NMB CHOOSE TO CHALLENGE BAYWEST 10KM - BAYWEST MALL - 2025/08/02										
POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1	355	MELIKHAYA	FRANS	IKHAMVA	M	35	35-39M	0.29.59	5
2	3	357	SINAWO	POTI	IKHAMVA	M	23	SM	0.30.01	5
3	2	1361	ANDILE	MOTWANA	NEDBANK	M	28	SM	0.30.12	5
4	4	396	LITHEBE	MENZELELELI	IKHAMVA	M	25	SM	0.31.13	5
5	9097	167	APHELELE	SEPTEMBER	ACT AC	M	21	SM	0.31.47	5
6	897	40168	ENDINAKO	JOLA	MOTHER	M	16	JM	0.32.17	5
7	397	2253	KHAYA	GQWETHA	VUKANI	M	40	40-44M	0.32.18	5
8	12	40414	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.32.26	5
9	9074	1376	GIFT	CHIGOMARAWA	NEDBANK	M	37	35-39M	0.32.29	5
10	15	1338	SIBAHLE	MAQWARA	NEDBANK	M	23	SM	0.32.35	5
11	652	1499	OYAMA	NTANTISO	NEDBANK	M	20	SM	0.32.40	5
12	11	40477	OKUHLE	DLOTO	IKHAMVA	M	18	JM	0.33.01	5
13	10	40413	SEMIHLE	BEDA	IKHAMVA	M	18	JM	0.33.12	5
14	584	109	KEANU	WELCH	VARSITY	M	20	JM	0.33.19	5
15	6	370	DESMOND	ZIBI	IKHAMVA	M	61	60-64M	0.33.33	5
16	210	1363	THULANI	MDLALO	NEDBANK	M	40	40-44M	0.33.39	5
17	835	1812	CLIVE	KASERERA	TEMP	M	18	JM	0.33.40	0
18	903	1462	RODNEY	PRINS	NEDBANK	M	36	35-39M	0.33.43	5
19	208	358	MZWANELE	MAPHEKULA	IKHAMVA	M	48	45-49M	0.33.48	5
20	390	2490	SAZISO	PANGINDAWO	ABSAEP	M	43	40-44M	0.34.11	5
21	598	1488	MELIKHAYA	KEPE	NEDBANK	M	49	45-49M	0.34.20	5
22	898	40167	HLOMLA	NCUMANI	MOTHER	M	18	JM	0.34.23	5
23	989	460	TAKUNDA	MUBARE	CHILLIEP	M	21	SM	0.34.29	5
24	9055	40090	JANCO	LANDMAN	VARSITY	M	16	JM	0.34.46	5
25	9	2278	MAIXOLE	NTLOKO	IKHAMVA	M	35	35-39M	0.34.48	5
26	509	40671	ICHUMILE	MACHAKA	SCHOOL	M	16	JM	0.35.02	5
27	202	1335	ANELE	MALIZA	NEDBANK	M	47	45-49M	0.35.03	5
28	9159	3019	SICELO	MASHABA	MADIBAZ	M	25	SM	0.35.05	5
29	991	7106	MILA	ZIBI	TEMP	M	23	SM	0.35.24	0
30	55	2846	VIWE	TEKO	ACT AC	M	27	SM	0.35.28	5
31	375	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.35.36	5
32	812	40378	ANTON	AVENATHI	SIBALEKA	M	18	JM	0.35.45	5
33	9101	406	XABISA	MAZANTSI	IKHAMVA	M	21	SM	0.35.47	5
34	976	7087	RAYNARD	TISSINK	TEMP	M	51	50-54M	0.35.50	0
35	933	2314	BATHANDWA	MOOI	VUKANI	M	40	40-44M	0.35.56	5
36	367	1211	NOEL	ADAMS	ELITEAC	M	53	50-54M	0.36.06	5
37	553	280	ANELE	KHALIPA	MUIRITE	M	36	35-39M	0.36.17	5
38	209	408	MPILONTLE	MEKO	IKHAMVA	M	19	JM	0.36.18	4
39	7	374	HOPEWELL	JABAVU	IKHAMVA	M	41	40-44M	0.36.21	5
40	538	1931	SIYANDA	PETER	BLUEBAY	M	36	35-39M	0.36.25	5
41	827	1942	GEORGE	NTSHILIZA	SIBALEKA	M	45	45-49M	0.36.32	5
42	821	1941	MILA	PASIYA	SIBALEKA	M	45	45-49M	0.36.41	5
43	691	282	ABDUL	WICOMB	MUIRITE	M	46	45-49M	0.36.49	5
44	130	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	0.36.51	5
45	900	91321	XOLILE	NDINGANE	NEDBANK	M	53	50-54M	0.36.56	5
46	815	2210	THEMBELANI	MBENENGE	SIBALEKA	M	30	SM	0.37.01	4
47	813	40379	Sinawo	April	SIBALEKA	M	16	JM	0.37.02	4
48	9098	40031	SIMTHANDILE	GOLIATH	ACT AC	M	17	JM	0.37.02	4
49	299	3010	TUMELO	MOCHELENYANE	SAPPE	M	43	40-44M	0.37.20	5
50	987	459	ZIBELE	MASELE	CHILLIEP	M	23	SM	0.37.22	4
51	988	425	GODFREY	STUURMAN	CHILLIEP	M	25	SM	0.37.25	4

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52	817	40385	SENZO	NDZOTOYI	SIBALEKA	M	16	JM	0.37.26	4
53	9082	1073	CONNOR	MITCHELL	ACH	M	21	SM	0.37.31	4
54	832	1847	MHLENGI	MAHLABA	HOLLYWOO	M	33	SM	0.37.44	4
55	9095	1807	THAMSANQA	MANGI	BATHURST	M	41	40-44M	0.37.50	5
56	14	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	0.37.52	5
57	902	376	REUBEN	STANDER	IKHAMVA	M	22	SM	0.37.54	4
58	501	2690	JEMAIN	WILSON	VITALITY	M	37	35-39M	0.38.03	4
59	9149	695	TREVOR	SCHUTTLEWORTH	ALBANY	M	17	JM	0.38.04	3
60	9155	2511	AMANDA	DETSHE	MADIBAZ	F	21	SF	0.38.04	5
61	800	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	0.38.06	5
62	9083	217	SAPHO	NKATA	CSEP	M	48	45-49M	0.38.12	5
63	9075	1168	SLULAMI	JACK	TRANSNET	M	50	50-54M	0.38.13	5
64	66	40282	NICK	SEPTEMBER	ATLANTIC	M	18	JM	0.38.18	3
65	9079	950	CHARLES	SEGALO	CHARLO	M	38	35-39M	0.38.21	4
66	8	400	LEBOHANG	SENTI	IKHAMVA	M	38	35-39M	0.38.25	4
67	9084	60	THANDO	NCIPHA	SAPPE	M	33	SM	0.38.32	3
68	779	931	ANDILE	NYOKA	CHARLO	M	52	50-54M	0.38.53	5
69	9065	1334	GAVIN	THORNE	NEDBANK	M	44	40-44M	0.39.03	4
70	923	8016	ALEXIA	LOIZOU	TEMP	F	41	40-44F	0.39.07	0
71	651	1436	NTSIKELELO	SEBE	NEDBANK	M	42	40-44M	0.39.27	4
72	13	1400	KELLY	VAN VLIET	NEDBANK	F	37	35-39F	0.39.28	5
73	39	1480	AUGUST	ESAU	NEDBANK	M	54	50-54M	0.39.29	5
74	5	378	SIYABONGA	HONNI	IKHAMVA	M	41	40-44M	0.39.32	4
75	771	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.39.50	5
76	389	50486	MZOLI	MPALALA	BOXER AC	M	63	60-64M	0.39.51	0
77	733	1398	MUTEKILE	RASMENI	NEDBANK	M	60	60-64M	0.40.10	5
78	601	7601	JOEL	MAREE	TEMP	M	19	JM	0.40.10	0
79	919	40487	LIQHAWE	MKAYO	ATLANTIC	M	16	JM	0.40.22	3
80	176	8176	LETSIRI	SAMUEL	TEMP	M	34	SM	0.40.27	0
81	783	985	CHRISTOFF	PUREN	CHARLO	M	34	SM	0.40.28	3
82	9153	602	YOLANDA	FUTHUSE	TEMP	M	29	SM	0.40.36	0
83	384	40324	HLENGIWE	NKOSI	MADIBAZ	F	19	JF	0.40.37	4
84	348	2863	QAWE	MAJIZA	ADVEN	M	38	35-39M	0.40.39	3
85	592	1324	LINDEN	NZEZA	SAPPE	M	41	40-44M	0.40.46	3
86	343	2251	BABONKE	DINGA	VUKANI	M	37	35-39M	0.40.48	3
87	788	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	0.40.55	3
88	212	881	SHAUN	ATTENBOROUGH	CHARLO	M	56	55-59M	0.40.55	5
89	565	40085	ABBIE	MITCHELL	MADIBAZ	F	18	JF	0.40.59	4
90	225	878	DANE	CRONJE	CHARLO	F	28	SF	0.41.03	4
91	940	1105	MARK	FRASER	ACH	M	31	SM	0.41.11	3
92	599	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.41.16	5
93	860	8026	LEA	JACOBS	TEMP	F	33	SF	0.41.22	0
94	706	1069	WAYNE	MITCHELL	ACH	M	52	50-54M	0.41.31	5
95	207	7201	BADROEDEEN	ABRAHAMS	TEMP	M	38	35-39M	0.41.33	0
96	738	1639	VANDRE	NEL	MADIBA	M	40	40-44M	0.41.52	3
97	913	1645	RORY	RICHTER	MADIBA	M	42	40-44M	0.41.52	3
98	555	844	THERESA	BUCHNER	32GI	F	40	40-44F	0.41.56	5
99	533	545	RUHAN	VAN RENSBURG	RUN4C	M	33	SM	0.42.02	2
100	974	1561	GRANT	RUDMAN	RUN4C	M	47	45-49M	0.42.04	3
101	794	989	Brett	Steyn	CHARLO	M	50	50-54M	0.42.09	4
102	764	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	0.42.10	5
103	896	40166	ZINTLE	XHONTI	MOTHER	F	17	JF	0.42.12	3

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104	729	1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.42.15	3
105	9057	1652	HEIN	LODEWYKS	MADIBA	M	42	40-44M	0.42.16	3
106	626	7626	JEAN	KOEN	TEMP	M	30	SM	0.42.16	0
107	635	7635	SABELO	MELITAFA	TEMP	M	46	45-49M	0.42.19	0
108	594	1340	WELCOME	LOLIWE	NEDBANK	M	60	60-64M	0.42.28	5
109	894	3909	ALLISTAIR	JACOBS	TEMP	M	36	35-39M	0.42.32	0
110	785	875	MATTHEW	RODGERS	CHARLO	M	23	SM	0.42.37	2
111	101	2514	TEDDY	PRUSENT	MADIBAZ	M	37	35-39M	0.42.40	3
112	718	431	ATHULE	NTSHUNTSHA	CHILLIEP	M	28	SM	0.42.42	2
113	699	1902	JEN	VALLANCE	STFRAN	F	38	35-39F	0.42.46	4
114	834	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.42.54	2
115	667	40560	RUBEN	BOUWER	SCHOOL	M	16	JM	0.42.58	2
116	726	1489	ANNEMIE	HOLTZHAUSEN	NEDBANK	F	39	35-39F	0.43.00	4
117	851	2234	GIFT	MBEDZI	SIBALEKA	M	29	SM	0.43.13	2
118	452	7452	BYRON	COUFMANN	TEMP	M	39	35-39M	0.43.13	0
119	653	40469	MIKULE	NEL	GELVAN	M	18	JM	0.43.15	2
120	727	1422	DEON	HOLTZHAUSEN	NEDBANK	M	40	40-44M	0.43.19	3
121	24	2480	ALULUTO	MKIVA	ABSAEP	M	18	JM	0.43.23	2
122	358	1477	MARIO	PLAATJIES	NEDBANK	M	44	40-44M	0.43.26	3
123	323	411	SIYABONGA	ZULU	CHILLIEP	M	43	40-44M	0.43.26	3
