FIRST CHOICE 15KM - JEFFREYS BAY - 2023/01/07										
POS	**RNO**	**LIC NO**	**NAME**	**SURNAME**	**CLUB**	**SEX**	**AGE**	**CAT**	**HMS**	**PTS**
1	275	355	MELIKHAYA	FRANS	IKHAMVA	M	32	SM	0.46.36	5
2	276	363	CWENGA	NOSE	IKHAMVA	M	22	SM	0.46.37	5
3	283	51207	THABANG	MOSIAKO	IKHAMVA	M	27	SM	0.46.38	5
4	308	5664	DIVAN	DU PREEZ	TEMP	M	21	SM	0.48.38	0
5	277	356	LUYANDA	TSHANGANA	IKHAMVA	M	39	35-39M	0.48.52	5
6	120	1361	ANDILE	MOTWANA	NEDBANK	M	26	SM	0.49.22	5
7	282	357	SINAWO	POTI	IKHAMVA	M	21	SM	0.49.25	5
8	213	1836	XOLISA	NDLUMBINI	VUKANI	M	40	40-44M	0.51.37	5
9	278	358	MZWANELE	MAPHEKULA	IKHAMVA	M	46	45-49M	0.52.02	5
10	279	370	DESMOND	ZIBI	IKHAMVA	M	59	55-59M	0.52.37	5
11	357	479	RENIER	GROBLER	MURRYROB	M	39	35-39M	0.53.03	0
12	441	1376	GIFT	CHIGOMARAWA	NEDBANK	M	35	35-39M	0.53.41	5
13	294	5651	RICK	SWEMMER	TEMP	M	19	SM	0.54.00	0
14	124	1825	KHAYA	GQWETHA	VUKANI	M	37	35-39M	0.54.24	5
15	280	378	SIYABONGA	HONNI	IKHAMVA	M	39	35-39M	0.54.42	5
16	118	1458	GEORGE	NTSHILIZA	NEDBANK	M	43	40-44M	0.54.53	5
17	119	1339	MILA	PASIYA	NEDBANK	M	43	40-44M	0.55.13	5
18	392	354	NWABISA	MJOLI	PHANTANE	F	30	SF	0.55.31	5
19	49	537	BATHANDWA	MOOI	RUN4C	M	38	35-39M	0.56.45	4
20	401	1808	LEBOHANG	SENTI	VUKANI	M	36	35-39M	0.58.19	4
21	263	1345	JEAN-PIERE	ROUX	NEDBANK	M	35	35-39M	0.58.50	4
22	12	1728	NOEL	ADAMS	GELVAN	M	50	50-54M	0.59.07	5
23	64	693	SAZISO	PANGINDAWO	NMBMUN	M	40	40-44M	0.59.28	4
24	267	5698	LIHLE	SWEPU	TEMP	M	21	SM	0.59.56	0
25	183	1400	KELLY	VAN VLIET	NEDBANK	F	35	35-39F	1.00.04	5
26	233	5683	ASHWILL	PERILS	TEMP	M	30	SM	1.00.24	0
27	374	4370	Christian	Appels	CSEP	M	18	SM	1.00.32	3
28	530	1810	XOLANI	NTEYI	VUKANI	M	44	40-44M	1.00.38	4
29	28	1255	ERROL	WHITTAL	ELITEAC	M	47	45-49M	1.00.40	5
30	146	999	GRAHAM	ESHMADE	CHARLO	M	45	45-49M	1.00.45	5
31	300	5657	DYLON	DICKSON	TEMP	M	25	SM	1.01.12	0
32	181	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	41	40-44F	1.01.22	5
33	254	2059	AUGUST	ESAU	NEDBANK	M	52	50-54M	1.01.50	5
34	453	1340	WELCOME	LOLIWE	NEDBANK	M	58	55-59M	1.02.26	5
35	356	396	STANTON	FREEMAN	ACT AC	M	45	45-49M	1.02.35	4
36	509	506	MPUMELELO	NDLUMBINI	MOTHER	M	50	50-54M	1.02.57	5
37	262	1465	HENRY	CRAUSE	NEDBANK	M	40	40-44M	1.03.19	3
38	44	1855	MARIO	PLAATJIES	GELVAN	M	42	40-44M	1.03.36	3
39	270	5701	INGA	SIZANI	TEMP	M	29	SM	1.03.43	0
40	174	2064	ANNALISE	SCHOLTZ	MADIBA	F	40	40-44F	1.03.50	5
41	513	1270	MUHAMMED	PETERSEN	VWAC	M	39	35-39M	1.04.17	3
42	143	908	KAYLA	NELL	CHARLO	F	28	SF	1.04.47	3
43	316	5672	MARTIN	DE BRUIN	TEMP	M	41	40-44M	1.05.08	0
44	198	273	ROBERT	SLABBERT	MUIRITE	M	35	35-39M	1.05.32	2
45	105	5560	RICCO	VISSER	TEMP	M	21	SM	1.05.39	0
46	171	681	GAVIN	THORNE	NMBMUN	M	41	40-44M	1.05.45	3
47	495	20015	RONAN	VAN DER VAART	NEDBANK	M	17	SM	1.06.13	2
48	397	1822	MZWANELE	NQOQO	VUKANI	M	45	45-49M	1.06.35	3
49	476	414	MNQWENO	TYOKOLO	CHILLIEP	M	40	40-44M	1.07.03	2
50	405	363	DWIGHT	NGESI	IKHAMVA	M	53	50-54M	1.07.57	3
51	498	706	STEPHEN	MCCARTHY	CRUSADE	M	61	60-64M	1.08.01	5
52	244	1436	NTSIKELELO	SEBE	NEDBANK	M	40	40-44M	1.08.11	2
53	460	1425	DARRYL	BAGLEY	NEDBANK	M	47	45-49M	1.08.19	3
54	182	1437	DARREN	VAN VLIET	NEDBANK	M	39	35-39M	1.08.23	2
55	471	1952	VUSI	MSUTHWANA	IKHAMVA	M	51	50-54M	1.08.27	3
56	162	931	ANDILE	NYOKA	CHARLO	M	50	50-54M	1.08.32	3
57	66	1221	TERRAY	POTHIER	ELITEAC	F	31	SF	1.08.41	3
58	446	1324	LINDEN	NZEZA	NEDBANK	M	39	35-39M	1.08.50	2
59	128	344	WELLINGTON	TSHINGANE	SANDFEP	M	52	50-54M	1.08.52	3
60	133	919	KELVIN	JOOSTE	CHARLO	M	36	35-39M	1.09.01	2
