

SPORTSMANS WAREHOUSE 15KM - PORT ELIZABETH - 2026/09/12

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1119	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.46.52	5
2	1118	355	MELIKHAYA	FRANS	IKHAMVA	M	36	35-39M	0.47.35	5
3	1120	396	LITHOBE	MENZELELELI	IKHAMVA	M	27	SM	0.47.55	5
4	557	1361	ANDILE	MOTWANI	NEDBANK	M	29	SM	0.49.03	5
5	462	1071	SIYAVUYA	JEYI	ACH	M	21	SM	0.49.57	5
6	463	40143	AGCOBILE	JEZILE	ACH	M	17	JM	0.51.22	5
7	605	2149	XOLISA	NDLUMBINI	TRANSNET	M	44	40-44M	0.51.56	5
8	1122	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.51.59	5
9	1121	358	MZWANELE	MAPHEKULA	IKHAMVA	M	50	50-54M	0.52.14	5
10	559	1460	MZOLISI	MAKHANDA	NEDBANK	M	43	40-44M	0.52.24	5
11	550	40171	ANTON	AVENATHI	SIBALEKA	M	19	JM	0.53.10	5
12	558	1363	THULANI	MDLALO	NEDBANK	M	41	40-44M	0.53.17	5
13	575	701	NYASHA	MUKANDI	CRUSADE	M	34	SM	0.53.50	5
14	1158	3385	TAKUNDA	MUBARE	CHILLIEP	M	22	SM	0.54.10	5
15	5550	40426	CARLIN	LEHMAN	SCHOOL	M	17	JM	0.54.19	5
16	510	611	JENIEL	ZANA	RUN4C	M	31	SM	0.54.40	5
17	1551	1085	GEORGE	NTSHILIZA	ACH	M	46	45-49M	0.55.26	5
18	561	40005	BULUMKO	MALINGA	NEDBANK	M	19	JM	0.55.47	4
19	511	613	JORAN	FORTUIN	RUN4C	M	21	SM	0.55.54	4
20	457	40173	SINAWO	APRIL	ACH	M	17	JM	0.56.24	4
21	492	1242	GCOBANI	BEKWAPI	ELITEAC	M	47	45-49M	0.56.25	5
22	628	2062	SIYANDA	PETER	CSEP	M	37	35-39M	0.56.39	5
23	471	1106	SIPHESIHLE	SOFUTE	ACH	M	30	SM	0.56.45	4
24	1083	376	REUBEN	STANDER	IKHAMVA	M	23	SM	0.56.46	4
25	458	2059	YUSUF	ARENDSE	ACH	M	41	40-44M	0.56.48	5
26	946	5946	DANIEL	ERASMUS	TEMP	M	26	SM	0.57.01	0
27	305	1324	XOLILE	NDINGANE	NEDBANK	M	55	55-59M	0.57.20	5
28	554	1339	SANDILE	NGUNUZA	NEDBANK	M	43	40-44M	0.57.37	5
29	1165	1138	MXOLELENI	TABATA	ACH	M	23	SM	0.57.48	4
30	555	1488	MELIKHAYA	KEPE	NEDBANK	M	50	50-54M	0.57.58	5
31	1151	3334	THOKO	SIPUNGU	ALBANY	M	37	35-39M	0.58.06	4
32	1575	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	0.58.46	5
33	389	3389	SICELO	MASHABA	CHILLIEP	M	26	SM	0.58.57	3
34	1123	1406	REFELOE	SOLOMONS	NEDBANK	F	45	45-49F	0.59.04	5
35	342	3055	JEMAIN	WILSON	VITALITY	M	38	35-39M	0.59.52	3
36	1065	950	CHARLES	SEGALO	CHARLO	M	39	35-39M	1.00.24	3
37	1124	1400	KELLY	VAN VLIET	NEDBANK	F	38	35-39F	1.00.48	5
38	630	430	GUGU	BUDAZA	CHILLIEP	M	25	SM	1.01.01	3
39	632	423	SANDISO	NGXISHE	CHILLIEP	M	56	55-59M	1.01.04	5
40	825	5825	EDMUND	RONANDER	TEMP	M	43	40-44M	1.01.11	0
41	491	1255	ERROL	WHITTAL	ELITEAC	M	51	50-54M	1.01.21	5
42	501	282	ABDUL	WICOMB	MUIRITE	M	47	45-49M	1.01.31	4
43	422	532	LUNGA	MHAMBI	OVERTAKE	M	36	35-39M	1.02.17	0
44	100	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.02.18	4
45	938	5938	TEVAN	LEHMAN	TEMP	M	31	SM	1.02.23	0
46	1058	985	CHRISTOFF	PUREN	CHARLO	M	36	35-39M	1.02.29	3
47	887	5887	DIVAN	BARNARD	TEMP	M	26	SM	1.02.32	0
48	1046	993	THEMBEKILE	MSIPA	CHARLO	M	52	50-54M	1.03.17	5
49	640	5640	LEA	JACOBS	TEMP	F	34	SF	1.03.29	0
50	478	2593	LEBOGANG	GABABOE	BESTMED	M	20	SM	1.03.35	3
51	730	5730	ELRICH	JANTJIES	TEMP	M	26	SM	1.04.01	0
52	951	5951	MEYRICK	MURCH	TEMP	M	31	SM	1.04.18	0
53	199	2900	SABELO	MELITAFA	CSEP	M	47	45-49M	1.04.19	3

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
54	894	5894	JARRYD	COOKE	TEMP	M	32	SM	1.04.28	0
55	625	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.04.33	5
56	1560	431	ATHULE	NTSHUNTS	CHILLIEP	M	29	SM	1.04.34	2
57	497	3602	CHAD	WEWERS	HOLLYWOO	M	33	SM	1.04.34	2
58	515	2790	TANDUXOLO	MAFENUKA	VITALITY	M	30	SM	1.05.37	2
59	1068	1026	CHRISTOFF	SNYMAN	CHARLO	M	32	SM	1.05.46	2
60	562	40003	ASONGE	MTHANA	NEDBANK	M	19	JM	1.05.49	2
61	1098	1357	MBUYISELI	SITENGE	NEDBANK	M	48	45-49M	1.06.03	3
62	411	1425	DARRYL	BAGLEY	NEDBANK	M	51	50-54M	1.06.06	4
63	1131	1800	ROMAN	SEPTOE	GELVAN	M	29	SM	1.06.35	2
64	443	757	LITHALETHU	DINGELA	CRUSADE	M	22	SM	1.06.51	2
65	1102	6102	DYLAN	VERMAAK	TEMP	M	29	SM	1.06.56	0
66	1152	2543	GRAHAM	TERBLANCHE	Bestmed	M	61	60-64M	1.06.58	5
67	508	614	APHELELE	BAM	RUN4C	M	18	JM	1.07.19	2
68	560	1461	VUYISILE	SIMAYILE	NEDBANK	M	39	35-39M	1.07.22	2
69	416	3354	GAFANE	MOLETSANE	SAPPE	M	24	SM	1.07.38	2
70	1096	1503	LUVUYO	DYANI	NEDBANK	M	56	55-59M	1.07.40	4
71	1515	2743	LINDI	GEORGIOU	BODYCON	F	46	45-49F	1.07.46	5
72	1040	898	PATRIC	MAKWENKWE	CHARLO	M	60	60-64M	1.08.00	5
73	134	1776	ELDRIDGE	JONKERS	GELVAN	M	47	45-49M	1.08.11	3
74	1050	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	1.08.22	3
75	1516	367	VUSI	MSUTHWANA	IKHAMVA	M	54	50-54M	1.08.22	3
76	310	3325	THEMBILE	TSHAKAZA	SANDEF	M	37	35-39M	1.08.39	0
77	504	50939	MLUNGISELELI	MNTUYEDWA	REALGIJ	M	42	40-44M	1.09.32	0
78	251	539	SERGIO	PETERSON	RUN4C	M	48	45-49M	1.10.05	2
79	37	844	THERESA	BUCHNER	32GI	F	41	40-44F	1.10.09	3
80	20	3488	BEATRICE	CHATORA	CHILLI	F	24	SF	1.10.24	0
81	570	425	SIYABONGA	ZULU	CHILLIEP	M	44	40-44M	1.10.24	2
82	1177	428	Mthunzi	Qorana	CHILLIEP	M	44	40-44M	1.10.24	2
83	1538	6141	ATHI.THE.LION	MKANGELWA	TEMP	M	36	35-39M	1.10.33	0
84	320	831	KATHERINE	VAN DER WALT	32GI	F	50	50-54F	1.10.37	5
85	466	40507	LONWABO	NONDLWANA	ACH	M	16	JM	1.10.58	2
86	1574	1441	MARTIN	JANSEN	NEDBANK	M	58	55-59M	1.11.05	3
87	623	2088	GEDDES	GALLANT	SANDEF	M	59	55-59M	1.11.21	3
88	1129	1581	LILY	JANSE VAN RENSBURG	DESPATCH	F	50	50-54F	1.11.27	5
89	1175	1209	LIZE-ANN	RADEMEYER	ELITEAC	F	33	SF	1.11.38	2
90	381	832	SEAN	SWANEPOEL	32GI	M	37	35-39M	1.11.51	2
91	269	731	GAVIN	ROGERS	CRUSADE	M	62	60-64M	1.11.52	3
92	378	1469	MARGIE	SAUNDERS	NEDBANK	F	72	70+F	1.11.58	5
93	406	3577	KUHLE	JOBELA	CHEETAHS	M	32	SM	1.12.07	0
94	295	1292	THEMBINKOSI	STOKWE	VWAC	M	48	45-49M	1.12.17	2
95	591	1370	GEORGE	MEYER	NEDBANK	M	53	50-54M	1.12.32	2
96	420	55	SIMCELILE	SITHEMBU	SAPPE	M	35	35-39M	1.12.38	2
97	1518	2915	ZUKISANI	NJOKWENI	CSEP	M	37	35-39M	1.12.38	2
98	127	3491	LUNGISA	JACOBS	VUKANI	M	43	40-44M	1.12.38	2
99	18	1502	REWALLEN	BLAAUW	GELVAN	M	50	50-54M	1.12.44	2
100	571	3446	SIZWE	RADEBE	CHILLIEP	M	33	SM	1.12.55	2
101	454	828	GERALD	MULLER	32GI	M	50	50-54M	1.13.07	2
102	906	5906	HLUMELO	KLAAS	TEMP	M	25	SM	1.13.17	0
103	1569	1062	NICK	CHAPMAN	ACH	M	54	50-54M	1.13.21	2
104	1044	938	THOBELO	MFIKILI	CHARLO	M	40	40-44M	1.13.23	2
105	518	2329	ANELE	CHARLIE	VITALITY	M	27	SM	1.13.28	2
106	394	1055	JEROME	MAY	XCEL	M	60	60-64M	1.13.28	3
107	360	16	ABRE	GOUSSARD	PEAAC	M	42	40-44M	1.13.34	2

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108	600	2883	TSHOLANANG	LEKALAKE	CSEP	M	36	35-39M	1.13.52	2
109	949	5949	CORNELIUS	CLASEN	TEMP	M	34	SM	1.13.55	0
110	807	5807	ADMIRE	NCUBE	TEMP	M	24	SM	1.14.06	0
111	1523	6137	RYAN	PIENAAR	TEMP	M	50	50-54M	1.14.09	0
112	445	1282	SEBASTIAN	HAARHOFF	VWAC	M	49	45-49M	1.14.12	2
113	1076	908	KAYLA	VAN RENSBURG	CHARLO	F	32	SF	1.14.20	2
114	299	1538	ADRE	STRYDOM	DESPATCH	F	49	45-49F	1.14.21	3
115	507	545	RUHAN	VAN RENSBURG	RUN4C	M	34	SM	1.14.21	2
116	723	5723	JOEL	HOOLE	TEMP	M	17	JM	1.14.23	0
117	620	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	1.14.24	2
118	1573	824	KEVIN	NEFDT	32GI	M	39	35-39M	1.14.26	2
119	1072	921	RYAN	VAN DER MESCHT	CHARLO	M	45	45-49M	1.14.28	2
120	961	5961	BIANCA	SCHOONBEE	TEMP	F	22	SF	1.14.35	0
121	533	806	LEON	VOULTSOS	32GI	M	52	50-54M	1.14.36	2
122	581	1750	BASIL	STEVENS	GELVAN	M	54	50-54M	1.14.39	2
123	490	40076	KYLIE	VERMAAK	ELITEAC	F	19	JF	1.14.39	2
124	590	270	ANDREW	JONAS	MUIRITE	M	62	60-64M	1.14.40	3
125	1553	414	LONWABO	NDLALANI	IKHAMVA	M	49	45-49M	1.14.43	2
126	1530	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	1.14.46	2
127	882	5882	MARCO	WILLIAMS	TEMP	M	32	SM	1.14.48	0
128	1557	2292	ATHINI	MABALA	VUKANI	M	32	SM	1.14.49	2
129	1189	419	MKHUSELI	DANISA	CHILLIEP	M	32	SM	1.14.58	2
130	230	2108	BERNICE	NEL	HEATAC	F	38	35-39F	1.15.02	2
131	375	2445	TINA	OLCKERS	JBAY	F	47	45-49F	1.15.11	3
132	966	5966	TITELA	POO	TEMP	M	31	SM	1.15.11	0
133	227	3006	SANDILE	NDLOVU	VITALITY	M	42	40-44M	1.15.14	2
134	89	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	1.15.18	3
135	46	2880	CECIL	CLAASSEN	CSEP	M	34	SM	1.15.19	2
136	668	5668	DEAN	BOTHA	TEMP	M	38	35-39M	1.15.32	0
137	629	1457	RICHARD	MAZUNGULA	NEDBANK	M	49	45-49M	1.15.38	2
138	890	5890	JAIDEN	BOWLER	TEMP	M	19	JM	1.15.40	0
139	489	40075	CHLOE	VERMAAK	ELITEAC	F	19	JF	1.15.45	2
