

FIRST CHOICE 15KM - JEFFREYS BAY - 2026/01/03

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1	355	MELIKHAYA	FRANS	IKHAMVA	M	35	35-39M	0.48.09	5
2	685	700	SINETHEMBA	JILINGISI	HAVEN	M	23	SM	0.48.46	0
3	4	357	SINAWO	POTI	IKHAMVA	M	24	SM	0.49.36	5
4	735	103	GIFT	CHIGOMARAWA	MPOX	M	38	35-39M	0.50.13	0
5	506	40414	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.51.16	5
6	505	40477	OKUHLE	DLOTO	IKHAMVA	M	18	JM	0.51.33	5
7	7	1392	ZOLANI	MABONGO	NEDBANK	M	39	35-39M	0.52.51	5
8	661		RYNO	OWEN	TEMP	M	24	SM	0.52.53	0
9	698	13475	RENIER	GROBLER	IMPALA	M	42	40-44M	0.52.54	0
10	5	360	NTSIKA	NTAMO	IKHAMVA	M	23	SM	0.52.58	5
11	6	358	MZWANELE	MAPHEKULA	IKHAMVA	M	49	45-49M	0.53.16	5
12	481	818	RIAAAN	VAN ZYL	NEDRCAGN	M	37	35-39M	0.53.19	0
13	352	152	XOLISA	NDLUMBINI	TEMP	M	43	40-44M	0.53.21	0
14	776	2253	KHAYA	GQWETHA	VUKANI	M	40	40-44M	0.54.21	5
15	787	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	0.56.44	4
16	779	1999	JENIEL	ZANA	RUN4C	M	30	SM	0.57.04	4
17	513	1211	NOEL	ADAMS	ELITEAC	M	53	50-54M	0.57.43	5
18	9	1335	ANELE	MALIZA	NEDBANK	M	47	45-49M	0.58.20	5
19	497	1216	WESSEL	WOLMARANS	ELITEAC	M	47	45-49M	0.58.29	5
20	166	658	MELIKHAYA	MSIZI	KNYSNA	M	42	40-44M	0.58.48	0
21	81	2965	WANDILE	FUNDE	NEDBANK	M	50	50-54M	0.58.48	5
22	712	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	0.59.28	4
23	635	40105	ONGEZWA	XATA	VWAC	M	17	JM	1.00.02	3
24	637	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	1.00.19	5
25	10	370	DESMOND	ZIBI	IKHAMVA	M	62	60-64M	1.01.42	5
26	492	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	1.01.54	5
27	560	3010	TUMELLO	MOCHELENYANE	SAPPE	M	43	40-44M	1.02.09	3
28	3	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	1.02.32	5
29	778	2001	JORDAN	FORTUIN	RUN4C	M	20	JM	1.02.49	3
30	585	1334	GAVIN	THORNE	NEDBANK	M	44	40-44M	1.03.01	3
31	759	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	1.03.12	3
32	269	69	KOBUS	JOUBERT	TEMP	M	50	50-54M	1.03.17	0
33	372	172	LEANDRE	VAN DER MERWE	TEMP	F	39	35-39F	1.03.24	0
34	669	156	STANTON	FREEMAN	ACT AC	M	48	45-49M	1.03.30	4
35	507	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	1.03.42	5
36	638	1398	MUTEKILE	RASMENI	NEDBANK	M	61	60-64M	1.04.04	5
37	721	630	LWAZI	MDLUNYA	ASPEN	M	40	40-44M	1.04.08	3
38	728	3162	IAIN	MAUGHAN-BROWN	MADIBA	M	37	35-39M	1.04.31	3
39	288	88	REEGAN	MEYER	TEMP	M	19	JM	1.05.00	0
40	187	931	ANDILE	NYOKA	CHARLO	M	53	50-54M	1.05.39	4
41	748	1431	GIDEON	MENGO	NEDBANK	M	48	45-49M	1.05.58	3
42	713	1168	SLULAMI	JACK	TRANSNET	M	50	50-54M	1.05.58	4
43	720	1064	GRAHAM	ESHMADE	ACH	M	48	45-49M	1.06.19	3
44	551	1213	SEBASTIAN	KLEU	ELITEAC	M	49	45-49M	1.06.26	3
45	732	1353	MZUKISI	KLAAS	NEDBANK	M	57	55-59M	1.06.32	5
46	104	39	PETER	JAEHNE	OUTENH	M	60	60-64M	1.06.43	0
47	274	74	ARDEN	KOTZE	TEMP	M	15	JM	1.06.45	0
48	616	40085	ABBIE	MITCHELL	MADIBAZ	F	19	JF	1.07.19	3
49	416	875	MATTHEW	RODGERS	CHARLO	M	23	SM	1.07.20	2
50	112	919	KELVIN	JOOSTE	CHARLO	M	38	35-39M	1.07.32	2
51	75	1480	AUGUST	ESAU	NEDBANK	M	55	55-59M	1.07.48	4

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
52	473	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	1.08.27	3
53	751	250	SARAH	AVIS	KOWIE	F	37	35-39F	1.08.29	3
54	520	3107	NKOSANA	BUKANI	VUKANI	M	44	40-44M	1.08.36	2
55	143	952	CINDY	MARAIS	CHARLO	F	48	45-49F	1.08.39	5
56	280	80	JOSHUA	LOUW	TEMP	M	23	SM	1.08.43	0
57	370	170	JEN	VALLANCE	TEMP	F	38	35-39F	1.09.05	0
58	26	1143	HISHAAN	BHANA	CHARLO	M	29	SM	1.09.06	2
59	723	7082	DUNCAN	WALKER	TEMP	M	30	SM	1.09.07	0
60	792	2514	TEDDY	PRUSENT	MADIBAZ	M	37	35-39M	1.09.10	2
61	485	2333	MARLIZE	VIENINGS	EDGE	F	50	50-54F	1.09.13	0
62	572	2767	MZUKI	OLIFANT	SAPPE	M	43	40-44M	1.09.25	2
63	715	1083	ALAN	TAYLOR	ACH	M	68	65-69M	1.09.27	5
64	50	6788	TYLIN	CLARK	SOCIAL	M	27	SM	1.09.32	0
65	393	193	JANE	BARNARDO	TEMP	F	50	50-54F	1.09.34	0
66	731	1585	GEORGE	BOTES	DESPATCH	M	51	50-54M	1.09.37	3
67	574	14647	PRINCE	RADEBE	KHAYALIT	M	44	40-44M	1.09.49	0
68	644		UNKNOWN		TEMP	M	20	JM	1.10.05	0
69	379	179	ELANDRE	WILLIAMS	TEMP	F	32	SF	1.10.39	0
70	443	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	1.10.57	2
71	111	3193	ELDRIDGE	JONKERS	GELVAN	M	46	45-49M	1.11.08	2
72	227	27	DANIEL	CLOETE	TEMP	M	24	SM	1.11.11	0
73	758	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	1.11.12	2
74	738	1038	PHILLIP	DU PLESSIS	XCEL	M	55	55-59M	1.11.18	3
75	714	1533	THOBELA	NTAMO	DESPATCH	M	40	40-44M	1.11.19	2
76	588	545	RUHAN	VAN RENSBURG	RUN4C	M	33	SM	1.11.25	2
77	140	1876	SBONISIPHO	MANQELE	HOLLYWOOD	M	28	SM	1.11.28	2
78	418	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	1.11.49	3
79	699	7876	DIAN	BECKER	TEMP	M	18	JM	1.12.15	0
80	733	261	BUYILE	NTSHIKILA	TINARHA	M	63	60-64M	1.12.29	3
81	782	148	ABDUL	LILLAH	MALABAR	M	35	35-39M	1.12.38	2
82	509	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	59	55-59M	1.12.41	3
83	177	2322	MZWANELE	NGOQO	VUKANI	M	48	45-49M	1.12.54	2
84	411	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	1.13.22	2
85	659	9872	BERNHARD	VAN RENSSSEN	TEMP	M	32	SM	1.13.31	0
86	684	542	WILLEM	BINDEMAN	PENT	M	18	JM	1.13.34	0
87	679	9886	LIHLE	SWEPU	TEMP	M	24	SM	1.13.39	0
88	196	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	1.13.41	2
89	753	11834	RIANA	LOUW	TEMP	F	48	45-49F	1.13.43	0
90	524	6804	ELGE	COETZEE	PHOB	F	19	JF	1.13.54	0
91	403	7799	MARJORIE	PRINS	NEDRCWP	F	57	55-59F	1.14.19	0
92	254	54	KOBUS	GROBBELAAR	TEMP	M	41	40-44M	1.14.27	0
93	8	1403	BABALWA	NGCOKO	NEDBANK	F	38	35-39F	1.14.46	2
