

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	KEANU	DOMINGO	TUKKIES	1	24	M	0.30.11
2	ANDILE	MOTWANI	NEDBANK RC	3	29	M	0.30.15
3	THANDOLWET	MATSALO	IKHAMVA AC	5	19	M	0.30.16
Category : Overall Women							
1	LIZANDRE	MULDER	BOXER AC	222	29	F	0.35.05
2	KELLY	VAN VLIET	NEDBANK RC	364	38	F	0.37.58
3	REFELOE	SOLOMONS	NEDBANK RC	363	45	F	0.38.24
Category : Men 35 - 39							
1	LEBOHANG	SENTI	IKHAMVA AC	680	39	M	0.35.47
2	SIYANDA	PETER	ST ALBANS AC	586	37	M	0.36.09
3	JEAN-PIERE	ROUX	DESPATCH AC	537	39	M	0.36.21
Category : Ladies 35 - 39							
1	KELLY	VAN VLIET	NEDBANK RC	364	38	F	0.37.58
2	BERNICE	NEL	HEAT AC	231	38	F	0.47.08
3	MICHA	CRONJE	32GI EP AC	72	36	F	0.48.05
Category : Men 40 - 49							
1	XOLISA	NDLUMBINI	TRANSNET ENG EP	229	44	M	0.32.06
2	KHAYA	GQWETHA	VUKANI MSC	1543	41	M	0.32.11
3	ZOLANI	MABONGO	NEDBANK RC	365	40	M	0.32.26
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	363	45	F	0.38.24
2	BIANCA	MEISTRE	32GI EP AC	201	41	F	0.39.44
3	LIZA-MARIE	KINGSTON	NEDBANK RC	158	44	F	0.40.07
Category : Men 50 - 59							
1	MZWANELE	MAPHEKULA	IKHAMVA AC	370	50	M	0.33.21
2	XOLILE	NDINGANE	NEDBANK RC	367	54	M	0.35.20
3	MELIKHAYA	KEPE	NEDBANK RC	351	50	M	0.37.08
Category : Ladies 50 - 59							
1	KATHARINE	VAN DER WALT	32GI EP AC	321	50	F	0.44.20
2	LILY	JANSE VAN RENSBURG	DESPATCH AC	409	50	F	0.44.34
3	SANETTE	RYAN	ELITE A C	274	56	F	0.50.17
Category : Men 60 - 69							
1	DESMOND	ZIBI	IKHAMVA AC	665	62	M	0.36.45
2	CHRISTOPHER	MABENGEZA	NEDBANK RC	348	60	M	0.40.23
3	FREEMAN	VUTU	VUKANI MSC	658	61	M	0.42.15
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	212	62	F	0.45.39
2	JUDY	GERBER	RUN 4 CHRIST AC	117	60	F	0.46.20
3	TRUDIE	OOSTHUIZEN	JEFFREYS BAY AC	249	64	F	0.52.54
Category : Men 70 +							
1	ROGER	TRADER	ACHILLES AAA	312	72	M	0.44.16
2	FRANS	LOOTS	ST FRANCIS RC	179	70	M	0.48.53
3	RAYMOND	WEITZ	NEDBANK RC	333	71	M	0.49.09
Category : Ladies 70 +							
1	ROZETTA	KEMP	RUN 4 CHRIST AC	152	72	F	0.59.27
2	THERESA	LILLIS	ACHILLES AAA	178	70	F	1.01.43
3	CATHY	IVES	ACHILLES AAA	136	73	F	1.06.25
Category : Junior Men							
1	THANDOLWET	MATSALO	IKHAMVA AC	5	19	M	0.30.16
2	AGCOBILE	JEZILE	ACHILLES AAA	142	17	M	0.32.37
3	DALLIAN	OERSON	ELITE A C	246	19	M	0.33.10
Category : Junior Ladies							
1	JAYDENE	TEE	SCHOOLS EPA	306	16	F	0.46.25
2	Renel	Billson	JEFFREYS BAY AC	28	16	F	0.47.34
3	JENNIFER	KLUE	RUN 4 CHRIST AC	161	18	F	0.54.54
Category : Men 80 +							
1	MARK	HEADBUSH	ACHILLES AAA	695	81	M	1.04.13
2	JOHANNES	HERBST	MUIRITE STRIDER	405	80	M	1.12.12
3	HERMAN	DEKKER	SAPS AC EP	83	81	M	1.27.36