

NMB COLCHESTER 10KM - COLCHESTER - 2025/01/25

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	1297	50827	KEANU	DOMINGO	NWUPUK	M	22	SM	0.29.27	0	0
2	1	355	MELIKHAYA	FRANS	IKHAMVA	M	34	SM	0.29.28	5	25
3	5	396	LITHEBE	MENZELELELI	IKHAMVA	M	25	SM	0.30.25	5	24
4	3	357	SINAWO	POTI	IKHAMVA	M	23	SM	0.30.28	5	23
5	878	8878	SINETHEMBA	JILINGISI	TEMP	M	22	SM	0.30.37	0	0
6	1229	1338	SIBAHLE	MAQWARA	NEDBANK	M	23	SM	0.30.47	5	22
7	2	1361	ANDILE	MOTWANA	NEDBANK	M	28	SM	0.31.21	5	21
8	1246	40177	SIYAVUYA	JEYI	MOTHER	M	19	SM	0.31.24	5	20
9	262	1376	GIFT	CHIGOMARAWA	NEDBANK	M	37	35-39M	0.31.27	5	19
10	7	356	LUYANDA	TSHANGANA	IKHAMVA	M	41	40-44M	0.31.40	5	18
11	9	513	SIBUSISO	COLEPI	IKHAMVA	M	20	SM	0.31.46	5	17
12	1241	40178	ENDINAKO	JOLA	MOTHER	M	16	JM	0.32.06	5	16
13	958	1499	OYAMA	NTANTISO	NEDBANK	M	20	SM	0.32.09	5	15
14	895	1836	XOLISA	NDLUMBINI	CHARLO	M	42	40-44M	0.32.16	5	14
15	107	358	MZWANELE	MAPHEKULA	IKHAMVA	M	48	45-49M	0.32.27	5	13
16	1322	1392	ZOLANI	MABONGO	NEDBANK	M	38	35-39M	0.32.31	5	12
17	15	40127	SEMIHLE	BEDA	IKHAMVA	M	18	JM	0.32.48	5	11
18	67	1825	KHAYA	GQWETHA	VUKANI	M	39	35-39M	0.33.11	5	10
19	46	40128	OKUHLE	DLOTO	IKHAMVA	M	17	JM	0.33.24	5	9
20	6	40126	LUKHANYISO	APRIL	IKHAMVA	M	16	JM	0.33.34	5	8
21	1243	40169	AGCOBILE	JEZILE	MOTHER	M	15	JM	0.33.39	5	7
22	4	350	NTSIKA	Ntamo	IKHAMVA	M	22	SM	0.34.10	5	6
23	1128	440	ARCHIE	ZAKE	CHILLIEP	M	24	SM	0.34.24	5	5
24	1184	374	HOPEWELL	JABAVU	IKHAMVA	M	41	40-44M	0.34.27	5	4
25	86	1391	MNCEDI	KHANTI	NEDBANK	M	45	45-49M	0.34.44	5	3
26	1205	51029	NYASHA	MUKANDI	CRUSADE	M	32	SM	0.34.55	5	2
27	2821	40168	HLOMLA	NCUMANI	MOTHER	M	17	JM	0.34.56	5	1
28	923	437	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	20	SM	0.35.11	5	0
29	1316	229	XABISA	MAZANTSI	IKHAMVA	M	20	SM	0.35.13	5	0
30	1392	40005	BULUMKO	MALINGA	NEDBANK	M	17	JM	0.35.22	5	0
31	10	1335	ANELE	MALIZA	NEDBANK	M	46	45-49M	0.35.23	5	0
32	1147	2683	MAIXOLE	NTLOKO	VUKANI	M	34	SM	0.35.32	5	0
33	143	2429	SAZISO	PANGINDAWO	NMBAC	M	42	40-44M	0.35.44	5	0
34	674	436	Sothembela	Makedama	CHILLIEP	M	26	SM	0.35.47	5	0
35	1092	1313	XOLILE	NDINGANE	NEDBANK	M	53	50-54M	0.36.27	5	0
36	314	2276	SIYANDA	PETER	BLUEBAY	M	36	35-39M	0.36.32	5	0
37	163	1793	LEBOHANG	SENTI	VUKANI	M	38	35-39M	0.36.35	5	0
38	251	8984	NOEL	ADAMS	ELITEAC	M	52	50-54M	0.36.35	5	0
39	1124	1082	PAUL	WOLFF	ACH	M	56	55-59M	0.36.37	5	0
40	14	1482	LLEWELLYN	BARNARD	NEDBANK	M	35	35-39M	0.36.45	5	0
41	797	1063	ZIBELE	MASELE	CHILLIEP	M	22	SM	0.36.48	4	0
42	1247	8552	SINOMTHE	BOLTINA	TEMP	M	16	JM	0.36.53	0	0
43	1202	1806	BATHANDWA	MOOI	VUKANI	M	40	40-44M	0.36.59	5	0
44	1180	1707	DAMIAN	OLIVER	GELVAN	M	33	SM	0.37.03	4	0
45	228	7606	THANDISILE	XOSHOMBA	TEMP	M	30	SM	0.37.10	0	0
46	348	282	ABDUL	WICOMB	MUIRITE	M	46	45-49M	0.37.12	5	0
47	1254	40149	LATHITHA	VENA	CHILLIEP	M	16	JM	0.37.49	4	0
48	1321	8559	ANDRE	KETCHEM	NEDBANK	M	41	40-44M	0.37.54	5	0
49	193	52335	JEMAIN	WILSON	VITALITY	M	37	35-39M	0.37.57	0	0
50	346	1255	ERROL	WHITTAL	ELITEAC	M	49	45-49M	0.38.00	5	0
51	898	908	KAYLA	NELL	CHARLO	F	30	SF	0.38.04	5	25
52	603	1384	LESLEY	KOESEBA	NEDBANK	M	51	50-54M	0.38.09	5	0
53	1337	1363	THULANI	MDLALO	NEDBANK	M	39	35-39M	0.38.38	4	0
54	1214	212	MALAKHIWE	YSTERMAN	CSEP	M	33	SM	0.38.38	3	0
55	1131	423	SANDISO	NGXISHE	CHILLIEP	M	54	50-54M	0.38.39	5	0
56	1100	950	CHARLES	SEGALO	CHARLO	M	37	35-39M	0.38.43	4	0
57	62	156	STANTON	FREEMAN	ACT AC	M	47	45-49M	0.38.46	5	0
58	886	1406	REFELOE	SOLOMONS	NEDBANK	F	43	40-44F	0.38.58	5	24
59	179	52058	SIYABONGA	TUNZI	SAPSTR	M	41	40-44M	0.39.00	0	0
60	1326	1503	LUVUYO	DYANI	NEDBANK	M	54	50-54M	0.39.04	5	0
61	319	1398	MUTEKILE	RASMENI	NEDBANK	M	60	60-64M	0.39.06	5	0
62	1230	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	58	55-59M	0.39.09	5	0
63	1123	1081	KAITLYN	WOLFF	ACH	F	22	SF	0.39.17	5	23
64	301	814	BIANCA	MEISTRE	32GI	F	39	35-39F	0.39.24	5	22
65	330	1511	APHLYN	TAAI	NEDBANK	M	42	40-44M	0.39.30	4	0
66	994	931	ANDILE	NYOKA	CHARLO	M	52	50-54M	0.39.31	5	0
67	1298	1213	SEBASTIAN	KLEU	ELITEAC	M	48	45-49M	0.39.32	5	0
68	350	7700	JANNO	AGENBAG	TEMP	M	24	SM	0.39.38	0	0
69	885	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.39.48	5	21
70	254	1425	DARRYL	BAGLEY	NEDBANK	M	49	45-49M	0.39.57	5	0
71	167	1461	VUYISILE	SIMAYILE	NEDBANK	M	37	35-39M	0.40.00	3	0
72	888	993	THEMBEKILE	MSIPA	CHARLO	M	50	50-54M	0.40.01	5	0
73	1351	1436	NTSIKELELO	SEBE	NEDBANK	M	42	40-44M	0.40.05	4	0
74	145	539	SERGIO	PETERSON	RUN4C	M	46	45-49M	0.40.08	5	0
75	1253	40146	BANELE	MTABA	CHILLIEP	M	18	JM	0.40.24	3	0
76	139	40578	DESNAY	O'GRADY	VARSITY	F	14	JF	0.40.24	5	0
77	2808	1815	GUGU	BUDAZA	VUKANI	M	24	SM	0.40.28	3	0
78	295	2685	VUSUMZI	MAFU	SANDFEP	M	42	40-44M	0.40.30	3	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
79	108	295	HIELDE	MARAIS	MUIRITE	F	24	SF	0.40.35	4	20
80	126	367	VUSI	MSUTHWANA	IKHAMVA	M	53	50-54M	0.40.43	5	0
81	104	472	QAWE	MAJIZA	ADVEN	M	37	35-39M	0.40.46	3	0
82	244	878	DANE	CRONJE	CHARLO	F	27	SF	0.40.53	4	19
83	1294	1770	KHANGELANI	HALOM	TRANSNET	M	43	40-44M	0.41.26	3	0
84	1233	545	RUHAN	VAN RENSBURG	RUN4C	M	32	SM	0.41.36	3	0
85	1174	40282	NICK	SEPTEMBER	ATLANTIC	M	17	JM	0.41.43	3	0
86	119	1069	WAYNE	MITCHELL	ACH	M	51	50-54M	0.41.47	5	0
87	291	399	TYRONE	KUNNEKE	IKHAMVA	M	33	SM	0.41.54	2	0
88	1384	1364	KEVIN	GASEBO	NEDBANK	M	44	40-44M	0.42.00	3	0
89	1313	8560	EDGAR	NIIT	TEMP	M	31	SM	0.42.01	0	0
90	1396	1494	TAWFEEQ	VYVER	NEDBANK	M	26	SM	0.42.05	2	0
91	434	919	KELVIN	JOOSTE	CHARLO	M	38	35-39M	0.42.06	3	0
92	272	829	WYNAND	DU PREEZ	32GI	M	51	50-54M	0.42.12	4	0
93	1400	1847	MHLENGI	MAHLABA	HOLLYWOOD	M	33	SM	0.42.18	2	0
94	1142	1127	BRADLEY	MACKENZIE	ACH	M	53	50-54M	0.42.19	4	0
95	1165	8965	MZUKISI	OLIFANT	TEMP	M	43	40-44M	0.42.20	0	0