94	666	9876	MELANIE	SWART	TEMP	F	45	45-49F	1.14.52	0
95	668	1322	STÉFAN	SWART	VUIL	M	45	45-49M	1.14.52	0
96	91	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	1.14.57	2
97	425	1469	MARGIE	SAUNDERS	NEDBANK	F	72	70+F	1.15.09	5
98	449	2501	GRAHAM	TERBLANCHE	MADIBAZ	M	61	60-64M	1.15.15	3
99	771	18837	NICHOLAS	AFFAT	TEMP	M	32	SM	1.15.17	0
100	144	999	THOMAS	MARAIS	CHARLO	M	38	35-39M	1.15.30	2
101	726	1282	SEBASTIAN	HAARHOFF	VWAC	M	48	45-49M	1.15.41	2
102	657	1656	SCHOOMBEE	PRETORIUS	MADIBA	M	68	65-69M	1.15.52	3
103	12	1897	STEPHANIE	ARNDT	STFRAN	F	60	60-64F	1.15.54	5

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104	552	1283	URAN	LE ROUX	VWAC	M	59	55-59M	1.16.00	2
105	493	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	1.16.20	2
106	557	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	1.16.31	2
107	696	861	LONWAGO	MITSHARE	SPAREC	M	55	55-59M	1.16.35	2
108	400	200	NTSIKELELO	MAGAWU	TEMP	M	50	50-54M	1.16.41	0
109	375	175	MARCO	VIDULICH	TEMP	M	42	40-44M	1.16.45	0
110	678	9885	MKHULULI	MANYALA	NEDBANK	M	44	40-44M	1.16.45	2
111	430	564	GAVIN	SILLS	RUN4C	M	52	50-54M	1.16.50	2
112	138	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	1.16.52	2
113	785	137	AMIR	VENTER	MALABAR	M	45	45-49M	1.17.00	2
114	740	552	GEOFFREY	SWARTBOOI	RUN4C	M	49	45-49M	1.17.15	2
115	48	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	1.17.29	5
116	767	96	LAURA	MARITZ	INFINITY	F	65	65-69F	1.17.30	5
117	477	6122	JOHAN	VAN STADEN	KEMPTON	M	62	60-64M	1.17.41	0
118	603	844	THERESA	BUCHNER	32GI	F	40	40-44F	1.17.54	2
119	124	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	1.17.55	2
120	606	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	1.18.00	2
121	446	1212	BURNITA	STRYDOM	RUN4C	F	57	55-59F	1.18.01	3
122	563	1412	RAYMOND	WEITZ	NEDBANK	M	71	70+M	1.18.06	3
123	768	11858	ALEXANDER	DALEMAN	TEMP	M	26	SM	1.18.15	0
124	19	3168	NICHOLAS	BANGO	VITALITY	M	38	35-39M	1.18.16	1
125	129	290	JG	LE ROUX	MUIRITE	M	52	50-54M	1.18.31	2
126	577	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	1.18.34	2
127	623	1193	HELGE	PRETORIUS	ELITEAC	F	31	SF	1.18.35	2
128	56	982	CHARLES	CORBY	CHARLO	M	55	55-59M	1.18.37	2
129	604	1062	NICK	CHAPMAN	ACH	M	53	50-54M	1.18.39	2
130	85	914	ETIENNE	GERBER	CHARLO	M	55	55-59M	1.18.47	2
131	142	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	1.18.56	1
132	706	1315	WERNER	MEYER	SAPPE	M	52	50-54M	1.19.07	2
133	576	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	1.19.22	3
134	592	410076	KYLIE	VERMAAK	ELITEAC	F	18	JF	1.19.26	1
135	109	8853	JOHN	JONAS	BENH	M	43	40-44M	1.19.42	0
136	158	934	JEAN	MEYER	CHARLO	M	46	45-49M	1.19.56	1
137	16	1043	DAVID	BAINS	XCEL	M	59	55-59M	1.19.57	2
138	447	1893	ELBE	STRYDOM	STFRAN	M	53	50-54M	1.20.27	2
139	31	621	KOBUS	BOSCH	PENT	M	48	45-49M	1.20.27	0
140	17	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	1.20.33	1
141	183	911	TANYA	NORRIS	CHARLO	F	41	40-44F	1.20.35	2
142	87	1006	BRUCE	GIE	BODYCON	M	52	50-54M	1.20.38	2
143	677	9884	MELWIN	REANS	TEMP	M	49	45-49M	1.20.42	0
144	66	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	1.20.42	2
145	156	1476	KHANYO	MDWAYI	NEDBANK	F	44	40-44F	1.20.48	2
146	650	9865	ANGUS	ARGYLE	TEMP	M	35	35-39M	1.20.49	0
147	72	733	ALEX	DU TOIT	CRUSADE	M	61	60-64M	1.20.53	2
148	741	1841	DOLLY	NDUDE	HOLLYWOO	F	53	50-54F	1.20.57	2
149	55	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	1.21.00	2
150	521	1501	JOHANNES	CAMPHER	BFNSTRID	M	60	60-64M	1.21.06	0
151	419	792	JACO	ROOS	32GI	M	37	35-39M	1.21.13	1
152	300	100	LUYANDA	NOTWANA	TEMP	M	39	35-39M	1.21.26	0
153	107	2031	ANDREW	JONAS	MUIRITE	M	61	60-64M	1.21.39	2
154	67	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	1.22.00	1
155	118	1621	WILHELM	KILIAN	MADIBA	M	49	45-49M	1.22.18	1

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156	610	791	CHARL	GERBER	32GI	M	49	45-49M	1.22.19	1
157	602	2733	TANYA	BENTLEY	TEAMVIT	F	33	SF	1.22.25	0
158	46	1887	DEBRA JANE	CHRISTY	STFRAN	F	61	60-64F	1.22.45	3
159	241	41	RENIER	ERASMUS	TEMP	M	54	50-54M	1.22.47	0
160	795	11859	ABRÉ	GOUSSARD	TEMP	M	41	40-44M	1.22.50	0
161	125	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	1.23.03	2
162	265	65	CAROLINE	JOOSTE	TEMP	F	44	40-44F	1.23.09	0
163	217	17	NICOLA	BROEKSMA	TEMP	F	41	40-44F	1.23.13	0
164	591	40075	CHLOÉ	VERMAAK	ELITEAC	F	18	JF	1.23.16	1
165	600	9003	PIETER	VAN AARDE	TEMP	M	39	35-39M	1.23.16	0
166	547	1501	THOZAMILE	GROOTBOOM	MALABAR	M	49	45-49M	1.23.19	1
167	514	2433	JUAN-PIERRE	BARKHUIZEN	TV	M	33	SM	1.23.26	0
168	246	46	LLEWELLYN	FOXCROFT	TEMP	M	50	50-54M	1.23.26	0
169	42	991	DARRYL	CALVERT	CHARLO	M	50	50-54M	1.23.31	1
170	108	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	1.23.36	1
171	709	3043	MARC	MAHAMBEHLALA	VITALITY	M	34	SM	1.23.36	1
172	253	53	LIZELLE	GRIESSEL	TEMP	F	42	40-44F	1.23.37	0
173	154	1837	XOLA	MBATSHA	HOLLYWOO	M	45	45-49M	1.23.38	1
174	37	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	1.23.43	1
175	749	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	1.23.36	4
176	486	7984	ANDREA	VOGEL	TV	F	41	40-44F	1.23.45	0
177	495	2995	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	1.23.45	1
178	200	1309	GERALD	PIETERSEN	VWAC	M	45	45-49M	1.23.49	1
179	344	144	HANCO	COETZEE	TEMP	M	26	SM	1.23.57	0
180	377	177	STIAAN	VON WIELLIGH	TEMP	M	44	40-44M	1.24.01	0
181	207	7	SHANE	ANNANDALE	TEMP	M	42	40-44M	1.24.06	0
182	702	11812	ANDRE	IMMELMAN	TEMP	M	48	45-49M	1.24.09	0
183	1003	706	STEPHEN	MCCARTHY	CRUSADE	M	64	60-64M	1.24.10	1
