

CASSIES 15KM (EP CHAMPIONSHIPS) - PORT ELIZABETH - 2013/03/02

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	741	12	LUSAPHO	APRIL	OXFORD STR	M	30	SM	0.44.30	0	0
2	136	384	ZOLANI	NGQAQA	IKHAMVA AC	M	24	SM	0.45.47	5	25
3	285	2101	MARIANO	EESOU	ABSA NMMU A C	M	21	SM	0.45.51	5	24
4	6	1420	GEORGE	NTSHILIZA	NEDBANK RC	M	33	SM	0.46.37	5	23
5	1	1574	MELIKHAYA	FRANS	NEDBANK RC	M	21	SM	0.47.44	5	22
6	5	1402	SANDILE	NGUNUZA	NEDBANK RC	M	30	SM	0.47.46	5	21
7	9	1620	ANELE	MALIZA	NEDBANK RC	M	35	35-39M	0.48.11	5	20
8	2	2434	MZOLISI	MAKHANDA	NEDBANK RC	M	30	SM	0.48.22	5	19
9	8	1475	MILA	PASIYA	NEDBANK RC	M	33	SM	0.48.44	5	18
10	662	76	BULELINI	NIWA	P.E.A.A.C.	M	27	SM	0.48.45	5	17
11	409	409	GIFT	ZET	TEMP	M	25	SM	0.49.16	0	0
12	696	372	MASIXOLE	DLAKU	IKHAMVA AC	M	34	SM	0.49.39	5	16
13	651	165	DUWAYNE	LUCAS	IKHAMVA AC	M	23	SM	0.49.45	5	15
14	573	166	MAXWELL	GOODMAN	MALABAR	M	40	40-44M	0.50.12	5	14
15	3	1471	KHAYALETHU	MAKALIMA	NEDBANK RC	M	29	SM	0.50.38	5	13
16	62	991	MZAMO	FOKWANA	CHARLO R R	M	35	35-39M	0.50.48	5	12
17	531	385	MASIBULELE	HEUGH	IKHAMVA AC	M	18	JM	0.51.08	5	11
18	290	1539	ALFRED	QOGI	NEDBANK RC	M	39	35-39M	0.51.10	5	10
19	4	1612	MASANDE	MLONYENI	NEDBANK RC	M	32	SM	0.51.26	5	9
20	576	2045	SIBUSISO	THU	TRANSNET RE	M	24	SM	0.51.27	5	8
21	26	1636	THANDO	BIXA	TRIANGLE SPORTS	M	32	SM	0.51.45	5	7
22	126	1645	TERRANCE	MJEKULA	TRIANGLE SPORTS	M	40	40-44M	0.51.55	5	6
23	620	387	ROBERT	MATTHYS	IKHAMVA AC	M	36	35-39M	0.52.04	5	5
24	1492	492	MELIKHAYA	MALINGA	TEMP	M	32	SM	0.52.21	0	0
25	648	169	THANDO	NCIPHA	MALABAR	M	19	JM	0.53.03	5	4
26	291	2440	PHUMZILE	SIKAWUTI	NEDBANK RC	M	33	SM	0.53.12	5	3
27	720	1454	JOHN	RAFANI	NEDBANK RC	M	45	45-49M	0.53.25	5	2
28	563	563	FREDERICK	JANTJIES	TEMP	M	43	40-44M	0.53.31	0	0
29	23	2719	GCOBANI	BEKWAPI	CHARLO R R	M	33	SM	0.53.51	5	1
30	452	390	MUTEKILE	RASMENI	IKHAMVA AC	M	48	45-49M	0.54.07	5	0
31	691	258	SIZAKELE	DAYIMANI	KOWIE STRIDERS	M	32	SM	0.54.11	5	0
32	22	2704	MICHAEL	BEKAPI	CHARLO R R	M	51	50-54M	0.54.13	5	0
33	596		NTOMBESINTU	MFUNZI	BONITAS	F	31	SF	0.54.13	0	0
34	533	1177	DARYL	NORTH	ACHILLES AAA	M	35	35-39M	0.55.31	5	0
35	616	2741	THANDUXOLO	MPUSHE	SA PROF DEV	M	23	SM	0.55.51	4	0
36	714	1702	ERRLO	KOERT	GELVAN A C	M	36	35-39M	0.55.56	5	0
37	293	1599	LUVUYO	STEPHEN	NEDBANK RC	M	42	40-44M	0.55.59	5	0
38	451	1006	WILLIAM	WILSON	BODY CONCEPT	M	36	35-39M	0.56.27	5	0
39	289	1947	NKOSINATHI	GCAKASI	BLUEWATER BAY	M	42	40-44M	0.56.30	5	0
40	731	2054	JUAN	CORDIER	DESPATCH AC	M	27	SM	0.56.32	4	0
41	127	956	THEMBEKILE	MSIPA	CHARLO R R	M	38	35-39M	0.56.37	5	0
42	281	1120	BENNIE	STADLER	ACHILLES AAA	M	50	50-54M	0.56.59	5	0
43	572	376	MOYISILE	WANA	IKHAMVA AC	M	41	40-44M	0.57.00	5	0
44	761	654	MPUMELELO	NDLUMBINI	SA PROF DEV	M	40	40-44M	0.57.03	5	0
45	753	854	DAVID	MAMA	ASPEN PHARMACAR	M	37	35-39M	0.57.06	4	0
46	421	421	LUYANDA	MATIWANA	TEMP	M	34	SM	0.57.07	0	0
47	417	1779	VERNON	NEWFELDT	GELVAN A C	M	46	45-49M	0.57.08	5	0
48	785	1406	AUGUST	ESAU	NEDBANK RC	M	42	40-44M	0.57.12	5	0
49	292	1446	KENNETH	MENZE	NEDBANK RC	M	51	50-54M	0.57.18	5	0
50	210	188	RUAN	SMALBERGER	ST ALBANS CS EP	M	23	SM	0.57.23	4	0
51	427	427	NATALIE	ROSS	RHODES UNIVERSI	F	22	SF	0.57.24	0	0
52	365	2082	JACQUES	BARNARD	DESPATCH AC	M	36	35-39M	0.57.25	4	0
53	225	2193	JOHN	DU PREEZ	ABSA NMMU A C	M	47	45-49M	0.58.05	5	0
54	780	1401	SAMKELO	SINYONGO	NEDBANK RC	M	31	SM	0.58.06	3	0
55	446	2060	MXOLISI	DLAMINI	KZN INDIVIDUAL	M	31	SM	0.58.20	0	0
56	425	425	MARCUS	MFENGU	TEMP	M	34	SM	0.58.22	0	0
