NMB CHOOSE TO CHALLENGE BAYWEST MALL 10KM - GQEBERHA - 2026/08/01											
POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	468	404	CWENGA	NOSE	PHANTANE	M	25	SM	0.29.27	0	0
2	589	50827	KEANU	DOMINGO	TUKKIES	M	24	SM	0.29.39	0	0
3	1	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	0.30.05	5	25
4	2	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.30.06	5	24
5	4	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.30.29	5	23
6	3	40016	THANDOLWETHU	MATSALO	IKHAMVA	M	19	JM	0.30.50	5	22
7	661	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.31.06	5	21
8	817	3388	TAWANDA	CHIKOTI	CHILLIEP	M	37	35-39M	0.31.52	5	20
9	192	1499	OYAMA	NTANTISO	NEDBANK	M	21	SM	0.31.55	5	19
10	662	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.31.59	5	18
11	715	2149	XOLISA	NDLUMBINI	TRANSNET	M	44	40-44M	0.32.15	5	17
12	919	40402	ENDINAKO	JOLA	MOTHER	M	17	JM	0.32.19	5	16
13	8	379	SEMIHLE	BEDA	IKHAMVA	M	19	SM	0.32.28	5	15
14	186	1392	ZOLANI	MABONGO	NEDBANK	M	40	40-44M	0.32.31	5	14
15	61	2266	KHAYA	GQWETHA	VUKANI	M	41	40-44M	0.32.42	5	13
16	831	40370	CHRISTIANO	BROWN	TEMP	M	18	JM	0.32.47	0	0
17	658	1065	GIFT	CHIGOMARAWA	ACH	M	38	35-39M	0.32.50	5	12
18	11	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.32.53	5	11
19	650	1156	KEANU	WELCH	EMERIS	M	21	SM	0.33.08	5	10
20	655	40143	AGCOBILE	JEZILE	ACH	M	17	JM	0.33.13	5	9
21	464	828	SINETHEMBA	JILINGISI	REALGIJ	M	23	SM	0.33.19	0	0
22	812	3387	ARCHIE	ZAKE	CHILLIEP	M	26	SM	0.33.37	5	8
23	740	40171	ANTON	AVENATHI	SIBALEKA	M	19	JM	0.33.51	5	7
24	187	1460	MZOLISI	MAKHANDA	NEDBANK	M	43	40-44M	0.33.54	5	6
25	719	502	RODNEY	PRINS	RUN4C	M	37	35-39M	0.34.09	5	5
26	5	1338	SIBAHLE	MAQWARA	IKHAMVA	M	24	SM	0.34.11	5	4
27	875	280	ANELE	KHALIPA	MUIRITE	M	37	35-39M	0.34.18	5	3
28	929	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	0.34.31	5	2
29	514	413	MASIXOLE	NTLOKO	IKHAMVA	M	36	35-39M	0.34.36	5	1
30	431	374	LUKHANYISO	JAVAVU	IKHAMVA	M	42	40-44M	0.34.37	5	0
31	816	3385	TAKUNDA	MUBARE	CHILLIEP	M	18	JM	0.34.44	5	0
32	47	2210	THEMBELANI	MBENENGE	SIBALEKA	M	31	SM	0.35.11	5	0
33	188	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.35.29	5	0
34	743	40173	SINAWO	APRIL	ACH	M	17	JM	0.35.35	5	0
35	1905	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.35.37	5	0
36	391	611	JENIEL	ZANA	RUN4C	M	31	SM	0.35.44	5	0
37	619	1242	GCOBANI	BEKWAPI	ELITEAC	M	47	45-49M	0.36.05	5	0
38	6	356	LUYANDA	TSHANGANA	IKHAMVA	M	43	40-44M	0.36.05	5	0
39	241	2804	SAZISO	PANGINDAWO	ABSAEP	M	44	40-44M	0.36.07	5	0
40	18	1335	ANELE	MALIZA	NEDBANK	M	48	45-49M	0.36.10	5	0
41	195	376	REUBEN	STANDER	IKHAMVA	M	23	SM	0.36.12	4	0
42	7	8	LUSAPHO	APRIL	IKHAMVA	M	44	40-44M	0.36.15	5	0
43	12	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	0.36.16	5	0
44	746	1106	SIPHESIHLE	SOFUTE	ACH	M	30	SM	0.36.16	4	0
45	103	40043	LIQHAWE	MKAYO	ATLANTIC	M	17	JM	0.36.29	4	0
46	197	1455	MILA	PASIYA	NEDBANK	M	46	45-49M	0.36.44	5	0
47	1236	5236	VUYOLWETHU	GQOBOKA	TEMP	M	26	SM	0.36.51	0	0
48	718	613	JORAN	FORTUIN	RUN4C	M	21	SM	0.36.59	4	0
49	620	1191	NOEL	ADAMS	ELITEAC	M	54	50-54M	0.37.04	5	0
50	898	3898	SIPHUMLE	MKETO	TEMP	M	23	SM	0.37.24	0	0
51	268	40183	SENZO	NDZOTOYI	SIBALEKA	M	17	JM	0.37.27	4	0
52	334	40206	ONGEZWA	XATA	VWAC	M	18	JM	0.37.28	4	0
53	744	2059	YUSUF	ARENDSE	ACH	M	41	40-44M	0.37.37	5	0
54	1082	5082	HLUMELO	SHONGWE	TEMP	M	17	JM	0.37.42	0	0

55	15	1406	REFELOE	SOLOMONS	NEDBANK	F	45	45-49F	0.37.42	5	25
56	878	1871	SAPHO	NKATA	HOLLYWOO	M	49	45-49M	0.37.43	5	0
57	906	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	0.37.46	5	0
58	14	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	0.37.58	5	24
59	1895	400	LEBOHANG	SENTI	IKHAMVA	M	39	35-39M	0.38.02	4	0
60	158	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	0.38.13	4	0
61	706	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	0.38.17	5	0
62	879	2991	MZAMO	VILI	HOLLYWOO	M	20	SM	0.38.17	3	0
63	16	40091	DESNAY	O'GRADY	IKHAMVA	F	15	JF	0.38.19	5	23
64	193	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.38.23	4	0
65	479	42026	MVELO	POTI	TEAMVITC	M	17	JM	0.38.31	0	0
66	767	40300	LIAM	WESTRAADT	CHARLO	M	15	JM	1.38.00	1	0
67	10	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	0.38.46	5	0
68	1893	9557	SIPHESIHLE	BULOSE	TEAMVIT	M	38	35-39M	0.38.47	0	0
69	356	1334	GAVIN	THORNE	NEDBANK	M	45	45-49M	0.38.49	5	0
70	1507	1503	LUVUYO	DYANI	NEDBANK	M	56	55-59M	0.38.51	5	0
71	784	2524	ABBIE	MITCHELL	BESTMED	F	19	SF	0.38.56	5	22
72	503	2795	ROGER	MIGGELS	ATLANTIC	M	33	SM	0.39.05	3	0
73	724	1105	MARK	FRASER	ACH	M	32	SM	0.39.08	3	0
74	234	2895	SANELE	SAM	CSEP	M	33	SM	0.39.18	3	0
75	455	1849	QAWE	MAJIZA	HOLLYWOO	M	39	35-39M	0.39.24	3	0
76	52	2263	BABONKE	DINGA	VUKANI	M	38	35-39M	0.39.32	3	0
77	811	3383	ALUTA	MASELE	CHILLIEP	M	24	SM	0.39.40	3	0
78	222	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	0.39.42	5	0
79	577	3219	MZOLI	MPALALA	HOLLY	M	64	60-64M	0.39.53	0	0
80	933	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	0.39.53	3	0
81	1148	5148	ELRICH	JANTJIES	TEMP	M	25	SM	0.39.54	0	0
82	729	2146	SLULAMI	JACK	TRANSNET	M	51	50-54M	0.39.58	5	0
83	578	1110	HASSAN	NDZAKANA	NEDBOR	M	57	55-59M	0.40.03	0	0
84	347	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	0.40.04	4	0
85	351	2900	SABELO	MELITAFA	CSEP	M	47	45-49M	0.40.06	5	0
86	660	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.40.12	5	0
87	659	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	0.40.19	4	0
88	1676	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.40.24	3	0
89	1356		SONWABO	MBANGO	TEMP	M	29	SM	0.40.25	0	0
90	1004	5004	LETSIRI	SAMUEL	TEMP	M	35	35-39M	0.40.35	0	0
91	677	3051	SIYABONGA	TUNZI	SAPPE	M	42	40-44M	0.40.38	3	0
92	683	2283	MADODA	BAMBALAZA	VUKANI	M	43	40-44M	0.40.40	3	0
93	1775	993	THEMBEKILE	MSIPA	CHARLO	M	52	50-54M	0.40.41	5	0
94	1242	5242	MEYRICK	MURCH	TEMP	M	31	SM	0.40.44	0	0
95	202	40543	CODY	BOUCHER	CRUSADE	M	17	JM	0.40.51	3	0
96	393	2065	QHAWE	TSHAYINGWE	HOLLYWOO	M	26	SM	0.41.00	3	0
97	491	40469	PETER	YAMKELA	ATLANTIC	M	17	JM	0.41.01	3	0
98	17	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	60	60-64M	0.41.19	5	0
99	1114	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	0.41.28	5	0
100	1162	5162	DANIEL	O'GRADY	TEMP	M	44	40-44M	0.41.40	0	0
101	510	1642	NICO	SMITH	MADIBA	M	41	40-44M	0.41.42	3	0
102	1550	1639	VANDRE	NEL	MADIBA	M	41	40-44M	0.41.42	3	0
103	580	2790	TANDUXOLO	MAFENUKA	VITALITY	M	29	SM	0.41.51	2	0
104	1361		COLE	ADAMS	TEMP	M	26	SM	0.41.53	0	0
105	749	2511	KADER	ABDULLA	BESTMED	M	49	45-49M	0.42.05	3	0
106	553	560	FENANDO	KIEWIETS	RUN4C	M	41	40-44M	0.42.13	3	0
107	825		MANDLA	AFRICA	BLUEBAY	M	24	SM	0.42.18	2	0
108	408	844	THERESA	BUCHNER	32GI	F	41	40-44F	0.42.22	5	21
109	225	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	0.42.24	3	0
110	910	1357	MBUYISELI	SITENGE	NEDBANK	M	47	45-49M	0.42.26	3	0

111	201	40542	BLAKE	BOUCHER	CRUSADE	M	14	JM	0.42.35	2	0
112	699	40305	KYLIE	DORFLING	NEDBANK	F	14	JF	0.42.44	3	20
113	206	1398	JEN	JONSSON	NEDBANK	F	39	35-39F	0.42.47	4	19
114	854		NICHOLAS	KAUNDA	TEMP	M	31	SM	0.42.50	0	0
115	874	40494	ASIVE	SOLOMON	MUIRITE	M	15	JM	0.42.51	2	0
116	274	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	0.42.53	2	0
117	938	1441	MARTIN	JANSEN	NEDBANK	M	58	55-59M	0.42.57	5	0
118	579	2791	STITHIAN	THOMAS	VITALITY	M	32	SM	0.43.03	2	0
119	768	1292	THEMBINKOSI	STOKWE	VWAC	M	48	45-49M	0.43.05	3	0
120	398	539	SERGIO	PETERSON	RUN4C	M	48	45-49M	0.43.10	3	0
121	1924	4853	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	0.43.13	0	0
122	864	1909	LAURA	KENT	STFRAN	F	35	35-39F	0.43.13	4	0
123	710	2188	AYABONGA	TSHUNGWANA	TRANSNET	M	32	SM	0.43.22	2	0
124	818	3392	SEAN	ROSS	ACH	M	35	35-39M	0.43.25	2	0
125	927	4020	ALZANEDRIO	WILLEMS	TEMP	M	16	JM	0.43.28	0	0
126	838		JO	MOOLENSCHOT	TEMP	M	29	SM	0.43.29	0	0
127	939	939	ANNEMIE	HOLTZHAUSEN	TEMP	F	40	40-44F	0.43.32	0	0
128	1276		KUHLE	JOBELA	TEMP	M	32	SM	0.43.37	0	0
129	1773	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	0.43.40	2	0
130	497	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	0.43.43	4	18
131	880	2185	DANNY	HARTZENBERG	TRANSNET	M	49	45-49M	0.43.44	3	0
132	71	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	0.43.44	3	0
133	637	3325	THEMBILE	TSHAKAZA	SANDF	M	36	35-39M	0.43.46	2	0
134	1268	1268	KHAGALETHU	GANA	TEMP	M	40	40-44M	0.43.46	0	0
135	1771	898	PATRIC	MAKWENKWE	CHARLO	M	60	60-64M	0.43.47	5	0
136	747	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	0.43.49	5	0
137	419	2514	TEDDY	PRUSENT	VITALITY	M	38	35-39M	0.43.51	2	0
138	212	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	0.43.51	2	0
139	159	2122	RODNEY	WITBOOI	ATLANTIC	M	55	55-59M	0.43.58	4	0
140	570	3287	BANELE	BLAAUW	VITALITY	M	32	SM	0.44.02	2	0
141	720	3491	LUNGISA	JACOBS	VUKANI	M	43	40-44M	0.44.06	2	0
142	441	40071	CONNOR	BIRD	ELITEAC	M	15	JM	0.44.08	2	0
143	770	757	LITHALETHU	DINGELA	CRUSADE	M	22	SM	0.44.15	2	0
144	629	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	0.44.23	5	0
145	739	1345	DERRICK	DUBASE	NEDBANK	M	52	50-54M	0.44.23	3	0
146	278	1630	SEBASTIAN	KLEU	MADIBA	M	50	50-54M	0.44.23	3	0
147	364	1069	WAYNE	MITCHELL	ACH	M	53	50-54M	0.44.25	3	0
148	405	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	0.44.28	3	0
149	1925	1389	BABALO	MAKALIMA	NEDBANK	M	43	40-44M	0.44.34	2	0
150	606	138	NAASIR	LOUIS	MALABAR	M	29	SM	0.44.39	2	0
151	642	425	SIYABONGA	ZULU	CHILLIEP	M	44	40-44M	0.44.41	2	0
152	813	3488	BEATRICE	CHATORA	CHILLIEP	F	24	SF	0.44.41	3	17
153	1502	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.44.47	3	0
154	566	829	WYNAND	DU PREEZ	32GI	M	53	50-54M	0.44.54	3	0
155	380	78	LINDEN	NZEZA	SAPPE	M	42	40-44M	0.44.54	2	0
156	76	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	0.44.55	2	0
157	1310		ALULUTO	MKIVA	TEMP	M	19	SM	0.45.03	0	0
158	800	49	PHIL	BRADLEY	SAPPE	M	43	40-44M	0.45.05	2	0
159	602	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	0.45.05	3	16
160	42	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.45.07	5	0
161	1769	948	DINO	MAGNUS	CHARLO	M	31	SM	0.45.11	2	0
162	888	976	WARREN	BAARTZES	CHARLO	M	56	55-59M	0.45.13	4	0
163	511	1827	PRINCE	PHILLIPS	HOLLYWOO	M	62	60-64M	0.45.17	5	0
164	411	1469	MARGIE	SAUNDERS	NEDBANK	F	72	70+F	0.45.17	5	15
165	829	3517	ANDREW	PORTER	ACH	M	54	50-54M	0.45.19	3	0
166	1772	952	CINDY	MARAIS	CHARLO	F	49	45-49F	0.45.29	5	14

