MORTGAGE MASTERS CRUSADERS 10KM - THEESCOMBE - 2026/10/17										
POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	578	396	LITHOBE	MENZELELELI	IKHAMVA	M	27	SM	0.30.41	1
2	577	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.31.00	1
3	453	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.32.16	1
4	325	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.34.24	1
5	335	3385	TAKUNDA	MUBARE	CHILLIEP	M	23	SM	0.34.53	1
6	238	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.35.25	1
7	239	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	0.36.11	1
8	490	1085	GEORGE	NTSHILIZA	ACH	M	47	45-49M	0.36.13	1
9	586	50686	SIPHIWE	HLOPHE	KNYSNA	M	37	35-39M	0.36.56	0
10	492	40173	SINAWO	APRIL	ACH	M	17	JM	0.37.08	1
11	494	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.38.54	1
12	528	1440	MASANDE	MLONYENI	NEDBANK	M	46	45-49M	0.40.45	1
13	295	1443	DENYS	WOLMARANS	NEDBANK	M	47	45-49M	0.40.55	1
14	430	2552	AMANDA	DETSHE	BESTMED	F	22	SF	0.42.21	1
15	338	40494	ASIVE	SOLOMON	MUIRITE	M	15	JM	0.42.25	1
16	416	1105	MARK	FRASER	ACH	M	33	SM	0.42.38	1
17	240	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.43.22	1
18	288	3491	LUNGISA	JACOBS	VUKANI	M	43	40-44M	0.43.40	1
19	486	40320	RUBEN	BOUWER	SCHOOL	M	18	JM	0.44.14	1
20	557	419	MKHUSELI	DANISA	CHILLIEP	M	32	SM	0.44.29	1
21	556	434	LUVUYO	LANDU	CHILLIEP	M	33	SM	0.44.29	1
22	2603	1293	THEMBINKOSI	STOKWE	VWAC	M	48	45-49M	0.44.40	1
23	403	1275	PLAAITJIE	DAMONS	VWAC	M	63	60-64M	0.45.11	1
24	113	1662	SIMONE	SCHOONBEE	MADIBA	F	25	SF	0.45.41	1
25	101	1807	MIKYLE	NEL	GELVAN	M	19	JM	0.45.49	1
26	449	2511	KADER	ABDULLA	BESTMED	M	50	50-54M	0.46.02	1
27	315	4852	PETER	WRENSCH	WPCC	M	67	65-69M	0.46.08	0
28	165	5665	DYLAN	HOLMES	TEMP	M	24	SM	0.46.24	0
29	386	5786	RYAN	PIENAAR	TEMP	M	50	50-54M	0.46.41	0
30	334	1969	ASANDA	ZAMISA	EMERIS	F	43	40-44F	0.46.49	1
31	514	938	THOBELO	MFIKILI	CHARLO	M	40	40-44M	0.46.50	1
32	369	5769	DANIEL	HEINE	TEMP	M	22	SM	0.47.08	0
33	138	5638	CJ	STRYDOM	TEMP	M	42	40-44M	0.47.12	0
34	495	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.47.36	1
35	493	1451	ELROY	MATTHEWS	NEDBANK	M	56	55-59M	0.47.38	1
36	489	40092	RENEL	BILLSON	JBAY	F	16	JF	0.47.53	1
37	491	40507	LONWABO	NONDLWANA	ACH	M	16	JM	0.47.54	1
38	592	5973	ADMIRE	NCUBE	TEMP	M	25	SM	0.48.10	0
39	183	5683	MARCO	WILLIAMS	TEMP	M	32	SM	0.48.44	0
40	461	322	CARLIE	NEL	MUIRITE	F	32	SF	0.48.56	1
41	498	982	CHARLES	CORBY	CHARLO	M	56	55-59M	0.49.01	1
42	388	5788	LUVUYO	SMITH	TEMP	M	38	35-39M	0.49.09	0
43	305	2491	ATHENKOSI	MAHUWA	MTHATHA	M	26	SM	0.49.11	0
44	551	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	0.49.12	1
45	57	444	MAXWELL	NTABANKULU	CHILLIEP	M	43	40-44M	0.49.12	1
46	472	2880	CECIL	CLAASSEN	CSEP	M	34	SM	0.49.14	1
47	512	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	0.49.18	1
48	367	5767	TAINE-JOSH	THORNE	TEMP	M	25	SM	0.49.30	0
49	296	1620	BROOKE	KRUGER	MADIBA	F	23	SF	0.49.34	1
50	62	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.49.37	1
51	466	424	LUTHANDO	YIBE	CHILLIEP	M	45	45-49M	0.49.46	1
52	545	5920	JARED	HEYNS	TEMP	M	20	SM	0.49.53	0
53	525	983	PETER	VENTER	CHARLO	M	45	45-49M	0.49.57	1
54	287	2439	MAWETHU	SIDLAYI	MTHATHA	M	33	SM	0.50.03	0
55	220	5720	JARYD	DAVIES	TEMP	M	35	35-39M	0.50.04	0
56	571	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	0.50.17	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
57	515	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	0.50.44	1
58	457	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.50.46	1
59	399	5799	MANDLA	BOOI	TEMP	M	36	35-39M	0.50.50	0
60	569	3391	KUHLE	MQASHANE	CHILLIEP	F	23	SF	0.51.05	1
61	488	40335	RUBEN	KEYSER	SCHOOL	M	15	JM	0.51.10	1
62	459	40516	WESLEY	TAIT	RWFL	M	14	JM	0.51.19	1
63	452	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	44	40-44F	0.51.21	1
64	297	3610	MELINDI	ENGELBRECHT	CHILLIEP	F	32	SF	0.51.22	1
65	106	40073	STACEY	DE RIDDER	ELITEAC	F	17	JF	0.51.23	1
66	440	425	SIYABONGA	ZULU	CHILLIEP	M	44	40-44M	0.51.24	1
67	475	5603	KYLE	DAMONS	TEMP	M	24	SM	0.51.26	0
68	322	5602	ETHAN	WOLMARANS	TEMP	M	14	JM	0.51.34	0