61	97	5568	LEROUX	JORDAAN	TEMP	M	36	35-39M	1.09.06	0
62	245	1416	CHRISTINE	CLAASEN	NEDBANK	F	58	55-59F	1.09.15	5
63	421	4000	VUYISILE	SIMAYILE	NEDBANK	M	35	35-39M	1.09.29	2
64	130	1457	RICHARD	MAZUNGULA	NEDBANK	M	45	45-49M	1.09.32	2

65	380	5731	LINDIE	STEYN	DESPATCH	F	35	35-39F	1.09.36	2
66	443	2333	DANNY	SAULS	RUN4C	M	36	35-39M	1.09.40	2
67	496	1046	JEMAIN	WILSON	XCEL	M	35	35-39M	1.09.41	2
68	159	898	PATRIC	MAKWENKWE	CHARLO	M	56	55-59M	1.09.41	3
69	407	758	WERNER	DE LANGE	CRUSADE	M	34	SM	1.09.47	2
70	302	5659	KOBUS	GROBBELAAR	TEMP	M	38	35-39M	1.09.55	0
71	38	731	GAVIN	ROGERS	CRUSADE	M	58	55-59M	1.09.56	3
72	349	72	SEITSHIRO	MOLEMI	SANDFEP	M	38	35-39M	1.10.16	2
73	251	1385	KOOS	OLIVIER	NEDBANK	M	64	60-64M	1.10.21	4
74	69	1571	WERNER	ZEELIE	DESPATCH	M	42	40-44M	1.10.46	2
75	386	5739	JACO	JACOBS	BFNACH	M	42	40-44M	1.10.53	0
76	438	323	CLIVE	VAN RAYNER	MUIRITE	M	55	55-59M	1.11.05	3
77	367	5721	IZAK	VAN DER MERWE	TEMP	M	44	40-44M	1.11.10	0
78	35	1612	BRUCHANE	WILLIAMS	GELVAN	M	36	35-39M	1.11.12	2
79	364	5717	KRISTEN	LAWSON	ACH	F	30	SF	1.11.19	2
80	62	1422	RICHARD	RAMATSASA	NEDBANK	M	47	45-49M	1.11.31	0
81	473	6475	ELIZABETH	BRINK	DURBAC	F	48	45-49F	1.11.50	0
82	430	1968	HENRY	PIENAAR	BLUEBAY	M	51	50-54M	1.12.00	2
83	21	1848	DENVER	PETERSEN	GELVAN	M	39	35-39M	1.12.13	2
84	260	5693	ZANDISILE	CWEYA	NEDBANK	M	42	40-44M	1.12.51	2
85	257	1235	PHILLIP	KEMP	ELITEAC	M	40	40-44M	1.13.00	2
86	334	264	PETER	NTSHIKILA	TINARHA	M	60	60-64M	1.13.10	3
87	448	1659	HANNES	ELS	MADIBA	M	72	70+M	1.13.10	5
88	47	1263	KAHN	LANGFORD	VWAC	M	44	40-44M	1.13.18	2
89	271	5702	LITHEMBA	JACK	JBAY	M	32	SM	1.13.21	2
90	376	5727	XYLON	VAN EYCK	TEMP	M	38	35-39M	1.13.23	0
91	57	1528	KELVIN	SAMUEL	32GI	M	39	35-39M	1.13.30	2
92	428	5969	SITHA	SIGENU	REALGIJ	F	39	35-39F	1.13.40	0
93	433	4394	ILKE	WOLMARANS	ELITEAC	F	15	SF	1.13.55	2
94	434	1216	WESSEL	WOLMARANS	ELITEAC	M	44	40-44M	1.13.56	2
95	429	1370	WERNER	MEYER	NEDBANK	M	49	45-49M	1.14.03	2
96	249	1035	JEROME	MAY	XCEL	M	56	55-59M	1.14.06	2
97	372	5725	WP	DU PLESSIS	TEMP	M	36	35-39M	1.14.09	0
98	180	1569	NEEVRA	BELLINGAN	DESPATCH	F	36	35-39F	1.14.15	2
99	212	1564	LEON	WEITSZ	DESPATCH	M	48	45-49M	1.14.16	2
100	224	5675	NICHOLAS	KELLY	TEMP	M	38	35-39M	1.14.16	0
101	489	179	LONWABO	MTSHAKE	SPAREC	M	52	50-54M	1.14.26	2
102	41	1742	ZANDISILE	NGXONONO	HOLLYWOO	M	49	45-49M	1.14.27	2
103	512	519	MIRACLE	CHAUKE	YOUTH	M	39	35-39M	1.14.29	2
104	442	70	NDYEDO	QWAKANISA	SAPPE	M	35	35-39M	1.14.31	2
105	20	1052	ASHWELL	JONAS	ACH	M	49	45-49M	1.14.39	2
106	503	1642	NICO	SMITH	MADIBA	M	37	35-39M	1.14.42	2
107	450	1639	VANDRE	NEL	MADIBA	M	38	35-39M	1.14.44	2
108	252	1334	SUZETTE	VICTOR	NEDBANK	F	52	50-54F	1.14.48	3
109	48	1966	JEN	VALLANCE	STFRAN	F	35	35-39F	1.15.06	2
110	152	914	ETIENNE	GERBER	CHARLO	M	52	50-54M	1.15.18	2
111	153	893	HISHAAN	BHANA	CHARLO	M	26	SM	1.15.20	2
112	268	5699	RIAAN	GAYI	TEMP	M	45	45-49M	1.15.30	0
113	452	1038	PHILLIP	DU PLESSIS	XCEL	M	52	50-54M	1.15.32	2
114	194	545	RUHAN	VAN RENSBURG	RUN4C	M	30	SM	1.15.36	1
115	63	324	SERGIO	PETERSON	RUN4C	M	44	40-44M	1.15.54	2
116	214	1944	MUSA	SENTI	BLUEBAY	M	30	SM	1.16.03	1
117	27	2323	JANINE	WHITTAL	ELITEAC	F	41	40-44F	1.16.12	2
118	464	1044	ROBERT	JORDAAN	XCEL	M	55	55-59M	1.16.15	2
119	534	783	JOHAN	WESTRAADT	MADIBAZ	M	40	40-44M	1.16.16	2
120	317	5695	XAVIER	MANYALA	TEMP	M	41	40-44M	1.16.33	0
121	399	20151	KERRI-LEE	BARNARD	PRAC	F	19	SF	1.16.34	2
122	536	554	PETRUS	RADEMEYER	RUN4C	M	48	45-49M	1.16.40	2