167	835	380	MBOLEKWA	MAYILA	IKHAMVA	M	47	45-49M	0.45.33	2	0
168	955	2551	AIDEN	ENGELBRECHT	Bestmed	M	17	JM	0.45.40	2	0
169	959	959	KIAN	TERBLANCHE	TEMP	M	29	SM	0.45.44	0	0
170	745	40507	LONWABO	NONDLWANA	ACH	M	15	JM	0.45.53	2	0
171	930	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.45.56	2	0
172	1225	5225	SIBUSISO	THEMBANI	TEMP	M	31	SM	0.45.59	0	0
173	99	2304	QAQAMBA	MATUNDU	VUKANI	F	28	SF	0.45.59	2	13
174	448	40189	MOHAMMED	BABOO	MALABAR	M	16	JM	0.46.08	2	0
175	1774	1022	Reegan	Meyer	CHARLO	M	20	SM	0.46.09	2	0
176	279	2518	BASHEER	ENSAL	BESTMED	M	23	SM	0.46.09	2	0
177	1197	5197	DARREN	WHITE	TEMP	M	35	35-39M	0.46.13	0	0
178	777	1957	HENRY	PIENAAR	BLUEBAY	M	55	55-59M	0.46.15	3	0
179	1531	1283	URAN	LE ROUX	VWAC	M	59	55-59M	0.46.18	3	0
180	375	2329	ANELE	CHARLIE	VITALITY	M	27	SM	0.46.21	2	0
181	213	2880	CECIL	CLAASSEN	CSEP	M	34	SM	0.46.21	2	0
182	179	3890	SIVE	SLOTI	TEMP	M	26	SM	0.46.21	0	0
183	789	1055	JEROME	MAY	XCEL	M	60	60-64M	0.46.21	4	0
184	94	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	28	SM	0.46.21	2	0
185	383	1751	SAAMIIER	ABRAHAMS	GELVAN	M	55	55-59M	0.46.25	3	0
186	654	1113	ROGER	TRADER	ACH	M	72	70+M	0.46.27	5	0
187	1797	908	KAYLA	VAN RENSBURG	CHARLO	F	32	SF	0.46.32	2	12
188	243	2287	LINDIKHAYA	NTEYI	VUKANI	M	47	45-49M	0.46.32	2	0
189	796	545	RUHAN	VAN RENSBURG	RUN4C	M	34	SM	0.46.33	2	0
190	283	2150	KHANGELANI	HALOM	TRANSNET	M	44	40-44M	0.46.35	2	0
191	1050	5050	ADMIRE	NQOBILE	TEMP	M	24	SM	0.46.40	0	0
192	13	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.46.40	5	11
193	125	1734	DENVER	PETERSEN	GELVAN	M	42	40-44M	0.46.45	2	0
194	1133	5133	NTANDAZO	GIJANA	TEMP	M	40	40-44M	0.46.50	0	0
195	1794	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	0.46.52	2	0
196	525	270	ANDREW	JONAS	MUIRITE	M	62	60-64M	0.46.55	4	0
197	148	3011	ONKE	TSHOTSHO	VITALITY	M	35	35-39M	0.46.59	2	0
198	1891	2883	TSHOI	LEKALAKE	CSEP	M	36	35-39M	0.47.02	2	0
199	1909	417	PETER	MSIZA	CHILLIEP	M	53	50-54M	0.47.09	2	0
200	115	824	KEVIN	NEFDT	32GI	M	39	35-39M	0.47.09	2	0
201	764	1114	MILES	HOLLINS	ACH	M	53	50-54M	0.47.16	2	0
202	688	1282	SEBASTIAN	HAARHOFF	VWAC	M	49	45-49M	0.47.19	2	0
203	1109	5109	SYLVESTER	FELKERS	TEMP	M	48	45-49M	0.47.20	0	0
204	712	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	0.47.20	3	0
205	716	1129	MARK	MOMBERG	ACH	M	53	50-54M	0.47.23	2	0
206	947	394	BRUCE	LE GRANGE	ACH	M	33	SM	0.47.23	2	0
207	671	791	CHARL	GERBER	32GI	M	49	45-49M	0.47.25	2	0
208	518	2108	BERNICE	NEL	HEATAC	F	38	35-39F	0.47.26	2	10
209	1239	5239	MARCO	WILLIAMS	TEMP	M	32	SM	0.47.32	0	0
210	105	2316	KHAHLISO	NTLALE	CHILLIEP	M	39	35-39M	0.47.37	2	0
211	1778	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.47.38	3	9
212	1320		VUNENE	NKUNA	TEMP	M	22	SM	0.47.38	0	0
213	625	532	JUDY	GERBER	RUN4C	F	60	60-64F	0.47.40	5	8
214	275	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	0.47.40	2	7
215	171	3882	AYANDA	MHLAMBISO	TEMP	M	36	35-39M	0.47.40	0	0
216	1180	5180	ENVER	VOGEL	TEMP	M	34	SM	0.47.43	0	0
217	1130	5130	MAYIZOLE	MPOTULO	TEMP	M	39	35-39M	0.47.45	0	0
218	827	1590	ANNEKE	MOORE	DESPATCH	F	42	40-44F	0.47.49	2	6
219	523	1597	EDVIN	DONLEY	DESPATCH	M	49	45-49M	0.47.49	2	0
220	170	3881	RUFARO	MHLAMBISO	TEMP	M	33	SM	0.47.53	0	0
221	428	3012	MARC	MAHAMBEHLALA	VITALITY	M	35	35-39M	0.47.56	2	0
222	191	1347	LUVUYO	STEPHEN	NEDBANK	M	56	55-59M	0.47.57	3	0

223	836		ERIC	SINGQOTO	NEDBANK	M	50	50-54M	0.47.58	2	0
224	775	607	LOUIS	MOOLMAN	RUN4C	M	34	SM	0.47.58	2	0
225	1291		MELVILLE	VAN RAYNER	TEMP	M	61	60-64M	0.48.04	0	0
226	792	1428	MARIETTE	HATTINGH	NEDBANK	F	60	60-64F	0.48.06	5	5
227	582	3100	AKHONA	SOGA	VITALITY	M	31	SM	0.48.06	2	0
228	1214	5214	LUKHANYO	MVUNELWA	TEMP	M	31	SM	0.48.07	0	0
229	1330		KHANYISO	BLOU	TEMP	M	29	SM	0.48.07	0	0
230	870	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	0.48.07	5	0
231	242	174	VIWE	TEKO	ACT AC	M	28	SM	0.48.13	2	0
232	245	169	UNATHI	MELENI	ACT AC	M	31	SM	0.48.13	2	0
233	1700	55	SIMCELILE	SITHEMBU	SAPPE	M	35	35-39M	0.48.14	2	0
234	317	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.48.18	2	0
235	564	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	0.48.19	2	0
236	675	344	ANTON	AUGUST	MUIRITE	M	43	40-44M	0.48.23	2	0
237	641	40092	RENEL	BILLSON	JBAY	F	15	JF	0.48.24	2	0
238	298	3037	SANDISO	NGWENYA	VITALITY	F	32	SF	0.48.26	2	4
239	585	1852	MVULELI	MAGAWULANA	HOLLYWOO	M	49	45-49M	0.48.26	2	0
240	1099	5099	THABANG	MOPEDI	TEMP	M	35	35-39M	0.48.30	0	0
241	798	1085	LUNGISA	NGQINA	SAPPE	M	40	40-44M	0.48.32	2	0
242	194	375	MARIUS	STANDER	IKHAMVA	M	58	55-59M	0.48.34	2	0
243	663	144	AHMAD	KADER	MALABAR	M	38	35-39M	0.48.40	2	0
244	610	621	KIRWIN	DE KLERK	ASPEN	M	44	40-44M	0.48.42	2	0
245	1230	5230	LESLEY	STARBUCK	TEMP	M	39	35-39M	0.48.44	0	0
246	430	2207	MZIMHLE	TSHOTHO	MTHATHA	M	41	40-44M	0.48.47	0	0
247	39	1887	DEBRA	CHRISTY	NEDBANK	F	62	60-64F	0.48.47	5	3
248	783	1799	KR	COLEMAN	GELVAN	M	30	SM	0.48.51	2	0
249	1899	4918	TRISTAN	HOWARD	TEMP	F	31	SF	0.48.52	0	0
250	1312		WAYNE	BENN	TEMP	M	37	35-39M	0.48.54	0	0
251	345	71	TRISTAN	GEORGE	SAPPE	M	24	SM	0.49.00	2	0
252	1898	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	0.49.02	2	0
253	533	1072	KYLA	MAARTENS	ACH	F	22	SF	0.49.11	2	2
254	608	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	0.49.13	2	1
255	943	943	JAYDEN	CRAUSE	TEMP	M	19	JM	0.49.16	0	0
256	942	1465	HENRY	CRAUSE	NEDBANK	M	43	40-44M	0.49.17	2	0
257	563	2964	LONWABO	JAHO	KOMANI	M	36	35-39M	0.49.17	0	0
258	883	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.49.17	3	0
259	98	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.49.17	2	0
260	370	732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	0.49.20	0	0
261	208	3081	WESLEY	SHERMAN	VITALITY	M	34	SM	0.49.22	1	0
262	1745	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	0.49.24	2	0
263	692	673	TIMOTHY	WILLIAMS	ASPEN	M	41	40-44M	0.49.30	2	0
264	1284		BONGANI	MKETSHANE	TEMP	M	38	35-39M	0.49.31	0	0
265	444	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.49.34	2	0
266	707	1200	JANINE	WHITTAL	32GI	F	45	45-49F	0.49.35	2	0
267	416	2495	JACO	SMITH	JBAY	M	52	50-54M	0.49.36	2	0
268	725	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	0.49.38	3	0
269	956	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	0.49.39	1	0
270	562	619	DOZ	PHILLIPS	RUN4C	F	54	50-54F	0.49.39	3	0
271	1363		THEMBINKOSI	NDLANGANA	TEMP	M	51	50-54M	0.49.39	0	0
272	1294		NKOSIVUMILE	YEKWAYO	TEMP	M	39	35-39M	0.49.40	0	0
273	569	3179	DANIELLE	BRITO	32GI	F	43	40-44F	0.49.41	2	0
274	1295		ENSLIN	VAN DER BROOK	TEMP	M	36	35-39M	0.49.41	0	0
275	755	2590	STEPHAN	HANCKE	BESTMED	M	20	SM	0.49.46	1	0
276	496	1061	DEWALD	STEENKAMP	ACH	M	41	40-44M	0.49.49	2	0
277	685	1145	JOANNE	HOYLE	ACH	F	57	55-59F	0.49.51	4	0
278	501	4332	PHILLIP	MITCHELL	TEMP	M	15	JM	0.49.53	0	0

279	362	363	MNQWENO	TYOKOLO	IKHAMVA	M	43	40-44M	0.50.01	2	0
280	819	1905	FRANS	LOOTS	STFRAN	M	70	70+M	0.50.03	4	0
281	839		LUVUYO	SMITH	TEMP	M	37	35-39M	0.50.04	0	0
282	1576	5028	THAPELO	SADIKI	TEMP	M	38	35-39M	0.50.04	0	0
283	1374	1374	JARYD	DAVIES	TEMP	M	35	35-39M	0.50.06	0	0
284	695	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.50.06	2	0
285	470	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	39	35-39M	0.50.07	1	0
286	1177	5177	SISANDA	MANXOYI	TEMP	M	14	JM	0.50.09	0	0
287	1315		SITHEMBISO	MATIWANE	TEMP	M	35	35-39M	0.50.11	0	0
288	762	792	JACO	ROOS	32GI	M	38	35-39M	0.50.13	1	0
289	384	3336	VUYO	MAKEBA	ALBANY	M	59	55-59M	0.50.16	2	0
290	1785	991	GREGORY	ROSS	CHARLO	M	53	50-54M	0.50.20	2	0
291	634	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	0.50.24	4	0
292	1248		LARA	PRAGNELL	TEMP	F	35	35-39F	0.50.24	0	0
293	181	3892	DANZEL	VAN DER MERWE	TEMP	M	30	SM	0.50.28	0	0
294	814	3391	MQASHANE	KUHLE	CHILLIEP	F	22	SF	0.50.28	2	0
295	848		SISEKO	TSHAKA	TEMP	M	26	SM	0.50.31	0	0
296	407	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	0.50.31	3	0
297	367	462	ZINE	MAKAULA	CHILLIEP	F	40	40-44F	0.50.32	2	0
298	946	4494	ROBIN	VENTER	TEMP	M	49	45-49M	0.50.33	0	0
299	314	3099	MARCEL	ABRAHAMS	VITALITY	M	35	35-39M	0.50.35	1	0
300	498	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	0.50.36	2	0
301	402	679	YAMKELA	QOMIYANA	ASPEN	M	30	SM	0.50.36	1	0
302	890	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	0.50.39	2	0
303	1084	5084	STANFORD	NDLOVU	TEMP	M	32	SM	0.50.40	0	0
304	1786	1017	JOE	SCHOEMAN	CHARLO	M	46	45-49M	0.50.40	2	0
305	1176	5176	MSEKI	MAPONONO	TEMP	M	30	SM	0.50.41	0	0
306	291	2878	LONWABO	FONGO	CSEP	M	39	35-39M	0.50.45	1	0
307	1117	5117	RICARDO	JACKSON	TEMP	M	41	40-44M	0.50.46	0	0
308	1770	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	0.50.52	2	0
309	200	983	PETER	VENTER	CHARLO	M	45	45-49M	0.50.55	2	0
310	643	2133	DESMOND	MVUNDLELA	TRANSNET	M	45	45-49M	0.50.59	2	0
311	750	1529	STÉPHAN	DU PLESSIS	DESPATCH	M	23	SM	0.51.00	1	0
312	633	1778	DUSTIN	LALA	GELVAN	M	38	35-39M	0.51.01	1	0
313	1279		LOGAN	HOLMES	TEMP	M	27	SM	0.51.02	0	0
314	1362		SASHEN	NAIDOO	TEMP	M	27	SM	0.51.04	0	0
315	546	989	ANELISA	MAGAMA	REALGIJ	F	39	35-39F	0.51.04	0	0
316	1311		IZETTE	BENN	TEMP	F	37	35-39F	0.51.05	0	0
317	235	2906	Siyabonga	Namba	CSEP	M	37	35-39M	0.51.09	1	0
318	1083	5083	SINETHEMBA	YOTSI	TEMP	M	32	SM	0.51.09	0	0
319	1135	5135	VOJTECH	MIKAT	TEMP	M	42	40-44M	0.51.12	0	0
320	130	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	0.51.13	1	0
321	1327		RUAAN	WATSON	TEMP	M	29	SM	0.51.13	0	0
322	190	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	0.51.15	2	0
323	689	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.51.18	2	0
324	495	2901	LINDA	DLAMINI	CSEP	M	42	40-44M	0.51.21	1	0
325	233	449	SIZIBULE	DIBELA	CHILLIEP	F	39	35-39F	0.51.21	2	0
326	1341		ELROY	SINGH	TEMP	M	39	35-39M	0.51.25	0	0
327	482	1043	DAVID	BAINS	XCEL	M	60	60-64M	0.51.26	2	0
328	329	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	0.51.35	2	0
329	443	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	0.51.36	2	0
330	734	3444	JASON	WILSON	RUN4C	M	47	45-49M	0.51.37	2	0
331	751	1703	JAIME	ALCOCK	MADIBA	F	24	SF	0.51.41	2	0
332	1776	887	LYNNE	NEUBERT	CHARLO	F	54	50-54F	0.51.46	2	0
333	676	1837	XOLA	MBATSHA	HOLLYWOO	M	46	45-49M	0.51.47	1	0
334	774	1853	DUMA	MZILENI	HOLLYWOO	M	47	45-49M	0.51.47	1	0