57	786	1749	PETER	WILDSCHUT	GELVAN A C	M	36	35-39M	0.58.26	4	0
58	639	1254	ALFRED	SPIERS	ELITE A C	M	52	50-54M	0.58.44	5	0
59	222	2188	BONGANI	BASHE	ABSA NMMU A C	M	31	SM	0.58.51	3	0
60	232	2139	BRENDON	SLABBERT	ABSA NMMU A C	M	41	40-44M	0.58.55	4	0
61	633	1032	JACOB	ABRAHAM	BODY CONCEPT	M	46	45-49M	0.59.20	5	0
62	777	2009	NCEDO	BENYA	TRANSNET RE	M	35	35-39M	0.59.25	4	0
63	485	485	MONGEZI	MBOYA	TEMP	M	35	35-39M	0.59.26	0	0
64	362	301	IAN	PATTERSON	MUIRITE STRIDER	M	49	45-49M	0.59.38	5	0
65	732	2028	FREEK	DANIELS	TRANSNET RE	M	46	45-49M	0.59.42	5	0
66	67	1163	ROBIN	FOURIE	ACHILLES AAA	M	49	45-49M	0.59.54	5	0
67	416	232	EFESE	PETER	SANDF EP	M	52	50-54M	1.00.10	5	0
68	419	419	NOEL	ADAMS	TEMP	M	40	40-44M	1.00.22	0	0
69	695	1520	SELWYN	ISAACS	NEDBANK RC	M	38	35-39M	1.00.58	3	0
70	445	445	THAMSANQA	MANGI	TEMP	M	28	SM	1.00.59	0	0
71	278	1191	ALAN	TAYLOR	ACHILLES AAA	M	55	55-59M	1.01.44	5	0
72	150	2708	FRANK	PIRON	CHARLO R R	M	49	45-49M	1.01.45	4	0
73	202	954	LIVINGSTON	MYIRENDA	CHARLO R R	M	43	40-44M	1.01.47	0	0
74	28	1664	SIMPHIWE	BLOU	TRIANGLE SPORTS	M	40	40-44M	1.02.04	3	0
75	770	66	APHIWE	KISIYANE	P.E.A.A.C.	M	21	SM	1.02.38	3	0
76	713	201	JOSEPH	BAIN	ST ALBANS CS EP	M	53	50-54M	1.02.41	5	0

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77	27	1669	DISEMBA	BLOU	TRIANGLE SPORTS	M	54	50-54M	1.03.01	5	0
78	792	1745	EUGENE	AFRICA	GELVAN A C	M	45	45-49M	1.03.09	4	0
79	54	1747	ROLAND	DU PREEZ	GELVAN A C	M	43	40-44M	1.03.16	3	0
80	532	1168	ANDREW	PORTER	ACHILLES AAA	M	41	40-44M	1.03.39	3	0
81	7	1611	DELIWE	NYANGA	NEDBANK RC	F	23	SF	1.03.55	4	25
82	396	396	BRENDON	PERSENS	TEMP	M	38	35-39M	1.03.55	0	0
83	193	915	JOHN	WARNES	CHARLO R R	M	49	45-49M	1.03.57	3	0
84	1590	1712	CHARLES	BAATJIES	GELVAN A C	M	56	55-59M	1.04.06	5	0
85	701	1172	DALE	STOCK	ACHILLES AAA	M	33	SM	1.04.11	2	0
86	256	1387	HANNES	ELS	MADIBA BAY	M	63	60-64M	1.04.13	5	0
87	800	199	MORNE	GARDINER	ST ALBANS CS EP	M	36	35-39M	1.04.25	3	0
88	791	1479	MARGIE	SAUNDERS	NEDBANK RC	F	59	55-59F	1.04.27	5	24
89	161	939	MXOLISI	SIZIBA	CHARLO R R	M	42	40-44M	1.04.58	3	0
90	412	1003	MARIUS	VAN EYK	BODY CONCEPT	M	48	45-49M	1.05.01	3	0
91	661	1025	THEMBELIHLE	GXABEKA	BODY CONCEPT	M	37	35-39M	1.05.04	3	0
92	283	2404	NEIL	DE MEILLON	NEDBANK RC	M	49	45-49M	1.05.07	3	0
93	756	1178	JIMMY	STYAN	ACHILLES AAA	M	60	60-64M	1.05.17	5	0
94	141	1915	CHRISTOPHER	NYODI	BLUEWATER BAY	M	54	50-54M	1.05.23	4	0
95	360	422	JENE	BANFIELD	RFLG	F	42	40-44F	1.05.29	5	23
96	604	1169	IAIN	MAUGHAN-BROWN	ACHILLES AAA	M	24	SM	1.05.33	2	0
97	432	432	WILLEM	MALHERBE	TEMP	M	22	SM	1.05.45	0	0
98	499	499	SIPHELO	NYOKA	TEMP	M	35	35-39M	1.05.57	0	0
99	120	328	GEORGE	MEIRING	MUIRITE STRIDER	M	56	55-59M	1.05.59	5	0
100	618	157	WILLEM	BOUWERS	MALABAR	M	42	40-44M	1.06.01	3	0
101	539	1328	URAN	LE ROUX	VWAC	M	46	45-49M	1.06.04	3	0
102	162	957	SINDILE	SKITI	CHARLO R R	M	35	35-39M	1.06.06	2	0
103	179	1404	DEON	VAN DER MERWE	NEDBANK RC	M	43	40-44M	1.06.07	3	0
104	557	557	WARREN	DICKSON	TEMP	M	40	40-44M	1.06.09	0	0
105	644	1544	ERIK	KEMP	NEDBANK RC	M	36	35-39M	1.06.12	2	0
106	459	1573	TAMSANQA	JUSAYI	NEDBANK RC	M	70	70+M	1.06.13	5	0
107	799	1087	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	F	52	50-54F	1.06.14	5	22
108	431	1861	ANDRE	NEETHLING	EBENEZER	M	21	SM	1.06.28	2	0
109	397	397	NEO	MOHAPI	TEMP	M	22	SM	1.06.33	0	0
110	774	1108	GRIZELDA	PIETERSEN	ACHILLES AAA	F	44	40-44F	1.06.38	4	21
111	663	663	DALE	EDWARDS	TEMP	M	21	SM	1.06.41	0	0
112	546	1194	CHRISTINE	CLAASEN	ACHILLES AAA	F	48	45-49F	1.06.52	5	20
