

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	ANDILE	MOTWANA	NEDBANK RC	347	28	M	0.30.10
2	ROSS	BARNARD	HOLLYWOOD BETS	537	34	M	0.31.24
3	ANDRE	KETCHEM	NEDBANK RC	340	41	M	0.31.33
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	360	44	F	0.37.46
2	NTOMBESINTU	MFUNZI	NEDBANK RC	623	43	F	0.39.19
3	DESNAY	O'GRADY	SCHOOLS EPA	231	14	F	0.40.23
Category : Men 40 - 49							
1	ANDRE	KETCHEM	NEDBANK RC	340	41	M	0.31.33
2	KHAYA	GQWETHA	VUKANI MSC	705	40	M	0.32.07
3	XOLISA	NDLUMBINI	CHARLO AC	466	42	M	0.33.05
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	360	44	F	0.37.46
2	NTOMBESINTU	MFUNZI	NEDBANK RC	623	43	F	0.39.19
3	ANNEKE	MOORE	DESPATCH AC	405	41	F	0.45.05
Category : Men 50 - 59							
1	NOEL	ADAMS	ELITE A C	1	52	M	0.35.26
2	LUVUYO	DYANI	NEDBANK RC	617	54	M	0.38.22
3	WAYNE	MITCHELL	ACHILLES AAA	403	52	M	0.40.55
Category : Ladies 50 - 59							
1	BURNITA	STRYDOM	ELITE A C	277	56	F	0.46.51
2	SANETTE	RYAN	ELITE A C	258	55	F	0.48.43
3	NOLEEN	AMBRAAL	DESPATCH AC	718	55	F	0.50.09
Category : Men 60 - 69							
1	WELCOME	LOLIWE	NEDBANK RC	606	60	M	0.43.19
2	BRIAN	JONAS	GELVAN AC	731	64	M	0.45.02
3	ALEX	DU TOIT	CRUSADERS AC	55	60	M	0.46.52
Category : Ladies 60 - 69							
1	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	520	64	F	0.49.41
2	BENITA	GERBER	ELITE A C	356	60	F	0.52.30
3	AMANDA	SHAW	IKHAMVA AC	411	60	F	0.52.48
Category : Men 70 +							
1	ROGER	TRADER	ACHILLES AAA	565	71	M	0.46.27
2	HANNES	ELS	MADIBA BW	60	75	M	0.46.58
3	LEONARD	CONRADIE	BLUEWATER BAY	38	71	M	0.48.15
Category : Ladies 70 +							
1	ROZETTA	KEMP	RUN 4 CHRIST AC	89	71	F	0.57.31
2	JOS	ELS	MADIBA BW	61	73	F	1.04.34
3	CATHY	IVES	ACHILLES AAA	513	72	F	1.04.43
Category : Junior Men							
1	CHRISTIANO	BROWN	VARSAITY COLLEGE	615	17	M	0.32.22
2	DALLIAN	OERSON	SCHOOLS EPA	505	18	M	0.32.29
3	SEMIHLE	BEDA	IKHAMVA AC	584	18	M	0.33.10
Category : Junior Ladies							
1	DESNAY	O'GRADY	SCHOOLS EPA	231	14	F	0.40.23
2	ZINTLE	XHONTI	MOTHERWELL AC	635	16	F	0.40.40
3	ABBIE	MITCHELL	MADIBAZ AC	402	18	F	0.40.55
Category : Men 80 +							
1	MARK	HEADBUSH	COUNTRY CLUB JH	582	80	M	0.53.00
2	HERMAN	DEKKER	SAPS AC EP	188	80	M	1.01.41
3	GODFREY	KARIEM	GELVAN AC	394	84	M	1.32.33
Category : Ladies 80 +							
1	ORGIA	NELL	MUIRITE STRIDER	662	81	F	1.26.47