KHULASANDE 10KM RUN - GQEBERHA - 2026/08/22

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	401	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.31.41	5	25
2	214	2149	XOLISA	NDLUMBINI	TRANSNET	M	44	40-44M	0.32.33	5	24
3	25	2266	KHAYA	GQWETHA	VUKANI	M	41	40-44M	0.32.43	5	23
4	628	40143	AGCOBILE	JEZILE	ACH	M	17	JM	0.33.34	5	22
5	343	1392	ZOLANI	MABONGO	NEDBANK	M	40	40-44M	0.33.36	5	21
6	310	3387	ARCHIE	ZAKE	CHILLIEP	M	26	SM	0.33.49	5	20
7	289	1156	KEANU	WELCH	EMERIS	M	21	SM	0.33.53	5	19
8	393	40171	ANTON	AVENATHI	SIBALEKA	M	19	JM	0.35.01	5	18
9	584	5584	ZAC	FLETCHER	TEMP	M	18	JM	0.35.09	0	0
10	649	40426	CARLIN	LEHMAN	SCHOOL	M	17	JM	0.35.19	5	0
11	463	1242	GCOBANI	BEKWAPHI	ELITEAC	M	47	45-49M	0.35.32	5	17
12	392	40183	SENZO	NDZOTOYI	SIBALEKA	M	17	JM	0.35.40	5	16
13	637	376	REUBEN	STANDER	IKHAMVA	M	23	SM	0.35.45	5	15
14	630	40173	Sinawo	April	ACH	M	17	JM	0.35.55	5	14
15	322	1482	JEANDRY	DEERLING	NEDBANK	M	34	SM	0.35.56	5	13
16	210	1169	AVUYILE	NAMA	EMERIS	M	24	SM	0.36.34	4	12
17	624	1106	Sipesihle	Sofute	ACH	M	30	SM	0.36.44	4	11
18	629	2059	YUSUF	ARENDSE	ACH	M	41	40-44M	0.36.46	5	10
19	462	1191	NOEL	ADAMS	ELITEAC	M	54	50-54M	0.37.15	5	9
20	402	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.37.16	5	8
21	669	400	LEBOHANG	SENTI	IKHAMVA	M	39	35-39M	0.37.24	4	7
22	355	1324	XOLILE	NDINGANE	NEDBANK	M	54	50-54M	0.37.26	5	6
23	174	817	ALISTAIR	KINGWILL	32GI	M	49	45-49M	0.37.55	5	5
24	342	1488	MELIKHAYA	KEPE	NEDBANK	M	50	50-54M	0.38.02	5	4
25	442	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	0.38.12	5	3
26	623	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.38.13	5	2
27	655	1427	LUBABALO	JUSAYI	NEDBANK	M	35	35-39M	0.38.44	4	1
28	82	113	BADROEDEEN	ABRAHAMS	MALABAR	M	39	35-39M	0.38.59	4	0
29	689	1406	REFELOE	SOLOMONS	NEDBANK	F	45	45-49F	0.38.59	5	25
30	308	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	0.39.01	5	0
31	641	2265	NKOSANA	BUKANI	VUKANI	M	44	40-44M	0.39.04	4	0
32	276	2379	ELNE	VAN NIEKERK	JBAY	F	27	SF	0.39.04	5	24
33	681	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	0.39.36	5	0
34	639	2263	BABONKE	DINGA	VUKANI	M	38	35-39M	0.39.45	3	0
35	267	1334	GAVIN	THORNE	NEDBANK	M	45	45-49M	0.39.49	5	0
36	248	2895	SANELE	SAM	CSEP	M	33	SM	0.40.25	3	0
37	645	282	ABDUL	WICOMB	MUIRITE	M	47	45-49M	0.40.28	4	0
38	7	40543	CODY	BOUCHER	CRUSADE	M	17	JM	0.40.32	3	0
39	601	2775	BIANCA	MEISTRE	32GI	F	41	40-44F	0.40.39	5	23
40	352	993	THEMBEKILE	MSIPA	CHARLO	M	52	50-54M	0.40.47	5	0
41	437	1105	MARK	FRASER	ACH	M	32	SM	0.40.48	3	0
42	622	1137	MUTEKILE	RASMENI	ACH	M	61	60-64M	0.40.51	5	0
43	470	2743	LINDI	GEORGIOU	BODYCON	F	46	45-49F	0.40.51	5	22
44	316	40006	THEO	BUIS	NEDBANK	M	17	JM	0.41.15	3	0
45	365	985	CHRISTOFF	PUREN	CHARLO	M	36	35-39M	0.41.15	3	0
46	654	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	60	60-64M	0.41.18	5	0
47	632	1064	GRAHAM	ESHMADE	ACH	M	49	45-49M	0.41.21	4	0
48	633	1079	HANSON	SINGAPHI	ACH	M	48	45-49M	0.41.41	4	0
49	323	40007	RIAAZ	DENNIS	NEDBANK	M	18	JM	0.41.46	2	0
50	533	5533	SONWABO	MBANGO	TEMP	M	29	SM	0.41.47	0	0
51	514	5514	SANDILE	DYAKOPU	TEMP	M	30	SM	0.41.50	0	0

52	372	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	0.41.54	3	0
53	368	955	SIVUYILE	SCHEEPERS	CHARLO	M	33	SM	0.42.10	2	0
54	81	2511	KADER	ABDULLA	Bestmed	M	49	45-49M	0.42.35	3	0
55	643	2289	KHANYISO	MASWANA	VUKANI	M	36	35-39M	0.42.38	3	0
56	32	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	0.42.51	3	0
57	110	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	0.43.13	5	21
58	178	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	36	35-39M	0.43.13	2	0
59	651	2185	DANNY	HARTZENBERG	TRANSNET	M	50	50-54M	0.43.13	4	0
60	346	898	PATRIC	MAKWENKWE	CHARLO	M	60	60-64M	0.43.17	5	0
61	423	2088	GEDDES	GALLANT	SANDFEP	M	59	55-59M	0.43.27	5	0
62	315	1337	MORNE	BUIS	NEDBANK	M	33	SM	0.43.41	2	0
63	263	832	SEAN	SWANEPOEL	32GI	M	37	35-39M	0.43.41	2	0
64	668	1944	MUSA	SENTI	BLUEBAY	M	33	SM	0.43.44	2	0
65	285	495	DEWALD	VERMEULEN	RUN4C	M	54	50-54M	0.43.45	3	0
67	607	844	THERESA	BUCHNER	32GI	F	41	40-44F	0.44.08	4	20
68	557	5557	CJ	STRYDOM	TEMP	M	42	40-44M	0.44.18	0	0
69	164	3491	LUNGISA	JACOBS	VUKANI	M	43	40-44M	0.44.19	2	0
70	444	3392	SEAN	ROSS	ACH	M	35	35-39M	0.44.29	2	0
71	626	1087	SONWABO	NYANGIWE	ACH	M	58	55-59M	0.44.33	4	0
72	27	3021	SHAUN	HOEKSTRA	VITALITY	M	26	SM	0.44.47	2	0
73	657	55	SIMCELILE	SITHEMBU	SAPPE	M	35	35-39M	0.44.49	2	0
74	39	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	28	SM	0.45.02	2	0
75	618	1647	JUSTIN	LEESON	MADIBA	M	40	40-44M	0.45.02	2	0
76	471	831	KATHARINE	VAN DER WALT	32GI	F	50	50-54F	0.45.09	5	19
77	229	539	SEGIO	PETERSEN	RUN4C	M	48	45-49M	0.45.09	2	0
78	300	2279	SIPHESIHLE	DLWATI	VUKANI	M	36	35-39M	0.45.10	2	0
79	678	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	0.45.11	3	18