113	118	1225	LAURA	MARITZ	ELITE A C	F	52	50-54F	1.06.54	5	19
114	468	2444	FRANK	HOBSON	NEDBANK RC	M	40	40-44M	1.06.59	2	0
115	558	558	NICK	DAVIDSON	TEMP	M	44	40-44M	1.07.02	0	0
116	724	1854	RODGER	GYSMAN	EBENEZER	M	39	35-39M	1.07.10	2	0
117	762	99	CHARLES	GOLDSWAIN	P.E.A.A.C.	M	28	SM	1.07.13	2	0
118	491	225	KERNEELS	MEINTJIES	ST ALBANS CS EP	M	53	50-54M	1.07.16	3	0
119	684	851	PIETER	STRYDOM	ASPEN PHARMACAR	M	25	SM	1.07.18	2	0
120	469	1751	JACOBUS	JULIUS	GELVAN A C	M	38	35-39M	1.07.22	2	0
121	788	1598	LUCAS	GALEBOE	NEDBANK RC	M	42	40-44M	1.07.27	2	0
122	154	283	LORENZO	SAMUELS	MUIRITE STRIDER	M	28	SM	1.07.37	2	0
123	593	2509	SHAUN	COETZEE	X-CEL A C	M	43	40-44M	1.07.39	2	0
124	152	972	NTANDO	PORO	CHARLO R R	M	22	SM	1.07.45	2	0
125	737	323	CLIVE	VAN RAYNER	MUIRITE STRIDER	M	45	45-49M	1.07.47	3	0
126	40	1148	PERCY	DALTON	ACHILLES AAA	M	64	60-64M	1.07.49	5	0
127	353	1111	GRAHAM	CHANNON	ACHILLES AAA	M	63	60-64M	1.07.55	5	0
128	270	1216	RUDI	VAN TONDER	ELITE A C	M	40	40-44M	1.07.56	2	0
129	457	1258	JOHANN	POSTMA	ELITE A C	M	47	45-49M	1.07.57	3	0
130	321	321	LUBABALO	RANUGA	TEMP	M	24	SM	1.07.57	0	0
131	249	1286	PETER	VAN RENSBURG	ELITE A C	M	54	50-54M	1.08.02	3	0
132	358	1259	STEPHEN	KLUE	ELITE A C	M	54	50-54M	1.08.05	3	0
133	135	1462	TERRAY	NEWCOMBE	ELITE A C	F	22	SF	1.08.05	3	18
134	768	1245	WILLEM	DAFEL	ELITE A C	M	45	45-49M	1.08.06	3	0
135	89	1303	TIMOTHY	HERMANUS	VWAC	M	45	45-49M	1.08.07	3	0
136	772	153	MARK	ROCKMAN	MALABAR	M	44	40-44M	1.08.12	2	0
137	77	1564	ZIRK	HAEFELE	NEDBANK RC	M	35	35-39M	1.08.16	2	0
138	551	551	BENNETT	NAPOLEON	TEMP	M	37	35-39M	1.08.25	0	0
139	622	1102	ROGER	TRADER	ACHILLES AAA	M	59	55-59M	1.08.29	4	0
140	646	549	GWINYAI	CHIMURIWO	RHODES UNIVERSI	M	24	SM	1.08.30	2	0
141	568	568	JACOB	MATROOS	TEMP	M	40	40-44M	1.08.32	0	0
142	478	117	ERROL	ROSSOUW	P.E.A.A.C.	M	63	60-64M	1.08.36	5	0
143	361	361	WALTER	EKSTEEN	TEMP	M	39	35-39M	1.08.37	0	0
144	458	581	BRINK	EKSTEEN	MANSGENOEG	M	43	40-44M	1.08.38	2	0
145	220	231	ZILINGENE	RALANE	SANDF EP	M	50	50-54M	1.08.43	3	0
146	594	2482	JEROME	MAY	X-CEL A C	M	46	45-49M	1.08.55	3	0
147	119	1156	BRUCE	MCEWAN	ACHILLES AAA	M	59	55-59M	1.08.58	4	0
148	653	2024	XOLILE	MBALI	TRANSNET RE	M	37	35-39M	1.09.07	2	0
149	623	2235	MICHELLE	GALLOWAY	ABSA NMMU A C	F	25	SF	1.09.10	3	17
150	332	332	KIAN	TERBLANCHE	TEMP	M	15	JM	1.09.14	0	0
151	582	221	GRAHAM	BUBB	ST ALBANS CS EP	M	45	45-49M	1.09.16	2	0
152	595	2060	HENDRIK	VAN WYK	DESPATCH AC	M	49	45-49M	1.09.19	2	0
153	527	2085	JACOBUS	WYATT	DESPATCH AC	M	49	45-49M	1.09.20	2	0

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154	139	988	DERICK	NORRIS	CHARLO R R	M	34	SM	1.09.20	2	0
155	188	974	BIANKA	VENTER	CHARLO R R	F	24	SF	1.09.27	2	16
156	227	2136	ANDREW	JONAS	ABSA NMMU A C	M	48	45-49M	1.09.28	2	0
157	676	1757	PRISCILLA	MALEIBA	GELVAN A C	F	42	40-44F	1.09.32	3	15
158	34	967	MIKE	BURGER	CHARLO R R	M	53	50-54M	1.09.39	3	0
159	751	959	GARETH	HUGHES	CHARLO R R	M	39	35-39M	1.09.39	2	0
160	470	1218	CLAIRE	NAGEL	ELITE A C	F	48	45-49F	1.09.40	4	14
161	782	842	MAHIR	ABRAHAMS	ASPEN PHARMACAR	M	38	35-39M	1.09.42	2	0
162	410	410	SVEN	HAGER	TEMP	M	38	35-39M	1.09.45	0	0
163	519	2483	CHESTER	BROOKS	X-CEL A C	M	55	55-59M	1.09.47	3	0
164	787	1707	SELWYN	UITHALER	GELVAN A C	M	57	55-59M	1.09.53	3	0
165	255	1363	LEON	GROENEWALD	MADIBA BAY	M	46	45-49M	1.09.54	2	0
166	165	902	MARIUS	SNYMAN	CHARLO R R	M	48	45-49M	1.10.00	2	0
167	282	2488	ROBERT	JORDAAN	X-CEL A C	M	45	45-49M	1.10.00	2	0
168	681	311	WARREN	NANCE	MUIRITE STRIDER	M	40	40-44M	1.10.01	2	0