124	102	442	MSINDISI	QALINGE	CHILLIEP	M	30	SM	0.43.26	2
125	743	451	SIPHE	MZAYIDUME	CHILLIEP	M	31	SM	0.43.26	2
126	654	40072	JADEN	DE RIDDER	ELITEAC	M	19	JM	0.43.40	2
127	369	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	0.43.52	3
128	962	600	MORNE	NEL	TEMP	M	46	45-49M	0.43.53	0
129	191	380	MBOLEKWA	MAYILA	IKHAMVA	M	46	45-49M	0.43.53	3
130	537	1944	MUSA	SENTI	BLUEBAY	M	32	SM	0.44.06	2
131	282	806	LEON	VOULTSOS	32GI	M	51	50-54M	0.44.08	3
132	483	7483	PAUL	MARE	TEMP	M	33	SM	0.44.09	0
133	546	2696	EDDIE	VACU	VITALITY	M	36	35-39M	0.44.11	2
134	9103	2325	SIBONGILE	MGQEBA	VUKANI	F	38	35-39F	0.44.12	3
135	978	670	FREDDIE	JANTJIES	JBAY	M	56	55-59M	0.44.16	4
136	686	560	FENANDO	KIEWIETS	RUN4C	M	40	40-44M	0.44.16	2
137	550	1425	DARRYL	BAGLEY	NEDBANK	M	50	50-54M	0.44.18	3
138	776	2166	RIEDAAH	NORDIEN	CHARLO	M	38	35-39M	0.44.19	2
139	9107	205	ZUKISANI	NJOKWENI	CSEP	M	36	35-39M	0.44.19	2
140	769	938	THOBELO	MFIKILI	CHARLO	M	38	35-39M	0.44.23	2
141	496	7496	DANTE	ERASMUS	TEMP	M	16	JM	0.44.27	0
142	224	982	CHARLES	CORBY	CHARLO	M	54	50-54M	0.44.28	3
143	193	363	MNQWENO	TYOKOLO	IKHAMVA	M	42	40-44M	0.44.34	2
144	117	1687	RUDI	KRIEL	MADIBA	M	35	35-39M	0.44.37	2
145	766	999	THOMAS	MARAIS	CHARLO	M	38	35-39M	0.44.44	2
146	993	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	0.44.50	3
147	9122	1813	PRINCE	PHILLIPS	BATHURST	M	61	60-64M	0.44.56	5
148	114	2650	Khanyisa	Carolus	MADIBAZ	M	19	JM	0.44.56	2
149	668	1113	ROGER	TRADER	ACH	M	71	70+M	0.44.56	5
150	849	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.44.56	5
151	994	1282	SEBASTIAN	HAARHOFF	VWAC	M	48	45-49M	0.45.02	3
152	999	347	BRUCE	LE GRANGE	MUIRITE	M	32	SM	0.45.06	2
153	196	1216	WESSEL	WOLMARANS	ELITEAC	M	47	45-49M	0.45.08	3
154	195	40077	ILKE	WOLMARANS	ELITEAC	F	17	JF	0.45.08	3
155	38	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	0.45.11	2

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156	767	952	CINDY	MARAIS	CHARLO	F	48	45-49F	0.45.12	5
157	1000	7119	MICHAEL	TAYLOR	TEMP	M	30	SM	0.45.18	0
158	521	731	GAVIN	ROGERS	CRUSADE	M	60	60-64M	0.45.20	5
159	760	1283	URAN	LE ROUX	VWAC	M	58	55-59M	0.45.21	3
160	515	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	35	35-39M	0.45.22	2
161	243	2038	NKOSIYEDWA	MABASO	MUIRITE	M	45	45-49M	0.45.24	2
162	862	1209	LIZE-ANN	RADEMEYER	ELITEAC	F	32	SF	0.45.34	2
163	631	7631	DAWID	KEYSER	TEMP	M	46	45-49M	0.45.35	0
164	9121	138	NAASIR	LOUIS	MALABAR	M	28	SM	0.45.36	2
165	957	603	ARMSTRONG	BANGISO	TEMP	M	22	SM	0.45.37	0
166	229	914	ETIENNE	GERBER	CHARLO	M	55	55-59M	0.45.38	3
167	9054	9054	YOUSUF	PURRAHIM	TEMP	M	44	40-44M	0.45.43	0
168	9171	148	ABDUL	LILLAH	MALABAR	M	35	35-39M	0.45.44	2
169	756	1533	THOBELA	NTAMO	DESPATCH	M	39	35-39M	0.45.46	2
170	9130	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	0.45.56	3
171	415	7415	RUDI	SENEKAL	TEMP	M	46	45-49M	0.46.00	0
172	334	281	MONIQUE	RICHARDSON	MUIRITE	F	29	SF	0.46.00	2
173	332	40076	KYLIE	VERMAAK	ELITEAC	F	18	JF	0.46.00	2
174	659	40485	AYABONGA	SLEEP	ACT AC	M	13	JM	0.46.00	2
175	564	344	ANTON	AUGUST	MUIRITE	M	42	40-44M	0.46.01	2
176	84	122	BAVERSHAN	NAIDOO	MALABAR	M	35	35-39M	0.46.02	2
177	260	1212	BURNITA	STRYDOM	RUN4C	F	56	55-59F	0.46.03	5
178	836	1451	ELROY	MATTHEWS	NEDBANK	M	55	55-59M	0.46.09	3
179	721	2260	ABELANG	MOSWEU	VUKANI	M	40	40-44M	0.46.10	2
180	57	84	PRASHAAN	RAGA	INFINITY	M	27	SM	0.46.12	2
181	597	1431	GIDEON	MENGO	NEDBANK	M	47	45-49M	0.46.19	2
182	572	2797	YAMKELA	QOMIYANA	ASPEN	M	29	SM	0.46.19	2
183	893	290	JAN	LE ROUX	MUIRITE	M	52	50-54M	0.46.29	3
184	844	7131	CHRISTOFF	SNYMAN	TEMP	M	31	SM	0.46.31	0
185	569	1072	KYLA	MAARTENS	ACH	F	21	SF	0.46.32	2
186	527	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	0.46.34	2
187	219	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	0.46.36	3
188	9156	9156	LUNGISA	MKOSI	TEMP	M	38	35-39M	0.46.37	0
189	552	2269	KHANYISO	MASWANA	VUKANI	M	35	35-39M	0.46.37	2
190	891	1494	TAWFEEQ	VYVER	NEDBANK	M	26	SM	0.46.38	2
191	774	887	LYNNE	NEUBERT	CHARLO	F	53	50-54F	0.46.38	5
192	42	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	27	SM	0.46.40	2
193	793	40111	Dylan-John	Steyn	CHARLO	M	17	JM	0.46.45	2
194	356	816	MATTHEW	OSBORNE	32GI	M	37	35-39M	0.46.48	2
195	674	1779	Gershwin	Booysen	GELVAN	M	37	35-39M	0.46.49	2
196	918	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	0.46.50	2
197	630	7630	ANELISA	MNGCONGO	TEMP	F	23	SF	0.46.51	0
198	9076	40160	Valentino	Mei	MUIRITE	M	14	JM	0.46.55	2
199	218	888	RAHUL	BHANA	CHARLO	M	21	SM	0.46.58	2
200	9067	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	0.46.59	2
201	286	604	LUYANDA	SINEKE	ASPEN	M	39	35-39M	0.47.01	2
202	701	1304	LINDSAY	PETERS	VWAC	M	41	40-44M	0.47.06	2
203	9169	706	STEPHEN	MCCARTHY	CRUSADE	M	64	60-64M	0.47.08	3
204	826	269	Mthunzi	Qorana	SIBALEKA	M	43	40-44M	0.47.10	2
205	992	63	MPUMELELO	MBALI	SAPPE	M	34	SM	0.47.11	2
206	507	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	0.47.11	2
207	300	1659	HANNES	ELS	MADIBA	M	75	70+M	0.47.14	5

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208	589	3015	PHILASANDE	RUNELI	MADIBAZ	M	34	SM	0.47.17	2
209	588	2338	FERLANDO	MKIVA	VUKANI	M	32	SM	0.47.26	2
210	40	1412	RAYMOND	WEITZ	NEDBANK	M	70	70+M	0.47.27	5
211	684	791	CHARL	GERBER	32GI	M	48	45-49M	0.47.29	2
212	518	9998	JONATHAN	RAUCH	SACS	M	28	SM	0.47.33	0
213	605	7605	DONOVAN	LE ROUX	TEMP	M	40	40-44M	0.47.34	0
214	623	7623	NHLALALA	NGOBENI	TEMP	M	31	SM	0.47.37	0
215	232	2177	TIAAN	GERBER	CHARLO	M	20	SM	0.47.43	2
216	707	495	DEWALD	VERMEULEN	RUN4C	M	53	50-54M	0.47.45	2
217	310	40071	CONNOR	BIRD	ELITEAC	M	14	JM	0.47.46	2
218	539	401	LUKE	BINNEMAN	IKHAMVA	M	33	SM	0.47.46	2
219	650	7650	Nicole	Mager	TEMP	F	31	SF	0.47.47	0
220	215	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	0.47.50	3
221	536	1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.47.50	3
222	399	1590	ANNEKE	MOORE	DESPATCH	F	41	40-44F	0.47.52	2
223	751	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	0.47.52	2
224	83	144	AHMAD	KADER	MALABAR	M	37	35-39M	0.47.54	2
225	516	733	ALEX	DU TOIT	CRUSADE	M	60	60-64M	0.47.55	3
226	807	40459	Ethan	Daniels	GELVAN	M	18	JM	0.47.55	2
227	120	1683	JERHARD	BURRELL	MADIBA	M	36	35-39M	0.47.57	2
228	840	698	CHARLIZE	SWANEPOEL	ALBANY	F	21	SF	0.47.58	2
229	716	596	FRIKKIE	BOSHOFF	RUN4C	M	45	45-49M	0.48.02	2
230	156	8156	SHAUN	HOEKSTRA	TEMP	M	25	SM	0.48.03	0
231	731	1583	JUANITA	CLAASSEN	DESPATCH	F	36	35-39F	0.48.04	2
232	239	979	MATHEW	JACOBY	CHARLO	M	46	45-49M	0.48.09	2
233	917	1042	EUGENE	VAN WYK	XCEL	M	53	50-54M	0.48.12	2
234	9016	180	DANNY	HARTZENBERG	TNETFS	M	48	45-49M	0.48.13	0
235	694	1229	NATASCIA	DE RIDDER	ELITEAC	F	46	45-49F	0.48.14	3
236	198	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	0.48.16	4
237	9059	1479	MARIETTE	HATTINGH	NEDBANK	F	59	55-59F	0.48.18	5
238	9150	1751	SAMIER	ABRAHAMS	GELVAN	M	54	50-54M	0.48.19	2
239	574	1193	HELGE	PRETORIUS	ELITEAC	F	30	SF	0.48.23	2
240	131	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	0.48.25	2
241	287	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	0.48.29	2
242	313	1055	JEROME	MAY	XCEL	M	59	55-59M	0.48.37	2
243	308	514	MONTE	SCHOLTZ	RUN4C	M	64	60-64M	0.48.42	3