69	153	5653	DALE	STOCK	TEMP	M	46	45-49M	0.51.39	0
70	39	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	0.51.41	1
71	257	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.51.44	1
72	339	1681	DEAN	FINLAY	MADIBA	M	60	60-64M	0.51.51	1
73	1	555	BURNITA	STRYDOM	RUN4C	F	58	55-59F	0.51.54	1
74	328	5608	WERNER	VERMAAK	TEMP	M	50	50-54M	0.51.58	0
75	281	40652	RHYDEN	KEMP	RUN4C	M	15	JM	0.52.04	1
76	9	1700	EMILE	SONNEKUS	MADIBA	M	45	45-49M	0.52.05	1
77	321	1088	PERCY	DALTON	ACH	M	78	70+M	0.52.21	1
78	580	51756	LINDA	GODUKA	ORMAMBA	F	53	50-54F	0.52.48	0
79	16	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	0.52.48	1
80	29	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.53.11	1
81	460	281	MONIQUE	RICHARDSON	MUIRITE	F	31	SF	0.53.16	1
82	131	5631	KHANYA	NKUNZI	TEMP	M	23	SM	0.53.24	0
83	162	5662	JULIA	FOOT	TEMP	F	31	SF	0.53.37	0
84	65	1229	NATASCIA	DE RIDDER	ELITEAC	F	48	45-49F	0.53.41	1
85	284	3030	TRACY	PAGE	VITALITY	F	50	50-54F	0.53.59	1
86	347	1236	STEPHEN	KLUE	ELITEAC	M	68	65-69M	0.54.01	1
87	192	5692	NGONIDZASHE	ZATA	TEMP	M	34	SM	0.54.11	0
88	582	2725	TRACEY	VAN DER WALT	32GI	F	35	35-39F	0.54.21	1
89	581	2724	BRANDON	VAN DER WALT	32GI	M	34	SM	0.54.21	1
90	534	5605	ALVARO	HENRIQUES	TEMP	M	48	45-49M	0.54.24	0
91	164	5664	LUZANDRI	WEPENER	TEMP	F	32	SF	0.54.25	0
92	256	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	0.54.52	1
93	396	5796	DHAVESHEN	PILLAY	TEMP	M	18	JM	0.54.59	0
94	36	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.55.18	1
95	397	5797	CRAIG	VAN DER WESTHUIZEN	TEMP	M	40	40-44M	0.55.23	0
96	390	5790	ALDEN	SNAYERS	TEMP	M	14	JM	0.55.28	0
97	553	5753	JOANNE	DANIELS	TEMP	F	60	60-64F	0.55.33	0
98	196	5696	TERESA	WINKELMANN	TEMP	F	50	50-54F	0.55.42	0
99	337	615	JANDRE	WENTSEL	RUN4C	M	42	40-44M	0.55.48	1
100	262	616	RUAN	LUNDT	RUN4C	M	39	35-39M	0.55.48	1
101	539	5916	MORGAN	VAN DE MERWE	TEMP	M	29	SM	0.55.51	0
102	562	5953	ANTON	NEVELING	TEMP	M	34	SM	0.55.56	0
103	573	40066	Kayleigh	Coufmann	DESPATCH	F	17	JF	0.55.59	1
104	40	350	MARIUS	ROACH	MUIRITE	M	33	SM	0.56.12	1
105	78	2431	CHRISTELLE	BLUME	JBAY	F	58	55-59F	0.56.17	1
106	243	5743	TIAAN	BOUWER	TEMP	M	23	SM	0.56.22	0
107	93	3288	ANDRE	VILJOEN	ACH	M	71	70+M	0.56.23	1
108	263	3151	JENNIFER	KLUE	RUN4C	F	18	JF	0.56.26	1
109	177	5677	SIYABULELA	MATINI	TEMP	M	38	35-39M	0.56.37	0
110	549	409	VERONICA	SMITH	IKHAMVA	F	60	60-64F	0.56.37	1
111	554	5754	ANDY	DANIELS	TEMP	M	64	60-64M	0.56.43	0
112	591	52202	MVELISO	MATHONTSI	MTHATHA	M	36	35-39M	0.56.48	0
113	507	937	KIJANA	LARSEN	CHARLO	F	26	SF	0.56.52	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
114	318	2128	OWEN	KIVEDO	ATLANTIC	M	70	70+M	0.56.55	1
115	15	610	DELANO	BASSON	RUN4C	M	52	50-54M	0.57.18	1
116	244	5744	JAMEEL	PHIRI	TEMP	M	15	JM	0.57.25	0
117	464	40011	HANNAH	SULLIVAN	RUN4C	F	16	JF	0.57.37	1
118	249	5749	RYNO	LAUBSCHER	TEMP	M	38	35-39M	0.57.45	0
119	520	930	IMKE	SMIT	CHARLO	F	37	35-39F	0.57.47	1
120	418	535	GERT	HARMSE	RUN4C	M	60	60-64M	0.57.57	1
121	420	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	0.58.02	1
122	425	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.58.05	1
123	55	2874	VUYISILE	DELIWE	CSEP	M	51	50-54M	0.58.15	1
124	160	5660	TREVOR	MOFOKENG	TEMP	M	23	SM	0.58.25	0
125	187	5687	REMOFILWE	TSHITLHO	TEMP	M	29	SM	0.58.27	0
126	24	1453	HEINRICH	WENTZEL	NEDBANK	M	41	40-44M	0.58.39	1
127	485	3588	DIANA	MARAIS	RWFL	F	69	65-69F	0.58.41	1
128	600	5981	MIKYLE	HECTOR	TEMP	M	20	SM	0.58.50	0
129	456	9002	AIMEE	POHLMANN	SOCIAL	F	28	SF	0.58.59	0
130	524	932	KIM	VENTER	CHARLO	F	42	40-44F	0.59.04	1
131	421	2509	SELLO	KOTU	ABSAEP	M	33	SM	0.59.06	1
132	324	5604	CLINTON	AUGUSTINE	TEMP	M	54	50-54M	0.59.09	0
133	340	1693	WENDY	VENTER	MADIBA	F	55	55-59F	0.59.11	1
134	146	5646	JOSHUA	FRIEND	TEMP	M	21	SM	0.59.16	0
135	4	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	0.59.17	1
136	597	2159	MZUKISI	SALIWA	TRANSNET	M	43	40-44M	0.59.21	1
137	443	2316	KHAHLISO	NTLALE	CHILLIEP	M	39	35-39M	0.59.21	1
138	43	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	0.59.32	1