169	473	509	JOHN	DICKASON	RHODES UNIVERSI	M	20	SM	1.10.07	0	0
170	198	951	MEGAN	WILSON	CHARLO R R	F	17	JF	1.10.25	2	13
171	318	318	CEAGAN	MATTHEWS	TEMP	M	17	JM	1.10.33	0	0
172	556	556	MELVIN	ERASMUS	TEMP	M	43	40-44M	1.10.34	0	0
173	424	424	TRAVERS	HENRICK	TEMP	M	23	SM	1.10.35	0	0
174	555	555	MICHAEL	KING	TEMP	M	25	SM	1.10.36	0	0
175	263	1152	ANCHE	SCHUBART	ACHILLES AAA	F	31	SF	1.10.37	2	12
176	754	1251	DANIEL	FERREIRA	ELITE A C	M	54	50-54M	1.10.47	3	0
177	773	51	LARRY	WOOD	P.E.A.A.C.	M	54	50-54M	1.10.52	3	0
178	454	593	JOHAN	ENGELBRECHT	MANGENOEG	M	49	45-49M	1.10.55	2	0
179	52	925	DEBBIE	DODD	CHARLO R R	F	42	40-44F	1.10.57	3	11
180	244	220	BENNIE	THYSSE	ST ALBANS CS EP	M	55	55-59M	1.11.04	3	0
181	707	940	DALE	MOULTON	CHARLO R R	M	32	SM	1.11.07	2	0
182	448	448	DANE	COX	TEMP	M	20	SM	1.11.08	0	0
183	654	2043	SISONKE	MABULU	TRANSNET RE	M	31	SM	1.11.23	2	0
184	647	1160	AFRIKA	MHLOPHE	ACHILLES AAA	M	34	SM	1.11.26	2	0
185	271	34	ROBERT	RIETMULLER	P.E.A.A.C.	M	56	55-59M	1.11.30	3	0
186	638	534	MATTHEW	THEIJSEN	RHODES UNIVERSI	M	22	SM	1.11.48	2	0
187	552	552	MATTHEW	VAN DER VEGTE	TEMP	M	21	SM	1.12.03	0	0
188	41	1033	STEPHANIE	DAMALIS	BODY CONCEPT	F	26	SF	1.12.11	2	10
189	337	337	NICKY	BUTTERS	TEMP	F	16	JF	1.12.17	0	0
190	708	366	DONALD	MANCASA	IKHAMVA AC	M	58	55-59M	1.12.22	3	0
191	116	381	MZUKISI	MALAMBILE	IKHAMVA AC	M	51	50-54M	1.12.29	2	0
192	405	405	DYLAN	BENYON	TEMP	M	25	SM	1.12.34	0	0
193	63	950	SYDNEY	FORLEE	CHARLO R R	M	36	35-39M	1.12.44	2	0
194	122	889	FREDERICK	MELVILLE	CHARLO R R	M	26	SM	1.12.45	2	0
195	59	922	DAVID	ENSLIN	CHARLO R R	M	54	50-54M	1.12.45	2	0
196	308	308	MARC	DAVIDOWITZ	TEMP	M	27	SM	1.13.06	0	0
197	605	766	SYD	LIPPSTREU	CRUSADERS A C	M	64	60-64M	1.13.09	3	0
198	132	1079	ANNELIE	NEL	BODY CONCEPT	F	38	35-39F	1.13.19	2	9
199	579	1627	STEVEN	FANELLA	TRIANGLE SPORTS	M	49	45-49M	1.13.19	2	0
200	740	869	ABRAHAM	JACOBS	ASPEN PHARMACAR	M	43	40-44M	1.13.25	2	0
201	31	1704	VANESSA	BRECHT	GELVAN A C	F	30	SF	1.13.27	2	8
202	30	1763	REMY	BRECHT	GELVAN A C	M	27	SM	1.13.28	2	0
203	69	1365	JOHN	FRASER	MADIBA BAY	M	60	60-64M	1.13.29	3	0
204	545	1295	ROZELLE	VON MOLENDORFF	ELITE A C	F	48	45-49F	1.13.34	3	7
205	544	1296	ANTON	VON MOLENDORFF	ELITE A C	M	49	45-49M	1.13.35	2	0
206	1793	195	MARLIZE	HAYWARD	ST ALBANS CS EP	F	31	SF	1.13.55	2	6
207	797	1089	LIONEL	KROON	BODY CONCEPT	M	44	40-44M	1.13.57	2	0
208	145	941	ANGELA	PARKER	CHARLO R R	F	36	35-39F	1.14.14	2	5
209	224	2199	JOHNATHAN	DILLON	ABSA NMMU A C	M	30	SM	1.14.14	2	0
210	61	190	MARIUS	FERREIRA	ST ALBANS CS EP	M	44	40-44M	1.14.18	2	0
211	252	1743	GREGORY	ROSS	GELVAN A C	M	39	35-39M	1.14.20	2	0
212	481	1125	JARRYD	HEUGH	ACHILLES AAA	M	20	SM	1.14.22	2	0
213	664	1703	GODFREY	KARIEM	GELVAN A C	M	72	70+M	1.14.25	5	0
214	168	934	LEON	STEYN	CHARLO R R	M	45	45-49M	1.14.28	2	0
215	729	2063	TIANI	CLAASSEN	DESPATCH AC	F	22	SF	1.14.37	2	4
216	763	2062	DANIEL	PIETERSE	DESPATCH AC	M	50	50-54M	1.14.37	2	0
217	106	1100	JAMES	LAMONT	BODY CONCEPT	M	53	50-54M	1.14.40	2	0
218	516	2433	BUYELWA	KOBOKANA	NEDBANK RC	F	48	45-49F	1.14.46	3	3
219	692	2098	STEPHEN	PHILLIPSON	DESPATCH AC	M	49	45-49M	1.14.47	2	0
220	83	1857	KEITH	HARRIS	EBENEZER	M	42	40-44M	1.14.50	2	0
221	578	1305	MOEGAMAT	JOHNSON	VWAC	M	44	40-44M	1.14.51	2	0
222	688	1028	PAUL	JOHNSON	BODY CONCEPT	M	45	45-49M	1.14.51	2	0
223	228	2243	EUGENE	MARAIS	ABSA NMMU A C	M	29	SM	1.14.52	2	0
224	687	1200	GARRETH	JACOBSON	ACHILLES AAA	M	37	35-39M	1.14.52	2	0
225	280	1391	JARROD	NASS	MADIBA BAY	M	21	SM	1.14.53	2	0