96	1148	205	ZUKISANI	NJOKWENI	CSEP	M	35	35-39M	0.42.22	3	0
97	884	938	THOBELO	MFIKILI	CHARLO	M	38	35-39M	0.42.22	3	0
98	1244	40170	ZINTLE	XHONTI	MOTHER	F	16	JF	0.42.24	3	18
99	1354	1848	PHAPHAMA	GLADILE	HOLLYWOOD	M	35	35-39M	0.42.36	3	0
100	261	856	THERESA	BUCHNER	32GI	F	39	35-39F	0.42.40	4	17
101	248	40186	JADEN	DE RIDDER	ELITEAC	M	18	JM	0.42.47	2	0
102	1221	1353	MZUKISI	KLAAS	NEDBANK	M	56	55-59M	0.42.47	5	0
103	1376	1347	LUVUYO	STEPHEN	NEDBANK	M	54	50-54M	0.42.47	4	0
104	1176	40284	CALEB	LOTTERING	ATLANTIC	M	18	JM	0.43.05	2	0
105	1105	989	Brett	Steyn	CHARLO	M	50	50-54M	0.43.09	4	0
106	158	2490	Grant	Rudman	DESPATCH	M	47	45-49M	0.43.16	3	0
107	1121	7462	BABALWA	NGCOKO	NEDBANK	F	37	35-39F	0.43.21	4	16
108	173	1642	NICO	SMITH	MADIBA	M	39	35-39M	0.43.22	2	0
109	77	1761	SLULAMI	JACK	TRANSNET	M	49	45-49M	0.43.23	3	0
110	1119	841	ERICH	VERSFELD	32GI	M	29	SM	0.43.24	2	0
111	1368	898	PATRIC	MAKWENKWE	CHARLO	M	58	55-59M	0.43.27	5	0
112	191	534	MIEKE	WESTRAADT	RUN4C	F	29	SF	0.43.30	3	15
113	156	731	GAVIN	ROGERS	CRUSADE	M	60	60-64M	0.43.35	5	0
114	1096	955	SIVUYILE	SCHEEPERS	CHARLO	M	31	SM	0.43.38	2	0
115	306	2233	FREDAH	NCUBE	MADIBAZ	F	42	40-44F	0.43.43	4	14
116	315	1957	HENRY	PIENAAR	BLUEBAY	M	53	50-54M	0.43.51	3	0
117	118	40205	ABBIE	MITCHELL	ACH	F	18	JF	0.43.57	3	13
118	1207	1105	MARK	FRASER	ACH	M	31	SM	0.44.08	2	0
119	1274	1692	DAMIAN	CHRISTIAN	MADIBA	M	36	35-39M	0.44.14	2	0
120	1143	1130	DARYL	NORTH	ACH	M	47	45-49M	0.44.19	3	0
121	320	1748	RICHARD	RAMATSASA	GELVAN	M	49	45-49M	0.44.22	3	0
122	195	7355	LUKE	BINNEMAN	ACH	M	32	SM	0.44.24	2	0
123	60	1598	LERENZO	FRANCIS	DESPATCH	M	38	35-39M	0.44.29	2	0
124	243	804	CHARLES	CORBY	CHARLO	M	54	50-54M	0.44.30	3	0
125	1212	125	FUARD	DE JAGER	MALABAR	M	46	45-49M	0.44.31	3	0
126	1285	260	SILINDOKUHLE	TSOTSA	TINARHA	M	23	SM	0.44.39	2	0
127	1286	40132	Anganathi	Mvakwendlu	TINARHA	F	16	JF	0.44.40	3	12
128	1193	852	AMY-LEE	SANSOM	32GI	F	24	SF	0.44.44	3	11
129	177	2166	GRAHAM	TERBLANCHE	MADIBAZ	M	60	60-64M	0.44.48	5	0
130	1089	957	PIERRE	RENSHAW	CHARLO	M	51	50-54M	0.44.52	3	0
131	841	51762	SIMBONGILE	MDLETYE	ORMAMBA	M	40	40-44M	0.44.53	0	0
132	263	1416	CHRISTINE	CLAASEN	NEDBANK	F	60	60-64F	0.44.54	5	10
133	324	1643	HERMAN	SAAYMAN	MADIBA	M	40	40-44M	0.45.08	2	0
134	1359	558	JENE	BANFIELD	RUN4C	F	54	50-54F	0.45.10	5	9
135	1232	2229	LUTHANDO	NDZAMBO	MADIBAZ	M	41	40-44M	0.45.15	2	0
136	88	560	FENANDO	KIEWIETS	RUN4C	M	39	35-39M	0.45.19	2	0
137	1231	52065	LUZUKO	ROFUZANA	SAPSTR	M	40	40-44M	0.45.21	0	0
138	1358	2084	GEDDES	GALLANT	SANDFEP	M	58	55-59M	0.45.23	3	0
139	1106	40182	Dylan-John	Steyn	CHARLO	M	16	JM	0.45.24	2	0
140	325	1469	MARGIE	SAUNDERS	NEDBANK	F	71	70+F	0.45.26	5	8
141	152	5100	TEDDY	PRUSENT	MADIBAZ	M	36	35-39M	0.45.30	2	0
142	1385	1316	MORNE	BUIS	NEDBANK	M	32	SM	0.45.32	2	0
143	2746	397	JEANDRY	DEERLING	NEDBANK	M	32	SM	0.45.32	2	0
144	137	2489	THEBELA	NTAMO	DESPATCH	M	39	35-39M	0.45.37	2	0
145	1353	40002	ABIGAIL	VAN DER BERG	DESPATCH	F	19	SF	0.45.37	2	7
146	385	7858	ANDREW	JONAS	MUIRITE	M	60	60-64M	0.45.49	4	0
147	1239	2251	BABONKE	DINGA	VUKANI	M	36	35-39M	0.45.54	2	0
148	365	8900	JADEN	OLIVIER	TEMP	M	26	SM	0.45.54	0	0
149	294	40014	JAMIE-LEE	BESTER	RUN4C	F	16	JF	0.45.56	2	6
150	270	733	ALEX	DU TOIT	CRUSADE	M	60	60-64M	0.45.57	4	0
151	180	2659	MNQWENO	TYOKOLO	CHILLIEP	M	42	40-44M	0.45.58	2	0
152	1365	1491	DEON	PRETORIUS	NEDBANK	M	59	55-59M	0.45.59	3	0
153	1222	148	ABDUL	LILLAH	MALABAR	M	35	35-39M	0.46.03	2	0
154	1312	8588	THEMBINKOSI	STOKWE	TEMP	M	46	45-49M	0.46.04	0	0
155	2749	1508	KOMZA	KOMANISI	NEDBANK	M	44	40-44M	0.46.04	2	0
156	1271	1383	NZUZO	NOQEKWA	NEDBANK	M	46	45-49M	0.46.14	2	0
157	1076	1658	KOOS	OLIVIER	MADIBA	M	67	65-69M	0.46.19	5	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
158	268	1228	CLIVE	DE LANGE	ELITEAC	M	52	50-54M	0.46.20	3	0
159	52	1659	HANNES	ELS	MADIBA	M	75	70+M	0.46.22	5	0
160	122	1590	ANNEKE	MOORE	DESPATCH	F	40	40-44F	0.46.35	3	5
161	1194	40011	MPILONTLE	MEKO	RUN4C	M	19	SM	0.46.37	2	0
162	279	532	JUDY	GERBER	RUN4C	F	58	55-59F	0.46.37	5	4
163	1349	1597	EDVIN	DONLEY	DESPATCH	M	47	45-49M	0.46.39	2	0
164	204	7479	RAYHAAN	BOTHA	TEMP	M	22	SM	0.46.40	0	0
165	1228	40200	MASIBULELE	KOYANA	NEDBANK	M	16	JM	0.46.41	2	0
166	1317	1817	MALIBONGWE	VAPI	TEMP	M	33	SM	0.46.41	0	0
167	1311	8564	ERIC	SINGQOTO	NEDBANK	M	48	45-49M	0.46.43	2	0
168	1086	985	CHRISTOFF	PUREN	CHARLO	M	34	SM	0.46.47	2	0
169	11	342	JONATHAN	BAKKER	MUIRITE	M	33	SM	0.46.48	2	0
170	1256	1824	VUYILE	TIKWAYO	VUKANI	M	43	40-44M	0.46.50	2	0
171	206	7485	SHELDRID	CANNON	TEMP	M	40	40-44M	0.46.50	0	0
172	606	1283	URAN	LE ROUX	VWAC	M	58	55-59M	0.46.52	3	0
173	1218	1342	DARIUS	SWIEGELAAR	SAPPE	M	29	SM	0.47.01	2	0
174	1173	8973	RONALD	REEVES	TEMP	M	44	40-44M	0.47.03	0	0
175	1242	7242	DUONETTE	HOROWITZ	TEMP	F	40	40-44F	0.47.04	0	0
176	1197	596	FRIKKIE	BOSHOFF	RUN4C	M	45	45-49M	0.47.06	2	0
177	64	791	CHARL	GERBER	32GI	M	48	45-49M	0.47.08	2	0
179	1199	514	KHANYISO	MASWANA	VUKANI	M	35	35-39M	0.47.12	2	0
180	307	7884	ARNO	NEL	NEDBANK	M	46	45-49M	0.47.20	2	0
181	1334	706	STEPHEN	MCCARTHY	CRUSADE	M	63	60-64M	0.47.26	3	0
182	117	1637	CHARL	MEISTRE	MADIBA	M	39	35-39M	0.47.27	2	0
183	165	564	GAVIN	SILLS	RUN4C	M	51	50-54M	0.47.31	2	0
184	1120	1618	SUZETTE	VICTOR	MADIBA	F	54	50-54F	0.47.32	5	3
185	290	52026	SIPHAMANDLA	KOKO	HOLLYWOOD	M	35	35-39M	0.47.32	2	0
186	2823	1875	ZOLANI	NTUNGWA	TEMP	M	42	40-44M	0.47.33	0	0
187	881	1328	CHRIS	BOTHA	NEDBANK	M	43	40-44M	0.47.35	2	0
188	1213	137	AMIR	VENTER	MALABAR	M	44	40-44M	0.47.37	2	0
189	1195	546	ANOLD	CHIYAMA	RUN4C	M	39	35-39M	0.47.41	2	0
190	395	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	0.47.44	2	0
191	113	2728	QAQAMBA	MATUNDU	VUKANI	F	26	SF	0.47.46	2	2
192	1108	1083	ALAN	TAYLOR	ACH	M	67	65-69M	0.47.54	4	0