184	122	4601	ILSE-MARIE	KROG	HELDH	F	43	40-44F	1.24.23	0
185	494	876	GEORGE	WINSHIP	CHARLO	M	60	60-64M	1.24.28	1
186	745	745	KATHLEEN	FLANAGAN	CRUSADE	F	40	40-44F	1.24.28	1
187	448	606	JAPIE	SWANEPOEL	HANG	M	60	60-64M	1.24.31	0
188	618	2538	LUTHANDO	NDZAMBO	MADIBAZ	M	42	40-44M	1.24.48	1
189	667	9877	MARLI	SWART	TEMP	F	15	JF	1.24.49	0
190	655	9868	MZWAMA	GROOTBOOM	TEMP	M	50	50-54M	1.24.52	0
191	119	18682	JOLENE	KLOPPERS	TV	F	51	50-54F	1.24.55	0
192	467	921	RYAN	VAN DER MESCHT	CHARLO	M	44	40-44M	1.25.02	1
193	625	554	PETIE	RADEMEYER	RUN4C	M	51	50-54M	1.25.03	1
194	573	1485	KOOS	OLIVIER	NEDBANK	M	67	65-69M	1.25.06	2
195	251	51	MICHELLE	GREYLING	TEMP	F	19	JF	1.25.18	0
196	642		UNKNOWN		TEMP	F	20	JF	1.25.19	0
197	796	1751	SAMIER	ABRAHAMS	GELVAN	M	55	55-59M	1.25.22	1
198	480	1257	ESTELLE	VAN ZYL	VUIL	F	54	50-54F	1.25.22	0
199	97	1260	GERT	HENNING	VUIL	M	51	50-54M	1.25.22	0
200	649	9864	WILLEM	DU PLESSIS	TEMP	M	39	35-39M	1.25.27	0
201	346	146	ALANDA	FORBES	TEMP	F	41	40-44F	1.25.27	0
202	536	108	JOHANNES	DU PLESSIS	AGAPE	M	68	65-69M	1.25.36	0
203	101	915	JOEL	HUMAN	CHARLO	M	52	50-54M	1.25.37	1
204	27	888	RAHUL	BHANA	CHARLO	M	22	SM	1.25.39	1
205	632	1696	JANET	VAN NIEKERK	MADIBA	F	49	45-49F	1.25.43	1
206	687	9889	MARIÉ	PETRELIS	TEMP	F	50	50-54F	1.25.45	0
207	517	830	NATALIE	BOSHOF	32GI	F	39	35-39F	1.25.51	1

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208	58	2961	MICHA	CRONJE	32GI	F	36	35-39F	1.25.51	1
209	542	777	STEVEN	GAGIANO	32GI	M	45	45-49M	1.25.51	1
210	777	1843	BOMKAZI	NTONI	ACH	F	38	35-39F	1.25.52	1
211	435	1191	SANMARIE	SMIDT	BFNSTR	F	40	40-44F	1.25.57	0
212	599	9002	TIMOTHY	SING KEY	TEMP	M	48	45-49M	1.26.01	0
213	627	410	AMANDA	SHAW	IKHAMVA	F	61	60-64F	1.26.05	2
214	116	510	GIDEON	VAN ZYL	RUN4C	M	44	40-44M	1.26.06	1
215	607	2734	NIKITA	DRURY	TEAMVIT	F	33	SF	1.26.31	0
216	220	20	RIAN	BUIT	TEMP	M	26	SM	1.26.36	0
217	237	37	DIETER	DEYSEL	TEMP	M	53	50-54M	1.26.36	0
218	238	38	KIANA	DEYSEL	TEMP	F	25	SF	1.26.36	0
219	620	1383	NZUZO	NOQEKWA	NEDBANK	M	47	45-49M	1.26.52	1
220	799	1102	KEN	BARWOOD	ACH	M	70	70+M	1.26.56	1
221	348	148	IZANNE	HAWKER	TEMP	F	37	35-39F	1.26.59	0
222	131	1575	LESLEY-ANN	LEVEY BUSH	DESPATCH	F	53	50-54F	1.27.04	1
223	68	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	1.27.04	1
224	483	14888	SIMONI	VAN ZYL	32GI	F	43	40-44F	1.27.08	1
225	257	57	BERNARD	HARTWIG	TEMP	M	47	45-49M	1.27.08	0
226	559	2302	ANELE	MESANI	VUKANI	M	45	45-49M	1.27.14	1
227	73	2704	YOLANDA	DUGMORE	VITALITY	F	53	50-54F	1.27.14	1
228	471	16381	ANRI	VAN NIEKERK	RUNZONE	F	40	40-44F	1.27.19	0
229	340	140	HARREED	CLOETE	TEMP	M	27	SM	1.27.28	0
230	243	43	ALEX	FLEMMING	TEMP	F	33	SF	1.27.32	0
231	424	283	LORENZO	SAMUELS	MUIRITE	M	40	40-44M	1.27.32	1
232	291	91	JURIE	MINNAAR	TEMP	M	45	45-49M	1.27.38	0
233	380	180	DON	CHARLES	TEMP	M	76	70+M	1.27.50	0
234	397	197	SYLVESTER	FELKERS	TEMP	M	47	45-49M	1.27.55	0
235	426	514	MONTE	SCHOLTZ	RUN4C	M	64	60-64M	1.28.00	1
236	619	1332	THANDIWE	NKWANDLA	NEDBANK	F	60	60-64F	1.28.04	2
237	285	85	JOERHAN	MEY	TEMP	M	37	35-39M	1.28.18	0
238	279	79	JENAINE	LIPPERT	TEMP	M	30	SM	1.28.19	0
239	240	40	CARL	ERASMUS	TEMP	M	27	SM	1.28.22	0
240	306	106	ANRU	POTGIETER	TEMP	M	26	SM	1.28.23	0
241	615	1356	JEROME	MAY	NEDBANK	M	59	55-59M	1.28.25	1
242	700	9877	ARNO	BECKER	TEMP	M	43	40-44M	1.28.30	0
243	654	9867	LOUIS	MOOLMAN	TEMP	M	33	SM	1.28.31	0
244	691	9892	RIAAAN	VERMAAK	TEMP	M	41	40-44M	1.28.37	0
245	652	9866	EUGENE	DUVENAGE	TEMP	M	38	35-39M	1.28.37	0
246	530	621	KIRWIN	DE KLERK	ASPEN	M	44	40-44M	1.29.05	1
247	226	26	ROLAND	CLACK	TEMP	M	55	55-59M	1.29.06	0
248	198	960	ADELE	PHIPPS	CHARLO	F	56	55-59F	1.29.06	1
249	601	9001	THARINA	VAN AARDE	TEMP	F	34	SF	1.29.08	0
250	49	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.29.13	1
251	420	991	GREGORY	ROSS	CHARLO	M	49	45-49M	1.29.24	1
252	99	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	1.29.24	1
253	338	138	WIKUS	VAN DER WALT	TEMP	M	58	55-59M	1.29.26	0
254	170	2602	DOINA	NAUDE	MADIBAZ	F	44	40-44F	1.29.32	1
255	235	35	LEONARD	DENYSSCHEN	TEMP	M	64	60-64M	1.29.34	0
256	245	45	STEVEN	FOX	TEMP	M	19	JM	1.29.35	0
257	549	1515	ATTIE	JOOSTE	NEDBANK	M	46	45-49M	1.29.48	1
258	718	1757	JACOBUS	JULIUS	GELVAN	M	51	50-54M	1.29.39	1
259	323	123	YVONNE	VAN RENSBURG	TEMP	F	29	SF	1.29.49	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
260	310	110	MARI	ROMIJN	TEMP	F	39	35-39F	1.29.50	0
261	264	64	ODETTE	JOHNSON	TEMP	F	39	35-39F	1.29.50	0
262	519	1689	SILKE	BOTHA	MADIBA	F	28	SF	1.29.52	1
263	123	587	KIRSTI	KUHN	RUN4C	F	37	35-39F	1.30.07	1
264	579	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	1.30.07	1
265	528	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	1.30.14	1
266	475	951	REON	VAN RENSBURG	CHARLO	M	53	50-54M	1.30.16	1
267	53	285	VANESSA	COETZEE	MUIRITE	F	49	45-49F	1.30.17	1
268	708	3182	LINCOLN	JANSEN	MADIBAZ	M	36	35-39M	1.30.19	1
269	179	1846	SIMO	NKANYUZA	HOLLYWOO	M	38	35-39M	1.30.30	1
270	407	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	1.30.32	1
271	43	1111	GRAHAM	CHANNON	ACH	M	76	70+M	1.30.34	1
272	175	611	HAYLEY	NEWING	ASPEN	F	41	40-44F	1.30.38	1
273	761	1554	HELGARD	POTGIETER	DESPATCH	M	53	50-54M	1.30.38	1
274	137	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	1.30.41	1
275	755	11838	GAVIN	LENTOOR	TEMP	M	46	45-49M	1.30.46	0
276	571	2968	XOLANI	NTSIMANGO	NEDBANK	M	48	45-49M	1.30.51	1
277	399	199	KAYLA	KRUGER	TEMP	F	23	SF	1.30.52	0
278	757	11844	THAPELO	SADIKI	TEMP	M	38	35-39M	1.31.03	0