123	235	5685	RENIER	ERASMUS	TEMP	M	51	50-54M	1.17.28	0
124	505	1637	CHARL	MEISTRE	MADIBA	M	37	35-39M	1.17.30	1
125	221	733	ALEX	DU TOIT	CRUSADE	M	58	55-59M	1.17.36	2
126	391	5742	MLUNGISI	MAHLATHI	TEMP	M	37	35-39M	1.17.54	0
127	332	5711	HENNIE	CHARLES	MURRYROB	M	73	70+M	1.18.06	0
128	219	555	BURNITA	STRYDOM	RUN4C	F	54	50-54F	1.18.11	3
129	477	477	MHLENGI	MAHLABA	HOLLYWOO	M	31	SM	1.18.20	1
130	379	5730	COLLEN	MOTSEPE	TEMP	M	38	35-39M	1.18.21	0

131	250	1711	JACOBUS	JULIUS	GELVAN	M	48	45-49M	1.18.34	2
132	354	1566	RUAN	WELGEMOED	DESPATCH	M	28	SM	1.18.36	1
133	351	317	JEAN-PIERRE	VAN DER MERWE	MUIRITE	M	25	SM	1.18.37	1
134	437	1408	EDDIE	EADES	NEDBANK	M	73	70+M	1.18.58	3
135	259	5614	MZUKISI	OLIFANT	NEDBANK	M	40	40-44M	1.18.58	1
136	309	5665	ANNELIZE	SHERGOLD-SMITH	TEMP	F	42	40-44F	1.19.04	0
137	293	5650	KEVIN	WILLIAMS	TEMP	M	38	35-39M	1.19.09	0
138	37	1450	NKHATHALLENG	KHIBA	NEDBANK	F	41	40-44F	1.19.27	2
139	218	50	MICHAEL	DEKKER	SAPPE	M	50	50-54M	1.19.40	2
140	387	5736	RUDI	KOEKEMOER	TEMP	M	42	40-44M	1.19.57	0
141	215	1943	LUYANDA	NGESI	BLUEBAY	M	30	SM	1.20.05	1
142	461	288	WARREN	GRIFFITHS	MUIRITE	M	57	55-59M	1.20.10	2
143	363	5716	LUTHANDO	NDZAMBO	TEMP	M	39	35-39M	1.20.18	0
144	359	1178	KANGELANI	RHANGAYI	JBAY	M	47	45-49M	1.20.24	1
145	419	540	JACQUES	LANGLEY	RUN4C	M	34	SM	1.20.33	1
146	81	883	LINDI	VAN TONDER	CHARLO	F	44	40-44F	1.20.36	2
147	482	1738	IVO	MEYER	BODYCON	M	48	45-49M	1.20.38	1
148	348	5677	LINDIE	STANDER	TEMP	F	38	35-39F	1.20.41	0
149	111	5554	JOHN	JONAS	TEMP	M	40	40-44M	1.20.42	0
150	179	1001	AMANDA	SHAW	IKHAMVA	F	58	55-59F	1.20.46	3
151	343	278	CATHY	CURTAIN	MUIRITE	F	52	50-54F	1.20.46	2
152	24	1250	PETER	VAN RENSBURG	ELITEAC	M	64	60-64M	1.20.59	2
153	256	1225	SUSANNA	KEMP	ELITEAC	F	39	35-39F	1.21.00	1
154	142	948	THOMAS	MARAIS	CHARLO	M	35	35-39M	1.21.19	1
155	141	952	CINDY	MARAIS	CHARLO	F	45	45-49F	1.21.20	2
156	384	5735	GRIZELDA	PIETERSEN	GELVAN	F	54	50-54F	1.21.33	2
157	201	1233	CURT	ROBERTS	ELITEAC	M	37	35-39M	1.21.43	1
158	211	205	LUDINE	WILLIAMS	CSEP	F	35	35-39F	1.21.48	1
159	210	1040	NIGEL	DANIELS	XCEL	M	47	45-49M	1.21.49	1
160	26	448	INGE	WILLIAMSON	PROFILES	F	29	SF	1.21.56	1
161	418	1863	DAVID	MAMA	HOLLYWOO	M	47	45-49M	1.22.01	1
162	158	905	JANET	VAN NIEKERK	CHARLO	F	46	45-49F	1.22.10	2
163	398	1721	LIZETTE	OLIVER	GELVAN	F	36	35-39F	1.22.19	1
164	362	5715	WILHEELM	RAUTENBACH	TEMP	M	47	45-49M	1.22.22	0
165	344	1043	DAVID	BAINS	EXCELL	M	56	55-59M	1.22.43	0
166	385	5733	SUNE	DIEDERICKS	CRUSADE	F	52	50-54F	1.22.45	2
167	39	727	ANGELA	ROGERS	CRUSADE	F	53	50-54F	1.22.48	2
168	457	894	TONY	CLARKE	CHARLO	M	62	60-64M	1.22.53	2
169	184	1575	LESLEY-ANN	BUSH	DESPATCH	F	50	50-54F	1.22.59	2
170	291	5648	TINEKE	RADEMEYER	TEMP	F	29	SF	1.23.14	0
171	400	220	BENNIE	THYSSE	DESPATCH	M	65	65-69M	1.23.26	2
172	523	16313	JIMMY	HEADBUSH	MANONI	M	51	50-54M	1.23.58	0
173	172	5673	SYLVESTER	FELKERS	TEMP	M	44	40-44M	1.24.01	0
174	469	5743	MBULELO	NTSHIKILA	KWATHEMA	M	49	45-49M	1.24.02	0
175	115	5615	JOHN	BULL	TEMP	M	60	60-64M	1.24.08	0
176	415	1635	DORIS	GERBER	MADIBA	F	52	50-54F	1.24.09	2
177	519	1448	THELMA	MCOPELO	NEDBANK	F	40	40-44F	1.24.19	1
178	67	2008	SIYABONGA	PANDLE	XCEL	M	53	50-54M	1.24.34	1
179	488	1236	STEPHEN	KLUE	ELITEAC	M	64	60-64M	1.24.36	1
180	458	1454	WENDY	SORENSEN	NEDBANK	F	48	45-49F	1.24.37	1
181	191	1586	MAUDY	BOTES	DESPATCH	F	40	40-44F	1.24.39	1
182	177	1546	ISCHKE	LAMBRECHTS	DESPATCH	F	39	35-39F	1.24.39	1
