753	RONALD	JANTJIES	TRANSNET	M	50	50-54M	1.13.37	1
271	538	530	ANDRE	PIENAAR	RUN4C	M	59	55-59M	1.13.43	1
272	120	5120	TEGAN	BEER	TEMP	F	26	SF	1.14.13	0
273	285	5285	ELIZMA	HARMSE	TEMP	F	61	60-64F	1.14.48	0
274	702	54	DAVID	FORTEIN	SAPPE	M	57	55-59M	1.14.50	1
275	396	1661	PIETER	GERBER	RUN4C	M	64	60-64M	1.15.13	1
276	685	1745	BONELWA	GAZIYA	HOLLYWOO	F	38	35-39F	1.15.33	1
277	545	314	CHARLENE	RADEMEYER	RUN4C	F	41	40-44F	1.16.23	1
278	537	1658	NIEKIE	OOSTHUIZEN	MADIBA	F	52	50-54F	1.16.25	1
279	723	5199	COLLEEN	WATTS	TEMP	F	40	40-44F	1.16.40	0
280	660	918	HANNAH	TRUTER	CHARLO	F	29	SF	1.16.54	1
281	650	907	PAVANA	PILLAY	CHARLO	F	22	SF	1.17.18	1
282	609	966	SONJA	BOSCH	CHARLO	F	59	55-59F	1.17.47	1
283	307	1668	SHANTE	DU PLESSIS	RUN4C	F	29	SF	1.17.48	1
284	608	945	DEON	BOSCH	CHARLO	M	65	65-69M	1.18.18	1
285	54	566	MEGAN	BRUNSDON	RUN4C	F	32	SF	1.18.22	1
286	563	94	DENISE	TERBLANCHE	INFINITY	F	74	70+F	1.18.55	1
287	182	761	NTOKOZO	DAMBUZA	CRUSADE	F	43	40-44F	1.19.00	1
288	732	745	KATHLEEN	FLANAGAN	CRUSADE	F	36	35-39F	1.19.01	1
289	390	1215	HELEN	FOURIE	ELITEAC	F	52	50-54F	1.19.34	1

POS	RNO	LICNO	NAME	SURNAME	CLB	SEX	AGE	CAT	HMS	PTS
290	398	1434	DIANNE	HARTZENBERG	NEDBANK	F	63	60-64F	1.19.54	1
291	676	1765	NOLIZWI	XABADIYA	TRANSNET	F	40	40-44F	1.20.05	1
292	11	1276	Mzukisi	Benelwa	VWAC	M	50	50-54M	1.20.11	1
293	756	2111	VUYOKAZI	MBASA	DPWEC	F	41	40-44F	1.21.57	1
294	689	1737	CLAIRWEN	MEYER	BODYCON	F	43	40-44F	1.22.01	1
295	399	93	STEPHANIE	HAY	INFINITY	F	66	65-69F	1.22.03	1
296	753	1135	MOF	BOTHA	ACH	M	66	65-69M	1.22.24	1
297	528	453	JO-ANNE	MUIR	WALMER	F	52	50-54F	1.22.25	1
298	543	452	SHARON	POTGIETER	WALMER	F	57	55-59F	1.22.41	1
299	655	935	BRENTON	SCHNETLER	CHARLO	M	47	45-49M	1.22.42	1
300	636	920	LOCHI	LOCHNER	CHARLO	M	74	70+M	1.23.49	1
301	741	934	HERMAN	SCHEEPERS	CHARLO	M	46	45-49M	1.24.00	1
302	659	712	NDILEKA	THOMPSON	CRUSADE	F	44	40-44F	1.24.42	1
303	582	34	LEE-ANN	GARDNER	PEAAC	F	59	55-59F	1.25.27	1
304	583	1350	DOROTHY	HART	NEDBANK	F	84	70+F	1.25.28	1
305	624	998	ROBERT	GALLOWAY	CHARLO	M	71	70+M	1.25.46	1
306	585	1657	SANDRA	SHARE	MADIBA	F	56	55-59F	1.26.33	1
307	400	529	NOREEN	HUMAN	RUN4C	F	46	45-49F	1.26.43	1
308	573	553	Jeana	Vrey	RUN4C	F	29	SF	1.26.44	1
309	691	825	SIMON	STRIMLING	MADIBAZ	M	60	60-64M	1.27.44	1
310	554	1643	DINA	SCHUTTE	MADIBA	F	56	55-59F	1.28.23	1
311	710	5157	SIPHOSETHU	SANDI	TEMP	F	26	SF	1.28.26	0
312	637	942	EDITH	MAC GEAR	CHARLO	F	54	50-54F	1.28.29	1
313	703	145	ROBIN	NOMDOE	GELVAN	M	35	35-39M	1.28.48	1
314	704	5154	LAIKEN	NOMDOE	TEMP	F	31	SF	1.29.22	0
315	269	5269	ODETTE	NELL	TEMP	F	49	45-49F	1.30.27	0
316	288	5288	SHERWIN	KING	TEMP	M	41	40-44M	1.31.08	0
317	490	767	GILLIAN	MCAINSH	CRUSADE	F	62	60-64F	1.34.52	1
318	310	743	MARY-LOU	EMSLIE	CRUSADE	F	58	55-59F	1.34.53	1
319	291	5291	BELINDA	VAN DER WESTHUIZEN	TEMP	F	41	40-44F	1.36.03	0
320	283	5283	CLAUDINE	ARENDSE	TEMP	F	28	SF	1.37.46	0
321	617	432	LYNDENE	DAVIDSON	PROFILES	F	46	45-49F	1.39.59	1
322	654	431	VAL	SANDOW	PROFILES	F	76	70+F	1.40.00	1
HELPERS RUN										
H1	37	1914	ZOLANI	MABONGO	SIBALEKA	M	36	35-39M	0.35.09	5
H2	38	20123	Sinethemba	Ngabase	SIBALEKA	M	19	JM	0.92.0	1
H3	39	540	JACQUES	LANGLEY	RUN4C	M	33	SM	0.47.17	2
H4	40	565	SEBASTIAN	KLEU	RUN4C	M	46	45-49M	0.47.20	2
H5	41	555	BURNITA	STRYDOM	RUN4C	F	53	50-54F	0.50.11	3
H6	42	1250	PETER	VAN RENSBURG	ELITEAC	M	64	60-64M	0.51.00	2
H7	43	556	ARTHUR	WILLIAMS	RUN4C	M	59	55-59M	0.51.45	2
H8	44	2135	Sandise	Mphomane	SIBALEKA	M	25	SM	1.05.00	1
H9	45	1901	SICELO	THABETHE	SIBALEKA	M	48	45-49M	1.10.00	1