279	763	1203	ANNEMIE	DU TOIT	ELITEAC	F	41	40-44F	1.31.12	1
280	474	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	1.31.13	1
281	596	556	ATTIE	WILLIAMS	RUN4C	M	63	60-64M	1.31.14	1
282	550	270	ABU BAKAR	KHADROUI	GELVAN	M	24	SM	1.31.18	1
283	327	127	CHRISTIAN	VANWYK	TEMP	M	19	JM	1.31.23	0
284	84	1635	DORIS	GERBER	MADIBA	F	55	55-59F	1.31.32	1
285	630	1648	KEITH	VALENTINE	MADIBA	M	35	35-39M	1.31.32	1
286	800	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.31.42	1
287	433	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	1.31.42	1
288	689	689	ELISTA	NEL	TEMP	F	17	JF	1.31.45	0
289	113	723	ALETTA	JOUBERT	CRUSADE	F	64	60-64F	1.31.46	1
290	206	6	JENNIFER	AH CHONG	TEMP	F	58	55-59F	1.31.49	0
291	764	515	Leruchka	Van Huyssteen	RUN4C	F	31	SF	1.31.58	1
292	358	158	JACQUES	OLIVIER	TEMP	M	26	SM	1.32.08	0
293	373	173	NICOLA	VAN ZYL	TEMP	F	26	SF	1.32.08	0
294	429	625	YOLANDA	SIDWABA	ASPEN	F	34	SF	1.32.10	1
295	252	52	DEON	GRIESSEL	TEMP	M	51	50-54M	1.32.12	0
296	309	109	OLGA	RHOODIE	TEMP	F	44	40-44F	1.32.22	0
297	52	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	1.32.24	1
298	737	42	SAM	ERASMUS	SAPPE	M	68	65-69M	1.32.25	1
299	413	350	MARIUS	ROACH	MUIRITE	M	32	SM	1.32.26	1
300	569	419	AMANDA	NOHAJI	CHILLIEP	F	37	35-39F	1.32.27	1
301	783	11422	MICHELL	STRYDOM	TEMP	F	24	SF	1.32.28	0
302	781	1238	PIETER	GERBER	ELITEAC	M	50	50-54M	1.32.30	1
303	626	1450	ANNEMARIE	SCHOLTZ	VRYBURG	F	40	40-44F	1.32.41	0
304	69	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	1.32.46	1
305	614	2257	SUSAN	LEWIS	ACH	F	61	60-64F	1.32.46	1
306	484	972	CONRAD	VENTER	CHARLO	M	34	SM	1.32.47	1
307	537	1609	WILHELMIEN	DU RANDT	DESPATCH	F	51	50-54F	1.32.52	1
308	461	639	DHIRESH	VALLABH	ASPEN	M	40	40-44M	1.32.52	1
309	705	11813	ZUKISANI	BOTHA	TEMP	M	41	40-44M	1.33.07	0
310	692	9893	LUAN	NIEWOUDT	TEMP	M	30	SM	1.33.09	0
311	149	3145	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	1.33.10	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
312	454	1794	KELLY	TITUS	GELVAN	F	22	SF	1.33.11	1
313	173	1015	REJEANNE	NEL	POLOK	F	48	45-49F	1.33.13	0
314	82	1214	BERNITA	GERBER	ELITEAC	F	61	60-64F	1.33.14	1
315	1000		UNKNOWN		TEMP	M	20	JM	1.33.15	0
316	302	102	ELRE	OOSTHUIZEN	TEMP	F	18	JF	1.33.33	0
317	304	104	LYNDA	PAUTZ	TEMP	F	45	45-49F	1.33.34	0
318	701	9898	ROSS	DU RANDT	TEMP	M	39	35-39M	1.33.36	0
319	369	169	JOSH	TOWNSEND	TEMP	M	27	SM	1.33.43	0
320	686		UNKNOWN		TEMP	F	20	JF	1.34.06	0
321	168	1267	ANAND	NAIDOO	VWAC	M	55	55-59M	1.33.56	1
322	773	1492	DEON	VYVER	NEDBANK	M	59	55-59M	1.34.08	1
323	293	93	BIANCA	MITCHELL-INNES	TEMP	F	42	40-44F	1.34.27	0
324	41	345	ROBERT	BUTTON	OLDSELB	M	66	65-69M	1.34.29	0
325	710	11819	ASTRID	ROSSOUW	TEMP	F	46	45-49F	1.34.36	0
326	417	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	1.34.40	1
327	704	11811	JASIAH	STILL	TEMP	M	16	JM	1.34.48	0
328	770	1908	SIAN	HARDING	STFRAN	F	43	40-44F	1.34.52	1
329	160	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	1.34.58	1
330	11	1201	CATHERINE	ALLERS	ELITEAC	F	63	60-64F	1.35.08	1
331	63	1534	CLARISKA	DE BEER	DESPATCH	F	35	35-39F	1.35.21	1
332	523	6801	ADELE	COETZEE	PHOB	F	54	50-54F	1.35.23	0
333	450	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	1.35.28	1
334	204	4	ZANDER	ADLAM	TEMP	M	19	JM	1.35.35	0
335	793	11866	NADIA	SMITH	TEMP	F	48	45-49F	1.35.47	0
336	278	78	JAKO	LANGENHOVEN	TEMP	M	63	60-64M	1.35.50	0
337	324	124	SALWAH	VAN RHEEDE	TEMP	F	35	35-39F	1.35.53	0
338	216	16	JONATHAN	BRIDGE	TEMP	M	26	SM	1.36.01	0
339	434	779	RYNHARDT	SMIDT	KOVSIES	M	43	40-44M	1.36.13	0
340	470	961	LARA	VAN HEERDEN	CHARLO	F	49	45-49F	1.36.14	1
341	221	21	JOHN	BULL	TEMP	M	63	60-64M	1.36.15	0
342	436	930	IMKE	SMIT	CHARLO	F	37	35-39F	1.36.16	1
343	230	30	RENE	CROUSE	TEMP	F	36	35-39F	1.36.17	0
344	38	2190	ALAN	BROWNE	32GI	M	33	SM	1.36.17	1
345	229	29	HEINRICH	CROUSE	TEMP	M	40	40-44M	1.36.18	0
346	540	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	1.36.18	1
347	682	1943	XOLA	JIKELA	STUT	M	49	45-49M	1.36.19	0
348	395	195	ELIZE	BOSCH	TEMP	F	45	45-49F	1.36.22	0
349	391	191	MOEKETSI	TSOTETSI	TEMP	M	35	35-39M	1.36.34	0
350	476	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	1.36.49	1
351	658	9871	SIMON	DILYR	TEMP	M	43	40-44M	1.36.49	0
352	415	6271	KOSIE	ROBBERTSE	RUNAV	M	58	55-59M	1.36.50	0
353	255	55	THEMBELA	GXAMZA	TEMP	F	36	35-39F	1.36.58	0
354	580	583	CHRISTELLE	SLABBERT	RUN4C	F	54	50-54F	1.36.58	1
355	159	480	KELVIN	MEYER	WALMER	M	43	40-44M	1.37.01	1
356	408	2484	JOHAN	REDELINGHUYS	ABSAEP	M	80	70+M	1.37.03	1
357	697	9193	BEATIE	GROBLER	UNKNOWN	F	38	35-39F	1.37.10	0
358	371	171	MARIANE	VAN DER LINDE	TEMP	F	47	45-49F	1.37.30	0
359	64	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	1.37.35	1
360	271	71	DEON	KAYSER	TEMP	M	55	55-59M	1.37.36	0
360	271	71	DEON	KAYSER	TEMP	M	55	55-59M	1.37.36	0
361	499	1567	JACOBUS	WYATT	DESPATCH	M	62	60-64M	1.37.42	1
362	202	2	ALTA	ADLAM	TEMP	F	55	55-59F	1.38.03	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
363	490	511	ELRINDA	WANNENBURG	RUN4C	F	44	40-44F	1.38.14	1
364	150	2294	SIDWELL	MATINYANE	VUKANI	M	60	60-64M	1.38.19	1
365	487	7983	JONATHAN	VOGEL	TV	M	43	40-44M	1.38.23	0
366	786	1559	NOLEEN	AMBRAAL	DESPATCH	F	55	55-59F	1.38.26	1
367	612	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	1.38.27	1
368	613	1615	STEVE	LAMBRECHTS	DESPATCH	M	43	40-44M	1.38.28	1
369	23	1246	TANIA	BELLEW	ELITEAC	F	40	40-44F	1.38.36	1
370	33	1913	ANDRE	BOTHA	BLUEBAY	M	61	60-64M	1.38.53	1