244	9104	1441	MARTIN	JANSEN	NEDBANK	M	57	55-59M	0.48.42	2
245	734	1432	DELIWE	NYANGA	NEDBANK	F	36	35-39F	0.48.44	2
246	37	40274	ALEXANDER	HENDRICKS	ATLANTIC	M	17	JM	0.48.45	2
247	65	259	LINDIKHAYA	NTEYI	TINARHA	M	46	45-49M	0.48.51	2
248	9096	3011	BILL	DAVIDS	MADIBAZ	M	55	55-59M	0.48.54	2
249	846	2042	OLIVER	NEWLAND-NELL	ACH	M	20	JM	0.48.55	2
250	728	634	JO-ANNE	FORSON	ASPEN	F	37	35-39F	0.48.58	2
251	804	876	GEORGE	WINSHIP	CHARLO	M	59	55-59M	0.48.59	2
252	759	1598	LERENZO	FRANCIS	DESPATCH	M	38	35-39M	0.48.59	2
253	370	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	0.49.02	5
254	359	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	0.49.02	5
255	680	745	KATHLEEN	FLANAGAN	CRUSADE	F	39	35-39F	0.49.03	2
256	558	1070	ANCHE	HOLLINS	ACH	F	43	40-44F	0.49.04	2
257	863	3701	KOBUS	RADEMEYER	TEMP	M	31	SM	0.49.04	0
258	344	1469	MARGIE	SAUNDERS	NEDBANK	F	71	70+F	0.49.08	5
259	87	1887	DEBRA JANE	CHRISTY	STFRAN	F	61	60-64F	0.49.08	5

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
260	30	40279	CHRISTIANO	QUINCE	ATLANTIC	M	15	JM	0.49.09	2
261	152	8152	AKHONA	SOGA	TEMP	M	30	SM	0.49.10	0
262	331	40075	CHLOE	VERMAAK	ELITEAC	F	18	JF	0.49.13	2
263	106	91	DENZIL	KOOPMAN	INFINITY	M	54	50-54M	0.49.14	2
264	820	2228	NGWANE	SHORTY	SIBALEKA	M	29	SM	0.49.16	2
265	618	7618	AYABONGA	TSHUNGWANA	TEMP	M	31	SM	0.49.17	0
266	205	2955	JOSEPH	BAIN	CSEP	M	65	65-69M	0.49.19	3
267	409	7409	WALDIMAR	ROSSLEE	TEMP	M	45	45-49M	0.49.34	0
268	9092	2477	LEHLOHONOLO	THOKOA	ABSAEP	M	44	40-44M	0.49.45	2
269	926	1648	KEITH	VALENTINE	MADIBA	M	34	SM	0.49.47	1
270	74	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	0.49.47	2
271	408	7408	LEANDRA	ROSSLEE	TEMP	F	41	40-44F	0.49.48	0
272	787	900	JASON	SAUNDERS	CHARLO	M	45	45-49M	0.49.49	2
273	534	1666	Julia	Hofart	MADIBA	F	42	40-44F	0.49.54	2
274	319	1637	CHARL	MEISTRE	MADIBA	M	40	40-44M	0.49.55	2
275	523	1043	DAVID	BAINS	XCEL	M	59	55-59M	0.50.00	2
276	724	2288	BONKE	GOYI	VUKANI	M	37	35-39M	0.50.03	1
277	709	1118	BRUCE	KING	ACH	M	59	55-59M	0.50.08	2
278	473	7473	ADAM	MACKENZIE	TEMP	M	41	40-44M	0.50.08	0
279	474	7474	KELLY	KINGWILL	TEMP	F	34	SF	0.50.08	0
280	979	1731	LEONARD	ERASMUS	GELVAN	M	67	65-69M	0.50.09	3
281	842	1356	JEROME	MAY	NEDBANK	M	58	55-59M	0.50.11	2
282	324	493	BIANCA	EHLERS	RUN4C	F	25	SF	0.50.11	2
283	9094	2306	PHAKAMISA	BALENI	VUKANI	M	35	35-39M	0.50.14	1
284	561	741	MARGARET	LLOYD	CRUSADE	F	61	60-64F	0.50.16	5
285	376	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	0.50.19	2
286	213	978	CHRISTOPHER	AYERST	CHARLO	M	58	55-59M	0.50.22	2
287	503	1843	BOMKAZI	NTONI	ACH	F	38	35-39F	0.50.23	2
288	669	1004	JOHANNETTE	OOSTHUIZEN	BODYCON	F	61	60-64F	0.50.24	5
289	693	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.50.27	2
290	814	267	ZOLANI	KOLOSA	SIBALEKA	M	31	SM	0.50.30	1
291	758	1289	ANSLON	HECTOR	VWAC	M	31	SM	0.50.31	1
292	353	52964	LONWABO	JAHO	KOMANIR	M	35	35-39M	0.50.31	0
293	248	40305	KEISHA	HARKER	ATLANTIC	F	14	JF	0.50.35	2
294	661	40676	LUNIKO	NGAMLANA	ACT AC	M	13	JM	0.50.36	1
295	189	8189	FASEEG	ABRAHAMS	TEMP	M	43	40-44M	0.50.40	0
296	422	7422	YUSUF	MANSOOR	TEMP	M	33	SM	0.50.41	0
297	220	967	MIKE	BURGER	CHARLO	M	66	65-69M	0.50.42	3
298	777	911	TANYA	NORRIS	CHARLO	F	40	40-44F	0.50.58	2
299	951	1564	LEON	WEITSZ	DESPATCH	M	51	50-54M	0.50.59	2
300	267	40032	ANELISIWE	JACOBS	ACT AC	F	18	JF	0.51.01	2
301	160	8160	NICHOLAS	BANGO	TEMP	M	38	35-39M	0.51.01	0
302	167	8167	MIKALE	MULLER	TEMP	M	28	SM	0.51.02	0
303	36	40301	JOSE	CASE	ATLANTIC	M	16	JM	0.51.06	1
304	497	7497	SARAH-JANE	PRYCE-LEWIS	TEMP	F	27	SF	0.51.08	0
305	9053	3089	NEAL	PRINSLOO	EMC RC	M	39	35-39M	0.51.14	1
306	362	1263	KAHN	LANGFORD	VWAC	M	46	45-49M	0.51.18	2
307	543	628	CT	JACOBS	ASPEN	M	41	40-44M	0.51.20	1
308	110	1332	THANDIWE	NKWANDLA	NEDBANK	F	60	60-64F	0.51.21	5
309	689	2521	ABULELE	ROZANA	MADIBAZ	M	29	SM	0.51.25	1
310	142	697	VUYO	Makeba	ALBANY	M	58	55-59M	0.51.26	2
311	258	532	JUDY	GERBER	RUN4C	F	59	55-59F	0.51.26	3

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
312	983	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.51.35	2
313	712	3002	WESLEY	MERRICK	VITALITY	M	31	SM	0.51.37	1
314	111	2947	FERAAN	GEORGE	MALABAR	M	39	35-39M	0.51.41	1
315	9078	2995	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	0.51.55	2
316	945	628	MTHOKOZISI	LUTHULI	TEMP	M	34	SM	0.51.56	0
317	808	594	ANTONIE	KOEN	RUN4C	M	48	45-49M	0.51.56	1
318	396	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	42	40-44M	0.51.57	1
319	571	1057	JARED	DE DONCKER	XCEL	M	24	SM	0.52.03	1
320	956	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	0.52.05	1
321	950	1785	JADE	FESTUS	GELVAN	M	35	35-39M	0.52.09	1
322	508	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	0.52.10	2
323	964	620	THABO	MAHE	TEMP	M	52	50-54M	0.52.13	0
324	554	1298	MPHATHISI	MJADU	VWAC	M	53	50-54M	0.52.14	2
325	713	1696	JANET	VAN NIEKERK	MADIBA	F	49	45-49F	0.52.15	2
326	907	8023	ANDREW	HART	TEMP	M	56	55-59M	0.52.19	0
327	943	614	GJ	BOTHA	TEMP	M	53	50-54M	0.52.20	0
328	696	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	0.52.21	1
329	109	285	VANESSA	COETZEE	MUIRITE	F	48	45-49F	0.52.22	2
330	841	7121	LUKE	HAMILTON	TEMP	M	28	SM	0.52.27	0
331	557	1088	PERCY	DALTON	ACH	M	77	70+M	0.52.30	3
332	575	1812	THULANI	FUNDE	BATHURST	M	41	40-44M	0.52.30	1
333	311	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	0.52.31	2
334	522	727	ANGELA	ROGERS	CRUSADE	F	55	55-59F	0.52.32	3
335	22	1684	MARLON	KOEN	MADIBA	M	38	35-39M	0.52.36	1
336	548	149	ZIYAAD	DOLLEY	MALABAR	M	56	55-59M	0.52.36	2
337	850	618	KELLY	HOLMES	ASPEN	F	48	45-49F	0.52.40	2
338	9161	2009	FREEK	DANIELS	TRANSNET	M	59	55-59M	0.52.42	2
339	314	2815	LUTHANDO	NOMTOTO	CSEP	M	39	35-39M	0.52.43	1
340	256	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	0.52.45	1
341	590	2392	CHRISTIE	SMITH	JBAY	F	31	SF	0.52.48	1
342	9081	1763	LIONEL	TERBLANCHE	GELVAN	M	49	45-49M	0.52.49	1
343	382	196	LONWABO	FONGO	CSEP	M	38	35-39M	0.52.50	1
344	688	2757	CARLO	BEER	MUIRITE	M	22	SM	0.52.54	1
345	990	1544	ABIGAIL	VAN DER BERG	DESPATCH	F	20	JF	0.52.55	1
346	365	2377	CHRISTINE	VAN DER BERG	JBAY	F	61	60-64F	0.52.57	4
347	646	7646	Luyanda	Dladla	TEMP	M	20	JM	0.53.00	0
348	9087	9087	ALEXANDER	SHEMVATKHW	TEMP	M	53	50-54M	0.53.01	0
349	251	1837	XOLA	MBATSHA	HOLLYWOO	M	45	45-49M	0.53.04	1
350	280	40034	SIVIWE	JACK	ACT AC	F	15	JF	0.53.04	1
351	986	1777	ROLAND	DACE	GELVAN	M	70	70+M	0.53.06	2
352	848	3911	INNES	POTLGIETER	TEMP	M	27	SM	0.53.07	0
353	9164	40192	JODY	FLEURS	GELVAN	M	17	JM	0.53.09	1
354	9105	9105	SHERWANO	LIBERTY	TEMP	M	14	JM	0.53.09	0
355	639	7639	SYLVESTER	FELKERS	TEMP	M	47	45-49M	0.53.10	0
356	19	541	ULRICH	NIEUWOUDT	RUN4C	M	30	SM	0.53.10	1
357	284	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.53.10	2
358	702	615	KATHERINE	NEL	ASPEN	F	35	35-39F	0.53.13	1
359	124	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	0.53.16	1
360	86	1833	BONISIWE	KAMANGA	HOLLYWOO	F	31	SF	0.53.17	1
361	741	1669	ADRIAAN	BEZUIDENHOUT	MADIBA	M	40	40-44M	0.53.17	1
362	48	1139	ROBERT	SPRUNG	CHARLO	M	27	SM	0.53.19	1
363	934	3705	LUYANDA	NCWADI	TEMP	M	44	40-44M	0.53.21	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
364	628	7628	WALDO	BOSHOFF	TEMP	M	36	35-39M	0.53.28	0