80	347	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	0.45.14	2	0
81	186	1345	DERRICK	DUBASE	NEDBANK	M	52	50-54M	0.45.20	3	0
82	128	757	LITHALETHU	DINGELA	CRUSADE	M	22	SM	0.45.22	2	0
83	6	40542	BLAKE	BOUCHER	CRUSADE	M	14	JM	0.45.22	2	0
84	259	1642	NICO	SMITH	MADIBA	M	41	40-44M	0.45.23	2	0
85	49	1734	DENVER	PETERSEN	GELVAN	M	42	40-44M	0.45.31	2	0
86	162	1135	DUONETTE	HOROWITZ	ACH	F	42	40-44F	0.45.40	3	17
87	283	40075	CHLOE	VERMAAK	ELITEAC	F	19	JF	0.45.53	2	16
88	351	938	THOBELO	MFIKILI	CHARLO	M	40	40-44M	0.45.55	2	0
89	65	2122	RODNEY	WITBOOI	ATLANTIC	M	55	55-59M	0.46.01	3	0
90	676	2287	LINDIKHAYA	NTEYI	VUKANI	M	47	45-49M	0.46.12	2	0
91	429	1113	ROGER	TRADER	ACH	M	72	70+M	0.46.14	5	0
92	682	4224	KIAN	TERBLANCHE	TEMP	M	29	SM	0.46.19	0	0
93	160	659	BRETT	HOLMES	ASPEN	M	52	50-54M	0.46.21	3	0
94	683	4006	CHAD	VAN RENSBURG	TEMP	M	26	SM	0.46.24	0	0
95	383	1347	LUVUYO	STEPHEN	NEDBANK	M	56	55-59M	0.46.35	3	0
96	627	40507	LONWABO	NONDLWANA	ACH	M	15	JM	0.46.37	2	0
97	650	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.46.43	5	15
98	297	2880	Cecil Brayn	Claassen	CSEP	M	34	SM	0.46.44	2	0
99	200	1055	JEROME	MAY	XCEL	M	60	60-64M	0.46.45	4	0
100	356	911	TANYA	NORRIS	CHARLO	F	42	40-44F	0.46.52	3	14
101	459	2216	ZOLILE	GWEBANI	SIBALEKA	M	56	55-59M	0.46.56	3	0
102	555	5555	ZOLANI	SIBENGILE	TEMP	M	26	SM	0.46.56	0	0
103	473	2184	FREEK	DANIELS	TRANSNET	M	60	60-64M	0.47.12	3	0
104	665	1072	KYLA	MAARTENS	ACH	F	22	SF	0.47.12	2	13
105	404	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	0.47.24	2	0

106	284	40076	KYLIE	VERMAAK	ELITEAC	F	19	JF	0.47.27	2	12
107	146	532	JUDY	GERBER	RUN4C	F	60	60-64F	0.47.38	5	11
108	268	3011	ONKE	TSHOTSHO	VITALITY	M	39	35-39M	0.47.53	2	0
109	537	5537	ABDISALAAM	MOHAMED	TEMP	M	20	SM	0.48.02	0	0
110	348	952	CINDY	MARAIS	CHARLO	F	49	45-49F	0.48.07	3	10
111	314	890	SIMPHIWE	BLOU	CHARLO	M	54	50-54M	0.48.08	2	0
112	465	1238	PIETER	GERBER	ELITEAC	M	51	50-54M	0.48.10	2	0
113	660	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.48.11	2	0
114	161	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	0.48.13	2	0
115	94	40092	Renel	Billson	JBAY	F	16	JF	0.48.14	2	9
116	571	5571	ANDRE	IMMELMAN	TEMP	M	49	45-49M	0.48.46	0	0
117	302	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	0.48.50	3	0
118	636	375	MARIUS	STANDER	IKHAMVA	M	58	55-59M	0.48.51	2	0
119	662	706	STEPHEN	MCCARTHY	CRUSADE	M	65	65-69M	0.48.52	3	0
120	243	860	KYLIE	RIDDIN	32GI	F	41	40-44F	0.48.56	2	8
121	129	1597	EDVIN	DONLEY	DESPATCH	M	49	45-49M	0.49.05	2	0
122	379	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	0.49.10	2	0
123	317	967	MIKE	BURGER	CHARLO	M	67	65-69M	0.49.13	3	0
124	358	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	0.49.15	2	0
125	582	5582	SHELLEY	MAINS SHEARD	TEMP	F	36	35-39F	0.49.25	0	0
126	88	342	JONATHAN	BAKKER	MUIRITE	M	35	35-39M	0.49.26	2	0
127	120	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	0.49.30	2	0
128	441	1748	RICHARD	RAMATSASA	GELVAN	M	50	50-54M	0.49.33	2	0
129	411	202	WERNER	MEYER	SAPPE	M	53	50-54M	0.49.33	2	0
130	366	957	PIERRE	RENSHAW	CHARLO	M	53	50-54M	0.49.36	2	0
131	232	619	DOZ	PHILLIPS	RUN4C	F	54	50-54F	0.49.37	3	7
132	145	791	CHARL	GERBER	32GI	M	49	45-49M	0.49.46	2	0
133	327	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	0.49.56	2	0
134	66	5466	JUANITA	BRADFIELD	TEMP	F	41	40-44F	0.50.00	0	0
135	414	1485	KOOS	OLIVIER	NEDBANK	M	68	65-69M	0.50.11	3	0
136	175	839	HESTER	KINGWILL	32GI	F	45	45-49F	0.50.21	2	6
137	354	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	0.50.23	2	5
138	313	1018	TANIA	BESSINGER	CHARLO	F	49	45-49F	0.50.24	2	4
139	61	1010	JAN	VAN EEDEN	NEDBANK	M	68	65-69M	0.50.24	3	0
140	535	5535	BANDILE	MNGANGA	TEMP	M	43	40-44M	0.50.26	0	0
141	139	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	0.50.28	2	3
142	474	50222	ZENE	GERBER	CHEETAH	F	25	SF	0.50.31	0	0
143	456	862	JEAN-PERI	REDOÑA	32GI	M	38	35-39M	0.50.37	1	0
144	187	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	0.50.39	2	0
145	111	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	0.50.39	2	0
146	387	1027	NELSON	VLAKBOK	CHARLO	M	62	60-64M	0.50.43	2	0
147	246	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	0.50.51	4	2
148	579	5579	JARED	HEYNS	TEMP	M	20	SM	0.50.55	0	0
149	613	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.50.58	2	0
150	606	3813	JARED	DE DONCKER	TEMP	M	26	SM	0.51.06	0	0
151	114	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	0.51.07	3	0
152	686	858	KIM	DRINKWATER	32GI	F	50	50-54F	0.51.11	3	1
153	250	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	0.51.12	2	0
154	143	71	TRISTAN	GEORGE	SAPPE	M	24	SM	0.51.13	1	0
155	385	983	PETER	VENTER	CHARLO	M	45	45-49M	0.51.14	2	0
156	212	1921	OWEN	NCUBE	BLUEBAY	M	45	45-49M	0.51.14	2	0