139	350	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.59.35	1
140	81	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	0.59.49	1
141	38	339	ILSE	CLAASSENS	MUIRITE	F	27	SF	0.59.53	1
142	385	5785	MPHUMZI	NGCAYI	TEMP	M	32	SM	0.59.53	0
143	532	5928	HAYLEY	VAN DER RIET	TEMP	F	15	JF	0.59.55	0
144	137	5637	CINDY	EMMETT	TEMP	F	40	40-44F	0.59.58	0
145	23	1299	MICHAEL	SLATER	VWAC	M	56	55-59M	1.00.02	1
146	310	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	46	45-49M	1.00.03	1
147	531	5926	CARL	VAN DER RIET	TEMP	M	55	55-59M	1.00.04	0
148	215	5715	DANELLE	VORSTER	TEMP	F	41	40-44F	1.00.10	0
149	185	5685	JUSTIN	RÖMER	TEMP	M	37	35-39M	1.00.14	0
150	558	5951	THEO	HALGREEN	TEMP	M	56	55-59M	1.00.24	0
151	25	2373	SANET	DE NYSSCHEN	JBAY	F	59	55-59F	1.00.24	1
152	298	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	1.00.32	1
153	469	458	SISANDA	GOLOMBA	CHILLIEP	F	28	SF	1.00.33	1
154	302	1332	THANDI	NKWANDLA	NEDBANK	F	61	60-64F	1.00.33	1
155	147	5647	MATTHEW	VAN JAARSVELDT	TEMP	M	40	40-44M	1.00.34	0
156	127	5627	SIPHESIHLE	MDLALOSE	TEMP	M	30	SM	1.00.45	0
157	471	2119	RONALD	FREEMAN	ATLANTIC	M	68	65-69M	1.00.49	1
158	329	5609	LULAMA	NTSHINGA	TEMP	M	56	55-59M	1.00.51	0
159	229	5729	LIZEE	FIFE	TEMP	F	40	40-44F	1.00.56	0
160	398	5798	FRIEDERIKA	VAN DER WESTHUIZEN	TEMP	F	41	40-44F	1.01.05	0
161	202	5702	NKOSODUMO	NGCAYI	TEMP	M	28	SM	1.01.11	0
162	565	5957	GARARD	EMMANUEL	TEMP	M	49	45-49M	1.01.16	0
163	544	3591	MALCOLM	FIGG	Bestmed	M	68	65-69M	1.01.20	1
164	77	504	KAREN	WATSON	BUFFALO	F	57	55-59F	1.01.22	0
165	22	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	1.01.24	1
166	214	5714	LIEZL	WINDVOGEL	TEMP	F	49	45-49F	1.01.26	0
167	564	5956	THABANG	MQZALENI	TEMP	M	52	50-54M	1.01.27	0
168	405	463	KYM	MANDIZVIDZA	CHILLIEP	F	34	SF	1.01.43	1
169	208	5708	DELANG	MJADU	TEMP	M	25	SM	1.01.44	0
170	207	5707	SIVUMO	TSHANGELA	TEMP	M	30	SM	1.01.52	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
171	193	5693	MARLIZE	VAN DER MERWE	TEMP	F	49	45-49F	1.01.58	0
172	331	6289	SINOXOLO	MTSATSE	TEMP	M	28	SM	1.02.00	0
173	26	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.02.02	1
174	451	2366	RENÉ	BILLSON	JBAY	F	48	45-49F	1.02.07	1
175	351	956	NEELESH	BHANA	CHARLO	M	55	55-59M	1.02.14	1
176	152	5652	STEPHAN	ZAAYMAN	TEMP	M	33	SM	1.02.19	0
177	283	1628	NELESH	JAGANATH	MADIBA	M	45	45-49M	1.02.19	1
178	431	636	SIMTANDILE	MVELO	ASPEN	F	29	SF	1.02.29	1
179	522	926	TREVOR	VAN RENSBURG	CHARLO	M	74	70+M	1.02.31	1
180	206	5706	KAMVELIHLE	JEBE	TEMP	F	24	SF	1.02.35	0
181	103	2872	JOHN	APPELS	CSEP	M	52	50-54M	1.02.37	1
182	217	5717	SIBABALWE	MCETYWA	TEMP	M	31	SM	1.02.38	0
183	594	2653	Muneiwa	Ndou	Bestmed	F	28	SF	1.02.45	1
184	307	1115	PALESA	HEADBUSH	ACH	F	48	45-49F	1.02.47	1
185	79	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.02.52	1
186	482	1119	TREMAINE	WESSON	ACH	M	66	65-69M	1.02.55	1
187	455	645	KHULISO	NEPHALAMA	ASPEN	M	36	35-39M	1.03.03	1
188	428	461	ANELISA	MBETSHU	CHILLIEP	F	30	SF	1.03.09	1
189	82	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.03.17	1
190	91	794	ROBYN	BIRD	32GI	F	54	50-54F	1.03.31	1
191	172	5672	YOLANDI	STRYDOM	TEMP	F	43	40-44F	1.03.32	0
192	467	2109	JOY	HILL	HEATAC	F	34	SF	1.03.34	1
193	273	1658	ARISTA	GRIGOR	MADIBA	F	48	45-49F	1.03.38	1
194	568	5844	ANÉLLE	SAAIMAN	TEMP	F	33	SF	1.03.54	0
195	242	5742	JOSIE-LEE	STRAUSS	TEMP	F	22	SF	1.04.13	0
196	593	2090	WELLINGTON	TSHINGANE	SANDFEP	M	56	55-59M	1.04.14	1
197	176	5676	MARYKA	MEYER	TEMP	F	31	SF	1.04.29	0
198	276	483	MARISA	MEYER	RUN4C	F	31	SF	1.04.29	1
199	274	1534	FRANCOIS	WIUM	DESPATCH	M	43	40-44M	1.04.33	1
200	538	2508	DANEILLE	HARRY	Bestmed	F	41	40-44F	1.04.34	1
201	179	5679	CHELSEA	WALKER	TEMP	F	37	35-39F	1.04.47	0
202	566	5958	CHRISTOPHER	STOUT	TEMP	M	45	45-49M	1.04.47	0
203	541	573	BRITTANY	CILLIERS	RUN4C	F	33	SF	1.04.52	1
204	252	5983	SOMILA	PAMA	TEMP	M	26	SM	1.04.52	0
205	477	592	JOHANNES	VERMEULEN	RUN4C	M	59	55-59M	1.04.53	1
206	402	471	SHOWNA	PETZER	RUN4C	F	43	40-44F	1.05.06	1
207	519	906	TARYN	SLABBERT	CHARLO	F	45	45-49F	1.05.17	1
208	596	2651	Nolwazi	Bila	Bestmed	F	26	SF	1.05.22	1