335	853		BRETT	KENT	TEMP	M	35	35-39M	0.51.48	0	0
336	581	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	0.51.49	1	0
337	1057	5057	KAYA	NEGUS-BULLOCK	TEMP	F	28	SF	0.51.52	0	0
338	223	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	0.51.55	1	0
339	469	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.52.04	2	0
340	1926	40310	Ruan	Els	CRUSADE	M	14	JM	0.52.04	1	0
341	834	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	0.52.05	1	0
342	1749	1001	KEANO	HITZEROTH	CHARLO	M	26	SM	0.52.06	1	0
343	1798	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.52.07	2	0
344	830	485	WANDISILE	BATAYI	RUN4C	M	30	SM	0.52.08	1	0
345	499	327	ELWIN	WOODS	MUIRITE	M	62	60-64M	0.52.11	2	0
346	246	2874	VUYISILE	DELIWE	CSEP	M	51	50-54M	0.52.19	2	0
347	1536	1754	SHAFIEK	RASDIEN	GELVAN	M	54	50-54M	0.52.21	2	0
348	1545	4846	JOSH	HALL	TEMP	M	28	SM	0.52.22	0	0
349	1224	5224	NATHAN	GOLIATH	TEMP	M	29	SM	0.52.24	0	0
350	466	1336	DON	CHARLES	NEDBANK	M	77	70+M	0.52.25	3	0
351	226	2502	LINCOLN	JANSEN	BESTMED	M	36	35-39M	0.52.29	1	0
352	551	1832	GODFREY	JACOBS	HOLLYWOO	M	42	40-44M	0.52.32	1	0
353	295	1205	ALISON	BOWKER	ELITEAC	F	38	35-39F	0.52.33	2	0
354	129	1309	GERALD	PIETERSEN	VWAC	M	46	45-49M	0.52.37	1	0
355	670	1666	JULIA	HOFART	MADIBA	F	43	40-44F	0.52.42	2	0
356	379	1637	CHARL	MEISTRE	MADIBA	M	41	40-44M	0.52.42	1	0
357	301	104	PRASHAAN	RAGA	INFINITY	M	28	SM	0.52.44	1	0
358	1906	103	SANDRIKA	FOURIE	INFINITY	F	28	SF	0.52.44	1	0
359	1766	937	KIJANA	LARSEN	CHARLO	F	26	SF	0.52.45	1	0
360	568	3180	BRETT	BRITO	32GI	M	50	50-54M	0.52.47	1	0
361	1078	5078	BRIAN	MARKS	TEMP	M	55	55-59M	0.52.47	0	0
362	535	1635	DORIS	GERBER	MADIBA	F	55	55-59F	0.52.52	3	0
363	320	40073	STACEY	DE RIDDER	ELITEAC	F	17	JF	0.52.59	1	0
364	894	982	CHARLES	CORBY	CHARLO	M	55	55-59M	0.53.00	2	0
365	667	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	0.53.00	4	0
366	680	2892	ERIC	MOENG	CSEP	M	55	55-59M	0.53.01	2	0
367	1900	556	ARTHUR	WILLIAMS	RUN4C	M	63	60-64M	0.53.01	2	0
368	1273		JARED	DE DONCKER	TEMP	M	25	SM	0.53.10	0	0
369	371	1872	BIANCA	NAUDE	QH	F	40	40-44F	0.53.12	0	0
370	403	3465	NWABISA	NGCINGWANA	CHILLIEP	F	42	40-44F	0.53.13	2	0
371	1095	5095	YONELA	CHELESI	TEMP	F	32	SF	0.53.16	0	0
372	198	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	0.53.18	2	0
373	548	1259	SIYABULELA	RELU	VWAC	M	49	45-49M	0.53.18	1	0
374	82	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	0.53.20	1	0
375	302	2888	LUTHANDO	NOMTOTO	CSEP	M	40	40-44M	0.53.21	1	0
376	1598	4849	SEAN	LACEY	TEMP	M	55	55-59M	0.53.23	0	0
377	1254		JARRYD	HÖPPNER	TEMP	M	17	JM	0.53.26	0	0
378	318	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.53.27	2	0
379	1534	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	0.53.31	1	0
380	1160	5160	KARLI	GREYLING	TEMP	F	24	SF	0.53.31	0	0
381	1552	1913	ANDRE	BOTHA	BLUEBAY	M	62	60-64M	0.53.33	2	0
382	797	3106	ANDISWA	JELE	VITALITY	F	36	35-39F	0.53.33	1	0
383	613	1272	JEREMY	SCOTT	VWAC	M	55	55-59M	0.53.33	2	0
384	1028	2875	BONGA	MBIZELA	CSEP	M	43	40-44M	0.53.34	1	0
385	41	1777	ROLAND	DACE	GELVAN	M	71	70+M	0.53.35	2	0
386	626	595	MARISKA	KRUGER	RUN4C	F	48	45-49F	0.53.35	2	0
387	788	2513	ERIN	BROMLEY-GANS	BESTMED	F	39	35-39F	0.53.38	1	0
388	1318		CHRISTINE	WIENAND	TEMP	F	47	45-49F	0.53.39	0	0
389	1796	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	0.53.40	1	0
390	1913	2726	PAUL	JOHNSON	BODYCON	M	58	55-59M	0.53.44	2	0

391	64	40045	KEISHA	HARKER	ATLANTIC	F	15	JF	0.53.45	1	0
392	1701	1705	JOHN	FREWEN	MADIBA	M	64	60-64M	0.53.45	2	0
393	1762	915	JOEL	HUMAN	CHARLO	M	53	50-54M	0.53.51	1	0
394	872	1083	ALAN	TAYLOR	ACH	M	69	65-69M	0.53.51	2	0
395	1164	5164	PAUL	CLOETE	TEMP	M	34	SM	0.53.51	0	0
396	711	1592	CEDRIC	THYSSE	DESPATCH	M	69	65-69M	0.53.52	2	0
397	1163	5163	NADIA	CLOETE	TEMP	F	33	SF	0.53.52	0	0
398	453	1374	LUYOLO	DYUBHELE	NEDBANK	M	33	SM	0.53.54	1	0
399	820	2431	CHRISTELLE	BLUME	JBAY	F	58	55-59F	0.54.04	2	0
400	852		JOSEPH	BAIN	CSEP	M	66	65-69M	0.54.07	2	0
401	1079	5079	SIPHELELE	MCHOBOKI	TEMP	M	38	35-39M	0.54.11	0	0
402	84	3125	LEANNE	LE ROUX	VITALITY	F	48	45-49F	0.54.11	2	0
403	153	3288	ANDRE	VILJOEN	ACH	M	71	70+M	0.54.11	2	0
404	451	1088	PERCY	DALTON	ACH	M	78	70+M	0.54.12	2	0
405	950	4630	GERRIT	MEYER	TEMP	M	39	35-39M	0.54.19	0	0
406	1104	5104	MIGNON	JOUBERT	TEMP	F	16	JF	0.54.21	0	0
407	953	4640	ZOLA	NGWEKAZI	TEMP	M	53	50-54M	0.54.27	0	0
408	1902	4920	NKOSITHETHILE	SOKHANYILE	TEMP	M	51	50-54M	0.54.29	0	0
409	272	2286	BONKE	GOYI	VUKANI	M	38	35-39M	0.54.37	1	0
410	439	3030	TRACY	PAGE	VITALITY	F	49	45-49F	0.54.37	2	0
411	572	730	SUNE	DIEDERICKS	CRUSADE	F	55	55-59F	0.54.38	2	0
412	1303		LISA	ACHILLEOS	TEMP	F	36	35-39F	0.54.38	0	0
413	1215	5215	YENZEKILE	MDODANA	TEMP	F	34	SF	0.54.45	0	0
414	459	570	JENNIFER	AH CHONG	RUN4C	F	58	55-59F	0.54.48	2	0
415	54	42	SAM	ERASMUS	SAPPE	M	68	65-69M	0.54.48	2	0
416	1178	5178	RYNO	LAUBSCHER	TEMP	M	38	35-39M	0.54.50	0	0
417	1373	1373	ROGER	STEELE	TEMP	M	68	65-69M	0.54.51	0	0
418	276	1346	KALLIE	KLINKENBURG	NEDBANK	M	42	40-44M	0.54.52	1	0
419	1265		SHAHIED	LOUIS	TEMP	M	58	55-59M	0.54.53	0	0
420	1100	5100	STEFAN	SCHUBERT	TEMP	M	22	SM	0.54.57	0	0
421	891	967	MIKE	BURGER	CHARLO	M	67	65-69M	0.54.59	2	0
422	856		FADEELAH	DAVIDS	TEMP	F	42	40-44F	0.55.01	0	0
423	678	2818	THABISO	NGCONGO	ABSAEP	M	27	SM	0.55.01	1	0
424	390	578	MARLENE	MULVEY	RUN4C	F	48	45-49F	0.55.02	1	0
425	517	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	0.55.05	1	0
426	1001	5001	MAWETHU	SIDLAYI	TEMP	M	33	SM	0.55.09	0	0
427	1615	1418	MTHOKOZISI	KHULU	TEAMVIT	M	37	35-39M	0.55.10	0	0
428	260	3060	ROSEMARY	BARON	VITALITY	F	29	SF	0.55.11	1	0
429	494	482	DANE	BRAND	RUN4C	M	35	35-39M	0.55.14	1	0
430	388	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	0.55.15	1	0
431	550	1714	HANSIE	ELS	MADIBA	M	78	70+M	0.55.17	2	0
432	752	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	0.55.23	2	0
433	1622	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	0.55.25	1	0
434	703	2733	IVO	MEYER	BODYCON	M	51	50-54M	0.55.26	1	0
435	236	684	AXOLA	PAKADE	ASPEN	M	29	SM	0.55.26	1	0
436	722	1846	SIMO	NKANYUZA	HOLLYWOO	M	39	35-39M	0.55.26	1	0
437	668	391	MLULEKI	RALA	IKHAMVA	M	47	45-49M	0.55.26	1	0
438	161	424	LUTHANDO	YIBE	CHILLIEP	M	45	45-49M	0.55.27	1	0
439	284	2748	SEAN	BUTLER	BODYCON	M	33	SM	0.55.27	1	0
440	652	700	KATHERINE	NEL	ASPEN	F	36	35-39F	0.55.31	1	0
441	630	584	BRENDON	SLABBERT	RUN4C	M	55	55-59M	0.55.32	1	0
442	782	2517	MACAKATI	INGA	TITAN	F	36	35-39F	0.55.35	0	0
443	1922	112	AMEER	ENSAL	MALABAR	M	51	50-54M	0.55.38	1	0
444	1314		ANLE	DIEDERICKS	TEMP	F	27	SF	0.55.39	0	0
445	558	862	JEAN-PERI	REDOÑA	32GI	M	38	35-39M	0.55.39	1	0
446	1259		NONTEMBEKO	NYONI	TEMP	F	36	35-39F	0.55.39	0	0

447	761	866	MICHA	CRONJE	32GI	F	36	35-39F	0.55.40	1	0
448	513	777	STEVEN	GAGIANO	32GI	M	45	45-49M	0.55.40	1	0
449	512	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	0.55.40	1	0
450	1209	5209	JULIANO	WATSON	TEMP	M	33	SM	0.55.46	0	0
451	756	265	KAYLA	VERMAAK	MUIRITE	F	24	SF	0.55.47	1	0
452	1321		RUSSEL-WOOD	MEKI	TEMP	M	41	40-44M	0.55.48	0	0
453	256	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	0.55.48	1	0
454	628	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	0.55.50	2	0
455	684	3461	KAITLYN	WOODS	BIGBEAR	F	25	SF	0.55.50	1	0
456	267	72	KANYISA	MAYAYA	SAPPE	F	39	35-39F	0.55.54	1	0
457	544	484	MARYKA	MEYER	RUN4C	F	31	SF	0.55.58	1	0
458	543	483	MARISA	MEYER	RUN4C	F	31	SF	0.55.59	1	0
459	616	3493	SIFISO	MASALEGUBA	HOLLYWOO	M	33	SM	0.56.05	1	0
460	889	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.56.06	2	0
461	1210	5210	KAREN	WATSON	TEMP	F	34	SF	0.56.06	0	0
462	515	1142	SAMANTHA	MUKHEIBIR	ACH	F	48	45-49F	0.56.08	1	0
463	252	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.56.08	2	0
464	30	610	DELANO	BASSON	RUN4C	M	52	50-54M	0.56.09	1	0
465	287	1234	DEWALD	DEYSEL	ELITEAC	M	44	40-44M	0.56.18	1	0
466	442	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	0.56.19	2	0
467	141	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.56.19	1	0
468	795	2981	SISANDA	NOGALAWE	CHILLIEP	F	28	SF	0.56.20	1	0
469	176	3887	ISHAAQ	PHILLIPS	TEMP	M	28	SM	0.56.24	0	0
470	366	81	NOMANDLA	LUNGUZA	SAPPE	F	50	50-54F	0.56.25	1	0
471	1076	5076	ZANELE	KWAYIMANI	TEMP	F	36	35-39F	0.56.27	0	0
472	70	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.56.29	1	0
473	1103	5103	ESMÉ	JOUBERT	TEMP	F	45	45-49F	0.56.29	0	0
474	385	1366	NATALIE	DIL	NEDBANK	F	56	55-59F	0.56.31	2	0
475	791	1479	JOHAN	HATTINGH	NEDBANK	M	59	55-59M	0.56.37	1	0
476	352	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	0.56.38	2	0
477	726	2537	IVAN	MOSES	BESTMED	M	64	60-64M	0.56.39	1	0
478	483	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	0.56.41	1	0
479	266	2814	NOSIZWE	CEKISO	ABSAEP	F	38	35-39F	0.56.45	1	0
480	1127	5127	MATTHEW	CURRIN	TEMP	M	30	SM	0.56.46	0	0
481	335	350	MARIUS	ROACH	MUIRITE	M	33	SM	0.56.47	1	0
482	932	3047	NOMKE	MABIZELA	VITALITY	M	43	40-44M	0.56.48	1	0
483	612	18190	LIZEKA	MENZIWA	HOLLY	F	39	35-39F	0.56.50	0	0
484	1921	1419	LES	HARTY	NEDBANK	M	72	70+M	0.56.50	2	0
485	1746	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	0.56.52	2	0
486	873	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	0.56.54	1	0
487	1324		ZIYANDA	SKEYI	TEMP	F	43	40-44F	0.56.55	0	0
488	1132	5132	MAVERICK	COLTMAN	TEMP	M	38	35-39M	0.56.59	0	0
489	420	3061	ASANDA	SASANTI	TEAMVIT	F	36	35-39F	0.57.00	0	0
490	1319		LAURE	PIETERSE	TEMP	M	55	55-59M	0.57.02	0	0
491	934	469	SISEKO	MKUMLA	CHILLIEP	M	41	40-44M	0.57.04	1	0
492	850		ANDREW	HART	TEMP	M	57	55-59M	0.57.04	0	0
493	851		TIMOTHY	HART	TEMP	M	23	SM	0.57.04	0	0
494	296	383	MAHENDRA	PRAHALADH	IKHAMVA	M	59	55-59M	0.57.06	1	0
495	1002	5002	MADODA	BOTHA	TEMP	M	37	35-39M	0.57.08	0	0
496	1914	1356	JEROME	MAY	NEDBANK	M	59	55-59M	0.57.09	1	0
497	238	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	0.57.11	1	0
498	1371		KEAGAN	BROWN	TEMP	M	24	SM	0.57.12	0	0
499	1285		JOSH	SAPTOE	TEMP	M	26	SM	0.57.12	0	0
500	1260		NEIL	LOUW	TEMP	M	35	35-39M	0.57.12	0	0
501	237	632	MOMELEZI	CONJWA	ASPEN	M	31	SM	0.57.14	1	0
502	758	1176	AHMED	SALEEM	EMERIS	M	20	SM	0.57.14	1	0