157	298	866	MICHA	CRONJE	32GI	F	36	35-39F	0.51.19	2	0
158	631	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	0.51.20	2	0

159	458	1145	JOANNE	HOYLE	ACH	F	57	55-59F	0.51.26	3	0
160	309	1200	JANINE	WHITTAL	32GI	F	45	45-49F	0.51.32	2	0
161	666	1118	BRUCE	KING	ACH	M	60	60-64M	0.51.39	2	0
162	282	534	BIANCA	VERMAAK	RUN4C	F	32	SF	0.51.41	2	0
163	353	887	LYNNE	NEUBERT	CHARLO	F	54	50-54F	0.51.46	2	0
164	121	40073	STACEY	DE RIDDER	ELITEAC	F	17	JF	0.51.47	2	0
165	527	3574	Mario	Lockem	RUN4C	M	43	40-44M	0.51.53	1	0
166	331	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	0.51.55	2	0
167	105	3179	DANIELLE	BRITO	32GI	F	43	40-44F	0.52.03	2	0
168	494	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	0.52.09	1	0
169	422	1336	DON	CHARLES	NEDBANK	M	77	70+M	0.52.13	3	0
170	546	5546	LARA	PRAGNELL	TEMP	F	35	35-39F	0.52.16	0	0
171	586	5586	AVA	VAN DER WALT	TEMP	F	17	JF	0.52.19	0	0
172	490	485	WANDILE	BATAYI	RUN4C	M	30	SM	0.52.21	1	0
173	614	458	SISANDA	GOLOMBA	CHILLIEP	F	28	SF	0.52.24	1	0
174	391	2209	VELILE	LUSITI	SIBALEKA	M	37	35-39M	0.52.24	1	0
175	188	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	0.52.25	2	0
176	337	1450	NKHATHALLENG	KHIBA	NEDBANK	F	45	45-49F	0.52.29	2	0
177	184	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.52.32	2	0
178	553	5553	KIAN	SCHELLINGERHOUT	TEMP	M	21	SM	0.52.35	0	0
179	112	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	0.52.38	1	0
180	453	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	41	40-44M	0.52.41	1	0
181	345	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	0.52.42	2	0
182	390	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	0.52.42	2	0
183	199	412	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.52.44	1	0
184	421	1088	PERCY	DALTON	ACH	M	78	70+M	0.52.45	2	0
185	382	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	0.52.50	2	0
186	86	3580	JOSEPH	BAIN	CSEP	M	66	65-69M	0.52.54	2	0
187	367	991	GREGORY	ROSS	CHARLO	M	53	50-54M	0.53.03	1	0
188	318	891	DARRYL	CALVERT	CHARLO	M	51	50-54M	0.53.07	1	0
189	320	982	CHARLES	CORBY	CHARLO	M	56	55-59M	0.53.07	2	0
190	228	684	AXOLA	PAKADE	ASPEN	M	29	SM	0.53.10	1	0
191	338	937	KIJANA	LARSEN	CHARLO	F	26	SF	0.53.13	1	0
192	496	526	NIEKE	EBERSOHN	RUN4C	F	34	SF	0.53.14	1	0
193	593	5593	ANNA	HEYDENRYCH	TEMP	F	42	40-44F	0.53.22	0	0
194	452	800	JONATHAN	MANDELL	32GI	M	61	60-64M	0.53.23	2	0
195	619	2695	VUSIKAYA	MANCAPA	MOTHER	M	61	60-64M	0.53.29	2	0
196	237	1554	HELGARD	POTGIETER	DESPATCH	M	54	50-54M	0.53.31	1	0
197	99	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	0.53.31	1	0
198	166	2502	LINCOLN	JANSEN	Bestmed	M	36	35-39M	0.53.36	1	0
199	491	2286	BONKE	GOYI	VUKANI	M	38	35-39M	0.53.47	1	0
200	119	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.53.49	2	0
201	203	52419	YAMKELA	MLISA	MTHATHA	M	28	SM	0.53.49	0	0
202	227	2442	TRUDIE	OOSTHUIZEN	JBAY	F	64	60-64F	0.53.50	3	0
203	603	40189	M.Y	BABOO	MALABAR	M	16	JM	0.53.56	1	0
204	450	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	0.53.56	3	0
205	87	1043	DAVID	BAINS	XCEL	M	60	60-64M	0.53.57	2	0
206	370	1017	JOE	SCHOEMAN	CHARLO	M	46	45-49M	0.54.01	1	0
207	150	1811	VUYO	GROOTBOOM	TINARHA	M	49	45-49M	0.54.02	1	0
208	493	628	CT	JACOBS	ASPEN	M	42	40-44M	0.54.04	1	0
209	427	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.54.06	2	0
210	360	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	0.54.08	2	0
211	197	1160	THEMBALETHU	MANA	EMERIS	M	50	50-54M	0.54.13	1	0

212	638	2324	NDILEKA	MGCUWE	VUKANI	F	48	45-49F	0.54.13	2	0
213	350	990	BRETT	MCLAREN	CHARLO	M	40	40-44M	0.54.21	1	0
214	517	5517	LAUREN	GRIMES	TEMP	F	36	35-39F	0.54.24	0	0
215	130	1609	WILLEMIEN	DU RANDT	DESPATCH	F	52	50-54F	0.54.37	2	0
216	581	5581	IMKE	MYBURGH	TEMP	F	28	SF	0.54.45	0	0
217	580	5580	MARCELLE	DE LANGE	TEMP	M	30	SM	0.54.45	0	0
218	117	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	0.54.45	1	0
219	332	1001	KEANO	HITZEROTH	CHARLO	M	26	SM	0.54.53	1	0
220	217	700	KATHERINE	NEL	ASPEN	F	36	35-39F	0.54.54	1	0
221	148	637	MARK	GODDARD	ASPEN	M	30	SM	0.54.54	1	0
222	62	519	CHARLOTTE	VAN WYK	RUN4C	F	44	40-44F	0.54.57	1	0
223	124	75	HESTER	DEKKER	SAPPE	F	54	50-54F	0.55.07	2	0
224	18	1777	ROLAND	DACE	GELVAN	M	71	70+M	0.55.10	2	0
225	305	669	TERENCE	LANTZ	ASPEN	M	46	45-49M	0.55.12	1	0
226	78	5478	TARYN	WHITFIELD	TEMP	F	35	35-39F	0.55.15	0	0
227	667	63	MPUMELELO	MBALI	SAPPE	M	35	35-39M	0.55.23	1	0
228	201	2958	ZENANDE	MABINI	SAPPE	M	30	SM	0.55.23	1	0
229	241	2604	ABIGAIL	DAVY	Bestmed	F	25	SF	0.55.25	1	0
230	591	5591	ZAMISA	MZUBANZI	TEMP	M	56	55-59M	0.55.34	0	0
231	339	1009	MEGAN	LONG	CHARLO	F	41	40-44F	0.55.44	1	0
232	22	42	SAM	ERASMUS	SAPPE	M	68	65-69M	0.55.44	2	0
233	100	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	0.55.45	1	0
