

ABERDARE CABLES 10KM - PORT ELIZABETH - 2006/10/14

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS
1	603	175	LAWRENCE	NTANTISO	ABERDARE CABLES	M	30	SM	0.30.42
2	601	9387	NKOSINATHI	MADYO	LIBERTY NIKE EP	M	18	JM	0.30.50
3	602	2255	PHUMZILE	SIKAWUTI	MR PRICE NMMU	M	27	SM	0.31.30
4	609	1097	MABOYISANA	MAZWAYI	ABERDARE CABLES	M	38	35-40M	0.31.44
5	417	182	KHAYALETHU	MAKALIMA	LIBERTY NIKE EP	M	23	SM	0.31.58
6	403	183	SIMON	NGCOKO	LIBERTY NIKE EP	M	36	35-40M	0.32.22
7	517	192	DESMOND	ZIBI	LIBERTY NIKE EP	M	43	40-44M	0.32.29
8	515	1536	KGOTSO	MAJARA	ABERDARE CABLES	M	26	SM	0.32.35
9	562	1448	MELIKHAYA	KEPE	HARMONY AC EP	M	30	SM	0.32.37
10	563	1537	ANELE	MALIZA	HARMONY AC EP	M	28	SM	0.32.41
11	439	2270	XOLILE	NDINGANE	MR PRICE NMMU	M	35	35-40M	0.33.10
12	561	1685	SIXOLILE	SHINTA	HARMONY AC EP	M	21	SM	0.33.22
13	622	1153	ISAAC	NTLAPE	ACHILLES AAA	M	23	SM	0.33.30
14	621	199	MASANDE	MLONYENI	LIBERTY NIKE EP	M	26	SM	0.33.42
15	519	1599	LUVUYO	STEPHEN	HARMONY AC EP	M	36	35-40M	0.33.59
16	408	2187	CHRISTOPHER	MABENGEZA	MR PRICE NMMU	M	40	40-44M	0.34.01
17	447	191	BASIE	BONAPARTE	HARMONY AC EP	M	41	40-44M	0.34.08
18	430	9357	LUSANDA	SCOTSHMAN	EBENEZER	M	18	JM	0.34.17
19	565	1607	EMERSON	KAYANA	HARMONY AC EP	M	32	SM	0.34.36
20	434	2042	ALFRED	QOGI	DESPATCH A C	M	33	SM	0.34.43
21	612	445	DARRELL	WICHT	NEW BALANCE	M	43	40-44M	0.34.54
22	526	1558	ZAMUBUNTU	TEYISE	HARMONY AC EP	M	30	SM	0.34.58
23	424	9369	XOLISILE	GINGQINI	MUIRITE STRIDER	M	17	JM	0.35.06
24	440	2265	SINDILE	SOMKE	MR PRICE NMMU	M	30	SM	0.35.10
25	567	1559	TERRANCE	MJEKULA	HARMONY AC EP	M	34	SM	0.35.31
26	608	1052	MONWABISI	MTWISHA	ABERDARE CABLES	M	22	SM	0.35.33
27	560	1430	PHIKOLOMZI	FEZI	HARMONY AC EP	M	23	SM	0.35.40
28	559	270	MALIVIWE	NGAMNTWINI	HARMONY AC EP	M	19	SM	0.35.56
29	604	161	ANDILE	GO	P.E.A.A.C.	M	35	35-40M	0.36.12
30	76	1406	THAMSANQA	MANGI	CONTINENTAL AC	M	22	SM	0.36.13
31	200	1587	GRAHAM	ESHMADE	HARMONY AC EP	M	29	SM	0.36.45
32	445	1336	RANDALL	MATROOS	MAKANA AC	M	20	SM	0.36.52
33	80	1390	MALUNGISA	OLAYI	CONTINENTAL AC	M	27	SM	0.36.54
34	555	1586	VUYO	GXEKWA	HARMONY AC EP	M	23	SM	0.37.15
35	551	9272	THANDUXOLO	MPUSHE	HARMONY AC EP	M	17	JM	0.37.16
36	411	21	COLBEN	NGCUPE	P.E.A.A.C.	M	43	40-44M	0.37.34
37	2790	2790	JABULANI	DUBE	MR PRICE NMMU	M	36	35-40M	0.37.45