226	176	2004	MLUNGISELELI	TSHAYITILE	TRANSNET RE	M	34	SM	1.14.54	2	0
227	627	1572	DARIUS	SWIEGELAAR	NEDBANK RC	M	17	JM	1.14.57	2	0
228	725	214	THEUNIS	MARAIS	ST ALBANS CS EP	M	47	45-49M	1.15.02	2	0
229	698	731	PETER	WIEHAHN	CRUSADERS A C	M	40	40-44M	1.15.04	2	0
230	619	2443	CORNEL	GOUWS	NEDBANK RC	M	31	SM	1.15.10	2	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
231	686	1851	GAVIN	MUNIZ	EBENEZER	M	51	50-54M	1.15.19	2	0
232	413	1161	SHANE	NORRIS	ACHILLES AAA	M	39	35-39M	1.15.20	2	0
233	640	1594	JANE	KEMP	NEDBANK RC	F	36	35-39F	1.15.23	2	2
234	709	713	MBULELO	SOBIKWA	CRUSADERS A C	M	58	55-59M	1.15.26	2	0
235	79	936	CRAIG	HAMILTON	CHARLO R R	M	38	35-39M	1.15.28	2	0
236	186	1220	NOEL	VAN WILLING	ELITE A C	M	46	45-49M	1.15.28	2	0
237	775	1482	MERVYN	MALGAS	NEDBANK RC	M	51	50-54M	1.15.34	2	0
238	351	1114	GAIL	KLICHOWICZ	ACHILLES AAA	F	46	45-49F	1.15.56	2	1
239	529	1138	DUANE	SHIPP	ACHILLES AAA	M	42	40-44M	1.15.57	2	0
240	286	1919	ALLEN-ANDRE	PIENAAR	BLUEWATER BAY	M	23	SM	1.16.00	1	0
241	548	1002	NOLUKHANYO	MDWAYI	BODY CONCEPT	F	31	SF	1.16.04	2	0
242	771	1320	PLAAITJIE	DAMONS	VWAC	M	49	45-49M	1.16.06	2	0
243	190	29	WILLIAM	VORSTER	P.E.A.A.C.	M	66	65-69M	1.16.07	3	0
244	185	971	JEFFREY	VAN NIEKERK	CHARLO R R	M	40	40-44M	1.16.09	2	0
245	97	911	ADRIAAN	JORDAAN	CHARLO R R	M	44	40-44M	1.16.12	2	0
246	795	1910	AMANDA	PRIDEAUX	BLUEWATER BAY	F	37	35-39F	1.16.13	2	0
247	666	2515	DEON	PRINSLOO	X-CEL A C	M	46	45-49M	1.16.15	2	0
248	46	871	RICHARD	DE ANDRADE	CHARLO R R	M	52	50-54M	1.16.18	2	0
249	602	1335	ALFY	PETRUS	VWAC	M	50	50-54M	1.16.18	2	0
250	11	167	RASHIED	ABRAHAMS	MALABAR	M	50	50-54M	1.16.19	2	0
251	550	2361	KELLIE	HARRIS	PROFILES	F	23	SF	1.16.20	2	0
252	710	2115	CHARMAINE	BUTTON	ABSA NMMU A C	F	49	45-49F	1.16.23	2	0
253	561	561	WILLEM	JANSEN VAN RENSBURG	TEMP	M	35	35-39M	1.16.24	0	0
254	554	554	JO-ANNE	LAURENCE	TEMP	F	22	SF	1.16.24	0	0
255	723	1952	VUSI	MSUTHWANA	BLUEWATER BAY	M	41	40-44M	1.16.27	2	0
256	109	138	ZIYAAD	LOMBARD	MALABAR	M	34	SM	1.16.29	1	0
257	706	846	PEDRE	BOOYSEN	ASPEN PHARMACAR	M	29	SM	1.16.31	1	0
258	309	309	SHAUN	DAVIES	TEMP	M	30	SM	1.16.33	0	0
259	302	302	CRYSTAL	ANDREWS	TEMP	F	29	SF	1.16.34	0	0
260	182	282	DEWALD	VAN DER WALT	MUIRITE STRIDER	M	37	35-39M	1.16.39	1	0
261	408	408	DIVAN	DE LANGE	TEMP	M	27	SM	1.16.43	0	0
262	679	975	NIEL	FIVAZ	HARTENBOS	M	46	45-49M	1.16.46	0	0
263	680	963	IDA	FIVAZ	HARTENBOS	F	39	35-39F	1.16.46	0	0
264	110	875	WOUTER	LOOTS	CHARLO R R	M	51	50-54M	1.16.52	2	0
265	349	337	JOHANNES	HERBST	MUIRITE STRIDER	M	67	65-69M	1.16.52	3	0
266	411	1939	ANNELIZE	SHERGOLD-SMITH	BLUEWATER BAY	F	32	SF	1.16.58	2	0
267	93	1136	CATHY	IVES	ACHILLES AAA	F	59	55-59F	1.17.06	4	0
268	704	1304	CLINT	JONAS	VWAC	M	26	SM	1.17.09	1	0
269	611	1748	HENRY	MASCHAKA	GELVAN A C	M	46	45-49M	1.17.09	2	0
270	19	1283	JACQUES	BARNARD	ELITE A C	M	37	35-39M	1.17.10	1	0
271	584	132	RICHARD	VAN BRIESIES	MALABAR	M	56	55-59M	1.17.14	2	0
272	114	1165	LESLEY	MAGGOTT	ACHILLES AAA	F	45	45-49F	1.17.18	2	0
273	626	1775	LEONARD	GROVES	GELVAN A C	M	49	45-49M	1.17.20	2	0
274	17	56	LIESL	BARKER	P.E.A.A.C.	F	46	45-49F	1.17.22	2	0
275	438	438	CLINTON	SMITH	TEMP	M	27	SM	1.17.23	0	0
276	522	1121	ADRI	DU PLESSIS	ACHILLES AAA	F	39	35-39F	1.17.24	2	0
277	613	744	ANDREW	DEALTRY	CRUSADERS A C	M	56	55-59M	1.17.29	2	0
278	125	1219	JOHAN	MINNIE	ELITE A C	M	45	45-49M	1.17.30	2	0
279	58	1154	BILL	EMSLIE	ACHILLES AAA	M	60	60-64M	1.17.32	2	0
280	535	592	ROBERT	SAUNDERS	MANGSNOEG	M	38	35-39M	1.17.33	1	0