234	195	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	0.55.51	2	0
235	3	1285	WANDA	BANJWA	VWAC	M	39	35-39M	0.55.51	1	0
236	658	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	0.55.53	1	0
237	21	1234	DEWALD	DEYSEL	ELITEAC	M	44	40-44M	0.56.01	1	0
238	84	570	JENNY	AH CHONG	RUN4C	F	58	55-59F	0.56.04	2	0
239	177	2388	SYBRAND	KIRSTEN	JBAY	M	57	55-59M	0.56.05	1	0
240	95	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	0.56.08	2	0
241	52	103	SANDRIKA	FOURIE	INFINITY	F	28	SF	0.56.12	1	0
242	380	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	0.56.14	1	0
243	312	984	BELINDA	BAIN	CHARLO	F	64	60-64F	0.56.28	2	0
244	625	1857	Gaven	Matli	HOLLYWOO	M	36	35-39M	0.56.28	1	0
245	480	1705	JOHN	FREWEN	MADIBA	M	64	60-64M	0.56.30	1	0
246	247	1176	AHMED	SALEEM	EMERIS	M	20	SM	0.56.30	1	0
247	547	5547	NICOLE	PRICE	TEMP	F	44	40-44F	0.56.35	0	0
248	256	584	BRENDON	SLABBERT	RUN4C	M	55	55-59M	0.56.36	1	0
249	476	2733	IVO	MEYER	BODYCON	M	51	50-54M	0.56.47	1	0
250	620	2841	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	0.56.54	0	0
251	418	27	LIESL	BARKER	PEAAC	F	59	55-59F	0.56.56	2	0
252	311	954	LOUISE	AXON	CHARLO	F	48	45-49F	0.56.57	1	0
253	435	1083	ALAN	TAYLOR	ACH	M	69	65-69M	0.56.59	1	0
254	333	915	JOEL	HUMAN	CHARLO	M	53	50-54M	0.56.59	1	0
255	512	5512	LUCA	DE BRUIJN	TEMP	F	25	SF	0.57.06	0	0
256	590	5590	TRISTEN	DU RANDT	TEMP	M	26	SM	0.57.06	0	0
257	646	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	0.57.14	1	0
258	434	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	0.57.18	1	0
259	447	1232	SONIKA	NEL	ELITEAC	F	26	SF	0.57.26	1	0
260	244	350	MARIUS	ROACH	MUIRITE	M	33	SM	0.57.30	1	0
261	192	81	NOMANDLA	LUNGUZA	SAPPE	F	50	50-54F	0.57.31	1	0
262	518	5518	MIKÉ	HOLDER	TEMP	F	19	JF	0.57.36	0	0
263	329	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	0.57.39	1	0
264	104	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	0.57.39	1	0

265	419	9	ELMARIE	BOTHA	PEAAC	F	59	55-59F	0.57.41	1	0
266	446	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	0.57.43	1	0
267	296	830	NATALIE	BOSHOFF	32GI	F	39	35-39F	0.57.47	1	0
268	303	777	STEVEN	GAGIANO	32GI	M	45	45-49M	0.57.47	1	0
269	364	889	PETER	POHLMANN	CHARLO	M	63	60-64M	0.57.50	1	0
270	279	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	62	60-64F	0.57.51	2	0
271	8	761	Nicky	Boucher	CRUSADE	F	41	40-44F	0.58.04	1	0
272	31	2467	CARLA	HUYSAMEN	JBAY	F	30	SF	0.58.05	1	0
273	98	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	0.58.14	1	0
274	594	5594	LAURE	PIETERSE	TEMP	M	55	55-59M	0.58.16	0	0
275	384	932	KIM	VENTER	CHARLO	F	42	40-44F	0.58.20	1	0
276	587	5587	CHRIS	VAN DER WALT	TEMP	M	50	50-54M	0.58.22	0	0
277	577	5577	CHRISTA	SLABBERT	TEMP	F	58	55-59F	0.58.30	0	0
278	656	1955	DANIEL	PIETERSE	BLUEBAY	M	64	60-64M	0.58.31	1	0
279	59	1429	RIKA	TERBLANCHE	NEDBANK	F	49	45-49F	0.58.34	1	0
280	64	1453	HEINRICH	WENTZEL	NEDBANK	M	40	40-44M	0.58.34	1	0
281	621	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	0.58.35	1	0
282	426	2008	TRACEY-LYNNE	HERMAN	WALMER	F	54	50-54F	0.58.41	1	0
283	55	1299	MICHAEL	SLATER	VWAC	M	56	55-59M	0.58.46	1	0
284	249	2727	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.58.57	2	0
285	481	1704	MARIZA	FREWEN	MADIBA	F	64	60-64F	0.59.01	1	0
286	15	6529	RODNEY	BUTTERS	EASYEQ	M	64	60-64M	0.59.04	0	0
287	609	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	0.59.07	1	0
288	460	662	Zenita	Durrheim	ASPEN	F	47	45-49F	0.59.07	1	0
289	489	639	DHIRESH	VALLABH	ASPEN	M	41	40-44M	0.59.07	1	0
290	468	3082	ROBIN	NOMDOE	VITALITY	M	39	35-39M	0.59.09	1	0
291	445	2666	SYLVAN	BLIGNAUT	Bestmed	M	66	65-69M	0.59.12	1	0
292	369	884	HERMAN	SCHEEPERS	CHARLO	M	51	50-54M	0.59.17	1	0
293	664	840	BRONWIN	MEYER	32GI	F	54	50-54F	0.59.17	1	0
294	41	708	JOAN	MARLBOROUGH	CRUSADE	F	71	70+F	0.59.18	2	0
295	433	825	JOY	PREGNOLATO	32GI	F	55	55-59F	0.59.23	1	0
296	216	633	DAVID	NEL	ASPEN	M	39	35-39M	0.59.24	1	0
297	675	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	0.59.29	1	0
298	652	1351	SHARON	JESSOP	NEDBANK	F	56	55-59F	0.59.29	1	0
299	274	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	0.59.33	1	0
300	51	2715	AMOS	PRAM	MUIRITE	M	50	50-54M	0.59.34	1	0
301	153	535	GERT	HARMSE	RUN4C	M	60	60-64M	0.59.34	1	0
302	677	50803	SIVIWE	MEVENI	REALGIJ	M	39	35-39M	0.59.41	0	0
303	672	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	0.59.41	1	0
304	575	5575	BRIDGET	JANSEN VAN RENSBURG	TEMP	F	41	40-44F	0.59.46	0	0
305	44	751	NICK	MULLINS	CRUSADE	M	70	70+M	0.59.46	1	0
306	612	769	MEGAN	ELS	CRUSADE	F	41	40-44F	0.59.47	1	0
307	534	5534	Bheki	Mkhwanazi	TEMP	M	40	40-44M	0.59.51	0	0
308	258	1627	NATASHA	SMITH	MADIBA	F	40	40-44F	0.59.53	1	0
309	194	3047	NOMKE	MABIZELA	VITALITY	M	43	40-44M	0.59.54	1	0
310	38	1739	SHAHIED	MAMOOJEE	GELVAN	M	60	60-64M	0.59.56	1	0