140	103	532	JUDY	GERBER	RUN4C	F	60	60-64F	1.15.47	5
141	532	809	DEAN	GOW	32GI	M	43	40-44M	1.15.51	2
142	385	3444	JASON	WILSON	RUN4C	M	47	45-49M	1.15.52	2
143	1049	911	TANYA	NORRIS	CHARLO	F	42	40-44F	1.15.56	2
144	1043	999	THOMAS	MARAIS	CHARLO	M	39	35-39M	1.16.01	2
145	472	621	KIRWIN	DE KLERK	ASPEN	M	44	40-44M	1.16.02	2
146	485	443	LUVUYO	CAMAGU	CHILLIEP	M	35	35-39M	1.16.05	2
147	1193	820	ANDREW	PATERSON	32GI	M	36	35-39M	1.16.36	1
148	1104	6104	MICHELLE	BRINK	TEMP	F	32	SF	1.16.39	0
149	186	2161	OBAKENG	MAROGOA	TRANSNET	M	40	40-44M	1.16.43	2
150	150	1164	LINDY	KRETZMANN	EMERIS	F	49	45-49F	1.16.46	2
151	1039	948	DINO	MAGNUS	CHARLO	M	31	SM	1.16.59	1
152	955	5955	ENVER	VOGEL	TEMP	M	34	SM	1.17.03	0
153	1566	2646	LUVUYO	BANGAZI	IKHAMVA	M	50	50-54M	1.17.04	2
154	731	5731	RUDOLPH	JORDAAN	TEMP	M	27	SM	1.17.12	0
155	962	5962	ABDISALAAM	MOHAMED	TEMP	M	20	SM	1.17.21	0
156	465	1134	OLIVER	NEWLAND-NELL	ACH	M	21	SM	1.17.28	1
157	523	1265	ANDILE	DLAMINI	VWAC	M	53	50-54M	1.17.32	2
158	1127	6118	TRISTAN	HOWARD	TEMP	F	31	SF	1.17.37	0
159	1126	6117	JESSICA	ZEELIE	TEMP	F	33	SF	1.17.41	0
160	606	2188	AYABONGA	TSHUNGWANA	TRANSNET	M	32	SM	1.17.41	1
161	709	5709	NTANDAZO	GIJANA	TEMP	M	41	40-44M	1.17.54	0

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162	1008	890	SIMPHIWE	BLOU	CHARLO	M	54	50-54M	1.17.57	2
163	343	2122	RODNEY	WITBOOI	ATLANTIC	M	55	55-59M	1.18.07	2
164	1567	6150	PAUL	CLOETE	TEMP	M	34	SM	1.18.07	0
165	393	114	TAURIQ	HENDRICKS	MALABAR	M	36	35-39M	1.18.15	1
166	1010	967	MIKE	BURGER	CHARLO	M	67	65-69M	1.18.22	2
167	432	2287	LINDIKHAYA	NTEYI	VUKANI	M	47	45-49M	1.18.27	2
168	461	1114	MILES	HOLLINS	ACH	M	53	50-54M	1.18.31	2
169	514	2791	STITHIAN	THOMAS	VITALITY	M	32	SM	1.18.32	1
170	366	148	ABDURAGHMAAN	LILLAH	MALABAR	M	36	35-39M	1.18.44	1
171	918	5918	KGETHO	SEGOSAPELO	TEMP	M	22	SM	1.18.48	0
172	521	1283	URAN	LE ROUX	VWAC	M	59	55-59M	1.18.56	2
173	643	5643	ROBERT	BARRON	TEMP	M	45	45-49M	1.18.59	0
174	214	2139	BHEKA	MSELEKU	TRANSNET	M	57	55-59M	1.19.02	2
175	70	1230	PHILLIP	DE RIDDER	ELITEAC	M	50	50-54M	1.19.19	2
176	253	619	DOZ	PHILLIPS	RUN4C	F	54	50-54F	1.19.19	2
177	197	706	STEPHEN	MCCARTHY	CRUSADE	M	65	65-69M	1.19.21	2
178	960	5960	DELON	MASHELE	TEMP	M	19	SM	1.19.23	0
179	273	1176	AHMED	SALEEM	EMERIS	M	20	SM	1.19.23	1
180	1094	3011	ONKE	TSHOTSHO	VITALITY	M	40	40-44M	1.19.27	1
181	138	144	AHMAD	KADER	MALABAR	M	38	35-39M	1.19.32	1
182	718	5718	DANIEL	HEINE	TEMP	M	22	SM	1.19.34	0
183	684	5684	JAIMIE	CROMPTON	TEMP	M	20	SM	1.19.36	0
184	749	5749	DANIEL	TRASK	TEMP	M	28	SM	1.19.36	0
185	1198	40313	LINDSEY O-NEILL	CAMPHER	BESTMED	M	20	SM	1.19.37	1
186	976	5976	SHELLEY	MAINS SHEARD	TEMP	F	36	35-39F	1.19.47	0
187	400	1183	SANETTE	RYAN	ELITEAC	F	56	55-59F	1.19.49	3
188	904	5904	VUKILE	HOYI	TEMP	M	58	55-59M	1.19.51	0
189	836	40615	HLUMELO	SHONGWE	ACH	M	17	JM	1.20.05	1
190	171	1072	KYLA	MAARTENS	ACH	F	22	SF	1.20.09	1
191	405	1597	EDVIN	DONLEY	DESPATCH	M	49	45-49M	1.20.11	1
192	22	3005	JAMES	BOSHOFF	VITALITY	M	44	40-44M	1.20.12	1
193	1524	2311	SITHA	SIGENU	VUKANI	F	42	40-44F	1.20.18	2
194	1047	887	LYNNE	NEUBERT	CHARLO	F	54	50-54F	1.20.23	2
195	350	755	FRED	ALLIBONE	CRUSADE	M	57	55-59M	1.20.23	2
196	1191	1772	LYLE	ROCKMAN	GELVAN	M	31	SM	1.20.29	1
197	607	2195	LUYANDA	NCWADI	TRANSNET	M	45	45-49M	1.20.32	1
198	66	1228	CLIVE	DE LANGE	ELITEAC	M	54	50-54M	1.20.38	2
199	985	5985	KEEGAN	FREEMAN	TEMP	M	26	SM	1.20.47	0
200	925	5925	MITCHELL	TAYLOR	TEMP	M	24	SM	1.20.47	0
201	1028	1001	KEANO	HITZEROTH	CHARLO	M	26	SM	1.20.50	1
202	363	2220	XOLELANI	JAM-JAM	SIBALEKA	M	37	35-39M	1.20.53	1
203	1080	1027	NELSON	VLAKBOK	CHARLO	M	62	60-64M	1.21.00	2
204	1089	3179	DANIELLE	BRITO	32GI	F	43	40-44F	1.21.03	2
205	1053	925	AVIWE	PAKADE	CHARLO	M	40	40-44M	1.21.05	1
206	983	5983	JARED	HEYNS	TEMP	M	20	SM	1.21.08	0
207	57	1954	LEONARD	CONRADIE	BLUEBAY	M	72	70+M	1.21.10	2
208	982	5982	MARYKE	GEYSER	TEMP	F	28	SF	1.21.11	0
209	1154	61	Silimela	Nyikisa	SAPPE	M	44	40-44M	1.21.17	1
210	1565	1778	DUSTIN	LALA	GELVAN	M	38	35-39M	1.21.21	1
211	1125	1403	BABALWA	NGCOKO	NEDBANK	F	39	35-39F	1.21.24	1
212	259	679	YAMKELA	QOMIYANA	ASPEN	M	30	SM	1.21.25	1
213	86	3039	NIKITA	DRURY	VITALITY	F	34	SF	1.21.27	1
214	522	1300	VERNON	NAIDOO	VWAC	M	57	55-59M	1.21.29	2
215	551	1450	NKHATHALLENG	KHIBA	NEDBANK	F	45	45-49F	1.21.34	2

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216	1011	891	DARRYL	CALVERT	CHARLO	M	51	50-54M	1.21.43	1
217	438	347	BRUCE	LE GRANGE	MUIRITE	M	33	SM	1.21.55	1
218	1558	1590	ANNEKE	MOORE	DESPATCH	F	42	40-44F	1.21.55	2
219	404	2133	DESMOND	MVUNDLELA	TRANSNET	M	45	45-49M	1.22.14	1
220	153	576	VERNON	LANDMAN	RUN4C	M	51	50-54M	1.22.21	1
221	101	71	TRISTAN	GEORGE	SAPPE	M	24	SM	1.22.23	1
222	1064	1017	JOE	SCHOEMAN	CHARLO	M	46	45-49M	1.22.23	1
223	1087	1801	SHANE	WEIDEMAN	GELVAN	M	54	50-54M	1.22.25	1
224	1143	52	DARIUS	SWIEGELAAR	SAPPE	M	31	SM	1.22.27	1
225	358	1529	STÉPHAN	DU PLESSIS	DESPATCH	M	23	SM	1.22.40	1
226	154	577	YOLANDIE	LANDMAN	RUN4C	F	51	50-54F	1.22.43	2
227	213	3391	KUHLE	MQASHANE	CHILLIEP	F	22	SF	1.22.46	1
228	1549	3312	SOLOMON	TEMBE	VWAC	M	33	SM	1.22.53	1
229	993	5993	BRAAM	SCHUTTE	TEMP	M	29	SM	1.22.55	0
230	204	3555	VOJTECH	MIKAT	VWAC	M	43	40-44M	1.22.58	1
231	275	1075	GAVIN	SCHONKNECHT	ACH	M	58	55-59M	1.23.01	1
232	593	561	CHANTELL	CLOETE	RUN4C	F	40	40-44F	1.23.03	1
233	594	490	MARTIN	CLOETE	RUN4C	M	48	45-49M	1.23.03	1
234	535	1178	KYLE	BECKFORD	32GI	M	25	SM	1.23.10	1
235	763	5763	SITHEMBISO	MATIWANE	TEMP	M	36	35-39M	1.23.11	0
236	75	2430	CHRISTINE	DER	JBAY	F	62	60-64F	1.23.14	3
237	609	1037	CHESTER	BROOKS	XCEL	M	68	65-69M	1.23.30	2
238	579	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	1.23.36	1
239	64	3050	TENIELLE	DE ANDRADE	VITALITY	F	41	40-44F	1.23.39	1
240	870	5870	MIKE	VAN NIEKERK	TEMP	M	42	40-44M	1.23.44	0
241	582	1764	VERNON	NEWFELDT	GELVAN	M	60	60-64M	1.23.51	1
242	482	433	LOYISO	MABETSHE	CHILLIEP	M	37	35-39M	1.23.52	1
243	169	1449	MFUNDISO	LUVALO	NEDBANK	M	56	55-59M	1.23.52	1
244	1588	1322	SIBONGILE	MGQEBA	NEDBANK	F	39	35-39F	1.23.53	1
245	182	10326	THAMI	MANXOYI	GUGS	F	55	55-59F	1.23.58	0
246	1027	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.23.59	1
247	255	3025	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	1.23.59	1
248	1054	960	ADELE	PHIPPS	CHARLO	F	57	55-59F	1.24.00	2
249	740	5740	LISA	KREUSCH	TEMP	F	39	35-39F	1.24.02	0
250	442	1010	JAN	VAN EEDEN	NEDBANK	M	68	65-69M	1.24.05	2
251	617	1088	PERCY	DALTON	ACH	M	78	70+M	1.24.08	2
252	580	51938	MALI	SITHOLE	DULLSTR	F	41	40-44F	1.24.13	0
253	1006	1018	TANIA	BESSINGER	CHARLO	F	49	45-49F	1.24.15	1
254	69	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	1.24.17	1
255	1061	991	GREGORY	ROSS	CHARLO	M	53	50-54M	1.24.18	1
256	1111	6111	KYLE	DAMONS	TEMP	M	24	SM	1.24.19	0
257	525	1994	HAIG	SMUTS	WALMER	M	32	SM	1.24.21	1
258	994	5994	TREVOR	MUPANDA	TEMP	M	32	SM	1.24.25	0
259	1042	952	CINDY	MARAIS	CHARLO	F	49	45-49F	1.24.30	1
260	264	862	JEAN-PERI	REDOÑA	32GI	M	38	35-39M	1.24.36	1
261	1188	866	MICHA	CRONJE	32GI	F	36	35-39F	1.24.36	1
262	25	3056	SABRINA	BOSHOFF	VITALITY	F	44	40-44F	1.24.41	1
263	111	1547	MADELEINE	GREYLING	DESPATCH	F	55	55-59F	1.24.51	2
264	88	1609	WILLEMIEN	DU RANDT	DESPATCH	F	52	50-54F	1.24.53	2
265	1034	1008	Darryl	Long	CHARLO	M	48	45-49M	1.24.54	1
266	755	5755	LUISA	MALAVE VINK	TEMP	F	35	35-39F	1.24.59	0
267	1077	883	LINDI	VAN TONDER	CHARLO	F	48	45-49F	1.25.02	1
268	2	3099	MARCEL	ABRAHAMS	VITALITY	M	35	35-39M	1.25.04	1
269	707	5707	DARREN	GEORGE	TEMP	M	42	40-44M	1.25.15	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
270	311	2207	MZIMHLE	TSHOTH	MTHATHA	M	41	40-44M	1.25.16	0
271	441	293	KARLI	GREYLING	MUIRITE	F	24	SF	1.25.18	1
272	290	2495	JACO	SMITH	JBAY	M	52	50-54M	1.25.19	1
273	129	3086	BRENDAN	JENNINGS	VITALITY	M	44	40-44M	1.25.20	1
274	238	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	1.25.23	1
275	333	732	MONGEZI	VOCO	MTHATHA	M	35	35-39M	1.25.26	0
276	1571	448	ZOLANI	MQOQI	VUKANI	M	49	45-49M	1.25.36	1
277	1029	880	DAVID	HOLLIS	CHARLO	M	42	40-44M	1.25.37	1
278	426	741	MAGGIE	LLOYD	CRUSADE	F	62	60-64F	1.25.37	2
