

JENDAMARK 21.1KM - THEESCOMBE - 2026/10/17

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	2530	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	1.10.47	5	25
2	2217	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	1.11.01	5	24
3	2445	1959	ROSS	BARNARD	HOLLYWOO	M	35	35-39M	1.11.15	5	0
4	2097	40143	AGCOBILE	JEZILE	ACH	M	17	JM	1.12.11	5	23
5	2237	3387	ARCHIE	ZAKE	CHILLIEP	M	26	SM	1.13.10	5	22
6	2013	2266	KHAYA	GQWETHA	VUKANI	M	41	40-44M	1.13.23	5	21
7	2529	358	MZWANELE	MAPHEKULA	IKHAMVA	M	50	50-54M	1.15.23	5	20
8	2218	40171	ANTON	AVENATHI	SIBALEKA	M	19	JM	1.17.46	5	19
9	2454	611	JENIEL	ZANA	RUN4C	M	31	SM	1.19.00	5	18
10	2306	1354	ANDRE	KETCHEM	NEDBANK	M	43	40-44M	1.19.20	5	17
11	2554	376	REUBEN	STANDER	IKHAMVA	M	23	SM	1.20.50	4	16
12	2238	1482	JEANDRY	DEERLING	NEDBANK	M	34	SM	1.21.08	4	15
13	2456	1191	NOEL	ADAMS	ELITEAC	M	54	50-54M	1.21.11	5	14
14	2244	280	ANELE	KHALIPA	MUIRITE	M	37	35-39M	1.21.24	4	13
15	2233	694	LUBABALO	JUSAYI	NEDBANK	M	35	35-39M	1.21.45	4	12
16	2219	40183	SENZO	NDZOTOYI	SIBALEKA	M	17	JM	1.21.47	4	11
17	2604	1622	DARREN	BENECKE	MADIBA	M	34	SM	1.22.08	4	10
18	2016	2314	BATHANDWA	MOOI	VUKANI	M	42	40-44M	1.23.55	4	9
19	2455	613	JORAN	FORTUIN	RUN4C	M	21	SM	1.24.10	3	8
20	2463	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	1.25.58	5	7
21	2489	423	SANDISO	NGXISHE	CHILLIEP	M	56	55-59M	1.26.40	5	6
22	2613	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	1.26.42	3	5
23	2595	5988	RIAN	CAMBIER	TEMP	M	20	SM	1.26.48	0	0
24	2241	1334	GAVIN	THORNE	NEDBANK	M	45	45-49M	1.26.51	5	4
25	2614	5995	CLIVE	KASERERA	TEMP	M	18	JM	1.27.03	0	0
26	2495	1511	APHLYN	TAAI	NEDBANK	M	44	40-44M	1.27.04	4	3
27	2216	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	1.27.20	5	25
28	2597	2895	SANELE	SAM	CSEP	M	33	SM	1.27.30	3	2
29	2483	431	ATHULE	NTSHUNTSCHA	CHILLIEP	M	29	SM	1.27.41	3	1
30	2065	72	KANYISA	MAYAYA	SAPPE	F	39	35-39F	1.27.42	5	24
31	2503	5803	LEA	JACOBS	TEMP	F	34	SF	1.27.58	0	0
32	2657	1068	Daniel	Shelver	ACH	M	27	SM	1.28.21	3	0
33	2426	282	ABDUL	WICOMB	MUIRITE	M	47	45-49M	1.29.30	4	0
34	2393	1800	ROMAN	SEPTOE	GELVAN	M	29	SM	1.29.31	3	0
35	2575	993	THEMBEKILE	MSIPA	CHARLO	M	52	50-54M	1.29.42	5	0
36	2010	2263	BABONKE	DINGA	VUKANI	M	38	35-39M	1.30.53	3	0
37	2596	5989	DAVID	VEITCH	TEMP	M	35	35-39M	1.32.07	0	0
38	2438	3602	CHAD	WEWERS	HOLLYWOO	M	33	SM	1.32.16	2	0
39	2592	2146	SLULAMI	JACK	TRANSNET	M	51	50-54M	1.32.32	4	0
40	2351	2715	AMOS	PRAM	MUIRITE	M	50	50-54M	1.33.22	4	0
41	2288	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.33.37	5	0
42	2245	1847	MHLENGI	MAHLABA	HOLLYWOO	M	35	35-39M	1.34.31	2	0
43	2675	1323	SIPHESIHLE	BULOSE	VITALITY	M	38	35-39M	1.34.32	2	0
44	2581	985	CHRISTOFF	PUREN	CHARLO	M	36	35-39M	1.34.45	2	0
45	2248	1707	IAIN	MAUGHAN-BROWN	MADIBA	M	38	35-39M	1.35.11	2	0
46	2412	1849	QAWA	MAJIZA	HOLLYWOO	M	39	35-39M	1.35.15	2	0
47	2378	2746	WILLIAM	ALLEN	TRANSNET	M	27	SM	1.35.59	2	0
48	2165	5865	LULAMA	TSEWU	TEMP	M	30	SM	1.36.06	0	0
49	2429	560	FENANDO	KIEWIETS	RUN4C	M	41	40-44M	1.36.09	2	0
50	2523	5823	JOE	MOOLENSCHOT	TEMP	M	29	SM	1.36.51	0	0
51	2459	1639	VANDRE	NEL	MADIBA	M	41	40-44M	1.37.32	2	0
52	2418	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	1.37.36	3	0
53	2488	2915	ZUKISANI	NJOKWENI	CHILLIEP	M	37	35-39M	1.37.37	2	0
54	2405	420	BOIKANYO	MAKABOLANE	CHILLIEP	M	41	40-44M	1.37.37	2	0
55	2528	3237	BULELANI	MINI	CONTI	M	35	35-39M	1.37.37	0	0
56	2666	3300	THOLAKELE	SITELA	CHEETAHS	M	37	35-39M	1.37.37	0	0
57	2534	2322	XOLANI	NTEYI	VUKANI	M	48	45-49M	1.37.39	3	0
58	2535	2088	GEDDES	GALLANT	SANDFEP	M	60	60-64M	1.37.40	5	0
59	2555	898	PATRIC	MAKWENKWE	CHARLO	M	60	60-64M	1.38.01	5	0
60	2067	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	1.38.12	4	0
61	2270	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	1.38.20	4	23
62	2482	1087	SONWABO	NYANGIWE	ACH	M	59	55-59M	1.38.25	4	0
63	2652	3620	JAIDEN	BOWLER	TEAMVIT	M	19	JM	1.38.33	0	0
64	2267	3057	LUNGISA	MKOSI	VITALITY	M	39	35-39M	1.39.03	2	0
65	2019	2514	TEDDY	PRUSENT	VITALITY	M	38	35-39M	1.39.04	2	0
66	2012	2304	QAQAMBA	MATUNDU	VUKANI	F	28	SF	1.39.28	3	22
67	2498	3573	ANNEMIE	HOLTZHAUSEN	RUN4C	F	40	40-44F	1.39.34	3	21
68	2259	1135	DUONETTE	HOROWITZ	ACH	F	42	40-44F	1.39.45	3	20
69	2249	1943	LUYANDA	NGESI	BLUEBAY	M	34	SM	1.40.42	2	0
70	2343	829	WYNAND	WYNAND	32GI	M	53	50-54M	1.40.46	3	0
71	2591	55	SIMCELILE	SITHEMBU	SAPPE	M	35	35-39M	1.40.52	2	0
72	2414	1209	LIZE	RADEMAYER	ELITEAC	F	33	SF	1.41.01	2	19
73	2685	52150	LUYANDA	NTSOMBOYI	UNKNOWN	M	44	40-44M	1.41.03	0	0
74	2229	1038	PHILLIP	DU PLESSIS	XCEL	M	56	55-59M	1.41.13	3	0