183	467	1060	DEAN	FINLAY	ACH	M	56	55-59M	1.24.51	1
184	273	1396	BUYELWA	KOBOKANA	NEDBANK	F	57	55-59F	1.25.09	2
185	84	51621	NEVILLE	WARMBERG	MUTUAL	M	48	45-49M	1.25.17	0
186	383	5734	ANNEMIE	DU TOIT	ELITEAC	F	38	35-39F	1.25.25	1
187	432	1258	MARTIN	LANGLEY	ELITEAC	M	42	40-44M	1.25.26	1
188	449	1328	BENNETT	NAPOLEON	NEDBANK	M	47	45-49M	1.25.27	1
189	466	1730	CYRIL	UITHALER	GELVAN	M	59	55-59M	1.25.28	1
190	381	5732	ATTIE	JOOSTE	NEDBANK	M	43	40-44M	1.25.37	1
191	203	1299	MICHAEL	SLATER	VWAC	M	52	50-54M	1.25.43	1
192	377	5728	WENDY	VAN EYCK	TEMP	F	40	40-44F	1.26.01	0
193	209	145	ROBIN	NOMDOE	GELVAN	M	35	35-39M	1.26.02	1
194	206	1588	JACQUES	BOTHA	DESPATCH	M	48	45-49M	1.26.03	1
195	188	521	ALECHE	BARNARD	RUN4C	F	28	SF	1.26.03	1
196	404	1481	WAYNE	SCHOLTZ	32GI	M	42	40-44M	1.26.09	1

197	192	1585	GEORGE	BOTES	DESPATCH	M	48	45-49M	1.26.10	1
198	169	900	DARREN	MC ROBERTS	CHARLO	M	41	40-44M	1.26.27	1
199	388	5739	NATALIE	BOSHOFF	32GI	F	36	35-39F	1.26.28	1
200	117	5617	PIERRE	KOK	TEMP	M	52	50-54M	1.26.30	0
201	15	611	HAYLEY	NEWING	ASPEN	F	38	35-39F	1.26.48	1
202	187	2060	ALEXANDER	DALEMAN	NEDBANK	M	23	SM	1.26.53	1
203	157	913	ZENE	GERBER	CHARLO	F	21	SF	1.26.53	1
204	167	921	MXOLISI	SIZIBA	CHARLO	M	52	50-54M	1.26.55	1
205	541	1806	BABALWA	MELITAFA	VUKANI	F	42	40-44F	1.27.02	1
206	491	1042	EUGENE	VAN WYK	XCEL	M	51	50-54M	1.27.08	1
207	74	723	ALETTA	JOUBERT	CRUSADE	F	61	60-64F	1.27.09	2
208	310	5666	CHANTE	BISSCHOFF	TEMP	F	26	SF	1.27.11	0
209	499	1031	CHESTER	BROOKS	XCEL	M	64	60-64M	1.27.13	1
210	176	1547	STEPHANUS	LAMBRECHTS	DESPATCH	M	40	40-44M	1.27.15	1
211	355	1589	COBUS	SPIES	DESPATCH	M	46	45-49M	1.27.21	1
212	502	1590	ANNEKE	MOORE	DESPATCH	F	38	35-39F	1.27.28	1
213	173	1424	SAM	ERASMUS	NEDBANK	M	65	65-69M	1.27.29	1
214	526	2277	SUSAN	ALCOCK	MADIBA	F	56	55-59F	1.27.32	1
215	4	1214	BENITA	GERBER	ELITEAC	F	58	55-59F	1.27.34	1
216	255	697	DEON	ENGELBRECHT	NMBMUN	M	55	55-59M	1.27.37	1
217	371	5723	BIANCA	DEYZEL	TEMP	F	37	35-39F	1.27.58	0
218	131	903	KESVAL	CHETTY	CHARLO	M	58	55-59M	1.28.05	1
219	406	1544	NOLEEN	AMBRAAL	DESPATCH	F	52	50-54F	1.28.13	1
220	246	5690	JAMAL	ASAIN	TEMP	F	36	35-39F	1.28.25	0
221	431	1678	ADELE	SLABBERT	MADIBA	F	52	50-54F	1.28.34	1
222	483	2123	Sibonela	Xulu	DPWEC	M	43	40-44M	1.28.42	1
223	481	968	LONWABO	MKONZA	HOLLYWOO	M	36	35-39M	1.28.59	1
224	494	930	IMKE	SMIT	CHARLO	F	34	SF	1.29.02	1
225	341	10046	JD	THERON	VITALITY	M	61	60-64M	1.29.03	0
226	382	5733	RIAAN	DELPORT	DESPATCH	M	37	35-39M	1.29.15	1
227	139	928	ALLISTER	MARRAN	CHARLO	M	46	45-49M	1.29.16	1
228	160	957	PIERRE	RENSHAW	CHARLO	M	49	45-49M	1.29.16	1
229	205	1601	ANIZE	GERBER	DESPATCH	F	50	50-54F	1.29.17	1
230	542	1261	FRANKLIN	HUMAN	VWAC	M	47	45-49M	1.29.18	1
231	92	5586	CHRISTELLE	BLUME	TEMP	F	54	50-54F	1.29.19	0
232	346	444	VANESSA	COETZEE	MUIRITE	F	46	45-49F	1.29.23	1
233	14	1560	PIETER	STRYDOM	DESPATCH	M	61	60-64M	1.29.32	1
234	155	855	GREGORY	ROSS	CHARLO	M	49	45-49M	1.29.39	1
235	73	746	JOHAN	BARNARD	CRUSADE	M	67	65-69M	1.29.41	1
236	156	953	CYNTHIA	HEYNS	CHARLO	F	39	35-39F	1.29.47	1
237	136	876	GEORGE	WINSHIP	CHARLO	M	57	55-59M	1.29.52	1
238	402	1389	MARTIE	VAN SCHALKWYK	NEDBANK	F	58	55-59F	1.29.54	1
239	490	745	KATHLEEN	FLANAGAN	CRUSADE	F	37	35-39F	1.29.55	1
240	190	1551	WERNER	OLIVIER	DESPATCH	M	38	35-39M	1.29.56	1
241	528	1704	KEITH	SEZOE	GELVAN	M	52	50-54M	1.29.58	1
242	238	556	ARTHUR	WILLIAMS	RUN4C	M	60	60-64M	1.29.58	1
243	307	5663	MICHAEL	JANSE VAN RENSBURG	TEMP	M	49	45-49M	1.30.00	0