371	743	1031	IVO	MEYER	BODYCON	M	51	50-54M	1.39.22	1
372	402	414	AYANDA	POTGIETER	CHILLIEP	F	31	SF	1.39.23	1
373	287	87	MARYNA	MEYER	TEMP	F	54	50-54F	1.39.32	0
374	286	86	ANDREW	MEYER	TEMP	M	52	50-54M	1.39.32	0
375	219	19	ROUAN	BRUMMER	TEMP	M	44	40-44M	1.39.34	0
376	100	966	KEANO	HITZEROTH	CHARLO	M	25	SM	1.39.36	1
377	531	75	HESTER	DEKKER	SAPPE	F	53	50-54F	1.39.36	1
378	321	121	ETHAN	VAN AS	TEMP	M	27	SM	1.39.38	0
379	209	9	AIMEE	BADENHORST	TEMP	F	24	SF	1.39.39	0
380	750		UNKNOWN		TEMP	F	20	JF	1.39.58	0
381	308	108	JOHAN	REDELINGHUYS	TEMP	M	50	50-54M	1.40.04	0
382	21	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	1.40.05	1
383	103	40008	JUDE	JACOBS	RUN4C	M	14	JM	1.40.07	1
384	459	3116	MTHOBELI	TULUMANI	STFRAN	M	32	SM	1.40.07	1
385	707	11814	JURIE	VOSLOO	TEMP	M	49	45-49M	1.40.08	0
386	636	996	PAULA	PEARCE	CHARLO	F	57	55-59F	1.40.15	1
387	534	1195	SAMANTHA	DOUGLAS	ELITEAC	F	38	35-39F	1.40.20	1
388	318	118	NATASHA	THERON	TEMP	F	42	40-44F	1.40.21	0
389	405	146	ELENORE	RAGAVAL	OXFORD	M	66	65-69M	1.40.26	0
390	141	2688	THOZAMA	MANTLAKA	VITALITY	F	39	35-39F	1.40.32	1
391	565	707	MPUMELELO	NGWENYA	CRUSADE	M	36	35-39M	1.40.33	1
392	263	63	MARYNA	JOHANN	TEMP	F	30	SF	1.40.34	0
393	262	62	HEINRICH	JOHANN	TEMP	M	38	35-39M	1.40.34	0
394	356	156	LEANDRA	OBERHOLSTER	TEMP	F	39	35-39F	1.40.40	0
395	376	176	SONJA	VON WIELLIGH	TEMP	F	40	40-44F	1.40.40	0
396	734	11832	SIYANDA	KETANI	TEMP	M	38	35-39M	1.40.55	0
397	59	22741	BRIAN	CURRIE	SPRINGS	M	76	70+M	1.41.01	0
398	47	2313	ANDISWA	CINGO	VUKANI	F	39	35-39F	1.41.09	1
399	1269	1269	ZAKHELE	LELAKA	VWAC	M	52	50-54M	1.41.10	1
400	330	130	KIM	VENTER	TEMP	F	41	40-44F	1.41.18	0
401	14	2912	HEINRICH	BADENHORST	SAPPE	M	56	55-59M	1.41.23	1
402	224	24	RODNEY	BUTTERS	TEMP	M	63	60-64M	1.41.39	0
403	195	46	CRAIG	PETERSEN	SAPPE	M	51	50-54M	1.41.40	1
404	305	242	ROBIN	PEACOCK	MUIRITE	M	41	40-44M	1.41.44	1
405	331	131	PETER	VENTER	TEMP	M	45	45-49M	1.41.45	0
406	201	1	RENETTE	ACKERMANN	TEMP	F	61	60-64F	1.41.54	0
407	765	487	RIAAAN	VAN HUYSSTEEN	RUN4C	M	31	SM	1.41.58	1
408	780	2017	LEKELA	NKONKI	VITALITY	M	53	50-54M	1.42.11	1
409	367	167	JAN	SMIT	TEMP	M	56	55-59M	1.42.14	0
410	132	979	DEON	LODDER	HARMONYF	M	61	60-64M	1.42.16	0
411	500	1568	TALANA	WYATT-LOMBARD	DESPATCH	F	34	SF	1.42.17	1
412	284	84	THEMBELA	MANYA	TEMP	M	42	40-44M	1.42.21	0
413	105	2022	JOLENE	JANSEN	CHARLO	F	39	35-39F	1.42.24	1
414	479	40107	MINIQUE	VAN TONDER	DESPATCH	F	19	JF	1.42.27	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
415	756	11839	CARMEN	DE LANGE	TEMP	F	36	35-39F	1.42.30	0
416	647	323	CLIVE	VAN RAYNER	MUIRITE	M	58	55-59M	1.42.32	1
417	593	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	1.42.33	1
418	543	1601	ANIZE	GERBER	DESPATCH	F	52	50-54F	1.42.36	1
419	583	2060	PIETER	STRYDOM	DESPATCH	M	64	60-64M	1.42.40	1
420	794	128	DAWOOD	BABOO	MALABAR	M	38	35-39M	1.42.44	1
421	239	39	LAURELLE	DEYSEL	TEMP	F	51	50-54F	1.42.56	0
422	660	3074	SIYABULELA	MENDELA	SAPPE	M	42	40-44M	1.42.58	1
423	35	298	SANET	BOUCHER	MUIRITE	F	46	45-49F	1.42.59	1
424	341	341	KIJANA	LARSEN	TEMP	F	25	SF	1.43.01	0
425	671	9878	DEMPERS	MEYER	TEMP	M	37	35-39M	1.43.03	0
426	672	9879	ONA	MEYER	TEMP	F	36	35-39F	1.43.04	0
427	766	2321	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	1.43.09	1
428	760	9843	MARJORE	DE BEER	TEMP	F	21	SF	1.43.10	0
429	153	1525	KANYISA	MAYAYA	SAPPE	F	38	35-39F	1.43.12	1
430	651	9870	WADE	MURISON	TEMP	M	36	35-39M	1.43.16	0
431	532	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	1.43.22	1
432	24	512	ANSIE	BENADE	RUN4C	F	66	65-69F	1.43.30	1
433	553	2914	NOMANDLA	LUNGUZA	SAPPE	F	49	45-49F	1.43.32	1
434	1001	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	1.43.35	1
435	164	2026	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	1.43.43	1
436	268	68	CHANTE TAE	JOSEPH	TEMP	F	32	SF	1.43.49	0
437	673	9880	RUAN	ENGELBRECHT	TEMP	M	26	SM	1.43.57	0
438	674	9881	IVANKA	VAN DER MERWE	TEMP	F	20	JF	1.43.57	0
439	665	9875	YOLANDI	TERBLANCHE	TEMP	F	44	40-44F	1.43.57	0
440	525	6803	JONE	COETZEE	PHOB	F	22	SF	1.44.05	0
441	598	9001	THABISO	SETHUOA	TEMP	M	36	35-39M	1.44.07	0
442	597	2436	CASTRO	RHANGAYI	HOLLYWOO	M	50	50-54M	1.44.43	1
443	609	2805	CHARL	GERBER	RUN4C	M	61	60-64M	1.44.48	1
444	561	796	NOZIPHO	MPAHLENI	MTHATHA	F	39	35-39F	1.44.57	0
445	722	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.45.08	1
446	724	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	1.45.14	1
447	754	11837	PHINDIWE	TIKWAYO	TEMP	F	42	40-44F	1.45.15	0
448	361	161	MATTHEW	PEARCE	TEMP	M	26	SM	1.45.16	0
449	798	11107	CARYNNE	DRYDEN	TEMP	F	51	50-54F	1.45.20	0
450	628	409	VERONICA	SMITH	IKHAMVA	F	59	55-59F	1.45.20	1
451	178	541	ULRICH	NIEUWOUDT	RUN4C	M	30	SM	1.45.48	1
452	374	174	CORA-LEE	VENTER	TEMP	F	32	SF	1.45.52	0
453	717	3214	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.45.55	1
454	225	25	JARED	CHARLTON	TEMP	M	35	35-39M	1.45.59	0
455	558	3108	SOLLY	MEMESE	MUIRITE	M	63	60-64M	1.46.05	1
456	739	2509	LERATO	MUZH	MADIBAZ	F	40	40-44F	1.46.10	1
457	1004		UNKNOWN		TEMP	M	20	JM	1.46.15	0
458	406	286	LEE-ANN	RAGAVAL PASQUALLIE	OXFORD	F	45	45-49F	1.46.43	0
459	13	1239	MARANDA	AVONTUUR	NEDBSWD	F	66	65-69F	1.46.51	0
460	320	120	CANDI	TSHAZIBANA	TEMP	F	33	SF	1.47.06	0
461	295	95	NEL	NAUDE	TEMP	M	19	JM	1.47.08	0
462	491	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.47.10	1
463	79	529	ANDRE	FOURIE	RUN4C	M	78	70+M	1.47.11	1
464	15	984	BELINDA	BAIN	CHARLO	F	63	60-64F	1.47.17	1
