

LAKE FARM CENTRE CHARITY RUN - 2026/03/07

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1	1065	GIFT	CHIGOMARAWA	ACH	M	38	35-39M	1.31.51	5
2	451	2266	KHAYA	GQWETHA	VUKANI	M	40	40-44M	1.33.29	5
3	396	611	JENIEL	ZANA	RUN4C	M	30	SM	1.35.10	4
4	322	280	ANELE	KHALIPA	MUIRITE	M	36	35-39M	1.38.00	4
5	448	3264	MALWANDE	MBATHA	CHEETAHS	M	32	SM	1.42.09	3
6	200	1106	SIPHESIHLE	SOFUTE	ACH	M	29	SM	1.42.59	3
7	152	423	SANDISO	NGXISHE	CHILLIEP	M	55	55-59M	1.43.57	5
8	377	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	1.44.09	4
9	5	2059	YUSUF	ARENDSE	ACH	M	40	40-44M	1.46.21	3
10	143	2149	XOLISA	NDLUMBINI	TRANSNET	M	43	40-44M	1.47.04	3
11	294	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	1.49.31	5
12	172	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	1.49.46	5
13	86	856	JASON	KOLM	32GI	M	29	SM	1.50.37	2
14	395	613	JORDAN	FORTUIN	RUN4C	M	20	SM	1.51.03	2
15	24	1357	TRACEY	CAMPBELL	NEDBANK	F	45	45-49F	1.51.43	5
16	274	878	DANE	CRONJE	CHARLO	F	28	SF	1.51.43	3
17	422	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	1.53.10	2
18	350	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	1.54.11	3
19	356	2060	DALE	MOULTON	ACH	M	45	45-49M	1.54.18	3
20	128	2524	ABBIE	MITCHELL	Bestmed	F	19	SF	1.54.37	4
21	156	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	1.57.43	4
22	406	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.57.55	3
23	267	881	SHAUN	ATTENBOROUGH	CHARLO	M	57	55-59M	1.58.59	4
24	256	4256	BRAD	SAUNDERS	TEMP	M	63	60-64M	1.59.00	0
25	432	3300	THOLAKELE	SITELA	CHEETAHS	M	36	35-39M	1.59.51	3
26	184	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	2.00.27	5
27	321	1750	BASIL	STEVENS	GELVAN	M	54	50-54M	2.01.21	3
28	480	2543	GRAHAM	TERBLANCHE	Bestmed	M	61	60-64M	2.02.25	3
29	105	1852	MVULELI	MAGAWULANA	HOLLYWOO	M	49	45-49M	2.02.55	2
30	125	403	SIMBONGILE	MDLETYE	CHILLIEP	M	42	40-44M	2.03.13	2
31	303	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	2.03.19	2
32	161	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	2.03.29	2
33	70	3394	RIAAAN	HUISKENS	ACH	M	32	SM	2.03.37	2
34	307	989	BRETT	STEYN	CHARLO	M	51	50-54M	2.03.42	2
35	290	952	CINDY	MARAI	CHARLO	F	48	45-49F	2.03.51	3
36	478	1110	HASSAN	NDZAKANA	NEDBOR	M	56	55-59M	2.04.23	0
37	217	363	MNQWENO	TYOKOLO	IKHAMVA	M	43	40-44M	2.04.33	2
38	214	2188	AYABONGA	TSHUNGWANA	TRANSNET	M	32	SM	2.04.51	2
39	481	2088	GEDDES	GALLANT	SANDFEP	M	59	55-59M	2.05.00	3
40	296	3343	NKONGELEKO	NGCOSHLO	CHARLO	M	34	SM	2.05.05	2
41	58	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	36	35-39M	2.05.09	2
42	48	768	WILLIE	ELS	CRUSADE	M	50	50-54M	2.05.27	2
43	77	1776	ELDRIGE	JONKERS	GELVAN	M	47	45-49M	2.05.39	2
44	41	1038	PHILLIP	DU PLESSIS	XCEL	M	55	55-59M	2.05.58	3
45	40	1078	GRANT	DRYDEN	ACH	M	55	55-59M	2.06.24	3
46	314	1441	MARTIN	JANSEN	NEDBANK	M	57	55-59M	2.06.36	3
47	300	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	2.06.44	2
48	301	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	2.06.45	2
49	205	832	SEAN	SWANEPOEL	32GI	M	37	35-39M	2.06.51	2
50	472	1943	LUYANDA	NGESI	BLUEBAY	M	33	SM	2.07.05	2
51	241	4241	DAWID	KEYSER	TEMP	M	47	45-49M	2.07.08	0