38	614	1429	DANNY	HARTZENBERG	HARMONY AC EP	M	30	SM	0.37.47
39	5	1353	ADRIAN	CLARKE	ADT A C	M	41	40-44M	0.38.15
40	407	205	COLLIN	DANI	ST ALBANS CSEP	M	39	35-40M	0.38.21
41	73	2091	FERDINAND	GROBLER	DESPATCH A C	M	48	45-49M	0.38.24
42	529	1623	STEVEN	FANELLA	PEB PRINT	M	43	40-44M	0.38.35
43	511	1386	MZIYANDA	MELENI	CONTINENTAL AC	M	37	35-40M	0.38.43
44	554	9270	XOLISA	KULA	HARMONY AC EP	M	17	JM	0.38.54
45	212	971	JEFFREY	VAN NIEKERK	CHARLO R R	M	33	SM	0.38.55
46	525	59	MELEA	WILLIAMS	P.E.A.A.C.	M	28	SM	0.38.57
47	615	9264	BYRON	CAROLUS	HARMONY AC EP	M	16	JM	0.39.38
48	4	2296	TRELOAR	CHILDS	MR PRICE NMMU	F	43	40-44F	0.39.40
49	416	162	PHILBERT	TYOMBO	P.E.A.A.C.	M	43	40-44M	0.39.43
50	436	50	BONISILE	FULMENI	P.E.A.A.C.	M	44	40-44M	0.40.01
51	553	1508	ZOLEKA	DONDASHE	HARMONY AC EP	F	21	SF	0.40.04
52	2789	2789	ELROY	JONATHAN	TEMP	M	28	SM	0.40.05
53	616	9263	BRIAN	CAROLUS	HARMONY AC EP	M	16	JM	0.40.27
54	84	1103	CHRIS	TERBLANCHE	ACHILLES AAA	M	51	50-54M	0.40.39
55	415	2012	HENDRIK	VAN WYK	DESPATCH A C	M	42	40-44M	0.40.40
56	613	1450	DARRYL	BAGLEY	HARMONY AC EP	M	31	SM	0.40.53
57	617	2085	LOESJE	DE BEER	DESPATCH A C	F	48	45-49F	0.41.44
58	40	553	NICO	POCKBASS	X-CEL A C	M	39	35-40M	0.42.10
59	2775	2775	SYLVESTER	APPOLLIS	TEMP	M	23	SM	0.42.18
60	2773	2773	DARRYL	JACOBS	TEMP	M	24	SM	0.42.34
61	406	1548	MATI	JACK	HARMONY AC EP	M	54	50-54M	0.42.39
62	502	224	GERRIT	WELGEMOED	ST ALBANS CSEP	M	42	40-44M	0.42.47
63	558	9461	WEZILE	MGIBE	HARMONY AC EP	M	16	JM	0.43.17
64	606	1962	THABISA	MAYEDWA	ABERDARE CABLES	F	20	SF	0.43.36
65	557	1589	PRISCILLA	DYANTYI	HARMONY AC EP	F	32	SF	0.43.40
66	2765	2765	ISAAC	FRAZENBURG	TEMP	M	33	SM	0.43.47
67	527	196	GRIZELDA	PIETERSEN	LIBERTY NIKE EP	F	37	35-40F	0.43.57

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS
68	506	136	ERROL	ROSSOUW	P.E.A.A.C.	M	56	55-59M	0.44.04
69	508	2212	JOHAN	BARNARD	MR PRICE NMMU	M	51	50-54M	0.44.05
70	64		DESMOND	PASSMAN	ABERDARE CABLES	M	55	55-59M	0.44.09
71	509	2252	MARIETTE	HATTINGH	MR PRICE NMMU	F	40	40-44F	0.44.45
72	632	1036	KEITH	WATTRUS	BODY CONCEPT	M	48	45-49M	0.45.00
73	53	1235	HEINE	VAN EYK	ELITE A C	M	41	40-44M	0.45.17
74	2791	2791	YUSUF	ABRAHAMS	TEMP	M	45	45-49M	0.45.28
75	2770	2770	DARYL	NORTH	TEMP	M	29	SM	0.45.32