75	2316	852	MARTIN	HARTSLIEF	32GI	M	49	45-49M	1.41.16	2	0
76	2273	2287	LINDIKHAYA	NTEYI	VUKANI	M	47	45-49M	1.41.24	2	0
77	2571	948	DINO	MAGNUS	CHARLO	M	31	SM	1.41.31	2	0
78	2320	3446	SIZWE	RADEBE	CHILLIEP	M	34	SM	1.41.38	2	0
79	2450	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	1.42.08	2	0
80	2336	855	PAULINE	TUNSTEAD	32GI	F	56	55-59F	1.42.20	5	18
81	2533	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	1.42.27	3	17
82	2330	1538	ADRE	STRYDOM	DESPATCH	F	49	45-49F	1.42.29	4	16
83	2352	1416	CHRISTINE	CLAASEN	NEDBANK	F	62	60-64F	1.43.03	5	15
84	2105	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	1.43.16	2	0
85	2616	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.43.22	5	14
86	2504	5804	DENVER	SEARLE	TEMP	M	44	40-44M	1.44.06	0	0
87	2070	1283	URAN	LE ROUX	VWAC	M	59	55-59M	1.44.20	3	0
88	2437	1282	SEBASTIAN	HAARHOFF	VWAC	M	49	45-49M	1.44.20	2	0
89	2472	1395	MICHAEL	MAGSON	NEDBANK	M	50	50-54M	1.44.22	2	0
90	2605	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	1.44.23	2	0
91	2577	1023	BISHO	NOMBEWU	CHARLO	M	60	60-64M	1.45.06	3	0
92	2403	862	JEAN-PERI	REDONA	32GI	M	38	35-39M	1.45.11	2	0
93	2427	3638	KEECHEN	RUITERS	ATLANTIC	M	25	SM	1.45.42	2	0
94	2395	539	SERGIO	PETERSON	RUN4C	M	48	45-49M	1.46.03	2	0
95	2518	5818	DAWID	KEYSER	TEMP	M	47	45-49M	1.46.05	0	0
96	2531	5966	RICHARD	PROHL	TEMP	M	19	JM	1.46.14	0	0
97	2088	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	1.46.56	2	0
98	2308	1062	NICHOLAS	CHAPMAN	ACH	M	54	50-54M	1.46.59	2	0
99	2536	1673	KAREN	BARNARD	MADIBA	F	37	35-39F	1.47.12	2	13
100	2443	2524	ABBIE	MITCHELL	BESTMED	F	19	SF	1.47.15	2	12
101	2541	5741	RYNO	WEYERS	TEMP	M	32	SM	1.47.15	0	0
102	2006	2122	RODNEY	WITBOOI	ATLANTIC	M	55	55-59M	1.47.27	2	0
103	2337	3444	JASON	WILSON	RUN4C	M	47	45-49M	1.47.31	2	0
104	2609	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	1.47.36	2	0
105	2332	148	ABDURAGHMAAN	LILLAH	MALABAR	M	36	35-39M	1.47.51	2	0
106	2387	2426	LUVUYO	BANGAZI	IKHAMVA	M	50	50-54M	1.48.01	2	0
107	2582	957	PIERRE	RENSHAW	CHARLO	M	53	50-54M	1.48.33	2	0
108	2471	1394	DAVERA	MAGSON	NEDBANK	F	51	50-54F	1.48.34	3	11
109	2317	1699	BRENDAN	BOSMAN	MADIBA	M	41	40-44M	1.48.41	2	0
110	2573	952	CINDY	MARAIS	CHARLO	F	49	45-49F	1.48.50	2	10
111	2235	807	ANTON	DU PREEZ	32GI	M	50	50-54M	1.49.04	2	0
112	2199	5899	SINAWO	CABANE	TEMP	M	33	SM	1.49.27	0	0
113	2200	5900	ZUKISANI	MBIZA	TEMP	M	33	SM	1.49.27	0	0
114	2240	1676	ANTHONY	BUTTON	MADIBA	M	64	60-64M	1.49.30	2	0
115	2301	40263	MIA	FOUCHÉ	VITALITY	F	16	JF	1.49.39	2	9
116	2383	791	CHARL	GERBER	32GI	M	50	50-54M	1.49.50	2	0
117	2485	1748	RICHARD	RAMATSASA	GELVAN	M	50	50-54M	1.49.57	2	0
118	2329	732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	1.50.00	0	0
119	2266	1055	JEROME	MAY	XCEL	M	60	60-64M	1.50.19	2	0
120	2516	5816	SIYAMCELA	MBELEKANE	TEMP	M	31	SM	1.50.40	0	0
121	2364	1370	GEORGE	MEYER	NEDBANK	M	53	50-54M	1.50.41	2	0
122	2094	1072	KYLA	MAARTENS	ACH	F	22	SF	1.50.42	2	8
123	2086	3066	WALTER	ZIMBEVA	VITALITY	M	46	45-49M	1.50.44	2	0
124	2680	5975	KIAN	TERBLANCHE	TEMP	M	29	SM	1.50.45	0	0
125	2184	5884	YONELA	NKONZO	TEMP	M	36	35-39M	1.50.59	0	0
126	2368	5578	BIANCA	SCHOONBEE	TEMP	F	23	SF	1.51.03	0	0
127	2307	1619	JUAN	GRIGOR	MADIBA	M	21	SM	1.51.04	1	0
128	2559	890	SIMPHIWE	BLOU	CHARLO	M	54	50-54M	1.51.05	2	0
129	2585	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	1.51.05	2	0
130	2223	1735	BRUCHANE	WILLIAMS	GELVAN	M	40	40-44M	1.51.10	1	0
131	2272	619	DOZ	PHILLIPS	RUN4C	F	54	50-54F	1.51.21	3	7
132	2296	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	1.51.27	2	0
133	2062	1684	MARLON	KOEN	MADIBA	M	39	35-39M	1.51.30	1	0
134	2087	3011	ONKE	TSHOTSHO	VITALITY	M	35	35-39M	1.51.33	1	0
135	2280	2495	JACO	SMITH	JBAY	M	52	50-54M	1.51.34	2	0
136	2519	5819	TREVOR	MUPANDA	TEMP	M	32	SM	1.51.35	0	0
137	2537	5985	SIYABONGA	ZULLU	TEMP	M	31	SM	1.51.37	0	0
138	2349	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	1.51.38	5	6
139	2560	891	DARRYL	CALVERT	CHARLO	M	51	50-54M	1.51.38	2	0
140	2496	659	BRETT	HOLMES	ASPEN	M	52	50-54M	1.51.46	2	0
141	2661	50222	ZENE	GERBER	CHEETAH	F	25	SF	1.51.50	0	0
142	2083	1043	DAVID	BAINS	XCEL	M	60	60-64M	1.51.52	2	0
143	2360	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	1.52.00	3	5
144	2576	887	LYNNE	NEUBERT	CHARLO	F	54	50-54F	1.52.04	3	4
145	2390	1377	ERIC	SINGQOTO	NEDBANK	M	50	50-54M	1.52.06	2	0
146	2684	5980	NTANDAZO	GIJANA	TEMP	M	41	40-44M	1.52.12	0	0
147	2428	552	GEOFFREY	SWARTBOOI	RUN4C	M	50	50-54M	1.52.12	2	0
148	2181	5881	RITAE	ELS	TEMP	F	21	SF	1.52.16	0	0
149	2382	607	LOUIS	MOOLMAN	RUN4C	M	34	SM	1.52.33	1	0