52	287	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	2.07.28	2
53	111	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	2.07.55	2
54	148	193	ABONGILE	NGCAMBU	SAPPE	M	26	SM	2.08.10	2
55	368	2284	MZWANELE	NQOQO	VUKANI	M	48	45-49M	2.08.17	2
56	378	2293	MADODA	BAMBALAZA	VUKANI	M	43	40-44M	2.08.19	2
57	216	855	PAULINE	TUNSTEAD	32GI	F	55	55-59F	2.08.25	5
58	103	2116	SAKHILE	MADONSELA	ATLANTIC	M	42	40-44M	2.08.40	2
59	147	821	MEGAN	NEWMAN	32GI	F	35	35-39F	2.08.41	2
60	443	2150	KHANGELANI	HALOM	TRANSNET	M	44	40-44M	2.08.43	2
61	27	546	ANOLD	CHIYAMA	RUN4C	M	40	40-44M	2.08.45	2
62	141	3031	SEKELA	NDLAMLA	VITALITY	F	34	SF	2.08.48	2
63	106	420	BOIKANYO	MAKABOLANE	CHILLIEP	M	40	40-44M	2.08.48	2
64	415	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	2.09.34	2
65	198	1642	NICO	SMITH	MADIBA	M	40	40-44M	2.09.35	2
66	357	1707	IAIN	MAUGHAN-BROWN	MADIBA	M	37	35-39M	2.09.36	2
67	145	1639	VANDRE	NEL	MADIBA	M	41	40-44M	2.09.36	2
68	465	1282	SEBASTIAN	HAARHOFF	VWAC	M	48	45-49M	2.09.36	2
69	163	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	2.09.47	2
70	18	844	THERESA	BUCHNER	32GI	F	40	40-44F	2.10.16	2
71	26	1062	NICHOLAS	CHAPMAN	ACH	M	54	50-54M	2.10.27	2
72	316	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	2.10.34	2
73	229	2122	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	2.10.48	2
74	429	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	2.11.02	2
75	61	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	2.11.23	2
76	281	919	KELVIN	JOOSTE	CHARLO	M	39	35-39M	2.11.49	2
77	293	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	2.11.49	2
78	355	863	NEIL	DICKSON	32GI	M	44	40-44M	2.12.01	2
79	68	1135	DUONETTE	HOROWITZ	ACH	F	41	40-44F	2.12.07	2
80	13	1779	GERSHWIN	BOOYSEN	GELVAN	M	38	35-39M	2.12.09	2
81	417	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	2.12.34	2
82	135	1456	LINDANI	MTHEMBU	NEDBANK	M	37	35-39M	2.12.35	1
83	327	4527	KENNETH	COSSA	TEMP	M	21	SM	2.12.36	0
84	337	202	WERNER	MEYER	SAPPE	M	52	50-54M	2.12.38	2
85	85	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	2.13.39	1
86	67	9001	BRETT	HOLMES	SOCIAL	M	37	35-39M	2.13.39	0
87	433	1731	LEONARD	ERASMUS	GELVAN	M	68	65-69M	2.14.03	3
88	272	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	2.14.21	2
89	66	1114	MILES	HOLLINS	ACH	M	53	50-54M	2.14.29	2
90	255	4255	BRUCE	SAMUEL	TEMP	M	49	45-49M	2.14.37	0
91	471	16	ABRÉ	GOUSSARD	PEAAC	M	42	40-44M	2.14.51	1
92	199	1862	SIMPHIWE	SOCI	HOLLYWOO	M	60	60-64M	2.15.32	2
93	175	862	JEAN-PERI	REDOÑA	32GI	M	37	35-39M	2.15.34	1
94	33	866	MICHA	CRONJE	32GI	F	36	35-39F	2.15.34	2
95	430	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	2.15.50	2
96	51	634	JO	FORSON	ASPEN	F	38	35-39F	2.15.55	2
97	366	660	JOHN	NELSON	ASPEN	M	51	50-54M	2.15.56	2
98	468	1944	MUSA	SENTI	BLUEBAY	M	33	SM	2.15.57	1
99	323	1144	DEAN	HOYLE	ACH	M	56	55-59M	2.16.44	2
100	204	1538	ADRE	STRYDOM	DESPATCH	F	48	45-49F	2.16.52	2
101	8	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	2.16.56	1
102	351	852	MARTIN	HARTSLIEF	32GI	M	49	45-49M	2.17.10	1
103	332	4532	RYNO	WEYERS	TEMP	M	31	SM	2.17.28	0
104	55	532	JUDY	GERBER	RUN4C	F	59	55-59F	2.17.57	3
105	96	1283	URAN	LE ROUX	VWAC	M	59	55-59M	2.18.07	2