193	1167	7260	JUDE	ROSS	TEMP	M	29	SM	0.47.54	0	0
194	236	833	Kyle	Beckford	32GI	M	23	SM	0.47.58	2	0
195	27	1683	JERHARD	BURRELL	MADIBA	M	35	35-39M	0.47.58	2	0
196	1264	2068	CLARENCE	MANUEL	GELVAN	M	30	SM	0.47.58	2	0
197	169	584	BRENDON	SLABBERT	RUN4C	M	53	50-54M	0.47.59	2	0
198	1269	830	NATALIE	BOSHOFF	32GI	F	38	35-39F	0.48.00	2	1
199	370	8944	DALE	STOCK	TEMP	M	45	45-49M	0.48.00	0	0
200	1276	8203	STEVEN	GAGIANO	32GI	M	44	40-44M	0.48.01	2	0
201	153	281	MONIQUE	RICHARDSON	MUIRITE	F	29	SF	0.48.02	2	0
202	744	952	CINDY	MARAIS	CHARLO	F	47	45-49F	0.48.11	3	0
203	1146	2557	DEWALT	VERMEULEN	RUN4C	M	53	50-54M	0.48.12	2	0
204	755	948	THOMAS	MARAIS	CHARLO	M	38	35-39M	0.48.15	2	0
205	1378	1093	MARC	RIEDER	ACH	M	50	50-54M	0.48.16	2	0
206	1077	1373	MATTHEW	OSBORNE	32GI	M	37	35-39M	0.48.16	2	0
207	329	1222	BURNITA	STRYDOM	ELITEAC	F	56	55-59F	0.48.19	5	0
208	81	1775	BONKE	GOYI	VUKANI	M	36	35-39M	0.48.24	2	0
209	1249	1801	LUNGISA	MKOSI	TEMP	M	37	35-39M	0.48.26	0	0
210	144	1734	DENVER	PETERSEN	GELVAN	M	41	40-44M	0.48.29	2	0
211	777	2035	TAFADZWA	MARAMBIRE	ASPEN	M	41	40-44M	0.48.30	2	0
212	23	1061	CHESTER	BROOKS	XCEL	M	66	65-69M	0.48.31	4	0
213	1145	806	LEON	VOULTSOS	32GI	M	50	50-54M	0.48.33	2	0
214	275	634	JO-ANNE	FORSON	ASPEN	F	37	35-39F	0.48.38	2	0
215	265	1954	LEONARD	CONRADIE	BLUEBAY	M	70	70+M	0.48.39	5	0
216	2815	561	DARRYL	CALVERT	CHARLO	M	49	45-49M	0.48.55	2	0
217	308	2602	SIPHAMANDLA	NGOGELA	MADIBAZ	M	31	SM	0.48.57	2	0
218	1377	1700	LIONEL	TERBLANCHE	VUKANI	M	48	45-49M	0.49.00	2	0
219	1260	721	FIONA	FLEUR	CRUSADE	F	39	35-39F	0.49.00	2	0
220	323	1519	SANETTE	RYAN	ELITEAC	F	54	50-54F	0.49.01	3	0
221	1389	1412	RAYMOND	WEITZ	NEDBANK	M	70	70+M	0.49.04	5	0
222	93	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	0.49.09	2	0
223	288	1696	ASHWELL	JONAS	GELVAN	M	51	50-54M	0.49.11	2	0
224	1136	822	ROMMANY	ROGERS	32GI	F	42	40-44F	0.49.12	2	0
225	168	659	LUYANDA	SINEKE	ASPEN	M	38	35-39M	0.49.16	2	0
226	897	310	TREVOR	NEL	MUIRITE	M	60	60-64M	0.49.17	3	0
227	138	1432	DELIWE	NYANGA	NEDBANK	F	35	35-39F	0.49.29	2	0
228	95	1263	KAHN	LANGFORD	VWAC	M	46	45-49M	0.49.31	2	0
229	1339	261	PETER	NTSHIKILA	TINARHA	M	62	60-64M	0.49.33	3	0
230	1236	552	GEOFFREY	SWARTBOOI	RUN4C	M	48	45-49M	0.49.36	2	0
231	312	50414	TISTA	NTSANGANI	IKHAMVA	M	32	SM	0.49.38	1	0
232	132	51054	DOLLY	NDUDE	HOLLYWOOD	F	52	50-54F	0.49.52	3	0
233	602	1236	STEPHEN	KLUE	ELITEAC	M	66	65-69M	0.49.59	3	0
234	1263	2645	Gershwin	Booyesen	GELVAN	M	37	35-39M	0.49.59	2	0
235	1088	554	PETRUS	RADEMEYER	RUN4C	M	50	50-54M	0.50.01	2	0
236	1094	900	JASON	SAUNDERS	CHARLO	M	45	45-49M	0.50.01	2	0
237	1085	40300	Keeshan	Kettledas	ATLANTIC	M	16	JM	0.50.03	1	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
238	1279	1360	SITHEMBILE	MPAKO	NEDBANK	M	64	60-64M	0.50.06	2	0
239	342	1010	JAN	VAN EEDEN	NEDBANK	M	66	65-69M	0.50.06	3	0
240	255	1043	DAVID	BAINS	XCEL	M	58	55-59M	0.50.13	2	0
241	1266	2511	JADE	FESTUS	GELVAN	M	35	35-39M	0.50.19	1	0
242	130	5271	BAVERSHAN	NAIDOO	MALABAR	M	34	SM	0.50.22	1	0
243	89	1346	KALLIE	KLINKENBURG	NEDBANK	M	40	40-44M	0.50.35	2	0
244	66	637	MARK	GODDARD	ASPEN	M	28	SM	0.50.36	1	0
245	1348	2675	BRUCE	LE GRANGE	MUIRITE	M	32	SM	0.50.44	1	0
246	1282	5005	ANTON	AUGUST	MUIRITE	M	42	40-44M	0.50.44	1	0
247	135	2703	ULRICH	NIEUWOUDT	RUN4C	M	29	SM	0.50.45	1	0
248	281	1238	PIETER	GERBER	ELITEAC	M	49	45-49M	0.50.53	2	0
249	245	1088	PERCY	DALTON	ACH	M	76	70+M	0.51.01	3	0
250	50	1609	WILLEMEN	DU RANDT	DESPATCH	F	50	50-54F	0.51.02	3	0
251	831	2609	SAMALESU	MAYONDE	MADIBAZ	M	40	40-44M	0.51.04	1	0
252	235	949	WELCOME	BASKITI	CHARLO	M	57	55-59M	0.51.08	2	0
253	892	8892	WILLY-DEAN	MYBURG	CHARLO	M	29	SM	0.51.16	1	0
254	1187	1356	JEROME	MAY	NEDBANK	M	58	55-59M	0.51.19	2	0
255	1250	8565	ANDREW	PORTER	TEMP	M	53	50-54M	0.51.21	0	0
256	82	144	AHMAD	KADER	MALABAR	M	36	35-39M	0.51.22	1	0
257	293	530	BEYERS	LAMPRECHT	RUN4C	M	56	55-59M	0.51.35	2	0
258	1098	1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.51.38	2	0
259	458	1118	BRUCE	KING	ACH	M	58	55-59M	0.51.38	2	0
260	1283	106	THEMBALETHU	MANA	VARSITY	M	48	45-49M	0.51.45	1	0
261	1356	1554	HELGARD	POTGIETER	DESPATCH	M	52	50-54M	0.51.46	2	0
262	1391	1564	LEON	WEITSZ	DESPATCH	M	50	50-54M	0.51.47	2	0
263	98	741	MARGARET	LLOYD	CRUSADE	F	61	60-64F	0.51.47	5	0
264	214	7521	RICARDO	JACKSON	TEMP	M	39	35-39M	0.51.49	0	0
265	1224	1004	JOHANNETTE	OOSTHUIZEN	BODYCON	F	60	60-64F	0.51.53	5	0
266	387	1390	ZIYAAD	DOLLEY	MALABAR	M	56	55-59M	0.51.57	2	0
267	94	577	YOLANDIE	LANDMAN	RUN4C	F	49	45-49F	0.51.58	2	0
268	361	8841	REGAN	KOOPMAN	TEMP	M	31	SM	0.52.04	0	0
269	1200	1454	WENDY	SORENSEN	NEDBANK	F	50	50-54F	0.52.10	2	0
270	1168	8967	DQ		TEMP	M	39	35-39M	0.52.17	0	0
271	1307	7261	ISIAH	ERASMUS	TEMP	M	20	SM	0.52.31	0	0
272	1117	972	CONRAD	VENTER	CHARLO	M	33	SM	0.52.31	1	0
273	1112	961	LARA	VAN HEERDEN	CHARLO	F	49	45-49F	0.52.32	2	0
274	1332	2514	Lehlohonolo	Thokoa	ABSAEP	M	44	40-44M	0.52.34	1	0
275	1387	745	KATHLEEN	FLANAGAN	CRUSADE	F	39	35-39F	0.52.40	0	0
276	226	7602	MLULEKI	RALA	TEMP	M	45	45-49M	0.52.40	0	0
277	1122	891	GEORGE	WINSHIP	CHARLO	M	59	55-59M	0.52.40	2	0
278	1093	283	LORENZO	SAMUELS	MUIRITE	M	39	35-39M	0.52.42	1	0
279	87	1450	NKHATHALLENG	KHIBA	NEDBANK	F	43	40-44F	0.52.44	2	0
280	302	2360	WESLEY	MERRICK	VITALITY	M	31	SM	0.52.46	1	0
281	240	1575	LESLEY-ANN	BUSH	DESPATCH	F	52	50-54F	0.52.48	2	0
282	2817	1261	FRANKLIN	HUMAN	VWAC	M	49	45-49M	0.52.49	1	0
283	1138	2592	Anslon	Hector	VWAC	M	30	SM	0.52.51	1	0
284	1323	8202	JACO	ROOS	32GI	M	36	35-39M	0.52.52	1	0
285	285	619	BRETT	HOLMES	ASPEN	M	50	50-54M	0.52.53	1	0
286	286	618	KELLY	HOLMES	ASPEN	F	48	45-49F	0.52.53	2	0
287	289	1621	WILHELM	KILIAN	MADIBA	M	48	45-49M	0.52.54	1	0