244	227	277	DE WET	WILLIAMS	MUIRITE	M	60	60-64M	1.30.08	1
245	5	1201	CATHY	ALLERS	ELITEAC	F	60	60-64F	1.30.10	1
246	98	5567	WALDO	KLEYN	TEMP	M	35	35-39M	1.30.11	0
247	352	284	ESTELLE	VAN DER MERWE	MUIRITE	F	56	55-59F	1.30.29	1
248	511	601	MBULELO	KITAS	YOUTH	M	53	50-54M	1.30.32	1
249	304	5661	LUANIE	VERMEULEN	TEMP	F	38	35-39F	1.30.33	0
250	412	1949	LEONARD	CONRADIE	BLUEBAY	M	68	65-69M	1.30.34	1
251	114	5557	FREDDIE	JACOBS	TEMP	M	55	55-59M	1.30.35	0
252	440	1779	DALEEN	FERREIRA	ALBANY	F	34	SF	1.30.43	1
253	439	1778	RUAAN	GELDENHUYS	ALBANY	M	36	35-39M	1.30.57	1
254	540	14730	PHUNYEZWA	NDEVU	SABC	F	56	55-59F	1.30.58	0
255	226	1656	SCHOOMBEE	PRETORIUS	MADIBA	M	65	65-69M	1.31.05	1
256	83	51854	JANICE	MCKERRY	QH	F	57	55-59F	1.31.08	0
257	77	1962	DANIEL	PIETERSE	BLUEBAY	M	60	60-64M	1.31.20	1
258	319	5705	GERARD	FELIX	TEMP	M	45	45-49M	1.31.23	0
259	151	967	MIKE	BURGER	CHARLO	M	63	60-64M	1.31.34	1
260	524	781	BERNARD	PETERSEN	MADIBAZ	M	57	55-59M	1.31.39	1
261	393	1234	DEWALD	DEYSEL	ELITEAC	M	40	40-44M	1.31.43	1
262	65	1801	LUNGISA	MKOSI	VUKANI	M	35	35-39M	1.31.57	1

263	32	1291	ASHENDA	MAKONIE	VWAC	F	47	45-49F	1.32.02	1
264	396	1850	LIONEL	TERBLANCHE	GELVAN	M	46	45-49M	1.32.21	1
265	178	1709	STANTON	JACKSON	GELVAN	M	51	50-54M	1.32.59	1
266	11	1331	JAN	LE ROUX	NEDBANK	M	63	60-64M	1.33.00	1
267	306	5662	JOHAN	BRUNE	TEMP	M	33	SM	1.33.01	0
268	305	5626	ELNE	VISAGIE	TEMP	F	31	SF	1.33.06	0
269	451	1636	LISTIA	NEL	MADIBA	F	47	45-49F	1.33.07	1
270	504	1627	NATASHA	SMITH	MADIBA	F	36	35-39F	1.33.14	1
271	414	213	SHARON	SMUTS	CSEP	F	56	55-59F	1.33.15	1
272	204	51710	THANDEKA	MHLANGA	TRANSFORM	F	32	SF	1.33.29	0
273	170	982	PRISHEN	RYAN	CHARLO	M	32	SM	1.33.46	1
274	135	926	TREVOR	VAN RENSBURG	CHARLO	M	70	70+M	1.33.48	1
275	492	1115	ANNE	WALLIS	ACH	F	41	40-44F	1.33.50	1
276	164	992	PETER	VENTER	CHARLO	M	42	40-44M	1.33.52	1
277	514	934	HERMAN	SCHEEPERS	CHARLO	M	47	45-49M	1.33.54	1
278	2	1708	DEON	SMITH	GELVAN	M	54	50-54M	1.33.57	1
279	229	5679	SUNE	JANSE VAN RENSBURG	TEMP	F	25	SF	1.34.00	0
280	373	5726	ANA	VARNFIELD	TEMP	M	54	50-54M	1.34.04	0
281	51	829	DOINA	NAUDE	MADIBAZ	F	41	40-44F	1.34.05	1
282	116	5616	SHARON	BULL	TEMP	F	56	55-59F	1.34.07	0
283	46	1271	LEZELL	HARRIS	VWAC	F	49	45-49F	1.34.13	1
284	493	1479	TENIELLE	DE ANDRADE	32GI	F	37	35-39F	1.34.18	1
285	248	260	RONALD	NDIZA	TINARHA	M	63	60-64M	1.34.21	1
286	454	1368	SIPHO	KONA	NEDBANK	M	56	55-59M	1.34.25	1
287	45	1264	LAVINIA	PIETERSE	VWAC	F	48	45-49F	1.34.27	1
288	22	1717	ANTOINETTE	HUMAN	GELVAN	F	54	50-54F	1.34.29	1
289	13	1700	ELIZE	ADAMS	GELVAN	F	48	45-49F	1.34.52	1
290	253	9	ELMARIE	BOTHA	PEAAC	F	56	55-59F	1.34.58	1
291	29	50345	ROBERT	BUTTON	OLDSELB	M	63	60-64M	1.35.20	0
292	109	5552	RENETTE	ACKERMANN	TEMP	F	58	55-59F	1.35.22	0
293	322	5708	ETHAN	SNYMAN	TEMP	M	20	SM	1.35.28	0
294	487	1555	LYDIA	POTGIETER	DESPATCH	F	47	45-49F	1.35.37	1
295	163	990	KIM	VENTER	CHARLO	F	38	35-39F	1.35.54	1
296	328	5622	AMANDA	WILSON	TEMP	F	53	50-54F	1.35.57	0
297	199	1476	DEIDRE	BURGER	32GI	F	49	45-49F	1.36.03	1
298	521	543	VERONICA	SMITH	RUN4C	F	56	55-59F	1.36.05	1
299	125	1826	AKHONA	NTANJANA	VUKANI	F	35	35-39F	1.36.17	1
300	7	754	CELESTIN	NDHLOVU	CRUSADE	M	50	50-54M	1.36.49	1
301	416	1629	ARINDA	VAN DER LINDE	MADIBA	F	33	SF	1.37.01	1
302	315	5671	ERIC	RUITERS	TEMP	M	47	45-49M	1.37.03	0
303	465	333	DERICK	BIRCH	MUIRITE	M	68	65-69M	1.37.09	1
304	366	5719	HERMAN	PIETERSE	TEMP	M	52	50-54M	1.37.25	0
305	94	5572	LIEZL	FERREIRA	TEMP	F	40	40-44F	1.37.36	0