365	9172	9172	AMEER	ENSAL	TEMP	M	50	50-54M	0.53.31	0
366	398	127	MUSTAFA	LAGARDIEN	MALABAR	M	32	SM	0.53.33	1
367	289	505	ANDRIES	COETSEE	RUN4C	M	39	35-39M	0.53.34	1
368	316	1446	MFEZI	MCINGANA	NEDBANK	M	49	45-49M	0.53.37	1
369	977	1559	NOLEEN	AMBRAAL	DESPATCH	F	55	55-59F	0.53.37	2
370	972	2538	LUTHANDO	NDZAMBO	MADIBAZ	M	41	40-44M	0.53.39	1
371	519	3061	Eric	Moeng	CSEP	M	54	50-54M	0.53.40	1
372	798	961	LARA	VAN HEERDEN	CHARLO	F	49	45-49F	0.53.43	2
373	9060	9060	LOUISE	AXON	TEMP	F	47	45-49F	0.53.43	0
374	890	1492	DEON	VYVER	NEDBANK	M	58	55-59M	0.53.45	2
375	94	3043	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	0.53.53	1
376	122	639	DHIRESH	VALLABH	ASPEN	M	40	40-44M	0.53.54	1
377	171	8171	CARMEN	SAMPSON	TEMP	F	35	35-39F	0.53.56	0
378	329	1214	BENITA	GERBER	ELITEAC	F	60	60-64F	0.53.57	3
379	25	2463	Luthando	Yibe	ABSAEP	M	44	40-44M	0.53.59	1
380	647	7647	Ra'ees	Khan	TEMP	M	32	SM	0.54.00	0
381	531	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	0.54.01	1
382	679	1850	SIYABONGA	COKILE	HOLLYWOO	M	48	45-49M	0.54.01	1
383	221	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	0.54.05	1
384	9100	50803	SIVIWE	MEVENI	REALGIJ	M	38	35-39M	0.54.07	0
385	573	732	MANUELA	THURNHER	CRUSADE	F	60	60-64F	0.54.07	3
386	852	8027	ROGER	STEELE	TEMP	M	67	65-69M	0.54.08	0
387	866	130	IGHSAAN	ISAACS	MALABAR	M	60	60-64M	0.54.08	2
388	183	8183	RYNO	LAUBSCHER	TEMP	M	37	35-39M	0.54.10	0
389	901	375	MARIUS	STANDER	IKHAMVA	M	57	55-59M	0.54.12	1
390	869	526	NIEKE	EBERSOHN	RUN4C	F	33	SF	0.54.13	1
391	245	1921	OWEN	NCUBE	BLUEBAY	M	44	40-44M	0.54.14	1
392	112	1575	LESLEY-ANN	BUSH	DESPATCH	F	53	50-54F	0.54.15	2
393	64	1346	KALLIE	KLINKENBURG	NEDBANK	M	41	40-44M	0.54.21	1
394	736	50345	ROBERT	BUTTON	OLDSELB	M	66	65-69M	0.54.21	0
395	747	75	HESTER	DEKKER	SAPPE	F	53	50-54F	0.54.22	2
396	859	2195	TERENCE	LANTZ	ASPEN	M	45	45-49M	0.54.23	1
397	870	1630	JOE	SCHOEMAN	MADIBA	M	45	45-49M	0.54.29	1
398	882	3704	GARETH	ANDERSON	TEMP	M	62	60-64M	0.54.30	0
399	883	8307	ALAN	RYAN	TEMP	M	58	55-59M	0.54.30	0
400	288	583	CHRISTELLE	SLABBERT	RUN4C	F	53	50-54F	0.54.31	2
401	214	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.54.31	3
402	226	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	0.54.32	1
403	703	1219	MELANIE	CHRISTIE	ELITEAC	F	41	40-44F	0.54.32	1
404	629	7629	LAURE	PIETERSE	TEMP	M	54	50-54M	0.54.35	0
405	9062	1552	THERESA	OOSTHUIZEN	DESPATCH	F	54	50-54F	0.54.37	2
406	335	2304	QAQAMBA	MATUNDU	VUKANI	F	27	SF	0.54.39	1
407	811	7087	AVIWE	PAKADE	TEMP	M	39	35-39M	0.54.42	0
408	847	673	GREIG	NEWLAND-NELL	ACH	M	50	50-54M	0.54.42	1
409	971	2294	SIDWELL	MATINYANE	VUKANI	M	59	55-59M	0.54.48	1
410	99	2642	TANITH	MORETON	MADIBAZ	F	20	SF	0.54.48	1
411	9090	1714	HANSIE	ELS	MADIBA	M	77	70+M	0.54.50	2
412	244	1726	BERNARD-BENJAMI	LODEWYK	GELVAN	M	54	50-54M	0.54.52	1
413	119	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.54.54	1
414	948	519	CHARLOTTE	VAN WYK	RUN4C	F	43	40-44F	0.54.54	1
415	664	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.54.59	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
416	770	905	MICHELE	MOOLMAN	CHARLO	F	40	40-44F	0.55.02	1
417	768	934	JEAN	MEYER	CHARLO	M	46	45-49M	0.55.02	1
418	786	991	GREGORY	ROSS	CHARLO	M	52	50-54M	0.55.04	1
419	321	595	MARISKA	KRUGER	RUN4C	F	47	45-49F	0.55.05	1
420	199	42	SAM	ERASMUS	SAPPE	M	67	65-69M	0.55.05	2
421	853	1196	SHIRLEY	RADEMEYER	ELITEAC	F	29	SF	0.55.05	1
422	720	1910	NOLUBABALO	NOFEMELE	JBAY	F	38	35-39F	0.55.11	1
423	231	959	JOHAN	GERBER	CHARLO	M	46	45-49M	0.55.13	1
424	936	610	LULAMA	NGEMBE	TEMP	M	44	40-44M	0.55.16	0
425	749	50	MICHAEL	DEKKER	SAPPE	M	52	50-54M	0.55.20	1
426	551	1454	WENDY	SORENSEN	NEDBANK	F	50	50-54F	0.55.25	2
427	613	613	ROHAN	VAN DER MERWE	TEMP	M	21	SM	0.55.30	0
428	634	7634	TIAAN	BOUWER	TEMP	M	22	SM	0.55.30	0
429	708	1203	ANNEMIE	DU TOIT	ELITEAC	F	40	40-44F	0.55.32	1
430	247	2190	ALAN	BROWNE	32GI	M	33	SM	0.55.33	1
431	937	1192	HEINZ	CONRAD	ELITEAC	M	46	45-49M	0.55.36	1
432	591	2776	GEORGE	STERN	MUIRITE	M	19	JM	0.55.38	1
433	62	2964	CHESLIN	PLAATJIES	VITALITY	M	39	35-39M	0.55.39	1
434	97	3041	ALLISTER	ARENDS	ATLANTIC	M	40	40-44M	0.55.39	1
435	155	8155	GARRETH	HOLMES	TEMP	M	43	40-44M	0.55.42	0
436	306	1291	ASHENDA	MAKONIE	VWAC	F	49	45-49F	0.55.43	1
437	379	201	VUYISILE	DELIWE	CSEP	M	50	50-54M	0.55.44	1
438	855	1124	LIZ	PRINS	ACH	F	56	55-59F	0.55.46	2
439	491	7491	DANZEL	VAN DER MERWE	TEMP	M	29	SM	0.55.48	0
440	710	17369	MOHAMAD	YUSUF ADAM	UNKNOWN	M	39	35-39M	0.55.50	0
441	309	750	PIETER	ROUX	CRUSADE	M	70	70+M	0.55.53	2
442	469	7469	YONELA	CHELESI	TEMP	F	31	SF	0.55.54	0
443	685	2527	SANDISO	NGWENYA	MADIBAZ	F	31	SF	0.55.55	1
444	683	270	Abu Bakar	Khadroui	GELVAN	M	23	SM	0.55.57	1
445	895	895	GIANNI	TISTELLI	CHARLO	M	54	50-54M	0.55.58	1
446	997	2785	Zenita	Durrheim	ASPEN	F	46	45-49F	0.56.01	1
447	526	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	45	45-49M	0.56.03	1
448	107	804	VALMAINE	DE KLERK	32GI	F	48	45-49F	0.56.06	1
449	906	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.56.06	1
450	961	621	SBUSISO	MVELASE	TEMP	M	38	35-39M	0.56.07	0
451	868	3937	KIAN	SCHELLINGERHOUT	TEMP	M	20	JM	0.56.11	0
452	549	728	PAUL	LUBBE	CRUSADE	M	63	60-64M	0.56.14	1
453	470	7470	NWABISA	NGCINGWANA	TEMP	F	41	40-44F	0.56.14	0
454	791	930	IMKE	SMIT	CHARLO	F	36	35-39F	0.56.21	1
455	265	88	HENRY	PRAHALADH	INFINITY	M	58	55-59M	0.56.22	1
456	237	915	JOEL	HUMAN	CHARLO	M	52	50-54M	0.56.25	1
457	9073	2769	NTOMBODIDI	MPUTA	SAPPE	F	30	SF	0.56.25	1
458	203	8203	WANDILE	TSHINGI	TEMP	M	38	35-39M	0.56.30	0
459	921	707	MPUMELELO	NGWENYA	CRUSADE	M	35	35-39M	0.56.52	1
460	69	513	ROZETTA	KEMP	RUN4C	F	71	70+F	0.56.57	4
461	456	7456	PIETER	BOSHOFF	TEMP	M	33	SM	0.57.00	0
462	499	7499	ROBERT	ABRAHAM	TEMP	M	32	SM	0.57.00	0
463	490	7490	TARRYNNE	COX	TEMP	F	27	SF	0.57.06	0
464	525	2782	SANDRIKA	FOURIE	INFINITY	F	27	SF	0.57.06	1
465	154	8154	DOREEN	HOLMES	TEMP	F	41	40-44F	0.57.06	0
466	338	851	THANDO	FRANS	SPAREC	M	47	45-49M	0.57.14	1
467	910	1512	DEON	ENGELBRECHT	NEDBANK	M	57	55-59M	0.57.14	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
468	9061	1576	MARCELLE	VAN LOGGERENBERG	DESPATCH	M	58	55-59M	0.57.15	1
469	163	8163	ASTRID	ROSSOUW	TEMP	F	46	45-49F	0.57.16	0
470	9056	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	65	65-69M	0.57.16	1
471	105	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	0.57.16	1
472	394	2660	ASANDA	SASANTI	VITALITY	F	35	35-39F	0.57.20	1
473	201	1695	CARLA	GILLWALD	MADIBA	F	36	35-39F	0.57.23	1
474	781	996	PAULA	PEARCE	CHARLO	F	57	55-59F	0.57.30	1
475	363	1264	LAVINIA	PIETERSE	VWAC	F	50	50-54F	0.57.34	1
476	611	611	RODNEY	BUTTERS	TEMP	M	63	60-64M	0.57.35	0
477	364	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	60	60-64F	0.57.35	2
478	9091	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.57.40	1
479	204	8204	SIVUYILE	TSHINGI	TEMP	M	40	40-44M	0.57.40	0
480	493	7493	CONROY	NOTLEY	TEMP	M	44	40-44M	0.57.43	0
481	330	1201	CATHY	ALLERS	ELITEAC	F	63	60-64F	0.57.44	2
482	958	10046	WARREN	KRAMER	CRESRUN	M	48	45-49M	0.57.49	0
483	95	3044	SYAVUYA	MARWANQA	VITALITY	M	27	SM	0.57.49	1
484	642	7642	Lincoln	Jansen	TEMP	M	35	35-39M	0.57.49	0