76	2769	2769	RODNEY	BOOTH	TEMP	M	28	SM	0.45.33
77	516	917	CLIVE	VAN RAYNER	MUIRITE STRIDER	M	39	35-40M	0.45.46
78	409	515	GODFREY	GELDERBLOEM	X-CEL A C	M	38	35-40M	0.45.48
79	569	154	EMMANUEL	MDENGESI	P.E.A.A.C.	M	20	SM	0.46.00
80	623	321	GRAHAM	COMPTON	MUIRITE STRIDER	M	22	SM	0.46.04
81	205	949	ANTHONY	HORNABROOK	CHARLO R R	M	39	35-40M	0.46.06
82	2778	2778	MARK	OOSTHUIZEN	TEMP	M	42	40-44M	0.46.16
83	564	9202	SIYABULELA	KALA	HARMONY AC EP	M	16	JM	0.46.43
84	620	985	LUCAS	TITISI	CHARLO R R	M	32	SM	0.46.55
85	999	1226	LESLEY	WOOD	ELITE A C	F	49	45-49F	0.46.58
86	412	613	NCAMILE	NOMKHALA	SANDEF EP	M	44	40-44M	0.46.59
87	628	608	RICARDO	SLINGE	CADBURY A C	M	35	35-40M	0.47.00
88	566	1132	GARY	SCOTT	ACHILLES AAA	M	41	40-44M	0.47.02
89	556	9483	BULELANI	KALA	HARMONY AC EP	M	17	JM	0.47.14
90	639	4499	RICHMAN	MATOMELA	ALBANY R R	M	19	JM	0.47.23
91	2772	2772	JULIAN	COSKEY	TEMP	M	39	35-40M	0.47.25
92	504	788	ANDREW	DEALTRY	CRUSADERS A C	M	50	50-54M	0.47.26
93	421	9460	REINHARDT	VAN VUUREN	P.E.A.A.C.	M	18	JM	0.47.27
94	505	1112	ROBIN	COYLE-DOWLING	ACHILLES AAA	M	41	40-44M	0.47.49
95	611	1971	THEMBISILE	NTONI	ABERDARE CABLES	M	58	55-59M	0.48.04
96	65		JASON	SANDERS	ABERDARE CABLES	M	32	SM	0.48.08
97	446	94	PETER	GROOTBOOM	BRACKENFELL	M	39	35-40M	0.48.09
98	37	1218	CLAIRE	NAGEL	ELITE A C	F	42	40-44F	0.48.10
99	55	1208	JAN	VON MOLLENDORF	ELITE A C	M	61	60-64M	0.48.17
100	633	982	CONRAD	BASSON	CHARLO R R	M	46	45-49M	0.48.25
101	641	969	CLIFFORD	DEVENISH	CHARLO R R	M	35	35-40M	0.48.27
102	514	1213	FREDDIE	MICHAELS	ELITE A C	M	47	45-49M	0.48.45
103	425	654	NIC	SNYMAN	JEFFREYS BAY	M	62	60-64M	0.48.47
104	216	996	GAVIN	VAN VLIET	CHARLO R R	M	49	45-49M	0.48.53
105	418	564	ELMAR	VAN EYCK	X-CEL A C	M	38	35-40M	0.48.54
106	420	148	RENIER	VAN VUUREN	P.E.A.A.C.	M	49	45-49M	0.48.57
107	428	576	DAVID	SWANEPOEL	X-CEL A C	M	47	45-49M	0.49.03
108	524	520	TYRON	GALLANT	X-CEL A C	M	43	40-44M	0.49.04
109	435	9058	PIETER	STEYN	MR PRICE NMMU	M	16	JM	0.49.06
110	57	1031	BENEDICT	WILSON	HARMONY AC EP	M	28	SM	0.49.07
111	52	1281	CAMARIN	VAN EYK	ELITE A C	F	24	SF	0.49.08
112	18	1223	CLIFFORD	HICKEN	ELITE A C	M	49	45-49M	0.49.08
113	54	1220	NOEL	VAN WILLING	ELITE A C	M	40	40-44M	0.49.09
114	68	1198	ANDRIES	BARTHERS	ELITE A C	M	42	40-44M	0.49.10
115	34	1219	JOHAN	MINNIE	ELITE A C	M	38	35-40M	0.49.10