150	2052	1205	ALISON	BOWKER	ELITEAC	F	38	35-39F	1.52.33	2	3

151	2462	1984	AFRIKA	MHLOPHE	ACH	M	48	45-49M	1.52.38	2	0
152	2069	1840	NQOBILE-NOBS	QUPE	HOLLYWOO	F	56	55-59F	1.52.41	3	0
153	2602	5992	TERENCE	GALLANT	TEMP	M	55	55-59M	1.52.45	0	0
154	2449	1683	JERHARD	BURRELL	MADIBA	M	37	35-39M	1.53.09	1	0
155	2478	3312	SOLOMON	TEMBE	VWAC	M	33	SM	1.53.11	1	0
156	2402	449	SIZIBULE	DIBELA	CHILLIEP	F	39	35-39F	1.53.18	2	2
157	2481	114	TAURIQ	HENDRICKS	MALABAR	M	36	35-39M	1.53.29	1	0
158	2091	1597	EDVIN	DONLEY	DESPATCH	M	49	45-49M	1.53.38	1	0
159	2313	1263	8KAHN	LANGFORD	VWAC	M	48	45-49M	1.53.48	1	0
160	2574	911	TANYA	NORRIS	CHARLO	F	42	40-44F	1.53.49	2	1
161	2500	344	ANTON	AUGUST	MUIRITE	M	44	40-44M	1.53.49	1	0
162	2562	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	1.53.49	2	0
163	2670	2303	MZAWUPHELI	NONCEMBU	VUKANI	M	44	40-44M	1.53.55	1	0
164	2545	5745	RICHARD	PARKER	TEMP	M	35	35-39M	1.54.29	0	0
165	2411	3392	SEAN	ROSS	ACH	M	35	35-39M	1.54.29	1	0
166	2681	5976	CHAD	VAN RENSBURG	TEMP	M	26	SM	1.54.30	0	0
167	2120	1731	LEONARD	ERASMUS	GELVAN	M	68	65-69M	1.54.53	2	0
168	2092	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	1.54.59	1	0
169	2214	1010	JAN	VAN EEDEN	NEDBANK	M	68	65-69M	1.55.17	2	0
170	2557	1018	TANIA	BESSINGER	CHARLO	F	49	45-49F	1.55.18	2	0
171	2617	2873	Siyasanga	Diaku	CSEP	F	40	40-44F	1.55.22	2	0
172	2583	1017	JOE	SCHOEMAN	CHARLO	M	46	45-49M	1.55.23	1	0
173	2024	2112	ALLISTER	ARENDS	ATLANTIC	M	42	40-44M	1.55.29	1	0
174	2547	5747	PAKISO	MOEKETSI	TEMP	M	46	45-49M	1.55.33	0	0
175	2190	5890	RAYNARD	VENTER	TEMP	M	17	JM	1.55.44	0	0
176	2659	5917	CLAIRE	VAN DER NEST	TEMP	F	45	45-49F	1.56.20	0	0
177	2236	202	WERNER	MEYER	SAPPE	M	53	50-54M	1.56.24	1	0
178	2146	5846	CHAD	MCLEAN	TEMP	M	28	SM	1.56.25	0	0
179	2564	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.56.33	2	0
180	2370	16314	JIMMY	HEADBUSH	MANONI	M	55	55-59M	1.56.39	0	0
181	2465	3574	MARIO	LOCKEM	RUN4C	M	43	40-44M	1.57.01	1	0
182	2676	50989	ANELISA	MAGAMA	REALGIJ	F	39	35-39F	1.57.03	0	0
183	2309	1762	ASHWELL	JONAS	GELVAN	M	53	50-54M	1.57.04	1	0
184	2469	1696	JANET	VAN NIEKERK	MADIBA	F	50	50-54F	1.57.07	2	0
185	2359	524	FREDERIK	VAN DER WESTHUIZEN	RUN4C	M	33	SM	1.57.13	1	0
186	2436	417	ANDRIES	MSIZA	CHILLIEP	M	53	50-54M	1.57.28	1	0
187	2090	1633	ENRICO	ELS	MADIBA	M	47	45-49M	1.57.30	1	0
188	2014	3100	AKHONA	SOGA	VITALITY	M	31	SM	1.57.33	1	0
189	2484	1529	STÉPHAN	DU PLESSIS	DESPATCH	M	23	SM	1.57.35	1	0
190	2397	3555	VOJTECH	MIKAT	VWAC	M	43	40-44M	1.57.45	1	0
191	2593	347	BRUCE	LE GRANGE	MUIRITE	M	34	SM	1.57.52	1	0
192	2299	125	FUARD	DE JAGER	MALABAR	M	47	45-49M	1.57.53	1	0
193	2572	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	1.58.05	2	0
194	2439	587	KIRSTI	KUHN	RUN4C	F	38	35-39F	1.58.05	1	0
195	2590	2133	DESMOND	MVUNDLELA	TRANSNET	M	45	45-49M	1.58.19	1	0
196	2610	5993	JUSTIN	WEBB	TEMP	M	26	SM	1.58.20	0	0
197	2369	2169	ZUKISA	MBOTO	TRANSNET	M	43	40-44M	1.58.22	1	0
198	2565	1001	KEANO	HITZEROTH	CHARLO	M	26	SM	1.58.24	1	0
199	2404	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	1.58.27	1	0
200	2152	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	1.58.34	2	0
201	2473	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	1.58.39	1	0
202	2491	3494	SIVUYILE	MHLIFILI	HOLLYWOO	M	47	45-49M	1.58.45	1	0
203	2239	1449	MFUNDISI	LUVALO	NEDBANK	M	57	55-59M	1.58.50	1	0
204	2601	5991	LOYISO	MALI	TEMP	M	46	45-49M	1.58.56	0	0
205	2242	1336	DON	CHARLES	NEDBANK	M	77	70+M	1.58.59	2	0
206	2326	1277	DENVER	ELLIE	VWAC	M	46	45-49M	1.59.12	1	0
207	2678	3304	KAYA	MFONO	VITALITY	M	51	50-54M	1.59.19	1	0
208	2499	1145	JOANNE	HOYLE	ACH	F	57	55-59F	1.59.28	2	0
209	2430	5	JAMES	HART	PEAAC	M	52	50-54M	1.59.36	1	0
210	2589	5987	HANNA	DE KOCK	TEMP	F	23	SF	1.59.37	0	0
211	2544	5744	DANI	GARNER	TEMP	F	26	SF	1.59.37	0	0
212	2476	440	SONTO	HORN	CHILLIEP	F	47	45-49F	1.59.52	2	0
213	2423	584	BRE	SLABBERT	RUN4C	M	55	55-59M	1.59.52	1	0
214	2662	3270	MAKAZIWE	TENYANE	CHEETAHS	M	51	50-54M	1.59.54	0	0
215	2290	71	TRISTAN	GEORGE	SAPPE	M	24	SM	1.59.57	1	0
216	2374	1637	CHARL	MEISTRE	MADIBA	M	41	40-44M	2.00.01	1	0
217	2361	1666	JULIA	HOFART	MADIBA	F	43	40-44F	2.00.01	1	0
218	2579	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	2.00.24	2	0
219	2551	5751	ZONGEZILE	DIDIZA	TEMP	M	46	45-49M	2.00.28	0	0
220	2658	3272	MSAWENKOSI	TSHIBILIKA	CHEETAHS	M	43	40-44M	2.00.36	0	0
221	2567	3346	GRANT	HOWARD	CHARLO	M	54	50-54M	2.00.50	1	0
222	2133	5833	JORDAN	LE ROUX	TEMP	M	29	SM	2.00.55	0	0
223	2061	3039	NIKITA	DRURY	VITALITY	F	34	SF	2.00.55	1	0