279	306	2348	LUCELLE	THERON	32GI	F	34	SF	1.25.37	1
280	774	5774	AYANDA	MHLAMBISO	TEMP	M	36	35-39M	1.25.42	0
281	775	5775	RUFARO	MHLAMBISO	TEMP	M	34	SM	1.25.42	0
282	332	3454	ANTON	VERWEY	CONTI	M	51	50-54M	1.25.43	0
283	965	5965	GRAEME	PRESTON	TEMP	M	41	40-44M	1.25.46	0
284	1174	2733	IVO	MEYER	BODYCON	M	51	50-54M	1.25.48	1
285	179	1160	THEMALETHU	MANA	EMERIS	M	50	50-54M	1.25.49	1
286	506	485	WANDISILE	BATAYI	RUN4C	M	30	SM	1.25.51	1
287	1128	658	KELLY	HOLMES	ASPEN	F	49	45-49F	1.25.52	1
288	1533	839	HESTER	KINGWILL	32GI	F	45	45-49F	1.26.00	1
289	975	5975	ANNA	HEYDENRYCH	TEMP	F	43	40-44F	1.26.00	0
290	1532	858	KIM	DRINKWATER	32GI	F	50	50-54F	1.26.00	1
291	7	1043	DAVID	BAINS	XCEL	M	60	60-64M	1.26.06	1
292	680	5680	GJ	CHRISTIAN	TEMP	M	43	40-44M	1.26.09	0
293	1534	6141	SIYANDA	LURWENGU	TEMP	M	38	35-39M	1.26.12	0
294	839	5839	ELROY	SINGH	TEMP	M	39	35-39M	1.26.16	0
295	612	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	1.26.17	1
296	989	5989	TRISTAN	TIMM	TEMP	M	29	SM	1.26.21	0
297	539	3051	SIBUSISO	KHABA	TEMP	M	34	SM	1.26.21	0
298	1037	895	WAYNE	MAGNUS	CHARLO	M	58	55-59M	1.26.24	1
299	943	5943	EUGENE	LABUSCHAGNE	TEMP	M	40	40-44M	1.26.26	0
300	773	5773	RUSSEL-WOOD	MEKI	TEMP	M	41	40-44M	1.26.31	0
301	4	570	JENNIFER	AH CHONG	RUN4C	F	58	55-59F	1.26.32	2
302	274	3575	JEN	SCHEEPERS	RUN4C	F	36	35-39F	1.26.32	1
303	1172	1586	MAUDY	BOTES	DESPATCH	F	44	40-44F	1.26.35	1
304	1088	3180	BRETT	BRITO	32GI	M	50	50-54M	1.26.41	1
305	341	3159	CINDY	WILLIAMSON	32GI	F	46	45-49F	1.26.42	1
306	164	3359	CORNE	LÖTZ	32GI	F	47	45-49F	1.26.42	1
307	39	3358	CARIKA	BURTON	32GI	F	46	45-49F	1.26.42	1
308	477	2502	LINCOLN	JANSEN	BESTMED	M	36	35-39M	1.26.49	1
309	840	5840	KEEGAN	SNOW	TEMP	M	33	SM	1.26.50	0
310	1537	1847	MHLENGI	MAHLABA	HOLLYWOO	M	35	35-39M	1.26.58	1
311	279	1867	SIYABONGA	GAZIYA	HOLLYWOO	M	41	40-44M	1.26.58	1
312	1079	983	PETER	VENTER	CHARLO	M	45	45-49M	1.27.02	1
313	174	2817	SINETHEMBA	MAGUTYWA	ABSAEP	M	44	40-44M	1.27.03	1
314	455	2807	LEHLOHONOLO	THOKOA	ABSAEP	M	45	45-49M	1.27.04	1
315	1564	6149	MARYBETH	HANSEN	TEMP	F	39	35-39F	1.27.07	0
316	277	3028	SUE	SCOTT	CRUSADE	F	61	60-64F	1.27.10	2
317	162	813	SANDRA	LOCHNER	32GI	F	40	40-44F	1.27.12	1
318	1196	2860	MICHELLE	BARKER	32GI	F	39	35-39F	1.27.12	1
319	28	761	NICKY	BOUCHER	CRUSADE	F	41	40-44F	1.27.18	1
320	1197	1290	MARTIN	LEWIES	VWAC	M	52	50-54M	1.27.29	1
321	56	1192	HEINZ	CONRAD	ELITEAC	M	47	45-49M	1.27.35	1
322	1186	12164	LULAMILE	DYOLO	SABC	M	49	45-49M	1.27.46	0
323	739	5739	LOUISE	KNIGHT	TEMP	F	59	55-59F	1.27.47	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
324	1048	1033	DAVID	NEZAR	CHARLO	M	53	50-54M	1.27.51	1
325	460	1070	ANCHE	HOLLINS	ACH	F	44	40-44F	1.27.54	1
326	229	2310	NDABA	NDZOMBANE	VUKANI	M	66	65-69M	1.27.58	1
327	997	5997	MALCOLM	VORSTER	TEMP	M	42	40-44M	1.27.59	0
328	126	628	CT	JACOBS	ASPEN	M	42	40-44M	1.27.59	1
329	459	771	KELLY-ANNE	COLLINGS	ACH	F	31	SF	1.28.01	1
330	483	468	PHILA	GCISA	CHILLIEP	F	33	SF	1.28.03	1
331	701	5701	MELINDI	ENGELBRECHT	TEMP	F	31	SF	1.28.03	0
332	1149	469	SISEKO	MKUMLA	CHILLIEP	M	41	40-44M	1.28.03	1
333	568	417	ANDRIES	MSIZA	CHILLIEP	M	53	50-54M	1.28.03	1
334	428	2981	SISANDA	NOGALAWÉ	CHILLIEP	F	29	SF	1.28.03	1
335	397	424	LUTHANDO	YIBE	CHILLIEP	M	45	45-49M	1.28.03	1
336	665	5665	KHANYISO	BLOU	TEMP	M	29	SM	1.28.05	0
337	789	5789	LUKHANYO	MVUNELWA	TEMP	M	32	SM	1.28.06	0
338	958	5958	SELLO	KHAMPEPE	TEMP	M	25	SM	1.28.13	0
339	953	5953	THOBELANO	DLOMO	TEMP	M	36	35-39M	1.28.14	0
340	496	1799	KEENAN	COLEMAN	GELVAN	M	30	SM	1.28.15	1
341	1107	6107	CLIFFORD	FRIEND	TEMP	M	38	35-39M	1.28.17	0
342	372	2818	THABISO	NGCONGO	ABSAEP	M	27	SM	1.28.24	1
343	106	2033	BATHANDWA	GOBINGCA	ALBANY	M	33	SM	1.28.32	1
344	1097	1347	LUVUYO	STEPHEN	NEDBANK	M	56	55-59M	1.28.33	1
345	1060	1035	GLEN	RICHTER	CHARLO	M	40	40-44M	1.28.33	1
346	1195	812	LEANIE	STRYDOM	32GI	F	40	40-44F	1.28.38	1
347	817	5817	ISHAAQ	PHILLIPS	TEMP	M	28	SM	1.28.39	0
348	952	5952	LESLEY	STARBUCK	TEMP	M	39	35-39M	1.28.47	0
349	1007	907	CHARL	BEZUIDENHOUT	CHARLO	M	47	45-49M	1.28.48	1
350	1161	3619	CHRIS	TEMBO	CSEP	M	49	45-49M	1.28.52	1
351	585	104	PRASHAAN	RAGA	INFINITY	M	28	SM	1.28.56	1
352	939	5939	KYLLE	STOCK	TEMP	M	23	SM	1.28.58	0
353	537	5606	JEANDRE	JORDAAN	TEMP	M	42	40-44M	1.28.59	0
354	77	1234	DEWALD	DEYSEL	ELITEAC	M	44	40-44M	1.29.01	1
355	412	1454	WENDY	SORENSEN	NEDBANK	F	51	50-54F	1.29.03	1
356	1159	3226	Bernard	Badenhorst	CITYC	M	46	45-49M	1.29.03	1
357	850	5850	TAMRYN	TEENGs	TEMP	F	33	SF	1.29.04	0
358	453	850	PAIGE	LEE	32GI	F	60	60-64F	1.29.12	2
359	302	2391	SASHA	SWART	JBAY	F	41	40-44F	1.29.14	1
360	650	5650	MELISSA	RIORDAN	TEMP	F	55	55-59F	1.29.15	0
361	601	3073	BANDLAKAZI	SWAZI	VITALITY	F	32	SF	1.29.15	1
362	245	2888	LUTHANDO	NOMTOTO	CSEP	M	40	40-44M	1.29.15	1
363	475	667	HAYLEY	NEWING	ASPEN	F	41	40-44F	1.29.18	1
364	1075	951	REON	VAN RENSBURG	CHARLO	M	54	50-54M	1.29.25	1
365	1562	6147	MUSA	AJIN	TEMP	M	48	45-49M	1.29.27	0
366	474	687	SIVUYILE	TSHINGI	ASPEN	M	41	40-44M	1.29.28	1
367	1063	884	HERMAN	SCHEEPERS	CHARLO	M	51	50-54M	1.29.32	1
368	1003	984	BELINDA	BAIN	CHARLO	F	64	60-64F	1.29.35	1
369	330	1042	EUGENE	VAN WYK	XCEL	M	54	50-54M	1.29.37	1
370	864	5864	DANZEL	VAN DER MERWE	TEMP	M	30	SM	1.29.39	0
371	167	616	RUAN	LUNDT	RUN4C	M	39	35-39M	1.29.40	1
372	436	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	1.29.40	1
373	163	3574	MARIO	LOCKEM	RUN4C	M	43	40-44M	1.29.40	1
374	924	5924	ROGER	STEELE	TEMP	M	69	65-69M	1.29.41	0
375	402	1575	LESLEY-ANN	BUSH	DESPATCH	F	54	50-54F	1.29.42	1
376	449	1592	CEDRIC	THYSSE	DESPATCH	M	69	65-69M	1.29.43	1
377	1140	75	HESTER	DEKKER	SAPPE	F	54	50-54F	1.29.43	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
378	577	1554	HELGARD	POTGIETER	DESPATCH	M	54	50-54M	1.29.43	1
379	26	1588	JACQUES	BOTHA	DESPATCH	M	52	50-54M	1.29.43	1
380	1146	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	1.29.44	1
381	1145	700	KATHERINE	NEL	ASPEN	F	36	35-39F	1.29.44	1
382	638	2303	MZAWUPHELI	NONCEMBU	VUKANI	M	44	40-44M	1.29.46	1
383	1015	982	CHARLES	CORBY	CHARLO	M	56	55-59M	1.29.53	1
384	14	3040	TANYA	BENTLEY	VITALITY	F	33	SF	1.29.53	1
385	1086	2578	FRANZT	STRUWIG	Bestmed	M	69	65-69M	1.29.57	1
386	842	5842	MARCO	SPRONG	TEMP	M	21	SM	1.29.58	0
387	791	5791	SCOTT	NADER	TEMP	M	18	JM	1.30.00	0
388	1005	1019	EMILE	BESSINGER	CHARLO	M	54	50-54M	1.30.00	1
389	50	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	1.30.05	1
390	814	5814	TRISTAN	PARFITT	TEMP	M	22	SM	1.30.09	0
391	912	5912	DES	MILLS	TEMP	M	63	60-64M	1.30.15	0
392	452	800	JONATHAN	MANDELL	32GI	M	62	60-64M	1.30.18	1
393	818	5818	BENNIE	PIEK	TEMP	M	40	40-44M	1.30.21	0
394	220	3067	BRENDA	MUKOMBE	VITALITY	F	38	35-39F	1.30.21	1
395	258	2514	TEDDY	PRUSENT	VITALITY	M	38	35-39M	1.30.22	1
396	519	1418	MTHOKOZISI	KHULU	VITALITY	M	37	35-39M	1.30.22	1
397	345	3066	WALTER	ZIMBEVA	VITALITY	M	46	45-49M	1.30.22	1
398	8	3032	NICHOLAS	BANGO	VITALITY	M	39	35-39M	1.30.22	1
399	698	5698	NIEL	LOUW	TEMP	M	35	35-39M	1.30.23	0
400	957	5957	TREVINO	JACOBS	TEMP	M	40	40-44M	1.30.24	0
401	678	5678	REINHARDT	BOTHA	TEMP	M	31	SM	1.30.29	0
402	849	5849	TAU	TARY	TEMP	M	37	35-39M	1.30.32	0
403	970	5970	BIANCA	VAN SCHALKWYK	TEMP	F	36	35-39F	1.30.33	0
404	407	1214	BENITA	GERBER	ELITEAC	F	62	60-64F	1.30.35	1
405	398	50738	MIHLALI	SONDLO	MTHATHA	M	25	SM	1.30.35	0
406	1134	1131	CHRISTIAAN	MARAIS	ACH	M	43	40-44M	1.30.38	1
407	196	2169	ZUKISA	MBOTO	TRANSNET	M	43	40-44M	1.30.42	1
408	923	5923	JOSÉ	SMITH	TEMP	M	26	SM	1.30.46	0
409	784	5784	SAMKELO	MSUTWANA	TEMP	M	32	SM	1.30.50	0
410	734	5734	RHYDEN	KEMP	TEMP	M	15	JM	1.30.51	0
411	232	1224	SHAUN	NEL	ELITEAC	M	51	50-54M	1.30.58	1
412	1099	1367	JOSH	BAILEY	VITALITY	M	32	SM	1.31.03	1
413	1138	6119	OLIVIA	BAKER	TEMP	F	23	SF	1.31.03	0
414	721	5721	MIKÉ	HOLDER	TEMP	F	19	JF	1.31.03	0
415	157	1722	RAYMOND	LEIBRANDT	GELVAN	M	63	60-64M	1.31.19	1
416	1160	5	JAMES	HART	PEAAC	M	52	50-54M	1.31.24	1
417	316	284	ESTELLE	VAN DER MERWE	MUIRITE	F	60	60-64F	1.31.24	1
418	1103	6103	HEENA	RAGA	TEMP	F	48	45-49F	1.31.25	0
419	874	5874	LUCY	VOSLOO	TEMP	F	47	45-49F	1.31.25	0
420	873	5873	KIM	VOSLOO	TEMP	F	15	JF	1.31.26	0