281	208	88	PAUL	FROSLER	P.E.A.A.C.	M	42	40-44M	1.17.35	2	0
282	211	198	RIAAN	SMALBERGER	ST ALBANS CS EP	M	58	55-59M	1.17.38	2	0
283	230	2187	ABONGILE	NONXUBA	ABSA NMMU A C	F	29	SF	1.17.40	2	0
284	645	184	VERNON	NAIDOO	MALABAR	M	44	40-44M	1.17.41	1	0
285	156	36	SHANE	SAUNDERS	P.E.A.A.C.	M	45	45-49M	1.17.45	2	0
286	460	598	BRANDEN	POTGIETER	MANGSNOEG	M	36	35-39M	1.17.45	1	0
287	524	2050	ANDRE	NEL	TRANSNET RE	M	52	50-54M	1.17.47	2	0
288	359	1699	SCHOOMBEE	PRETORIUS	TRIANGLE SPORTS	M	55	55-59M	1.17.55	2	0
289	356	1144	KEN	BARWOOD	ACHILLES AAA	M	57	55-59M	1.17.56	2	0
290	51	2363	JONATHAN	DOBSON	PROFILES	M	30	SM	1.17.57	1	0
291	78	2271	JACQUES	HAMAN	ABSA NMMU A C	M	38	35-39M	1.18.05	1	0
292	456	2730	CAROL	ALDERMAN	MANGSNOEG	F	42	40-44F	1.18.09	2	0
293	192	683	DAVID	WALLAND	CRUSADERS A C	M	33	SM	1.18.11	1	0
294	479	867	THEMALETHU	MANA	ASPEN PHARMACAR	M	36	35-39M	1.18.14	1	0
295	274	2346	ANDREW	HOFFMANN	PROFILES	M	40	40-44M	1.18.15	1	0
296	399	399	ILZE	VAN DEVENTER	TEMP	F	32	SF	1.18.16	0	0
297	418	9	ELMARIE	BOTHA	P.E.A.A.C.	F	46	45-49F	1.18.22	2	0
298	33	23	SHANE	BROWN	P.E.A.A.C.	M	52	50-54M	1.18.22	2	0
299	137	2006	CHRISTOPHER	NJIKELANA	TRANSNET RE	M	42	40-44M	1.18.28	1	0
300	104	2506	OWEN	KIVEDO	X-CEL A C	M	56	55-59M	1.18.32	2	0
301	560	560	JADE	HOOKE	TEMP	F	22	SF	1.18.45	0	0
302	636	223	SHARON	SMUTS	ST ALBANS CS EP	F	46	45-49F	1.18.47	2	0
303	765	1147	RONALD	FIELD	ACHILLES AAA	M	65	65-69M	1.18.48	2	0
304	350	1533	LEONIE	AH KEE	NEDBANK RC	F	39	35-39F	1.18.51	2	0
305	401	401	ATTIE	ELS	TEMP	M	53	50-54M	1.18.52	0	0
306	386	386	WILLEM	REITZ	TEMP	M	26	SM	1.18.53	0	0
307	523	1179	MERLE	NAIR	ACHILLES AAA	F	51	50-54F	1.18.54	2	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
308	241	187	SYLMA	WATKINS	ST ALBANS CS EP	F	44	40-44F	1.19.01	2	0
309	339	339	LIFA	MAPU	TEMP	M	26	SM	1.19.03	0	0
310	177	105	DINO	UNGERER	P.E.A.A.C.	M	46	45-49M	1.19.19	1	0
311	760	345	PETER	ECK	MUIRITE STRIDER	M	66	65-69M	1.19.21	2	0
312	229	2119	IVO	MEYER	ABSA NMMU A C	M	38	35-39M	1.19.21	1	0
313	721	1195	MARIETJIE	PIETERSEN	ACHILLES AAA	F	56	55-59F	1.19.24	3	0
314	719	467	AMANDA	WOLMARANS	WALMER AC	F	54	50-54F	1.19.35	2	0
315	272	1224	CLIVE	WEWERS	ELITE A C	M	52	50-54M	1.19.37	2	0
316	74	1716	DERICK	GOLIATH	GELVAN A C	M	49	45-49M	1.19.38	1	0
317	641	535	MEGAN	SCHOEMAN	RHODES UNIVERSI	F	25	SF	1.19.39	1	0
318	223	2304	ANDILE	BOVONGANA	ABSA NMMU A C	M	46	45-49M	1.19.42	1	0
319	769	41	THEMBISILE	NTONI	P.E.A.A.C.	M	65	65-69M	1.19.42	2	0
320	331	331	RYAN	SMITH	TEMP	M	22	SM	1.19.43	0	0
321	32	924	GRAHAM	BROOM	CHARLO R R	M	42	40-44M	1.19.44	1	0
322	482	1312	BERES	GOLIATH	VWAC	M	48	45-49M	1.19.45	1	0
323	253	2504	DAVID	BAINS	X-CEL A C	M	46	45-49M	1.19.47	1	0
324	575	2032	LIONEL	NEL	TRANSNET RE	M	41	40-44M	1.19.48	1	0
325	146	858	SHARON	PARKIN	ASPEN PHARMACAR	F	42	40-44F	1.19.51	2	0
326	553	534	LEANNE	VOERMANN	RHODES AC	F	22	SF	1.19.52	0	0
327	406	406	LEIGH	WORSLEY-WARSWICK	TEMP	F	21	SF	1.19.52	0	0
328	199	1899	ELWIN	WOODS	NO CLUB	M	49	45-49M	1.19.53	0	0
329	778	841	MONDE	NCOYO	ASPEN PHARMACAR	M	56	55-59M	1.19.53	2	0
330	757	1753	DESIREE	EBRAHIM	GELVAN A C	F	47	45-49F	1.19.58	2	0
331	212	189	ELIZE	SMALBERGER	ST ALBANS CS EP	F	57	55-59F	1.20.00	3	0
332	113	148	NURUNNISA	MADATT	MALABAR	F	50	50-54F	1.20.06	2	0
333	526	782	KATIE	MORRIS	CRUSADERS A C	F	29	SF	1.20.13	1	0
334	683	700	CHRIS	BEKKER	CRUSADERS A C	M	60	60-64M	1.20.17	2	0
335	231	2200	BERNARD	PETERSEN	ABSA NMMU A C	M	47	45-49M	1.20.22	1	0
336	672	1110	BRAMWELL	FLEURS	ACHILLES AAA	M	34	SM	1.20.27	1	0