485	980	1299	MICHAEL	SLATER	VWAC	M	54	50-54M	0.57.51	1
486	340	1911	MATHONGO	MAKHIWANE	BLUEBAY	M	50	50-54M	0.57.54	1
487	633	7633	VICKI	LAING	TEMP	F	48	45-49F	0.57.55	0
488	139	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.57.55	1
489	283	507	JOHAN	FERREIRA	RUN4C	M	63	60-64M	0.57.56	1
490	959	632	SELLO	MANGANYI	ASPEN	M	42	40-44M	0.58.03	1
491	857	1102	KEN	BARWOOD	ACH	M	70	70+M	0.58.04	1
492	984	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.58.05	1
493	402	7402	KEEGAN	VERWEY	TEMP	M	24	SM	0.58.05	0
494	197	1326	ARNO	NEL	NEDBANK	M	47	45-49M	0.58.07	1
495	698	1610	Petrus	Bothma	DESPATCH	M	44	40-44M	0.58.10	1
496	238	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	0.58.11	1
497	954	1495	SIMPHIWE	NTIANTI	NEDBANK	M	44	40-44M	0.58.13	1
498	772	2170	Matthew	Muller	CHARLO	M	24	SM	0.58.16	1
499	9158	2737	SIPHOKAZI	MANI	VITALITY	F	35	35-39F	0.58.19	1
500	341	50024	LUMKO	MQAY	QOKOL	M	35	35-39M	0.58.25	0
501	307	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	0.58.27	1
502	822	2249	SOLOMZI	MQATAZAMA	SIBALEKA	M	57	55-59M	0.58.29	1
503	969	1207	CHARL	GRIESSEL	ELITEAC	M	61	60-64M	0.58.29	1
504	578	2547	BERNARD	PETERSEN	MADIBAZ	M	59	55-59M	0.58.29	1
505	915	377	NOBUNTU	MPONGWANA	IKHAMVA	F	46	45-49F	0.58.30	1
506	149	8149	SIKHUMBUZO	MANXOYI	TEMP	M	38	35-39M	0.58.32	0
507	453	7453	JENNIFER	KLUE	TEMP	F	17	JF	0.58.34	0
508	603	7603	THABANG	MOPEDI	TEMP	M	34	SM	0.58.35	0
509	44	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	55	55-59F	0.58.38	1
510	460	7460	DANIEL	SCHLUTER	TEMP	M	32	SM	0.58.41	0
511	35	40285	NATHAN	LOTTERING	ATLANTIC	M	19	JM	0.58.46	1
512	542	2127	MECAYLA	KOCK	ATLANTIC	F	21	SF	0.58.48	1
513	924	1689	SILKE	BOTHA	MADIBA	F	28	SF	0.58.49	1
514	748	470	JODI	PIENAAR	WALMER	M	31	SM	0.58.50	1
515	735	1759	LYDIA	OLIVER	GELVAN	F	57	55-59F	0.58.59	1
516	514	1195	SAMANTHA	DOUGLAS	ELITEAC	F	37	35-39F	0.59.00	1
517	888	641	JACQUES	KEIRSGIETER	ASPEN	M	37	35-39M	0.59.07	1
518	9157	1116	HEIDI	JANSEN	ACH	F	58	55-59F	0.59.08	1
519	223	903	KESVAL	CHETTY	CHARLO	M	60	60-64M	0.59.10	1

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520	325	512	ANSIE	BENADE	RUN4C	F	66	65-69F	0.59.11	2
521	143	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	0.59.12	1
522	792	913	SHARON	SMUTS	CHARLO	F	59	55-59F	0.59.14	1
523	952	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	0.59.15	1
524	985	1592	BENNIE	THYSSE	DESPATCH	M	68	65-69M	0.59.15	1
525	881	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	0.59.19	1
526	939	612	SIKHO	MXINWA	TEMP	F	27	SF	0.59.24	0
527	970	619	UNATHI	NDAMASE	TEMP	F	39	35-39F	0.59.25	0
528	206	7202	TERESA	JOUBERT	TEMP	F	53	50-54F	0.59.29	0
529	217	956	NEELESH	BHANA	CHARLO	M	54	50-54M	0.59.32	1
530	673	82	LETA	DOS SANTOS	INFINITY	F	61	60-64F	0.59.35	1
531	136	2746	NOSIZWE	CEKISO	NMBAC	F	37	35-39F	0.59.38	1
532	9072	1939	RUDY	BUYS	BLUEBAY	M	48	45-49M	0.59.39	1
533	90	143	ZAHEERA	NANABHAY	MALABAR	F	43	40-44F	0.59.43	1
534	830	2448	MANELISI	MFECANE	YOUTH	M	39	35-39M	0.59.44	1
535	927	2321	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	0.59.47	1
536	949	2953	THEMBELA	MANYA	NMBAC	F	41	40-44F	0.59.48	1
537	975	1930	TIM	BRAY	BLUEBAY	M	62	60-64M	0.59.48	1
538	872	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	0.59.51	1
539	744	620	NOSIPHIWO	MZANYWA	ASPEN	F	36	35-39F	0.59.55	1
540	517	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	0.59.56	1
541	442	7442	KIERAN	JACOBS	TEMP	M	38	35-39M	0.59.57	0
542	562	735	LIBBY	WILKE	CRUSADE	F	51	50-54F	0.59.57	1
543	810	1284	DEAN	BOSMAN	VWAC	M	43	40-44M	0.59.59	1
544	502	1996	JOHANN	ELS	JBAY	M	51	50-54M	1.00.02	1
545	607	7607	MKHUSELI	NOMANDI	TEMP	M	38	35-39M	1.00.04	0
546	446	7446	ROCHELLE	KRUGER	TEMP	F	52	50-54F	1.00.05	0
547	23	1147	GERMYINE	LEE	GELVAN	M	40	40-44M	1.00.08	1
548	494	7494	LIZELLE	NOTLEY	TEMP	F	42	40-44F	1.00.08	0
549	9063	9063	DANIELOLE	KOTZE	TEMP	F	29	SF	1.00.09	0
550	757	2032	CARLIE	NEL	MUIRITE	F	31	SF	1.00.15	1
551	92	2036	ANDRE	VAN DER BANK	MUIRITE	M	53	50-54M	1.00.16	1
552	504	50286	LEE-ANN	RAGAVAL-PASQUALLIE	MPOX	F	45	45-49F	1.00.24	0
553	420	7420	REBECCA	WARD	TEMP	F	23	SF	1.00.24	0
554	687	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	30	SF	1.00.28	1
555	132	2459	BULELANI	MATENJWA	IKHAMVA	M	43	40-44M	1.00.31	1
556	91	145	FADIELA	JOHNSON	MALABAR	F	61	60-64F	1.00.35	1
557	418	7418	JENNA	WALTERS	TEMP	F	25	SF	1.00.35	0
558	692	1063	Crystal	van Heerden	ACH	F	30	SF	1.00.36	1
559	965	1194	EDMUND	DRAKE	ELITEAC	M	34	SM	1.00.36	1
560	854	2267	DONALD	NYANINGWE	VUKANI	M	64	60-64M	1.00.41	1
561	294	1711	DUNCAN	STEENKAMP	MADIBA	M	26	SM	1.00.41	1
562	9064	1545	RUAN	JONKER	DESPATCH	M	26	SM	1.00.42	1
563	640	7640	DEWANDRE'	CASSELS	TEMP	M	43	40-44M	1.00.44	0
564	968	598	AIMEE	TAYLOR	TEMP	F	31	SF	1.00.47	0
565	21	1453	HEINRICH	WENTZEL	NEDBANK	M	39	35-39M	1.00.48	1
566	484	7484	BENNITUS	WELCH	TEMP	M	50	50-54M	1.00.49	0
567	931	1246	NATALIE	LIEBENBERG	ELITEAC	F	38	35-39F	1.00.52	1
568	789	935	BRENTON	SCHNETLER	CHARLO	M	50	50-54M	1.00.54	1
569	9120	9120	DEVON	TEUBES	TEMP	M	24	SM	1.00.57	0
570	9069	3008	ANNELIE	WILSON	CRUSADE	F	45	45-49F	1.00.57	1
571	697	1611	Magdalena	Bothma	DESPATCH	F	44	40-44F	1.00.58	1

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572	833	327	ELWIN	WOODS	MUIRITE	M	61	60-64M	1.01.02	1
573	262	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.01.07	1
574	617	7617	SALWAH	VAN RHEEDE	TEMP	F	35	35-39F	1.01.10	0
575	799	926	TREVOR	VAN RENSBURG	CHARLO	M	72	70+M	1.01.12	1
576	641	7641	ALFRED	NONGAYIYANA	TEMP	M	30	SM	1.01.12	0
577	190	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.01.18	1
578	886	2912	HEIN	BADENHORST	SAPPE	M	55	55-59M	1.01.20	1
579	930	3007	MZWETHU	PLAATJIE	CSEP	M	50	50-54M	1.01.23	1
580	9126	9126	MALUSI	DLAMINI	TEMP	M	39	35-39M	1.01.27	0
581	485	7485	LOGAN	ROTHMAN	TEMP	F	29	SF	1.01.29	0
582	291	2064	NOMTHA	QUNTA	NMBAC	F	39	35-39F	1.01.30	1
583	381	808	LECHELLE	DE VRIES	32GI	F	45	45-49F	1.01.32	1
584	541	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	46	45-49F	1.01.34	1
585	737	1636	LISTIA	NEL	MADIBA	F	50	50-54F	1.01.34	1
586	305	328	MADRE	WELMANS	MUIRITE	F	56	55-59F	1.01.36	1
587	944	2474	NELSON	KOTU	ABSAEP	M	32	SM	1.01.36	1
588	714	50727	JUANITA	BRINK	KIMBH	F	46	45-49F	1.01.43	0
589	150	8150	DEENOLAN	MOODLEY	TEMP	M	28	SM	1.01.43	0
590	487	7487	HAYLEY	VAN DER RIET	TEMP	F	14	JF	1.01.48	0
591	488	7488	CARL	VAN DER RIET	TEMP	M	54	50-54M	1.01.50	0
592	391	298	SANET	BOUCHER	MUIRITE	F	45	45-49F	1.02.02	1
593	366	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	1.02.08	1
594	540	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.02.16	1
595	885	8322	KARLA	MOOLMAN	TEMP	F	33	SF	1.02.22	0
596	884	3737	CHANTELLE	MEYER	TEMP	F	33	SF	1.02.22	0
597	333	588	RENIER	LIEBENBERG	RUN4C	M	43	40-44M	1.02.22	1
598	9124	2316	AWONKE	LUCWABA	VUKANI	F	29	SF	1.02.29	1
599	242	1466	AT	SCHOEMAN	NEDBANK	M	68	65-69M	1.02.29	1
600	412	7412	BONGANI	MKETSHANE	TEMP	M	37	35-39M	1.02.31	0
601	9099	40057	ZINTLE	MNINZI	ACT AC	F	16	JF	1.02.32	1
602	801	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	1.02.33	1
603	892	481	CHRISTO	STEYN	RUN4C	M	57	55-59M	1.02.37	1
604	451	7451	ADELLE	VORSTER	TEMP	F	37	35-39F	1.02.38	0