465	39	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.47.26	1
466	567	1008	LISO	NIKELO	BUFFALO	F	45	45-49F	1.47.47	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
467	210	10	CHRISTIAAN	BARNARD	TEMP	M	41	40-44M	1.47.48	0
468	336	136	MZUVUKILE	ZENDILE	TEMP	M	42	40-44M	1.47.49	0
469	439	913	SHARON	SMUTS	CHARLO	F	59	55-59F	1.47.53	1
470	354	154	KAREN	NIKSCH	TEMP	F	57	55-59F	1.48.01	0
471	676	9883	PIETER	MULLER	TEMP	M	30	SM	1.48.09	0
472	161	2296	KAYA	MLENZE	VUKANI	M	45	45-49M	1.48.38	1
473	546	1716	DERICK	GOLIATH	GELVAN	M	62	60-64M	1.48.38	1
474	353	153	VICTORIA	NIENHUIS	TEMP	F	28	SF	1.48.41	0
475	378	178	JOHN	WILDGOOSE	TEMP	M	28	SM	1.48.41	0
476	516	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.48.50	1
477	529	1624	ESTELLE	DE KLERK	MADIBA	F	59	55-59F	1.48.51	1
478	762	1555	LYDIA	POTGIETER	DESPATCH	F	50	50-54F	1.48.52	1
479	366	166	ISABELLA	ROUX	TEMP	F	20	JF	1.49.01	0
480	431	563	LINDA	SILLS	RUN4C	F	43	40-44F	1.49.06	1
481	539	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	1.49.11	1
482	788	2090	WELLINGTON	TSHINGANE	SANDFEP	M	55	55-59M	1.49.13	1
484	223	23	ERIK	BURGER	TEMP	M	31	SM	1.49.23	0
485	281	81	MTHOKOZISI CHR	LUTHULI	TEMP	M	35	35-39M	1.49.29	0
486	271	71	DEON	KAYSER	TEMP	M	55	55-59M	1.49.29	0
486	271	71	DEON	KAYSER	TEMP	M	55	55-59M	1.49.29	0
487	171	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	1.49.30	1
488	462	2036	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.49.43	1
489	213	13	CHARL	BOTHA	TEMP	M	32	SM	1.49.50	0
490	465	1536	BENICE	VAN DER MERWE	DESPATCH	F	24	SF	1.49.52	1
491	296	96	RIAAAN	NEL	TEMP	M	44	40-44M	1.49.53	0
492	322	122	ANDRE	VAN HUYSSTEEN	TEMP	M	25	SM	1.49.59	0
493	325	125	THEO	VAN STRYP	TEMP	M	32	SM	1.50.00	0
494	34	1915	TAMSYN	BOTHA	BLUEBAY	F	30	SF	1.50.01	1
495	176	1307	FIKISWA	NGONYAMA	VWAC	F	42	40-44F	1.50.02	1
496	88	2165	DEON	GRIESEL	CHARLO	M	58	55-59M	1.50.08	1
497	89	2164	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.50.08	1
498	45	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	1.50.15	1
499	703	11809	CALLY	TAYLOR	TEMP	F	21	SF	1.50.15	0
500	629	7709	GJ	STOLS	SWIND	M	29	SM	1.50.16	0
501	423	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.50.26	1
502	428	1310	PHUMLA	SIBALI	VWAC	F	46	45-49F	1.50.26	1
503	648	181	JOANI	JACOBS	TEMP	F	19	JF	1.50.45	0
504	214	14	CARLIEN	BOTMA	TEMP	F	20	JF	1.50.45	0
505	364	164	GLEN	RICHTER	TEMP	M	40	40-44M	1.50.53	0
506	191	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.50.57	1
507	554	2467	XHANTI	MANTSHIYO	ABSAEP	M	58	55-59M	1.51.05	1
508	458	917	VICKY	TSOUKNIDAS	CHARLO	F	47	45-49F	1.51.09	1
509	1286	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.51.11	1
510	174	980	RINA	NEL	HARMONYF	F	57	55-59F	1.51.18	0
511	2121	2121	ABRAHAM	PATRICK	ATLANTIC	M	62	60-64M	1.51.19	1
512	292	92	JOSH	MINNAAR	TEMP	M	41	40-44M	1.51.23	0
513	594	1566	RUAN	WELGEMOED	DESPATCH	M	31	SM	1.51.23	1
514	464	2949	BASIL	VAN DER MERWE	GWOOD	M	43	40-44M	1.51.32	0
515	457	1874	MBULELO	TSHIKILA	HOLLYWOO	M	52	50-54M	1.51.58	1
516	729	1380	BANDILE	CUNTU	NEDBANK	M	61	60-64M	1.51.58	1
517	797	1295	XOLANI	MGIJIMA	VWAC	M	43	40-44M	1.51.58	1
518	247	47	GARETH	FRIEND	TEMP	M	46	45-49M	1.52.15	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
519	248	48	MONIQUE	FRIEND	TEMP	F	19	JF	1.52.15	0
520	784	1287	MICHELLE	HARDY-BERRINGTON	VWAC	F	40	40-44F	1.52.23	1
521	385	185	LUSANDA	MABHEKA	TEMP	F	34	SF	1.52.24	0
522	218	18	DESIREE	BRUMMER	TEMP	F	42	40-44F	1.52.29	0
523	311	111	JONATHAN	RUDMAN	TEMP	M	44	40-44M	1.52.29	0
524	605	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.52.36	1
525	121	980	PETRUS	KOOPMAN	CHARLO	M	65	65-69M	1.52.47	1
526	61	1725	PEARL	DAMONS	GELVAN	F	62	60-64F	1.52.56	1
527	51	894	TONY	CLARKE	CHARLO	M	65	65-69M	1.52.57	1
528	730	2461	FUNDISWA	ANTONY	ABSAEP	F	53	50-54F	1.53.09	1
529	427	1541	MONIQUE	SENEKAL	DESPATCH	F	34	SF	1.53.12	1
530	587	303	SANET	VAN NIEKERK	MUIRITE	F	56	55-59F	1.53.14	1
531	76	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.53.29	1
532	404	1234	ZANNÉ	PRINSLOO	NEDBSWD	F	48	45-49F	1.53.44	0
533	694	9895	LISE	MEYER	TEMP	F	31	SF	1.54.05	0
534	742	11588	NOLWAZI	BOQWANA	TEMP	F	52	50-54F	1.54.13	0
535	185	1396	ONGEZWA	NLATI	NEDBANK	F	31	SF	1.54.14	1
536	86	959	JOHAN	GERBER	CHARLO	M	46	45-49M	1.54.22	1
537	744	933	SANET	BEZUIDENHOUT	CHARLO	F	37	35-39F	1.54.25	1
538	22	893	MAGDA	BECKER	CHARLO	F	38	35-39F	1.54.37	1
539	478	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	1.54.42	1
540	32	279	VERONICA	BOSHOF	MUIRITE	F	64	60-64F	1.54.42	1
541	772	1530	MARLIZE	HAYWARD	DESPATCH	F	44	40-44F	1.54.44	1
542	339	139	ANNIEKA	MARAI	TEMP	F	36	35-39F	1.55.02	0
543	272	72	INECE	KAYSER	TEMP	F	57	55-59F	1.55.30	0
544	595	328	MADRE	WELMANS	MUIRITE	F	57	55-59F	1.55.32	1
545	71	3142	NONKE	DOYI	VITALITY	M	39	35-39M	1.55.35	1
546	774	1442	ALFRED	MALOTANA	NEDBANK	M	56	55-59M	1.55.35	1
547	30	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.55.35	1
548	545	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.55.36	1
549	440	337	CHRISTINE	SNYMAN	MUIRITE	F	69	65-69F	1.55.50	1
550	319	119	SEAN	THOMPSON	TEMP	M	35	35-39M	1.56.12	0
551	634	2465	OZELLE	WIEHAHN	RUN4C	F	52	50-54F	1.56.24	1
552	70	82	LETA	DOS SANTOS	INFINITY	F	61	60-64F	1.56.32	1
553	522	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.56.32	1
554	145	928	ALLISTER	MARRAN	CHARLO	M	49	45-49M	1.56.35	1
555	127	2662	ADELE	LE ROUX	VITALITY	F	49	45-49F	1.56.58	1
556	249	49	LEANDRÉ	GARDINER	TEMP	F	29	SF	1.57.02	0