337	463	2095	CHRISTINE	SNYMAN	DESPATCH AC	F	56	55-59F	1.20.27	3	0
338	734	2398	YOLANDIE	GREEN	PROFILES	F	37	35-39F	1.20.29	2	0
339	174	920	DEON	TEUBES	CHARLO R R	M	45	45-49M	1.20.30	1	0
340	752	2298	JEREMY	DOBBIN	ABSA NMMU A C	M	25	SM	1.20.35	0	0
341	567	567	STEVE	MAC DONALD	TEMP	M	60	60-64M	1.20.37	0	0
342	420	420	HELEN	JOHN	TEMP	F	39	35-39F	1.20.37	0	0
343	80	892	SHAYNE	HARDIMAN	CHARLO R R	M	42	40-44M	1.20.38	1	0
344	543	1261	LANA	BRUYNS	ELITE A C	F	44	40-44F	1.20.38	2	0
345	312	312	SIMONE	GAUCHE	TEMP	F	24	SF	1.20.40	0	0
346	755	1243	WILLIAM	GROBLER	ELITE A C	M	64	60-64M	1.20.41	2	0
347	607	281	CHRISTO	VAN DER WALT	MUIRITE STRIDER	M	41	40-44M	1.20.46	1	0
348	796	848	IGNATIUS	VENTER	ASPEN PHARMACAR	M	29	SM	1.20.50	1	0
349	13	1705	ELIZE	ADAMS	GELVAN A C	F	38	35-39F	1.20.54	1	0
350	472	1115	LIZEL	FABER	ACHILLES AAA	F	24	SF	1.20.58	1	0
351	381	381	GRAHAM	COMPTON	TEMP	M	29	SM	1.20.59	0	0
352	91	887	GRANT	HOYLE	CHARLO R R	M	39	35-39M	1.21.02	1	0
353	743	728	BRONWEN	PERRY	CRUSADERS A C	F	30	SF	1.21.03	1	0
354	498	498	JUDY	BEENS	TEMP	F	45	45-49F	1.21.04	0	0
355	466	227	SHIRI	GOVENDER	MALABAR	M	32	SM	1.21.05	0	0
356	699	777	CHARLES	RENNIE	CRUSADERS A C	M	48	45-49M	1.21.08	1	0
357	497	497	NADIA	ZIMRI	TEMP	F	25	SF	1.21.15	0	0
358	98	737	ROSEMARY	JOUBERT	CRUSADERS A C	F	52	50-54F	1.21.15	2	0
359	718	1199	AYDN	WILSON	ACHILLES AAA	M	48	45-49M	1.21.16	1	0
360	348	334	NEIL	GROBLER	MUIRITE STRIDER	M	52	50-54M	1.21.17	1	0
361	581	1222	CHARLOTTE	VAN COLLER	ELITE A C	F	44	40-44F	1.21.19	2	0
362	742	1326	LANCE-KEVIN	JACOBS	VWAC	M	39	35-39M	1.21.21	1	0
363	336	336	RODNEY	BUTTERS	TEMP	M	50	50-54M	1.21.21	0	0
364	60	2701	DOREEN	FERREIRA	CHARLO R R	F	53	50-54F	1.21.22	2	0
365	124	942	BRONWIN	MEYER	CHARLO R R	F	40	40-44F	1.21.27	2	0
366	157	897	PAUL	SCHWITZ	CHARLO R R	M	43	40-44M	1.21.28	1	0
367	57	55	NATALIE	ELLIOT	P.E.A.A.C.	F	35	35-39F	1.21.30	1	0
368	379	379	DAMIAN	DENNIS	TEMP	M	25	SM	1.21.36	0	0
369	90	938	JULIA	HOFART	CHARLO R R	F	29	SF	1.21.42	1	0
370	630	1506	ALLAN	VERREYNNE	NEDBANK RC	M	66	65-69M	1.21.43	2	0
371	677	2497	COREEN	LEANDER	X-CEL A C	F	39	35-39F	1.21.49	1	0
372	628	1774	REGINALD	JACOBS	GELVAN A C	M	61	60-64M	1.21.51	2	0
373	766	1119	TREMAINE	WESSON	ACHILLES AAA	M	52	50-54M	1.21.52	1	0
374	221	452	NIKKI	STROOH	WALMER AC	F	36	35-39F	1.21.58	1	0
375	267	364	LIZ	GRUNDLINGH	MUIRITE STRIDER	F	66	65-69F	1.21.59	5	0
376	657	359	CHARL	DU TOIT	MUIRITE STRIDER	M	25	SM	1.22.00	1	0
377	197	952	KIMBERLEY	WILSON	CHARLO R R	F	17	JF	1.22.01	1	0
378	400	400	MARK	NEWMAN	TEMP	M	25	SM	1.22.03	0	0
379	488	1452	PHUMLANI	WILLIE	NEDBANK RC	M	26	SM	1.22.05	1	0
380	455	1123	LINDSAY	PILLAY	ACHILLES AAA	M	59	55-59M	1.22.16	1	0
381	261	1268	SIDWELL	MATINYANE	ELITE A C	M	47	45-49M	1.22.18	1	0
382	68	986	MICHAEL	FOWLER	CHARLO R R	M	46	45-49M	1.22.22	1	0
383	621	768	SHAUN	ROBERTS	CRUSADERS A C	M	33	SM	1.22.23	1	0
384	467	2432	TYLER	JOOSTE	NEDBANK RC	M	19	SM	1.22.31	1	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
385	415	856	CHANTEL	MARAIS	ASPEN PHARMACAR	F	35	35-39F	1.22.37	1	0
386	155	2493	YUSUF	SAMUELS	X-CEL A C	M	53	50-54M	1.22.42	1	0
387	42	1126	TOM	D'ARCY	ACHILLES AAA	M	67	65-69M	1.22.48	2	0
388	303	303	TOM	BATEMAN	TEMP	M	69	65-69M	1.22.54	0	0
389	279	1392	LIZ	GOOSEN	MADIBA BAY	F	39	35-39F	1.22.56	1	0
390	403	403	LAWRENCE	GLOVER	TEMP	M	41	40-44M	1.23.01	0	0
391	327	327	RAYMOND	WIGGILL	TEMP	M	24	SM	1.23.07	0	0
392	649	1464	LINTON	LE GRANGE	NEDBANK RC	M	46	45-49M	1.23.20	1	0
393	268	1540	JOHAN	FERREIRA	NEDBANK RC	M	39	35-39M	1.23.25	1	0