605	236	966	KEANO	HITZEROTH	CHARLO	M	25	SM	1.02.39	1
606	740	1232	SONIKA	NEL	ELITEAC	F	25	SF	1.02.48	1
607	144	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.02.55	1
608	113	980	PETRUS	KOOPMAN	CHARLO	M	64	60-64M	1.03.01	1
609	796	917	VICKY	TSOUKNIDAS	CHARLO	F	47	45-49F	1.03.01	1
610	216	933	SANET	BEZUIDENHOUT	CHARLO	F	37	35-39F	1.03.08	1
611	671	1094	MARIETJIE	PIETERSEN	ACH	F	68	65-69F	1.03.10	1
612	981	1286	SHANDRY	NAZER	VWAC	F	36	35-39F	1.03.11	1
613	246	1275	PLAAITJIE	DAMONS	VWAC	M	61	60-64M	1.03.12	1
614	715	1629	ARINDA	VAN DER LINDE	MADIBA	F	35	35-39F	1.03.19	1
615	819	2204	ERROL	ROSSOUW	SIBALEKA	M	75	70+M	1.03.25	1
616	342	51571	WENDY	MQAI	NEDBOR	F	34	SF	1.03.28	0
617	455	7455	BHEKI	MKHWANAZI	TEMP	M	39	35-39M	1.03.31	0
618	181	8181	VANTOLA	VANDAYAR	TEMP	F	38	35-39F	1.03.31	0
619	118	725	Wendy	Bululu	CRUSADE	F	42	40-44F	1.03.34	1
620	9077	9077	THERESA	LILLIS	TEMP	F	69	65-69F	1.03.39	0
621	675	2886	DESMOND	MVUNDLELA	TRANSNET	M	44	40-44M	1.03.41	1
622	9071	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	1.03.42	1
623	9163	1758	BRAMWELL	FLEURS	GELVAN	M	46	45-49M	1.03.49	1

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624	290	491	YOLANDE	ARCHER	RUN4C	F	46	45-49F	1.03.57	1
625	823	2208	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.03.58	1
626	556	1119	TREMAINE	WESSON	ACH	M	64	60-64M	1.03.59	1
627	293	1608	LUZANNE	SCHOEMAN	DESPATCH	F	36	35-39F	1.04.00	1
628	616	7616	AIMEE	POHLMANN	TEMP	F	27	SF	1.04.01	0
629	532	2275	THABISA	HLAM	VUKANI	F	39	35-39F	1.04.01	1
630	172	8172	ISHAAQ	PHILLIPS	TEMP	M	27	SM	1.04.03	0
631	632	7632	JENN	SEADY	TEMP	F	53	50-54F	1.04.08	0
632	690	1184	Herman	Terblanche	ELITEAC	M	59	55-59M	1.04.13	1
633	480	7480	SILKY	SCHUIN-DORFLING	TEMP	F	24	SF	1.04.16	0
634	973	1542	CELESTE	OOSTHUIZEN	RUN4C	F	34	SF	1.04.16	1
635	88	2688	THOZAMA	MANTLAKA	VITALITY	F	39	35-39F	1.04.20	1
636	257	2805	CHARL	GERBER	RUN4C	M	61	60-64M	1.04.22	1
637	302	1382	CHARMELL	KOOPMAN	NEDBANK	F	45	45-49F	1.04.23	1
638	162	8162	CHARMAINE	BURGER	TEMP	F	24	SF	1.04.25	0
639	301	1632	JOS	ELS	MADIBA	F	73	70+F	1.04.38	1
640	875	3537	NOMKE	DOYI	TEMP	M	42	40-44M	1.04.38	0
641	61	1927	ANIRLE	DE MEYER	BLUEBAY	F	28	SF	1.04.45	1
642	444	7444	JODY	PASQUALLIE	TEMP	M	41	40-44M	1.04.52	0
643	337	863	NANDIPA	MYELEYELE	SPAREC	F	37	35-39F	1.04.56	1
644	880	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	1.05.02	1
645	230	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.05.04	1
646	602	7602	AMILA	ZIBONDA	TEMP	F	18	JF	1.05.07	0
647	419	7419	JACQUI	BESTER	TEMP	F	48	45-49F	1.05.19	0
648	782	902	KRISH	PILLAY	CHARLO	M	63	60-64M	1.05.24	1
649	211	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	62	60-64M	1.05.24	1
650	739	1224	SHAUN	NEL	ELITEAC	M	50	50-54M	1.05.29	1
651	440	7440	LUKE	MULLER	TEMP	M	21	SM	1.05.36	0
652	429	7429	SAVANNAH	BARRON	TEMP	F	21	SF	1.05.37	0
653	916	2111	GEROME	MINTOOR	ATLANTIC	M	57	55-59M	1.05.39	1
654	127	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	1.05.48	1
655	439	7439	RENETTE	ACKERMANN	TEMP	F	61	60-64F	1.05.52	0
656	192	1631	AMANDA	BLIGNAULT	MADIBA	F	65	65-69F	1.05.54	1
657	194	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.05.54	1
658	41	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.06.02	1
659	877	3703	ERIC	DYER	TEMP	M	39	35-39M	1.06.03	0
660	775	2167	SAKEENA	NORDIEN	CHARLO	F	26	SF	1.06.06	1
661	292	1579	JHANINEN	BOSHOFF	DESPATCH	F	59	55-59F	1.06.12	1
662	405	7405	LUTHO	GWILI	TEMP	M	30	SM	1.06.25	0
663	802	927	ANTON	VAN WYK	CHARLO	M	57	55-59M	1.06.26	1
664	995	827	TAMMY	SOUTHBY	32GI	F	51	50-54F	1.06.26	1
665	295	352	ZUKO	MALIWA	IKHAMVA	M	48	45-49M	1.06.36	1
666	908	8024	TIMOTHY	HART	TEMP	M	22	SM	1.06.42	0
667	925	1680	JANI	VALENTINE	MADIBA	F	31	SF	1.06.48	1
668	843	7124	CLINTON	FRANCIS	TEMP	M	51	50-54M	1.06.49	0
669	360	565	RONEL	DE TARNOWSKY	RUN4C	F	45	45-49F	1.06.50	1
670	436	7436	DAVID	DE TARNOWSKY	TEMP	M	51	50-54M	1.06.50	0
671	296	3038	CAMILA	ISMAIL	MALABAR	F	59	55-59F	1.06.56	1
672	416	7416	POSHIKA	RAMSAMY	TEMP	F	18	JF	1.06.56	0
673	638	7638	HANNAH	WOOD	TEMP	F	43	40-44F	1.06.57	0
674	259	2758	Zander	du Plessis	MUIRITE	M	20	JM	1.07.01	1
675	828	2202	VUYISEKA	MHLAHLO	SIBALEKA	F	43	40-44F	1.07.09	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
676	264	1607	SONJA	VAN WYK	DESPATCH	F	43	40-44F	1.07.26	1
677	9125	601	EARL	PIERS	TEMP	M	34	SM	1.07.28	0
678	81	2508	DANEILLE	HARRY	MADIBAZ	F	40	40-44F	1.07.30	1
679	424	7424	CHUMA	ZWANE	TEMP	M	41	40-44M	1.07.31	0
680	410	7410	INECE	KAYSER	TEMP	F	57	55-59F	1.07.33	0
681	222	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.07.36	1
682	761	886	CELEST	JOYCE	CHARLO	F	56	55-59F	1.07.38	1
683	478	7478	CHAD	NEL	TEMP	M	34	SM	1.07.39	0
684	865	865	CHANTAL	KILIAN	TEMP	F	50	50-54F	1.07.42	0
685	75	1935	XENOPHON	FERREIRA	BLUEBAY	M	64	60-64M	1.07.42	1
686	717	612	MANDY	SAPTOE	ASPEN	F	41	40-44F	1.07.48	1
687	253	520	SASKIA	WAIT	RUN4C	F	23	SF	1.07.52	1
688	18	550	LIEZEL	WAIT	RUN4C	F	52	50-54F	1.07.52	1
689	711	211	MATHAPELO	SENTI	CSEP	F	36	35-39F	1.07.52	1
690	9167	705	OCTAVIA	BOSHOFF	CRUSADE	F	55	55-59F	1.07.54	1
691	380	2461	FUNDISWA	ANTONY	ABSAEP	F	53	50-54F	1.07.57	1
692	472	7472	SHAAHID	NORKEE	TEMP	M	59	55-59M	1.07.59	0
693	505	40444	CALEB	WINTERMEYER	32GI	M	14	JM	1.08.01	1
694	506	2187	DEBBIE	WINTERMEYER	32GI	F	47	45-49F	1.08.02	1
695	45	1874	MBULELO	TSHIKILA	HOLLYWOO	M	52	50-54M	1.08.05	1
696	9066	1157	ZIYANDA	MDWAYI	TRANSNET	F	45	45-49F	1.08.06	1
697	9070	1600	YVETTE	JONKER	DESPATCH	F	53	50-54F	1.08.06	1
698	622	7622	NOKWANDA	MBATHA	TEMP	F	38	35-39F	1.08.06	0
699	252	15638	NELILE	GCABASHE	OTHER	F	27	SF	1.08.06	0
700	454	7454	MARLENE	MULVEY	TEMP	F	47	45-49F	1.08.07	0
701	378	337	CHRISTINE	SNYMAN	MUIRITE	F	69	65-69F	1.08.13	1
702	9058	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.08.13	1
703	9088	75154	MICHELLE	BLOM	TEMP	F	47	45-49F	1.08.16	0
704	9089	9089	LISA	RANDALL	TEMP	F	45	45-49F	1.08.17	0
705	443	7443	MARTINIQUE	DU PLESSIS	TEMP	F	35	35-39F	1.08.28	0
706	816	2217	ASANDA	MSARO	SIBALEKA	F	39	35-39F	1.08.29	1
707	406	7406	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.08.31	0
708	9068	2603	PHATHEKA	MOKGWETSI	MADIBAZ	F	33	SF	1.08.32	1
709	371	2664	MELISSA	SWANEPOEL	VITALITY	F	37	35-39F	1.08.43	1
710	520	1743	THOMAS	PLAATJIES	GELVAN	M	48	45-49M	1.08.49	1
711	368	1732	KEITH	HARRIS	GELVAN	M	54	50-54M	1.08.50	1
712	614	7614	MTHOKOZISI	SHANDU	TEMP	M	30	SM	1.09.10	0
713	72	40440	MATTHEW	HECHTER	ELITEAC	M	14	JM	1.09.13	1
714	403	7403	GIDION	VAN DER MERWE	TEMP	M	59	55-59M	1.09.16	0
715	576	8263	BRENT	BARTLETT	TEMP	M	61	60-64M	1.09.19	0
716	158	8158	RENEE	OLIVIER	TEMP	F	57	55-59F	1.09.23	0
717	755	1725	PEARL	DAMONS	GELVAN	F	62	60-64F	1.09.33	1
718	164	8164	WILBUR	WRIGHT	TEMP	M	49	45-49M	1.09.34	0
719	9093	9093	QEKAMA	KHUMBULANI	TEMP	M	41	40-44M	1.09.35	0
720	935	609	WAYNE	CHERRY	TEMP	M	53	50-54M	1.09.39	0
721	606	7606	LUMKA	DINGAAN	TEMP	F	42	40-44F	1.09.45	0
722	147	8147	ELANA	WENTZEL	TEMP	F	39	35-39F	1.09.45	0
723	998	562	JUDITH	NIENABER	RUN4C	F	65	65-69F	1.09.52	1
724	427	7428	GWEN	LANDMAN	TEMP	F	50	50-54F	1.09.56	0
725	9127	1742	DESIREE	TITUS	GELVAN	F	60	60-64F	1.09.57	1
726	563	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.10.06	1