421	971	5971	PAKISO	MOEKETSI	TEMP	M	45	45-49M	1.31.27	0
422	853	5853	LEONARD	TRETHEWEY	TEMP	M	17	JM	1.31.28	0
423	9	1285	WANDA	BANJWA	VWAC	M	39	35-39M	1.31.30	1
424	484	458	SISANDA	GOLOMBA	CHILLIEP	F	28	SF	1.31.34	1
425	1136	2301	ALIZWA	BOVUNGANA	VUKANI	M	25	SM	1.31.35	1
426	189	412	BULELANI	MATENJWA	IKHAMVA	M	45	45-49M	1.31.41	1
427	390	391	MLULEKI	RALA	IKHAMVA	M	47	45-49M	1.31.41	1
428	388	1846	SIMO	NKANYUZA	HOLLYWOO	M	39	35-39M	1.31.41	1
429	795	5795	CONSTANCE	NENGOVHELA	TEMP	F	41	40-44F	1.31.45	0
430	588	2431	CHRISTELLE	BLUME	JBAY	F	58	55-59F	1.31.49	1
431	973	5973	MIKALE	MULLER	TEMP	M	29	SM	1.31.51	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
432	205	2769	JOSEPH	MITCHELL	32GI	M	20	SM	1.31.59	1
433	377	247	STEPHNO	PIETERSE	MUIRITE	M	37	35-39M	1.32.05	1
434	1117	949	WELCOME	BASKITI	CHARLO	M	59	55-59M	1.32.06	1
435	1109	6109	PAUL	SCHEWITZ	TEMP	M	57	55-59M	1.32.11	0
436	500	341	DELME	REDCLIFFE	MUIRITE	M	42	40-44M	1.32.13	1
437	1519	1284	DEAN	BOSMAN	VWAC	M	44	40-44M	1.32.13	1
438	116	3016	CARY	HASTIE	VITALITY	M	63	60-64M	1.32.18	1
439	1144	6144	VAUGHN	KRETZMANN	TEMP	M	47	45-49M	1.32.21	0
440	81	730	SUNE	DIEDERICKS	CRUSADE	F	55	55-59F	1.32.30	1
441	3	3514	LISA	ACHILLEOS	BIGBEAR	F	36	35-39F	1.32.35	0
442	527	3288	ANDRE	VILJOEN	ACH	M	71	70+M	1.32.37	1
443	787	5787	KAMVA	MTIKITIKI	TEMP	M	25	SM	1.32.43	0
444	1173	1585	GEORGE	BOTES	DESPATCH	M	52	50-54M	1.32.48	1
445	746	5746	KAYLEIGH	LA GRANGE	TEMP	F	31	SF	1.32.52	0
446	97	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	1.32.56	1
447	1155	6122	EZA	FERREIRA	TEMP	F	25	SF	1.32.56	0
448	60	1777	ROLAND	DACE	GELVAN	M	71	70+M	1.32.59	1
449	437	1798	KEVIN	MAGNUS	GELVAN	M	56	55-59M	1.32.59	1
450	268	727	ANGELA	ROGERS	CRUSADE	F	57	55-59F	1.33.19	1
451	41	5823	RODNEY	BUTTERS	BORN	M	64	60-64M	1.33.24	0
452	933	5933	ILZEMARI	BEYERS	TEMP	F	27	SF	1.33.25	0
453	516	3100	AKHONA	SOGA	VITALITY	M	31	SM	1.33.30	1
454	326	1359	EDWALL	VAN ROOYEN	NEDBANK	M	53	50-54M	1.33.48	1
455	681	5681	HANNES	CILLIERS	TEMP	M	57	55-59M	1.33.49	0
456	373	50924	KHANYISA	NOGWINA	REALGIJ	F	39	35-39F	1.33.51	0
457	1139	40019	JODY	FLEURS	GELVAN	M	18	JM	1.33.54	1
458	265	350	MARIUS	ROACH	MUIRITE	M	33	SM	1.33.56	1
459	587	2392	LIZEL	FERREIRA	JBAY	F	43	40-44F	1.33.59	1
460	175	1911	MATHONGO	MAKHIWANE	BLUEBAY	M	51	50-54M	1.34.07	1
461	754	5754	SIYABONGA	MAJEKE	TEMP	M	45	45-49M	1.34.07	0
462	435	2324	NDILEKA	MGCUWE	VUKANI	F	48	45-49F	1.34.09	1
463	59	1167	CHLOE	CRITCHLOW	EMERIS	F	21	SF	1.34.12	1
464	185	708	JOAN	MARLBOROUGH	CRUSADE	F	72	70+F	1.34.17	1
465	604	2176	SIMPHIWE	MASHININI	TRANSNET	M	36	35-39M	1.34.18	1
466	1133	859	KAYLEE	MARX	32GI	F	30	SF	1.34.32	1
467	687	5687	LUCA	DE BRUIJN	TEMP	F	25	SF	1.34.32	0
468	137	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.34.44	1
469	325	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	1.34.45	1
470	875	5875	JENNA	WALTERS	TEMP	F	26	SF	1.34.45	0
471	660	5660	JACQUI	BESTER	TEMP	F	49	45-49F	1.34.45	0
472	1001	954	LOUISE	AXON	CHARLO	F	48	45-49F	1.34.54	1
473	1073	961	LARA	VAN HEERDEN	CHARLO	F	50	50-54F	1.34.55	1
474	826	5826	JEAN	ROUX	TEMP	M	55	55-59M	1.34.58	0
475	1141	50	MICHAEL	DEKKER	SAPPE	M	54	50-54M	1.34.59	1
476	308	3124	SINOTHANDO	TISO	VITALITY	F	32	SF	1.35.08	1
477	748	5748	TARYN	LINDHORST	TEMP	F	38	35-39F	1.35.09	0
478	810	5810	HUGH	OXENHAM	TEMP	M	44	40-44M	1.35.10	0
479	669	5669	MADODA	BOTHA	TEMP	M	37	35-39M	1.35.10	0
480	502	2709	ANNALIE	STRYDOM	MUIRITE	F	62	60-64F	1.35.13	1
481	536	5422	CHRIS	KRUGER	TEMP	M	50	50-54M	1.35.15	0
482	16	1208	CHRISTINE	BIRD	ELITEAC	F	55	55-59F	1.35.17	1
483	367	119	GALEEMA	LILLAH	MALABAR	F	33	SF	1.35.18	1
484	1018	788	JAMES	DU TOIT	CHARLO	M	41	40-44M	1.35.35	1
485	788	5788	BRENDON	MUGANHU	TEMP	M	29	SM	1.35.35	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
486	144	3554	TYRON	KHOZA	VWAC	M	24	SM	1.35.37	1
487	401	671	NQABISA	BENYA	ASPEN	F	45	45-49F	1.35.39	1
488	408	1201	CATHY	ALLERS	ELITEAC	F	64	60-64F	1.35.43	1
489	1024	1007	SHARON	GRIESEL	CHARLO	F	55	55-59F	1.35.54	1
490	528	1133	GREIG	NEWLAND-NELL	ACH	M	51	50-54M	1.35.54	1
491	627	1356	JEROME	MAY	NEDBANK	M	59	55-59M	1.35.58	1
492	531	816	MATTHEW	OSBORNE	32GI	M	38	35-39M	1.36.02	1
493	566	1914	SUZETTE	BOTHA	BLUEBAY	F	60	60-64F	1.36.04	1
494	1082	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	1.36.07	1
495	915	5915	PHUMLANI	NYAKAMA	TEMP	M	35	35-39M	1.36.11	0
496	682	5682	GIDEON	COERTZEN	TEMP	M	26	SM	1.36.14	0
497	1200	50071	LJ	FOURIE	AGAPE	M	55	55-59M	1.36.18	0
498	715	5715	MORRIGAN	HALKETT	TEMP	F	31	SF	1.36.22	0
499	122	3540	MEYRRICK	HOLMES	VITALITY	M	36	35-39M	1.36.22	1
500	87	291	LEANNE	DU PREEZ	MUIRITE	F	54	50-54F	1.36.23	1
501	1162	27	LIESL	BARKER	PEAAC	F	59	55-59F	1.36.23	1
502	584	3042	LONA	TUKELA	GELVAN	M	27	SM	1.36.25	1
503	1055	909	THURAYA	PILLAY	CHARLO	F	24	SF	1.36.26	1
504	10	2909	DENVER	BARENDSE	CSEP	M	39	35-39M	1.36.26	1
505	666	5666	SIMTANDILE	BOOI	TEMP	M	26	SM	1.36.29	0
506	289	1299	MICHAEL	SLATER	VWAC	M	56	55-59M	1.36.29	1
507	683	5683	MIEKE	COETZEE	TEMP	F	20	SF	1.36.31	0
508	1074	926	TREVOR	VAN RENSBURG	CHARLO	M	74	70+M	1.36.33	1
509	1113	6113	LUCIEN	SASS	TEMP	M	42	40-44M	1.36.37	0
510	51	1557	CARIN	COETZEE	DESPATCH	F	49	45-49F	1.36.39	1
511	1004	893	MAGDA	BECKER	CHARLO	F	38	35-39F	1.36.40	1
512	945	5945	ORETTE	MOODELEY	TEMP	F	53	50-54F	1.36.46	0
513	1130	827	TAMMY	SOUTHBY	32GI	F	52	50-54F	1.36.46	1
514	766	5766	AZILE	MAXONGO	TEMP	F	29	SF	1.36.49	0
515	346	3275	BONISWA	ZONDANI	CHEETHAS	F	42	40-44F	1.37.00	0
516	1548	6138	JOSHUA	KOCK	TEMP	M	38	35-39M	1.37.02	0
517	1528	3493	SIFISO	MASALEGUBA	HOLLYWOO	M	33	SM	1.37.02	1
518	586	2404	SIMONÉ	KLEYN	JBAY	F	39	35-39F	1.37.07	1
519	812	5812	AIDEN	PARFITT	TEMP	M	19	JM	1.37.10	0
520	569	426	SITA	NQWATA	CHILLIEP	F	43	40-44F	1.37.12	1
521	572	427	MBALI	QUBEKA	CHILLIEP	F	29	SF	1.37.12	1
522	615	1567	JACOBUS	WYATT	DESPATCH	M	63	60-64M	1.37.12	1
523	414	535	GERT	HARMSE	RUN4C	M	60	60-64M	1.37.13	1
524	889	5889	JULIA	BOLAND	TEMP	F	26	SF	1.37.17	0
525	65	804	VALMAINE	DE KLERK	32GI	F	49	45-49F	1.37.18	1
526	1170	6130	MARITSA	GRIESEL	TEMP	F	49	45-49F	1.37.18	0
527	597	3375	VUYELWA	FUNANI	SIBALEKA	F	54	50-54F	1.37.19	1
528	757	5757	THABANG	MANYAMA	TEMP	M	32	SM	1.37.19	0
529	745	5745	RAYNO	KUSTERER	TEMP	M	37	35-39M	1.37.28	0
530	744	5744	ANDREA	KUSTERER	TEMP	F	38	35-39F	1.37.29	0
531	803	5803	WANDA	NKOSI	TEMP	M	45	45-49M	1.37.35	0
532	869	5869	BIANCA	VAN NIEKERK	TEMP	F	42	40-44F	1.37.35	0
533	352	512	ANSIE	BENADE	RUN4C	F	67	65-69F	1.37.38	1
534	786	5786	SIFUNDO	MTHEMBU	TEMP	M	34	SM	1.37.40	0
535	387	610	DELANO	BASSON	RUN4C	M	52	50-54M	1.37.43	1
536	1171	513	ROZETTA	KEMP	RUN4C	F	72	70+F	1.37.44	1
537	1563	6148	NTLAHLA	GWEBANI	TEMP	M	41	40-44M	1.37.51	0
538	1108	6108	SCOTT	MAITLAND	TEMP	M	30	SM	1.37.51	0
539	429	1945	JANINE	GRAY	BLUEBAY	F	49	45-49F	1.37.55	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
540	90	738	SAM	DU TOIT	CRUSADE	F	57	55-59F	1.37.57	1
541	984	5984	ANDREW	HALL	TEMP	M	20	SM	1.38.02	0
542	33	1930	TIM	BRAY	BLUEBAY	M	63	60-64M	1.38.03	1
543	838	5838	ASIVE	SIMETU	TEMP	F	27	SF	1.38.08	0
544	911	5911	MIHLALI	MCETYWA	TEMP	M	28	SM	1.38.12	0
545	430	1950	NICOLE	GRAY	BLUEBAY	F	25	SF	1.38.13	1
546	777	5777	PIETER	MIENIE	TEMP	M	27	SM	1.38.17	0
547	776	5776	MELISSA	MIENIE	TEMP	F	29	SF	1.38.17	0
548	481	50504	KAREN	WATSON	BUFF	F	57	55-59F	1.38.18	0
549	724	5724	WARREN	HOOLE	TEMP	M	49	45-49M	1.38.20	0
550	641	5641	RHODOWAYNE	ERASMUS	TEMP	M	31	SM	1.38.21	0
551	347	1319	ROWAYNE	ADAMS	VWAC	M	45	45-49M	1.38.22	1
552	1169	6129	JACKIE	GROBLER	TEMP	F	51	50-54F	1.38.41	0
553	1002	978	CHRISTOPHER	AYERST	CHARLO	M	59	55-59M	1.38.41	1
554	1051	996	PAULA	PEARCE	CHARLO	F	58	55-59F	1.38.44	1
555	312	1918	CHENE	TUCK	BLUEBAY	F	40	40-44F	1.38.44	1
556	203	52499	OKUHLE	MGUDLWA	KOMANI	M	30	SM	1.38.48	0
557	427	1219	MELANIE	CHRISTIE	ELITEAC	F	42	40-44F	1.38.49	1
558	999	5999	LYNDA	PAUTZ	TEMP	F	46	45-49F	1.38.49	0
559	301	2398	JOHN	SWART	JBAY	M	52	50-54M	1.38.50	1
560	717	5717	KOENA	HEADBUSH	TEMP	M	48	45-49M	1.38.52	0
561	995	5995	NTEMESHA	MASEKA	TEMP	F	33	SF	1.38.53	0
562	283	473	MICHELLE	SIMON	RUN4C	F	37	35-39F	1.38.57	1