106	363	3256	FUNEKA	BEFILI	CHEETAHS	M	34	SM	2.18.11	1
107	462	261	NKOSIYEDWA	MABASO	MUIRITE	M	46	45-49M	2.18.16	1
108	445	1265	ANDILE	DLAMINI	VWAC	M	52	50-54M	2.18.18	2
109	187	789	KELVIN	SAMUEL	32GI	M	42	40-44M	2.18.19	1
110	235	4235	MARYKE	GEYSER	TEMP	F	27	SF	2.18.47	0
111	345	1618	DAMIAN	CHRISTIAN	MADIBA	M	37	35-39M	2.19.19	1
112	203	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	2.19.38	1
113	446	1300	VERNON	NAIDOO	VWAC	M	57	55-59M	2.19.53	2
114	483	640	SAMKELO	SINYONGO	ASPEN	M	44	40-44M	2.20.09	1
115	292	1022	Reegan	Meyer	CHARLO	M	19	SM	2.20.13	1
116	295	887	LYNNE	NEUBERT	CHARLO	F	53	50-54F	2.20.14	2
117	278	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	2.20.35	2
118	131	607	LOUIS	MOOLMAN	RUN4C	M	33	SM	2.20.37	1
119	437	552	GEOFFREY	SWARTBOOI	RUN4C	M	49	45-49M	2.20.43	1
120	463	1735	BRUCHANE	WILLIAMS	GELVAN	M	39	35-39M	2.20.43	1
121	42	807	ANTON	DU PREEZ	32GI	M	49	45-49M	2.20.49	1
122	102	1072	KYLA	MAARTENS	ACH	F	22	SF	2.20.53	1
123	21	1683	JERHARD	BURRELL	MADIBA	M	37	35-39M	2.21.18	1
124	461	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	2.21.18	2
125	158	1721	LIZETTE	OLIVER	GELVAN	F	39	35-39F	2.21.30	1
126	447	51135	PHILLIP	PIETERSE	TEAMVIT	M	52	50-54M	2.21.32	1
127	302	991	GREGORY	ROSS	CHARLO	M	52	50-54M	2.21.53	1
128	88	1620	BROOKE	KRUGER	MADIBA	F	23	SF	2.21.57	1
129	338	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	2.21.58	2
130	268	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	2.22.07	2
131	469	2364	MICHAEL	JANSE VAN RENSBURG	JBAY	M	52	50-54M	2.22.27	1
132	398	31	DUNCAN	STEWART	PEAAC	M	54	50-54M	2.22.28	1
133	240	4240	KUHLE	JOBELA	TEMP	M	31	SM	2.22.29	0
134	112	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	39	35-39M	2.22.29	1
135	139	1856	NTOMBENTSHA	NAZO	HOLLYWOO	F	42	40-44F	2.22.33	1
136	20	3227	GERHARDT	BURGER	CITYC	M	32	SM	2.22.38	1
137	324	1145	JOANNE	HOYLE	ACH	F	56	55-59F	2.22.41	2
138	434	3265	ZAMA	MNGXUNYENI	CHEETAHS	M	23	SM	2.22.43	1
139	127	169	UNATHI	MELENI	ACT AC	M	31	SM	2.22.43	1
140	250	4250	LIZANNE	OVED	TEMP	F	45	45-49F	2.22.49	0
141	416	9416	KIAN	TERBLANCHE	TEMP	M	28	SM	2.23.08	0
142	87	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	2.23.09	1
143	470	50075	SIMCELILE	SITHEMBU	SAPSTR	F	34	SF	2.23.18	0
144	449	442	MSINDISI	QALINGE	CHILLIEP	M	31	SM	2.23.18	1
145	475	1450	NKHATHALLENG	KHIBA	NEDBANK	F	44	40-44F	2.23.28	1
146	107	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	2.23.34	1
147	45	693	INGRID	ECKSTEIN	ASPEN	F	44	40-44F	2.23.37	1
148	319	1757	JACOBUS	JULIUS	GELVAN	M	51	50-54M	2.23.41	1
149	93	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	2.23.49	1
150	65	1666	JULIA	HOFART	MADIBA	F	42	40-44F	2.24.05	1
151	387	779	RYAN	TUDHOPE	32GI	M	44	40-44M	2.24.22	1
152	375	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	2.24.29	1
153	7	2360	ADRIAAN	BADENHORST	JBAY	M	55	55-59M	2.24.30	1
154	32	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	2.24.45	2
155	407	2286	BONKE	GOYI	VUKANI	M	37	35-39M	2.24.57	1
156	197	2456	CHRISTIE	SMITH	JBAY	F	32	SF	2.24.58	1
157	390	3011	ONKE	TSHOTSHO	VITALITY	M	39	35-39M	2.25.15	1