503	354	1359	EDWALL	VAN ROOYEN	NEDBANK	M	53	50-54M	0.57.14	1	0
504	593	2388	SYBRAND	KIRSTEN	JBAY	M	57	55-59M	0.57.15	1	0
505	681	85	CHRIS	VAN RENSBURG	SAPPE	M	53	50-54M	0.57.16	1	0
506	59	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	0.57.18	1	0
507	1207	5207	KUDZANI	MTOMBENI	TEMP	F	48	45-49F	0.57.19	0	0
508	458	2509	SELLO	KOTU	ABSAEP	M	33	SM	0.57.20	1	0
509	529	2766	MARYNA	MEYER	32GI	F	55	55-59F	0.57.21	1	0
510	559	761	NICOLE	BOUCHER	CRUSADE	F	41	40-44F	0.57.22	1	0
511	322	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	0.57.22	1	0
512	1702	1704	MARIZA	FREWEN	MADIBA	F	64	60-64F	0.57.26	2	0
513	415	2769	JOSEPH	MITCHELL	32GI	M	20	SM	0.57.28	1	0
514	149	189	OMPHILE	TSOMOKO	SAPPE	M	36	35-39M	0.57.30	1	0
515	85	1722	RAYMOND	LEIBRANDT	GELVAN	M	62	60-64M	0.57.32	1	0
516	687	2499	OKUHLE	MGUDLWA	KOMANI	M	30	SM	0.57.35	0	0
517	1097	5097	ASHTON	HAFKEY	TEMP	M	15	JM	0.57.48	0	0
518	885	1955	DANIEL	PIETERSE	BLUEBAY	M	64	60-64M	0.57.48	1	0
519	481	1194	EDMUND	DRAKE	ELITEAC	M	35	35-39M	0.57.51	1	0
520	909	2297	ZOLANI	MQOQI	VUKANI	M	49	45-49M	0.57.52	1	0
521	313	1429	RIKA	TERBLANCHE	NEDBANK	F	49	45-49F	0.57.52	1	0
522	476	668	ASHRAF	ACKERDIEN	ASPEN	M	53	50-54M	0.57.53	1	0
523	90	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	0.57.55	1	0
524	859	1314	SKHUMBUZO	MADLALA	VWAC	M	33	SM	0.57.56	1	0
525	253	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	0.57.56	2	0
526	28	1285	WANDA	BANJWA	VWAC	M	39	35-39M	0.57.56	1	0
527	665	535	GERT	HARMSE	RUN4C	M	60	60-64M	0.57.57	1	0
528	472	3151	JENNIFER	KLUE	RUN4C	F	18	JF	0.57.57	1	0
529	1252		KHANYA	NKUNZI	TEMP	M	23	SM	0.58.00	0	0
530	583	2173	LAVERN	PETERS	TRANSNET	F	37	35-39F	0.58.03	1	0
531	1064	5064	AMOS	PRAM	MUIRITE	M	50	50-54M	0.58.03	1	0
532	1102	5102	TREVOR	MUPANDA	TEMP	M	32	SM	0.58.04	0	0
533	861	3512	CHANTEL	VAN DER MERWE	MADIBA	F	42	40-44F	0.58.05	1	0
534	254	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	0.58.09	1	0
535	255	1232	SONIKA	NEL	ELITEAC	F	26	SF	0.58.09	1	0
536	601	1332	THANDI	NKWANDLA	NEDBANK	F	61	60-64F	0.58.09	2	0
537	1231	5231	ANDREW	DICKASON	TEMP	M	63	60-64M	0.58.09	0	0
538	51	210	LANA	DICKASON	KOWIE	F	50	50-54F	0.58.10	1	0
539	1918	2342	TUMELO	LEHASA	HOLLYWOO	M	38	35-39M	0.58.10	1	0
540	713	738	SAM	DU TOIT	CRUSADE	F	57	55-59F	0.58.12	1	0
541	1023	5023	RIEDAAH	NORDIEN	TEMP	M	39	35-39M	0.58.12	0	0
542	1213	5213	DANELLE	VORSTER	TEMP	F	41	40-44F	0.58.14	0	0
543	1280		KANYA	MSHUMPELA	TEMP	M	27	SM	0.58.14	0	0
544	1789	1014	ANNABELLE	VERSTRAETEN	CHARLO	F	28	SF	0.58.15	1	0
545	952	1116	HEIDI	JANSEN	ACH	F	59	55-59F	0.58.15	1	0
546	597	708	JOAN	MARLBOROUGH	CRUSADE	F	71	70+F	0.58.16	3	0
547	310	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	0.58.16	1	0
548	945	662	Zenita	Durrheim	ASPEN	F	47	45-49F	0.58.17	1	0
549	1800	932	KIM	VENTER	CHARLO	F	42	40-44F	0.58.18	1	0
550	828	840	BRONWIN	MEYER	32GI	F	54	50-54F	0.58.21	1	0
551	1780	996	PAULA	PEARCE	CHARLO	F	58	55-59F	0.58.23	1	0
552	452	2676	LAUREN	PEINKE	BESTMED	F	20	SF	0.58.23	1	0
553	524	40139	ILKE	WOLMARANS	BESTMED	F	18	JF	0.58.23	1	0
554	299	170	THANDEKA	MHLANGA	ACT AC	F	36	35-39F	0.58.27	1	0
555	1889	4844	ASHLEY	MASSYN	TEMP	M	34	SM	0.58.28	0	0
556	1255		MORRIGAN	HALKETT	TEMP	F	31	SF	0.58.28	0	0
557	1289		DARREN	DEN	TEMP	M	28	SM	0.58.31	0	0
558	803	3240	ASHWELL	ISAACS	CONTI	M	42	40-44M	0.58.32	1	0

559	1174	5174	WANDA	NKOSI	TEMP	M	45	45-49M	0.58.34	0	0
560	326	13170	NTOMBIFIKILE	WOKO	HOLLY	F	38	35-39F	0.58.34	0	0
561	804	1284	DEAN	BOSMAN	VWAC	M	44	40-44M	0.58.35	1	0
562	111	1267	ANAND	NAIDOO	VWAC	M	56	55-59M	0.58.39	1	0
563	1783	909	THURAYA	PILLAY	CHARLO	F	24	SF	0.58.41	1	0
564	29	2909	DENVER	BARENDSE	CSEP	M	39	35-39M	0.58.41	1	0
565	112	754	CELESTIN	NDHLOVU	CRUSADE	M	54	50-54M	0.58.41	1	0
566	651	2459	JOHANN	ELS	JBAY	M	52	50-54M	0.58.43	1	0
567	1061	5061	JAQUE	GERBER	TEMP	M	34	SM	0.58.48	0	0
568	810	1908	SIAN	HARDING	STFRAN	F	44	40-44F	0.58.49	1	0
569	369	512	ANSIE	BENADE	RUN4C	F	67	65-69F	0.58.49	2	0
570	1569	3066	WALTER	ZIMBEVA	VITALITY	M	46	45-49M	0.58.50	1	0
571	1561	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	0.58.52	1	0
572	167	3878	PHILISWA	MAKI	TEMP	F	35	35-39F	0.58.53	0	0
573	1244	5244	MEYRRICK	HOLMES	TEMP	M	36	35-39M	0.58.53	0	0
574	100	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	0.58.58	1	0
575	604	1557	CARIN	COETZEE	DESPATCH	F	49	45-49F	0.58.59	1	0
576	1264		MARCO	COETZEE	TEMP	M	50	50-54M	0.58.59	0	0
577	1131	5131	CLAIRE	MITCHELL	TEMP	F	18	JF	0.59.00	0	0
578	594	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	0.59.02	1	0
579	427	286	LEE-ANN	RAGAVAL-PASQUALLIE	OXFORD	F	46	45-49F	0.59.04	0	0
580	561	639	DHIRESH	VALLABH	ASPEN	M	41	40-44M	0.59.04	1	0
581	1784	957	PIERRE	RENSHAW	CHARLO	M	53	50-54M	0.59.06	1	0
582	931	671	NQABISA	BENYA	ASPEN	F	45	45-49F	0.59.07	1	0
583	1518	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	0.59.11	1	0
584	736	405	SEKI	MANDABA	IKHAMVA	F	51	50-54F	0.59.12	1	0
585	331	5823	RODNEY	BUTTERS	EASYEQ	M	64	60-64M	0.59.16	0	0
586	1777	1033	DAVID	NEZAR	CHARLO	M	53	50-54M	0.59.18	1	0
587	1750	3346	GRANT	HOWARD	CHARLO	M	54	50-54M	0.59.18	1	0
588	1098	5098	DIMITRI	HAFKEY	TEMP	M	22	SM	0.59.19	0	0
589	1085	5085	ARNO	STEENKAMP	TEMP	M	30	SM	0.59.22	0	0
590	505	75	HESTER	DEKKER	SAPPE	F	54	50-54F	0.59.22	1	0
591	119	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	0.59.22	1	0
592	507	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	0.59.24	1	0
593	708	475	CHARL	GERBER	RUN4C	M	62	60-64M	0.59.25	1	0
594	753	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	0.59.26	1	0
595	1218	5218	AUTHLEY	KASHESHA	TEMP	M	25	SM	0.59.27	0	0
596	571	643	XOLISWA	SIYOKO	ASPEN	F	31	SF	0.59.29	1	0
597	438	252	SOLLY	MEMESE	MUIRITE	M	64	60-64M	0.59.32	1	0
598	1370		YONELA	MXESHO	TEMP	F	29	SF	0.59.35	0	0
599	1128	5128	KARLA	TERBLANCHE	TEMP	F	34	SF	0.59.35	0	0
600	682	2770	MATTHEW	DE WAAL	32GI	M	23	SM	0.59.35	1	0
601	1288		TRAVIS	VAN BREDA	TEMP	M	20	SM	0.59.35	0	0
602	215	40068	RUBEN	FERREIRA	ELITEAC	M	19	SM	0.59.39	1	0
603	1359		KIRWAN	LUNDALL	TEMP	M	40	40-44M	0.59.40	0	0
604	635	513	ROZETTA	KEMP	RUN4C	F	72	70+F	0.59.41	2	0
605	247	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	0.59.43	1	0
606	73	844	JOHAN	JOUBERT	MTHATHA	M	39	35-39M	0.59.44	0	0
607	199	1011	CORNE	VOSLOO	CHARLO	M	47	45-49M	0.59.46	1	0
608	855		PHUMLANI	NYAKAMA	TEMP	M	35	35-39M	0.59.48	0	0
609	509	1627	NATASHA	SMITH	MADIBA	F	40	40-44F	0.59.51	1	0
610	389	797	ADRIAN	DE WAAL	32GI	M	61	60-64M	0.59.57	1	0
611	429	3013	SIYAVUYA	MARWANQA	VITALITY	M	28	SM	0.59.58	1	0
612	897	959	JOHAN	GERBER	CHARLO	M	47	45-49M	0.59.59	1	0
613	1189	5189	BONGA	GAMBUSHE	TEMP	M	44	40-44M	1.00.02	0	0
614	1357		DIANA	MARAIS	TEMP	F	69	65-69F	1.00.03	0	0