563	307	2505	SIPHOKAZI	TILI	BESTMED	F	47	45-49F	1.39.05	1
564	236	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.39.05	1
565	158	1269	ZAKHELE	LELAKA	VWAC	M	53	50-54M	1.39.06	1
566	1078	932	KIM	VENTER	CHARLO	F	42	40-44F	1.39.06	1
567	621	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	1.39.09	1
568	188	2141	CHUMANI	MASHIQA	TRANSNET	M	38	35-39M	1.39.09	1
569	254	2317	SINOVUYO	PHOHLONGO	TRANSNET	F	32	SF	1.39.09	1
570	546	1514	INAM	DATINI	SIBALEKA	F	19	SF	1.39.30	1
571	631	377	NOBUNTU	MPONGWANA	IKHAMVA	F	47	45-49F	1.39.31	1
572	225	6576	PHUNYEZWA	NDEVU	SABC	F	60	60-64F	1.39.35	0
573	228	1841	DOLLY	NDUDE	HOLLYWOO	F	54	50-54F	1.39.35	1
574	73	797	ADRIAN	DE WAAL	32GI	M	62	60-64M	1.39.36	1
575	783	5783	WAYNE	MOSS	TEMP	M	49	45-49M	1.39.39	0
576	782	5782	SHANTEL	MOSS	TEMP	F	48	45-49F	1.39.39	0
577	815	5815	SIYABULELA	PHESHE	TEMP	M	34	SM	1.39.41	0
578	447	189	OMPHILE	TSOMOKO	SAPPE	M	36	35-39M	1.39.44	1
579	616	1560	PIETER	STRYDOM	DESPATCH	M	65	65-69M	1.39.45	1
580	287	15	EMMERENCHIA	SLABBERT	PEAAC	F	53	50-54F	1.39.45	1
581	917	5917	JOSH	SAPTOE	TEMP	M	26	SM	1.39.47	0
582	921	5921	SIVE	SLOTI	TEMP	M	26	SM	1.39.49	0
583	139	123	SIHAAM	ALLISON	MALABAR	F	41	40-44F	1.39.53	1
584	178	117	LAILAA	MAN LEE	MALABAR	F	34	SF	1.40.09	1
585	708	5708	JAQUE	GERBER	TEMP	M	34	SM	1.40.15	0
586	576	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	56	55-59F	1.40.20	1
587	861	5861	EMMA	VAN BAALEN	TEMP	F	15	JF	1.40.24	0
588	663	5663	ELMARI	BEZUIDENHOUT	TEMP	F	24	SF	1.40.24	0
589	722	5722	ANGELA	HOOLE	TEMP	F	47	45-49F	1.40.25	0
590	634	2872	JOHN	APPELS	CSEP	M	52	50-54M	1.40.31	1
591	1529	725	WENDY	BULULU	CRUSADE	F	43	40-44F	1.40.32	1
592	1032	937	KIJANA	LARSEN	CHARLO	F	26	SF	1.40.40	1
593	473	678	WANDILE	TSHINGI	ASPEN	M	39	35-39M	1.40.43	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
594	1182	6134	CHRISTA	SLABBERT	TEMP	F	58	55-59F	1.40.45	0
595	880	5880	TARYN	WHITFIELD	TEMP	F	35	35-39F	1.40.46	0
596	671	5671	SAM	BOTHA	TEMP	F	34	SF	1.40.47	0
597	871	5871	CARLY	VAN STAADEN	TEMP	F	31	SF	1.40.50	0
598	200	2767	ANDREW	MEYER	32GI	M	52	50-54M	1.40.51	1
599	201	2766	MARYNA	MEYER	32GI	F	55	55-59F	1.40.51	1
600	696	5696	LOYISO	DUNA	TEMP	M	33	SM	1.40.54	0
601	27	40543	CODY	BOUCHER	CRUSADE	M	17	JM	1.41.00	1
602	1052	963	Lizelle	Oosthuizen	CHARLO	F	49	45-49F	1.41.07	1
603	567	1915	TAMSYN	BOTHA	BLUEBAY	F	31	SF	1.41.07	1
604	805	5805	KHANYA	NKUNZI	TEMP	M	23	SM	1.41.08	0
605	281	563	LINDA	SILLS	RUN4C	F	44	40-44F	1.41.14	1
606	280	564	GAVIN	SILLS	RUN4C	M	53	50-54M	1.41.14	1
607	642	5642	SULENE	CAMARINOS	TEMP	F	45	45-49F	1.41.20	0
608	12	746	JOHAN	BARNARD	CRUSADE	M	71	70+M	1.41.20	1
609	1153	3573	ANNEMIE	HOLTZHAUSEN	RUN4C	F	40	40-44F	1.41.21	1
610	114	3235	MARITZA	HANEKOM	CITYC	F	44	40-44F	1.41.21	1
611	830	5830	INGE	SCHOEMAN	TEMP	F	15	JF	1.41.26	0
612	902	5902	CLIVE	HOFART	TEMP	M	42	40-44M	1.41.27	0
613	165	728	PAUL	LUBBE	CRUSADE	M	64	60-64M	1.41.29	1
614	211	3071	GRACE	MPETE	VITAL	F	45	45-49F	1.41.29	0
615	29	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.41.32	1
616	410	2299	THABISA	HLAM	VUKANI	F	40	40-44F	1.41.35	1
617	222	751	NICHOLAS	MULLINS	CRUSADE	M	70	70+M	1.41.36	1
618	61	1059	LUDINE	DANIELS	XCEL	F	39	35-39F	1.41.41	1
619	1554	639	DHIRESH	VALLABH	ASPEN	M	41	40-44M	1.41.41	1
620	191	2202	MVELISO	MATHONTSI	MTHATHA	M	36	35-39M	1.41.52	0
621	1150	6121	CHANE	VD MESCHT	TEMP	F	25	SF	1.41.53	0
622	694	5694	MURRAY	DU TOIT	TEMP	M	21	SM	1.42.00	0
623	835	5835	DENVER	SEARLE	TEMP	M	44	40-44M	1.42.00	0
624	1020	959	JOHAN	GERBER	CHARLO	M	47	45-49M	1.42.03	1
625	237	2979	NOBUNTU	MCUNUKELWA	CHILLIEP	F	37	35-39F	1.42.12	1
626	208	626	AKHONA	MOSIANE	ASPEN	F	39	35-39F	1.42.13	1
627	34	735	JUANITA	BRINK	KIMBH	F	48	45-49F	1.42.15	0
628	524	3352	THAPELO	TSHABALALA	VWAC	M	42	40-44M	1.42.21	1
629	198	1296	NOEL	MCMASTER	VWAC	M	60	60-64M	1.42.21	1
630	82	3596	MARLIA	DIRK	HOLLYWOO	F	35	35-39F	1.42.23	1
631	160	588	RENIER	LIEBENBERG	RUN4C	M	44	40-44M	1.42.24	1
632	451	3332	ANDREW	HOLLELY	32GI	M	49	45-49M	1.42.25	1
633	738	5738	RODNEY	KLEINGELD	TEMP	M	51	50-54M	1.42.25	0
634	1095	2208	GARFIELD	TSATSANE	SIBALEKA	M	60	60-64M	1.42.38	1
635	24	705	OCTAVIA	BOSHOFF	CRUSADE	F	56	55-59F	1.42.40	1
636	893	5893	MATT	CAMPBELL	TEMP	M	22	SM	1.42.53	0
637	152	2582	Emihle	Kwatsha	Bestmed	F	22	SF	1.42.54	1
638	596	575	JACKIE	ELOFF	RUN4C	F	54	50-54F	1.42.54	1
639	486	3377	MASIMBULELE	QWELE	CHILLIEP	F	34	SF	1.42.55	1
640	573	726	KEITH	VOSLOO	CRUSADE	M	63	60-64M	1.42.55	1
641	44	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	54	50-54M	1.42.57	1
642	249	334	MADELEINE	OTTO	MUIRITE	F	66	65-69F	1.42.58	1
643	1536	6139	CLARE	WOOD	TEMP	F	51	50-54F	1.43.00	0
644	1194	6131	LEILA	SAMPSON	TEMP	F	37	35-39F	1.43.01	0
645	102	475	CHARL	GERBER	RUN4C	M	62	60-64M	1.43.01	1
646	357	1195	SAMANTHA	DOUGLAS	ELITEAC	F	38	35-39F	1.43.04	1
647	1164	2008	TRACEY-LYNNE	HERMAN	WALMER	F	54	50-54F	1.43.05	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
648	1577	6156	SIBULELE	MPU	TEMP	F	29	SF	1.43.06	0
649	386	1565	BONITA	WEITSZ	DESPATCH	F	54	50-54F	1.43.06	1
650	328	1553	MINIQUE	VAN TONDER	DESPATCH	F	20	SF	1.43.07	1
651	104	1548	TYLO	GERBER	DESPATCH	F	20	SF	1.43.07	1
652	327	1582	MARINET	VAN TONDER	DESPATCH	F	48	45-49F	1.43.07	1
653	488	1601	ANIZE	GERBER	DESPATCH	F	52	50-54F	1.43.08	1
654	578	1555	LYDIA	POTGIETER	DESPATCH	F	51	50-54F	1.43.08	1
655	1066	906	TARYN	SLABBERT	CHARLO	F	45	45-49F	1.43.16	1
656	338	602	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.43.16	1
657	132	145	FADIELA	JOHNSON	MALABAR	F	62	60-64F	1.43.21	1
658	1185	3583	MASIVUYE	MZOBOSHE	TNETFS	M	39	35-39M	1.43.23	0
659	1085	1566	RUAN	WELGEMOED	DESPATCH	M	31	SM	1.43.26	1
660	613	1955	DANIEL	PIETERSE	BLUEBAY	M	64	60-64M	1.43.30	1
661	261	450	SIHLE	QWEMESHA	CHILLIEP	F	32	SF	1.43.36	1
662	676	5676	CHELSEA	CAMERON	TEMP	F	28	SF	1.43.37	0
663	1192	3209	NONKE	GOYI	TV	M	38	35-39M	1.43.41	0
664	742	5742	DILLAN	KROMHOUT	TEMP	M	24	SM	1.43.57	0
665	832	5832	SILKY	SCHUIN-DORFLING	TEMP	F	25	SF	1.43.57	0
666	794	5794	PHAPHANI	NDEYA	TEMP	M	32	SM	1.44.02	0
667	243	1332	THANDI	NKWANDLA	NEDBANK	F	61	60-64F	1.44.02	1
668	84	5478	NDU	DLAMINI	RAF	M	42	40-44M	1.44.06	0
669	17	279	VERONICA	BISHOFF	MUIRITE	F	65	65-69F	1.44.17	1
670	336	51224	VENESSA	WEST	PAC	F	59	55-59F	1.44.19	0
671	291	2497	SHONA	SMITH	JBAY	F	54	50-54F	1.44.19	1
672	351	3515	LEEWYN	ARENDS	MUIRITE	M	37	35-39M	1.44.24	1
673	1030	915	JOEL	HUMAN	CHARLO	M	53	50-54M	1.44.26	1
674	30	40081	MERISKA	BOUWER	ELITEAC	F	19	JF	1.44.27	1
675	68	1248	JADEN	DE RIDDER	ELITEAC	M	20	SM	1.44.27	1
676	1014	882	BEVERLEY	CLARKE	CHARLO	F	62	60-64F	1.44.34	1
677	1559	2090	WELLINGTON	TSHINGANE	SANDFEP	M	56	55-59M	1.44.37	1
678	1116	6116	HANNAH	HEN-BOISEN	TEMP	F	23	SF	1.44.39	0
679	223	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.44.40	1
680	276	1272	JEREMY	SCOTT	VWAC	M	55	55-59M	1.44.41	1
681	764	5764	AYABONGA	MATSHAYA	TEMP	F	29	SF	1.44.41	0
682	425	2816	XHANTI	MANTSHIYO	ABSAEP	M	59	55-59M	1.44.46	1
683	285	1933	NTUTHUZELO	SKENJANA	BLUEBAY	M	44	40-44M	1.44.50	1
684	1070	917	VICKY	TSOUKNIDAS	CHARLO	F	48	45-49F	1.44.52	1
685	147	1382	CHARMELL	KOOPMAN	NEDBANK	F	46	45-49F	1.44.52	1
686	756	5756	SILAS	MAMABOLO	TEMP	M	39	35-39M	1.44.53	0
687	361	1808	ONKE	HUBELA	CHILLIEP	M	40	40-44M	1.44.54	1
688	172	15692	LUSANDA	MABHEKA	THAND	F	34	SF	1.45.03	0
689	370	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.45.05	1
690	324	3003	ADEL	VAN RENSBURG	VITALITY	F	48	45-49F	1.45.05	1
691	298	3115	WALTER	STRONACH	VITALITY	M	36	35-39M	1.45.06	1
692	673	5673	DIANE	BRETT	TEMP	F	48	45-49F	1.45.15	0
693	1137	2300	ANDILE	BOVUNGANA	VUKANI	M	59	55-59M	1.45.16	1
694	365	3026	ZAKIYYA	LAHER	VITALITY	F	41	40-44F	1.45.16	1
695	1180	3541	LIFA	HATTO	TV	M	34	SM	1.45.24	0
696	431	289	RENAY	DU PLESSIS	MUIRITE	F	58	55-59F	1.45.27	1
697	257	2715	AMOS	PRAM	MUIRITE	M	50	50-54M	1.45.27	1
698	967	5967	DALE	COLLINS	TEMP	M	30	SM	1.45.27	0
699	905	5905	CHANTE	JOSEPH	TEMP	F	32	SF	1.45.28	0
700	270	1166	ISABELLA	ROUX	EMERIS	F	20	SF	1.45.36	1
701	790	5790	JASON	NADER	TEMP	M	47	45-49M	1.45.38	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