727	911	1776	MOEGAMAT	MAMOOJEE	GELVAN	M	59	55-59M	1.10.21	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
728	73	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.10.22	1
729	912	8025	PERLUSHA	HOOKA	TEMP	F	44	40-44F	1.10.25	0
730	9162	9162	AADIEL	JASSEN	TEMP	M	52	50-54M	1.10.25	0
731	17	1737	LYNDLE	NAIDOO	GELVAN	F	33	SF	1.10.25	1
732	878	3712	NORMAN	SILKE	TEMP	M	47	45-49M	1.10.27	0
733	942	566	JANINE	VILJOEN	RUN4C	F	55	55-59F	1.10.28	1
734	233	2164	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.10.28	1
735	234	2165	DION	GRIESEL	CHARLO	M	57	55-59M	1.10.29	1
736	809	1856	Unathi	Mboniswa	HOLLYWOO	F	43	40-44F	1.10.30	1
737	9119	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	40	40-44F	1.10.44	1
738	818	2218	BABALWA	HENA	SIBALEKA	F	48	45-49F	1.11.00	1
739	492	7492	LUCINDA	VAN DER MERWE	TEMP	F	31	SF	1.11.01	0
740	349	2026	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	1.11.03	1
741	530	2811	AMUKELANI	VALOYI	ASPEN	F	30	SF	1.11.05	1
742	186	8186	THABILE	DINGANA	TEMP	M	42	40-44M	1.11.12	0
743	317	2201	NOCAWE	MDAZUKA	SIBALEKA	F	41	40-44F	1.11.12	1
744	448	7448	ANASTASIA	ROSSOUW	TEMP	F	44	40-44F	1.11.16	0
745	909	2324	MKONYISELA	MCUBASE	VUKANI	M	38	35-39M	1.11.21	1
746	9166	2003	ANDISWA	JAFTA	NMBAC	F	33	SF	1.11.22	1
747	876	3531	EVERTON	JAFTHA	TEMP	M	39	35-39M	1.11.22	0
748	100	2186	Adrian	de Waal	32GI	M	60	60-64M	1.11.24	1
749	695	591	ERICA	ERASMUS	RUN4C	F	55	55-59F	1.11.28	1
750	966	18863	TEMBA	PEZISA	CSCG	M	58	55-59M	1.11.30	0
751	388	1099	CRAIG	BESTER	ACH	M	48	45-49M	1.11.30	1
752	705	1556	RIAANA	BOUWER	DESPATCH	F	49	45-49F	1.11.36	1
753	441	7441	JEREMY	HARRY	TEMP	M	43	40-44M	1.12.08	0
754	361	346	LEANDRE	STRUMPHER	MUIRITE	F	41	40-44F	1.12.17	1
755	312	287	YOLANDI	SMALBERGER	MUIRITE	F	45	45-49F	1.12.17	1
756	524	2181	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.12.20	1
757	982	1740	JANICE	JONES	GELVAN	F	49	45-49F	1.12.23	1
758	49	1269	SIMON	LELAKA	VWAC	M	52	50-54M	1.12.25	1
759	797	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.12.26	1
760	466	7466	COLIN	STEPHEN	TEMP	M	37	35-39M	1.12.27	0
761	467	7467	KATHERINE	LIEBENBERG	TEMP	F	53	50-54F	1.12.27	0
762	227	2162	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.12.33	1
763	235	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	1.12.33	1
764	357	1606	FANIE	CLAASSEN	DESPATCH	M	67	65-69M	1.12.37	1
765	266	720	CLEO	JACOBS	CRUSADE	F	23	SF	1.12.39	1
766	187	8187	LITHEMBA	MTONGANE	TEMP	F	20	JF	1.12.40	0
767	188	8188	BUCHULE	MAGQUNTULA	TEMP	M	24	SM	1.12.40	0
768	9154	1305	CASEY	ISAACS	VWAC	F	47	45-49F	1.12.45	1
769	528	126	MOGAMAD	ABDOLLATIEF	MALABAR	M	52	50-54M	1.12.47	1
770	861	3059	SIYAM	AMOD	MALABAR	F	43	40-44F	1.12.51	1
771	742	124	YOUNUS	AMOD	MALABAR	M	72	70+M	1.12.51	1
772	577	3714	PIA	VAN DER HOEK	TEMP	F	40	40-44F	1.13.07	0
773	26	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.13.16	1
774	612	8797	SANDRA	BUTTERS	TEMP	F	59	55-59F	1.13.25	0
775	914	207	PUMLA	JANGE	CSEP	F	49	45-49F	1.13.29	1
776	570	626	VICKI	VAN SCHALKWYK	ASPEN	F	44	40-44F	1.13.30	1
777	351	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.13.32	1
778	303	489	PRISCILLA	LAZARO	RUN4C	F	60	60-64F	1.13.46	1
779	304	488	CHERYL	CUPIDO	RUN4C	F	56	55-59F	1.13.46	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
780	929	1686	ROUXLE	HORN	MADIBA	F	32	SF	1.13.58	1
781	824	2223	NTOMBOXOLO	PONASE	SIBALEKA	F	36	35-39F	1.13.59	1
782	778	953	PHUMELELA	NTUNGWA	CHARLO	F	38	35-39F	1.13.59	1
783	765	2179	DOROTHY	MALULEKA	CHARLO	F	47	45-49F	1.14.06	1
784	104	2475	NOLUBABALO	SOHABA	ABSAEP	F	36	35-39F	1.14.20	1
785	261	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	1.14.23	1
786	431	7431	VALERIE	DUMINY	TEMP	F	68	65-69F	1.14.29	0
787	9152	9152	NOMPUMELELO	DWEBA	TEMP	F	57	55-59F	1.14.30	0
788	946	627	THULILE	HLOPHE	TEMP	F	34	SF	1.14.37	0
789	347	2929	Michal	van Rayner	MUIRITE	F	22	SF	1.14.42	1
790	346	323	CLIVE	VAN RAYNER	MUIRITE	M	58	55-59M	1.14.43	1
791	643	7643	Phaphani	Ndeya	TEMP	M	31	SM	1.14.43	0
792	315	2212	ZIMKITHA	DAYI-SIBANGELE	SIBALEKA	F	39	35-39F	1.14.55	1
793	465	7465	MIHLALI	SONDLO	TEMP	M	24	SM	1.14.56	0
794	355	1257	STEPHANIE	SCHEEPERS	VWAC	F	28	SF	1.15.04	1
795	354	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.15.04	1
796	392	498	TAMMY-LEIGH	NEVELING	RUN4C	F	32	SF	1.15.05	1
797	587	496	ZANE	VAN DER WESTHUIZEN	RUN4C	F	26	SF	1.15.05	1
798	586	497	SAMANTHA	PORTER	RUN4C	F	32	SF	1.15.09	1
799	838	1602	LIEZL	DE KOCK	DESPATCH	F	49	45-49F	1.15.16	1
800	413	7413	ASEMAHLE	QUMA	TEMP	F	27	SF	1.15.22	0
801	873	3596	HEATHER	LANGFORD	TEMP	F	54	50-54F	1.15.23	0
802	871	3614	ADRIETTE	SCHOEMAN	TEMP	F	46	45-49F	1.15.25	0
803	77	1956	SONJA	OLIVIER	BLUEBAY	F	57	55-59F	1.15.38	1
804	579	2373	NADIA	PETERSEN	JBAY	F	68	65-69F	1.15.39	1
805	76	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.15.39	1
806	477	7477	CLARISSA	ERASMUS	TEMP	F	24	SF	1.15.52	0
807	47	2700	MITESH	VALLABH	VITALITY	M	49	45-49M	1.15.55	1
808	179	8179	LEESLE	WYNFORD	TEMP	F	52	50-54F	1.15.58	0
809	53	1197	NOREEN	NELSON	ELITEAC	F	60	60-64F	1.16.06	1
810	498	7498	KYM	MANDIZVIDZA	TEMP	M	33	SM	1.16.09	0
811	583	492	NTOKOZO	NGUBANE	RUN4C	F	30	SF	1.16.09	1
812	567	1231	HELENE	OPPEL	ELITEAC	F	75	70+F	1.16.13	1
813	54	1239	YOLANDE	KNOETZE	ELITEAC	F	58	55-59F	1.16.24	1
814	996	7108	SIMAMKELE	SIAMBE	TEMP	F	30	SF	1.16.26	0
815	700	1655	ANITA	COETZER	MADIBA	F	52	50-54F	1.16.26	1
816	889	191	XOLANI	LOTTERING	CSEP	M	42	40-44M	1.16.36	1
817	615	7615	SHAWN	VAN EYK	TEMP	M	57	55-59M	1.16.51	0
818	263	294	KARMEL	PAGE	MUIRITE	F	34	SF	1.16.52	1
819	123	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.16.53	1
820	445	7445	LORRAINE	MOTSWENYANE	TEMP	F	39	35-39F	1.17.00	0
821	9165	1746	ARDEN	GROOTBOOM	GELVAN	F	44	40-44F	1.17.08	1
822	433	1423	SIMONÉ	JORDAAN	MUIRITE	F	45	45-49F	1.17.33	1
823	377	2374	LETTIE	RACHMAN	JBAY	F	58	55-59F	1.17.34	1
824	78	2364	VICTOR	HUGO	JBAY	M	65	65-69M	1.17.48	1
825	858	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	38	35-39F	1.17.50	1
826	922	671	WESLEY	BLIGNAUT	ATLANTIC	M	65	65-69M	1.17.53	1
827	184	8184	FIEROZA	DANIELS	TEMP	F	52	50-54F	1.17.57	0
828	845	2999	DANIEL	FERREIRA	RUN4C	M	66	65-69M	1.18.10	1
829	624	7624	CHRIS	FENWICK	TEMP	M	72	70+M	1.18.13	0
830	129	767	GILLIAN	MCAINSH	CRUSADE	F	65	65-69F	1.18.18	1
831	535	3048	THERESA	CAIRNCROSS	ATLANTIC	F	59	55-59F	1.18.20	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
832	511	669	Mohamed	Khadroui	GELVAN	M	27	SM	1.18.21	1
833	241	72	HERMAN	DEKKER	SAPPE	M	80	70+M	1.18.24	1
834	89	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.18.26	1
835	677	1136	MZIMKHULU	NONJWANGU	CSEP	M	51	50-54M	1.18.28	1
836	657	40681	ASANGE	VAYO	ACT AC	F	13	JF	1.18.28	1
837	644	7644	Thuthuzela	Mapoma	TEMP	F	30	SF	1.18.29	0
838	328	51493	ALUNGILE	TYWAKU	CHEETAH	F	33	SF	1.18.29	0
839	326	464	SHARON	POTGIETER	WALMER	F	60	60-64F	1.18.31	1
840	327	463	JO-ANNE	MUIR	WALMER	F	55	55-59F	1.18.31	1
841	762	995	BERNADETTE	LOOCK	CHARLO	F	45	45-49F	1.18.34	1
842	645	7645	Wanda	Nkosi	TEMP	M	44	40-44M	1.18.35	0
843	566	2416	KOBA	JOUBERT	JBAY	F	60	60-64F	1.18.35	1
844	489	7489	BEN	JOUBERT	TEMP	M	60	60-64M	1.18.35	0