209	5	1318	TRACY	ADAMS	VWAC	F	43	40-44F	1.05.22	1
210	186	5686	KIMBERLY	RÖMER	TEMP	F	35	35-39F	1.05.23	0
211	158	5658	HENNING	CHAMBERLAIN	TEMP	M	33	SM	1.05.26	0
212	157	5657	DONNE	DARIER	TEMP	F	30	SF	1.05.26	0
213	107	40081	MERISKA	BOUWER	ELITEAC	F	19	JF	1.05.28	1
214	66	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.05.29	1
215	480	2407	SCHOOMBEE	PRETORIUS	JBAY	M	69	65-69M	1.05.39	1
216	590	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	41	40-44F	1.05.40	1
217	540	629	VICKI	VAN SCHALKWYK	ASPEN	F	45	45-49F	1.05.44	1
218	511	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.05.44	1
219	462	1545	RUAN	JONKER	DESPATCH	M	27	SM	1.05.45	1
220	68	328	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.05.48	1
221	483	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.05.49	1
222	484	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.05.50	1
223	433	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.05.50	1
224	231	5731	THOMAS	HILMER	TEMP	M	67	65-69M	1.06.02	0
225	361	5761	CLIVE	HOFART	TEMP	M	42	40-44M	1.06.05	0
226	345	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	1.06.16	1
227	423	2620	WAYNE	MAC GEAR	BESTMED	M	63	60-64M	1.06.17	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
228	84	2370	JOSSIE	LABUSCHAGNE	JBAY	F	70	70+F	1.06.19	1
229	301	2442	TRUDIE	OOSTHUIZEN	JBAY	F	64	60-64F	1.06.19	1
230	260	3109	GREGORY	MITCHELL	VITALITY	M	45	45-49M	1.06.24	1
231	352	924	GRAHAM	BROOM	CHARLO	M	56	55-59M	1.06.33	1
232	270	498	TAMMY	NEVELING	RUN4C	F	34	SF	1.06.40	1
233	412	1535	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.06.41	1
234	140	5640	JULIET	HORAK	TEMP	F	50	50-54F	1.06.57	0
235	210	5710	NICOLA	BROWN	TEMP	F	41	40-44F	1.07.00	0
236	366	5766	LEILA	SAMPSON	TEMP	F	37	35-39F	1.07.00	0
237	58	298	SANET	BOUCHER	MUIRITE	F	47	45-49F	1.07.06	1
238	407	3439	SHERENE	ISAACS	MALABAR	F	41	40-44F	1.07.13	1
239	424	553	TYRESE	SWARTBOOI	RUN4C	M	23	SM	1.07.15	1
240	189	5689	RYAN	OLDWAGE	TEMP	M	25	SM	1.07.16	0
241	291	3546	OLU	AJAYI	VITALITY	M	48	45-49M	1.07.23	1
242	543	3567	ESMERELDA	FELIX	GELVAN	F	44	40-44F	1.07.24	1
243	253	1579	JACOBUS	BEKKER	DESPATCH	M	49	45-49M	1.07.27	1
244	54	2372	LETITIA	POTGIETER	JBAY	F	62	60-64F	1.07.31	1
245	404	2668	AQHAMA	MNDI	BESTMED	F	22	SF	1.07.34	1
246	204	5704	SHERNEY	MOUERS	TEMP	F	28	SF	1.07.39	0
247	73	17064	TUMISO	MABOKELA	HOLLY	M	31	SM	1.07.42	0
248	349	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	64	60-64M	1.07.43	1
249	104	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.07.45	1
250	174	5674	VALME	HAWKEN	TEMP	F	56	55-59F	1.07.45	0
251	166	5666	INNEKE	VAN DER MERWE	TEMP	F	31	SF	1.07.50	0
252	497	894	TONY	CLARKE	CHARLO	M	66	65-69M	1.08.04	1
253	194	5694	BEANDRA	CHRISTIAN	TEMP	F	30	SF	1.08.04	0
254	356	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	1.08.16	1
255	478	337	CHRISTINE	SNYMAN	MUIRITE	F	70	70+F	1.08.18	1
256	319	1935	XENOPHON	FEIRRERA	BLUEBAY	M	65	65-69M	1.08.21	1
257	575	5964	MEGAN	SMITH	TEMP	F	38	35-39F	1.08.32	0
258	264	1598	LERENZO	FRANCIS	DESPATCH	M	40	40-44M	1.08.39	1
259	181	5681	LEREKO	MOLEFE	TEMP	F	34	SF	1.08.43	0
260	154	5654	DYLAN	STONE	TEMP	M	34	SM	1.08.44	0
261	465	500	RICHARD	SULLIVAN	RUN4C	M	56	55-59M	1.08.44	1
262	195	5695	LUMEN	CHRISTIAN	TEMP	M	28	SM	1.08.54	0
263	27	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.08.55	1
264	589	5971	ROBERT	BERRINGTON	TEMP	M	41	40-44M	1.09.03	0
265	442	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.09.04	1
266	279	1256	NAOMI	BAKKER	VWAC	F	49	45-49F	1.09.04	1
267	365	5765	PHAKAMA	MOAKAMELA	TEMP	F	36	35-39F	1.09.14	0
268	400	5800	CHELSEA	CAMERON	TEMP	F	29	SF	1.09.17	0
269	503	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	1.09.18	1
270	502	1006	DION	GRIESEL	CHARLO	M	58	55-59M	1.09.18	1
271	550	5922	BARBARA	CLARK	TEMP	F	42	40-44F	1.09.19	0
272	513	928	ALLISTER	MARRAN	CHARLO	M	50	50-54M	1.09.23	1
273	476	3559	SIMANGELE	SHABANE	CSEP	F	42	40-44F	1.09.25	1
274	336	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.09.25	1
275	306	1067	MARK	HEADBUSH	ACH	M	81	70+M	1.09.38	1
