

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	KEANU	DOMINGO	TUKKIES	896	24	M	0.46.29
2	MXOLELENI	TABATA	ACHILLES AAA	800	23	M	0.46.30
3	ANDILE	MOTWANI	NEDBANK RC	276	29	M	0.46.35
Category : Overall Women							
1	LEIGH	CALLAGHAN	ACHILLES AAA	635	31	F	0.58.39
2	REFELOE	SOLOMONS	NEDBANK RC	608	45	F	0.59.34
3	ABBIE	MITCHELL	BESTMED	480	19	F	0.59.46
Category : Men 40 - 49							
1	XOLISA	NDLUMBINI	TRANSNET ENG EP	495	44	M	0.51.04
2	THULANI	MDLALO	NEDBANK RC	279	41	M	0.51.49
3	GEORGE	NTSHILIZA	ACHILLES AAA	625	46	M	0.51.57
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	608	45	F	0.59.34
2	LINDI	GEORGIOU	BODY CONCEPT	647	46	F	1.01.51
3	MICHELLE	REED	IKHAMVA AC	681	40	F	1.03.07
Category : Men 50 - 59							
1	NOEL	ADAMS	ELITE A C	850	54	M	0.59.03
2	AUGUST	ESAU	NEDBANK RC	86	55	M	1.01.38
3	RODNEY	WESTGATE	OXFORD STR	617	53	M	1.03.24
Category : Ladies 50 - 59							
1	KATHARINE	VAN DER WALT	32GI EP AC	592	50	F	1.08.26
2	PAULINE	TUNSTEAD	32GI EP AC	584	55	F	1.09.12
3	SANETTE	RYAN	ELITE A C	549	56	F	1.15.33
Category : Men 60 - 69							
1	MUTEKILE	RASMENI	ACHILLES AAA	796	61	M	1.01.05
2	GAVIN	ROGERS	CRUSADERS AC	546	61	M	1.06.41
3	ALAN	TAYLOR	ACHILLES AAA	804	69	M	1.10.14
Category : Ladies 60 - 69							
1	JUDY	GERBER	RUN 4 CHRIST AC	98	60	F	1.12.20
2	MARIETTE	HATTINGH	NEDBANK RC	654	60	F	1.13.03
3	AMANDA	SHAW	IKHAMVA AC	685	61	F	1.20.01
Category : Men 70 +							
1	LEONARD	CONRADIE	BLUEWATER BAY	47	72	M	1.16.38
2	ROLAND	DACE	GELVAN AC	774	71	M	1.20.00
3	PERCY	DALTON	ACHILLES AAA	788	77	M	1.20.57
Category : Ladies 70 +							
1	JOAN	MARLBOROUGH	CRUSADERS AC	464	71	F	1.27.16
2	ROZETTA	KEMP	RUN 4 CHRIST AC	426	72	F	1.30.58
3	CATHY	IVES	ACHILLES AAA	790	73	F	1.42.47
Category : Junior Men							
1	AGCOBILE	JEZILE	ACHILLES AAA	797	17	M	0.49.45
2	ASONGE	MTHANA	NEDBANK RC	285	19	M	0.54.26
3	JOSHUA	LOUW	32GI EP AC	666	17	M	0.59.43
Category : Junior Ladies							
1	STACEY	DE RIDDER	ELITE A C	62	16	F	1.15.44
Category : Men 80 +							
1	MARK	HEADBUSH	ACHILLES AAA	404	81	M	1.33.06
2	GODFREY	KARIEM	GELVAN AC	662	85	M	2.27.24