116	640	1046	ANDRE	RETIEF	BODY CONCEPT	M	40	40-44M	0.49.18
117	638	9141	RICHARD	MATOMELA	ALBANY R R	M	19	JM	0.49.29
118	427	521	DAVID	O'RIELLY	X-CEL A C	M	58	55-59M	0.49.43
119	74	2120	GEORGE	JAMES	DESPATCH A C	M	44	40-44M	0.49.44
120	2767	2767	MXULISI	SIZIBA	TEMP	M	35	35-40M	0.49.45
121	522	2032	MARIUS	NEL	DESPATCH A C	M	48	45-49M	0.49.58
122	429	1191	GUSTAV	GRASMAN	ELITE A C	M	45	45-49M	0.50.00
123	31	1149	MONDE	MABALA	ACHILLES AAA	M	46	45-49M	0.50.20
124	42	2033	PIERRE	SCHEFFER	DESPATCH A C	M	51	50-54M	0.50.22
125	414	1192	DORIS	LIBERTY	ELITE A C	F	46	45-49F	0.50.36
126	634	9403	HEINRICH	BASSON	CHARLO R R	M	16	JM	0.50.41
127	10	1458	HERMAN	DEKKER	HARMONY AC EP	M	61	60-64M	0.50.55
128	32	1165	LESLEY	MAGGOTT	ACHILLES AAA	F	39	35-40F	0.51.06
129	63	1962	SAMUEL	MATANZIMA	ABERDARE CABLES	M	68	65-69M	0.51.21
130	624	64	JOSEPH	SERFONTEIN	P.E.A.A.C.	M	55	55-59M	0.51.28
131	507	572	SYLVAN	BLIGNAUT	X-CEL A C	M	47	45-49M	0.51.40
132	568	1549	BUYELWA	KOBOKANA	HARMONY AC EP	F	41	40-44F	0.51.46
133	2781	2781	CLAUDIA	PARKER	TEMP	F	37	35-40F	0.51.50
134	618	374	LIZ	GRUNDLINGH	MUIRITE STRIDER	F	59	55-59F	0.52.10
135	450	2020	CHRIS	BEKKER	DESPATCH A C	M	53	50-54M	0.52.13

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS
136	401	2089	ANDRE	BARNARD	DESPATCH A C	M	44	40-44M	0.52.31
137	413	2008	DANIEL	FERREIRA	ELITE A C	M	48	45-49M	0.52.32
138	607	1126	TOM	D'ARCY	ACHILLES AAA	M	60	60-64M	0.52.34
139	60		KERRY	CAIRNS	TEMP	M	25	SM	0.52.35
140	2777	2777	SONJA	CLOETE	TEMP	F	27	SF	0.52.41
141	619	1117	PETER	POHLMANN	ACHILLES AAA	M	43	40-44M	0.52.45
142	437	2049	DESIREE	TITUS	DESPATCH A C	F	41	40-44F	0.53.10
143	41	336	ARNOLD	RAS	MUIRITE STRIDER	M	44	40-44M	0.53.37
144	645	2003	MARIUS	SCHOLTZ	DESPATCH A C	M	42	40-44M	0.53.47
145	448	1529	JOHN	PEO	HARMONY AC EP	M	57	55-59M	0.53.49
146	449	1561	LIZA	MASON	HARMONY AC EP	F	28	SF	0.53.50
147	11	1470	MICHAEL	DEKKER	HARMONY AC EP	M	34	SM	0.53.50
148	404	1954	WAYNE	LEASK	BLUEWATER BAY	M	41	40-44M	0.53.52
149	1	1270	RIAAN	BARNARD	ELITE A C	M	37	35-40M	0.54.07
150	627	752	DEREK	DAVIDSON	CRUSADERS A C	M	55	55-59M	0.54.10
151	2779	2779	CINDY	FINLAY	TEMP	F	37	35-40F	0.54.18
152	24	1369	MONICA	KEMP	ADT A C	F	51	50-54F	0.54.38
153	203	943	LAVINIA	DARLOW	CHARLO R R	F	38	35-40F	0.54.38