158	270	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	2.25.16	1
159	104	989	ANELISA	MAGAMA	REALGIJ	F	39	35-39F	2.25.23	0

160	464	1778	DUSTIN	LALA	GELVAN	M	37	35-39M	2.25.28	1
161	280	915	JOEL	HUMAN	CHARLO	M	53	50-54M	2.25.31	1
162	289	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	2.25.32	1
163	1424	1332	THANDI	NKWANDLA	NEDBANK	F	60	60-64F	2.25.49	2
164	452	3396	BOMKAZI	NTONI	ACH	F	38	35-39F	2.25.55	1
165	460	4649	THANDUXOLO	MAFENUKA	TEMP	M	29	SM	2.26.01	0
166	458	4648	STITHIAN	THOMAS	TEMP	M	32	SM	2.26.02	0
167	84	1684	MARLON	KOEN	MADIBA	M	39	35-39M	2.26.07	1
168	397	16314	JIMMY	HEADBUSH	MANONI	M	55	55-59M	2.26.10	0
169	311	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	2.26.17	2
170	269	1018	TANIA	BESSINGER	CHARLO	F	48	45-49F	2.26.17	1
171	76	2726	PAUL	JOHNSON	BODYCON	M	58	55-59M	2.26.18	1
172	72	1080	GARRETH	JACOBSON	ACH	M	50	50-54M	2.26.18	1
173	37	1621	CHARL	DE LANGE	MADIBA	M	41	40-44M	2.26.27	1
174	555	1301	DESTIN	SAUER	VWAC	M	44	40-44M	2.26.28	1
175	81	2137	SIFISO	KHUMALO	TRANSNET	M	33	SM	2.26.41	1
176	46	1277	DENVER	ELLIE	VWAC	M	45	45-49M	2.26.53	1
177	129	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	2.27.00	1
178	392	2547	TEDDY	PRUSENT	Bestmed	M	37	35-39M	2.27.06	1
179	10	3032	NICHOLAS	BANGO	VITALITY	M	38	35-39M	2.27.06	1
180	376	3037	SANDISO	NGWENYA	VITALITY	F	32	SF	2.27.08	1
181	49	1644	JASON	ENSOR	MADIBA	M	47	45-49M	2.27.21	1
182	374	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	2.27.45	1
183	100	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	2.27.49	2
184	413	3066	WALTER	ZIMBEVA	VITALITY	M	45	45-49M	2.27.49	1
185	209	1470	PAT	THOMSON	NEDBANK	F	65	65-69F	2.28.05	3
186	91	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	2.28.47	1
187	467	1615	STEVE	LAMBRECHTS	DESPATCH	M	43	40-44M	2.28.48	1
188	9	2226	THUSO	MKONTWANA	SIBALEKA	M	39	35-39M	2.28.56	1
189	313	1425	DARRYL	BAGLEY	NEDBANK	M	50	50-54M	2.29.22	1
190	189	2381	ADEL	SCHLEBUSCH	JBAY	F	56	55-59F	2.29.23	2
191	420	1066	TIAAN	VAN EYK	ACH	M	33	SM	2.29.29	1
192	344	2133	DESMOND	MVUNDLELA	TRANSNET	M	44	40-44M	2.29.33	1
193	421	2736	MARIUS	VAN EYK	BODYCON	M	61	60-64M	2.29.36	1
194	466	9466	CAMAGU	ZAMA	TEMP	M	45	45-49M	2.29.36	0
195	305	1017	JOE	SCHOEMAN	CHARLO	M	45	45-49M	2.29.58	1
196	423	847	MADELEEN	VAN ZUYDAM	32GI	F	30	SF	2.30.17	1
197	89	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	2.30.19	1
198	277	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	2.30.20	1
199	109	1160	THEMBALETHU	MANA	EMERIS	M	50	50-54M	2.30.25	1
200	299	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	2.30.33	2
201	442	1989	MELISSA	ARGYLE	SOMEAST	F	32	SF	2.30.39	1
202	121	1356	JEROME	MAY	NEDBANK	M	59	55-59M	2.30.46	1
203	134	2135	GUGU	MOYAKHE	TRANSNET	F	39	35-39F	2.30.55	1
204	391	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	2.30.58	1
205	310	921	RYAN	VAN DER MESCHT	CHARLO	M	44	40-44M	2.30.58	1
206	297	911	TANYA	NORRIS	CHARLO	F	41	40-44F	2.30.59	1
207	191	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	2.31.02	2
208	263	4263	ADELE	VAN DE VENTER	TEMP	F	57	55-59F	2.31.13	0
209	264	4264	BIANCA	VAN SCHALKWYK	TEMP	F	36	35-39F	2.31.26	0
210	325	1336	DON	CHARLES	NEDBANK	M	76	70+M	2.31.29	1