311	388	1011	CORNE	VOSLOO	CHARLO	M	47	45-49M	0.59.59	1	0
312	374	930	IMKE	SMIT	CHARLO	F	37	35-39F	1.00.01	1	0
313	576	5576	WINRAY	CHRISTOFFELS	TEMP	M	29	SM	1.00.03	0	0
314	236	9002	AIMEE	POHLMANN	SOCIAL	F	28	SF	1.00.03	0	0
315	570	5570	KOENA	HEADBUSH	TEMP	M	48	45-49M	1.00.04	0	0
316	674	705	OCTAVIA	BOSHOFF	CRUSADE	F	56	55-59F	1.00.08	1	0
317	252	625	YOLANDA	SIDWABA	ASPEN	F	35	35-39F	1.00.09	1	0

318	173	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.00.11	2	0
319	224	663	LUTHO	NOMBEMBE	ASPEN	M	33	SM	1.00.12	1	0
320	495	525	WESSEL	EBERSOHN	RUN4C	M	37	35-39M	1.00.17	1	0
321	477	3083	SITHANDILE	SIPILI	VITALITY	M	44	40-44M	1.00.19	1	0
322	563	5563	ATHI	TSANA	TEMP	M	32	SM	1.00.19	0	0
323	293	3461	KAITLYN	WOODS	BIGBEAR	F	25	SF	1.00.25	0	0
324	560	5560	CHRISTOPHER	TEMBO	TEMP	M	49	45-49M	1.00.29	0	0
325	83	3514	LISA	ACHILLEOS	BIGBEAR	F	36	35-39F	1.00.30	0	0
326	242	2321	SBULELE	QASHA	EMERIS	M	24	SM	1.00.32	1	0
327	531	5531	LAMIA	MAMOOJEE	TEMP	F	38	35-39F	1.00.36	0	0
328	359	996	PAULA	PEARCE	CHARLO	F	58	55-59F	1.00.42	1	0
329	416	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	1.00.43	1	0
330	301	738	SAM	DU TOIT	CRUSADE	F	57	55-59F	1.00.44	1	0
331	539	5539	SIFUNDO	MTHEMBU	TEMP	M	34	SM	1.00.44	0	0
332	125	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	1.00.46	1	0
333	113	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.00.50	1	0
334	454	1675	MARIUS	ZEELIE	MADIBA	M	61	60-64M	1.00.51	1	0
335	278	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	1.00.52	1	0
336	616	2301	ALIZWA	BOVUNGANA	VUKANI	M	25	SM	1.00.56	1	0
337	270	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	1.00.59	1	0
338	170	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.00.59	1	0
339	573	5573	GENEE	PHILLIPS	TEMP	F	26	SF	1.01.01	0	0
340	532	5532	AZILE	MAXONGO	TEMP	F	29	SF	1.01.06	0	0
341	233	2317	SINOVUYO	PHOHLONGO	TRANSNET	F	32	SF	1.01.06	1	0
342	543	5543	ROSWYN	PASIO	TEMP	F	37	35-39F	1.01.09	0	0
343	410	1920	NOZIBELE	MBETHE	BLUEBAY	F	51	50-54F	1.01.19	1	0
344	558	5558	YOLANDI	STRYDOM	TEMP	F	43	40-44F	1.01.24	0	0
345	640	2285	LUVUYO	SIWUNDLA	VUKANI	M	46	45-49M	1.01.42	1	0
346	467	50735	JUANITA	BRINK	KIMBH	F	48	45-49F	1.01.44	0	0
347	89	2909	DENVER	BARENDSE	CSEP	M	39	35-39M	1.01.45	1	0
348	605	128	DAWOOD	BABOO	MALABAR	M	39	35-39M	1.01.47	1	0
349	122	797	Adrian	de Waal	32GI	M	62	60-64M	1.01.50	1	0
350	574	5574	STEVE	PHILLIPS	TEMP	M	57	55-59M	1.01.53	0	0
351	328	959	JOHAN	GERBER	CHARLO	M	47	45-49M	1.01.54	1	0
352	615	765	SJANI	HUMAN	CRUSADE	F	56	55-59F	1.01.55	1	0
353	48	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.01.55	1	0
354	503	5503	ROLANDA	BAATJIES	TEMP	F	46	45-49F	1.01.56	0	0
355	262	12253	FREDERIK	STRYDOM	CITYC	M	48	45-49M	1.02.05	1	0
356	85	3226	Bernard	Badenhorst	CITYC	M	46	45-49M	1.02.05	1	0
357	363	909	THURAYA	PILLAY	CHARLO	F	24	SF	1.02.11	1	0
358	334	892	CHANTEL	HUYGEN	CHARLO	F	41	40-44F	1.02.16	1	0
359	457	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.02.17	1	0
360	281	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.02.17	1	0
361	202	2971	VUYOKAZI	MBELE	CHILLIEP	F	49	45-49F	1.02.32	1	0
362	144	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.02.34	1	0
363	24	2302	TEMBAKAZI	GOQWANA	VUKANI	F	38	35-39F	1.02.40	1	0
364	634	2090	WELLINGTON	TSHINGANE	SANDFEP	M	56	55-59M	1.02.54	1	0
365	291	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.02.56	1	0
366	373	906	TARYN	SLABBERT	CHARLO	F	45	45-49F	1.02.59	1	0
367	240	2407	SCHOOMBEE	PRETORIUS	JBAY	M	68	65-69M	1.03.04	1	0
368	219	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.03.27	1	0
369	191	728	PAUL	LUBBE	CRUSADE	M	64	60-64M	1.03.31	1	0
370	70	5470	JAQUE	GERBER	TEMP	M	34	SM	1.03.41	0	0

371	377	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.03.46	1	0
372	292	677	ANAM	WITBOOI	ASPEN	F	31	SF	1.03.46	1	0
373	684	2337	MKONYISELA	MCUBASE	VUKANI	M	40	40-44M	1.03.50	1	0
374	381	926	TREVOR	VAN RENSBURG	CHARLO	M	74	70+M	1.03.52	1	0
375	151	3235	MARITZA	HANEKOM	CITYC	F	44	40-44F	1.03.57	1	0
376	336	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.04.01	1	0
377	204	2744	NKOSUTHANDILE	MONDE	TRANSNET	M	28	SM	1.04.03	1	0
378	349	928	ALLISTER	MARRAN	CHARLO	M	50	50-54M	1.04.05	1	0
379	280	1582	MARINET	VAN TONDER	DESPATCH	F	48	45-49F	1.04.14	1	0
380	238	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	1.04.14	1	0
381	469	2872	JOHN	APPELS	CSEP	M	51	50-54M	1.04.15	1	0
382	583	5583	SIMTANDILE	ZICI	TEMP	F	34	SF	1.04.18	0	0
383	45	1737	LYNDLE	NAIDOO	GELVAN	F	34	SF	1.04.18	1	0
384	261	3223	CHRISTO	STEYN	CITYC	M	58	55-59M	1.04.24	1	0
385	5	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.04.40	1	0
386	91	512	ANSIE	BENADE	RUN4C	F	67	65-69F	1.04.43	1	0
387	375	913	SHARON	SMUTS	CHARLO	F	60	60-64F	1.04.43	1	0
388	461	575	JACKIE	ELOFF	RUN4C	F	54	50-54F	1.04.44	1	0