224	2056	3040	TANYA	BENTLEY	VITALITY	F	33	SF	2.00.55	1	0
225	2384	10326	THAMI	MANXOYI	GUGS	F	55	55-59F	2.01.06	0	0
226	2396	738	MIHLALI	SONDLO	MTHATHA	M	26	SM	2.01.09	0	0

227	2009	505	ANDRIES	COETSEE	RUN4C	M	41	40-44M	2.01.09	1	0
228	2030	3351	DELANIE	NAUDE	VWAC	F	52	50-54F	2.01.13	2	0
229	2524	5824	MIKALE	MULLER	TEMP	M	29	SM	2.01.15	0	0
230	2586	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	2.01.25	1	0
231	2550	5750	RUSSEL-WOOD	MEKI	TEMP	M	41	40-44M	2.01.29	0	0
232	2677	5974	THAPELO	SADIKI	TEMP	M	39	35-39M	2.02.05	0	0
233	2566	880	DAVID	HOLLIS	CHARLO	M	42	40-44M	2.02.13	1	0
234	2379	1959	XOLANI	TEYISE	BLUEBAY	M	44	40-44M	2.02.14	1	0
235	2348	247	STEPHNO	PIETERSE	MUIRITE	M	37	35-39M	2.02.26	1	0
236	2671	1411	ELDRIDGE	VAN NIEKERK	NEDBANK	M	66	65-69M	2.02.27	2	0
237	2509	5809	EMMA	ROODE	TEMP	F	24	SF	2.02.49	0	0
238	2508	5808	EMILY	BLOW	TEMP	F	24	SF	2.02.49	0	0
239	2512	5812	MARYBETH	AUSTIN	TEMP	F	39	35-39F	2.03.19	0	0
240	2285	481	ETHAN	BRUWER	RUN4C	M	20	SM	2.03.23	1	0
241	2262	578	MARLENE	MULVEY	RUN4C	F	48	45-49F	2.03.27	1	0
242	2440	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	2.03.30	1	0
243	2059	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	2.03.31	2	0
244	2444	1645	RORY	RICHTER	MADIBA	M	43	40-44M	2.03.33	1	0
245	2227	1044	ROBERT	JORDAAN	XCEL	M	59	55-59M	2.03.49	1	0
246	2607	50111	ZONGEZILE MASON	MAKREXENI	CHEETAH	M	46	45-49M	2.03.52	0	0
247	2398	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	2.03.55	1	0
248	2195	5895	LWAZI	MAXONGO	TEMP	M	34	SM	2.03.57	0	0
249	2304	1938	MALI	SITHOLE	DULLSTR	F	41	40-44F	2.04.00	0	0
250	2140	5840	JEN	SCHEEPERS	TEMP	F	36	35-39F	2.04.04	0	0
251	2338	1635	DORIS	GERBER	MADIBA	F	55	55-59F	2.04.09	2	0
252	2286	1290	MARTIN	LEWIES	VWAC	M	52	50-54M	2.04.13	1	0
253	2520	5820	SIYANDA	LURWENGU	TEMP	M	38	35-39M	2.04.15	0	0
254	2667	5959	EPHRAIM	NONTIYA	TEMP	M	27	SM	2.04.23	0	0
255	2130	5830	DONNE	BOTHA	TEMP	F	28	SF	2.04.24	0	0
256	2293	1547	MADELEINE	GREYLING	DESPATCH	F	55	55-59F	2.04.31	2	0
257	2419	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	2.04.31	1	0
258	2505	5805	DANZEL	VAN DER MERWE	TEMP	M	30	SM	2.05.05	0	0
259	2060	570	JENNIFER	AH CHONG	RUN4C	F	58	55-59F	2.05.16	2	0
260	2599	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	2.05.18	1	0
261	2101	412	BULELANI	MATENJWA	IKHAMVA	M	45	45-49M	2.05.58	1	0
262	2366	777	STEVEN	GAGIANO	32GI	M	46	45-49M	2.05.59	1	0
263	2365	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	2.05.59	1	0
264	2025	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	2.06.03	1	0
265	2389	485	WANDISILE	BATAYI	RUN4C	M	30	SM	2.06.20	1	0
266	2037	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	2.06.23	1	0
267	2392	1837	XOLA	MBATSHA	HOLLYWOO	M	46	45-49M	2.06.25	1	0
268	2497	658	KELLY	HOLMES	ASPEN	F	49	45-49F	2.06.41	1	0
269	2207	5907	JOSHUA	KOCK	TEMP	M	38	35-39M	2.06.46	0	0
270	2157	5857	MEGAN	MORRIS	TEMP	F	34	SF	2.07.00	0	0
271	2159	5859	LUISA	VINK	TEMP	F	35	35-39F	2.07.00	0	0
272	2431	3035	SIYABONGA	COKILE	VITALITY	M	50	50-54M	2.07.04	1	0
273	2673	684	AXOLA	PAKADE	ASPEN	M	29	SM	2.07.04	1	0
274	2432	2093	KUSELO	NYONGO	SANDF	M	42	40-44M	2.07.06	0	0
275	2549	5749	DANIEL	OLIFANT	TEMP	M	32	SM	2.07.12	0	0
276	2221	2209	VELILE	LUSITI	SIBALEKA	M	37	35-39M	2.07.14	1	0
277	2422	628	CT	JACOBS	ASPEN	M	42	40-44M	2.07.17	1	0
278	2385	1615	STEVE	LAMBRECHTS	DESPATCH	M	43	40-44M	2.07.23	1	0
279	2191	5891	HUBERT	FOURIE	TEMP	M	43	40-44M	2.07.23	0	0
280	2521	5821	MALCOLM	VORSTER	TEMP	M	42	40-44M	2.07.34	0	0
281	2561	788	JAMES	DU TOIT	CHARLO	M	41	40-44M	2.07.38	1	0
282	2020	1609	WILLEMEN	DU RANDT	DESPATCH	F	52	50-54F	2.07.42	1	0
283	2263	699	ROCCO	VERWEY	ASPEN	M	57	55-59M	2.08.01	1	0
284	2284	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	2.08.01	1	0
285	2538	1356	JEROME	MAY	NEDBANK	M	60	60-64M	2.08.07	1	0
286	2467	625	YOLANDA	SIDWABA	ASPEN	F	35	35-39F	2.08.10	1	0
287	2669	1843	LONWABO	MTSHAKE	HOLLYWOO	M	56	55-59M	2.08.11	1	0
288	2287	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	2.08.39	1	0
289	2041	1234	DEWALD	DEYSEL	ELITEAC	M	44	40-44M	2.08.39	1	0
290	2147	5847	NADIA	CLOETE	TEMP	F	33	SF	2.08.49	0	0
291	2007	1701	ADRI	SONNEKUS	MADIBA	F	40	40-44F	2.08.51	1	0
292	2376	3535	NEILL	ROBINSON	VITALITY	M	40	40-44M	2.09.07	1	0
293	2375	3534	ELMAY	ROBINSON	VITALITY	F	37	35-39F	2.09.07	1	0
294	2275	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	2.09.08	1	0
295	2042	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	2.09.10	1	0
296	2318	1698	MEGAN	BOSMAN	MADIBA	F	40	40-44F	2.09.21	1	0
297	2660	5918	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	2.09.38	0	0