211	202	1454	WENDY	SORENSEN	NEDBANK	F	51	50-54F	2.31.32	1
212	273	944	DISEMBA	BLOU	CHARLO	M	67	65-69M	2.31.41	1
213	477	2874	VUYISILE	DELIWE	CSEP	M	50	50-54M	2.31.42	1

214	92	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	2.31.53	1
215	15	1328	JAMIE-LEE	BOTHA	NEDBANK	F	29	SF	2.32.00	1
216	358	2501	LUVY	CLAASEN	Bestmed	M	31	SM	2.32.01	1
217	182	224	IAN	ROBERTSON	KOWIE	M	62	60-64M	2.32.01	1
218	79	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	2.32.28	2
219	401	2319	Ntando	Zatu	VUKANI	M	20	SM	2.32.34	1
220	94	669	TERENCE	LANTZ	ASPEN	M	46	45-49M	2.32.46	1
221	286	948	DINO	MAGNUS	CHARLO	M	31	SM	2.32.52	1
222	53	791	CHARL	GERBER	32GI	M	49	45-49M	2.33.12	1
223	402	2310	NDABA	NDZOMBANE	VUKANI	M	65	65-69M	2.33.16	1
224	185	867	MICHELLE	ROTHERO	32GI	F	36	35-39F	2.33.17	1
225	312	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	2.33.19	1
226	393	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	2.33.29	1
227	223	2450	TANYA	VAN DER WESTHUIZEN	JBAY	F	42	40-44F	2.33.32	1
228	120	1055	JEROME	MAY	XCEL	M	59	55-59M	2.33.44	1
229	211	1592	CEDRIC	THYSSE	DESPATCH	M	68	65-69M	2.34.07	1
230	155	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	2.34.12	1
231	373	1846	Simo	Nkanyuza	HOLLYWOO	M	39	35-39M	2.34.13	1
232	435	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	2.34.14	1
233	244	4244	RYAN	LE ROUX	TEMP	M	41	40-44M	2.34.36	0
234	254	4254	SEAN	SAMPSON	TEMP	M	43	40-44M	2.34.36	0
235	39	1125	BRENDAN	DRYDEN	ACH	M	57	55-59M	2.34.37	1
236	90	587	KIRSTI	KUHN	RUN4C	F	37	35-39F	2.34.41	1
237	453	2197	SONWABISO	JIKA-JIKA	SIBALEKA	M	40	40-44M	2.34.43	1
238	326	4526	ZUKILE	MBASANE	TEMP	M	44	40-44M	2.34.50	0
239	275	42	SAM	ERASMUS	SAPPE	M	68	65-69M	2.34.55	1
240	285	1009	MEGAN	LONG	CHARLO	F	40	40-44F	2.34.55	1
241	257	4257	CLIFFORD	SAVAGE	TEMP	M	35	35-39M	2.34.59	0
242	369	9369	CHRIS	BOTHA	TEMP	M	44	40-44M	2.35.21	0
243	239	4239	WARREN	HOOLE	TEMP	M	49	45-49M	2.35.36	0
244	455	2566	LUTHANDO	NDZAMBO	Bestmed	M	42	40-44M	2.35.45	1
245	371	52964	LONWABO	JAHO	KOMANIR	M	36	35-39M	2.36.02	0
246	142	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	2.36.02	1
247	456	2800	ASANDA	KAYINGANA	ABSAEP	F	42	40-44F	2.36.06	1
248	335	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	2.36.19	1
249	291	879	DAVID	MASTERTON	CHARLO	M	55	55-59M	2.36.24	1
250	201	738	MIHLALI	SONDLO	MTHATHA	M	25	SM	2.36.50	0
251	44	662	ZENITA	DURRHEIM	ASPEN	F	46	45-49F	2.37.05	1
252	222	317	JP	VAN DER MERWE	MUIRITE	M	28	SM	2.37.09	1
253	43	3072	YOLANDA	DUGMORE	VITALITY	F	53	50-54F	2.37.22	1
254	367	3079	PAUL	FERREIRA	VITALITY	M	48	45-49M	2.37.27	1
255	80	3312	SOLOMON	TEMBE	VWAC	M	32	SM	2.37.34	1
256	11	1285	WANDA	BANJWA	VWAC	M	38	35-39M	2.37.35	1
257	71	628	CT	JACOBS	ASPEN	M	42	40-44M	2.37.35	1
258	266	4266	MALCOLM	VORSTER	TEMP	M	41	40-44M	2.37.36	0
259	249	4249	LUYANDA	NCWADI	TEMP	M	44	40-44M	2.37.37	0
260	160	684	AXOLA	PAKADE	ASPEN	M	29	SM	2.37.38	1
261	283	937	KIJANA	LARSEN	CHARLO	F	25	SF	2.37.38	1
262	405	9405	KAYA	MFONO	TEMP	M	49	45-49M	2.38.12	0
263	119	2244	SIDWELL	MATINYANE	VUKANI	M	60	60-64M	2.38.23	1
264	459	50545	ROBERT	BUTTON	OLDSELB	M	66	65-69M	2.38.37	0