615	876	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	1.00.04	1	0
616	22	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	1.00.04	1	0
617	1065	5065	MARCEL	UITHALER	TEMP	M	36	35-39M	1.00.06	0	0
618	958	1786	MONDRE	GALLANT	GELVAN	M	38	35-39M	1.00.07	1	0
619	516	1565	BONITA	WEITSZ	DESPATCH	F	54	50-54F	1.00.07	1	0
620	1554	1914	SUZETTE	BOTHA	BLUEBAY	F	60	60-64F	1.00.08	1	0
621	600	1601	ANIZE	GERBER	DESPATCH	F	52	50-54F	1.00.08	1	0
622	701	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	1.00.08	1	0
623	1270		KAYLEIGH	LA GRANGE	TEMP	F	31	SF	1.00.09	0	0
624	361	353	THANDO	FRANS	IKHAMVA	M	48	45-49M	1.00.11	1	0
625	957	5478	NDU	DLAMINI	RAF	M	42	40-44M	1.00.11	0	0
626	1179	5179	TIAAN	BOUWER	TEMP	M	23	SM	1.00.14	0	0
627	240	2979	NOBUNTU	MCUNUKELWA	CHILLIEP	F	36	35-39F	1.00.14	1	0
628	303	270	JODY	PASQUALLIE	OXFORD	M	42	40-44M	1.00.17	0	0
629	1111	5111	SIYABULELA	PHESHE	TEMP	M	34	SM	1.00.18	0	0
630	1204	5204	BHEKI	MKHWANAZI	TEMP	M	40	40-44M	1.00.19	0	0
631	1887	1887	RODNEY	KLEINGELD	TEMP	M	51	50-54M	1.00.21	0	0
632	128	1264	LAVINIA	PIETERSE	VWAC	F	51	50-54F	1.00.21	1	0
633	735	3083	SITHANDILE	SIPILI	VITALITY	M	44	40-44M	1.00.23	1	0
634	123	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.00.26	1	0
635	1006	5006	AVIWE	MAPUMA	TEMP	F	25	SF	1.00.27	0	0
636	1071	5071	NTUTHUZELO	SKENJANA	TEMP	M	44	40-44M	1.00.28	0	0
637	1686	76	HEIN	BADENHORST	SAPPE	M	56	55-59M	1.00.29	1	0
638	424	1115	PALESA	HEADBUSH	ACH	F	48	45-49F	1.00.30	1	0
639	155	1453	HEINRICH	WENTZEL	NEDBANK	M	40	40-44M	1.00.36	1	0
640	1763	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	1.00.39	1	0
641	1110	5110	ALUNGILE	MKOSI	TEMP	F	30	SF	1.00.45	0	0
642	1352		TYRA	MOORCROFT	TEMP	F	19	SF	1.00.46	0	0
643	1351		KIAN	CAMBIER	TEMP	M	20	SM	1.00.47	0	0
644	409	2505	SIPHOKAZI	TILI	BESTMED	F	47	45-49F	1.00.50	1	0
645	338	2325	MKANYISELI	MCUBUSE	VUKANI	M	39	35-39M	1.00.51	1	0
646	644	2467	XHANTI	MANTSHIYO	ABSAEP	M	58	55-59M	1.00.51	1	0
647	949	2301	ALIZWA	BOVUNGANA	VUKANI	M	25	SM	1.00.51	1	0
648	157	1058	DHARREL	WILSON	XCEL	M	20	SM	1.00.52	1	0
649	648	328	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.00.54	1	0
650	1290		JUANÉ	ELS	TEMP	F	24	SF	1.00.56	0	0
651	423	1920	NOZBELE	MBETHE	BLUEBAY	F	51	50-54F	1.00.59	1	0
652	271	3124	SINOTHANDO	TISO	VITALITY	F	31	SF	1.01.00	1	0
653	611	2109	JOY	HILL	HEATAC	F	34	SF	1.01.03	1	0
654	646	2180	VIVIENNE	MCETYWA	TRANSNET	F	37	35-39F	1.01.04	1	0
655	1261		CHRISTO	STUMKE	TEMP	M	69	65-69M	1.01.09	0	0
656	357	911	SHARON	HERMAANS	MTHATHA	F	49	45-49F	1.01.10	0	0
657	508	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.01.11	1	0
658	400	1143	THERESA	LILLIS	ACH	F	70	70+F	1.01.11	1	0
659	86	2125	NATHAN	LOTTERING	ATLANTIC	M	20	SM	1.01.12	1	0
660	410	40010	ISABELLA	JONSON	RUN4C	F	17	JF	1.01.12	1	0
661	75	2127	MECAYLA	KOCK	ATLANTIC	F	22	SF	1.01.16	1	0
662	289	450	SIHLE	QWEMESHA	CHILLIEP	F	32	SF	1.01.19	1	0
663	808	458	SISANDA	GOLOMBA	CHILLIEP	F	28	SF	1.01.27	1	0
664	273	2302	TEMBAKAZI	GOQWANA	VUKANI	F	38	35-39F	1.01.28	1	0
665	860	738	MIHLALI	SONDLO	MTHATHA	M	25	SM	1.01.29	0	0
666	1143	5143	BIANCA	ROBERTS	TEMP	F	38	35-39F	1.01.32	0	0
667	1196	5196	ASTRID	ROSSOUW	TEMP	F	47	45-49F	1.01.33	0	0
668	1297		SILAS	MAMABOLO	TEMP	M	39	35-39M	1.01.33	0	0
669	1186	5186	TYRON	KHOZA	TEMP	M	24	SM	1.01.41	0	0
670	1119	5119	THANDO	MAQAGI	TEMP	M	50	50-54M	1.01.43	0	0

671	697	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	1.01.44	1	0
672	639	751	NICHOLAS	MULLINS	CRUSADE	M	70	70+M	1.01.48	1	0
673	773	2257	SINOVUYO	NODANGALA	SIBALEKA	M	32	SM	1.01.54	1	0
674	1041	5041	ABIGAIL	VAN RENSBURG	TEMP	F	26	SF	1.01.57	0	0
675	826	2673	INA	VAN RENSBURG	BESTMED	F	53	50-54F	1.01.58	1	0
676	36	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	1.01.59	1	0
677	778	636	LUTHO	NOMBEMBE	ASPEN	M	33	SM	1.02.02	1	0
678	1911	3060	MARILEE	SCHOLTZ	VITALITY	F	29	SF	1.02.08	1	0
679	1910	997	SIMON	SCHOLTZ	TEMP	M	30	SM	1.02.08	0	0
680	1328		KARLIEN	STRYDOM	TEMP	F	29	SF	1.02.09	0	0
681	53	2971	VUYOKAZI	DUBE	CHILLIEP	F	49	45-49F	1.02.14	1	0
682	40	339	ILSE	CLAASSENS	MUIRITE	F	27	SF	1.02.21	1	0
683	422	6067	MARK	HEADBUSH	ACH	M	81	70+M	1.02.23	1	0
684	1886	861	MARION	ABERNETHY	32GI	F	47	45-49F	1.02.24	1	0
685	1073	5073	LUCIEN	SASS	TEMP	M	42	40-44M	1.02.24	0	0
686	1263		JOSHUA	WALDUCK	TEMP	M	28	SM	1.02.24	0	0
687	437	3236	RIAANA	BOUWER	CONTI	F	50	50-54F	1.02.26	1	0
688	674	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.02.31	1	0
689	590	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.02.32	1	0
690	360	3036	NANDIPHA	MYELEYELE	VITALITY	F	38	35-39F	1.02.34	1	0
691	269	2057	SINALO	NGALO	ACH	F	38	35-39F	1.02.35	1	0
692	1790	913	SHARON	SMUTS	CHARLO	F	60	60-64F	1.02.35	1	0
693	892	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.02.40	1	0
694	1134	5134	KOENA	HEADBUSH	TEMP	M	48	45-49M	1.02.42	0	0
695	723	1211	ELIZE	ADAMS	ELITEAC	F	51	50-54F	1.02.47	1	0
696	794	1542	MARYKE	GERBER	DESPATCH	F	39	35-39F	1.02.48	1	0
697	1350		NOMAXABISO	YANTOLO	TEMP	F	35	35-39F	1.02.53	0	0
698	1149	5149	BUHLE	SIZIBA	TEMP	M	26	SM	1.02.55	0	0
699	1788	906	TARYN	SLABBERT	CHARLO	F	45	45-49F	1.02.57	1	0
700	33	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.02.57	1	0
701	196	2530	BERNARD	PETERSEN	Bestmed	M	60	60-64M	1.03.05	1	0
702	925	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	1.03.09	1	0
703	365	3071	GRACE	MPETE	VITAL	F	45	45-49F	1.03.11	0	0
704	1792	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.03.15	1	0
705	281	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.03.18	1	0
706	1105	5105	CHANTE	JOSEPH	TEMP	F	32	SF	1.03.19	0	0
707	936	4262	DARRYN	NIEMAND	TEMP	M	39	35-39M	1.03.20	0	0
708	1908	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	1.03.26	1	0
709	1138	5138	PENNY	RENSBURG	TEMP	F	49	45-49F	1.03.26	0	0
710	679	3377	MASIMBULELE	QWELE	CHILLIEP	F	34	SF	1.03.28	1	0
711	1286		DONALD	NYANINGWE	TEMP	M	65	65-69M	1.03.29	0	0
712	843		THABANG	MANYAMA	TEMP	M	32	SM	1.03.29	0	0
713	895	3341	ANCHERIEN	DU PLESSIS	CHARLO	F	61	60-64F	1.03.29	1	0
714	1266	377	NOBUNTU	MPONGWANA	IKHAMVA	F	47	45-49F	1.03.30	1	0
715	1017	5017	ADELE	NEL	TEMP	F	53	50-54F	1.03.31	0	0
716	1018	5018	ELIZMA	KOLESKY	TEMP	F	44	40-44F	1.03.32	0	0
717	1116	5116	LEONE	JACKSON	TEMP	F	66	65-69F	1.03.36	0	0
718	1298		MARK	SMITH	TEMP	M	54	50-54M	1.03.36	0	0
719	417	2497	SHONA	SMITH	JBAY	F	53	50-54F	1.03.37	1	0
720	765	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	1.03.38	1	0
721	714	3489	ZUKISA	BAJISI	TRANSNET	M	29	SM	1.03.40	1	0
722	1300		TANNAH- GRACIE	BOSMAN	TEMP	F	32	SF	1.03.41	0	0
723	1238	5238	YAZEED	FREDERICKS	TEMP	M	15	JM	1.03.43	0	0
724	34	2377	KENNY	BROWN	JBAY	M	75	70+M	1.03.44	1	0
725	647	2158	ZIMASA	SANI	TRANSNET	F	38	35-39F	1.03.48	1	0
726	1782	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.03.50	1	0

727	471	2605	NONDUMISO	PHAKATHI	BESTMED	F	44	40-44F	1.03.51	1	0
728	1296		SANDILE	MITIYO	TEMP	M	51	50-54M	1.03.52	0	0
729	1354		MAHESH	HOOKA	TEMP	M	53	50-54M	1.03.53	0	0
730	110	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.03.54	1	0
731	93	1739	SHAHIED	MAMOOJEE	GELVAN	M	60	60-64M	1.03.54	1	0
732	1152	5152	LAUREN	VAN ZYL	TEMP	F	38	35-39F	1.03.57	0	0
733	1156	5156	SCHALK	ERASMUS	TEMP	M	23	SM	1.03.58	0	0
734	1349		ROLANDA	BAATJIES	TEMP	F	46	45-49F	1.04.04	0	0
735	615	3405	ROB	PRIDEAUX	BIGBEAR	M	58	55-59M	1.04.06	1	0
736	1282		ALISON	VAN VOLLENHOVEN	TEMP	F	34	SF	1.04.08	0	0
737	1313		HELEN	VAN DER WESTHUIZEN	TEMP	F	45	45-49F	1.04.08	0	0
738	487	288	CHARMELLE	MAY	NEDRCAGN	F	45	45-49F	1.04.10	0	0
739	799	1271	LEZELL	HARRIS	VWAC	F	53	50-54F	1.04.11	1	0
740	1304		THABISO	JAFTA	TEMP	M	38	35-39M	1.04.12	0	0
741	609	471	SHOWNA	PETZER	RUN4C	F	42	40-44F	1.04.14	1	0
742	1251		GEOFFREY	HÖPPNER	TEMP	M	47	45-49M	1.04.14	0	0
743	560	575	JACKIE	ELOFF	RUN4C	F	54	50-54F	1.04.21	1	0
744	113	753	PLACXEDES	NDHLOVU	CRUSADE	F	52	50-54F	1.04.21	1	0
745	924	3897	LUKE	INGRAM	TEMP	M	33	SM	1.04.22	0	0
746	1066	5066	MONDE	JACOBS	TEMP	M	49	45-49M	1.04.22	0	0
747	1901	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.04.25	1	0
748	935	4360	CARIEN	NIEMAND	TEMP	F	33	SF	1.04.27	0	0
749	382	2620	WAYNE	MAC GEAR	BESTMED	M	63	60-64M	1.04.30	1	0
750	218	2582	EMIHLE	KWATSHA	BESTMED	F	22	SF	1.04.35	1	0
751	1748	973	LISA	HEN-BOISEN	CHARLO	F	53	50-54F	1.04.37	1	0
752	1222	5222	JIMMY	NHLEMA	TEMP	M	35	35-39M	1.04.41	0	0
753	1137	5137	HADRIAN	ROBERTS	TEMP	M	52	50-54M	1.04.42	0	0
754	122	1464	DAVID	O'REILLY	NEDBANK	M	78	70+M	1.04.42	1	0
755	282	2138	ANGELA	NTANGA	TRANSNET	F	31	SF	1.04.43	1	0
756	886	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.04.44	1	0
757	35	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.04.48	1	0
758	1247		ROSE	LOLO	TEMP	F	31	SF	1.04.52	0	0
759	531	3450	LESLEY	JOUBERT	MUIRITE	M	35	35-39M	1.04.53	1	0
760	23	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.04.57	1	0
761	175	3886	NATHANIEL	PETERSEN	TEMP	M	41	40-44M	1.05.00	0	0
762	521	655	BEATA	LANGSON	ASPEN	F	26	SF	1.05.04	1	0
763	323	10010	CLAYTON	MORAR	VITALITY	M	42	40-44M	1.05.04	1	0
764	138	1310	PHUMLA	SIBALI	VWAC	F	47	45-49F	1.05.05	1	0
765	536	2651	NOLWAZI	BILA	BESTMED	F	26	SF	1.05.05	1	0
766	63	3074	BANDILE	GWAMANDA	VITALITY	M	56	55-59M	1.05.06	1	0
767	463	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.05.06	1	0
768	1243	5243	SILONDIWE	MADIKIZELA	TEMP	F	34	SF	1.05.07	0	0
769	757	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	31	SF	1.05.08	1	0
770	530	2549	AMILA	ZIBONDA	BESTMED	F	19	SF	1.05.08	1	0
771	693	703	LEE	GANDER	CRUSADE	M	69	65-69M	1.05.08	1	0
772	694	748	MELINDA	ROIG	CRUSADE	F	56	55-59F	1.05.08	1	0
773	401	1224	VENESSA	WEST	PAC	F	59	55-59F	1.05.09	0	0
774	1896	4915	TEBOGO	NTLANGENI	TEMP	M	36	35-39M	1.05.10	0	0
775	705	145	FADIELA	JOHNSON	MALABAR	F	62	60-64F	1.05.11	1	0
776	1195	5195	KURISANI	KHOSA	TEMP	M	24	SM	1.05.12	0	0
777	1269		ASHLEY	VAN JAARSVELD	TEMP	F	32	SF	1.05.14	0	0
778	1795	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.05.14	1	0
779	738		INAM	DATINI	SIBALEKA	F	19	SF	1.05.28	1	0
780	506	1993	JODI	PIENAAR	WALMER	M	32	SM	1.05.28	1	0
781	717	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.05.30	1	0
782	114	2287	MSUTUKAZI	NDIMBA	VUKANI	F	46	45-49F	1.05.33	1	0