298	2005	511	ELRINDA	WANNENBURG	RUN4C	F	45	45-49F	2.09.40	1	0
299	2367	1908	SIAN	HARDING	STFRAN	F	44	40-44F	2.09.48	1	0
300	2043	1232	SONIKA	NEL	ELITEAC	F	26	SF	2.09.52	1	0
301	2116	2583	SAMSU	MAYONDE	BESTMED	M	41	40-44M	2.10.06	1	0
302	2085	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	2.10.13	1	0

303	2179	5879	ILZEMARI	BEYERS	TEMP	F	27	SF	2.10.20	0	0
304	2300	3124	SINOTHANDO	TISO	VITALITY	F	32	SF	2.10.30	1	0
305	2048	1285	WANDA	BANJWA	VWAC	M	39	35-39M	2.10.31	1	0
306	2409	1575	LESLEY-ANN	BUSH	DESPATCH	F	54	50-54F	2.10.43	1	0
307	2209	5909	AVKE	VAN NIEKERK	TEMP	F	27	SF	2.10.44	0	0
308	2194	5894	SONÉ	KOEN	TEMP	F	25	SF	2.10.44	0	0
309	2246	653	CRAIG	WARD	ASPEN	M	49	45-49M	2.10.54	1	0
310	2417	700	KATHERINE	NEL	ASPEN	F	36	35-39F	2.10.54	1	0
311	2415	637	MARK	GODDARD	ASPEN	M	30	SM	2.10.55	1	0
312	2250	13415	BONGANI	PITOYI	DEPTLA	M	51	50-54M	2.11.05	0	0
313	2015	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	62	60-64F	2.11.11	1	0
314	2264	1359	EDWALL	VAN ROOYEN	NEDBANK	M	53	50-54M	2.11.15	1	0
315	2452	1592	CEDRIC	THYSSE	DESPATCH	M	69	65-69M	2.11.17	1	0
316	2458	283	LORENZO	SAMUELS	MUIRITE	M	41	40-44M	2.11.27	1	0
317	2447	514	MONTE	SCHOLTZ	RUN4C	M	65	65-69M	2.11.30	1	0
318	2568	915	JOEL	HUMAN	CHARLO	M	53	50-54M	2.11.34	1	0
319	2588	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	2.11.34	1	0
320	2515	5815	JACQUI	BESTER	TEMP	F	49	45-49F	2.11.45	0	0
321	2274	2388	SYBRAND	KIRSTEN	JBAY	M	57	55-59M	2.11.46	1	0
322	2434	1167	CHLOÉ	CRITCHLOW	EMERIS	F	21	SF	2.11.48	1	0
323	2081	844	JOHAN	JOUBERT	MTHATHA	M	39	35-39M	2.11.54	0	0
324	2563	3348	JACKIE	GROBLER	CHARLO	F	51	50-54F	2.12.01	1	0
325	2556	978	CHRISTOPHER	AYERST	CHARLO	M	59	55-59M	2.12.01	1	0
326	2021	1552	THERESA	OOSTHUIZEN	DESPATCH	F	55	55-59F	2.12.10	1	0
327	2182	5882	SEB	FINESTONE	TEMP	M	32	SM	2.12.13	0	0
328	2312	3060	ROSEMARY	BARON	VITALITY	F	29	SF	2.12.31	1	0
329	2400	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	2.12.32	1	0
330	2055	1429	RIKA	TERBLANCHE	NEDBANK	F	49	45-49F	2.13.07	1	0
331	2189	5889	JORDAN	ERASMUS	TEMP	M	19	JM	2.13.32	0	0
332	2121	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	2.13.45	1	0
333	2215	42	SAM	ERASMUS	SAPPE	M	68	65-69M	2.14.01	1	0
334	2570	1009	MEGAN	LONG	CHARLO	F	41	40-44F	2.14.02	1	0
335	2345	170	THANDEKA	MHLANGA	ACT AC	F	36	35-39F	2.14.06	1	0
336	2196	5896	TAU	TARY	TEMP	M	37	35-39M	2.14.12	0	0
337	2002	1722	RAYMOND	LEIBRANDT	GELVAN	M	63	60-64M	2.14.15	1	0
338	2134	5834	CHANE	VAN DER MESCHT	TEMP	F	25	SF	2.14.18	0	0
339	2034	104	PRASHAAN	RAGA	INFINITY	M	28	SM	2.14.24	1	0
340	2331	103	SANDRIKA	FOURIE	INFINITY	F	28	SF	2.14.24	1	0
341	2289	2500	ASANDA	KAYINGANA	ABSAEP	F	43	40-44F	2.14.28	1	0
342	2442	1617	CHARMAINE	BUTTON	MADIBA	F	62	60-64F	2.14.33	1	0
343	2527	3215	Heathon	Lottering	MUIRITE	M	35	35-39M	2.14.34	1	0
344	2204	5904	CHANTELLE	VAN RENSBURG	TEMP	F	49	45-49F	2.14.39	0	0
345	2205	5905	WERNER	VAN RENSBURG	TEMP	M	49	45-49M	2.14.40	0	0
346	2539	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	2.14.46	1	0
347	2265	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	2.14.48	1	0
348	2315	2317	SINOVUYO	PHOHLONGO	TRANSNET	F	32	SF	2.14.51	1	0
349	2501	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	2.14.58	1	0
350	2341	1675	MARIUS	ZEELIE	MADIBA	M	61	60-64M	2.15.08	1	0
351	2257	85	CHRIS	VAN RENSBURG	SAPPE	M	53	50-54M	2.15.20	1	0
352	2160	5860	WANDA	NKOSI	TEMP	M	45	45-49M	2.15.28	0	0
353	2433	2334	MZOVELE	DLAMINI	VWAC	M	41	40-44M	2.16.06	1	0
354	2167	5867	CURTIS	SAMBOER	TEMP	M	32	SM	2.16.11	0	0
355	2188	5888	HENNIE	VENTER	TEMP	M	57	55-59M	2.16.29	0	0
356	2558	933	SANET	BEZUIDENHOUT	CHARLO	F	38	35-39F	2.16.41	1	0
357	2340	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	2.16.44	1	0
358	2311	391	MLULEKI	RALA	IKHAMVA	M	47	45-49M	2.16.44	1	0
359	2363	3102	MAKHASANE	MAMOTHETI	VITALITY	F	41	40-44F	2.16.44	1	0
360	2394	6576	PHUNYEZWA	NDEVU	SABC	F	60	60-64F	2.16.44	0	0
361	2543	5743	KIRWAN	LUNDALL	TEMP	M	40	40-44M	2.16.45	0	0
362	2615	1297	THANDEKILE	GAXAMBA	VWAC	M	55	55-59M	2.16.45	1	0
363	2522	5822	KAMVA	MTIKITIKI	TEMP	M	25	SM	2.16.47	0	0
364	2401	1042	EUGENE	VAN WYK	XCEL	M	55	55-59M	2.16.50	1	0
365	2230	1040	NIGEL	DANIELS	XCEL	M	51	50-54M	2.16.51	1	0
366	2598	1045	SHAUN	COETZEE	XCEL	M	57	55-59M	2.16.53	1	0
367	2466	3235	MARITZA	HANEKOM	CITYC	F	44	40-44F	2.17.01	1	0
368	2314	1264	LAVINIA	PIETERSE	VWAC	F	51	50-54F	2.17.09	1	0
369	2325	1629	ARINDA	NORRIS	MADIBA	F	37	35-39F	2.17.11	1	0
370	2109	3071	GRACE	MPETE	VITAL	F	45	45-49F	2.17.26	0	0