265	31	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	2.38.54	1
266	347	3086	BRENDAN	JENNINGS	VITALITY	M	44	40-44M	2.38.56	1
267	73	2220	XOLELANI	JAM-JAM	SIBALEKA	M	37	35-39M	2.39.18	1

268	114	2945	CWENGA	MAQINA	VITAL	M	35	35-39M	2.39.24	1
269	130	12705	NKULULEKO	MOLOSI	SUNRISE	M	47	45-49M	2.39.30	0
270	99	2267	BULELANI	LENGOASA	VUKANI	M	54	50-54M	2.39.46	1
271	221	284	ESTELLE	VAN DER MERWE	MUIRITE	F	60	60-64F	2.39.48	1
272	336	1777	ROLAND	DACE	GELVAN	M	71	70+M	2.39.55	1
273	388	672	NOZIE	GWILI	ASPEN	F	42	40-44F	2.39.57	1
274	279	1001	KEANO	HITZEROTH	CHARLO	M	25	SM	2.40.03	1
275	414	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	2.40.25	1
276	251	4251	CHARLES	PAKADE	TEMP	M	49	45-49M	2.40.49	0
277	60	1811	VUYO	GROOTBOOM	TINARHA	M	48	45-49M	2.41.03	1
278	183	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	2.41.05	1
279	14	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	2.41.19	1
280	180	11	ALAN	ROBB	GCH	M	72	70+M	2.41.30	0
281	75	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	2.41.37	1
282	476	9584	ITUMELENG	MOTHIBELI	RUNZONE	M	41	40-44M	2.41.39	0
283	339	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	2.41.44	1
284	364	2731	ZAKO	KRUGER	BODYCON	M	40	40-44M	2.41.44	1
285	144	700	KATHERINE	NEL	ASPEN	F	36	35-39F	2.42.05	1
286	384	637	MARK	GODDARD	ASPEN	M	29	SM	2.42.05	1
287	385	1689	SILKE	BOTHA	MADIBA	F	29	SF	2.42.08	1
288	218	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	2.42.09	1
289	2	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	2.42.25	1
290	219	2430	CHRISTINE	VAN DER BERG	JBAY	F	61	60-64F	2.42.49	1
291	243	4243	NEIL	KRUGER	TEMP	M	42	40-44M	2.43.55	0
292	389	851	CLINTON	SMITH	32GI	M	40	40-44M	2.43.56	1
293	166	2964	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	2.44.26	1
294	25	1111	GRAHAM	CHANNON	ACH	M	76	70+M	2.44.31	1
295	168	1554	HELGARD	POTGIETER	DESPATCH	M	53	50-54M	2.44.42	1
296	340	2271	KAYA	MLENZE	VUKANI	M	45	45-49M	2.44.46	1
297	98	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	2.45.01	1
298	317	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	2.45.18	1
299	362	75	HESTER	DEKKER	SAPPE	F	54	50-54F	2.45.18	1
300	370	2159	MZUKISI	SALIWA	TRANSNET	M	42	40-44M	2.45.34	1
301	108	5976	MAKHASANE	MAMOTHETI	VITALITY	F	41	40-44F	2.45.34	1
302	118	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	2.45.37	1
303	63	1115	PALESA	HEADBUSH	ACH	F	47	45-49F	2.45.49	1
304	165	1264	LAVINIA	PIETERSE	VWAC	F	51	50-54F	2.46.02	1
305	193	625	YOLANDA	SIDWABA	ASPEN	F	35	35-39F	2.46.16	1
306	133	626	AKHONA	MOSIANE	ASPEN	F	39	35-39F	2.46.16	1
307	116	785	CHRISTOPHER	MARLIN	32GI	M	49	45-49M	2.47.36	1
308	174	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	2.47.38	1
309	372	9372	BONGANI	MOJUNGE	TEMP	M	29	SM	2.48.08	0
310	298	996	PAULA	PEARCE	CHARLO	F	57	55-59F	2.49.06	1
311	137	1753	ROXANNE	MULLER	GELVAN	F	41	40-44F	2.49.09	1
312	169	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	2.49.15	1
313	171	286	LEE-ANN	RAGAVAL-PASQUALLIE	OXFORD	F	45	45-49F	2.49.24	0
314	153	43	BUYISWA	NGXONONO	SAPPE	F	49	45-49F	2.49.46	1
315	170	679	YAMKELA	QOMIYANA	ASPEN	M	30	SM	2.50.14	1