557	538	544	JACQULENE	DU TOIT	RUN4C	F	53	50-54F	1.57.18	1
558	548	1407	BUKEKA	HELA	NEDBANK	F	53	50-54F	1.57.43	1
559	624	557	CHARLENE	RADEMEYER	RUN4C	F	44	40-44F	1.57.45	1
560	719	48	COLLEEN	MOSES	SAPPE	F	50	50-54F	1.57.56	1
561	139	2179	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	1.58.13	1
562	775	1464	DAVID	O'REILLY	NEDBANK	M	78	70+M	1.58.18	1
563	266	66	CAYLIN	JOOSTE	TEMP	F	24	SF	1.58.36	0
564	130	2054	MERVYN	LEE	EDGE	M	71	70+M	1.58.37	0
565	496	456	BULELANI	WITI	CHILLIEP	F	29	SF	1.58.39	1
566	157	1157	ZIYANDA	MDWAYI	TRANSNET	F	46	45-49F	1.58.45	1
567	299	99	NOMAXABISO	NOGUME	TEMP	F	38	35-39F	1.58.49	0
568	96	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.59.14	1
569	95	16313	KEHUMILE	HEADBUSH	MANONI	F	53	50-54F	1.59.17	0
571	693	9894	BERNICE	KRITZINGER	TEMP	F	56	55-59F	2.00.11	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
572	455	1634	TANIA	TRUTER	MADIBA	F	53	50-54F	2.00.21	1
573	388	188	LUNEYSWA	NJOKWENI	TEMP	F	39	35-39F	2.00.29	0
574	18	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	2.00.33	1
575	394	194	JENNÉ	BOOYSEN	TEMP	F	20	JF	2.00.38	0
576	533	40001	ZANTÉ	DEKKER	SAPPE	F	18	JF	2.00.49	1
577	541	2263	BONGEKA	FUZILE	VUKANI	F	40	40-44F	2.00.51	1
578	586	1580	MIHLALI	TYUSHA-SISILANA	CHEETHAS	F	33	SF	2.00.51	0
579	670	2759	Zonwabele	Tsawu	MUIRITE	M	61	60-64M	2.00.51	1
580	578	2751	JEREMY	SCOTT	VWAC	M	54	50-54M	2.00.52	1
581	357	157	RENEE	OLIVIER	TEMP	F	57	55-59F	2.01.14	0
582	343	143	CHARMAINE	BURGER	TEMP	F	24	SF	2.01.15	0
583	270	70	HANLIE	JUNIUS	TEMP	F	54	50-54F	2.01.36	0
584	675	9882	MARISA	LAMPRECHT	TEMP	F	37	35-39F	2.01.43	0
585	128	1761	JASON	LE ROUX	GELVAN	M	29	SM	2.01.46	1
586	337	137	ROSE	LOLO	TEMP	F	30	SF	2.02.02	0
587	315	115	LEANDRE	STRUMPHER	TEMP	F	42	40-44F	2.02.02	0
588	711	1466	AT	SCHOEMAN	NEDBANK	M	69	65-69M	2.02.05	1
589	36	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	2.02.29	1
590	611	532	JUDY	GERBER	RUN4C	F	59	55-59F	2.02.39	1
591	114	886	CELEST	JOYCE	CHARLO	F	57	55-59F	2.02.42	1
592	294	94	NOMFUNKEO	MLUMISO	TEMP	F	32	SF	2.03.08	0
593	244	44	CARLA	FOURIE	TEMP	F	30	SF	2.03.15	0
594	301	101	ANGELA	NTUKANTU	TEMP	F	32	SF	2.03.46	0
595	92	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	2.03.51	1
596	77	2162	ERIKA	FOREMAN	CHARLO	F	55	55-59F	2.03.51	1
597	453	1592	CEDRIC	THYSSE	DESPATCH	M	68	65-69M	2.03.51	1
598	384	184	SELUNATHI	LEFUTA	TEMP	F	27	SF	2.03.59	0
599	117	669	MOHAMED	KHADRAOUI	GELVAN	M	27	SM	2.04.08	1
600	791	11863	LOGAN	ROTHMAN	TEMP	F	29	SF	2.04.16	0
601	167	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	2.04.16	1
602	463	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	2.04.25	1
603	695	5214	ILSE	MERRICK	Irene	F	60	60-64F	2.04.28	0
604	662	9873	ROBERT	VAN DER WALT	TEMP	M	29	SM	2.04.53	0
605	622	3167	NICOLETTE	POTGIETER	RUN4C	F	51	50-54F	2.04.53	1
606	633	495	DEWALD	VERMEULEN	RUN4C	M	53	50-54M	2.04.54	1
607	355	953	PHUMELELA	NTUNGWA	CHARLO	F	39	35-39F	2.04.55	1
608	365	165	TALITA	ROUX	TEMP	F	51	50-54F	2.05.07	0
609	20	1924	SHELAINE	BARENDSE-SCHOLTZ	BLUEBAY	F	40	40-44F	2.05.09	1
610	83	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	2.05.13	1
611	62	968	DENISE	DARLOW	CHARLO	F	57	55-59F	2.05.15	1
612	115	969	GARY	KELLEHER	CHARLO	M	68	65-69M	2.05.16	1
613	228	28	MIRANDA	COGGER	TEMP	F	48	45-49F	2.05.47	0
614	307	107	ROB	PRIDEAUX	TEMP	M	57	55-59M	2.05.47	0
615	466	1537	DEON	VAN DER MERWE	DESPATCH	M	56	55-59M	2.06.06	1
616	110	1603	RONNIE	JONKER	DESPATCH	M	56	55-59M	2.06.32	1
617	414	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	39	35-39F	2.07.12	1
618	562	2681	MELUMZI	MTSHAYI	VITALITY	M	44	40-44M	2.07.34	1
619	74	591	ERASMUS	ERICA	RUN4C	F	56	55-59F	2.07.35	1
620	205	5	ZOEY	ADLAM	TEMP	F	22	SF	2.07.55	0
621	57	26909	DIVA	COUTINHO	RFLCG	F	59	55-59F	2.07.59	0
622	261	61	DANIELLE	JACOBS	TEMP	F	25	SF	2.07.59	0
623	329	129	EULYLA	VENTER	TEMP	F	30	SF	2.08.00	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
624	535	107	ANNALIE	DU PLESSIS	AGAPE	F	70	70+F	2.08.16	0
625	80	528	HELEN	FOURIE	RUN4C	F	56	55-59F	2.08.24	1
626	290	90	DESMARI	MILLS	TEMP	F	28	SF	2.09.12	0
627	289	89	CHRISTOPHER	MILLS	TEMP	M	30	SM	2.09.15	0
628	90	2676	BANDILE	GWAMANDA	VITALITY	M	55	55-59M	2.09.55	1
629	273	73	RAYMEE	KOCK	TEMP	M	44	40-44M	2.09.58	0
630	197	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	2.10.30	0
631	190	543	NIEKIE	OOSTHUIZEN	RUN4C	F	55	55-59F	2.10.40	1
632	646	142	ROLANDA	BAREIRA	TEMP	F	53	50-54F	2.10.40	0
633	681	1942	LINDA	LUBENGU	STUT	F	48	45-49F	2.10.58	0
634	44	923	EVA	CHETTY	CHARLO	F	57	55-59F	2.11.13	1
635	172	2287	MSUTUKAZI	NDIMBA	VUKANI	F	46	45-49F	2.11.15	1
636	2556	2556	SANDISWA	MASWANA	MADIBAZ	F	44	40-44F	2.11.15	1
637	93	1434	DIANNE	HARTZENBERG	MUIRITE	F	67	65-69F	2.11.27	1
638	444	3165	NOMAZIBUKO	STOUT	RUN4C	F	42	40-44F	2.11.45	1
639	582	2136	THAMZO	SOPHAZI	TRANSNET	F	50	50-54F	2.11.54	1
640	328	128	RENIER	VELDMAN	TEMP	M	41	40-44M	2.12.21	0
641	790	11869	MARITZA	WILDING	TEMP	F	61	60-64F	2.12.48	0
642	789	11873	PETRA	HERSELMAN	TEMP	F	60	60-64F	2.12.48	0
643	260	60	LIZNA	HEYNS	TEMP	F	34	SF	2.13.22	0
644	460	974	CLAIRE	TUSTIN-PARKER	CHARLO	F	48	45-49F	2.14.27	1
645	98	2018	LINDA	HEWANA	VITALITY	M	35	35-39M	2.14.35	1
646	398	198	RICHARD	HUTTON	TEMP	M	51	50-54M	2.14.51	0
647	102	1722	JASMINE	JACK	GELVAN	F	54	50-54F	2.15.04	1
648	250	50	PIETER	GERBER	TEMP	M	67	65-69M	2.15.15	0
649	769	1604	HENRY	HULME	DESPATCH	M	60	60-64M	2.15.16	1
651	277	77	CINDY	LAMBATHA	TEMP	F	40	40-44F	2.15.46	0