371	2407	2344	SIDWELL	MATINYANE	VUKANI	M	61	60-64M	2.17.33	1	0
372	2457	2951	JOEL	MOLLER	ALBANY	M	36	35-39M	2.17.35	1	0
373	2399	1689	SILKE	BOTHA	MADIBA	F	29	SF	2.17.57	1	0
374	2344	2958	ZENANDE	MABINI	SAPPE	M	30	SM	2.18.24	1	0
375	2611	5994	ZUKISANI	BOTHA	TEMP	M	42	40-44M	2.18.39	0	0
376	2028	189	OMPHILE	TSOMOKO	SAPPE	M	36	35-39M	2.18.56	1	0
377	2324	2067	LUDWE	SOBELE	HOLLYWOO	M	38	35-39M	2.19.00	1	0
378	2486	12284	PATRICIA	PHAKA	VITALITY	F	43	40-44F	2.19.07	1	0

379	2371	1920	NOZBELE	MBETHE	BLUEBAY	F	51	50-54F	2.19.23	1	0
380	2033	3275	BONISWA	ZONDANIE	CHEETHAS	F	42	40-44F	2.19.47	0	0
381	2225	123	SIHAAM	ALLISON	MALABAR	F	41	40-44F	2.19.48	1	0
382	2231	1767	KEITH	SEZOE	GELVAN	M	56	55-59M	2.20.03	1	0
383	2321	2616	JABU	BAM	BESTMED	M	41	40-44M	2.20.14	1	0
384	2548	5748	SINOVUYO	PAMA	TEMP	M	32	SM	2.20.24	0	0
385	2161	5861	JUAN-PIERRE	DESCHAMPS	TEMP	M	35	35-39M	2.20.29	0	0
386	2158	5858	MORGAN	MORRIS	TEMP	M	35	35-39M	2.20.31	0	0
387	2674	5962	VUYANI	KUSE	TEMP	M	40	40-44M	2.20.34	0	0
388	2653	5930	LAMLANI	DAWETI	TEMP	M	29	SM	2.20.38	0	0
389	2258	735	JUANITA	BRINK	KIMBH	F	48	45-49F	2.20.39	0	0
390	2580	889	PETER	POHLMANN	CHARLO	M	63	60-64M	2.21.22	1	0
391	2148	5848	LUCA	DE BRUIJN	TEMP	F	25	SF	2.21.37	0	0
392	2480	859	KAYLEE	MARX	32GI	F	30	SF	2.21.37	1	0
393	2172	5872	ASHLEY	DERBYSHIRE	TEMP	M	39	35-39M	2.21.41	0	0
394	2327	1349	SIMPHIWE	NTLANTI	NEDBANK	M	45	45-49M	2.21.54	1	0
395	2322	570	ANDILE	TOFILE	SAPSTR	M	49	45-49M	2.21.54	0	0
396	2279	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	2.21.55	1	0
397	2502	5802	AVIWE	MAPUMA	TEMP	M	25	SM	2.21.59	0	0
398	2058	3365	EVERTON	JAFTHA	MUIRITE	M	40	40-44M	2.21.59	1	0
399	2587	1011	CORNE	VOSLOO	CHARLO	M	47	45-49M	2.22.07	1	0
400	2413	2712	SONETTE	WAGENAAR	KOWIE	F	56	55-59F	2.22.08	1	0
401	2654	1914	SUZETTE	BOTHA	BLUEBAY	F	60	60-64F	2.22.10	1	0
402	2655	1913	ANDRE	BOTHA	BLUEBAY	M	62	60-64M	2.22.10	1	0
403	2388	512	ANSIE	BENADE	RUN4C	F	67	65-69F	2.22.43	1	0
404	2117	1553	MINIQUE	VAN TONDER	DESPATCH	F	20	SF	2.22.53	1	0
405	2682	5977	LAAIQ	SALIE	TEMP	M	24	SM	2.23.19	0	0
406	2082	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	2.23.30	1	0
407	2474	1601	ANIZE	GERBER	DESPATCH	F	53	50-54F	2.23.37	1	0
408	2665	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	2.23.40	1	0
409	2441	1548	TYLO	GERBER	DESPATCH	F	20	SF	2.23.40	1	0
410	2355	1565	BONITA	WEITSZ	DESPATCH	F	54	50-54F	2.23.41	1	0
411	2578	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	2.23.46	1	0
412	2163	5863	CALLAN	HECTOR	TEMP	M	18	JM	2.23.54	0	0
413	2150	5850	VINCENT	VAN STADEN	TEMP	M	42	40-44M	2.23.55	0	0
414	2197	5897	MICHELLE	BLOM	TEMP	F	49	45-49F	2.24.03	0	0
415	2208	5908	LISA	RANDALL	TEMP	F	46	45-49F	2.24.03	0	0
416	2298	3038	MELISSA	SWANEPOEL	RUN4C	F	38	35-39F	2.24.07	1	0
417	2276	1857	GAVEN	MATLI	HOLLYWOO	M	37	35-39M	2.24.19	1	0
418	2461	2505	SIPHOKAZI	TILI	BESTMED	F	47	45-49F	2.24.24	1	0
419	2540	5986	BETH	HECHTER	TEMP	F	49	45-49F	2.24.26	0	0
420	2333	1828	ASHLEY	MATEO	HOLLYWOO	F	30	SF	2.24.26	1	0
421	2193	5893	SHANE	HEYNES	TEMP	M	23	SM	2.24.41	0	0
422	2032	40010	ISABELLA	JONSON	RUN4C	F	17	JF	2.24.42	1	0
423	2044	15	EMMERENCHIA	SLABBERT	PEAAC	F	53	50-54F	2.24.47	1	0
424	2420	3126	SISA	ZAZA	VITALITY	M	33	SM	2.24.51	1	0
425	2416	2603	JOHANN	VAN DER MERWE	BESTMED	M	62	60-64M	2.24.58	1	0
426	2542	5742	JOSH	SAPTOE	TEMP	M	26	SM	2.25.02	0	0
427	2460	2816	XHANTI	MANTSHIYO	ABSAEP	M	59	55-59M	2.25.04	1	0
428	2026	3125	LEANNE	LE ROUX	VITALITY	F	48	45-49F	2.25.04	1	0
429	2406	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	56	55-59F	2.25.35	1	0
430	2118	1582	MARINET	VAN TONDER	DESPATCH	F	48	45-49F	2.25.35	1	0
431	2507	5807	SINGALAKHA	JADEZWENI	TEMP	M	32	SM	2.25.36	0	0
432	2004	541	ULRICH	NIEUWOUDT	RUN4C	M	31	SM	2.25.42	1	0
433	2018	3026	ZAKIYYA	LAHER	VITALITY	F	42	40-44F	2.25.48	1	0
434	2606	15692	LUSANDA	MABHEKA	THAND	F	34	SF	2.26.18	0	0
435	2175	5875	LIYEMA	JACOBS	TEMP	M	25	SM	2.26.19	0	0
436	2213	5913	KOENA	HEADBUSH	TEMP	M	48	45-49M	2.26.22	0	0
437	2169	5869	GENEE	PHILLIPS	TEMP	F	26	SF	2.26.30	0	0
438	2254	1267	ANAND	NAIDOO	VWAC	M	56	55-59M	2.26.30	1	0
439	2177	5877	LUCAS	BANZI	TEMP	M	34	SM	2.26.32	0	0
440	2386	1708	JOHAN	PRETORIUS	MADIBA	M	52	50-54M	2.26.46	1	0
441	2110	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	2.26.59	1	0
442	2139	5839	ELMIEN	SHARP	TEMP	F	53	50-54F	2.27.21	0	0
443	2138	5838	HELEN	VAN DER WESTHUIZEN	TEMP	F	46	45-49F	2.27.21	0	0
444	2253	3572	MARY-ANNE	STOTT	RUN4C	F	48	45-49F	2.27.55	1	0
445	2210	5910	KIRSTY	BARNES	TEMP	F	38	35-39F	2.28.11	0	0
446	2584	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	2.28.25	1	0