276	290	3480	SHAWN	VAN EYK	RWFL	M	58	55-59M	1.09.45	1
277	326	5606	BRONWEN	GELDERBLOEM	TEMP	M	52	50-54M	1.09.50	0
278	248	5748	LUCINDA	VAN DER MERWE	TEMP	F	33	SF	1.09.51	0
279	47	1624	ESTELLE	DE KLERK	MADIBA	F	60	60-64F	1.09.53	1
280	96	1631	AMANDA	BLIGNAULT	MADIBA	F	67	65-69F	1.09.57	1
281	542	2532	ANASTASIA	ROSSOUW	BESTMED	F	45	45-49F	1.09.59	1
282	463	566	JANINE	VILJOEN	RUN4C	F	56	55-59F	1.10.02	1
283	401	5801	NATASHA	CARMODY	ZABALAZA	F	38	35-39F	1.10.03	0
284	584	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	1.10.03	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
285	413	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.10.05	1
286	251	14493	VICTORIA	GOODALL	CCJHB	F	45	45-49F	1.10.11	0
287	143	5643	SNE	MBATHA	TEMP	F	25	SF	1.10.21	0
288	561	3581	SISEKO	KAKAZA	TRANSNET	M	29	SM	1.10.26	1
289	223	5723	CHALISTA	DUPLESSIS	TEMP	F	27	SF	1.10.27	0
290	406	1315	NICK	ELLIE	VWAC	F	41	40-44F	1.10.29	1
291	354	903	KESVAL	CHETTY	CHARLO	M	62	60-64M	1.10.32	1
292	303	3570	SITHOKOZISO	DIKO	SAPPE	F	40	40-44F	1.10.33	1
293	583	5967	THUTHUZELA	MAPOMA	TEMP	F	32	SF	1.10.38	0
294	327	5607	ASHRAF	ABRAHAMS	TEMP	M	54	50-54M	1.10.42	0
295	530	5925	BIANCA	WELGEMOED	TEMP	F	48	45-49F	1.10.47	0
296	250	5750	ADELE	MOKGOKONG	TEMP	F	24	SF	1.10.52	0
297	547	432	MVELELI	MBANDE	CHILLIEP	M	40	40-44M	1.10.52	1
298	129	5629	TANIA	RENISON	TEMP	F	39	35-39F	1.11.02	0
299	128	5628	KLIM	LAMBERT	TEMP	M	49	45-49M	1.11.02	0
300	12	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.11.08	1
301	429	591	ERICA	ERASMUS	RUN4C	F	57	55-59F	1.11.14	1
302	294	2179	WITNESS	CHAUKE	TRANSNET	F	36	35-39F	1.11.15	1
303	458	3499	JUSTENE	TAIT	RWFL	F	37	35-39F	1.11.24	1
304	48	2411	PETRO	STEENKAMP	JBAY	F	60	60-64F	1.11.25	1
305	259	1956	SONJA	OLIVIER	BLUEBAY	F	59	55-59F	1.11.28	1
306	184	5684	KAYLA	VAN DER SCHYF	TEMP	F	33	SF	1.11.29	0
307	505	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.11.29	1
308	535	5915	KIM	JULIE	TEMP	F	40	40-44F	1.11.31	0
309	342	1126	TOM	D'ARCY	ACH	M	80	70+M	1.11.38	1
310	20	11688	INEZ	SLATER	VARSITY	F	42	40-44F	1.11.38	1
311	346	1103	LIZ	AUSTIN	ACH	F	68	65-69F	1.11.42	1
312	191	5691	ODWA	MSWELI	TEMP	F	29	SF	1.11.47	0
313	141	5641	ARLENE	MEYER	TEMP	F	32	SF	1.11.48	0
314	408	1364	PHILA	HENGE	NEDBANK	F	41	40-44F	1.11.51	1
315	304	3551	REMIND	SAMBO	VITALITY	F	35	35-39F	1.11.57	1
316	563	5955	MZIYANA	NGQOYIYA	TEMP	M	33	SM	1.12.05	0
317	3	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	1.12.20	1
318	359	5759	ZITHOBELE	SEYIMANI	TEMP	M	44	40-44M	1.12.24	0
319	358	5758	RUTENDO	THOMAS	TEMP	F	39	35-39F	1.12.24	0
320	536	1310	PHUMLA	SIBALI	VWAC	F	47	45-49F	1.12.29	1
321	410	1600	YVETTE	JONKER	DESPATCH	F	54	50-54F	1.12.46	1
322	88	2455	NADIA	PETERSEN	JBAY	F	70	70+F	1.12.49	1
323	144	5644	VATHISWA	MAZAKA	TEMP	F	44	40-44F	1.12.54	0
324	45	1691	COBUS	PIENAAR	MADIBA	M	48	45-49M	1.13.13	1
325	2	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.13.25	1
326	134	5634	ALVINA	MENTE	TEMP	F	37	35-39F	1.13.28	0
327	234	5734	GREGORY	LA MUDE	TEMP	M	49	45-49M	1.13.36	0
328	233	5733	CANDICE	DUNCAN	TEMP	F	47	45-49F	1.13.36	0
329	348	2876	AUBREY	LE ROUX	CSEP	M	73	70+M	1.13.39	1
330	341	2877	RIAAN	SMALBERGER	CSEP	M	71	70+M	1.13.39	1
331	85	2377	KENNY	BROWN	JBAY	M	75	70+M	1.13.55	1
332	355	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.13.58	1
333	35	3169	TSOSOLOSO	MOENG	BESTMED	F	24	SF	1.13.58	1
334	225	5725	MELISSA	FOX	TEMP	F	30	SF	1.14.00	0
335	224	5724	ANDREW	FOX	TEMP	M	29	SM	1.14.00	0
336	86	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.14.05	1
337	258	1437	ELMARIE	NEL	NEDBANK	F	50	50-54F	1.14.06	1
338	282	1433	ANDRÈ	NEL	NEDBANK	M	59	55-59M	1.14.07	1
339	299	1936	MARKUS	KUNNEKE	BLUEBAY	M	57	55-59M	1.14.09	1
340	309	806	NAMHLA	SAKI	MTHATHA	F	31	SF	1.14.09	0
341	227	5727	CANDICE	ISAACS	TEMP	F	40	40-44F	1.14.14	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
342	427	1694	JAHN	ROUX	MADIBA	M	39	35-39M	1.14.18	1
343	527	5927	FREDDY	SASS	TEMP	M	65	65-69M	1.14.19	0
344	19	2959	LORRAINE	MOTSWENYANE	HOLLYWOO	F	41	40-44F	1.14.36	1
345	222	5722	URSULA	BARNARD	TEMP	F	54	50-54F	1.14.36	0