389	520	5520	PENNY	JANSEN VAN RENSBURG	TEMP	F	49	45-49F	1.04.44	0	0
390	448	859	KAYLEE	MARX	32GI	F	30	SF	1.04.51	1	0
391	93	2366	RENE	BILLSON	JBAY	F	48	45-49F	1.04.54	1	0
392	97	279	VERONICA	BOSHOFF	MUIRITE	F	65	65-69F	1.05.02	1	0
393	159	2299	THABISA	HLAM	VUKANI	F	40	40-44F	1.05.08	1	0
394	324	3341	ANCHERIEN	DU PLESSIS	CHARLO	F	61	60-64F	1.05.13	1	0
395	12	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	1.05.19	1	0
396	515	5515	ZIMASA	GCWEKANA	TEMP	F	31	SF	1.05.20	0	0
397	504	5504	RISHAAD	BALLIM	TEMP	M	36	35-39M	1.05.21	0	0
398	519	5519	ROBYN	JACOBS	TEMP	F	38	35-39F	1.05.21	0	0
399	357	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.05.24	1	0
400	596	5596	LEILA	SAMPSON	TEMP	F	37	35-39F	1.05.30	0	0
401	273	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.05.39	1	0
402	319	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	1.05.41	1	0
403	254	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.05.42	1	0
404	257	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	1.05.43	1	0
405	443	2111	GEROME	MINTOOR	ATLANTIC	M	58	55-59M	1.05.43	1	0
406	253	564	GAVIN	SILLS	RUN4C	M	53	50-54M	1.05.43	1	0
407	290	302	LUCINDA	GERBER	MUIRITE	F	51	50-54F	1.05.44	1	0
408	498	2334	MZOVELE	DLAMINI	VWAC	M	41	40-44M	1.05.48	1	0
409	172	131	SHUKRY	KAFAAR	MALABAR	M	40	40-44M	1.05.49	1	0
410	565	5565	MARLIZE	VAN DER MERWE	TEMP	F	49	45-49F	1.05.50	0	0
411	46	753	PLACXEDES	NDHLOVU	CRUSADE	F	52	50-54F	1.05.52	1	0
412	487	1102	KEN	BARWOOD	ACH	M	71	70+M	1.05.55	1	0
413	69	5469	ESTI	DU TOIT	TEMP	F	42	40-44F	1.05.56	0	0
414	294	2354	WILBUR	WRIGHT	JBAY	M	50	50-54M	1.06.03	1	0
415	136	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.06.05	1	0
416	140	529	ANDRE	FOURIE	RUN4C	M	79	70+M	1.06.11	1	0
417	50	1691	Jacobus	Pienaar	MADIBA	M	47	45-49M	1.06.13	1	0
418	11	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.06.18	1	0
419	483	2620	WAYNE	MAC GEAR	Bestmed	M	63	60-64M	1.06.21	1	0
420	13	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.06.29	1	0
421	673	1104	CATHY	IVES	ACH	F	73	70+F	1.06.32	1	0
422	413	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.06.32	1	0
423	500	2603	JOHANN	VAN DER MERWE	Bestmed	M	62	60-64M	1.06.37	1	0

424	362	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.06.43	1	0
425	1	2802	FUNDISWA	ANTONY-NOGAGA	ABSAEP	F	54	50-54F	1.06.46	1	0
426	508	5508	SAM	BOTHA	TEMP	F	34	SF	1.06.49	0	0
427	556	5556	MXOLISI	SIBOTO	TEMP	M	37	35-39M	1.06.54	0	0
428	550	5550	Isabella	Roux	TEMP	F	20	SF	1.07.00	0	0
429	502	5502	RUBY	ANDREWS	TEMP	F	17	JF	1.07.02	0	0
430	76	5476	LIZE-MARI	SCHOEMAN	TEMP	F	17	JF	1.07.03	0	0
431	432	2092	ZAFIKA	NYONGO	SANDFEP	F	46	45-49F	1.07.17	1	0
432	213	2272	MSUTUKAZI	NDIMBA	VUKANI	F	47	45-49F	1.07.36	1	0
433	34	2370	JOSINA	LABUSCHAGNE	JBAY	F	70	70+F	1.07.50	1	0
434	255	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.08.01	1	0
435	415	1350	RONELL	NIKSCH	NEDBANK	F	63	60-64F	1.08.03	1	0
436	211	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.08.05	1	0
437	635	652	DRUCIL	TSHIMANGA	ASPEN	F	27	SF	1.08.19	1	0
438	505	5505	MICHAEL	BEUKMAN	TEMP	M	52	50-54M	1.08.27	0	0
439	10	2377	Kenny	Brown	JBAY	M	75	70+M	1.08.30	1	0
440	118	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.08.34	1	0
441	101	40081	Meriska	Bouwer	ELITEAC	F	19	JF	1.08.34	1	0
442	642	337	CHRISTINE	SNYMAN	MUIRITE	F	70	70+F	1.08.34	1	0
443	96	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.08.36	1	0
444	299	1624	ESTELLE	DE KLERK	MADIBA	F	60	60-64F	1.08.36	1	0
445	485	1924	SHELAINE	BARENDSE-SCHOLTZ	BLUEBAY	F	40	40-44F	1.08.37	1	0
446	451	850	PAIGE	LEE	32GI	F	60	60-64F	1.08.38	1	0
447	455	801	BIANCA	LEONARD	32GI	F	36	35-39F	1.08.39	1	0
448	206	51822	NOLUBABALO	MTSHAKAZI	KOMANIR	F	47	45-49F	1.08.48	0	0
449	231	38	TEMBA	PEZISA	SIBALEKA	M	60	60-64M	1.08.49	1	0
450	138	1097	CINDY	FERREY	ACH	F	60	60-64F	1.08.50	1	0
451	516	5516	SACHIN	GOSAI	TEMP	M	31	SM	1.08.51	0	0
452	90	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.08.54	1	0
453	156	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	1.08.56	1	0
454	548	5548	LISA	RANDALL	TEMP	F	46	45-49F	1.09.24	0	0
455	566	5566	CHANE	VAN DER MESCHT	TEMP	F	25	SF	1.09.24	0	0
456	507	5507	MICHELLE	BLOM	TEMP	F	49	45-49F	1.09.24	0	0
457	412	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.09.28	1	0
458	77	5477	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.09.42	0	0
459	304	1545	RUAN	JONKER	DESPATCH	M	27	SM	1.09.48	1	0
460	286	566	JANINE	VILJOEN	RUN4C	F	56	55-59F	1.09.51	1	0
461	42	2201	NOCAWE	MDAZUKA	SIBALEKA	F	42	40-44F	1.09.53	1	0
462	53	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.09.59	1	0
463	2	1256	NAOMI	BAKKER	VWAC	F	49	45-49F	1.10.00	1	0
464	71	5471	NOMVANO	KENTANE	TEMP	F	36	35-39F	1.10.05	0	0