288	1237	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	40	40-44M	0.52.54	1	0
289	276	1664	ARNO	GERBER	MADIBA	M	54	50-54M	0.52.54	1	0
290	136	1846	Simo	Nkanyuza	HOLLYWOO	M	37	35-39M	0.52.59	1	0
291	322	2006	ABULELE	ROZANA	MADIBAZ	M	29	SM	0.53.01	1	0
292	1367	1854	NTOMBENTSHA	NAZO	HOLLYWOO	F	40	40-44F	0.53.03	2	0
293	125	2155	IVAN	MOSES	MADIBAZ	M	62	60-64M	0.53.04	2	0
294	182	510	CHRISTINE	VAN DER BERG	JBAY	F	60	60-64F	0.53.07	3	0
295	1235	40012	YARDON	SWARTBOOI	RUN4C	M	16	JM	0.53.11	1	0
296	1144	1111	GRAHAM	CHANNON	ACH	M	75	70+M	0.53.13	2	0
297	129	2626	MCEBISI	MZINZI	DPWEC	M	44	40-44M	0.53.13	1	0
298	161	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	64	60-64F	0.53.15	3	0
299	249	1229	NATASCIA	DE RIDDER	ELITEAC	F	46	45-49F	0.53.17	2	0
300	1134	2314	AYANDA	DAKANA	VITALITY	M	41	40-44M	0.53.18	1	0
301	2811	1832	GODFREY	JACOBS	HOLLYWOO	M	41	40-44M	0.53.19	1	0
302	1152	8952	JACO	LOUW	TEMP	M	37	35-39M	0.53.24	0	0
303	30	603	ANDRIES	COETSEE	RUN4C	M	39	35-39M	0.53.27	1	0
304	339	2556	GIDEON	VAN ZYL	RUN4C	M	43	40-44M	0.53.33	1	0
305	32	285	VANESSA	COETZEE	MUIRITE	F	48	45-49F	0.53.36	2	0
306	1310	8563	RODNEY	SOMERSET	TEMP	M	46	45-49M	0.53.40	0	0
307	1363	1106	ERROL	BLACK	ACH	M	74	70+M	0.53.44	2	0
308	155	727	ANGELA	ROGERS	CRUSADE	F	55	55-59F	0.53.46	2	0
309	1091	991	GREGORY	ROSS	CHARLO	M	51	50-54M	0.53.48	1	0
310	379	992	CYNTHIA	HEYNS	CHARLO	F	41	40-44F	0.53.48	1	0
311	380	915	JOEL	HUMAN	CHARLO	M	51	50-54M	0.53.51	1	0
312	1114	883	LINDI	VAN TONDER	CHARLO	F	46	45-49F	0.53.51	2	0
313	1388	1586	MAUDY	BOTES	DESPATCH	F	42	40-44F	0.53.54	1	0
314	1299	1552	THERESA	OOSTHUIZEN	DESPATCH	F	53	50-54F	0.53.56	2	0
315	1245	7245	LUYANDA	NCWADI	TEMP	M	43	40-44M	0.53.59	0	0
316	45	1234	DEWALD	DEYSEL	ELITEAC	M	42	40-44M	0.54.06	1	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
317	1399	653	CRAIG	WARD	ASPEN	M	48	45-49M	0.54.11	1	0
318	938	9938	RIEDA AH	NORDIEN	CHARLO	M	37	35-39M	0.54.17	1	0
319	1325	1730	CYRIL	UITHALER	GELVAN	M	62	60-64M	0.54.21	2	0
320	105	1291	ASHENDA	MAKONIE	VWAC	F	49	45-49F	0.54.22	2	0
321	287	864	MATHEW	JACOBIE	CHARLO	M	46	45-49M	0.54.23	1	0
322	347	1256	JANINE	WHITTAL	ELITEAC	F	43	40-44F	0.54.24	1	0
323	1188	2597	JOE	SCHOEMAN	MADIBA	M	44	40-44M	0.54.25	1	0
324	698	800	JONATHAN	MANDELL	32GI	M	60	60-64M	0.54.28	2	0
325	1191	1898	THOMAS	HOROWITZ	TEMP	M	45	45-49M	0.54.31	0	0
326	896	615	KATHERINE	NEL	ASPEN	F	35	35-39F	0.54.35	1	0
327	1151	8951	DAN	HOWITZ	TEMP	M	38	35-39M	0.54.35	0	0
328	39	75	HESTER	DEKKER	SAPPE	F	53	50-54F	0.54.35	2	0
329	40	50	MICHAEL	DEKKER	SAPPE	M	52	50-54M	0.54.36	1	0
330	391	5155	MONDRE	GALLANT	GELVAN	M	36	35-39M	0.54.38	1	0
331	259	1588	JACQUES	BOTHA	DESPATCH	M	50	50-54M	0.54.39	1	0
332	71	40200	Owami	GWAMANDA	VWAC	M	15	JM	0.54.40	1	0
333	303	170	THANDEKA	MHLANGA	ACT AC	F	34	SF	0.54.42	1	0
334	2819	1837	SIPHESIHLE	BULOSE	VITALGN	M	36	35-39M	0.54.43	0	0
335	1186	2442	XOLA	MBATSHA	NMBAC	M	44	40-44M	0.54.45	1	0
336	176	1560	PIETER	STRYDOM	DESPATCH	M	63	60-64M	0.54.49	2	0
337	1158	8958	TRACY	PAGE	TEMP	F	48	45-49F	0.54.50	0	0
338	1355	1299	MICHAEL	SLATER	VWAC	M	54	50-54M	0.54.51	1	0
339	1375	1559	NOLEEN	AMBRAAL	DESPATCH	F	54	50-54F	0.54.52	2	0
340	219	7550	SIKHUMBUZO	MANXOYI	TEMP	M	38	35-39M	0.54.55	0	0
341	277	1214	BENITA	GERBER	ELITEAC	F	60	60-64F	0.54.58	2	0
342	1132	2687	SIBABALWE	DAKANA	VITALITY	M	35	35-39M	0.55.03	1	0
343	1379	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	41	40-44F	0.55.05	1	0
344	1308	1308	UNKNOWN		TEMP	M	50	50-54M	0.55.06	0	0
345	92	774	MARISKA	KRUGER	RUN4C	F	47	45-49F	0.55.09	1	0
346	133	1424	SAM	ERASMUS	SAPPE	M	67	65-69M	0.55.09	2	0
347	2810	1876	WANDILE	BATAYI	TEMP	M	29	SM	0.55.10	0	0
348	247	858	VALMAINE	DE KLERK	32GI	F	47	45-49F	0.55.14	1	0
349	384	2112	PHILLIP	DANIELS	ATLANTIC	M	62	60-64M	0.55.14	1	0
350	162	2696	NIENKE	SCHOLTZ	RUN4C	F	27	SF	0.55.15	1	0
351	1103	2069	DARREL	SLAMBEE	MUIRITE	M	39	35-39M	0.55.17	1	0
352	367	8941	LAURE	PIETERSE	TEMP	M	53	50-54M	0.55.37	0	0
353	2750	1892	BONGANI	BASHE	TEMP	M	43	40-44M	0.55.41	0	0
354	1178	40301	JOSE	CASE	AAC	M	16	JM	0.55.42	0	0
355	1261	1870	THOBELA	MTANGA	HOLLYWOOD	M	38	35-39M	0.55.52	1	0
356	120	1298	MPHATHISI	MJADU	VWAC	M	53	50-54M	0.55.53	1	0
357	181	5021	DHIRESH	VALLABH	ASPEN	M	39	35-39M	0.55.53	0	0
358	1084	2562	TYRELL	POLGLASE	CHARLO	M	41	40-44M	0.55.57	1	0
359	847	1832	ANELE	MESANI	VUKANI	M	44	40-44M	0.55.59	1	0
360	696	352	ZUKO	MALIWA	IKHAMVA	M	47	45-49M	0.56.01	1	0
361	1220	514	MONTE	SCHOLTZ	RUN4C	M	63	60-64M	0.56.07	1	0
362	1175	40285	NATHAN	LOTTERING	ATLANTIC	M	18	JM	0.56.09	1	0
363	1219	2230	MLULEKI	GQOBOSE	MADIBAZ	M	55	55-59M	0.56.13	1	0
364	2814	524348	MARK	HEADBUSH	JCC	M	80	70+M	0.56.16	0	0
365	1087	2650	SANDISILE	QUMZA	VUKANI	M	37	35-39M	0.56.16	1	0
366	1109	1054	DELANI	THUSI	TRANSNET	M	42	40-44M	0.56.22	1	0
367	337	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	60	60-64F	0.56.24	2	0
368	1272	2579	SIPHESIHLE	DLWATI	VUKANI	M	34	SM	0.56.26	1	0
369	8	370	DESMOND	ZIBI	IKHAMVA	M	61	60-64M	0.56.31	1	0
370	883	934	JEAN	MEYER	CHARLO	M	45	45-49M	0.56.32	1	0
371	304	40187	STACEY	DE RIDDER	ELITEAC	F	15	JF	0.56.33	1	0
372	887	1474	MICHELE	MOOLMAN	CHARLO	F	40	40-44F	0.56.34	1	0
373	1336	40207	JODY	PRIMO	GELVAN	M	16	JM	0.56.38	1	0
374	326	848	WAYNE	SCHOLTZ	32GI	M	44	40-44M	0.56.39	1	0
375	36	2333	TENIELLE	DE ANDRADE	VITALITY	F	39	35-39F	0.56.41	1	0
376	76	4171	LONWABO	JAHO	TV	M	35	35-39M	0.56.44	0	0
377	1127	2539	Luthando	Yibe	ABSAEP	M	43	40-44M	0.56.48	1	0
378	1080	9991	AXOLA	PAKADE	ASPEN	M	28	SM	0.56.48	1	0
379	364	8899	SIYANDA	MVUNELO	TEMP	M	34	SM	0.56.50	0	0
380	1113	926	TREVOR	VAN RENSBURG	CHARLO	M	72	70+M	0.56.50	2	0
381	296	2520	SINZHEMBA	MAGUYIWA	ABSAEP	M	42	40-44M	0.56.50	1	0
382	1154	8954	MZUMVIKILE	MOOI	TEMP	M	58	55-59M	0.56.53	0	0