783	882	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.05.33	1	0
784	1089	5089	SUENE	ALBERTS	TEMP	F	24	SF	1.05.35	0	0
785	1923	2328	BONGEKA	FUZILE	VUKANI	F	40	40-44F	1.05.38	1	0
786	232	3034	ADELE	LE ROUX	VITALITY	F	50	50-54F	1.05.39	1	0
787	460	2051	LUVUYO	GQOLA	STUT	M	46	45-49M	1.05.42	0	0
788	944	944	SADRICK	GROOTBOOM	TEMP	M	45	45-49M	1.05.42	0	0
789	325	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.05.43	1	0
790	1187		RENEE	OLIVER	TEMP	F	58	55-59F	1.05.46	0	0
791	841		ROBERT	BERRINGTON	TEMP	M	41	40-44M	1.05.50	0	0
792	824	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	41	40-44F	1.05.50	1	0
793	1253		KRIS	HÖPPNER	TEMP	F	45	45-49F	1.05.51	0	0
794	1306		KARISMA	ERASMUS	TEMP	F	31	SF	1.05.54	0	0
795	556		SIYABONGA	MDLALO	TEMP	M	27	SM	1.05.54	0	0
796	1307		NATASHA	DU PREEZ	TEMP	F	37	35-39F	1.05.54	0	0
797	781	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.05.54	1	0
798	1226	5226	AYABONGA	MATSHAYA	TEMP	F	29	SF	1.05.54	0	0
799	780	564	GAVIN	SILLS	RUN4C	M	53	50-54M	1.05.54	1	0
800	837		VICTOR	ROELOFFSE	TEMP	M	31	SM	1.05.56	0	0
801	1074	5074	VERONIQUE	SASS	TEMP	F	41	40-44F	1.05.58	0	0
802	545	2346	XOLISA	COLANI	BESTMED	M	29	SM	1.05.58	1	0
803	60	40306	NIEZAAM	GOOLAM	GELVAN	M	14	JM	1.05.59	1	0
804	1779	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.06.00	1	0
805	78	2370	JOSSIE	LABUSCHAGNE	JBAY	F	70	70+F	1.06.03	1	0
806	1699	4852	MALIBONGWE	NJILI	TEMP	M	37	35-39M	1.06.04	0	0
807	867	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.06.05	1	0
808	640	2366	RENE	BILLSON	JBAY	F	47	45-49F	1.06.09	1	0
809	862	3068	NTOMBIZINE	MTANDA	VITALITY	F	50	50-54F	1.06.11	1	0
810	1118	5118	VALME	HAWKEN	TEMP	F	56	55-59F	1.06.13	0	0
811	343	5429	LESLEY-ANNE	CAGNI	SANLAMC	F	49	45-49F	1.06.13	0	0
812	332	82	NOSISA	HLULANI	CHEETHAS	F	56	55-59F	1.06.14	0	0
813	1532	2111	GEROME	MINTOOR	ATLANTIC	M	58	55-59M	1.06.17	1	0
814	182	3893	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.06.18	0	0
815	785	1520	ANEES	SEEDAT	MALABAR	M	29	SM	1.06.23	1	0
816	704	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	1.06.23	1	0
817	1904	2917	Thulani	Gwana	CSEP	M	47	45-49M	1.06.23	1	0
818	134	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	1.06.24	1	0
819	869	1102	KEN	BARWOOD	ACH	M	71	70+M	1.06.29	1	0
820	868	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.06.30	1	0
821	1157	5157	SIPHOKAZI	SIMELANE	TEMP	F	25	SF	1.06.31	0	0
822	1155	5155	REFILOE	TAU	TEMP	F	28	SF	1.06.31	0	0
823	664	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.06.32	1	0
824	1058	1691	COBUS	PIENAAR	MADIBA	M	47	45-49M	1.06.36	1	0
825	598	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.06.39	1	0
826	807	2568	MANDISI	MTSHUBUNGU	BESTMED	M	44	40-44M	1.06.41	1	0
827	1019	5019	ZILUNGILE	MAGAQA	TEMP	F	28	SF	1.06.41	0	0
828	1086	5086	LENÉ	STEENKAMP	TEMP	F	29	SF	1.06.42	0	0
829	1764	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.06.43	1	0
830	779	1104	CATHY	IVES	ACH	F	73	70+F	1.06.44	1	0
831	1262		MARGAUX	PRINCE	TEMP	F	35	35-39F	1.06.45	0	0
832	607	633	DAVID	NEL	ASPEN	M	39	35-39M	1.06.47	1	0
833	599	562	JUDY	NIENABER	RUN4C	F	66	65-69F	1.06.48	1	0
834	341	2675	DIKELEDI	TSOKODIBANE	BESTMED	F	20	SF	1.06.48	1	0
835	143	337	CHRISTINE	SNYMAN	MUIRITE	F	70	70+F	1.06.49	1	0
836	319	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.06.52	1	0
837	321	40081	MERISKA	BOUWER	ELITEAC	F	19	JF	1.06.52	1	0
838	395	3344	KATE	WILLIAMS	CHARLO	F	30	SF	1.06.55	1	0

839	265	5413	ALTHEA	SWARTZ	SANLAMC	F	42	40-44F	1.06.58	0	0
840	1903	3019	LULAMA	SPEELMAN	VITALITY	M	50	50-54M	1.07.00	1	0
841	450	262	ZONWABELE	TSAWU	MUIRITE	M	62	60-64M	1.07.06	1	0
842	732	268	ZANDER	DU PLESSIS	MUIRITE	M	21	SM	1.07.06	1	0
843	435	1927	ANIRLE	DE MEYER	BLUEBAY	F	29	SF	1.07.09	1	0
844	72	843	LEEANN	JOUBERT	MTHATHA	F	35	35-39F	1.07.10	0	0
845	1791	922	REFILWE	TSATSIMPE	CHARLO	F	30	SF	1.07.10	1	0
846	1278		LISA	RANDALL	TEMP	F	46	45-49F	1.07.19	0	0
847	1054	5054	CHANE	VAN DER MESCHT	TEMP	F	25	SF	1.07.19	0	0
848	1287		MICHELLE	BLOM	TEMP	F	48	45-49F	1.07.20	0	0
849	399	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.07.26	1	0
850	623	3480	SHAWN	VAN EYK	RWFL	M	58	55-59M	1.07.27	1	0
851	595	773	ANTOINETTE	GREEFF	CRUSADE	F	41	40-44F	1.07.31	1	0
852	528	2767	ANDREW	MEYER	32GI	M	52	50-54M	1.07.32	1	0
853	24	2802	FUNDISWA	ANTONY-NOGAGA	ABSAEP	F	54	50-54F	1.07.35	1	0
854	1302		ASITHANDILE	MTHOTYWA	TEMP	F	33	SF	1.07.36	0	0
855	221	1935	XENOPHON	FEIRRERA	BLUEBAY	M	65	65-69M	1.07.42	1	0
856	1897	4917	FUNDILE	JAKUJA	TEMP	M	37	35-39M	1.07.43	0	0
857	1069	5069	HANLIE-ANN	JUNIUS	TEMP	F	54	50-54F	1.07.45	0	0
858	1070	5070	SIPHAMANDLA	NGQENGQA	TEMP	F	34	SF	1.07.46	0	0
859	1067	5067	CLINT	MORAR	TEMP	M	47	45-49M	1.07.56	0	0
860	631	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	1.07.59	1	0
861	632	590	LIANI	KEMP	RUN4C	F	27	SF	1.07.59	1	0
862	1147	5147	FREDWIN	MAC CLUNE	TEMP	M	28	SM	1.08.00	0	0
863	436	1775	CLARENCE	MANUEL	GELVAN	M	32	SM	1.08.00	1	0
864	1126	5126	TEVIN	PRINSLOO	TEMP	M	32	SM	1.08.01	0	0
865	363	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.08.02	1	0
866	387	38	TEMBA	PEZISA	SIBALEKA	M	59	55-59M	1.08.06	1	0
867	731	2334	MZOVELE	DLAMINI	VWAC	M	41	40-44M	1.08.06	1	0
868	1885	3223	CHRISTO	STEYN	CITYC	M	58	55-59M	1.08.15	1	0
869	340	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.08.19	1	0
870	1106	5106	COBUS	HUMPHRIS	TEMP	M	55	55-59M	1.08.19	0	0
871	893	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.08.28	1	0
872	656	1098	SIZINZO	KAMA	ACH	M	75	70+M	1.08.30	1	0
873	107	1822	NOLUBABALO	MTSHAKAZI	KOMANI	F	46	45-49F	1.08.31	0	0
874	31	286	SANET	BLOM	MUIRITE	F	59	55-59F	1.08.33	1	0
875	696	2394	JHANINEN	BOSHOFF	JBAY	F	60	60-64F	1.08.34	1	0
876	772	1553	MINIQUE	VAN TONDER	DESPATCH	F	20	SF	1.08.35	1	0
877	596	1548	TYLO	GERBER	DESPATCH	F	20	SF	1.08.35	1	0
878	840		REMIND	SAMBO	TEMP	F	34	SF	1.08.36	0	0
879	1250		SBONELO	MATHENJWA	TEMP	M	37	35-39M	1.08.37	0	0
880	627	3015	KHODANI	PHUTHU	SOUTPAN	F	29	SF	1.08.40	0	0
881	1046	5046	CHUMA	KAYA	TEMP	F	26	SF	1.08.44	0	0
882	205	1928	SIYAMANGA	SIJAJI	BLUEBAY	F	28	SF	1.08.47	1	0
883	576	1097	CINDY	FERREY	ACH	F	60	60-64F	1.08.49	1	0
884	574	1108	COMINE	GIERZ	ACH	F	60	60-64F	1.08.49	1	0
885	801	2600	WENDY	CAMERON	BESTMED	F	48	45-49F	1.08.50	1	0
886	1245	5245	LIFA	HATTO	TEMP	M	34	SM	1.08.50	0	0
887	433	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.08.59	1	0
888	1208	5208	MXOLISI	SIBOTO	TEMP	M	37	35-39M	1.09.00	0	0
889	333	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	1.09.01	1	0
890	1530	4845	DAVINIA	FELIX	TEMP	F	36	35-39F	1.09.03	0	0
891	573	3398	PENNY	JANUARY	ABSAEP	F	62	60-64F	1.09.05	1	0
892	445	588	RENIER	LIEBENBERG	RUN4C	M	44	40-44M	1.09.06	1	0
893	79	3026	ZAKIYYA	LAHER	VITALITY	F	41	40-44F	1.09.10	1	0
894	446	2661	ZIMASA	MNCANCA	BESTMED	F	31	SF	1.09.18	1	0

895	216	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.09.18	1	0
896	48	1624	ESTELLE	DE KLERK	MADIBA	F	60	60-64F	1.09.18	1	0
897	376	1670	BUSISIWE	LESORO	MADIBA	F	55	55-59F	1.09.22	1	0
898	565	2545	MANDLA	MANTSHONGO	BESTMED	M	45	45-49M	1.09.26	1	0
899	638	1924	SHELAINE	BARENDSE-SCHOLTZ	BLUEBAY	F	40	40-44F	1.09.28	1	0
900	603	1587	MARISKA	OLIVIER	DESPATCH	F	38	35-39F	1.09.35	1	0
901	618	2744	NKOS'UTHANDILE	MONDE	TRANSNET	M	28	SM	1.09.38	1	0
902	1920	4927	RICHARD	DEMBAREMBA	TEMP	M	46	45-49M	1.09.38	0	0
903	1212	5212	RUAN	MULLER	TEMP	M	36	35-39M	1.09.40	0	0
904	1658	4851	LLEYTON	MALETTA	TEMP	M	16	JM	1.09.41	0	0
905	1246	5246	ONELA	VECE	TEMP	M	30	SM	1.09.43	0	0
906	1301		ELIZNA	HEYMANS	TEMP	F	18	JF	1.09.44	0	0
907	228	2201	NOCAWE	MDAZUKA	SIBALEKA	F	42	40-44F	1.09.45	1	0
908	386	1610	BRENDON	DONOGHUE	DESPATCH	M	38	35-39M	1.09.46	1	0
909	1274		CLEO	HELM	TEMP	F	30	SF	1.09.47	0	0
910	730	3115	WALTER	STRONACH	VITALITY	M	36	35-39M	1.09.47	1	0
911	144	3286	YOLANDE	STANDER	VITALITY	F	38	35-39F	1.10.01	1	0
912	554	3220	CARLA	FOURIE	CITYC	F	30	SF	1.10.05	1	0
913	21	1646	MONYA	ACKERMAN	MADIBA	F	26	SF	1.10.06	1	0
914	87	17064	TUMISO	MABOKELA	HOLLY	M	30	SM	1.10.10	0	0
915	1181	5181	ONKE	SOTYATO	TEMP	M	31	SM	1.10.15	0	0
916	263	109	ZAKIYYAH	AJAM	MALABAR	F	38	35-39F	1.10.16	1	0
917	327	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.10.38	1	0
918	733	1333	MBULELO	SOBIKWA	NEDBANK	M	72	70+M	1.10.42	1	0
919	106	2959	LORRAINE	MOTSWENYANE	HOLLYWOO	F	40	40-44F	1.10.43	1	0
920	1161	5161	KATHRYN	LUCK	TEMP	F	43	40-44F	1.10.48	0	0
921	1258		DILAN	FINNIS	TEMP	M	26	SM	1.10.51	0	0
922	95	2290	CWAYI	MAPEKULA	VUKANI	F	42	40-44F	1.10.56	1	0
923	38	2894	NOLUVUYO	BURWANA	CSEP	F	35	35-39F	1.10.58	1	0
924	1221	5221	CLIVE	VAALTYN	TEMP	M	41	40-44M	1.11.01	0	0
925	965	2305	MKOKELI	MALGHAS	VUKANI	M	44	40-44M	1.11.02	1	0
926	1612	988	JARRED	FRANZSEN	CHARLO	M	37	35-39M	1.11.05	1	0
927	1229	5229	TAMERYN	DE JESUS SCHLUTER	TEMP	F	31	SF	1.11.05	0	0
928	1353		SHANICE	MAPOE	TEMP	F	33	SF	1.11.11	0	0
929	1249		TIM	PRAGNELL	TEMP	M	35	35-39M	1.11.12	0	0
930	1907	50746	SANELISIWE	FUNANI	MTHATHA	M	42	40-44M	1.11.19	0	0
931	1153	5153	LEBOHANG	MAFUBEDU	TEMP	M	30	SM	1.11.25	0	0
932	1340		MAWANDE	NGCELWANE	TEMP	M	25	SM	1.11.31	0	0
933	1747	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.11.37	1	0
934	896	1003	ERIKA	FOREMAN	CHARLO	F	56	55-59F	1.11.37	1	0
935	1323		YONELA	TININI	TEMP	F	28	SF	1.11.41	0	0
936	702	1945	JANINE	GRAY	BLUEBAY	F	48	45-49F	1.11.42	1	0
937	1123	5123	LAURYN	ROBERTS	TEMP	F	27	SF	1.11.53	0	0
938	413	568	DOMINIQUE	JACKSON	RUN4C	F	23	SF	1.11.53	1	0
939	586	2182	NANGAMSO	NABE	TRANSNET	F	38	35-39F	1.11.56	1	0
940	555	3221	INGE	FOURIE	CITYC	F	26	SF	1.11.56	1	0
941	1799	927	ANTON	VAN WYK	CHARLO	M	58	55-59M	1.12.04	1	0
942	220	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.12.09	1	0
943	1915	4924	KEANAN	BOUWER	TEMP	M	29	SM	1.12.12	0	0
944	884	50345	ROBERT	BUTTON	OLDSELB	M	67	65-69M	1.12.14	0	0
945	139	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.12.24	1	0
946	135	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.12.29	1	0
947	27	1256	NAOMI	BAKKER	VWAC	F	49	45-49F	1.12.29	1	0
948	1308		ROLANDA	BAREIRA	TEMP	F	53	50-54F	1.12.31	0	0
949	1375	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.12.35	1	0
950	467	95	ZELDA	KRIGE	INFINITY	F	66	65-69F	1.12.41	1	0