346	470	2115	DERRICK	HOSHE	ATLANTIC	M	67	65-69M	1.14.45	1
347	95	2268	THOBEKA	MABUSELA	VUKANI	F	65	65-69F	1.14.54	1
348	226	5726	JO ANNE	STUURMAN	TEMP	F	47	45-49F	1.15.06	0
349	521	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.15.08	1
350	500	1003	ERIKA	FOREMAN	CHARLO	F	56	55-59F	1.15.09	1
351	504	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.15.09	1
352	330	6271	MELIKHAYA	SONGONGO	TEMP	M	44	40-44M	1.15.30	0
353	230	5730	NWABISA	SKAAP	TEMP	F	44	40-44F	1.15.41	0
354	533	5940	VULINDLELA	NYONI	TEMP	M	50	50-54M	1.15.45	0
355	190	5690	CWAYITA	BAM	TEMP	F	27	SF	1.16.05	0
356	17	5982	ALYCIA	LANGLEY	TEMP	F	33	SF	1.16.06	0
357	161	5661	MACAELA	GOUWS	TEMP	F	29	SF	1.16.11	0
358	52	3403	ANNELINE	POTGIETER	BIGBEAR	F	51	50-54F	1.16.11	0
359	487	40067	STEFANI	LAMBRECHTS	DESPATCH	F	16	JF	1.16.13	1
360	432	276	CHRISTIAAN	GERBER	MUIRITE	M	51	50-54M	1.16.17	1
361	501	971	DEIDRE	GERBER	CHARLO	F	55	55-59F	1.16.46	1
362	373	5773	PHELELA	MONA	TEMP	F	29	SF	1.16.50	0
363	555	5755	ALIZWE	NONTSHINGA	TEMP	M	14	JM	1.17.05	0
364	67	1869	NWABISA	DUKADA	HOLLYWOO	F	54	50-54F	1.17.17	1
365	69	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.17.22	1
366	108	40532	SIYAHLUMA	NKONE	BLUEBAY	F	17	JF	1.17.22	1
367	379	5779	MARISSA	WEYERS	TEMP	F	32	SF	1.17.29	0
368	439	1641	DEBBIE	HILTON	MADIBA	F	54	50-54F	1.17.39	1
369	434	1634	TANIA	TRUTER	MADIBA	F	54	50-54F	1.17.39	1
370	353	967	MIKE	BURGER	CHARLO	M	67	65-69M	1.17.53	1
371	292	3384	NOLUBABALO	NGQOBA	CHILLIEP	F	34	SF	1.17.54	1
372	236	2199	PHILISA	MANIMANI	SIBALEKA	F	33	SF	1.18.05	1
373	11	3111	STACEY	DANIELS	VITALITY	F	36	35-39F	1.18.08	1
374	370	5770	SIYAMTANDA	SWAARTBOOI	TEMP	F	29	SF	1.18.12	0
375	142	5642	CAMREN	RANIA	TEMP	M	29	SM	1.18.29	0
376	454	1953	PHUMEZA	LANGA	VWAC	F	39	35-39F	1.18.32	1
377	49	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.18.32	1
378	50	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.18.32	1
379	364	5764	LIZE	JACOBS	TEMP	F	14	JF	1.18.33	0
380	344	3497	MAUREEN	ROGERS	RWFL	F	69	65-69F	1.18.38	1
381	537	1182	ARLENE	HELBERG	RWFL	F	63	60-64F	1.18.50	1
382	111	5611	AMTHANDILE	KONDILE	TEMP	F	26	SF	1.18.51	0
383	261	1610	BRENDON	DONOGHUE	DESPATCH	M	38	35-39M	1.18.59	1
384	450	496	NICOLETTE	POTGIETER	RUN4C	F	52	50-54F	1.19.00	1
385	417	2539	PRISCAH	LAKANE	BESTMED	F	29	SF	1.19.08	1
386	98	503	EDDIE	WATSON	BUFFALO	M	67	65-69M	1.19.17	0
387	10	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.19.20	1
388	506	969	GARY	KELLEHER	CHARLO	M	69	65-69M	1.19.57	1
389	499	968	DENISE	DARLOW	CHARLO	F	58	55-59F	1.19.57	1
390	109	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.20.05	1
391	426	2593	MOIPONE	MOSOEUNYANE	BESTMED	F	20	SF	1.20.08	1
392	255	3600	STACEY	MARGOLIUS	32GI	F	31	SF	1.20.28	1
393	479	1117	GRAHAM	NELL	ACH	M	75	70+M	1.20.31	1
394	509	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	1.20.35	1
395	293	3442	NTOMBOZUKO	JONAS	MUIRITE	F	44	40-44F	1.20.35	1
396	171	5671	PRUDENCE	NGOMANE	TEMP	F	35	35-39F	1.20.53	0
397	526	1012	CINDY	VOSLOO	CHARLO	F	44	40-44F	1.21.08	1
398	59	2679	ANDA	KONDILE	BESTMED	F	23	SF	1.21.10	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
399	87	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.21.14	1
400	97	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.21.22	1
401	587	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.21.22	1
402	218	5718	XOLISA	MASETI	TEMP	F	28	SF	1.21.29	0
403	118	5618	VERNA	CLAASSEN	TEMP	F	63	60-64F	1.21.45	0
404	598	5979	VUMBONI	MANGANYI	TEMP	F	32	SF	1.21.48	0
405	151	5651	CHERIN	VAN HEERDEN	TEMP	F	33	SF	1.21.51	0
406	122	5622	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.22.02	0
407	360	5760	WADE	MORAN	TEMP	M	47	45-49M	1.22.11	0
408	212	5712	CLARESE	MORAN	TEMP	F	42	40-44F	1.22.13	0
409	64	2510	LERATO	MUZAH	BESTMED	F	40	40-44F	1.22.14	1
410	148	5648	JOHANNES	MATSANE	TEMP	M	34	SM	1.22.23	0
411	31	1239	YOLANDE	KNOETZE	ELITEAC	F	59	55-59F	1.22.26	1
412	446	3229	DEONE	JANSEN VAN RENSBURG	CITYC	F	44	40-44F	1.22.26	1
413	32	1221	CLEO	JORDAAN	ELITEAC	F	41	40-44F	1.22.32	1