465	307	720	PIA	VAN DER HOEK	CRUSADE	F	41	40-44F	1.10.13	1	0
466	521	5521	SISEKO	KAKAZA	TEMP	M	29	SM	1.10.33	0	0
467	661	2346	XOLISA	COLANI	Bestmed	M	29	SM	1.10.35	1	0
468	116	5527	THUTHUZELA	MAPOMA	TEMP	F	32	SF	1.10.39	0	0
469	106	3407	Michelle	Brits	BIGBEAR	F	32	SF	1.10.52	0	0
470	277	3410	SUSAN	VAN NIEKERK	BIGBEAR	F	60	60-64F	1.10.52	0	0
471	549	5549	TANIA	RENISON	TEMP	F	38	35-39F	1.11.18	0	0
472	475	629	VICKI	VAN SCHALKWYK	ASPEN	F	45	45-49F	1.11.18	1	0
473	57	1728	LELACHE	TERBLANCHE	GELVAN	F	42	40-44F	1.11.22	1	0
474	525	5525	KLIM	LAMBERT	TEMP	M	48	45-49M	1.11.25	0	0
475	562	5562	TAMRYN	TRUTER	TEMP	F	30	SF	1.11.27	0	0
476	147	1108	COMINE	GIERZ	ACH	F	61	60-64F	1.11.30	1	0

477	484	53892	KAREN	NDHLOVU	CELTIC	F	26	SF	1.11.46	0	0
478	108	2600	WENDY	CAMERON	Bestmed	F	48	45-49F	1.11.52	1	0
479	226	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.11.55	1	0
480	115	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.12.01	1	0
481	488	3220	CARLA	FOURIE	CITYC	F	30	SF	1.12.06	1	0
482	611	1065	SUE	LEWIS	ACH	F	61	60-64F	1.12.07	1	0
483	617	2300	ANDILE	BOVUNGANA	VUKANI	M	59	55-59M	1.12.07	1	0
484	497	2189	NANGAMSO	NABE	TRANSNET	F	38	35-39F	1.12.08	1	0
485	158	864	KAYLEIGH	HILL	32GI	F	25	SF	1.12.12	1	0
486	499	1829	THEMBEKILE	SITHEBE	HOLLYWOO	F	38	35-39F	1.12.13	1	0
487	330	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	1.12.21	1	0
488	28	2115	DERRICK	HOSHE	ATLANTIC	M	67	65-69M	1.12.21	1	0
489	325	1003	ERIKA	FOREMAN	CHARLO	F	56	55-59F	1.12.21	1	0
490	152	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	1.12.30	1	0
491	207	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.12.35	1	0
492	530	5530	LELETHU	MAJOLA	TEMP	F	24	SF	1.12.39	0	0
493	37	2268	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.12.39	1	0
494	135	1935	XENOPHON	FEIRRERA	BLUEBAY	M	65	65-69M	1.12.39	1	0
495	335	886	CELEST	JOYCE	CHARLO	F	57	55-59F	1.12.48	1	0
496	479	2771	SHAMARA	PERUMAL	BESTMED	F	24	SF	1.12.54	1	0
497	688	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	1.13.15	1	0
498	225	2138	Angela	Ntanga	TRANSNET	F	31	SF	1.13.21	1	0
499	190	1761	JASON	LE ROUX	GELVAN	M	30	SM	1.13.33	1	0
500	376	1333	MBULELO	SOBIKWA	NEDBANK	M	72	70+M	1.13.37	1	0
501	272	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.13.48	1	0
502	223	40532	SIYAHLUMA	NKONE	BLUEBAY	F	17	JF	1.13.53	1	0
503	222	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	1.13.54	1	0
504	74	5474	MAWANDE	NGCELWANE	TEMP	M	25	SM	1.13.56	0	0
505	220	508	SIYANDA	NGCELWANE	RUN4C	F	28	SF	1.13.56	1	0
506	679	679	CORNEL	LOUW	TEMP	M	22	SM	1.14.06	0	0
507	680	4723	DANIELLE	VERMAAK	TEMP	F	22	SF	1.14.06	0	0
508	378	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.14.08	1	0
509	179	95	ZELDA	KRIGE	INFINITY	F	66	65-69F	1.14.09	1	0
510	155	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	1.14.20	1	0
511	420	50345	ROBERT	BUTTON	OLDSELB	M	67	65-69M	1.14.24	0	0
512	394	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	1.14.40	1	0
513	157	1364	PHILA	HENGE	NEDBANK	F	41	40-44F	1.14.51	1	0
514	551	5551	Talita	Roux	TEMP	M	51	50-54M	1.14.53	0	0
515	417	1103	LIZ	AUSTIN	ACH	F	68	65-69F	1.14.58	1	0
516	436	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	1.15.00	1	0
517	361	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.15.05	1	0
518	540	5540	SHANE	MYBURGH	TEMP	M	29	SM	1.15.07	0	0
519	126	41	TINA	DERBYSHIRE	SAPPE	F	72	70+F	1.15.13	1	0
520	428	756	MICHAEL	DEAN	CRUSADE	M	72	70+M	1.15.16	1	0
521	234	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.15.24	1	0
522	513	5513	SITHOKOZISO	DIKO	TEMP	F	40	40-44F	1.15.31	0	0
523	572	5572	MIKHAEL	RAMASAMY	TEMP	M	15	JM	1.15.44	0	0
524	545	5545	JONÉ	PIENAAR	TEMP	F	39	35-39F	1.16.26	0	0
525	75	5475	LIEZL	SCHOEMAN	TEMP	F	44	40-44F	1.16.26	0	0
526	671	52161	LUZUKO	SOLILO	ESKOM	M	43	40-44M	1.16.28	0	0
527	559	5559	JO	STUURMAN	TEMP	F	47	45-49F	1.16.56	0	0
528	578	5578	JIMMY	STYAN	TEMP	M	74	70+M	1.17.09	0	0
529	663	2250	NODUMO	MALINGE	SIBALEKA	F	31	SF	1.17.26	1	0

530	430	4430	VATHISWA	MADIKANE-DYANTYI	TEMP	F	39	35-39F	1.17.28	0	0
531	165	3105	ANDISWA	JAFTA	VITALITY	F	34	SF	1.17.31	1	0
532	608	3817	WONGALETHU	MATYENI	TEMP	M	45	45-49M	1.17.43	0	0
533	182	3311	LANCE	LABERCENSIE	VWAC	M	52	50-54M	1.17.45	1	0
534	326	971	DEIDRE	GERBER	CHARLO	F	55	55-59F	1.17.53	1	0
535	685	4595	KEABETSWE	NGUZA	TEMP	F	45	45-49F	1.18.01	0	0
536	183	2539	Priscah	Lakane	Bestmed	F	29	SF	1.18.07	1	0
537	29	2357	VICTOR	HUGO	JBAY	M	66	65-69M	1.18.14	1	0
538	142	744	KAREN	GARDNER	CRUSADE	F	64	60-64F	1.18.15	1	0
539	561	5561	NADIA	THOMAS	TEMP	F	33	SF	1.18.56	0	0
540	670	3319	PHATHEKA	MOKGWETSI	Bestmed	F	34	SF	1.18.56	1	0
541	536	5536	TSHEPISO	MOCIA	TEMP	F	23	SF	1.18.56	0	0
542	218	1117	GRAHAM	NELL	ACH	M	75	70+M	1.19.07	1	0
543	501	5501	LAIKEN	ABRAHAMS	TEMP	F	35	35-39F	1.20.11	0	0