951	307	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.12.43	1	0
952	368	19073	KHANYISILE	SOLWANDLE	IDC	F	27	SF	1.12.44	0	0
953	1257		ABIGAIL	KIVEDO	TEMP	F	43	40-44F	1.12.45	0	0
954	673	276	CHRISTIAAN	GERBER	MUIRITE	M	51	50-54M	1.12.54	1	0
955	547	111	CAMILA	ISMAIL	MALABAR	F	60	60-64F	1.13.00	1	0
956	1299		JANE	HILLOCK	TEMP	F	30	SF	1.13.02	0	0
957	1744	971	DEIDRE	GERBER	CHARLO	F	55	55-59F	1.13.09	1	0
958	1338		BUSISIWE	NJOMBA	TEMP	F	32	SF	1.13.09	0	0
959	97	2556	SANDISWA	MASWANA	BESTMED	F	45	45-49F	1.13.10	1	0
960	567	2771	SHAMARA	PERUMAL	BESTMED	F	24	SF	1.13.15	1	0
961	418	255	FELICIA	MULDER	MUIRITE	F	49	45-49F	1.13.20	1	0
962	229	2202	VUYISEKA	MHLAHLO	SIBALEKA	F	44	40-44F	1.13.21	1	0
963	552	3105	ANDISWA	JAFTA	VITAL	F	34	SF	1.13.21	0	0
964	151	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.13.22	1	0
965	1235	5235	NWABISA	NKOMANA	TEMP	F	31	SF	1.13.23	0	0
966	1916	4925	BONGEKA	PETER	TEMP	F	36	35-39F	1.13.24	0	0
967	337	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.13.24	1	0
968	477	40320	RUBEN	BOUWER	SCHOOL	M	17	JM	1.13.25	1	0
969	1272		AZILE	MAXONGO	TEMP	F	29	SF	1.13.28	0	0
970	142	11688	INEZ	SLATER	EMERIS	F	42	40-44F	1.13.35	0	0
971	759	488	CHERYL	CUPIDO	RUN4C	F	57	55-59F	1.13.40	1	0
972	1198	5198	ESMERELDA	FELIX	TEMP	F	44	40-44F	1.13.40	0	0
973	1088	5088	LUMEN	CHRISTIAN	TEMP	M	27	SM	1.13.44	0	0
974	1087	5087	BEANDRA	CHRISTIAN	TEMP	F	30	SF	1.13.44	0	0
975	126	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.13.45	1	0
976	549	1313	KAGISO	MANAIOA	VWAC	M	34	SM	1.13.45	1	0
977	1322		SISEKO	KAKAZA	TEMP	M	29	SM	1.13.45	0	0
978	250	2455	NADIA	PETERSEN	JBAY	F	69	65-69F	1.13.48	1	0
979	1358		YONELA	CETYWAYO	TEMP	M	35	35-39M	1.13.52	0	0
980	168	3879	NOMFUNDO	MAKULUMA	TEMP	F	41	40-44F	1.13.57	0	0
981	1047	5047	SITHOKOZISO	DIKO	TEMP	F	40	40-44F	1.14.07	0	0
982	1281		WILLEM	VAN TONDER	TEMP	M	45	45-49M	1.14.08	0	0
983	591	496	NICOLETTE	POTGIETER	RUN4C	F	52	50-54F	1.14.13	1	0
984	259	1212	SIYAMTANDA	MBAYEKA	ELITEAC	F	28	SF	1.14.15	1	0
985	686	2237	NTSOAKI	LIBAZISO	SIBALEKA	F	42	40-44F	1.14.15	1	0
986	209	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.14.16	1	0
987	502	3506	ADELLE	VORSTER	RUN4C	F	38	35-39F	1.14.18	1	0
988	1192	5192	VUYISILE	SAMBOKWE	TEMP	M	55	55-59M	1.14.22	0	0
989	127	618	PETRA	PIENAAR	RUN4C	F	62	60-64F	1.14.23	1	0
990	45	3111	STACEY	DANIELS	VITALITY	F	36	35-39F	1.14.31	1	0
991	614	3406	MIRANDA	COGGER	BIGBEAR	F	49	45-49F	1.14.31	0	0
992	809	2638	SIPHESIHLE	JOBO	BESTMED	M	32	SM	1.14.33	1	0
993	1912	467	SIYABONGA	TSHAKA	CHILLIEP	M	43	40-44M	1.14.35	1	0
994	26	1312	SINETHEMBA	BABI	VWAC	F	35	35-39F	1.14.35	1	0
995	264	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.14.36	1	0
996	324	651	MANDY	SAPTOE	ASPEN	F	42	40-44F	1.14.42	1	0
997	1267		SINOXOLO	RULULU	TEMP	F	36	35-39F	1.14.46	0	0
998	1101	5101	PHAKAMA	MOAKAMELA	TEMP	F	36	35-39F	1.14.46	0	0
999	1337		THULISA	KOBESE	TEMP	F	35	35-39F	1.14.50	0	0
1000	721	2492	NOLUSINDISO	LAMBATHA	JBAY	F	40	40-44F	1.14.50	1	0
1001	372	2806	NOLUBABALO	SOHABA	ABSAEP	F	37	35-39F	1.14.52	1	0
1002	588	1184	HERMAN	TERBLANCHE	ELITEAC	M	60	60-64M	1.14.57	1	0
1003	741	2199	PHILISA	MANIMANI	SIBALEKA	F	32	SF	1.15.06	1	0
1004	1360		CEBO	TETYANA	TEMP	M	32	SM	1.15.06	0	0
1005	484	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	1.15.07	1	0
1006	1024	5024	ERIKA	STEENKAMP	TEMP	F	55	55-59F	1.15.16	0	0

1007	954	1953	PHUMEZA	LANGA	VWAC	F	38	35-39F	1.15.19	1	0
1008	1890	1869	NWABISA	DUKADA	HOLLYWOO	F	53	50-54F	1.15.23	1	0
1009	1364		NANDIPHA	TYHALI	TEMP	F	28	SF	1.15.25	0	0
1010	1193	5193	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.15.25	0	0
1011	183	3894	GIDION	VAN DER MERWE	TEMP	M	60	60-64M	1.15.35	0	0
1012	258	1233	KATLEGO	KGAJE	ELITEAC	F	32	SF	1.15.41	1	0
1013	140	1973	LUNGILE	SITHOLE	VITALITY	F	35	35-39F	1.15.43	1	0
1014	244	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.15.45	1	0
1015	457	2896	PUMLA	JANGE	CSEP	F	50	50-54F	1.15.49	1	0
1016	669	3319	PHATHEKA	MOKGWETSI	BESTMED	F	34	SF	1.15.52	1	0
1017	802	2539	PRISCAH	LAKANE	BESTMED	F	29	SF	1.15.55	1	0
1018	805	2537	ASIPHE	NDOTO	BESTMED	F	30	SF	1.15.56	1	0
1019	1227	5227	SHANE	MYBURGH	TEMP	M	29	SM	1.16.01	0	0
1020	832	394	THEMBISILE	VETSHEZA	IKHAMVA	F	46	45-49F	1.16.07	1	0
1021	1035	5035	VUYO	MBALANE	TEMP	M	31	SM	1.16.11	0	0
1022	1030	5030	JANINE	ROUSSOUW	TEMP	F	52	50-54F	1.16.11	0	0
1023	262	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	1.16.15	1	0
1024	1184	5184	NOMHLE	BHALA	TEMP	F	28	SF	1.16.29	0	0
1025	492	3470	ELNA	ESTERHUIZEN	RWFL	F	52	50-54F	1.16.31	1	0
1026	1125	5125	DESIRE	SERFONTEIN	TEMP	F	39	35-39F	1.16.31	0	0
1027	866	1182	ARLENE	HELBERG	RWFL	F	63	60-64F	1.16.31	1	0
1028	1183	5183	KOLIWE	KAHLU	TEMP	F	55	55-59F	1.16.32	0	0
1029	698	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.16.34	1	0
1030	1045	5045	URSULA	BARNARD	TEMP	F	54	50-54F	1.16.41	0	0
1031	210	1320	REMOABETSWE	MATHOBELA	VWAC	F	31	SF	1.16.44	1	0
1032	1367		ATHENKOSI	NGEMBE	TEMP	F	34	SF	1.16.49	0	0
1033	1044	5044	SINAZO	MADLODLO	TEMP	F	37	35-39F	1.16.51	0	0
1034	1052	5052	LAUREN	PRINGLE	TEMP	F	41	40-44F	1.16.51	0	0
1035	1053	5053	RUBE	BRADFIELD	TEMP	F	43	40-44F	1.16.52	0	0
1036	1305		SARAH	REDDY	TEMP	F	40	40-44F	1.16.58	0	0
1037	1917	4926	CHRISTIAAN	VILJOEN	TEMP	M	79	70+M	1.17.01	0	0
1038	56	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	1.17.11	1	0
1039	1237	5237	OLU	AJAYI	TEMP	M	47	45-49M	1.17.16	0	0
1040	1020	5020	CIARA	STEYNBERG	TEMP	F	26	SF	1.17.17	0	0
1041	91	2323	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.17.19	1	0
1042	1107	5107	SUNELL	HUMPHRIS	TEMP	F	58	55-59F	1.17.22	0	0
1043	1027	5027	SINAZO	NUNU	TEMP	F	35	35-39F	1.17.25	0	0
1044	68	2364	VICTOR	HUGO	JBAY	M	66	65-69M	1.17.33	1	0
1045	845		CHRISTOPHER	TEMBO	TEMP	M	49	45-49M	1.17.47	0	0
1046	532	1118	BRUCE	KING	ACH	M	60	60-64M	1.17.54	1	0
1047	1034	5034	KARLIZE	GERICKE	TEMP	F	24	SF	1.17.57	0	0
1048	1793	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.18.01	1	0
1049	1333		IRSHAAD	KAFAAR	TEMP	M	27	SM	1.18.04	0	0
1050	605	1217	MAGGIE	MULLER	RWFL	F	70	70+F	1.18.08	1	0
1051	1010	5010	SANELISIWE	GINYA	TEMP	F	36	35-39F	1.18.12	0	0
1052	294	2918	NOSIBULELO	SIBANGA	CSEP	F	43	40-44F	1.18.13	1	0
1053	645	1270	LEIGH	KLINK	VWAC	F	44	40-44F	1.18.21	1	0
1054	760	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.18.23	1	0
1055	412	597	ALICIA	ELS	RUN4C	F	47	45-49F	1.18.23	1	0
1056	65	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.18.26	1	0
1057	1223	5223	MAURISHA	LOUW	TEMP	F	40	40-44F	1.18.31	0	0
1058	709	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	1.18.35	1	0
1059	1332		NATALIE	WEATHERALL-THOMAS	TEMP	F	40	40-44F	1.18.38	0	0
1060	74	1239	YOLANDE	KNOETZE	ELITEAC	F	59	55-59F	1.18.38	1	0
1061	217	1743	THOMAS	PLAATJIES	GELVAN	M	49	45-49M	1.18.40	1	0
1062	1013	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	1.18.41	1	0

1063	434	2730	TASNEEM	DE MAINE	GELVAN	F	36	35-39F	1.18.45	1	0
1064	649	1204	YOLANDA	DEYSEL	RWFL	F	51	50-54F	1.18.45	1	0
1065	849		ZINHLE	GOVENDER	TEMP	F	36	35-39F	1.18.53	0	0
1066	617	3311	LANCE	LABERCENSIE	VWAC	M	52	50-54M	1.18.54	1	0
1067	1093	5093	MILLICENT	CONA	TEMP	F	33	SF	1.18.55	0	0
1068	1165	5165	SIPHAMANDLA	ZONDO	TEMP	M	27	SM	1.18.55	0	0
1069	461	2592	MOIPONE	MOSOEUNYANE	BESTMED	F	20	SF	1.18.57	1	0
1070	328	448	KHOLISA	PAPU	CHILLIEP	F	39	35-39F	1.19.06	1	0
1071	488	287	RUBERTO	MAY	NEDRCAGN	M	49	45-49M	1.19.10	0	0
1072	1072	5072	FREDDY	SASS	TEMP	M	65	65-69M	1.19.12	0	0
1073	473	1231	HELENE	OPPEL	ELITEAC	F	76	70+F	1.20.02	1	0
1074	1345		LEESLE	WYNFORD	TEMP	F	53	50-54F	1.20.03	0	0
1075	50	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.20.12	1	0
1076	1040	5040	KANYISA	NDYOKI	TEMP	F	32	SF	1.20.12	0	0
1077	353	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	1.20.23	1	0
1078	1185	5185	LUYANDA	NKOLISA	TEMP	M	30	SM	1.20.26	0	0
1079	1202	5202	SACHIN	GOSAI	TEMP	M	31	SM	1.20.28	0	0
1080	397	2126	THERESA	CAIRNCROSS	ATLANTIC	F	60	60-64F	1.20.38	1	0
1081	145	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.20.39	1	0
1082	877	1740	JANICE	JONES	GELVAN	F	50	50-54F	1.20.43	1	0
1083	173	3884	SARAH	MOORE	TEMP	F	60	60-64F	1.20.44	0	0
1084	447	2591	UKANYO	BODLELA	BESTMED	F	23	SF	1.20.46	1	0
1085	1021	5021	BRONWYNN	VAN ECK	TEMP	F	49	45-49F	1.20.54	0	0
1086	821	1877	OLERATO	DINAKE	HOLLYWOO	F	27	SF	1.20.55	1	0
1087	132	1840	NQOBILE-NOBS	QUPE	HOLLYWOO	F	56	55-59F	1.21.01	1	0
1088	790	204	ABEGAIL	TEYISE	SAPPE	F	54	50-54F	1.21.05	1	0
1089	166	3877	KHANYISILE	KWATSHA	TEMP	F	33	SF	1.21.06	0	0
1090	1275		LAIKEN	ABRAHAMS	TEMP	F	35	35-39F	1.21.15	0	0
1091	462	18527	MPUMELELO	MKHOSANA	HOLLY	M	27	SM	1.21.21	0	0
1092	622	3500	DEIDRE	VAN EYK	RWFL	F	57	55-59F	1.21.22	1	0
1093	539	294	KARMEL	PAGE	MUIRITE	F	35	35-39F	1.21.23	1	0
1094	500	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.21.26	1	0
1095	116	1197	NOREEN	NELSON	ELITEAC	F	61	60-64F	1.21.29	1	0
1096	766	1864	SESIBULELENKOSI	GIGI	HOLLYWOO	F	30	SF	1.21.33	1	0
1097	636	2061	JOCELYN	YOUNG	ACH	F	58	55-59F	1.21.38	1	0
1098	666	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.21.38	1	0
1099	104	3308	NONKULULEKO	MNQWAZI	VWAC	F	36	35-39F	1.21.39	1	0
1100	1171	5171	FEZEKA	VECO	TEMP	F	35	35-39F	1.22.03	0	0
1101	1366		SESETHU	KETSE	TEMP	F	28	SF	1.22.03	0	0
1102	1331		PHINDILE	MKHONTO	TEMP	F	32	SF	1.22.06	0	0
1103	172	3883	KAYCE	MOORE	TEMP	F	29	SF	1.22.12	0	0
1104	315	1999	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.22.19	1	0
1105	316	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.22.19	1	0
1106	844		SISIPHO	NDIBAZA	TEMP	M	36	35-39M	1.22.21	0	0
1107	312	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.22.25	1	0
1108	311	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	1.22.25	1	0
1109	1201	5201	THANDO	MPHAHLELE	TEMP	M	30	SM	1.22.28	0	0
1110	787	2482	SESETHU	MTOTYWA	JBAY	F	31	SF	1.22.30	1	0
1111	1092	5092	PAULIEN	LOUW	TEMP	F	53	50-54F	1.22.34	0	0
1112	690	604	SIMONÉ	DEYSEL	RUN4C	F	34	SF	1.22.36	1	0
1113	1159	5159	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.22.48	0	0
1114	1170	5170	MABAHLAKOANA	NTLALE	TEMP	F	37	35-39F	1.22.50	0	0
1115	456	2882	NOMVUYO	QEMA	CSEP	F	56	55-59F	1.23.03	1	0
1116	270	2914	ZUKISWA	MGATIWA	CSEP	F	48	45-49F	1.23.03	1	0
1117	1141	5141	KARISSA	CALITZ	TEMP	F	21	SF	1.23.07	0	0
1118	1140	5140	ELMARIE	CALITZ	TEMP	F	51	50-54F	1.23.07	0	0