306	175	422	BOMKAZI	TSHEFU	HOLLY	F	35	35-39F	1.37.48	0
307	200	1484	MICHAEL	FOWLER	32GI	M	56	55-59M	1.37.50	1
308	231	5681	AMY	JORDAAN	TEMP	F	29	SF	1.37.51	0
309	168	955	CHERI	FOURIE	CHARLO	F	30	SF	1.37.56	1
310	79	679	THEMBELA	MANYA	NMBMUN	F	39	35-39F	1.37.57	1
311	68	1582	MARINET	VAN TONDER	DESPATCH	F	44	40-44F	1.37.58	1
312	193	1600	YVETTE	JONKER	DESPATCH	F	50	50-54F	1.38.13	1
313	76	1567	JACOBUS	WYATT	DESPATCH	M	59	55-59M	1.38.14	1
314	208	419	AMANDA	NOHAJI	CHILLIEP	F	34	SF	1.38.15	1
315	19	1716	DERICK	GOLIATH	GELVAN	M	59	55-59M	1.38.18	1
316	497	705	OCTAVIA	BOSHOFF	CRUSADE	F	53	50-54F	1.38.19	1
317	462	1724	AMEERA	CAMPBELL	GELVAN	F	49	45-49F	1.38.23	1
318	537	1297	THANDEKILE	GAXAMBA	VWAC	M	52	50-54M	1.38.28	1
319	93	5571	SIMONE	KLEYN	TEMP	F	35	35-39F	1.38.30	0
320	375	528	JOEL	HUMAN	RUN4C	M	49	45-49M	1.38.50	1
321	417	1429	RIKA	TERBLANCHE	NEDBANK	F	45	45-49F	1.38.53	1
322	410	1950	Nicole	Gray	BLUEBAY	F	21	SF	1.39.07	1
323	247	5691	JANE	RIGBY-FIELDER	TEMP	F	55	55-59F	1.39.29	0
324	436	1269	SIMON	LELAKA	VWAC	M	49	45-49M	1.39.35	1
325	411	1945	Janine	Gray	BLUEBAY	F	45	45-49F	1.39.38	1
326	189	1579	JHANINEN	BOSHOFF	DESPATCH	F	56	55-59F	1.39.43	1
327	517	1860	DESIREE	TITUS	GELVAN	F	57	55-59F	1.40.13	1
328	510	4420	AVELA	QUTU	YOUTH	M	18	SM	1.40.32	1

329	470	1045	YUSUF	SAMUELS	XCEL	M	63	60-64M	1.40.34	1
330	333	11111	MONIQUE	RICHARDSON	MUIRITE	F	27	SF	1.40.38	1
331	33	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	37	35-39M	1.40.40	1
332	413	1861	SIMANGILE	SOLWANDLE	HOLLY	F	31	SF	1.40.50	0
333	516	956	NEELESH	BHANA	CHARLO	M	51	50-54M	1.40.51	1
334	444	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	50	50-54M	1.40.55	1
335	261	5694	ERIC	PHONGOLO	TEMP	M	65	65-69M	1.41.15	0
336	154	924	GRAHAM	BROOM	CHARLO	M	52	50-54M	1.41.34	1
337	134	896	GAVIN	MATTHEWS	CHARLO	M	47	45-49M	1.41.35	1
338	303	5660	SONE	DU PREZ	TEMP	F	34	SF	1.41.42	0
339	447	1632	JOS	ELS	MADIBA	F	70	70+F	1.41.55	1
340	121	100	LYNETTE	CRAUSE	INFINITY	F	62	60-64F	1.41.58	1
341	350	1466	AT	SCHOEMAN	NEDBANK	M	66	65-69M	1.42.48	1
342	75	1568	TALANA	WYATT	DESPATCH	F	31	SF	1.42.50	1
343	230	5680	STEFAN	ROUSSEAU	TEMP	M	29	SM	1.42.57	0
344	515	1587	LISA	SHARP	DESPATCH	F	41	40-44F	1.43.13	1
345	533	1995	WAYNE	MAC GEAR	MADIBAZ	M	59	55-59M	1.43.55	1
346	531	1807	MZI	BALENI	VUKANI	M	51	50-54M	1.44.06	1
347	30	11483	EMILIO	CAMPBELL	VITALITY	M	31	SM	1.44.07	0
348	99	5566	ANNE	DE SWARDT	TEMP	F	54	50-54F	1.44.08	0
349	91	5631	ANJA	MYBURGH	TEMP	F	45	45-49F	1.44.09	0
350	90	5596	HENNIE	THERON	TEMP	M	45	45-49M	1.44.10	0
351	535	4	SHANE	SAUNDERS	PEAAC	M	55	55-59M	1.44.17	1
352	468	1059	SIZINZO	KAMA	ACH	M	71	70+M	1.44.34	1
353	87	959	LYNDLE	NAIDOO	GELVAN	F	31	SF	1.44.48	1
354	320	5706	RUBIN	CLAASSENS	TEMP	M	16	SM	1.44.54	0
355	107	5559	SIPHOKAZI	MANI	TEMP	F	32	SF	1.44.58	0
356	456	1631	AMANDA	BLIGNAULT	MADIBA	F	63	60-64F	1.45.00	1
357	403	677	ZOLISWA	MBANGE	NMBMUN	F	42	40-44F	1.45.00	1
358	455	1624	ESTELLE	DE KLERK	MADIBA	F	56	55-59F	1.45.01	1
359	232	5682	JUANITA	BOTHA	TEMP	F	27	SF	1.45.15	0
360	110	5553	SHURILDA	JONAS	TEMP	F	36	35-39F	1.45.44	0
361	508	584	MANELISI	MFECANE	YOUTH	M	36	35-39M	1.46.01	1
362	347	298	SANET	BOUCHER	MUIRITE	F	43	40-44F	1.46.08	1
363	331	780	SHAVONNE	VAN STADEN	CRUSADE	F	41	40-44F	1.46.21	1
364	71	1220	ANDRE	FOURIE	ELITEAC	M	75	70+M	1.46.28	1
365	336	1349	CAROLINE	ZINTO	NEDBANK	F	42	40-44F	1.46.45	1
366	23	82	LETA	DOS SANTOS	INFINITY	F	58	55-59F	1.46.59	1
367	394	1832	ANELE	MESANI	VUKANI	M	42	40-44M	1.47.00	1