154	50	1697	REAN	THERON	PEB PRINT	M	43	40-44M	0.54.51
155	46	1914	FRANCOIS	SMITH	BLUEWATER BAY	M	40	40-44M	0.54.52
156	442	350	GEORGE	WINSHIP	MUIRITE STRIDER	M	40	40-44M	0.55.09
157	2766	2766	CHRIS	HERSELMAN	TEMP	M	47	45-49M	0.55.10
158	43	720	PATRICK	SCOTT	CRUSADERS A C	M	47	45-49M	0.55.32
159	530	373	NEIL	GROBLER	MUIRITE STRIDER	M	46	45-49M	0.55.57
160	2780	2780	JACKIE	KIRSTEN	TEMP	F	38	35-40F	0.56.21
161	426	655	RETHA	SNYMAN	JEFFREYS BAY	F	59	55-59F	0.56.26
162	2774	2774	JUDEN	BOTHA	TEMP	M	31	SM	0.56.31
163	646	760	ALETTA	JOUBERT	CRUSADERS A C	F	44	40-44F	0.56.52
164	39	472	ALAN	PENNEY	SPAR WALMER AC	M	59	55-59M	0.56.54
165	21	499	LOYNES	JENKERSON	SPAR WALMER AC	M	64	60-64M	0.56.55
166	402	380	CAROL	MALLET	MUIRITE STRIDER	F	37	35-40F	0.56.57
167	518	440	REON	VAN RENSBURG	NEW BALANCE	M	34	SM	0.57.14
168	59	1517	JANETTE	WOOD	HARMONY AC EP	F	47	45-49F	0.57.24
169	7	557	GODFREY	COMMANDO	X-CEL A C	M	43	40-44M	0.57.32
170	520	2069	CATHY	ALLERS	DESPATCH A C	F	44	40-44F	0.57.36
171	75	1331	LINTON	LE GRANGE	X-CEL A C	M	40	40-44M	0.57.52
172	405	509	MADELEINE	FOURIE	SPAR WALMER AC	F	29	SF	0.58.05
173	23	123	ELIAS	KASE	P.E.A.A.C.	M	37	35-40M	0.58.13
174	626	1922	MARKUS	KUNNEKE	BLUEWATER BAY	M	37	35-40M	0.58.20
175	625	1923	ADEL	VAN RENSBURG	BLUEWATER BAY	F	28	SF	0.58.21
176	432	1204	ANDRE	FOURIE	ELITE A C	M	59	55-59M	0.58.41
177	410	115	HENDRICK	SCHOLTZ	P.E.A.A.C.	M	47	45-49M	0.58.43
178	648	1601	ROBIN	CLARK	HARMONY AC EP	M	65	65-69M	0.58.49
179	13	1620	DOROTHY	HART	PEB PRINT	F	68	65-69F	0.59.02
180	637	669	SHANNON	CHAMBERLAIN	JEFFREYS BAY	F	40	40-44F	0.59.03
181	33	1118	RODNEY	MAGGOTT	ACHILLES AAA	M	48	45-49M	0.59.11
182	51	1222	CHARLOTTE	VAN COLLER	ELITE A C	F	38	35-40F	0.59.12
183	62		FRANS	LANDMAN	TEMP	M	37	35-40M	0.59.27
184	431	2297	PIETER	STEYN	MR PRICE NMMU	M	47	45-49M	0.59.29
185	631	1912	CATHERINE	BRISTOW	HARMONY AC EP	F	27	SF	0.59.34
186	501	2056	RITA	BOUCHER	DESPATCH A C	F	56	55-59F	0.59.49
187	8	495	CHARLENE	DE CONING	SPAR WALMER AC	F	42	40-44F	0.59.50
188	610	95	JOSEPH	MCLEOD	P.E.A.A.C.	M	49	45-49M	0.59.51
189	2784	2784	KEVIN	BENADO	TEMP	M	30	SM	0.59.59
190	523	953	CHANTELL	BOTHA	CHARLO R R	F	37	35-40F	1.00.10
191	2785	2785	JOHNNY	DU PREEZ	TEMP	M	37	35-40M	1.00.10
192	433	1203	HELEN	FOURIE	ELITE A C	F	36	35-40F	1.00.13