447	2107	1994	HAIG	SMUTS	WALMER	M	32	SM	2.28.36	1	0
448	2510	5810	ROXANNE	HECHTER	TEMP	F	41	40-44F	2.28.40	0	0
449	2119	1445	NOYISE	LUVALO	NEDBANK	F	46	45-49F	2.29.00	1	0
450	2506	5806	DEWANDRE'	CASSELS	TEMP	M	44	40-44M	2.29.13	0	0
451	2104	3115	WALTER	STRONACH	VITALITY	M	36	35-39M	2.29.15	1	0
452	2347	263	SHERILEE	PIETERSE	MUIRITE	F	36	35-39F	2.29.21	1	0
453	2187	5887	NADIA	HOSKIN	TEMP	F	40	40-44F	2.29.45	0	0
454	2377	1382	CHARMELL	KOOPMAN	NEDBANK	F	46	45-49F	2.29.51	1	0

455	2089	2399	RINA	BOTES	JBAY	F	56	55-59F	2.30.06	1	0
456	2095	5478	NDU	DLAMINI	RAF	M	43	40-44M	2.30.07	0	0
457	2470	450	SIHLE	QWEMESHA	CHILLIEP	F	32	SF	2.30.09	1	0
458	2468	575	JACKIE	ELOFF	RUN4C	F	54	50-54F	2.30.18	1	0
459	2679	2917	Thulani	Gwana	CSEP	M	47	45-49M	2.30.25	1	0
460	2492	3213	LEIGH	DANIELL	MUIRITE	F	21	SF	2.30.28	1	0
461	2281	2497	SHONA	SMITH	JBAY	F	54	50-54F	2.30.35	1	0
462	2297	3236	RIAANA	BOUWER	CONTI	F	50	50-54F	2.30.35	0	0
463	2063	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	39	35-39F	2.30.43	1	0
464	2656	1915	TAMSYN	BOTHA	BLUEBAY	F	31	SF	2.30.56	1	0
465	2261	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	2.31.15	1	0
466	2252	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	2.31.15	1	0
467	2100	3068	NTOMBIZINE	MTANDA	VITALITY	F	50	50-54F	2.32.25	1	0
468	2098	3406	MIRANDA	COGGER	BIGBEAR	F	49	45-49F	2.32.50	0	0
469	2668	2111	GEROME	MINTOOR	ATLANTIC	M	59	55-59M	2.33.07	1	0
470	2111	1251	FEZEKILE	BHUSAKWE	CONTI	M	36	35-39M	2.34.17	0	0
471	2421	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	2.34.25	1	0
472	2424	590	LIANI	KEMP	RUN4C	F	27	SF	2.34.26	1	0
473	2022	3074	BANDILE	GWAMANDA	VITALITY	M	56	55-59M	2.34.30	1	0
474	2103	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	2.34.54	1	0
475	2243	562	JUDITH	NIENABER	RUN4C	F	66	65-69F	2.35.35	1	0
476	2477	2568	MANDISI	MTSHUBUNGU	BESTMED	M	44	40-44M	2.35.39	1	0
477	2202	5902	RIAN	NEL	TEMP	M	44	40-44M	2.35.40	0	0
478	2354	346	LEANDRE	STRUMPHER	MUIRITE	F	43	40-44F	2.35.42	1	0
479	2651	5552	CHRISTOPHER	NJIKELANA	TEMP	M	56	55-59M	2.35.50	0	0
480	2079	843	LEEANN	JOUBERT	MTHATHA	F	35	35-39F	2.35.57	0	0
481	2256	5852	SIMONE	THOMPSON	TEMP	F	44	40-44F	2.36.15	0	0
482	2255	5851	ROCH	THOMPSON	TEMP	M	39	35-39M	2.36.15	0	0
483	2372	1932	THABO	HEADBUSH	BLUEBAY	M	56	55-59M	2.36.19	1	0
484	2046	38	TEMBA	PEZISA	SIBALEKA	M	60	60-64M	2.36.29	1	0
485	2171	5871	TAMERYN	DE JESUS SCHLUTER	TEMP	F	32	SF	2.36.29	0	0
486	2168	5868	ASHLEY	TAAI	TEMP	M	31	SM	2.36.36	0	0
487	2080	3286	YOLANDE	STANDER	VITALITY	F	38	35-39F	2.36.38	1	0
488	2335	864	KAYLEIGH	HILL	32GI	F	25	SF	2.36.47	1	0
489	2357	663	LUTHO	NOMBEMBE	ASPEN	M	33	SM	2.37.45	1	0
490	2003	2601	ROCHELLE	THORNE	Bestmed	F	56	55-59F	2.38.20	1	0
491	2198	5898	KRISTEN	VAN ROOYEN	TEMP	F	23	SF	2.38.35	0	0
492	2132	5832	SASHKEA	ROBSON	TEMP	F	22	SF	2.38.35	0	0
493	2106	1996	CARMIA	SMUTS	WALMER	F	30	SF	2.38.56	1	0
494	2113	8399	KELETSO	SEMELA	RWFL	F	55	55-59F	2.39.29	1	0
495	2162	5862	MESHAAN	NAIDOO	TEMP	M	29	SM	2.39.53	0	0
496	2513	5813	INECE	KAYSER	TEMP	F	58	55-59F	2.39.57	0	0
497	2183	5883	GERALD	MS	TEMP	M	56	55-59M	2.40.13	0	0
498	2176	5876	ATHENKOSI	NGEMBE	TEMP	F	34	SF	2.40.24	0	0
499	2453	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	2.40.27	1	0
500	2128	3114	VUKOSI	MALULEKE	VITALITY	M	30	SM	2.40.45	1	0
501	2108	1995	LYNETTE	SMUTS	WALMER	F	60	60-64F	2.40.48	1	0
502	2038	2265	NKOSANA	BUKANI	VUKANI	M	45	45-49M	2.40.49	1	0
503	2135	5835	WAYNE	CHERRY	TEMP	M	54	50-54M	2.41.18	0	0
504	2546	5746	ROSE	LOLO	TEMP	F	31	SF	2.41.32	0	0
505	2074	3036	NANDIPHA	MYELEYELE	VITALITY	F	38	35-39F	2.41.34	1	0
506	2247	50039	BABALWA	NOMPUKANE	QOKOL	F	44	40-44F	2.41.41	0	0
507	2525	2300	ANDILE	BOVUNGANA	VUKANI	M	59	55-59M	2.41.41	1	0
508	2232	3271	NOLITHA	TSHENTU	CHEETAHS	F	46	45-49F	2.42.08	0	0
509	2511	5811	ZIPHOZHLE	CEZA	TEMP	M	35	35-39M	2.42.13	0	0
510	2001	935	BRENTON	SCHNETLER	CHARLO	M	52	50-54M	2.42.35	1	0
511	2435	13778	TAMARA	SELEPE	SANDFWP	F	39	35-39F	2.42.49	0	0
512	2283	2222	NOMBULELO	NDZUZO	SIBALEKA	F	46	45-49F	2.42.51	1	0
513	2490	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	2.42.51	1	0
514	2149	5849	SANDY	JOOSTE	TEMP	F	64	60-64F	2.42.53	0	0
515	2180	5880	CHUMA	CUBA	TEMP	M	25	SM	2.43.25	0	0
516	2155	5855	ESETHU	TSHOMELA	TEMP	F	26	SF	2.43.25	0	0
517	2683	5978	NANDIPHA	TYHALI	TEMP	F	29	SF	2.44.35	0	0
518	2302	3619	CHRISTOPHER	TEMBO	CSEP	M	49	45-49M	2.45.15	1	0
519	2342	848	UNATHI	MBALI	REALGIJ	F	37	35-39F	2.45.19	0	0
520	2131	5831	WERNER	VILJOEN	TEMP	M	27	SM	2.45.40	0	0
521	2122	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	2.45.53	1	0