368	529	1298	MPHATHISI	MJADU	VWAC	M	51	50-54M	1.47.08	1
369	108	5558	KELLY	ROSE	TEMP	F	44	40-44F	1.47.09	0
370	285	5642	LUDOLF	LOTTER	TEMP	M	34	SM	1.47.14	0
371	445	1348	XOLILE	GOMOMO	NEDBANK	M	70	70+M	1.47.18	1
372	195	200	ERIKA	FOREMAN	CSEP	F	52	50-54F	1.47.26	1
373	478	1935	XENOPHON	FERREIRA	BLUEBAY	M	61	60-64M	1.47.27	1
374	202	1380	BANDILE	CUNTU	NEDBANK	M	58	55-59M	1.47.54	1
375	321	5707	KIAN	SNYMAN	TEMP	M	16	SM	1.47.55	0
376	340	1591	MOSSIE	MOSTERT	DESPATCH	M	59	55-59M	1.48.38	1
377	207	1352	VOLENTI	MEYER	NEDBANK	F	45	45-49F	1.49.13	1
378	378	5729	SIPHIWO	BUKANI	REALGIJ	M	42	40-44M	1.50.15	0
379	361	5714	THEMBANI	TEDLO	TEMP	M	41	40-44M	1.50.26	0
380	395	1849	LELACHE	TERBLANCHE	GELVAN	F	39	35-39F	1.50.40	1
381	127	73	JOHNNY	MALGAS	SANDFEP	M	62	60-64M	1.50.56	1
382	129	341	GEDDES	GALLANT	SANDFEP	M	56	55-59M	1.50.56	1
383	370	5724	RICHELLE	MEISTRE	TEMP	F	37	35-39F	1.51.06	0
384	463	2012	THEMBANI	MKAPA	VUKANI	M	38	35-39M	1.52.18	1
385	506	51611	NOLUBABALO	MTSHAKAZI	MUTUAL	F	43	40-44F	1.52.25	0
386	507	52186	LUBABALO	ZWELIBANZI	STUT	M	40	40-44M	1.52.29	0
387	500	1556	RIAANA	BOUWER	DESPATCH	F	46	45-49F	1.52.54	1
388	479	1936	MARKUS	KUNNEKE	BLUEBAY	M	53	50-54M	1.52.58	1
389	480	1967	SONJA	OLIVIER	BLUEBAY	F	55	55-59F	1.53.00	1
390	408	1725	PEARL	DAMONS	GELVAN	F	59	55-59F	1.53.03	1
391	54	552	BERNADETTE	LOOCK	CHARLO	F	43	40-44F	1.53.05	1
392	42	1741	BUYISWA	NGXONONO	HOLLYWOO	F	45	45-49F	1.53.15	1
393	265	5696	LUTHANDO	MBUSI	TEMP	F	41	40-44F	1.53.36	0
394	216	530	ANDRE	PIENAAR	RUN4C	M	60	60-64M	1.53.50	1

395	103	5563	JOLANDE	KUNNEKE	TEMP	F	28	SF	1.54.04	0
396	525	834	ALVADO	ARENDSE	MADIBAZ	M	48	45-49M	1.54.33	1
397	284	5627	ZANDILE	MBALEKI	TEMP	F	32	SF	1.55.02	0
398	222	738	SAM	DU TOIT	CRUSADE	F	53	50-54F	1.55.11	1
399	269	5700	NKOSINATHI	GACA	TEMP	M	41	40-44M	1.55.23	0
400	223	1706	HENRY	MASCHAKA	GELVAN	M	56	55-59M	1.55.52	1
401	301	5658	TYLOH	HERMANUS	TEMP	F	14	SF	1.56.21	0
402	539	1274	TIMOTHY	HERMANUS	VWAC	M	55	55-59M	1.56.46	1
403	196	216	SUNET	HARRIS	CSEP	F	49	45-49F	1.57.38	1
404	345	286	SANET	BLOM	MUIRITE	F	55	55-59F	1.58.05	1
405	9	753	PLACXEDES	NDHLOVU	CRUSADE	F	48	45-49F	1.58.24	1
406	459	871	RICHARD	DE ANDRADE	CHARLO	M	62	60-64M	1.58.26	1
407	144	969	GARY	KELLEHER	CHARLO	M	65	65-69M	1.58.27	1
408	145	943	DENISE	DARLOW	CHARLO	F	54	50-54F	1.58.28	1
409	150	889	PETER	POHLMANN	CHARLO	M	59	55-59M	1.58.29	1
410	123	1343	BERENICE	SMITH	NEDBANK	F	57	55-59F	1.58.35	1
411	86	1668	SHANTE	DU PLESSIS	RUN4C	F	30	SF	1.58.44	1
412	106	5561	CJ	VISSER	TEMP	M	62	60-64M	1.58.52	0
413	318	5704	JACQUES	HAMMAN	TEMP	M	32	SM	1.59.05	0
414	390	5741	MART	CLAASSEN	TEMP	F	67	65-69F	1.59.25	0
415	220	1606	FANIE	CLAASSEN	DESPATCH	M	65	65-69M	1.59.46	1
416	484	20007	KHUSELWA	MJONGILE	SIBALEKA	F	18	SF	2.00.02	1
417	58	2315	AMANDLA	DIDIZA	CHILLIEP	M	30	SM	2.00.05	1
418	409	1722	JASMINE	JACK	GELVAN	F	51	50-54F	2.00.13	1
419	520	28405	MARK	HEADBUSH	CCJHB	M	78	70+M	2.00.19	0
420	368	5722	PALESH	HEADBUSH	TEMP	F	44	40-44F	2.00.20	0
421	486	4412	HADIGAH	FULANI	SIBALEKA	F	19	SF	2.01.25	1
422	236	5686	XOLANI	TEYISE	TEMP	M	41	40-44M	2.01.49	0
423	1	10	RENIER	VAN VUUREN	PEAAC	M	65	65-69M	2.01.51	1
424	138	984	BELINDA	BAIN	CHARLO	F	60	60-64F	2.02.14	1
425	132	917	VICKY	TSOUKNIDAS	CHARLO	F	44	40-44F	2.02.21	1
426	485	1901	SICELO	THABETHE	SIBALEKA	M	49	45-49M	2.02.50	1
427	80	761	NTOKOZO	DAMBUZA	CRUSADE	F	44	40-44F	2.03.36	1
428	472	1954	NWABISA	MSUTHWANA	IKHAMVA	F	42	40-44F	2.04.46	1