845	435	7435	LIESL	NEL	TEMP	F	51	50-54F	1.18.50	0
846	753	197	AUBREY	LE ROUX	CSEP	M	72	70+M	1.18.50	1
847	867	198	RIAAN	SMALBERGER	CSEP	M	70	70+M	1.18.50	1
848	9151	1375	BARRY	NELSON	NEDBANK	M	74	70+M	1.18.56	1
849	28	2709	CHARLOTTE	MOTHILALL	VITALITY	F	42	40-44F	1.18.58	1
850	839	345	GARY	HENDRICKS	MUIRITE	M	58	55-59M	1.18.58	1
851	780	2172	LEE	PAGE	CHARLO	F	42	40-44F	1.19.09	1
852	240	2994	ABDURRAGIEN	VAN DER SCHAFF	MALABAR	M	61	60-64M	1.19.14	1
853	151	8151	MONYA	ACKERMAN	TEMP	F	25	SF	1.19.20	0
854	9160	9160	MACKENZIE	SALT	TEMP	F	16	JF	1.19.23	0
855	723	2969	LEANNE	WIUM	DESPATCH	F	41	40-44F	1.19.26	1
856	417	7417	ERIKA	GRIESEL	TEMP	F	36	35-39F	1.19.30	0
857	529	1100	JODI	MALAN	ACH	F	40	40-44F	1.19.33	1
858	678	1137	THULULE	MPOLASE	CSEP	F	41	40-44F	1.19.38	1
859	93	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.19.40	1
860	500	7500	MICHELLE	BEUKES	TEMP	F	51	50-54F	1.19.40	0
861	513	2250	NODUMO	MALINGE	SIBALEKA	F	30	SF	1.19.51	1
862	401	7401	PHELELA	MONA	TEMP	F	28	SF	1.20.06	0
863	20	2927	SIMON	STRIMLING	ATLANTIC	M	63	60-64M	1.20.17	1
864	29	2115	DERRICK	HOSHE	ATLANTIC	M	66	65-69M	1.20.18	1
865	932	1774	LAIKEN	ABRAHAMS	GELVAN	F	34	SF	1.20.46	1
866	182	8182	NTOMBEBHONGO	TSOTSA	TEMP	F	26	SF	1.20.55	0
867	103	1434	DIANNE	HARTZENBERG	NEDBANK	F	66	65-69F	1.20.56	1
868	27	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.20.57	1
869	126	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	50	50-54F	1.20.57	1
870	704	52179	MINENTLE	RADEBE	ESKOM	F	36	35-39F	1.21.24	0
871	449	7449	MATTHEW	ADONIS	TEMP	M	18	JM	1.22.35	0
872	121	1761	JASON	LE ROUX	GELVAN	M	29	SM	1.22.38	1
873	754	1117	GRAHAM	NELL	ACH	M	74	70+M	1.22.56	1
874	373	1186	JOHANI	VERMEULEN	ELITEAC	F	48	45-49F	1.23.14	1
875	372	1190	CRAIG	BRADLEY	ELITEAC	M	43	40-44M	1.23.14	1
876	463	7463	KAYCE	MOORE	TEMP	F	28	SF	1.23.35	0
877	464	7464	SARAH	MOORE	TEMP	F	59	55-59F	1.23.36	0
878	620	7620	SIPHOSETHU	MXATULE	TEMP	F	32	SF	1.23.37	0
879	608	7608	DEIDRE	VAN EYK	TEMP	F	56	55-59F	1.23.41	0
880	428	7428	MISHKA	BUTTRESS	TEMP	F	29	SF	1.23.45	0
881	928	8305	SANKE	NTANTA	TEMP	M	34	SM	1.23.50	0
882	559	747	GLYNNE	LLOYD	CRUSADE	M	66	65-69M	1.23.59	1
883	385	776	GESINA	ERASMUS	32GI	F	43	40-44F	1.24.21	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
884	82	2507	MARCOLENE	SAUNDERS	MADIBAZ	F	40	40-44F	1.24.26	1
885	604	7604	CINDY	VOSLOO	TEMP	F	43	40-44F	1.24.37	0
886	425	7425	PAULA	ZWANE	TEMP	F	43	40-44F	1.24.40	0
887	784	2176	CHENEL	ROBEY	CHARLO	F	46	45-49F	1.24.42	1
888	79	2509	LERATO	MUZAH	MADIBAZ	F	39	35-39F	1.24.44	1
889	471	7471	GAIL	AGNEW	TEMP	F	50	50-54F	1.24.47	0
890	352	712	NDILEKA	THOMPSON	CRUSADE	F	47	45-49F	1.24.47	1
891	50	2852	NQOBILE	QUPE	HOLLYWOO	F	55	55-59F	1.24.48	1
892	967	61	ABEGAIL	TEYISE	SAPPE	F	53	50-54F	1.24.50	1
893	228	998	ROBERT	GALLOWAY	CHARLO	M	74	70+M	1.24.52	1
894	887	642	ESTINE	KEIRSGIETER	ASPEN	F	38	35-39F	1.24.56	1
895	161	8161	FEZIWE	SALAZE	TEMP	F	37	35-39F	1.25.11	0
896	96	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.25.11	1
897	108	2775	URITIAH	MYBURGH	MUIRITE	F	49	45-49F	1.25.13	1
898	750	40001	ZANTE	DEKKER	SAPPE	F	18	JF	1.25.28	1
899	585	3070	NDULELA	CANCA	VWAC	F	43	40-44F	1.25.45	1
900	746	70	BIANCA	SWARTS	SAPPE	F	22	SF	1.25.46	1
901	681	2193	Sothini	Mkosana	ASPEN	F	30	SF	1.26.17	1
902	336	2018	LINDA	HEWANA	VITALITY	M	34	SM	1.26.17	1
903	457	7457	MICHELLE	MORTIMER	TEMP	F	45	45-49F	1.26.20	0
904	510	336	ARNOLD	RAS	MUIRITE	M	63	60-64M	1.26.24	1
905	175	8175	RUBEN	FERREIRA	TEMP	M	17	JM	1.26.26	0
906	128	1189	MYRNA	VAN EYK	ELITEAC	F	47	45-49F	1.26.27	1
907	752	8205	SISIPHO	MAYO	TEMP	F	27	SF	1.26.31	0
908	447	7447	MPHO	NEMUKULA	TEMP	F	39	35-39F	1.26.34	0
909	837	1471	SHIRLEEN	CLARKE	NEDBANK	F	62	60-64F	1.26.35	1
910	46	580	MARIA	MAHWEHWE	RUN4C	F	51	50-54F	1.26.39	1
911	725	486	CHRISTOPHER	MAHWEHWE	RUN4C	M	57	55-59M	1.26.40	1
912	856	1122	BOB	STEDMAN	ACH	M	76	70+M	1.26.47	1
913	481	7481	NOLUVO	MADIKIZELA	TEMP	F	30	SF	1.26.48	0
914	763	942	EDITH	MAC GEAR	CHARLO	F	57	55-59F	1.27.05	1
915	609	609	VUYISEKA	MKHETHO	TEMP	F	31	SF	1.27.07	0
916	619	7619	ABONGILE	TODOLO	TEMP	F	19	JF	1.27.59	0
917	135	2483	Portia	Nqayi	ABSAEP	F	38	35-39F	1.28.04	1
918	636	7636	SINDI	NGCAYISA	TEMP	F	33	SF	1.28.06	0
919	9129	1723	REHANA	DE MAINE	GELVAN	F	58	55-59F	1.28.12	1
920	581	517	GERT	COETSEE	RUN4C	M	39	35-39M	1.28.27	1
921	582	490	WANDA	BARNARD	RUN4C	F	50	50-54F	1.28.29	1
922	450	7450	TSHOLOFELO	MOKOLOPO	TEMP	F	43	40-44F	1.28.37	0
923	157	8157	AGNES	KGANYAGO	TEMP	F	35	35-39F	1.28.41	0
924	185	8185	MASOODA	OBARAY	TEMP	F	22	SF	1.28.41	0
925	387	1097	CINDI	BESTER	ACH	F	45	45-49F	1.28.56	1
926	462	7462	KARLIEN	STRYDOM	TEMP	F	28	SF	1.29.03	0
927	461	7461	ANNEKE	ELS	TEMP	F	25	SF	1.29.04	0
928	920	1035	XALEEN	ARNOLDS	ATLANTIC	F	27	SF	1.29.09	1
929	732	1337	NONTYAMBO	MAFU	CSEP	F	45	45-49F	1.29.12	1
930	153	8153	DILLUN	HOLMES	TEMP	M	23	SM	1.29.17	0
931	960	623	NONGAMSO	MASAKA	TEMP	F	41	40-44F	1.29.23	0
932	159	8159	WENDY	NEL	TEMP	F	79	70+F	1.29.25	0
933	9086	1549	DEONE	FERREIRA	DESPATCH	F	28	SF	1.29.26	1
934	9085	51710	LITA	MEMANI	ORMAMBA	F	45	45-49F	1.29.26	0
935	400	209	Siyasanga	Dlaku	CSEP	F	39	35-39F	1.30.16	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
936	806	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	1.30.53	1
937	250	2789	BUSISIWE	DYANTYI	TRANSNET	F	36	35-39F	1.31.30	1
938	345	1140	BRIGITTE	SPRUNG	CHARLO	F	29	SF	1.31.33	1
939	116	598	PHAKAMA	MATATA	RUN4C	F	34	SF	1.31.35	1
940	9128	2993	ORGIA	NELL	MUIRITE	F	81	70+F	1.31.37	1
941	790	939	DINA	SCHUTTE	CHARLO	F	59	55-59F	1.32.08	1
942	941	613	FRANCOIS	TIMOTHEUS	TEMP	M	47	45-49M	1.33.04	0
943	803	916	SHARON	VAN ZYL	CHARLO	F	49	45-49F	1.34.16	1
944	404	7404	MERYLL	VAN DER MERWE	TEMP	F	61	60-64F	1.34.37	0
945	9080	1766	GODFREY	KARIEM	GELVAN	M	84	70+M	1.35.18	1
946	350	1570	ERIKA	BARNARD	DESPATCH	F	56	55-59F	1.35.28	1
947	165	8165	HLUMELO	MNYOMBOLO	TEMP	M	26	SM	1.35.38	0
948	166	8166	SISO	PHOPHOYI	TEMP	F	29	SF	1.35.48	0
949	938	611	MATTHEW	PORTER	TEMP	M	24	SM	1.36.57	0
950	905	1650	PIERRE	KNOESEN	MADIBA	M	71	70+M	1.37.37	1
951	773	929	ANUSHA	NAIDU	CHARLO	F	58	55-59F	1.37.44	1
952	383	206	TANDAZWA	MNIKA	CSEP	F	39	35-39F	1.37.47	1
953	475	7475	NOMAHLUBI	NDIMENI	TEMP	F	40	40-44F	1.38.03	0
954	125	1679	KENNETH	GREYLING	MADIBA	M	65	65-69M	1.38.14	1
955	963	599	MALERATO	MAHOBO	TEMP	F	28	SF	1.38.45	0
HELPERS RUN										
H1	1001	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	0.56.18	1
H2	1002	1277	DENVER	ELLIE	VWAC	M	44	40-44M	0.56.18	1
H3	1003	1325	SHANNON	THEOBALD	NEDBANK	F	49	45-49F	1.05.30	1
H4	1004	889	PETER	POHLMANN	CHARLO	M	61	60-64M	1.08.45	1
H5	1005	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.09.49	1
H6	1006	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.17.16	1
H7	1007	901	EUSENTHA	PILLAY	CHARLO	F	59	55-59F	1.17.16	1
H8	1008	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.17.16	1
H9	1009	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.25.00	1
H10	1010	968	DENISE	DARLOW	CHARLO	F	56	55-59F	1.25.30	1
H11	1011	871	RICHARD	DE ANDRADE	CHARLO	M	64	60-64M	1.26.25	1
H12	1012	928	ALLISTER	MARRAN	CHARLO	M	49	45-49M	1.29.42	1
H13	1013	969	GARY	KELLEHER	CHARLO	M	67	65-69M	1.29.42	1