522	2303	1973	LUNGILE	SITHOLE	VITALITY	F	35	35-39F	2.46.00	1	0
523	2050	2201	NOCAWE	MDAZUKA-DLANI	SIBALEKA	F	42	40-44F	2.46.05	1	0
524	2027	478	NOMAZIBUKO	STOUT	RUN4C	F	43	40-44F	2.46.54	1	0
525	2017	2556	SANDISWA	MASWANA	BESTMED	F	45	45-49F	2.47.05	1	0
526	2039	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	2.47.14	1	0
527	2664	2307	VUYOKAZI	NGALO	VUKANI	F	45	45-49F	2.47.44	1	0
528	2346	1761	JASON	LE ROUX	GELVAN	M	30	SM	2.48.25	1	0
529	2045	2212	ZIMKITHA	DAYI SIBANGELA	SIBALEKA	F	41	40-44F	2.48.36	1	0
530	2608	2809	SIMANGELE	SKOSANA	ABSAEP	F	46	45-49F	2.48.36	1	0

531	2141	5841	SINOXOLO	RULULU	TEMP	F	36	35-39F	2.49.48	0	0
532	2064	2799	PORTIA	NQAYI	ABSAEP	F	39	35-39F	2.50.09	1	0
533	2451	2182	NANGAMSO	NABE	TRANSNET	F	38	35-39F	2.51.18	1	0
534	2410	3453	AFIKILE	GIYOSE	SIBALEKA	M	29	SM	2.51.39	1	0
535	2203	5903	SHANE	MYBURGH	TEMP	M	29	SM	2.52.04	0	0
536	2517	5817	MATSEPO	VIWE KOYI	TEMP	F	32	SF	2.54.03	0	0
537	2356	1759	TASNEEM	DE MAINE	GELVAN	F	36	35-39F	2.54.41	1	0
538	2066	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	2.55.02	1	0
539	2391	3281	SIPHOKAZI	TOTO	CHILLIEP	F	34	SF	2.55.15	1	0
540	2353	300	ANDRE	STRUMPHER	MUIRITE	M	43	40-44M	2.56.26	1	0
541	2212	5912	IPELENG	TSHUKUDU	TEMP	F	27	SF	2.56.37	0	0
542	2078	568	DOMINIQUE	JACKSON	RUN4C	F	24	SF	2.56.50	1	0
543	2077	597	ALICIA	ELS	RUN4C	F	47	45-49F	2.56.51	1	0
544	2186	5886	ANELA	MHLAHLO	TEMP	F	24	SF	2.57.29	0	0
545	2612	2248	NONKULULEKO	MTHEMBU	SIBALEKA	F	43	40-44F	2.57.42	1	0
546	2569	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	2.57.51	1	0
547	2136	5836	ACWENGILE	MADLANGA	TEMP	F	29	SF	2.59.45	0	0
548	2446	1877	OLERATO	DINAKE	HOLLYWOO	F	27	SF	3.00.10	1	0
549	2552	5752	LITHEMBA	MAXENGANA	TEMP	M	25	SM	3.00.19	0	0
550	2594	295	MALIZA	JOOSTE	MUIRITE	F	32	SF	3.01.00	1	0
551	2057	682	DIKELEDI	RAMOROKA	ASPEN	F	43	40-44F	3.01.23	1	0
552	2047	2538	SHAUN	RAMROOP	BESTMED	M	59	55-59M	3.02.50	1	0
553	2269	2643	KWAKHONA	BOCO	BESTMED	F	29	SF	3.05.15	1	0
554	2271	50376	MANKGOANA	MOSISILI	ESKOM	F	33	SF	3.06.53	0	0
555	2494	1294	SIYA	MTEMBU	VWAC	M	39	35-39M	3.08.14	1	0
556	2381	1196	JOHANI	VERMEULEN	ELITEAC	F	49	45-49F	3.09.10	1	0
557	2380	1190	CRAIG	BRADLEY	ELITEAC	M	44	40-44M	3.12.29	1	0
558	2112	5972	ASIPHE	MBUKUQWA	TEMP	F	30	SF	3.12.58	0	0
559	2663	5954	NOSIPHIWO	MUREITHI	TEMP	F	45	45-49F	3.12.58	0	0
560	2292	2200	NOMVUYO	MCINGANA	SIBALEKA	F	45	45-49F	3.14.17	1	0
561	2487	608	PENNY	OLWAGE	RUN4C	F	53	50-54F	3.16.13	1	0
562	2358	604	SIMONE	DEYSEL	RUN4C	F	34	SF	3.16.17	1	0
563	2170	5870	MICHAELA	BUTT	TEMP	F	26	SF	3.16.40	0	0
564	2222	3603	MPO	NOMPALWENI	SIBALEKA	M	43	40-44M	3.18.32	1	0
565	2408	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	3.19.28	1	0
566	2295	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	3.21.05	1	0
567	2294	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	3.21.05	1	0
568	2220	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	3.21.05	1	0
569	2600	2221	TUMEKA	XENTSA	SIBALEKA	F	43	40-44F	3.26.44	1	0
HELPERS RUN											
H01	2701	H01	NYASHA	MUKANDI	CRUSADE	M	34	SM	1.23.08	4	0
H02	2702	H02	NICHOLAS	MOOLMAN	CRUSADE	M	37	35-39M	1.31.22	3	0
H03	2703	H03	GAVIN	ROGERS	CRUSADE	M	62	60-64M	1.50.11	2	0
H04	2704	H04	LEYDEN	KIECK	CRUSADE	M	24	SM	1.50.11	1	0
H05	2705	H05	LITHA	DINGELA	CRUSADE	M	22	SM	1.50.35	1	0
H06	2706	H06	WILLIE	ELS	CRUSADE	M	50	50-54M	1.50.40	2	0
H07	2707	H07	ALEX	DU TOIT	CRUSADE	M	61	60-64M	1.54.09	2	0
H08	2708	H08	MEGAN	ELS	CRUSADE	F	41	40-44F	2.02.22	1	0
H09	2709	H09	TAMMY	MOOLMAN	TEMP	F	36	35-39F	2.04.09	0	0
H10	2710	H10	CHRISTOPHER	MOOLMAN	CRUSADE	M	37	35-39M	2.04.15	1	0
H11	2711	H11	SUE	SCOTT	CRUSADE	F	61	60-64F	2.04.15	2	0
H12	2712	H12	SUNE	DIEDERICKS	CRUSADE	F	55	55-59F	2.07.35	1	0
H13	2713	H13	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	2.07.46	1	0
H14	2714	H14	JAPIE	JANSE VAN RENSBURG	CRUSADE	M	39	35-39M	2.10.05	1	0
H15	2715	H15	ANGELA	ROGERS	CRUSADE	F	57	55-59F	2.16.39	1	0
H16	2716	H16	PATRICK	SEDDON	CRUSADE	M	63	60-64M	2.24.51	1	0
H17	2717	H17	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	2.25.46	1	0
H18	2718	H18	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	2.25.46	1	0
H19	2719	H19	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	2.28.27	1	0
H20	2720	H20	SAM	DU TOIT	CRUSADE	F	57	55-59F	2.32.08	1	0
H21	2721	H21	NICOLE	BOUCHER	CRUSADE	F	41	40-44F	2.43.37	1	0
H22	2722	H22	PLACXEDES	NDHLOVU	CRUSADE	F	52	50-54F	2.45.30	1	0
H23	2723	H23	ANNELIE	WILSON	CRUSADE	F	46	45-49F	2.45.30	1	0
H24	2724	H24	YONELA	JUBASE	CRUSADE	F	33	SF	3.23.48	1	0