429	10	612	MANDY	SAPTOE	ASPEN	F	38	35-39F	2.04.52	1
430	96	5570	MARY-ANNE	DE KLERK	TEMP	F	67	65-69F	2.05.11	0
431	518	1723	REHANA	DE MAINE	GELVAN	F	55	55-59F	2.06.13	1
432	339	803	ROCHELLE	THORNE	MADIBAZ	F	52	50-54F	2.06.16	1
433	522	16314	KEHUMILE	HEADBUSH	MANONI	F	50	50-54F	2.06.27	0
434	50	1658	NIEKIE	OOSTHUIZEN	RUN4C	F	52	50-54F	2.06.28	1
435	95	5569	GERT	DE KLERK	TEMP	M	67	65-69M	2.07.17	0
436	8	730	KAREN	NDHLOVU	CRUSADE	F	23	SF	2.07.28	1
437	474	1296	PIETER	STEYN	VWAC	M	64	60-64M	2.07.50	1
438	435	1278	PORTIA	LELAKA	VWAC	F	45	45-49F	2.09.37	1
439	85	1661	PIETER	GERBER	RUN4C	M	64	60-64M	2.09.55	1
440	360	5713	INA	DE VILLIERS	TEMP	F	44	40-44F	2.10.06	0
441	274	5692	INA	DE VILLIERS	TEMP	F	49	45-49F	2.10.07	0
442	342	331	MARGARET	DU TOIT	MUIRITE	F	61	60-64F	2.10.30	1
443	101	5565	ELSA	VAN VELDEN	TEMP	F	33	SF	2.11.33	0
444	102	5564	ENSLIN	VAN VELDEN	TEMP	M	64	60-64M	2.11.34	0
445	314	5670	CHANTELL	PIETERSE	TEMP	F	30	SF	2.11.47	0
446	353	294	ANNA	WELGEMOED	MUIRITE	F	53	50-54F	2.11.49	1
447	228	5678	ERICA	ERASMUS	TEMP	F	53	50-54F	2.12.44	0
448	527	1816	KHAYA	MTI	VUKANI	M	43	40-44M	2.13.52	1
449	532	6562	BARRY	TOLMAY	CHILTERN	M	62	60-64M	2.14.13	0
450	475	1720	NOLEEN	NORRIS	GELVAN	F	65	65-69F	2.14.43	1
451	258	1657	SANDRA	SHARE	MADIBA	F	57	55-59F	2.16.21	1
452	56	94	DENISE	TERBLANCHE	INFINITY	F	75	70+F	2.17.03	1
453	70	1215	HELEN	FOURIE	ELITEAC	F	53	50-54F	2.17.22	1
454	365	5718	WENDY	NEL	TEMP	F	76	70+F	2.17.23	0
455	55	93	STEPHANIE	HAY	INFINITY	F	67	65-69F	2.17.38	1
456	243	334	NEIL	GROBLER	MUIRITE	M	62	60-64M	2.18.04	1
457	538	1604	HENRY	HULME	DESPATCH	M	57	55-59M	2.18.19	1
458	165	966	SONJA	BOSCH	CHARLO	F	60	60-64F	2.19.43	1
459	166	945	DEON	BOSCH	CHARLO	M	65	65-69M	2.19.44	1
460	149	916	SHARON	VAN ZYL	CHARLO	F	46	45-49F	2.19.49	1

461	389	5740	LIRIKEN	MATTHEWS	TEMP	F	28	SF	2.19.55	0
462	148	962	MILE	VERMAAK	CHARLO	F	56	55-59F	2.20.50	1
463	147	910	RAE	LUCKMAN	CHARLO	F	52	50-54F	2.21.46	1
464	161	942	EDITH	MAC GEAR	CHARLO	F	55	55-59F	2.23.29	1
465	312	5668	KARISMA	ERASMUS	TEMP	F	27	SF	2.26.07	0
466	313	5669	NATASHA	DU PREEZ	TEMP	F	33	SF	2.26.08	0
467	311	5667	WANDIE	CALITZ	TEMP	F	40	40-44F	2.26.09	0
HELPERS RUN										
H1	811	1195	JACQUES	LEANDER	JBAY	M	39	35-39M	1.12.41	2
H2	812	1155	JOHNSTON	JUMBA	JBAY	M	48	45-49M	1.13.00	2
H3	810	1151	NELIA	JACOBS	JBAY	F	43	40-44F	1.13.46	2
H4	813	1141	Johann	Bekker	JBAY	M	41	40-44M	1.15.39	2
H5	808	1146	MARIANA	BORNMAN	JBAY	F	67	65-69F	1.20.00	5
H6	828	5812	JENNIE	BOERSMA	TEMP	F	32	SF	1.21.00	0
H7	817	51445	ADRIAAN	BADENHORST	NEDBSWD	M	52	50-54M	1.22.00	0
H8	801	1165	MORNE	OWEN	JBAY	M	49	45-49M	1.24.38	1
H9	804	1169	GIRDA	SIEBERT	JBAY	F	43	40-44F	1.26.47	1
H10	814	1143	HERMANN	BEKKER	JBAY	M	35	35-39M	1.27.48	1
H11	816	1149	GERRIE	HERMANN	JBAY	M	66	65-69M	1.28.18	1
H12	809	1161	AMY	NEL	JBAY	F	42	40-44F	1.30.00	1
H13	806	5806	MAARTEN	OOSTHUIZEN	TEMP	M	42	40-44M	1.30.02	0
H14	803	1168	BENNINGHOFF	SIEBERT	JBAY	M	44	40-44M	1.36.54	1
H15	819	1164	ELSABE	OWEN	JBAY	F	47	45-49F	1.37.00	1
H16	805	1157	BRIAN	MERRINGTON	JBAY	M	75	70+M	1.47.40	1
H17	126	1325	SHANNON	THEOBALD	NEDBANK	F	47	45-49F	1.48.43	1
H18	815	1180	Dawid	Pieterse	JBAY	M	64	60-64M	1.50.00	1
H19	807	1144	HANNES	BISSCHOFF	JBAY	M	78	70+M	1.58.35	1
H20	829	5829	BERTUS	JACOBS	TEMP	M	48	45-49M	2.03.42	0
H21	802	1156	ERNST	MARAIS	JBAY	M	73	70+M	2.09.00	1
H22	830	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	53	50-54F	2.12.19	1
H23	827	5827	COREEN	LEANDER	TEMP	F	49	45-49F	2.12.19	0