702	813	5813	GARTH	PARFITT	TEMP	M	52	50-54M	1.45.38	0
703	702	5702	KARISMA	ERASMUS	TEMP	F	31	SF	1.45.44	0
704	690	5690	NATASHA	DU PREEZ	TEMP	F	37	35-39F	1.45.45	0
705	1570	2960	SUSANN	CHAPMAN	ACH	F	50	50-54F	1.45.45	1
706	215	3068	NTOMBIZINE	MTANDA	VITALITY	F	50	50-54F	1.45.47	1
707	433	2620	WAYNE	MAC GEAR	BESTMED	M	63	60-64M	1.45.55	1
708	858	5858	LIZ	VAN AS	TEMP	F	55	55-59F	1.45.59	0
709	35	2351	LILLY	BROWN	JBAY	F	67	65-69F	1.46.01	1
710	1067	913	SHARON	SMUTS	CHARLO	F	60	60-64F	1.46.02	1
711	300	3038	MELISSA	SWANEPOEL	RUN4C	F	38	35-39F	1.46.02	1
712	828	5828	BRADLEY	SANGANI	TEMP	M	29	SM	1.46.02	0
713	1101	6101	IAAN	FOURIE	TEMP	M	38	35-39M	1.46.03	0
714	980	5980	TEBOGO	NTLANGENI	TEMP	M	36	35-39M	1.46.04	0
715	83	2334	MZOVELE	DLAMINI	VWAC	M	41	40-44M	1.46.15	1
716	846	5846	STEPHANIE	STRYDOM	TEMP	F	15	JF	1.46.16	0
717	845	5845	KIM	STRYDOM	TEMP	F	43	40-44F	1.46.17	0
718	376	263	SHERILEE	PIETERSE	MUIRITE	F	36	35-39F	1.46.17	1
719	195	1920	NOZBELE	MBETHE	BLUEBAY	F	51	50-54F	1.46.20	1
720	646	5646	EMILY	ITTERSHAGEN-STRAUSS	TEMP	F	30	SF	1.46.22	0
721	931	5931	BRAD	COCHRANE	TEMP	M	54	50-54M	1.46.30	0
722	932	5932	JUDITH	GOMES	TEMP	F	50	50-54F	1.46.30	0
723	135	40010	ISABELLA	JONSON	RUN4C	F	17	JF	1.46.41	1
724	863	5863	JANE	VAN DER HOFF	TEMP	F	24	SF	1.46.45	0
725	940	5940	RAYMOND	WIGGILL	TEMP	M	38	35-39M	1.46.47	0
726	1056	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.46.51	1
727	31	3236	RIAANA	BOUWER	CONTI	F	50	50-54F	1.46.54	0
728	353	3247	VICTOR	CHABANGU	CONTI	M	33	SM	1.47.02	0
729	942	5942	KHUTHALA	DASTILE	TEMP	F	29	SF	1.47.02	0
730	45	40	HANNALO	CILLIERS	JBAY	F	52	50-54F	1.47.02	1
731	1013	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.47.11	1
732	1110	6110	MOEGAMAT	PADAYACHEE	TEMP	M	53	50-54M	1.47.25	0
733	110	2051	LUVUYO	GQOLA	STUT	M	46	45-49M	1.47.25	0
734	183	3070	FELICIA	MAPAILA	VITALITY	F	25	SF	1.47.35	1
735	1135	1758	BRAMWELL	FLEURS	GELVAN	M	47	45-49M	1.47.35	1
736	710	5710	SACHIN	GOSAI	TEMP	M	31	SM	1.47.39	0
737	323	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	45	45-49F	1.47.58	1
738	1183	32	HENNIE	VAN DER KOLF	PEAAC	M	68	65-69M	1.48.07	1
739	866	5866	MARLIZE	VAN DER MERWE	TEMP	F	49	45-49F	1.48.10	0
740	173	17064	TUMISO	MABOKELA	HOLLYWOO	M	30	SM	1.48.10	1
741	470	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.48.11	1
742	639	5639	JAYDEN	FOURIE	TEMP	M	23	SM	1.48.16	0
743	693	5693	KARLA	DU TOIT	TEMP	F	23	SF	1.48.16	0
744	991	5991	RICARDO	DIEDERICKS	TEMP	M	25	SM	1.48.16	0
745	468	1094	MARIETJIE	PIETERSEN	ACH	F	69	65-69F	1.48.20	1
746	170	1445	NOYISE	LUVALO	NEDBANK	F	46	45-49F	1.48.21	1
747	415	498	TAMMY	NEVELING	RUN4C	F	34	SF	1.48.23	1
748	246	2092	ZAFIKA	NYONGO	SANDF	F	46	45-49F	1.48.30	0
749	1552	3537	HOFMAN	RADEBE	TV	M	46	45-49M	1.48.31	0
750	618	1104	CATHY	IVES	ACH	F	73	70+F	1.48.34	1
751	1093	2917	Thulani	Gwana	CSEP	M	47	45-49M	1.48.38	1
752	1520	1725	PEARL	DAMONS	GELVAN	F	63	60-64F	1.48.43	1
753	505	50943	SISIPHO	FAYE	REALGIJ	F	31	SF	1.48.47	0
754	1176	2202	VUYISEKA	MHLAHLA	SIBALEKA	F	44	40-44F	1.48.49	1
755	5	109	ZAKIYYAH	AJAM	MALABAR	F	38	35-39F	1.48.58	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
756	633	76	HEIN	BADENHORST	SAPPE	M	56	55-59M	1.48.58	1
757	369	42	SAM	ERASMUS	SAPPE	M	68	65-69M	1.48.59	1
758	1142	77	LOUIS	SWIEGELAAR	SAPPE	M	60	60-64M	1.49.00	1
759	574	775	RAKGWADI	MORITI	CRUSADE	M	37	35-39M	1.49.21	1
760	476	2549	AMILA	ZIBONDA	BESTMED	F	19	SF	1.49.22	1
761	354	2179	WITNESS	CHAUKE	TRANSNET	F	35	35-39F	1.49.30	1
762	653	5653	KIERAN	ARENDSE	TEMP	M	21	SM	1.49.32	0
763	913	5913	WAYNE	MOSS	TEMP	M	28	SM	1.49.32	0
764	895	5895	CHAD	CUTHBERTSON	TEMP	M	25	SM	1.49.33	0
765	922	5922	LEIGH-ANNE	SMIT	TEMP	F	28	SF	1.49.34	0
766	1555	2337	MKONYISELA	MCUBASE	VUKANI	M	40	40-44M	1.49.42	1
767	1535	2111	GEROME	MINTOOR	ATLANTIC	M	59	55-59M	1.49.43	1
768	548	38	TEMBA	PEZISA	SIBALEKA	M	60	60-64M	1.49.48	1
769	278	1310	PHUMLA	SIBALI	VWAC	F	47	45-49F	1.49.49	1
770	1132	1545	RUAN	JONKER	DESPATCH	M	27	SM	1.49.56	1
771	113	3074	BANDILE	GWAMANDA	VITALITY	M	56	55-59M	1.49.59	1
772	1541	6144	ANGELO	GLADILE	TEMP	M	36	35-39M	1.50.03	0
773	987	5987	TARIKA	ELS	TEMP	F	19	SF	1.50.05	0
774	808	5808	MUZIE	NTSHEBE	TEMP	M	32	SM	1.50.31	0
775	608	1266	DAVID	CHENGWE	VWAC	M	48	45-49M	1.50.38	1
776	384	1119	TREMAINE	WESSON	ACH	M	66	65-69M	1.50.41	1
777	184	3130	BUSISIWE	MAPASA-DUBE	VITALITY	F	43	40-44F	1.50.45	1
778	781	5781	LEREKO	MOLEFE	TEMP	F	34	SF	1.50.46	0
779	499	52439	MAWETHU	SIDLAYI	MTHATHA	M	33	SM	1.50.46	0
780	418	24622	NICHOLAS	KOTSHOLO	MIWAY	M	36	35-39M	1.50.47	0
781	1092	562	JUDITH	NIENABER	RUN4C	F	66	65-69F	1.50.49	1
782	1526	1102	KEN	BARWOOD	ACH	M	71	70+M	1.50.54	1
783	711	5711	ANRI	GOUWS	TEMP	F	16	JF	1.50.55	0
784	1545	151	Phumelele	Mtshali	ACT AC	F	39	35-39F	1.50.56	1
785	1156	6123	ANDISWA	NTWANAMBI	TEMP	F	40	40-44F	1.50.57	0
786	53	3406	MIRANDA	COGGER	BIGBEAR	F	49	45-49F	1.50.59	0
787	161	1143	THERESA	LILLIS	ACH	F	70	70+F	1.51.03	1
788	936	5936	CLEO	HELM	TEMP	F	30	SF	1.51.07	0
789	910	5910	ZILUNGILE	MAGAQA	TEMP	F	28	SF	1.51.08	0
790	434	1464	DAVID	OREILLY	NEDBANK	M	78	70+M	1.51.18	1
791	495	52160	AKHONA	GAZI	ESKOM	M	41	40-44M	1.51.32	0
792	1167	6127	CORNEL	LOUW	TEMP	M	22	SM	1.51.33	0
793	1166	6126	DANIELLE	VERMAAK	TEMP	F	22	SF	1.51.33	0
794	892	5892	MVUYISO	BUYANA	TEMP	F	24	SF	1.51.34	0
795	1547	12205	NELILE	GCABASHE	KWAXIMBA	F	28	SF	1.51.37	0
796	986	5986	NONKULULEKO	NDIMANDE	TEMP	F	29	SF	1.51.37	0
797	901	5901	LESIELO	HEADBUSH	TEMP	F	19	SF	1.51.45	0
798	823	5823	TANIA	RENISON	TEMP	F	38	35-39F	1.51.45	0
799	747	5747	KLIM	LAMBERT	TEMP	M	49	45-49M	1.51.46	0
800	1112	6112	VERONIQUE	SASS	TEMP	F	41	40-44F	1.51.46	0
801	348	1318	TRACY	ADAMS	VWAC	F	42	40-44F	1.51.46	1
802	685	5685	AMEENA	CUPP	TEMP	F	25	SF	1.51.48	0
803	1000	6000	RIAAN	NEL	TEMP	M	44	40-44M	1.51.55	0
804	614	2666	SYLVAN	BLIGNAUT	Bestmed	M	67	65-69M	1.51.58	1
805	881	5881	JADRIAN	WILLIAMS	TEMP	M	24	SM	1.52.01	0
806	94	3567	ESMERELDA	FELIX	GELVAN	F	44	40-44F	1.52.04	1
807	916	5916	DYLAN	OLIVIER	TEMP	M	33	SM	1.52.05	0
808	896	5896	JARYD	DAVIES	TEMP	M	35	35-39M	1.52.06	0
809	929	5929	STEPHAN	ZAAYMAN	TEMP	M	33	SM	1.52.06	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
810	23	2394	JHANINEN	BOSHOF	JBAY	F	60	60-64F	1.52.07	1
811	1009	924	GRAHAM	BROOM	CHARLO	M	56	55-59M	1.52.12	1
812	319	1165	RONAN	VAN DER VAART	EMERIS	M	21	SM	1.52.18	1
813	859	5859	AMY	VAN ASWEGEN	TEMP	F	29	SF	1.52.23	0
814	480	1935	XENOPHON	FEIRRERA	BLUEBAY	M	65	65-69M	1.52.23	1
815	860	5860	HENDRIK	VAN ASWEGEN	TEMP	M	34	SM	1.52.24	0
816	526	1995	LYNETTE	SMUTS	WALMER	F	60	60-64F	1.52.31	1
817	1069	922	REFILWE	TSATSIMPE	CHARLO	F	30	SF	1.52.46	1
818	1114	6114	NOMAZATSHO	MQOMBOTI	TEMP	F	46	45-49F	1.52.56	0
819	1038	918	FIONA	MAGNUS	CHARLO	F	54	50-54F	1.52.56	1
820	1071	974	CLAIRE	TUSTIN	CHARLO	F	49	45-49F	1.52.56	1
821	758	5758	THUTHUZELA	MAPOMA	TEMP	F	32	SF	1.52.59	0
822	464	1098	SIZINZO	KAMA	ACH	M	75	70+M	1.53.05	1
823	349	3546	OLU	AJAYI	VITALITY	M	47	45-49M	1.53.06	1
824	885	5885	SIMTANDILE	ZICI	TEMP	F	34	SF	1.53.10	0
825	670	5670	NANETTE	BOTHA	TEMP	F	58	55-59F	1.53.12	0
826	954	5954	MICHELLE	BLOM	TEMP	F	49	45-49F	1.53.15	0
827	760	5760	SARAH	MARX	TEMP	F	33	SF	1.53.16	0
828	956	5956	LISA	RANDALL	TEMP	F	46	45-49F	1.53.16	0
829	119	911	SHARON	HERMAANS	MTHATHA	F	49	45-49F	1.53.29	0
830	552	1333	MBULELO	SOBIKWA	NEDBANK	M	72	70+M	1.53.35	1
831	767	5767	SNETHEMBA	MBATHA	TEMP	F	25	SF	1.53.50	0
832	1012	923	EVA	CHETTY	CHARLO	F	58	55-59F	1.53.52	1
833	520	2182	NANGAMSO	NABE	TRANSNET	F	38	35-39F	1.54.00	1
834	649	5649	ZIPHOZIHLE	CEZA	TEMP	M	35	35-39M	1.54.05	0
835	194	50848	UNATHI	MBALI	REALGIJ	F	37	35-39F	1.54.13	0
836	907	5907	ANDREA	KOLL	TEMP	F	34	SF	1.54.16	0
837	886	5886	SHAYLEIGH	AGRAM	TEMP	F	28	SF	1.54.17	0
838	331	6331	SHAMEEMA	HENDRICKS	TEMP	F	45	45-49F	1.54.20	0
839	654	5654	RISHAAD	BALLIM	TEMP	M	36	35-39M	1.54.22	0
840	318	2534	CHANEL	VAN DER MERWER	BESTMED	F	34	SF	1.54.22	1
841	250	2771	SHAMARA	PERUMAL	BESTMED	F	24	SF	1.54.27	1
842	148	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.54.29	1
843	95	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.54.36	1