383	397	1695	CARLA	GILLWALD	MADIBA	F	36	35-39F	0.56.54	1	0
384	2769	141	FAIQ	JAPPIE	MALABAR	M	52	50-54M	0.56.55	1	0
385	210	7501	MAGDA	FERREIRA	TEMP	F	64	60-64F	0.56.57	0	0
386	194	2497	FRANCOIS	WIUM	DESPATCH	M	42	40-44M	0.56.57	1	0
387	1083	889	PETER	POHLMANN	CHARLO	M	61	60-64M	0.56.57	1	0
388	1315	1815	THUTHUKANI	GUMEDE	TEMP	M	34	SM	0.57.01	0	0
389	252	1201	CATHY	ALLERS	ELITEAC	F	63	60-64F	0.57.07	2	0
390	1293	8330	NKOSIYEDWA	MABASO	MUIRITE	M	44	40-44M	0.57.11	1	0
391	1161	8961	EDDIE	VACU	TEMP	M	36	35-39M	0.57.28	0	0
392	1129	214	ANELE	HUTE	CSEP	M	34	SM	0.57.28	1	0
393	257	1208	CHRISTINE	BIRD	ELITEAC	F	53	50-54F	0.57.31	1	0
394	26	7239	MICHAEL	BURGER	CHARLO	M	65	65-69M	0.57.33	1	0
395	53	1512	DEON	ENGELBRECHT	NEDBANK	M	57	55-59M	0.57.35	1	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
396	1102	5022	ZANDILE	SIYATA	VITALITY	F	46	45-49F	0.57.35	1	0
397	622	850	PAIGE	LEE	32GI	F	58	55-59F	0.57.36	1	0
398	1380	1585	GEORGE	BOTES	DESPATCH	M	50	50-54M	0.57.37	1	0
399	472	2665	OWEN	KIVEDO	ATLANTIC	M	68	65-69M	0.57.37	1	0
400	1327	1565	BONITA	WEITSZ	DESPATCH	F	52	50-54F	0.57.37	1	0
401	199	978	CHRISTOPHER	AYERST	CHARLO	M	57	55-59M	0.57.46	1	0
402	1398	1415	ERROL	ROSSOUW	SIBALEKA	M	75	70+M	0.57.47	1	0
403	298	5126	MATHONGO	MAKHIWANE	BLUEBAY	M	49	45-49M	0.57.47	1	0
404	1360	51026	PRINCESS	SONANZE	BUFFALO	F	44	40-44F	0.57.51	0	0
405	264	8192	CHANTELL	CLOETE	RUN4C	F	38	35-39F	0.57.55	1	0
406	203	1102	KEN	BARWOOD	ACH	M	69	65-69M	0.57.55	1	0
407	58	529	ANDRE	FOURIE	RUN4C	M	77	70+M	0.57.59	1	0
408	2813	1844	DALE	NEZAR	TEMP	M	51	50-54M	0.58.02	0	0
409	2816	12287	PALESA	HEADBUSH	CCJHB	F	46	45-49F	0.58.07	0	0
410	1347	8704	COLBEN	NGCUPE	NEDBANK	M	61	60-64M	0.58.08	1	0
411	99	728	PAUL	LUBBE	CRUSADE	M	62	60-64M	0.58.09	1	0
412	1252	40153	NOMANDLA	TOLWANA	CHILLIEP	F	17	JF	0.58.10	1	0
413	1372	88	HENRY	PRAHALADH	INFINITY	M	57	55-59M	0.58.13	1	0
414	61	1910	THANDO	FRANS	SPAREC	M	46	45-49M	0.58.15	1	0
415	1383	1601	ANIZE	GERBER	DESPATCH	F	52	50-54F	0.58.16	1	0
416	1343	51	MELISSA	DU RANDT	SAPPE	F	34	SF	0.58.17	1	0
417	940	911	TANYA	NORRIS	CHARLO	F	40	40-44F	0.58.18	1	0
418	1181	969	GARY	KELLEHER	CHARLO	M	67	65-69M	0.58.23	1	0
419	1273	2578	PHAKAMISA	BALENI	VUKANI	M	34	SM	0.58.35	1	0
420	213	7513	GARRETH	HOLMES	TEMP	M	42	40-44M	0.58.36	0	0
421	877	8877	JOAN	MARLBOROUGH	TEMP	F	70	70+F	0.58.43	0	0
422	1082	1962	DANIEL	PIETERSE	BLUEBAY	M	62	60-64M	0.58.45	1	0
423	358	8647	TERESA	JOUBERT	TEMP	F	53	50-54F	0.58.47	0	0
424	292	5118	NELSON	KOTU	ABSAEP	M	31	SM	0.58.49	1	0
425	1302	1802	DESMOND	MVUNDLELA	TEMP	M	43	40-44M	0.58.50	0	0
426	1373	40144	ANJA	FORTEIN	CHILLIEP	F	17	JF	0.58.50	1	0
427	375	535	GERT	HARMSE	RUN4C	M	58	55-59M	0.58.51	1	0
428	345	1119	TREMAINE	WESSON	ACH	M	64	60-64M	0.58.52	1	0
429	390	1447	THOKOZA	GALADA	NEDBANK	F	43	40-44F	0.58.58	1	0
430	149	1264	LAVINIA	PIETERSE	VWAC	F	50	50-54F	0.59.03	1	0
431	1369	1595	CLARISKA	DE BEER	DESPATCH	F	34	SF	0.59.10	1	0
432	1357	2281	HADIGAH	FULANI	SIBALEKA	F	21	SF	0.59.12	1	0
433	1125	327	ELWIN	WOODS	MUIRITE	M	61	60-64M	0.59.14	1	0
434	212	7503	DOREEN	HOLMES	TEMP	F	41	40-44F	0.59.14	0	0
435	269	808	LECELLE	DE VRIES	32GI	F	44	40-44F	0.59.17	1	0
436	1159	8959	ANRU	POTGIETER	TEMP	M	25	SM	0.59.20	0	0
437	1162	8962	DUANE	VAN APPEL	TEMP	M	20	SM	0.59.20	0	0
438	1150	8950	CARL	ERASMUS	TEMP	M	26	SM	0.59.20	0	0
439	217	1684	MARLON	KOEN	MADIBA	M	37	35-39M	0.59.22	1	0
440	79	1600	YVETTE	JONKER	DESPATCH	F	52	50-54F	0.59.22	1	0
441	1153	8953	PEARL	MAKWENG	TEMP	F	34	SF	0.59.22	0	0
442	1352	2488	RUAN	JONKER	DESPATCH	M	25	SM	0.59.23	1	0
443	335	51177	OMPHILE	TSMOKO	ALIWAL	M	34	SM	0.59.23	0	0
444	2809	2090	WELLINGTON	TSHINGANE	SANDFEP	M	54	50-54M	0.59.31	1	0
445	388	906	TARYN	FERREIRA	CHARLO	F	43	40-44F	0.59.34	1	0
446	250	1230	PHILLIP	DE RIDDER	ELITEAC	M	48	45-49M	0.59.40	1	0
447	184	2494	BENICE	VAN DER MESCHT	DESPATCH	F	23	SF	0.59.45	1	0
448	1330	1259	HEINZ	CONRAD	ELITEAC	M	46	45-49M	0.59.46	1	0
449	186	1582	MARINET	VAN TONDER	DESPATCH	F	46	45-49F	0.59.50	1	0
450	154	2742	MARIUS	ROACH	MUIRITE	M	31	SM	0.59.54	1	0
451	331	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	1.00.05	1	0
452	200	984	BELINDA	BAIN	CHARLO	F	62	60-64F	1.00.24	1	0
453	398	1716	DERICK	GOLIATH	GELVAN	M	61	60-64M	1.00.26	1	0
454	190	2702	SASKIA	WAIT	RUN4C	F	23	SF	1.00.28	1	0
455	13	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	1.00.31	1	0
456	1362	1576	MARCELLE	VAN LOGGERENBERG	DESPATCH	M	58	55-59M	1.00.32	1	0
457	1160	8660	ASIVE	SIMETU	TEMP	F	25	SF	1.00.36	0	0
458	85	2640	ROZETTA	KEMP	RUN4C	F	71	70+F	1.00.43	2	0
459	148	455	JODI	PIENAAR	WALMER	M	31	SM	1.00.44	1	0
460	2807	1790	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	1.00.51	1	0
461	316	1094	MARIETJIE	PIETERSEN	ACH	F	68	65-69F	1.00.54	1	0
462	28	693	NOMFUSI	CESHEMBA	VUKANI	F	42	40-44F	1.00.55	1	0
463	24	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	52	50-54M	1.00.56	1	0
464	300	51075	UNATHI	MAY	BCMAC	F	39	35-39F	1.00.57	0	0
465	183	2493	DEON	VAN DER MERWE	DESPATCH	M	55	55-59M	1.01.00	1	0
466	271	738	SAM	DU TOIT	CRUSADE	F	55	55-59F	1.01.01	1	0
467	146	2158	NONDUMISO	PHAKATHI	MADIBAZ	F	43	40-44F	1.01.03	1	0
468	1192	2257	ELIZE	ADAMS	ELITEAC	F	50	50-54F	1.01.07	1	0
469	1275	1868	TUMELO	LEHASA	HOLLYWOOD	M	37	35-39M	1.01.15	1	0
470	2822	1894	KIMTIN	JONES	TEMP	F	31	SF	1.01.30	0	0
471	1259	8554	RIDGE	VAN BELLING	TEMP	M	31	SM	1.01.32	0	0
472	1284	1752	ALFRED	DENNIS	GELVAN	M	48	45-49M	1.01.35	1	0
473	875	8875	GARARD	EMMANUEL	TEMP	M	47	45-49M	1.01.37	0	0
474	882	840	BRONWIN	MEYER	32GI	F	52	50-54F	1.01.42	1	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
475	51	2704	JACKIE	ELOFF	RUN4C	F	52	50-54F	1.01.50	1	0
476	1257	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	46	45-49F	1.01.58	1	0