652	148	598	PHAKAMA	MATATA	RUN4C	F	34	SF	2.16.00	1
653	298	98	ANDEE	NKUNKUMA	TEMP	F	30	SF	2.16.36	0
654	326	126	SHANDRILLE	VAN ZYL	TEMP	F	26	SF	2.18.25	0
655	564	1117	GRAHAM	NELL	ACH	M	74	70+M	2.18.47	1
656	469	1189	MYRNA	VAN EYK	ELITEAC	F	47	45-49F	2.19.17	1
657	135	486	CHRISTOPHER	MAHWEHWE	RUN4C	M	57	55-59M	2.19.17	1
658	136	580	MARIA	MAHWEHWE	RUN4C	F	52	50-54F	2.19.17	1
659	575	1478	CAROL	ROUX	HQH	F	70	70+F	2.19.34	0
660	133	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	2.20.13	1
661	199	2779	CHARNE	PIETERSEN	MUIRITE	F	33	SF	2.20.54	1
662	211	11	NOMONDE	BASOAH	TEMP	F	38	35-39F	2.20.55	0
663	664	9874	PETRO	LOUBSER-KUHN	TEMP	F	54	50-54F	2.20.58	0
664	716	3213	CINDY	VOSLOO	CHARLO	F	43	40-44F	2.21.28	1
665	680	9887	BARRY	TOLMAY	CHILT	M	65	65-69M	2.22.13	0
666	283	83	ZIZIPHO	MAMBA	TEMP	F	29	SF	2.22.20	0
667	1002		UNKNOWN		TEMP	M	20	JM	2.22.20	0
668	120	2518	ALGENE	KOEBERG	MADIBAZ	F	42	40-44F	2.22.28	1
669	233	33	LEANDI	DAVIS	TEMP	F	38	35-39F	2.22.45	0
670	317	117	SHINAY	TERBLANCHE	TEMP	F	34	SF	2.23.18	0
671	656	9869	MILISWA	GROOTBOOM	TEMP	F	48	45-49F	2.23.28	0
672	544	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	2.23.40	1
673	192	294	KARMEL	PAGE	MUIRITE	F	34	SF	2.23.40	1
674	165	2030	MICHELLE	MORTIMER	ACH	F	45	45-49F	2.23.59	1
675	608	1888	NCEBAKAZI	GALADA	CHILLIEP	F	44	40-44F	2.24.32	1
676	203	3	RIECHARDT	ADLAM	TEMP	M	63	60-64M	2.24.43	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
677	584	70	BIANCA	SWARTS	SAPPE	F	22	SF	2.24.44	1
678	725	11821	EUFEMIA	LE ROUX	TEMP	F	38	35-39F	2.25.41	0
679	752	1579	NOLITHA	TSHENTU	CHEETHAS	F	45	45-49F	2.26.13	0
680	60	761	NTOKOZO	DAMBUZA	CRUSADE	F	47	45-49F	2.26.30	1
681	736	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	2.30.41	1
682	169	929	ANUSHA	NAIDU	CHARLO	F	58	55-59F	2.32.31	1
683	727	599	SHIREEN	ALLIE	RUN4C	F	39	35-39F	2.42.57	1
HELPERS RUN										
H1	901	3199	CHRISTO	NEL	JBAY	M	42	40-44M	1.01.03	4
H2	902	2389	FRANCOIS	PRETORIUS	JBAY	M	34	SM	1.12.01	2
H3	903	2411	JOHNSTON	JUMBA	JBAY	M	51	50-54M	1.14.16	2
H4	904	1159	PAUL	ROSSOUW	JBAY	M	27	SM	1.15.39	1
H5	905	2375	TINEKE	RADEMEYER	JBAY	F	32	SF	1.16.14	2
H6	906	2365	MICHAEL	JANSE VAN RENSBURG	JBAY	M	52	50-54M	1.16.19	2
H7	907	2354	MICHAEL	CLARK	JBAY	M	54	50-54M	1.17.56	2
H8	908	2392	CHRISTIE	SMITH	JBAY	F	32	SF	1.22.10	1
H9	909	2347	ADRIAAN	BADENHORST	JBAY	M	55	55-59M	1.22.14	2
H10	910	2430	SHANTELE	BIRD	JBAY	F	46	45-49F	1.22.35	2
H11	911	2371	MORNE	OWEN	JBAY	M	52	50-54M	1.23.48	1
H12	912	2352	KRISLIE	LATEGAN	JBAY	F	48	45-49F	1.24.42	1
H13	913	2395	MARIANA	BORNMAN	JBAY	F	70	70+F	1.24.43	5
H14	914	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	1.25.05	1
H15	915	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	1.26.35	1
H16	916	3124	ADEL	SCHLEBUSCH	JBAY	F	56	55-59F	1.28.00	1
H17	917	1345	OLGA	VAN DER MERWE	MEYVT	F	44	40-44F	1.28.01	0
H18	918	2356	MICHELLE	VAN EMMENIS	JBAY	F	51	50-54F	1.28.25	1
H19	919	1153	GERHARD	VERMAAK	JBAY	M	31	SM	1.30.00	1
H20	920		RIEKIE	VERMAAK	TEMP	F	26	SF	1.30.00	0
H21	921	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	1.32.00	1
H22	922	2426	SUSAN	MEYER	JBAY	F	64	60-64F	1.32.43	1
H23	923	2369	JANENE	OOSTHUIZEN	JBAY	F	47	45-49F	1.33.00	1
H24	924	2377	CHRISTINE	VAN DER BERG	JBAY	F	61	60-64F	1.33.07	1
H25	925	2370	ELSABE	OWEN	JBAY	F	50	50-54F	1.34.14	1
H26	926	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	1.34.31	1
H27	927	2396	TANYA	VAN DER WESTHUIZEN	JBAY	F	42	40-44F	1.37.00	1
H28	928	2350	CHRISTELLE	BLUME	JBAY	F	57	55-59F	1.37.47	1
H29	929	2359	LIZEL	FERREIRA	JBAY	F	43	40-44F	1.37.53	1
H30	930	2428	CHANEL	TUBB	JBAY	F	40	40-44F	1.37.55	1
H31	931	2366	SIMONE	KLEYN	JBAY	F	38	35-39F	1.38.04	1
H32	932	3076	DEWALD	DEYZEL	JBAY	M	57	55-59M	1.38.42	1
H33	933	2398	HEINRICH	VON BERG	JBAY	M	64	60-64M	1.40.16	1
H34	934	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.41.00	1
H35	935	40355	JOHANNES	DE WET	JBAY	M	16	JM	1.41.45	1
H36	936	2372	PIETER	PEACOCK	JBAY	M	55	55-59M	1.41.48	1
H37	937	2054	WILLEM	ZIETSMAN	JBAY	M	31	SM	1.41.48	1
H38	938	1160	JOHAN	ROSSOUW	JBAY	M	58	55-59M	1.42.42	1
H39	939	1579	JHANINEN	BOSHOF	DESPATCH	F	59	55-59F	1.45.32	1
H40	940	1456	SANET	DE NYSSCHEN	JBAY	F	59	55-59F	1.46.04	1
H41	941	2172	LEE	PAGE	CHARLO	F	42	40-44F	1.46.34	1
H42	942	2352	RINA	BOTES	JBAY	F	55	55-59F	1.50.01	1
H43	943	1237	HERMAN	MATTHEWS	ELITEAC	M	51	50-54M	1.50.42	1
H44	944	2921	KENNY	BROWN	JBAY	M	75	70+M	1.51.54	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H45	945	2388	ANRI	PRETORIUS	JBAY	F	31	SF	1.52.00	1
H46	946	2380	AMANDA	WILSON	JBAY	F	55	55-59F	1.52.00	1
H47	947	2385	LIZ	KUHN	JBAY	F	31	SF	1.52.19	1
H48	948	2416	KOBA	JOUBERT	JBAY	F	60	60-64F	1.58.00	1
H49	949	2434	SHANNON	CHAMBERLAIN	JBAY	F	59	55-59F	1.58.00	1
H50	950		WILLY	WRIGHT	JBAY	M	50	50-54M	2.00.54	1
H51	951	2923	TRUDIE	OOSTHUIZEN	JBAY	F	63	60-64F	2.06.00	1
H52	952	2368	ERNST	MARAIS	JBAY	M	76	70+M	2.06.06	1
H53	953	2351	LILLY	BROWN	JBAY	F	66	65-69F	2.08.00	1
H54	954	2370	JOSSIE	LABUSCHAGNE	JBAY	F	69	65-69F	2.08.00	1
H55	955	2355	MARISKA	DE WET	JBAY	F	42	40-44F	2.08.01	1
H56	956	40356	MATTHYS	DE WET	JBAY	M	14	JM	2.08.01	1
H57	957	2393	PETRO	STEENKAMP	JBAY	F	59	55-59F	2.09.02	1
H58	958	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	2.10.00	1
H59	959	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	2.12.48	1
H60	960	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	2.12.48	1
H61	961	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	2.24.00	1