844	1163	6125	COLIN	STEPHEN	TEMP	M	38	35-39M	1.54.36	0
845	824	5824	VICTOR	ROELOFFSE	TEMP	M	31	SM	1.54.41	0
846	1041	1030	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	1.54.42	1
847	313	3305	SIBULELE	TYAM	CONTI	F	28	SF	1.54.44	0
848	456	2808	THEMBU	NTSUKUNYANE	ABSAEP	F	47	45-49F	1.55.03	1
849	374	2148	ABO	NQEZO	TRANSNET	F	37	35-39F	1.55.06	1
850	692	5692	DANIEL	DU TOIT	TEMP	M	25	SM	1.55.09	0
851	688	5688	TANITH	DICKSON	TEMP	F	25	SF	1.55.09	0
852	503	1364	PHILA	HENGE	NEDBANK	F	41	40-44F	1.55.11	1
853	54	3035	SIYABONGA	COKILE	VITALITY	M	49	45-49M	1.55.11	1
854	288	1168	INEZ	SLATER	EMERIS	F	42	40-44F	1.55.12	1
855	1168	6128	EBENEZER	ADESIDA	TEMP	M	44	40-44M	1.55.13	0
856	857	5857	S'BU	TYIBILIKA	TEMP	M	33	SM	1.55.30	0
857	802	5802	BUSISIWE	NJOMBA	TEMP	F	32	SF	1.55.30	0
858	423	1306	GAVIN	KLINK	VWAC	M	53	50-54M	1.55.32	1
859	49	1175	ROBYN	CLEMENCE	EMERIS	F	24	SF	1.55.33	1
860	1100	51596	JESSICA	OOSTHUIZEN	NEDBSWD	F	24	SF	1.55.33	0
861	112	1746	ARDEN	GROOTBOOM	GELVAN	F	45	45-49F	1.55.35	1
862	1527	50746	SANELISIWE	FUNANI	MTHATHA	M	42	40-44M	1.55.41	0
863	703	5703	AHLUMILE	FANA	TEMP	F	26	SF	1.55.48	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
864	239	15693	LUNGISWA	NJOKWENI	THAND	F	39	35-39F	1.55.58	0
865	770	5770	IMAN	MCITEKA	TEMP	F	23	SF	1.56.00	0
866	741	5741	NADIA	KRIEL	TEMP	F	28	SF	1.56.02	0
867	735	5735	NOMVANO	KENTANE	TEMP	F	36	35-39F	1.56.03	0
868	293	2411	PETRO	STEENKAMP	JBAY	F	60	60-64F	1.56.10	1
869	626	2330	NOTOZOLA	JAM JAM	VUKANI	F	44	40-44F	1.56.13	1
870	450	1956	SONJA	OLIVIER	BLUEBAY	F	59	55-59F	1.56.19	1
871	272	806	NAMHLA	SAKI	MTHATHA	F	31	SF	1.56.20	0
872	487	3220	CARLA	FOURIE	CITYC	F	30	SF	1.56.21	1
873	992	5992	SHANE	MYBURGH	TEMP	M	29	SM	1.56.23	0
874	736	5736	KURISANI	KHOSA	TEMP	M	24	SM	1.56.31	0
875	315	246	BELINDA	VAN DER BANK	MUIRITE	F	58	55-59F	1.56.33	1
876	190	1320	REMOABETSWE	MATHOBELA	VWAC	F	31	SF	1.56.33	1
877	92	1315	NICOLENE	ELLIE	VWAC	F	41	40-44F	1.56.34	1
878	47	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.56.46	1
879	793	5793	PHELOKAZI	NDABA	TEMP	F	40	40-44F	1.56.51	0
880	705	5705	MELANIE	FRANCIS	TEMP	F	50	50-54F	1.57.00	0
881	947	5947	NONOPHA	HLALETYENI	TEMP	F	30	SF	1.57.02	0
882	686	3271	NOLITHA	TSHENTU	CHEETAHS	F	46	45-49F	1.57.08	0
883	63	2212	ZIMKITHA	DAYI SIBANGELA	SIBALEKA	F	41	40-44F	1.57.12	1
884	383	3480	SHAWN	VAN EYK	RWFL	M	58	55-59M	1.57.17	1
885	38	759	MIKE	BURGER	CRUSADE	M	72	70+M	1.57.17	1
886	1184	30	JANETTE	VAN DER KOLF	PEAAC	F	66	65-69F	1.57.25	1
887	968	5968	MPHO	MNTUWAPI	TEMP	F	26	SF	1.57.35	0
888	180	1313	KAGISO	MANAIOA	VWAC	M	34	SM	1.57.36	1
889	1190	6136	SEIPATI	RAMETSE	TEMP	F	31	SF	1.57.48	0
890	512	2222	NOMBULELO	NDZUZO	SIBALEKA	F	46	45-49F	1.58.00	1
891	602	3108	MELUMZI	MTSHAYI	VITALITY	M	45	45-49M	1.58.00	1
892	314	992	CHANTELL	VAN BAALEN	MUIRITE	F	50	50-54F	1.58.05	1
893	619	2877	RIAAN	SMALBERGER	CSEP	M	71	70+M	1.58.16	1
894	140	3581	SISEKO	KAKAZA	TRANSNET	M	29	SM	1.58.22	1
895	785	5785	ODWA	MSWELI	TEMP	F	29	SF	1.58.28	0
896	900	5900	MELISSA	FOX	TEMP	F	30	SF	1.58.30	0
897	899	5899	ANDREW	FOX	TEMP	M	29	SM	1.58.30	0
898	282	605	ANTHONY	SIMON	RUN4C	M	41	40-44M	1.58.41	1
899	159	51920	BERNARD	LEUVENNINK	BREDA	M	69	65-69M	1.58.51	0
900	768	5768	TINASHE	MBAVA	TEMP	M	27	SM	1.58.54	0
901	674	5674	ABDULLAH	BUTERAH	TEMP	M	27	SM	1.58.55	0
902	972	5972	SINOXOLO	RULULU	TEMP	F	36	35-39F	1.59.08	0
903	852	5852	AZOLA	TIYO	TEMP	F	38	35-39F	1.59.14	0
904	809	5809	LUTHO	NYWE	TEMP	F	30	SF	1.59.17	0
905	862	5862	CHANEL	VAN BILJON	TEMP	F	29	SF	1.59.20	0
906	829	5829	RYAN	SARSON	TEMP	M	29	SM	1.59.20	0
907	517	3084	SIPHOKAZI	MASHININI	VITALITY	F	34	SF	1.59.20	1
908	43	2600	WENDY	CAMERON	BESTMED	F	48	45-49F	1.59.26	1
909	644	5644	THANDOKAZI	ZUZANI	TEMP	F	29	SF	1.59.27	0
910	356	3570	SITHOKOZISO	DIKO	SAPPE	F	40	40-44F	1.59.31	1
911	440	303	SANET	VAN NIEKERK	MUIRITE	F	57	55-59F	1.59.51	1
912	841	5841	SINESIPHO	SOBUWA	TEMP	F	32	SF	1.59.51	0
913	872	5872	WILLEM	VAN TONDER	TEMP	M	45	45-49M	1.59.55	0
914	340	3344	KATE	WILLIAMS	CHARLO	F	30	SF	2.00.18	1
915	737	5737	WENDY	KHWETANI	TEMP	F	30	SF	2.00.20	0
916	843	5843	ERIKA	STEENKAMP	TEMP	F	55	55-59F	2.00.46	0
917	52	4798	MARCELINE	COETZEE	SANDF	F	54	50-54F	2.00.54	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
918	1539	6142	NONDLELA	RADEBE	TEMP	F	42	40-44F	2.00.55	0
919	1017	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	2.00.56	1
920	380	346	LEANDRE	STRUMPHER	MUIRITE	F	43	40-44F	2.01.00	1
921	379	300	ANDRE	STRUMPHER	MUIRITE	M	43	40-44M	2.01.00	1
922	509	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	2.01.13	1
923	413	536	ELIZMA	HARMSE	RUN4C	F	65	65-69F	2.01.13	1
924	109	2569	VEONNA	GOLIATH	BESTMED	F	54	50-54F	2.01.22	1
925	85	3244	SIPHOKAZI	DOKWANA	CONTI	F	31	SF	2.01.27	0
926	677	5677	LUKE	CAMERON	TEMP	M	31	SM	2.01.35	0
927	242	40532	SIYAPHLUMA	NKONE	BLUEBAY	F	17	JF	2.01.48	1
928	241	1951	NOXOLO	NKONE	BLUEBAY	F	33	SF	2.01.48	1
929	935	5935	LAIKEN	ABRAHAMS	TEMP	F	35	35-39F	2.01.49	0
930	1026	1004	SUNET	HARRIS	CHARLO	F	53	50-54F	2.02.10	1
931	1019	1003	ERIKA	FOREMAN	CHARLO	F	56	55-59F	2.02.10	1
932	963	5963	LUQMAAN	ADAMS	TEMP	M	55	55-59M	2.02.15	0
933	700	5700	LURENE	ELS	TEMP	F	45	45-49F	2.02.16	0
934	547	2237	LIBAZISO	NTSOAKI	SIBALEKA	F	42	40-44F	2.02.28	1
935	446		JUSTENE	TAIT	RWFL	F	37	35-39F	2.02.31	1
936	926	5926	NANDIPHA	TYHALI	TEMP	F	28	SF	2.02.37	0
937	598	2204	LELETHU	JARA	SIBALEKA	F	38	35-39F	2.03.18	1
938	21	2522	VUYO	BONGELA	BESTMED	F	47	45-49F	2.03.21	1
939	1033	1013	ANTOINETTE	LEVER	CHARLO	F	32	SF	2.03.22	1
940	780	5780	PHAKAMA	MOAKAMELA	TEMP	F	36	35-39F	2.03.26	0
941	979	5979	QAILAH	LAGARDIEN	TEMP	F	22	SF	2.03.29	0
942	714	5714	LUNTUKAZI	GWAYISE	TEMP	F	33	SF	2.03.44	0
943	266	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	40	40-44F	2.03.47	1
944	726	5726	SINOTHANDO	JAKAVULA	TEMP	F	26	SF	2.03.48	0
945	292	2806	NOLUBABALO	SOHABA	ABSAEP	F	37	35-39F	2.03.53	1
946	399	455	BUSISIWE	DYANTYI	CHILLIEP	F	37	35-39F	2.03.53	1
947	837	5837	NKANYISO	SHUMANE	TEMP	M	36	35-39M	2.04.06	0
948	969	5969	CHLOE	GROENEWALD	TEMP	F	27	SF	2.04.06	0
949	720	6720	JACQUES	MEINTJIES	TEMP	M	32	SM	2.04.06	0
950	652	5652	JULIAN	ANDERSON	TEMP	M	32	SM	2.04.07	0
951	364	1794	MOHAMED	KHADRAOUI	GELVAN	M	28	SM	2.04.21	1
952	1091	64	DAVID	FORTEIN	SAPPE	M	61	60-64M	2.04.40	1
953	1115	6115	FREDDY	SASS	TEMP	M	65	65-69M	2.04.40	0
954	948	5948	TOZI	MAQUNGELA	TEMP	F	26	SF	2.04.55	0
955	884	5884	CEBOKAZI	YANGAPI	TEMP	F	36	35-39F	2.05.08	0
956	1016	968	DENISE	DARLOW	CHARLO	F	57	55-59F	2.05.08	1
957	1031	969	GARY	KELLEHER	CHARLO	M	69	65-69M	2.05.08	1
958	1057	889	PETER	POHLMANN	CHARLO	M	63	60-64M	2.05.08	1
959	1521	1785	JADE	FESTUS	GELVAN	M	36	35-39M	2.05.11	1
960	920	5920	NWABISA	SKAAP	TEMP	F	44	40-44F	2.05.15	0
961	362	53548	ANDISWA	JAFTA	VITAL	F	34	SF	2.05.18	0
962	131	293352	SIYABONGA	JIKEKA	DPW	M	46	45-49M	2.05.23	0
963	271	1274	GAYLE	SAAYMAN	VWAC	F	38	35-39F	2.05.29	1
964	209	1975	CHARLOTTE	MOTHILALL	VITALITY	F	43	40-44F	2.05.34	1
965	80	2903	MATHABO	DICK	CSEP	F	57	55-59F	2.05.39	1
966	1147	420	BOIKANYO	MAKABOLANE	CHILLIEP	M	41	40-44M	2.05.41	1
967	1148	6120	SINDISIWE	MKHIZE	TEMP	F	35	35-39F	2.05.42	0
968	117	1252	AMANDA	HECHTER	ELITEAC	F	45	45-49F	2.05.56	1
969	909	5909	SINAZO	MADLODLO	TEMP	F	38	35-39F	2.06.03	0
970	32	770	WINSLOW	BOUWER	CRUSADE	M	42	40-44M	2.06.10	1
971	529	2799	PORTIA	NQAYI	ABSAEP	F	39	35-39F	2.06.18	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
972	637	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	70	70+M	2.06.56	1
973	974	5974	ZILUNGILE	CHAFUZA	TEMP	F	33	SF	2.06.59	0
974	125	568	DOMINIQUE	JACKSON	RUN4C	F	24	SF	2.07.20	1
975	93	597	ALICIA	ELS	RUN4C	F	47	45-49F	2.07.20	1
976	959	5959	HLUMELA	DYOSI	TEMP	F	29	SF	2.07.22	0
977	664	5664	NOMHLE	BHALA	TEMP	F	28	SF	2.07.44	0
978	368	3582	BOM	MAQUDE	TRANSNET	M	45	45-49M	2.08.10	1
979	240	3538	LUYANDA	NKOLISA	VITALITY	M	30	SM	2.08.15	1
980	260	1840	NQOBILE-NOBS	QUPE	HOLLYWOO	F	56	55-59F	2.08.20	1
981	118	40080	MATTHEW	HECHTER	ELITEAC	M	15	JM	2.08.37	1
982	421	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	2.08.37	1