477	1196	5242	XOLISILE	NOMDATYA	DEPTRA	M	43	40-44M	1.02.00	0	0
478	1382	1466	AT	SCHOEMAN	NEDBANK	M	68	65-69M	1.02.05	1	0
479	1163	8963	TENNILLE	VAN JAARSVELDT	TEMP	F	39	35-39F	1.02.09	0	0
480	1135	1547	MADELEINE	GERBER	DESPATCH	F	53	50-54F	1.02.12	1	0
481	38	72	HERMAN	DEKKER	SAPPE	M	80	70+M	1.02.13	1	0
482	357	717	TANYA	JANSEN VAN VUUREN	CRUSADE	F	56	55-59F	1.02.20	1	0
483	170	583	CHRISTELLE	SLABBERT	RUN4C	F	53	50-54F	1.02.21	1	0
484	171	8194	LIANI	SLABBERT	RUN4C	F	25	SF	1.02.22	1	0
485	237	631	MAURITZ	BESSINGER	ASPEN	M	43	40-44M	1.02.23	1	0
486	101	2172	SIMTHANDILE	MABHULA	MADIBAZ	F	37	35-39F	1.02.28	1	0
487	338	40192	SHEZELLE	VAN WYK	DESPATCH	F	19	SF	1.02.29	1	0
488	187	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	1.02.30	1	0
489	1149	8949	SIYA	COKILE	TEMP	M	48	45-49M	1.02.31	0	0
490	106	1776	SIPHOKAZI	MANI	VUKANI	F	34	SF	1.02.32	1	0
491	56	1403	JOHAN	FERREIRA	RUN4C	M	63	60-64M	1.02.38	1	0
492	1156	8956	MZIWOXOLO	NDZIWENI	TEMP	M	41	40-44M	1.02.41	0	0
493	1166	8966	TYLA	NEWLAND-NELL	TEMP	F	24	SF	1.02.42	0	0
494	1291	8591	ZAMA	MAVUYO	TEMP	M	47	45-49M	1.02.44	0	0
495	1172	8972	GERMYINE	LEE	TEMP	M	39	35-39M	1.02.44	0	0
496	2818	1839	NOEL	MCMASTER	TEMP	M	59	55-59M	1.02.46	0	0
497	21	298	SANET	BOUCHER	MUIRITE	F	45	45-49F	1.02.48	1	0
498	377	973	LISA	HEN-BOISEN	CHARLO	F	51	50-54F	1.03.02	1	0
499	78	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	54	50-54F	1.03.04	1	0
500	123	47	ANDREW	MOSES	SAPPE	M	51	50-54M	1.03.06	1	0
501	1329	1829	LUNGA	XASO	TEMP	M	47	45-49M	1.03.09	0	0
502	1216	50185	SABATA	TSIBOLANE	CSEP	M	45	45-49M	1.03.14	1	0
503	299	509	XHANTI	MANTSHIYO	ABSAEP	M	57	55-59M	1.03.19	1	0
504	354	7772	JOHAN	GERBER	CHARLO	M	45	45-49M	1.03.31	1	0
505	340	592	JOHAN	VERMEUEN	RUN4C	M	57	55-59M	1.03.34	1	0
506	1346	1846	LESIELO	HEADBUSH	TEMP	F	18	JF	1.03.41	0	0
507	232	7669	AIMEE	TAYLOR	TEMP	F	30	SF	1.03.49	0	0
508	16	40320	SYLVAN	BLIGNAUT	MADIBAZ	M	65	65-69M	1.03.51	1	0
509	368	8942	ASTRID	ROSSOUW	TEMP	F	46	45-49F	1.03.52	0	0
510	333	1420	GRAEME	TING CHONG	NEDBANK	M	56	55-59M	1.03.54	1	0
511	31	2642	CHRISNA	COETSEE	RUN4C	F	38	35-39F	1.03.56	1	0
512	172	1627	NATASHA	SMITH	MADIBA	F	38	35-39F	1.04.05	1	0
513	879	8879	MARCEL	ABRAHAMS	TEMP	M	33	SM	1.04.12	0	0
514	241	904	MARI	CALITZ	CHARLO	F	64	60-64F	1.04.13	1	0
515	1268	1333	MBULELO	SOBIKWA	NEDBANK	M	70	70+M	1.04.17	1	0
516	114	722	YOLISWA	MATWA	CRUSADE	F	41	40-44F	1.04.19	1	0
517	1292	8592	AZILE	NJEZA	TEMP	F	33	SF	1.04.19	0	0
518	1248	707	MPUMELELO	NGWENYA	CRUSADE	M	35	35-39M	1.04.22	1	0
519	899	861	FAKAZILE	NKOMIYAHLABA	RUN4C	F	37	35-39F	1.04.29	1	0
520	1331	1712	BRAMWELL	FLEURS	GELVAN	M	46	45-49M	1.04.34	1	0
521	349	2515	OZELLE	WIEHAHN	ABSAEP	F	51	50-54F	1.04.41	1	0
522	1234	1219	MELANIE	CHRISTIE	ELITEAC	F	40	40-44F	1.04.52	1	0
523	1395	1702	LEONARD	GROVES	GELVAN	M	60	60-64M	1.04.54	1	0
524	84	641	JACQUES	KEIRSGIETER	ASPEN	M	36	35-39M	1.04.55	1	0
525	283	1271	LEZELL	HARRIS	VWAC	F	51	50-54F	1.05.03	1	0
526	1267	5249	MICHELLE	HARDY-BERRINGTON	VWAC	F	39	35-39F	1.05.14	1	0
527	1318	8556	DAWOOD	BABOO	TEMP	M	37	35-39M	1.05.21	0	0
528	2820	2432	THEMBA	GXABEKA	NMBAC	M	49	45-49M	1.05.23	1	0
529	1364	1023	CHANEL	TIRAN-DORFLING	MUIRITE	F	30	SF	1.05.26	1	0
530	327	2706	TAMMY	SOUTHBY	32GI	F	50	50-54F	1.05.29	1	0
531	121	2183	PHATHEKA	MOKGWETSI	MADIBAZ	F	33	SF	1.05.29	1	0
532	25	2518	Wendy	Bululu	CRUSADE	F	41	40-44F	1.05.30	1	0
533	341	40384	MADISON	WARD	ASPEN	F	15	JF	1.05.50	1	0
534	239	759	MIKE	BURGER	CRUSADE	M	71	70+M	1.05.51	1	0
535	1397	198	ADRIAAN	SMALBERGER	CSEP	M	70	70+M	1.05.56	1	0
536	2812	2643	NOZBELE	MBETHE	BLUEBAY	F	50	50-54F	1.06.03	1	0
537	383	1104	CATHY	IVES	ACH	F	71	70+F	1.06.04	1	0
538	142	2750	MADELEINE	OTTO	MUIRITE	F	64	60-64F	1.06.04	1	0
539	222	7565	ROXANNE	MULLER	GELVAN	F	40	40-44F	1.06.07	1	0
540	2824	1874	THEODORE	SCHMITT	TEMP	M	46	45-49M	1.06.07	0	0
541	55	2394	DEONE	FERREIRA	DESPATCH	F	28	SF	1.06.13	1	0
542	124	48	COLLEEN	MOSES	SAPPE	F	49	45-49F	1.06.18	1	0
543	198	1103	LIZ	AUSTIN	ACH	F	66	65-69F	1.06.21	1	0
544	1371	1380	BANDILE	CUNTU	NEDBANK	M	60	60-64M	1.06.28	1	0
545	1164	8964	CHUMA	ZWANE	TEMP	M	41	40-44M	1.06.29	0	0
546	382	5967	CHANTEL	HUYGEN	CHARLO	F	39	35-39F	1.06.31	1	0
547	267	1624	ESTELLE	DE KLERK	MADIBA	F	58	55-59F	1.06.32	1	0
548	258	1631	AMANDA	BLIGNAULT	MADIBA	F	65	65-69F	1.06.33	1	0
549	1130	2689	MOLEBOGENG	OLIPHANT	VITALITY	F	49	45-49F	1.06.40	1	0
550	238	924	GRAHAM	BROOM	CHARLO	M	54	50-54M	1.06.44	1	0
551	234	7699	MUHAMMAD	WHITE	TEMP	M	38	35-39M	1.06.46	0	0
552	1079	9079	LEE	PAGE	CHARLO	F	41	40-44F	1.06.47	1	0
553	356	7813	MARK	IRVINE	TEMP	M	57	55-59M	1.06.49	0	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
554	1179	1725	PEARL	DAMONS	GELVAN	F	61	60-64F	1.06.49	1	0
555	1361	340	ELIZE	BOTHA	MUIRITE	F	49	45-49F	1.06.54	1	0
556	1381	1579	JHANINEN	BOSHOFF	DESPATCH	F	58	55-59F	1.06.55	1	0
557	1300	328	MADRE	WELMANS	MUIRITE	F	56	55-59F	1.06.57	1	0
558	396	5235	LUCINDA	GERBER	MUIRITE	F	49	45-49F	1.06.58	1	0
559	1340	28	RICHARD	LOMAX	CRUSADE	M	71	70+M	1.06.58	1	0
560	1345	1845	THABO	HEADBUSH	TEMP	M	54	50-54M	1.07.01	0	0
561	343	782	LISA	WATKINS-BAKER	32GI	F	50	50-54F	1.07.09	1	0
562	344	781	RICHARD	WATKINS-BAKER	32GI	M	56	55-59M	1.07.09	1	0
563	371	8945	HELEN	STOCK	TEMP	F	47	45-49F	1.07.12	0	0
564	35	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.07.19	1	0
565	1171	8971	ALAN	BROWNE	TEMP	M	32	SM	1.07.35	0	0
566	1206	2182	SANDRIKA	FOURIE	INFINITY	F	27	SF	1.07.36	1	0
567	374	8948	ANAM	WITBOOI	TEMP	F	29	SF	1.07.38	0	0
568	1328	1828	MOMELEZI	COMJWA	TEMP	M	29	SM	1.07.44	0	0
569	1104	213	SHARON	SMUTS	CHARLO	F	58	55-59F	1.08.02	1	0
570	437	886	CELEST	JOYCE	CHARLO	F	56	55-59F	1.08.02	1	0
571	889	9889	MATTHEW	MULLER	CHARLO	M	23	SM	1.08.04	1	0