316	342	519	CHARLOTTE	VAN WYK	RUN4C	F	43	40-44F	2.50.36	1
317	206	2738	JANINE	SWART	VITALITY	F	49	45-49F	2.51.11	1
318	207	2739	JOHAN	SWART	VITALITY	M	48	45-49M	2.51.11	1
319	271	933	SANET	BEZUIDENHOUT	CHARLO	F	37	35-39F	2.51.14	1
320	419	2179	Witness	Chauke	TRANSNET	F	35	35-39F	2.51.15	1
321	410	9410	XOLISILE	NOMDATYA	TEMP	M	45	45-49M	2.51.17	0

322	57	1006	BRUCE	GIE	BODYCON	M	52	50-54M	2.51.22	1
323	242	4242	MTHOKOZISI	KHULU	TEMP	M	37	35-39M	2.51.47	0
324	215	189	OMPHILE	TSOMOKO	SAPPE	M	35	35-39M	2.52.00	1
325	454	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	2.52.11	1
326	341	2176	SIMPHIWE	MASHININI	TRANSNET	M	36	35-39M	2.52.14	1
327	282	1034	BUYELWA	KOBOKANA	CHARLO	F	61	60-64F	2.52.20	1
328	424	9424	SHARON	TARBOTON	TEMP	F	62	60-64F	2.53.10	0
329	441	353	THANDO	FRANS	IKHAMVA	M	48	45-49M	2.53.16	1
330	78	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	2.54.01	1
331	110	3008	THOZAMA	MANTLAKA	VITALITY	F	39	35-39F	2.54.25	1
332	146	498	TAMMY	NEVELING	RUN4C	F	33	SF	2.54.34	1
333	154	1708	TABO	NOMBUTUMA	ORMAMBA	M	45	45-49M	2.54.36	0
334	318	1717	ANTOINETTE	HUMAN	GELVAN	F	57	55-59F	2.55.14	1
335	22	3089	GREG	BUTTERS	VITALITY	M	31	SM	2.55.18	1
336	245	4245	MONICA	MASHISHI	TEMP	F	21	SF	2.56.21	0
337	328	4528	ZUKISANI	MTILI	TEMP	M	37	35-39M	2.56.29	0
338	138	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	2.56.57	1
339	315	1798	KEVIN	MAGNUS	GELVAN	M	56	55-59M	2.57.11	1
340	230	3275	BONISWA	ZONDANI	CHEETAHS	F	42	40-44F	2.57.29	1
341	150	492	NTOKOZO	NGUBANE	RUN4C	F	31	SF	2.57.52	1
342	304	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	2.58.58	1
343	227	1553	MINIQUE	VAN TONDER	DESPATCH	F	19	SF	2.59.08	1
344	132	775	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	2.59.10	1
345	226	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	2.59.11	1
346	425	9425	ASTRID	ROSSOUW	TEMP	F	47	45-49F	2.59.14	0
347	457	1566	RUAN	WELGEMOED	DESPATCH	M	31	SM	2.59.32	1
348	50	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	2.59.47	1
349	259	4259	ASIVE	SIMETU	TEMP	F	26	SF	3.01.18	0
350	16	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	3.01.19	1
351	479	3362	NICO	DU PREEZ	MUIRITE	M	33	SM	3.01.19	1
352	101	1445	NOYISE	LUVALO	NEDBANK	F	46	45-49F	3.01.21	1
353	365	2739	CLAUDI	KRUGER	BODYCON	F	43	40-44F	3.01.32	1
354	124	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	3.01.34	1
355	379	2605	NONDUMISO	PHAKATHI	Bestmed	F	44	40-44F	3.02.44	1
356	126	3594	LUPHIWO	MDUZANA	STUT	M	40	40-44M	3.02.44	0
357	474	4651	BRIDGET	VAN DEN HEEVER	TEMP	F	51	50-54F	3.03.10	0
358	473	2603	JOHANN	VAN DER MERWE	Bestmed	M	62	60-64M	3.03.10	1
359	47	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	3.03.47	1
360	136	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	3.04.27	1
361	140	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	3.04.32	1
362	440	3036	NANDIPA	MYELEYELE	VITALITY	F	38	35-39F	3.04.40	1
363	276	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	3.05.17	1
364	484	2297	ZOLANI	MQOQI	VUKANI	M	49	45-49M	3.06.11	1
365	330	4530	NTEMESHA	MASEKA	TEMP	F	32	SF	3.06.11	0
366	329	4529	CARL	MNISI	TEMP	M	24	SM	3.06.12	0
367	411	1725	PEARL	DAMONS	GELVAN	F	62	60-64F	3.06.30	1