544	141	528	HELEN	FOURIE	RUN4C	F	56	55-59F	1.20.17	1	0
545	644	3373	MCEBISI	MZINZI	HOLLYWOO	M	46	45-49M	1.20.22	1	0
546	265	1241	MARLENE	TERBLANCE	ELITEAC	F	76	70+F	1.20.31	1	0
547	103	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	1.20.32	1	0
548	659	1375	BARRY	NELSON	NEDBANK	M	75	70+M	1.20.36	1	0
549	567	5567	JURGEN	VAN MAANEN	TEMP	M	21	SM	1.20.48	0	0
550	26	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	1.20.50	1	0
551	604	1794	MOHAMED	KHADRAOUI	GELVAN	M	28	SM	1.21.10	1	0
552	552	5552	Sinethemba	Sasanti	TEMP	F	32	SF	1.21.19	0	0
553	509	5509	SANDY	BUTTERS	TEMP	F	60	60-64F	1.21.19	0	0
554	449	747	GLYNNE	LLOYD	CRUSADE	M	67	65-69M	1.21.32	1	0
555	215	2537	Asiphe	Ndoto	Bestmed	F	30	SF	1.21.55	1	0
556	189	1953	PHUMEZA	LANGA	VWAC	F	38	35-39F	1.22.01	1	0
557	478	2569	VEONNA	GOLIATH	Bestmed	F	54	50-54F	1.22.03	1	0
558	107	1760	MARISA	CALISTE	GELVAN	F	41	40-44F	1.22.26	1	0
559	149	1746	ARDEN	GROOTBOOM	GELVAN	F	45	45-49F	1.22.26	1	0
560	653	4706	PHELELA	MONA	TEMP	F	29	SF	1.22.38	0	0
561	134	591	ERICA	ERASMUS	RUN4C	F	56	55-59F	1.22.49	1	0
562	340	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.23.05	1	0
563	208	1999	JO-ANNE	MUIR	WALMER	F	57	55-59F	1.23.19	1	0
564	239	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	1.23.21	1	0
565	196	2323	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.23.28	1	0
566	389	1012	CINDY	VOSLOO	CHARLO	F	44	40-44F	1.23.41	1	0
567	321	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.23.42	1	0
568	526	5526	Diana	Langenhoven	TEMP	F	23	SF	1.23.49	0	0
569	30	2468	ALNA	HUYSAMEN	JBAY	F	64	60-64F	1.24.04	1	0
570	554	5554	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	1.24.10	0	0
571	266	3217	Yvette	Terblance	CITYC	F	43	40-44F	1.24.30	1	0
572	167	3229	Deone	Jansen van Rensburg	CITYC	F	44	40-44F	1.24.30	1	0
573	602	624	BANDLAKAZI	CABA	ASPEN	F	39	35-39F	1.24.46	1	0
574	127	2903	MATHABO	DICK	CSEP	F	57	55-59F	1.24.51	1	0
575	181	1936	MARKUS	KUNNEKE	BLUEBAY	M	57	55-59M	1.25.08	1	0
576	169	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	1.25.16	1	0
577	4	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	1.25.16	1	0
578	438	1651	SANET	NIIT	MADIBA	F	58	55-59F	1.25.17	1	0
579	439	1655	ANITA	COETZER	MADIBA	F	53	50-54F	1.25.18	1	0
580	341	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	1.25.26	1	0
581	123	59	HERMAN	DEKKER	SAPPE	M	81	70+M	1.25.30	1	0
582	56	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	1.25.30	1	0

583	92	9554	ASITHANDILE	BEN-MAZWI	SANRAL	F	43	40-44F	1.26.40	0	0
584	109	1305	NDULELA	CANCA	VWAC	F	44	40-44F	1.27.21	1	0
585	647	2803	SIMAMKELE	SIXIMBA	ABSAEP	F	31	SF	1.27.21	1	0
586	264	94	DENISE	TERBLANCHE	INFINITY	F	79	70+F	1.28.00	1	0
587	171	719	Yonela	Jubase	CRUSADE	F	33	SF	1.29.02	1	0
588	588	5588	NOLUVO	MADIKIZELA	TEMP	F	31	SF	1.29.06	0	0
589	17	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	1.29.07	1	0
590	648	97	INA	MEAKER	INFINITY	F	65	65-69F	1.29.08	1	0
591	58	1763	LIONEL	TERBLANCHE	GELVAN	M	50	50-54M	1.29.21	1	0
592	137	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	1.29.29	1	0
593	275	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	1.29.30	1	0
594	599	5599	MICHELLE	ELFICK	TEMP	F	55	55-59F	1.30.01	0	0
595	598	5598	CHARMAINE	DE KLERK	TEMP	F	55	55-59F	1.30.02	0	0
596	597	5597	CAROLYN	EALES	TEMP	F	59	55-59F	1.30.02	0	0
597	585	5585	HOPE	NDALA	TEMP	F	32	SF	1.30.03	0	0
598	205	1975	CHARLOTTE	MOTHILALL	VITALITY	F	43	40-44F	1.30.17	1	0
599	180	2531	FUNDISWA	KULA	Bestmed	F	47	45-49F	1.30.31	1	0
600	529	5529	HLONIPHILE	LUTHULI	TEMP	F	37	35-39F	1.30.32	0	0
601	251	1657	SANDRA	SHARE	MADIBA	F	60	60-64F	1.30.34	1	0
602	542	5542	DIEDERICK	OOSTHUIZEN	TEMP	M	57	55-59M	1.30.45	0	0
603	528	5528	KASTHURI	LUNDALL	TEMP	F	55	55-59F	1.31.04	0	0
604	344	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.31.07	1	0
605	486	1471	SHIRLEEN	CLARKE	NEDBANK	F	63	60-64F	1.31.22	1	0
606	472	2191	RONALD	JANTJIES	TRANSNET	M	54	50-54M	1.31.25	1	0
607	198	304	FOZA	MARTIN	MUIRITE	F	66	65-69F	1.36.23	1	0
608	482	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.36.24	1	0
609	221	52376	NOKUKHANYA	NGECE	KWAMA	F	41	40-44F	1.36.42	0	0
610	154	6777	PRISCILLA	HART	KUDUS	F	70	70+F	1.37.11	0	0
611	544	5544	LUCIA	PHATLHANYANE	TEMP	F	27	SF	1.37.31	0	0
612	287	275	JONEL	VORSTER	MUIRITE	F	37	35-39F	1.37.44	1	0
613	386	962	MILE	VERMAAK	CHARLO	F	59	55-59F	1.37.44	1	0
614	568	5568	NADIA	VAN WYK	TEMP	F	50	50-54F	1.38.43	0	0
615	589	5589	LWANDISA	DESHA	TEMP	F	34	SF	1.39.07	0	0
616	371	939	DINA	SCHUTTE	CHARLO	F	60	60-64F	1.40.35	1	0
617	600	5600	AXOLILE	ISAAC	TEMP	F	24	SF	1.40.45	0	0
HELPERS											
H1		1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.07.35	1	0
H2		1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	1.27.00	1	0