193	438	2026	NEVILLE	MARTIN	DESPATCH A C	M	46	45-49M	1.00.20
194	30	644	WILLIE	LOUW	JEFFREYS BAY	M	65	65-69M	1.00.35
195	206	955	ANDRE	KOEKEMOER	CHARLO R R	M	48	45-49M	1.00.39
196	552	1296	NTOMBEKHAYA	NDOLONGA	HARMONY AC EP	F	24	SF	1.01.03
197	2776	2776	ANDRIES	THYSSE	TEMP	M	51	50-54M	1.01.07
198	441	79	VERONICA	BOSHOFF	P.E.A.A.C.	F	45	45-49F	1.01.21
199	512	671	JENNY	DU PREEZ	JEFFREYS BAY	F	36	35-40F	1.01.41
200	649	757	PHILIP	NIMAN	CRUSADERS A C	M	51	50-54M	1.01.42
201	510	727	JAMES	HAY	CRUSADERS A C	M	50	50-54M	1.01.43
202	6	967	JEREMIA	COERTZE	CHARLO R R	M	45	45-49M	1.02.03
203	528	109	ELGIN	KERSPAY	P.E.A.A.C.	M	39	35-40M	1.02.04

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204	218	9136	ALLAN-ANDRE	PIENAAR	SPAR WALMER AC	M	16	JM	1.02.47
205	2787	2787	DAVID	VAN DER VYVER	TEMP	M	32	SM	1.03.02
206	79	1322	JOHAN	NEL	VWAC	M	50	50-54M	1.03.08
207	71	2001	NICOLAAS	CLAASSEN	DESPATCH A C	M	53	50-54M	1.03.09
208	19	939	MELISSA	JACKSON	MUIRITE STRIDER	F	36	35-40F	1.03.35
209	72	2121	MARYKA	ELS	DESPATCH A C	F	46	45-49F	1.04.07
210	28	480	LINDA	LABUSCHAGNE	SPAR WALMER AC	F	55	55-59F	1.04.34
211	629	1022	LIZINDA	VAN HEERDEN	HARMONY AC EP	F	22	SF	1.05.31
212	47	865	ESLY	STRYDOM	LEGACY AC	F	61	60-64F	1.05.47
213	17	860	MARLENE	HERSELMAN	LEGACY AC	F	45	45-49F	1.05.48
214	419	69	LAURANCE	HEYDENRYCH	P.E.A.A.C.	M	64	60-64M	1.06.05
215	521	2234	SIPHOKAZI	MATIWANE	MR PRICE NMMU	F	23	SF	1.06.29
216	213	980	GAVIN	TRENT	CHARLO R R	M	40	40-44M	1.06.37
217	217	1000	ROY	HEINE	CHARLO R R	M	51	50-54M	1.06.38
218	35	65	JAMES	MOREY	P.E.A.A.C.	M	69	65-69M	1.06.53
219	605	642	CHRISTINA	KRIEK	JEFFREYS BAY	F	57	55-59F	1.07.00
220	210	965	MARIUS	VAN ROOYEN	CHARLO R R	M	44	40-44M	1.07.05
221	207	956	CHEYL	MC DONALD	CHARLO R R	F	36	35-40F	1.07.06
222	2782	2782	LOUWRENS	DU PLESSIS	TEMP	M	49	45-49M	1.07.22
223	2783	2783	DEL-RIO	DU PLESSIS	TEMP	F	46	45-49F	1.07.23
224	45	20	BRIAN	SMITH	P.E.A.A.C.	M	63	60-64M	1.07.37
225	209	964	GRAHAM	JORGENSEN	CHARLO R R	M	68	65-69M	1.08.17
226	201	1602	CAROL	EYBERS	HARMONY AC EP	F	43	40-44F	1.08.53
227	48	1663	COLLEEN	TERBLANCHE	PEB PRINT	F	37	35-40F	1.08.55
228	443	928	JENNIFER	WEBB	BLUFF A C	F	50	50-54F	1.09.06
229	444	939	DAVID	WEBB	BLUFF A C	M	54	50-54M	1.09.07
230	202	942	BEVERLEY	DARLOW	CHARLO R R	F	35	35-40F	1.09.23