572	1201	626	VICKI	VAN SCHALKWYK	ASPEN	F	43	40-44F	1.08.08	1	0
573	1137	1732	KEITH	HARRIS	GELVAN	M	54	50-54M	1.08.11	1	0
574	1215	211	MATHAPELO	SENTI	CSEP	F	35	35-39F	1.08.20	1	0
575	150	1743	THOMAS	PLAATJIES	GELVAN	M	47	45-49M	1.08.23	1	0
576	328	2323	CHRISTO	STEYNT	VITALITY	M	56	55-59M	1.08.26	1	0
577	128	1911	NANDIPA	MYELEYELE	SPAREC	F	37	35-39F	1.08.31	1	0
578	1281	1861	SIMANGILE	SOLWANDLE	HOLLYWOOD	F	33	SF	1.08.31	1	0
579	1157	8957	SIPHESIHLE	NOMATYELI	TEMP	M	34	SM	1.08.35	0	0
580	159	1274	GAYLE	SAAYMAN	VWAC	F	36	35-39F	1.08.37	1	0
581	164	1310	PHUMLA	SIBALI	VWAC	F	45	45-49F	1.08.37	1	0
582	1198	573	BRITTANY	CILLIERS	RUN4C	F	31	SF	1.08.54	1	0
583	389	1684	ERIKA	FOREMAN	CHARLO	F	54	50-54F	1.08.57	1	0
584	876	8876	DEWANDRE	CASSELS	TEMP	M	37	35-39M	1.09.05	0	0
585	2826	1873	RUDI	SWARTS	TEMP	M	47	45-49M	1.09.07	0	0
586	48	82	LETA	DOS SANTOS	INFINITY	F	60	60-64F	1.09.12	1	0
587	1133	1844	MICHAEL	BOTHA	HOLLYWOOD	M	59	55-59M	1.09.15	1	0
588	1319	8557	SHAFIE	AHMED	TEMP	M	39	35-39M	1.09.18	0	0
589	20	1605	VERONICA	BOSHOFF	MUIRITE	F	63	60-64F	1.09.20	1	0
590	1370	1348	XOLILE	GOMOMO	NEDBANK	M	72	70+M	1.09.23	1	0
591	1141	562	JUDITH	NIENABER	RUN4C	F	65	65-69F	1.09.43	1	0
592	336	1629	ARINDA	VAN DER LINDE	MADIBA	F	35	35-39F	1.09.46	1	0
593	208	7492	MIRANDA	COGGER	TEMP	F	47	45-49F	1.09.55	0	0
594	266	1275	PLAAITJIE	DAMONS	VWAC	M	61	60-64M	1.10.00	1	0
595	1111	917	VICKY	TSOUKNIDAS	CHARLO	F	47	45-49F	1.10.04	1	0
596	366	8938	HLUMELA	NTSHOTSHO	TEMP	F	38	35-39F	1.10.12	0	0
597	202	7475	SANET	BEZUIDENHOUT	CHARLO	F	36	35-39F	1.10.30	1	0
598	1295	51091	PHUMLA	JUMBA	BUFFALO	F	36	35-39F	1.10.32	0	0
599	12	1593	NAOMI	BAKKER	DESPATCH	F	47	45-49F	1.10.35	1	0
600	160	2491	STEPHANIE	SCHEEPERS	DESPATCH	F	28	SF	1.10.36	1	0
601	22	1556	RIAANA	BOUWER	DESPATCH	F	48	45-49F	1.10.38	1	0
602	394	971	DEIDRE	GERBER	CHARLO	F	53	50-54F	1.10.44	1	0
603	43	2710	TINA	DERBYSHIRE	SAPPE	F	70	70+F	1.10.48	1	0
604	1251	50809	SANELISIWE	FUNANI	MTHATHA	M	41	40-44M	1.10.55	0	0
605	1190	2433	THEMBELA	MANYA	NMBAC	F	41	40-44F	1.10.55	1	0
606	116	2431	YENZILE	MDODANA	NMBAC	F	32	SF	1.10.55	1	0
607	317	2435	NOMTHA	QUNTA	NMBAC	F	39	35-39F	1.10.56	1	0
608	280	40188	LAUREN	GERBER	ELITEAC	F	17	JF	1.11.17	1	0
609	1140	1207	CHARL	GRIESSEL	ELITEAC	M	61	60-64M	1.11.21	1	0
610	131	143	ZAHEERA	NANABHAY	MALABAR	F	43	40-44F	1.11.25	1	0
611	334	918	HANNAH	TRUTER	CHARLO	F	32	SF	1.11.28	1	0
612	393	2601	CHRISTIAAN	GERBER	MUIRITE	M	49	45-49M	1.11.48	1	0
613	1305	7244	WANDA	BANJWA	TEMP	M	37	35-39M	1.11.52	0	0
614	894	1286	SHANDRY	NAZER	VWAC	F	36	35-39F	1.11.58	1	0
615	1189	703	LEE	GANDER	CRUSADE	M	68	65-69M	1.12.24	1	0
616	1185	1812	BONGEKA	FUZILE	VUKANI	F	39	35-39F	1.12.27	1	0
617	1211	2095	RICHTER	JACOBS	ASPEN	M	38	35-39M	1.12.30	1	0
618	1366	2748	THANDISWA	COSA	SAPPE	F	48	45-49F	1.12.45	1	0
619	65	570	PIETER	GERBER	RUN4C	M	66	65-69M	1.12.48	1	0
620	284	2711	DANEILLE	HARRY	MADIBAZ	F	39	35-39F	1.12.48	1	0
621	376	1683	SUNET	HARRIS	CHARLO	F	51	50-54F	1.12.55	1	0
622	625	588	RENIER	LIEBENBERG	RUN4C	M	42	40-44M	1.13.00	1	0
623	141	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	1.13.04	1	0
624	1204	1077	THERESA	LILLIS	ACH	F	68	65-69F	1.13.08	1	0
625	1324	1604	HENRY	HULME	DESPATCH	M	59	55-59M	1.13.09	1	0
626	1090	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	38	35-39F	1.13.16	1	0
627	230	7625	BRUCE	SMITH	TEMP	M	49	45-49M	1.13.25	0	0
628	351	7741	YOLANDE	ARCHER	TEMP	F	46	45-49F	1.13.35	0	0
629	873	8873	DEBBIE	WINTERMEYER	TEMP	F	46	45-49F	1.13.40	0	0
630	211	7502	DILLON	HOLMES	TEMP	M	22	SM	1.13.51	0	0
631	1278	512	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.14.06	1	0
632	1290	8590	SIPHOSETHU	POYO	TEMP	F	34	SF	1.14.09	0	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
633	1225	2280	SELBY	THABETHE	SIBALEKA	M	51	50-54M	1.14.22	1	0
634	1208	654	SIMONE	JACOBS	ASPEN	F	39	35-39F	1.15.00	1	0
635	1209	628	CORNELIUS	JACOBS	ASPEN	M	40	40-44M	1.15.01	1	0
636	1303	1803	MARVIN	KHOZA	TEMP	M	38	35-39M	1.15.02	0	0
637	1177	40645	CAZEO	FREEMAN	ATLANTIC	M	18	JM	1.15.03	1	0
638	54	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.15.07	1	0
639	1115	927	ANTON	VAN WYK	CHARLO	M	57	55-59M	1.15.08	1	0
640	73	2576	JEFFREY	HOLLOWAY	JBAY	M	65	65-69M	1.15.09	1	0
641	378	299	JOHANNES	HERBST	MUIRITE	M	78	70+M	1.15.19	1	0
642	205	7484	SHASMEEN	BOTHA	TEMP	F	15	JF	1.15.20	0	0
643	253	2517	FUNDISWA	ANTONY	ABSAEP	F	52	50-54F	1.15.47	1	0
644	900	862	MALIBONGWE	NKOMIYHLABA	RUN4C	M	40	40-44M	1.15.49	1	0
645	305	52097	NOLUBABALO	MTSHAKAZI	KOMANI	F	45	45-49F	1.15.53	0	0
646	355	7812	BEVERLY	IRVINE	TEMP	F	55	55-59F	1.15.57	0	0
647	1344	1514	THEMBISA	MAKLENI	SIBALEKA	F	42	40-44F	1.15.58	1	0
648	147	600	ANDRE	PIENAAR	RUN4C	M	62	60-64M	1.16.18	1	0
649	400	9001	SHARON	GRIESEL	CHARLO	F	53	50-54F	1.16.20	1	0
650	399	9002	DION	GRIESEL	CHARLO	M	57	55-59M	1.16.24	1	0
651	1288	51098	ZANDILE	DUDE	BUFFALO	F	43	40-44F	1.16.36	0	0
652	273	5263	ERICA	ERASMUS	RUN4C	F	55	55-59F	1.16.38	1	0
653	57	64	DAVID	FORTEIN	SAPPE	M	59	55-59M	1.16.47	1	0
654	70	1287	BANDILE	GWAMANDA	VITALITY	M	54	50-54M	1.17.06	1	0
655	1309	527	KAMOHELO	MOTA	RUN4C	F	35	35-39F	1.17.13	1	0
656	1277	601	RIANA	BOSHOFF	ASPEN	F	41	40-44F	1.17.22	1	0
657	1335	1835	BONGINKOSI	KHUMALO	VWAC	M	56	55-59M	1.17.33	1	0
658	97	1693	JASON	LE ROUX	GELVAN	M	29	SM	1.17.48	1	0
659	352	7742	WANDA	BARNARD	TEMP	F	49	45-49F	1.17.51	0	0
660	449	62	ALEX	KHUZWAYO	SAPPE	M	61	60-64M	1.18.10	1	0
661	188	394	THEMBISILE	VETSHEZA	IKHAMVA	F	44	40-44F	1.18.14	1	0
662	1338	1746	ARDEN	GROOTBOOM	GELVAN	F	43	40-44F	1.18.30	1	0
663	972	638	NOKUZOLA	NTWASA	ASPEN	F	46	45-49F	1.18.31	1	0
664	1306	7243	WELA	MTATI	TEMP	M	55	55-59M	1.18.37	0	0
665	633	920	LOCHI	LOCHNER	CHARLO	M	77	70+M	1.18.49	1	0