414	90	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	1.22.33	1
415	130	5630	AYANDA	NKUNZI	TEMP	F	34	SF	1.22.36	0
416	150	5650	KERRY	KENNEDY	TEMP	F	38	35-39F	1.22.39	0
417	211	5711	NOSIPHIWE	MELAPI	TEMP	F	32	SF	1.22.53	0
418	254	3599	CYNTHIA	CHANNON	RWFL	F	60	60-64F	1.22.57	1
419	441	3483	KHANYA	BOOI	BESTMED	F	22	SF	1.22.59	1
420	246	5746	GIDION	VAN DER MERWE	TEMP	M	60	60-64M	1.23.05	0
421	21	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.23.32	1
422	275	1543	LEANNE	WIUM	DESPATCH	F	42	40-44F	1.23.33	1
423	139	5639	APHELELE	HLATHIKHULU	TEMP	F	29	SF	1.23.34	0
424	203	5703	UNATHI	NDODANA	TEMP	F	34	SF	1.23.35	0
425	42	2537	ASIPHE	NDOTO	BESTMED	F	30	SF	1.23.45	1
426	30	1197	NOREEN	NELSON	ELITEAC	F	61	60-64F	1.23.47	1
427	266	1204	YOLANDA	DEYSEL	RWFL	F	51	50-54F	1.23.53	1
428	289	3500	DEIDRE	VAN EYK	RWFL	F	57	55-59F	1.24.06	1
429	320	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.24.08	1
430	384	5784	STHEMBISO	KUNENE	TEMP	M	44	40-44M	1.24.08	0
431	437	2509	MARCOLENE	SAUNDERS	BESTMED	F	41	40-44F	1.24.14	1
432	132	5632	PHAKAMA	NKUNZI	TEMP	F	31	SF	1.24.21	0
433	419	654	SIMONE	JACOBS	ASPEN	F	41	40-44F	1.24.29	1
434	2031	1333	MBULELO	SOBIKWA	NEDBANK	M	72	70+M	1.24.35	1
435	8	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.24.40	1
436	33	1999	JO-ANNE	MUIR	WALMER	F	57	55-59F	1.24.40	1
437	34	2000	SHARON	POTGIETER	WALMER	F	62	60-64F	1.24.40	1
438	473	1233	KATLEGO	KGAJE	ELITEAC	F	32	SF	1.24.53	1
439	198	5698	OMPHILE	MOLALA	TEMP	F	19	JF	1.25.03	0
440	579	5965	AGNES	KGANYAGO	TEMP	F	36	35-39F	1.25.10	0
441	2617	2873	Siyasanga	Dlaku	CSEP	F	40	40-44F	1.25.24	1
442	481	1231	HELENE	OPPEL	ELITEAC	F	76	70+F	1.25.26	1
443	110	5610	NATHAN	ROGERS	TEMP	M	26	SM	1.25.27	0
444	213	5713	KIM	FRIESLAAR	TEMP	F	38	35-39F	1.25.28	0
445	389	5789	MANDY	FRANK	TEMP	F	41	40-44F	1.25.36	0
446	188	5688	ANELISIWE	MBOBO	TEMP	F	33	SF	1.25.38	0
447	311	294	KARMEL	PAGE	MUIRITE	F	35	35-39F	1.25.38	1
448	435	348	CHARNE	PIETERSEN	MUIRITE	F	33	SF	1.25.38	1
449	313	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.25.46	1
450	448	3441	NOMATHAMSANQA	GOGELA	MUIRITE	F	35	35-39F	1.25.51	1
451	269	5601	TOPI	MKHONZA	TEMP	F	44	40-44F	1.26.22	0
452	267	2247	KHANYISILE	NKATINGI	SIBALEKA	F	29	SF	1.26.31	1
453	133	5633	ROZINA	NAMPONYA	TEMP	F	50	50-54F	1.27.01	0
454	83	2358	ISABEL	DEATS	JBAY	F	64	60-64F	1.27.30	1
455	278	2591	UKANYO	BODLELA	BESTMED	F	23	SF	1.27.37	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
456	18	3308	NONKULULEKO	MNQWAZI	VWAC	F	36	35-39F	1.27.44	1
457	265	1640	CHERYL	WITTE	MADIBA	F	64	60-64F	1.28.00	1
458	272	2701	KIM	PUTNAM	RUN4C	F	59	55-59F	1.28.08	1
459	387	5787	NANDE	MOEKETSI	TEMP	F	44	40-44F	1.28.15	0
460	559	1241	MARLENE	TERBLANCE	ELITEAC	F	76	70+F	1.28.24	1
461	232	5732	KEHUMILE	HEADBUSH	TEMP	F	54	50-54F	1.28.34	0
462	44	3402	AMANDA	YOUNG	BIGBEAR	F	51	50-54F	1.28.44	0
463	169	5669	UNALO	XAKO	TEMP	F	22	SF	1.28.59	0
464	170	5670	ZIYANDA	YAKALA	TEMP	F	42	40-44F	1.29.01	0
465	116	5616	ZAQHOZA	XOLELWA	TEMP	F	40	40-44F	1.29.05	0
466	228	5728	ZENANDE	NGCEKE	TEMP	F	34	SF	1.29.09	0
467	585	5969	MANDIE-MARIE	COUFMANN	TEMP	F	38	35-39F	1.29.16	0
468	529	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	1.29.27	1
469	197	5697	SAMUKELISIWE	MTSHALI	TEMP	F	28	SF	1.29.41	0
470	371	5771	NOBUHLE	CINGO	TEMP	F	39	35-39F	1.29.45	0
471	414	3527	SIPHOSETHU	SANDI	CHILLIEP	F	30	SF	1.30.02	1
472	28	1213	MELANIE	DEYSEL	ELITEAC	F	43	40-44F	1.30.15	1
473	300	2138	ANGELA	NTANGA	TRANSNET	F	31	SF	1.30.18	1
474	167	5667	ZOLELA	JIYA	TEMP	F	46	45-49F	1.30.20	0
475	175	5675	ZIZIPO	TOLOBISA	TEMP	F	33	SF	1.30.21	0
476	391	5791	SAMARA	SNAYERS	TEMP	F	18	JF	1.30.23	0
477	392	5792	KHADEEJAH	SALAAM MADATT	TEMP	F	27	SF	1.30.23	0
478	173	5673	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.30.26	0
479	474	2994	MBASA	PINDA	HOLLYWOO	M	29	SM	1.30.36	1
480	576	1212	Siyamtanda	Mbayeka	ELITEAC	F	28	SF	1.30.36	1
481	382	5782	MIANCA	OOSTHUIZEN	TEMP	F	25	SF	1.30.39	0
482	72	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.30.58	1
483	80	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	1.31.07	1