231	204	945	BRUCE	DARLOW	CHARLO R R	M	36	35-40M	1.09.24
232	647	1621	CARL	BURGER	PEB PRINT	M	58	55-59M	1.10.01
233	61		STEPHEN	DOLLER	TEMP	M	45	45-49M	1.10.13
234	208	963	SHIRLEY	JORGENSEN	CHARLO R R	F	64	60-64F	1.10.27
235	20	1636	CAROLINA	JANSE VAN RENSBURG	PEB PRINT	F	45	45-49F	1.10.29
236	15	9254	LOUISE	HARTZENBERG	HARMONY AC EP	F	18	JF	1.10.37
237	2786	2786	TANIA	ROBINSON	TEMP	F	36	35-40F	1.10.51
238	630	1911	JJ	SMIT	HARMONY AC EP	M	40	40-44M	1.11.00
239	2	2023	HENRY	BOTHA	DESPATCH A C	M	79	70+M	1.11.04
240	2771	2771	PENELOPE	KINSMAN	TEMP	F	35	35-40F	1.11.56
241	38	2024	DEBBIE	OEOFSE	DESPATCH A C	F	59	55-59F	1.12.32
242	49	473	DENISE	TERBLANCHE	SPAR WALMER AC	F	59	55-59F	1.13.03
243	513	1268	AMANDA	ARENDS	ELITE A C	F	32	SF	1.13.09
244	16	494	STEPHANIE	HAY	SPAR WALMER AC	F	50	50-54F	1.13.45
245	422	129	ANNA	POTGIETER	P.E.A.A.C.	F	60	60-64F	1.14.19
246	12	547	KEVIN	FELIX	X-CEL A C	M	42	40-44M	1.14.29
247	650	649	JAKKIE	VAN NIEKERK	JEFFREYS BAY	F	54	50-54F	1.14.40
248	83	2004	AMANDA	SYMINGTON	DESPATCH A C	F	49	45-49F	1.15.01
249	14	1434	DIANNE	HARTZENBERG	HARMONY AC EP	F	47	45-49F	1.15.40
250	70	2002	HENDRINA	CLAASSEN	DESPATCH A C	F	50	50-54F	1.16.15
251	2798	2798	UNKNOWN	UNKNOWN	TEMP	M	30	SM	1.16.48
252	3	1898	ISABELLA	CHILDS	SPAR WALMER AC	F	65	65-69F	1.17.39
253	22	505	SILVIA	JONCK	SPAR WALMER AC	F	45	45-49F	1.18.37
254	214	983	MANDY	TRENT	CHARLO R R	F	39	35-40F	1.20.47
255	2788	2788	DIANA	SWANEPOEL	CHARLO R R	F	29	SF	1.20.48
256	503	208	ANNA	WELGEMOED	ST ALBANS CSEP	F	37	35-40F	1.21.56
257	78	1327	ADELE	NEL	VWAC	F	47	45-49F	1.21.59
258	636	9292	LAUREN	NAGEL	HIGH	F	15	JF	1.23.48
259	635	1225	ERNEST	NAGEL	ELITE A C	M	46	45-49M	1.24.32
260	26	378	LEVONA	KILLIAN	MUIRITE STRIDER	F	43	40-44F	1.27.22
261	27	457	STOMPIE	KILLIAN	MUIRITE STRIDER	M	51	50-54M	1.27.23
262	29	379	ANNA	LE ROUX	MUIRITE STRIDER	F	59	55-59F	1.27.37
263	67	351	DEIDRE	VAN WYK	MUIRITE STRIDER	F	39	35-40F	1.28.46
264	423	672	LYNNE	REYNOLDS	JEFFREYS BAY	F	47	45-49F	1.29.11
265	85	2104	ELSEBE	TERBLANCHE	DESPATCH A C	F	39	35-40F	1.29.40
Helpers run									
H1	86	490	FRANS	VAN HEUSDEN	SPAR WALMER AC	M	56	55-59M	0.49.37
H2	81	1200	ANDRE	PIENAAR	SPAR WALMER AC	M	43	40-44M	0.51.07
H3	82	1199	PETRA	PIENAAR	SPAR WALMER AC	F	42	40-44F	0.51.07