

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	ANDILE	MOTWANI	NEDBANK RC	3	29	M	0.30.25
2	OYAMA	NTANTISO	NEDBANK RC	6	21	M	0.30.47
3	GIFT	CHIGOMARAWA	ACHILLES AAA	5	38	M	0.31.00
Category : Overall Women							
1	KELLY	VAN VLIET	NEDBANK RC	440	38	F	0.38.07
2	ABBIE	MITCHELL	BESTMED	190	19	F	0.39.20
3	JAMIE-LEE	BESTER	RUN 4 CHRIST AC	619	17	F	0.43.52
Category : Men 35 - 39							
1	GIFT	CHIGOMARAWA	ACHILLES AAA	5	38	M	0.31.00
2	MELIKHAYA	FRANS	IKHAMVA AC	1	36	M	0.33.00
3	ANELE	KHALIPA	MUIRITE STRIDER	596	36	M	0.34.31
Category : Ladies 35 - 39							
1	KELLY	VAN VLIET	NEDBANK RC	440	38	F	0.38.07
2	ALISON	BOWKER	ELITE A C	454	37	F	0.47.48
3	MICHA	CRONJE	32GI EP AC	52	36	F	0.49.11
Category : Men 40 - 49							
1	ANDRE	KETCHEM	NEDBANK RC	628	42	M	0.33.02
2	GEORGE	NTSHILIZA	ACHILLES AAA	9	46	M	0.33.16
3	THULANI	MDLALO	NEDBANK RC	442	41	M	0.35.55
Category : Ladies 40 - 49							
1	CINDY	MARAIS	CHARLO AC	548	48	F	0.46.36
2	ANNEKE	MOORE	DESPATCH AC	667	42	F	0.47.05
3	NTOMBESINTU	MFUNZI	NEDBANK RC	659	44	F	0.48.32
Category : Men 50 - 59							
1	ERROL	WHITTAL	ELITE A C	309	50	M	0.37.30
2	WAYNE	MITCHELL	ACHILLES AAA	192	53	M	0.40.18
3	THEMBEKILE	MSIPA	CHARLO AC	552	51	M	0.40.22
Category : Ladies 50 - 59							
1	JUDY	GERBER	RUN 4 CHRIST AC	99	59	F	0.46.08
2	BURNITA	STRYDOM	RUN 4 CHRIST AC	274	57	F	0.49.04
3	DOZ	PHILLIPS	RUN 4 CHRIST AC	229	53	F	0.50.52
Category : Men 60 - 69							
1	GRAHAM	TERBLANCHE	BESTMED	711	61	M	0.44.01
2	MUTEKILE	RASMENI	ACHILLES AAA	637	61	M	0.44.45
3	BISHO	NOMBEWU	CHARLO AC	553	60	M	0.46.29
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	670	61	F	0.46.21
2	MAGGIE	LLOYD	CRUSADERS AC	163	62	F	0.51.10
3	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	258	65	F	0.51.42
Category : Men 70 +							
1	ROGER	TRADER	ACHILLES AAA	487	72	M	0.44.17
2	RAYMOND	WEITZ	NEDBANK RC	306	71	M	0.47.32
3	LEONARD	CONRADIE	BLUEWATER BAY	49	71	M	0.48.32
Category : Ladies 70 +							
1	ROZETTA	KEMP	RUN 4 CHRIST AC	137	72	F	1.01.21
2	CATHY	IVES	ACHILLES AAA	582	73	F	1.04.56
3	JOSINA	LABUSCHAGNE	JEFFREYS BAY AC	151	70	F	1.08.03
Category : Junior Men							
1	ASONGE	MTHANA	NEDBANK RC	441	19	M	0.33.47
2	ANTON	AVENATHI	SIBALEKA NANI	622	18	M	0.34.48
3	BULUMKO	MALINGA	NEDBANK RC	443	19	M	0.36.11
Category : Junior Ladies							
1	JAMIE-LEE	BESTER	RUN 4 CHRIST AC	619	17	F	0.43.52
2	TALIA	PRAHALADH	IKHAMVA AC	609	15	F	0.46.10
3	CARLA	CLOTZ	SCHOOLS EPA	45	19	F	0.48.56