484	376	5776	BRENT	BARTLETT	TEMP	M	62	60-64M	1.31.17	0
485	508	995	BERNADETTE	LOOCK	CHARLO	F	47	45-49F	1.31.24	1
486	574	5963	JUSTINE	EVANS	TEMP	F	24	SF	1.31.24	0
487	570	5960	JOANNE	BLOW	TEMP	F	54	50-54F	1.31.25	0
488	548	5921	NENEKAZI	SONGXABA	TEMP	F	45	45-49F	1.31.36	0
489	46	586	LISA	BEDFORD	RUN4C	F	51	50-54F	1.31.39	1
490	124	5624	PAULIEN	LOUW	TEMP	F	53	50-54F	1.31.46	0
491	383	5783	RAYNETTE	SMUTS	TEMP	F	33	SF	1.32.12	0
492	286	3376	NTOMBIFUTHI	NGCOBO	SIBALEKA	F	24	SF	1.32.50	1
493	6	275	JONEL	VORSTER	MUIRITE	F	37	35-39F	1.32.53	1
494	117	5617	DEBBIE	BROCKMAN	TEMP	F	30	SF	1.32.55	0
495	343	1657	SANDRA	SHARE	MADIBA	F	61	60-64F	1.33.21	1
496	567	3269	PHILISWA	SITELA	CHEETAHS	F	37	35-39F	1.33.22	0
497	71	3579	ZANELE	MATIWANE	CHEETHAS	F	36	35-39F	1.33.22	0
498	447	3018	PHILISA	NDZAMELA	VITALITY	F	46	45-49F	1.33.23	1
499	560	5952	BUSISIWE	GALELETYOBA	TEMP	F	36	35-39F	1.33.37	0
500	510	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.33.52	1
501	546	5919	NTSIKELELO	MAJEKE	TEMP	M	46	45-49M	1.34.09	0
502	94	6487	NICK	COWLEY	VARSITY	M	70	70+M	1.34.45	1
503	136	5636	NOMKHITA	OYO	TEMP	F	40	40-44F	1.34.47	0
504	368	5768	NOKUYOLO	FILTANE	TEMP	F	41	40-44F	1.34.57	0
505	41	2339	THEMBELA	KWINI	SIBALEKA	F	31	SF	1.35.10	1
506	372	5772	ALIZWA	MBILINI	TEMP	F	24	SF	1.35.13	0
507	436	1089	HELEN	ERLANK	ACH	F	44	40-44F	1.35.37	1
508	156	5656	CARMEN	JACOBS	TEMP	F	54	50-54F	1.36.35	0
509	516	1015	RUTH	SCHNETLER	CHARLO	F	21	SF	1.37.07	1
510	517	936	MARGOT	SCHNETLER	CHARLO	F	49	45-49F	1.37.07	1
511	201	5701	REBECCA	WILKINSON	TEMP	F	20	SF	1.37.24	0
512	235	5735	IVANA	MOYO	TEMP	F	19	JF	1.37.28	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
513	247	5747	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	1.38.00	0
514	100	1766	GODFREY	KARIEM	GELVAN	M	86	70+M	1.38.04	1
515	381	5781	MABAHLAKOANA	NTLALE	TEMP	F	37	35-39F	1.38.07	0
516	219	5719	NTOKOZO	JOHNSON	TEMP	F	27	SF	1.38.14	0
517	121	5621	AXOLILE	ISAAC	TEMP	F	25	SF	1.38.42	0
518	89	1650	PIERRE	KNOESEN	MADIBA	M	72	70+M	1.40.10	0
519	518	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.42.12	0
520	438	1051	SNE	MTSHALI	TRANSNET	F	36	35-39F	1.44.52	0
521	277	3624	ANDISWA	NKOSANA	CHILLIEP	F	43	40-44F	1.45.26	0
522	308	3091	ERIN	MORTON	VITALITY	F	31	SF	1.46.06	0
523	200	5700	HEATHER	WILKINSON	TEMP	F	27	SF	1.48.23	0
524	199	5699	BELINDA	WILKINSON	TEMP	F	52	50-54F	1.48.23	0
525	374	5774	ANDISWA	SOFISA	TEMP	F	33	SF	1.58.06	0
526	375	5775	HOPE	NDALA	TEMP	F	33	SF	1.58.07	0
HELPRS RUN										
H01	701	532	JUDY	GERBER	RUN4C	F	60	60-64F	0.47.31	1
H02	702	711	KYLE	COLESKY	CRUSADE	M	21	SM	0.57.33	1
H03	703	40310	RUAN	ELS	CRUSADE	M	14	JM	0.58.01	1
H04	704	1247	LISLE	MATTHEWS	ELITEAC	F	52	50-54F	0.58.11	1
H05	705	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.02.18	1
H06	706	708	JOAN	MARLBOROUGH	CRUSADE	F	72	70+F	1.03.01	1
H07	707	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.06.05	1
H08	708	726	KEITH	VOSLOO	CRUSADE	M	63	60-64M	1,06.19	1
H09	709	1143	THERESA	LILLIS	ACH	F	70	70+F	1.07.17	1
H10	710	1325	SHANNON	THEOBALD	NEDBANK	F	51	50-54F	1.07.25	1
H11	711	713	CLAIRE	LA MUDE	CRUSADE	F	41	40-44F	1.08.02	1
H12	712	752	ROB	COLESKY	CRUSADE	M	63	60-64M	1,09.43	1
H13	713	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.17.44	1
H14	714	717	YOLANDA	COLESKY	CRUSADE	F	54	50-54F	1.17.45	1
H15	715	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	1.19.22	1
H16	716	773	ANTOINETTE	GREEFF	CRUSADE	F	42	40-44F	1.20.56	1
H17	717	735	LIBBY	WILKE	CRUSADE	F	53	50-54F	1.20.57	1
H18	718	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.24.01	1
H19	719	710	LEONA	KEMP	CRUSADE	F	70	70+F	1.24.58	1
H20	720	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.35.36	1
H21	721	743	MARY-LOU	EMSLIE	CRUSADE	F	62	60-64F	1.35.37	1
H22	722	744	KAREN	GARDNER	CRUSADE	F	64	60-64F	1.35.37	1
H23	723	712	NDILEKA	THOMPSON	CRUSADE	F	49	45-49F	1.38.09	1
H24	724	703	LEE	GANDER	CRUSADE	M	70	70+M	1.39.06	1
H25	725	748	MELINDA	ROIG-VARELA	CRUSADE	F	56	55-59F	1.39.06	1
H26	726	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.39.37	1