666	1155	8955	BUSISWA	NDZIWENI	TEMP	F	35	35-39F	1.18.53	0	0
667	1097	935	BRENTON	SCHNETLER	CHARLO	M	50	50-54M	1.19.04	1	0
668	1203	2297	BONELWA	GAZIYA	HOLLYWOOD	F	41	40-44F	1.19.26	1	0
669	2825	1872	SISIPHO	FAYE	REALGIJ	F	30	SF	1.19.42	0	0
670	110	2563	PHAKAMA	MATATA	RUN4C	F	33	SF	1.19.45	1	0
671	1081	585	JEANETTE	PIENAAR	RUN4C	F	76	70+F	1.19.57	1	0
672	69	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	50	50-54F	1.20.00	1	0
673	321	2065	MEAGAN	ROSSOUW	MADIBA	F	48	45-49F	1.20.00	1	0
674	1238	1117	GRAHAM	NELL	ACH	M	73	70+M	1.20.06	1	0
675	37	2330	ANIRLE	DE MEYER	VITALITY	F	27	SF	1.20.25	1	0
676	1262	8555	LEBOGANG	MATSHOANE	TEMP	M	34	SM	1.21.14	0	0
677	1210	2049	KYLE	CLEMENCE	ASPEN	M	25	SM	1.21.40	1	0
678	386	1740	JANICE	JONES	GELVAN	F	48	45-49F	1.21.57	1	0
679	891	2022	LERATO	MUZAH	MALABAR	F	39	35-39F	1.21.57	1	0
680	392	998	ROBERT	GALLOWAY	CHARLO	M	73	70+M	1.22.01	1	0
681	207	7488	VERNA	CLAASSEN	TEMP	F	62	60-64F	1.22.15	0	0
682	223	7580	NKADIMENG	MZAMO	TEMP	F	42	40-44F	1.22.16	0	0
683	2745	1870	THOKOZANI	MTIMKULU	CHILLI	F	28	SF	1.22.25	0	0
684	127	453	JO-ANNE	MUIR	WALMER	F	55	55-59F	1.22.26	1	0
685	151	452	SHARON	POTGIETER	WALMER	F	60	60-64F	1.22.26	1	0
686	59	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.23.00	1	0
687	189	550	LIEZEL	WAIT	RUN4C	F	51	50-54F	1.23.14	1	0
688	196	2037	ANDRE	VAN DER BANK	MUIRITE	M	53	50-54M	1.23.15	1	0
689	274	1928	GESINA	ERASMUS	32GI	F	43	40-44F	1.23.21	1	0
690	75	720	CLEO	JACOBS	CRUSADE	F	23	SF	1.23.26	1	0
691	72	1434	DIANNE	HARTZENBERG	NEDBANK	F	66	65-69F	1.23.49	1	0
692	1341	627	LUCIA	PHAKATHA	ASPEN	F	46	45-49F	1.24.11	1	0
693	1265	368	NWABISA	MSUTHWANA	IKHAMVA	F	44	40-44F	1.24.11	1	0
694	1258	1241	MARLENE	TERBLANCHE	ELITEAC	F	75	70+F	1.24.42	1	0
695	1270	1471	SHIRLEEN	CLARKE	NEDBANK	F	62	60-64F	1.24.47	1	0
696	890	2717	JESSICA	MURPHY	ASPEN	F	34	SF	1.25.24	1	0
697	231	7633	SIMON	STRIMLING	TEMP	M	63	60-64M	1.25.30	0	0
698	1139	1122	BOB	STEDMAN	ACH	M	75	70+M	1.26.09	1	0
699	1374	1720	NOLEEN	NORRIS	GELVAN	F	67	65-69F	1.26.20	1	0
700	1394	2680	ALYCIA	LANGLEY	VITALITY	F	31	SF	1.26.28	1	0
701	381	925	NOREEN	HUMAN	CHARLO	F	48	45-49F	1.26.28	1	0
702	297	580	MARIA	MAHWEHWE	RUN4C	F	51	50-54F	1.26.35	1	0
703	363	8898	CHARLOTTE	MOTHILALL	TEMP	F	42	40-44F	1.27.15	0	0
704	157	748	MELINDA	ROIG	CRUSADE	F	55	55-59F	1.27.21	1	0
705	80	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	1.28.22	1	0
706	47	81	JOSE	DOS SANTOS	INFINITY	M	59	55-59M	1.28.23	1	0
707	360	8837	BABALWA	KLAAS	TEMP	F	39	35-39F	1.29.13	0	0
708	178	712	NDILEKA	THOMPSON	CRUSADE	F	47	45-49F	1.29.20	1	0
709	17	286	SANET	BLOM	MUIRITE	F	57	55-59F	1.29.28	1	0
710	134	329	ORGIA	NELL	MUIRITE	F	81	70+F	1.29.28	1	0
711	201	7467	ROLANDA	BAREIRA	TEMP	F	52	50-54F	1.29.31	0	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
712	18	642	ESTINE	KEIRSGIETER	ASPEN	F	37	35-39F	1.29.40	1	0
713	1314	7246	THOZAMA	GOWA	TEMP	F	34	SF	1.29.53	0	0
714	41	40001	ZANTE	DEKKER	SAPPE	F	17	JF	1.30.18	1	0
715	1333	1833	DAKOTA	CONRAD	TEMP	M	17	JM	1.30.18	0	0
716	197	2036	BELINDA	VAN DER BANK	MUIRITE	F	56	55-59F	1.30.26	1	0
717	318	336	ARNOLD	RAS	MUIRITE	M	63	60-64M	1.30.27	1	0
718	1287	770	WINSLOW	BOUWER	CRUSADE	M	40	40-44M	1.30.39	1	0
719	1170	1170	UNKNOWN		TEMP	F	50	50-54F	1.30.46	0	0
720	1386	1692	MARISA	CALISTE	GELVAN	F	39	35-39F	1.30.53	1	0
721	1099	939	DINA	SCHUTTE	CHARLO	F	58	55-59F	1.30.56	1	0
722	359	8714	SINOVUYO	KATIYA	TEMP	F	38	35-39F	1.30.58	0	0
723	1223	647	RETASHA	GODDARD	ASPEN	F	31	SF	1.31.26	1	0
724	657	910	RAE	LUCKMAN	CHARLO	F	54	50-54F	1.31.42	1	0
725	1118	962	MILE	VERMAAK	CHARLO	F	58	55-59F	1.31.42	1	0
726	1342	1703	GODFREY	KARIEM	GELVAN	M	84	70+M	1.31.45	1	0
727	1393	326	NEIL	GROBLER	MUIRITE	M	64	60-64M	1.31.46	1	0
728	246	968	DENISE	DARLOW	CHARLO	F	56	55-59F	1.32.13	1	0
729	880	8880	KENNY	JARDINE	TEMP	M	58	55-59M	1.32.13	0	0
730	218	7541	DIKELEDI	MABOA	TEMP	F	35	35-39F	1.32.35	0	0
731	1095	2604	MARCOLENE	SAUNDERS	MADIBAZ	F	40	40-44F	1.32.42	1	0
732	372	8946	AMANDA	TONGO	TEMP	F	45	45-49F	1.36.02	0	0
733	353	7766	HEIDI	GERBER	CHARLO	F	45	45-49F	1.37.11	1	0
734	215	7522	LULAMA	JORDAAN	TEMP	F	52	50-54F	1.37.59	0	0
735	68	1679	KENNETH	GREYLING	MADIBA	M	65	65-69M	1.38.40	1	0
736	893	929	ANUSHA	NAIDU	CHARLO	F	58	55-59F	1.38.43	1	0
737	109	304	FOZA	MARTIN	MUIRITE	F	64	60-64F	1.41.05	0	0
738	225	7594	UNATHI	NGQUNGE	TEMP	F	37	35-39F	1.43.44	0	0
739	310	1430	BONAKELE	NTSHANGASE	NEDBANK	M	42	40-44M	1.45.05	0	0
740	1296	1095	MOF	BOTHA	ACH	M	69	65-69M	1.45.36	0	0
HELPERS RUN											
H01	6001	425	GODFREY	STUURMAN	CHILLIEP	M	24	SM	0.42.41	2	0
H02	6003	1247	LISLE	MATTHEWS	ELITEAC	F	50	50-54F	0.53.57	2	0
H03	6004	435	NKOSINATHI	CLAY	CHILLIEP	M	60	60-64M	0.55.04	1	0
H04	6005	426	ONATHI	STUURMAN	CHILLIEP	M	25	SM	0.55.12	1	0
H05	6006	1250	PETER	VAN RENSBURG	ELITEAC	M	66	65-69M	0.57.19	1	0
H06	6007	1237	HERMAN	MATTHEWS	ELITEAC	M	50	50-54M	0.57.20	1	0
H07	6008	424	NOMPUMEZO	MAXENGANA	CHILLIEP	F	35	35-39F	1.11.56	1	0
H08	6009	7581	NOREEN	NELSON	TEMP	F	59	55-59F	1.11.56	0	0
H09	6010	1945	Janine	Gray	BLUEBAY	F	47	45-49F	1.15.04	1	0
H10	6011	1935	XENOPHON	FERREIRA	BLUEBAY	M	63	60-64M	1.15.04	1	0
H11	6012	1239	YOLANDE	KNOETZE	ELITEAC	F	57	55-59F	1.15.45	1	0
H12	6013	1950	Nicole	GRAY	BLUEBAY	F	23	SF	1.18.11	1	0
H13	6014	1936	MARKUS	KUNNEKE	BLUEBAY	M	55	55-59M	1.23.44	1	0
H14	6015	903	KESVAL	CHETTY	CHARLO	M	60	60-64M	1.27.03	1	0
H15	6016	995	BERNADETTE	LOOCK	CHARLO	F	45	45-49F	1.27.28	1	0
H16	6017	923	EVA	CHETTY	CHARLO	F	56	55-59F	1.27.37	1	0
H17	6018	1325	SHANNON	THEOBALD	NEDBANK	F	49	45-49F	1.32.51	1	0
H18	6019	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	55	55-59F	1.32.52	1	0
H19	6020	761	NTOKOZO	DAMBUZA	CRUSADE	F	46	45-49F	1.32.54	1	0