983	796	5796	LELETHU	NGAPI	TEMP	F	31	SF	2.08.44	0
984	648	5648	SIBA	TYU	TEMP	M	37	35-39M	2.08.44	0
985	439	295	MALIZA	JOOSTE	MUIRITE	F	32	SF	2.08.53	1
986	950	5950	LUSANDA	MATIWANE	TEMP	F	43	40-44F	2.08.53	0
987	765	5765	LINDOKUHLE	MAXHAWULANA	TEMP	F	26	SF	2.08.54	0
988	212	3459	THANDO	MPHAHLELE	VITALITY	M	30	SM	2.09.06	1
989	133	3442	NTOMBOZUKO	JONAS	MUIRITE	F	44	40-44F	2.09.13	1
990	778	5778	MICHELLE	MINNAAR	TEMP	F	38	35-39F	2.09.16	0
991	854	5854	NELA	TSENGWA	TEMP	F	30	SF	2.09.26	0
992	732	5732	KOLIWE	KAHLU	TEMP	F	55	55-59F	2.09.29	0
993	58	100	LYNETTE	CRAUSE	INFINITY	F	66	65-69F	2.09.30	1
994	392	1343	BERENICE	SMITH	NEDBANK	F	61	60-64F	2.09.30	1
995	216	2482	SESETHU	MTOTYWA	JBAY	F	31	SF	2.09.47	1
996	919	5919	MUSA	SIHLALI	TEMP	F	32	SF	2.09.48	0
997	479	1936	MARKUS	KUNNEKE	BLUEBAY	M	57	55-59M	2.10.04	1
998	98	529	ANDRE	FOURIE	RUN4C	M	79	70+M	2.10.11	1
999	937	5937	LUYANDA	SHUSHU	TEMP	F	39	35-39F	2.10.12	0
1000	176	2323	NOMLINDO	MAKUBALO	VUKANI	F	52	50-54F	2.10.12	1
1001	1181	394	BRUCE	LE GRANGE	ACH	M	34	SM	2.10.14	1
1002	339	2389	BEN	WIESE	JBAY	M	77	70+M	2.10.23	1
1003	396	1117	GRAHAM	NELL	ACH	M	75	70+M	2.10.30	1
1004	636	2003	HELMUT	TERBLANS	WALMER	M	61	60-64M	2.10.33	1
1005	1517	368	NWABISA	MSUTHWANA	IKHAMVA	F	46	45-49F	2.11.03	1
1006	99	528	HELEN	FOURIE	RUN4C	F	56	55-59F	2.11.04	1
1007	115	241	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	2.11.20	1
1008	903	5903	RUBY	HOLDSTOCK	TEMP	F	55	55-59F	2.11.25	0
1009	1081	1012	CINDY	VOSLOO	CHARLO	F	44	40-44F	2.11.30	1
1010	136	1221	CLEO	JORDAAN	ELITEAC	F	40	40-44F	2.11.46	1
1011	15	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	69	65-69F	2.11.47	1
1012	1036	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	2.11.52	1
1013	155	1761	JASON	LE ROUX	GELVAN	M	30	SM	2.11.55	1
1014	79	1204	YOLANDA	DEYSEL	RWFL	F	51	50-54F	2.12.49	1
1015	382	3500	DEIDRE	VAN EYK	RWFL	F	57	55-59F	2.12.51	1
1016	371	1435	SHARA	NETSHISAULU	CONTI	F	36	35-39F	2.12.52	0
1017	219	1999	JO-ANNE	MUIR	WALMER	F	57	55-59F	2.13.04	1
1018	424	1270	LEIGH	KLINK	VWAC	F	44	40-44F	2.13.11	1
1019	107	2032	OLWETHU	GOBINGCA	ALBANY	F	33	SF	2.13.29	1
1020	1021	971	DEIDRE	GERBER	CHARLO	F	55	55-59F	2.13.42	1
1021	1022	914	ETIENNE	GERBER	CHARLO	M	56	55-59M	2.13.52	1
1022	706	5706	DIEDERICK	OOSTHUIZEN	TEMP	M	57	55-59M	2.13.53	0
1023	833	5833	JENNIFER	SCHUTTE	TEMP	F	40	40-44F	2.14.05	0
1024	256	2000	SHARON	POTGIETER	WALMER	F	61	60-64F	2.14.15	1
1025	391	3274	ALUNGILE	TYWAKU	CHEETAHS	F	34	SF	2.14.20	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1026	262	682	DIKELEDI	RAMOROKA	ASPEN	F	43	40-44F	2.14.20	1
1027	67	1759	TASNEEM	DE MAINE	GELVAN	F	36	35-39F	2.14.31	1
1028	891	5891	MICHAELA	BUTT	TEMP	F	26	SF	2.14.52	0
1029	797	5797	ATHENKOSI	NGEMBE	TEMP	F	34	SF	2.14.55	0
1030	1540	6143	NOSIPHOSETHU	GLADILE	TEMP	F	36	35-39F	2.15.03	0
1031	798	5798	NOMVELO	NGUBANE	TEMP	F	25	SF	2.15.27	0
1032	695	5695	SISONKE	DUMALISILE	TEMP	F	38	35-39F	2.15.29	0
1033	284	1973	LUNGILE	SITHOLE	VITALITY	F	35	35-39F	2.15.35	1
1034	121	2423	JEFFREY	HOLLOWAY	JBAY	M	67	65-69M	2.16.02	1
1035	19	2591	UKANYO	BODLELA	BESTMED	F	23	SF	2.16.22	1
1036	856	5856	LUTHANDO	TWALO	TEMP	M	33	SM	2.16.57	0
1037	1568	2199	PHILISA	MANIMANI	SIBALEKA	F	33	SF	2.16.57	1
1038	206	1298	MPHATHISI	MJADU	VWAC	M	55	55-59M	2.16.59	1
1039	91	3311	LANCE	LABERCENSIE	VWAC	M	52	50-54M	2.17.00	1
1040	821	5821	LILONKE	QUNTA	TEMP	F	29	SF	2.17.12	0
1041	753	5753	NOLUVO	MADIKIZELA	TEMP	F	31	SF	2.17.12	0
1042	108	3441	NOMATHAMSANQA	GOGELA	MUIRITE	F	35	35-39F	2.17.14	1
1043	335	7	JOHAN	VOSLOO	JBAY	M	75	70+M	2.17.20	1
1044	772	5772	LILITHA	MDLOKOLO	TEMP	F	21	SF	2.17.23	0
1045	806	5806	PHAKAMA	NKUNZI	TEMP	F	31	SF	2.17.36	0
1046	713	5713	YOLANDA	GQOLI	TEMP	F	28	SF	2.17.41	0
1047	624	204	ABEGAIL	TEYISE	SAPPE	F	54	50-54F	2.17.53	1
1048	804	5804	AYANDA	NKUNZI	TEMP	F	34	SF	2.18.04	0
1049	513	2882	NOMVUYO	QEMA	CSEP	F	56	55-59F	2.18.04	1
1050	743	5743	KULEKANI	KUKULELA	TEMP	M	34	SM	2.18.10	0
1051	96	40068	RUBEN	FERREIRA	ELITEAC	M	18	JM	2.18.23	1
1052	322	1189	MYRNA	VAN EYK	ELITEAC	F	48	45-49F	2.18.23	1
1053	233	2401	MPHO	NEMUKULA	JBAY	F	40	40-44F	2.18.53	1
1054	888	5888	CARLISLE	BENNETT	TEMP	M	27	SM	2.19.02	0
1055	908	5908	KHADEEJAH	MADATT	TEMP	F	27	SF	2.19.03	0
1056	988	5988	THULISA	KOBESE	TEMP	F	35	35-39F	2.19.43	0
1057	672	5672	SINETHEMBA	BOYANA	TEMP	F	37	35-39F	2.19.43	0
1058	941	5941	SINOVUYO	KATIYA	TEMP	F	40	40-44F	2.19.46	0
1059	444	719	YONELA	JUBASE	CRUSADE	F	33	SF	2.19.46	1
1060	1090	1720	NOLEEN	NORRIS	GELVAN	F	69	65-69F	2.19.47	1
1061	712	5712	MACAELA	GOUWS	TEMP	F	29	SF	2.20.14	0
1062	752	5752	ZIMASA	MACINGWANE	TEMP	F	37	35-39F	2.20.37	0
1063	151	2531	FUNDISWA	KULA	BESTMED	F	47	45-49F	2.21.27	1
1064	679	5679	DANIELIA	CHRISTIAN	TEMP	F	58	55-59F	2.22.51	0
1065	751	5751	PAULIEN	LOUW	TEMP	F	53	50-54F	2.23.05	0
1066	1587	2196	SELBY	THABETHE	SIBALEKA	M	52	50-54M	2.23.28	1
1067	297	2123	SIMON	STRIMLING	ATLANTIC	M	64	60-64M	2.23.28	1
1068	36	1966	LUDANE	BRUINTJIES	VITALITY	F	34	SF	2.23.29	1
1069	635	1719	Leonard	Olivier	GELVAN	M	62	60-64M	2.23.31	1
1070	498	2994	MBASA	PINDA	HOLLYWOO	M	29	SM	2.23.35	1
1071	494	1233	KATLEGO	KGAJE	ELITEAC	F	32	SF	2.23.35	1
1072	930	5930	SIBA	ZWIDE	TEMP	F	25	SF	2.23.41	0
1073	801	5801	NOMATOLO	NJIYELA	TEMP	F	39	35-39F	2.23.47	0
1074	928	5928	AQAMILE	XUNDU	TEMP	F	22	SF	2.24.13	0
1075	878	5878	JOLENE	WELSH	TEMP	F	32	SF	2.24.13	0
1076	822	5822	THEMBA	RAMAHAMA	TEMP	M	24	SM	2.24.31	0
1077	978	5978	NAZEERAH	LAGARDIEN	TEMP	F	25	SF	2.24.47	0
1078	898	5898	CJ	EDWARDS	TEMP	F	39	35-39F	2.25.03	0
1079	883	5883	ZAQHOZA	XOLELWA	TEMP	F	40	40-44F	2.25.55	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1080	244	3603	MPO	NOMPALWENI	SIBALEKA	M	43	40-44M	2.27.52	1
1081	334	275	JONEL	VORSTER	MUIRITE	F	37	35-39F	2.32.44	0
PERS RUN										
H01	2001	1639	VANDRE	NEL	MADIBA	M	41	40-44M	1.14.52	2
H02	2002	1642	NICO	SMITH	MADIBA	M	41	40-44M	1.14.52	2
H03	2003	1703	JAIME	ALCOCK	MADIBA	F	24	SF	1.16.09	2
H04	2004	1676	ANTHONY	BUTTON	MADIBA	M	64	60-64M	1.18.30	2
H05	2005	344	ANTON	AUGUST	MUIRITE	M	43	40-44M	1.18.56	1
H06	2006	1620	BROOKE	KRUGER	MADIBA	F	23	SF	1.18.59	2
H07	2007	1261	FRANKLIN	HUMAN	VWAC	M	51	50-54M	1.21.30	1
H08	2008	1681	DEAN	FINLAY	MADIBA	M	60	60-64M	1.24.47	1
H09	2009	1619	JUAN	GRIGOR	MADIBA	M	20	SM	1.25.23	1
H10	2010	1635	DORIS	GERBER	MADIBA	F	55	55-59F	1.27.30	1
H11	2011	1645	RORY	RICHTER	MADIBA	M	43	40-44M	1.31.26	1
H12	2012	1666	JULIA	HOFART	MADIBA	F	43	40-44F	1.31.26	1
H13	2013	1623	SUSAN	ALCOCK	MADIBA	F	60	60-64F	1.31.47	1
H14	2014	1247	LISLE	MATTHEWS	ELITEAC	F	52	50-54F	1.31.49	1
H15	2015	1250	PETER	VAN RENSBURG	ELITEAC	M	68	65-69M	1.35.48	1
H16	2016	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	1.35.55	1
H17	2017	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	1.35.57	1
H18	2018	1647	JUSTIN	LEESON	MADIBA	M	40	40-44M	1.35.59	1
H19	2019	1693	WENDY	VENTER	MADIBA	F	54	50-54F	1.36.15	1
H20	2020	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	62	60-64F	1.36.46	1
H21	2021	1701	ADRI	SONNEKUS	MADIBA	F	40	40-44F	1.36.46	1
H22	2022	1617	CHARMAINE	BUTTON	MADIBA	F	62	60-64F	1.37.04	1
H23	2023	1675	MARIUS	ZEELIE	MADIBA	M	61	60-64M	1.37.04	1
H24	2024	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	1.39.06	1
H25	2025	1689	SILKE	BOTHA	MADIBA	F	29	SF	1.39.06	1
H26	2026	1658	ARISTA	GRIGOR	MADIBA	F	48	45-49F	1.39.52	1
H27	2027	753	PLACXEDES	NDHLOVU	CRUSADE	F	52	50-54F	1.43.20	1
H28	2028	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.43.31	1
H29	2029	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.45.04	1
H30	2030	1624	ESTELLE	DE KLERK	MADIBA	F	60	60-64F	1.47.43	1
H31	2031	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.47.43	1
H32	2032	1646	MONYA	ACKERMAN	MADIBA	F	26	SF	1.52.44	1
H33	2033	2313	VUYOKAZI	NONCEMBU	VUKANI	F	53	50-54F	2.06.47	1
H34	2034	T	FEZIWE	MBEBE	TEMP	F	40	40-44F	2.08.30	0
H35	2035	T	KUSELWA	MAJALI	TEMP	F	52	50-54F	2.08.32	0
H36	2036	910	RAE	LUCKMAN	CHARLO	F	56	55-59F	2.08.35	1
H37	2037	947	GANIEF	DAVIDS	CHARLO	M	60	60-64M	2.08.45	1
H38	2038	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	57	55-59F	2.08.45	1