368	400	50803	SIVIWE	MEVENI	REALGIJ	M	39	35-39M	3.06.34	0
369	212	236	CYNTHIA	TOERIEN	KOWIE	F	61	60-64F	3.07.10	1
370	309	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	3.07.56	1
371	306	913	SHARON	SMUTS	CHARLO	F	59	55-59F	3.08.14	1
372	17	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	3.08.50	1
373	186	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	3.09.16	1
374	418	9418	MKOKELI	MALGHAS	TEMP	M	44	40-44M	3.09.35	0
375	113	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	3.09.35	1

376	62	1067	MARK	HEADBUSH	ACH	M	81	70+M	3.09.35	1
377	64	42348	THABO	HEADBUSH	BLUEBAY	M	55	55-59M	3.09.35	1
378	428	2823	NCUMISA	KEPE	ABSAEP	F	45	45-49F	3.09.35	1
379	431	1143	THERESA	LILLIS	ACH	F	69	65-69F	3.10.02	1
380	288	1030	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	3.11.12	1
381	192	1310	PHUMLA	SIBALI	VWAC	F	46	45-49F	3.11.39	1
382	258	3379	SIPHESIHLE	NOMATYELI	CHILLIEP	M	35	35-39M	3.11.42	1
383	196	15	EMMERENCHIA	SLABBERT	PEAAC	F	53	50-54F	3.11.42	1
384	115	2369	ERNST	MARAIS	JBAY	M	77	70+M	3.11.50	1
385	232	4232	AYANDA	BOTILE	TEMP	M	39	35-39M	3.12.01	0
386	3	2802	FUNDISWA	ANTONY-NOGAGA	ABSA	F	53	50-54F	3.12.45	1
387	426	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	3.14.39	1
388	438	51822	NOLUBABALO	MTSHAKAZI	KOMANIR	F	46	45-49F	3.15.15	0
389	404	2568	Mandisi	Mtshubungu	Bestmed	M	44	40-44M	3.18.28	1
390	409	2202	VUYISEKA	MHLAHO	SIBALEKA	F	44	40-44F	3.19.08	1
391	117	2269	BULELWA	MASOKA	VUKANI	F	45	45-49F	3.20.32	1
392	23	5823	RODNEY	BUTTERS	EASYEQ	M	63	60-64M	3.22.14	0
393	157	2092	ZAFIKA	NYONGO	SANDFEP	F	45	45-49F	3.22.23	1
394	95	1761	JASON	LE ROUX	GELVAN	M	30	SM	3.22.36	1
395	236	4236	JACKIE	HAY	TEMP	F	60	60-64F	3.22.39	0
396	246	4246	SISIPHO	MAYO	TEMP	F	28	SF	3.23.40	0
397	36	1464	DAVID	O'REILLY	NEDBANK	M	78	70+M	3.25.30	1
398	308	922	REFILWE	TSATSIMPE	CHARLO	F	29	SF	3.25.42	1
399	427	3075	LWAZI	ZWELIBANZI	VITALITY	M	36	35-39M	3.29.04	1
400	173	1421	ANNELINE	RAUTENBACH	NEDBANK	F	58	55-59F	3.31.39	1
401	383	2272	MSUTUKAZI	NDIMBA	VUKANI	F	46	45-49F	3.32.12	1
402	181	234	MARIETJIE	ROBB	KOWIE	F	69	65-69F	3.33.10	1

HELPERS RUN

H1	701	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	1.53.32	4
H2	702	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	2.21.08	2
H3	703	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	2.27.00	2
H4	704	560	FENANDO	KIEWIETS	RUN4C	M	40	40-44M	2.27.50	1
H5	705	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	2.29.48	1
H6	706	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	2.30.40	1
H7	707	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	2.32.08	1
H8	708	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	2.39.10	1
H9	709	1224	SHAUN	NEL	ELITEAC	M	50	50-54M	2.44.34	1
H10	710	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	2.46.33	1
H11	711	1232	SONIKA	NEL	ELITEAC	F	26	SF	2.47.33	1
H12	712	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	2.50.02	1
H13	713	1195	SAMANTHA	DOUGLAS	ELITEAC	F	38	35-39F	2.54.33	1
H14	714	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	2.56.35	1
H15	715	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	3.06.31	1