1119	1344		RUBY	HOLDSTOCK	TEMP	F	55	55-59F	1.23.26	0	0
1120	330	3010	NTOMBEBHONGO	TSOTSA	MUIRITE	F	27	SF	1.23.32	1	0
1121	1038	5038	SHANTE	MALGAS	TEMP	F	31	SF	1.23.32	0	0
1122	465	12899	NOMAKULA	MANOTI	CSEP	F	55	55-59F	1.23.32	1	0
1123	474	2332	SANDISIWE	GOQWANA	CSEP	F	34	SF	1.23.36	1	0
1124	1068	5068	MICHELLE	BEUKES	TEMP	F	52	50-54F	1.23.49	0	0
1125	737	1970	JULIA	AJAH-MVUNELWA	VITALITY	F	53	50-54F	1.23.54	1	0
1126	923	1651	SANET	NIIT	MADIBA	F	58	55-59F	1.23.55	1	0
1127	926	1655	ANITA	COETZER	MADIBA	F	53	50-54F	1.23.55	1	0
1128	493	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	51	50-54F	1.23.55	1	0
1129	69	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.24.28	1	0
1130	309	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.24.31	0	0
1131	1016	5016	AYANDA	NKUNZI	TEMP	F	34	SF	1.24.45	0	0
1132	214	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	1.24.54	1	0
1133	587	1181	CHANTELLE	GILLMER	ELITEAC	F	42	40-44F	1.24.58	1	0
1134	1003	5003	NTOMBI	MAKAPELA	TEMP	F	32	SF	1.25.06	0	0
1135	1572	368	NWABISA	MSUTHWANA	IKHAMVA	F	46	45-49F	1.25.06	1	0
1136	257	2351	LUNGISWA	DONDI	JUSTICE	F	42	40-44F	1.25.07	0	0
1137	771	719	YONELA	JUBASE	CRUSADE	F	33	SF	1.25.11	1	0
1138	1339		LELETHU	NGAPI	TEMP	F	31	SF	1.25.11	0	0
1139	1277		BULELANI	MBAMBO	TEMP	F	35	35-39F	1.25.16	0	0
1140	1365		SISONKE	DUMALISILE	TEMP	F	37	35-39F	1.25.18	0	0
1141	847		SINIKELO	TSHAKA	TEMP	M	21	SM	1.25.25	0	0
1142	1012	5012	NONELE	TSHAKA	TEMP	F	38	35-39F	1.25.25	0	0
1143	261	2994	MBASA	PINDA	HOLLYWOO	M	29	SM	1.25.25	1	0
1144	344	2810	FEZIWE	SALAZE	ABSAEP	F	38	35-39F	1.25.33	1	0
1145	1343		MICHAELA	BUTT	TEMP	F	26	SF	1.25.33	0	0
1146	1355		SIVIWE	NDAMASE	TEMP	F	34	SF	1.25.35	0	0
1147	1292		SINAZO	MTI	TEMP	F	42	40-44F	1.25.45	0	0
1148	207	2573	ALGENE	KOEBERG	BESTMED	F	43	40-44F	1.25.47	1	0
1149	1063	5063	VERNA	CLAASSEN	TEMP	F	63	60-64F	1.25.56	0	0
1150	37	1966	LUDANE	BRUINTJIES	VITALITY	F	34	SF	1.25.56	1	0
1151	1316		SINOVUYO	KATIYA	TEMP	F	39	35-39F	1.26.12	0	0
1152	1025	5025	LILITHA	MDLOKOLO	TEMP	F	21	SF	1.26.38	0	0
1153	522	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.26.39	1	0
1154	857		ASEKHO	TONI	TEMP	F	31	SF	1.26.43	0	0
1155	109	2510	LERATO	MUZAH	BESTMED	F	40	40-44F	1.26.52	1	0
1156	1347		ZINZI	SOMANA	TEMP	F	35	35-39F	1.27.00	0	0
1157	292	2907	PHUMELELA	TSHONA	CSEP	F	43	40-44F	1.27.05	1	0
1158	1211	5211	CHANTE	PLAATJES	TEMP	F	30	SF	1.27.10	0	0
1159	1096	5096	RICHARD	JONES	TEMP	M	45	45-49M	1.27.14	0	0
1160	940	940	SHAZIA	BEG	TEMP	F	35	35-39F	1.27.33	0	0
1161	865	1435	SHARA	NETSHISAULU	CONTI	F	35	35-39F	1.27.40	0	0
1162	1334		TASHRIQAH	SEPTEMBER	TEMP	F	28	SF	1.27.53	0	0
1163	1369		LUTHANDO	TWALO	TEMP	M	33	SM	1.27.58	0	0
1164	1325		NOMVELO	NGUBANE	TEMP	F	25	SF	1.28.00	0	0
1165	1326		THEMBA	RAMAHAMA	TEMP	M	24	SM	1.28.03	0	0
1166	117	2401	MPHO	NEMUKULA	JBAY	F	40	40-44F	1.28.06	1	0
1167	1588	4848	THUTO	PHAKEDI	TEMP	F	22	SF	1.28.09	0	0
1168	77	2531	FUNDISWA	KULA	BESTMED	F	47	45-49F	1.28.13	1	0
1169	557	1141	MICHELLE	MORTIMER	ACH	F	46	45-49F	1.28.16	1	0
1170	823	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	1.28.17	1	0
1171	297	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.28.19	1	0
1172	1168	5168	DIEDERICK	OOSTHUIZEN	TEMP	M	57	55-59M	1.28.20	0	0
1173	1009	5009	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.28.25	0	0
1174	308	336	ARNOLD	RAS	MUIRITE	M	64	60-64M	1.28.34	1	0

1175	1190	5190	BRADLEY	DAMONS	TEMP	M	44	40-44M	1.28.41	0	0
1176	1005	5005	PHAKAMA	NKUNZI	TEMP	F	31	SF	1.28.47	0	0
1177	1336		CHWAYITA	NODUNYELWA	TEMP	F	43	40-44F	1.29.04	0	0
1178	1091	5091	MUJAAHID	ABRAHAMS	TEMP	M	53	50-54M	1.29.11	0	0
1179	164	3875	NTOKOZO	DAMBUZA	TEMP	F	47	45-49F	1.29.12	0	0
1180	871	1122	BOB	STEDMAN	ACH	M	77	70+M	1.29.16	1	0
1181	948	948	SISO	PHOPHOYI	TEMP	F	30	SF	1.29.30	0	0
1182	92	3114	VUKOSI	MALULEKE	VITALITY	M	30	SM	1.29.33	1	0
1183	169	3880	TSHILIDZI	MALULEKE	TEMP	F	29	SF	1.29.33	0	0
1184	541	12153	ZUKISWA	TSHUME	SABC	F	52	50-54F	1.29.47	0	0
1185	881	1103	LIZ	AUSTIN	ACH	F	68	65-69F	1.29.50	1	0
1186	520	2707	GUGU	ROJIE	MUIRITE	F	30	SF	1.30.06	1	0
1187	1037	5037	ANELISA	NDYOTHA	TEMP	F	38	35-39F	1.30.29	0	0
1188	1768	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.30.37	1	0
1189	219	1936	MARKUS	KUNNEKE	BLUEBAY	M	57	55-59M	1.30.52	1	0
1190	1219	5219	CASEY	FOUCHE	TEMP	F	27	SF	1.30.57	0	0
1191	806	326	NEIL	GROBLER	MUIRITE	M	66	65-69M	1.31.04	1	0
1192	1169	5169	BULELWA	BULELWA	TEMP	F	32	SF	1.31.11	0	0
1193	1233	5233	PHUMZA	TSHILA	TEMP	F	32	SF	1.31.25	0	0
1194	1767	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.31.40	1	0
1195	842		INGA	JUKUDA	TEMP	M	30	SM	1.31.49	0	0
1196	1199	5199	KULEKANI	KUKULELA	TEMP	M	34	SM	1.31.56	0	0
1197	88	1941	MRATO	MAHOBO	BLUEBAY	F	29	SF	1.32.03	1	0
1198	355	1179	PAKAMA	GCAKASI	VITALITY	F	40	40-44F	1.32.08	1	0
1199	1293		LOANDRIE	POTGIETER	TEMP	F	37	35-39F	1.32.10	0	0
1200	1599	4850	UNATHI	MANINJWA	TEMP	F	33	SF	1.32.18	0	0
1201	293	2879	TANDAZWA	MNIKA	CSEP	F	40	40-44F	1.32.22	1	0
1202	1240	5240	RODNEY	THORNE	TEMP	M	56	55-59M	1.32.31	0	0
1203	1241	5241	FA-EEZ	DELJION	TEMP	M	53	50-54M	1.32.31	0	0
1204	863	2221	TUMEKA	XENTSA	SIBALEKA	F	43	40-44F	1.32.53	1	0
1205	392	3376	NTOMBIFUTHI	NGCOBO	SIBALEKA	F	24	SF	1.32.53	1	0
1206	163	3874	ONDISA	DABA	TEMP	F	32	SF	1.33.48	0	0
1207	1346		RONÉ	VOSLOO	TEMP	F	37	35-39F	1.34.08	0	0
1208	776	3463	JANINE	SWART	VITALITY	F	49	45-49F	1.34.09	1	0
1209	1611	3210	NOKUPIWA	WISANI	SAPPE	F	44	40-44F	1.34.44	1	0
1210	1094	5094	JOLENE	WELSH	TEMP	F	32	SF	1.34.52	0	0
1211	381	1766	GODFREY	KARRIEM	GELVAN	M	85	70+M	1.34.52	1	0
1212	248	2339	THEMBELA	KWINI	SIBALEKA	F	31	SF	1.34.57	1	0
1213	1317		SINETEMBA	BOYANA	TEMP	F	37	35-39F	1.34.58	0	0
1214	224	304	FOZA	MARTIN	MUIRITE	F	66	65-69F	1.35.18	1	0
1215	624	2508	MARCOLENE	SAUNDERS	BESTMED	F	41	40-44F	1.35.20	1	0
1216	1139	5139	THANDAZO	MDLOZINI	TEMP	F	47	45-49F	1.35.40	0	0
1217	154	275	JONEL	VORSTER	MUIRITE	F	36	35-39F	1.35.44	1	0
1218	184	3895	MERYLL	VAN DER MERWE	TEMP	F	62	60-64F	1.35.49	0	0
1219	432	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.36.11	1	0
1220	1008	5008	NADIA	VAN WYK	TEMP	F	50	50-54F	1.36.19	0	0
1221	1234	5234	AXOLILE	ISAAC	TEMP	F	24	SF	1.36.25	0	0
1222	1283		FATIMA	MATHE	TEMP	F	33	SF	1.36.36	0	0
1223	754	1650	PIERRE	KNOESEN	MADIBA	M	72	70+M	1.37.05	1	0
1224	1007	5007	PAMELA	SANDLOZI	TEMP	F	31	SF	1.37.28	0	0
1225	822	1890	TANYA	LOOTS	STFRAN	F	60	60-64F	1.37.29	1	0
1226	1188	5188	LOGAN	ROTHMAN	TEMP	F	30	SF	1.37.40	0	0
1227	1787	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.38.23	1	0
1228	1108	5108	LEIGH	PLAATJIES	TEMP	F	36	35-39F	1.39.05	0	0
1229	1039	5039	ELIMIYO	NDYOKI	TEMP	F	14	JF	1.39.05	0	0
1230	1144	5144	NTHABISENG	HLONGOANE	TEMP	F	28	SF	1.40.06	0	0

1231	1075	5075	KHAYA	SKEPU	TEMP	M	49	45-49M	1.42.18	0	0
HELPERS RUN											
H1	2001	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	0.46.43	2	0
H2	2002	1027	NELSON	VLAKBOK	CHARLO	M	62	60-64M	0.53.00	2	0
H3	2003	1018	TANIA	BESSINGER	CHARLO	F	49	45-49F	0.53.56	2	0
H4	2006	891	DARRYL	CALVERT	CHARLO	M	51	50-54M	0.55.51	1	0
H5	2005	1425	DARRYL	BAGLEY	NEDBANK	M	51	50-54M	0.56.31	1	0
H6	2004	1010	JAN	VAN EEDEN	NEDBANK	M	68	65-69M	0.56.31	1	0
H7	2007	1247	LISLE	MATTHEWS	ELITEAC	F	52	50-54F	0.56.45	1	0
H8	2008	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.04.06	1	0
H9	2009	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	1.05.01	1	0
H10	2010	2508	DANEILLE	HARRY	Bestmed	F	41	40-44F	1.06.51	1	0
H11	2011	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.11.00	1	0
H12	2012	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.11.00	1	0
H13	2013	1960	TEMBILE	MANGESI	BLUEBAY	M	58	55-59M	1.11.00	1	0
H14	2014	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	1.14.43	1	0
H15	2015	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.17.30	1	0
H16	2016	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.18.30	1	0
H17	2017	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.22.32	1	0
H18	2018	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.22.32	1	0
H19	2019	958	HEIDI	GERBER	CHARLO	F	47	45-49F	1.35.13	1	0