394	257	1388	JOS	ELS	MADIBA BAY	F	60	60-64F	1.23.27	3	0
395	18	1284	IRMA	BARNARD	ELITE A C	F	35	35-39F	1.23.28	1	0
396	629	472	LETA	DOS SANTOS	WALMER AC	F	48	45-49F	1.23.30	2	0
397	55	725	GRAHAM	ELBOURNE	CRUSADERS A C	M	60	60-64M	1.23.35	2	0
398	462	1091	WARREN	COLLIER	BODY CONCEPT	M	54	50-54M	1.23.39	1	0
399	100	969	GARY	KELLEHER	CHARLO R R	M	55	55-59M	1.23.40	1	0
400	76	1596	ARUSHKE	HAEFELE	NEDBANK RC	F	32	SF	1.23.41	1	0
401	625	2059	YVETTE	JONKER	DESPATCH AC	F	40	40-44F	1.23.42	1	0
402	275	1706	DERRICK	GALLANT	GELVAN A C	M	43	40-44M	1.23.44	1	0
403	341	341	BOBBY	FREEGARD	TEMP	M	47	45-49M	1.23.45	0	0
404	606	1281	YOLANDE	KNOETZE	ELITE A C	F	45	45-49F	1.23.47	1	0
405	678	1709	INGRID	DE MONK	GELVAN A C	F	46	45-49F	1.23.54	1	0
406	242	106	HELOUISE	ERASMUS	P.E.A.A.C.	F	32	SF	1.23.55	1	0
407	577	1590	LETITIA	STRAUSS	NEDBANK RC	F	33	SF	1.23.56	1	0
408	637	1112	ROBIN	COYLE-DOWLING	ACHILLES AAA	M	47	45-49M	1.24.05	1	0
409	310	310	NEIL	DICKSON	TEMP	M	31	SM	1.24.08	0	0
410	101	1369	MONICA	KEMP	MADIBA BAY	F	57	55-59F	1.24.09	2	0
411	254	192	SUNET	HARRIS	ST ALBANS CS EP	F	39	35-39F	1.24.09	1	0
412	634	1280	NICO	KOCK	ELITE A C	M	44	40-44M	1.24.22	1	0
413	733	733	MICHAEL	SMITH	TEMP	M	39	35-39M	1.24.26	0	0
414	671	2499	FRANCOIS	PETERSE	X-CEL A C	M	47	45-49M	1.24.29	1	0
415	476	646	VUSIKAYA	MANCAPA	SA PROF DEV	M	47	45-49M	1.24.41	1	0
416	673	2487	GRANT	BURGINS	X-CEL A C	M	36	35-39M	1.24.50	1	0
417	528	2013	CARESTONE	DAMONS	TRANSNET RE	M	33	SM	1.24.52	1	0
418	56	726	ROBIN	ELBOURNE	CRUSADERS A C	F	55	55-59F	1.24.54	2	0
419	730	2064	WERNER	CLAASSEN	DESPATCH AC	M	49	45-49M	1.24.55	1	0
420	72	945	JANINE	GARDINER	CHARLO R R	F	31	SF	1.24.56	1	0
421	745	1711	ASHWELL	BURGINS	GELVAN A C	M	42	40-44M	1.24.56	1	0
422	65	1294	ANDRE	FOURIE	ELITE A C	M	65	65-69M	1.25.09	2	0
423	73	2706	CARL	GEYER	CHARLO R R	M	32	SM	1.25.15	1	0
424	134	883	BLAINE	NELL	CHARLO R R	M	39	35-39M	1.25.16	1	0
425	246	1485	RIAAN	OLIVIER	NEDBANK RC	M	42	40-44M	1.25.17	1	0
426	47	761	CHARLENE	DE CONING	CRUSADERS A C	F	48	45-49F	1.25.18	1	0
427	128	2355	CARMEN	MYBURGH	PROFILES	F	31	SF	1.25.19	1	0
428	129	2352	LUCAS	MYBURGH	PROFILES	M	32	SM	1.25.19	1	0
429	184	961	LARA	VAN HEERDEN	CHARLO R R	F	37	35-39F	1.25.20	1	0
430	324	324	ALEX	RYROK	TEMP	M	27	SM	1.25.20	0	0
431	453	2761	NTOKOZO	ZUNGU	SAP M C EP	M	46	45-49M	1.25.26	1	0
432	44	943	DENISE	DARLOW	CHARLO R R	F	44	40-44F	1.25.28	1	0
433	525	113	KEVIN	BENADE	P.E.A.A.C.	M	44	40-44M	1.25.28	1	0
434	300	1187	THERESA	LILLIS	ACHILLES AAA	F	56	55-59F	1.25.29	2	0
435	744	723	BARBARA	FOOT	CRUSADERS A C	F	53	50-54F	1.25.29	2	0
436	99	123	ELIAS	KASE	P.E.A.A.C.	M	44	40-44M	1.25.29	1	0
437	493	493	CATHRYN	DOSTER	TEMP	F	33	SF	1.25.30	0	0
438	149	948	KRISH	PILLAY	CHARLO R R	M	51	50-54M	1.25.33	1	0
439	414	451	LYNETTE	CRAUSE	WALMER AC	F	53	50-54F	1.25.37	1	0
440	530	1713	HENRY	MULLER	GELVAN A C	M	62	60-64M	1.25.38	1	0
441	194	1380	GLENN	WEISS	MADIBA BAY	M	42	40-44M	1.25.39	1	0
442	703	703	AMY	BOWES	TEMP	F	23	SF	1.25.39	0	0
443	702	2648	ELIZABETH	BOWES	NO CLUB	F	53	50-54F	1.25.44	0	0
444	520	743	MARY-LOU	EMSLIE	CRUSADERS A C	F	49	45-49F	1.25.45	1	0
445	16	112	JEANITA	ARTZ	P.E.A.A.C.	F	22	SF	1.25.46	1	0
446	196	953	ELA	WILSON	CHARLO R R	F	43	40-44F	1.26.01	1	0
447	183	119	MARK	VAN DER WALT	P.E.A.A.C.	M	50	50-54M	1.26.04	1	0
448	64	461	ELDON	FORTMANN	WALMER AC	M	62	60-64M	1.26.04	1	0
449	632	469	JOSE	DOS SANTOS	WALMER AC	M	47	45-49M	1.26.05	1	0
450	489	489	TRACEY-LYNNE	HERMAN	TEMP	F	40	40-44F	1.26.09	0	0
451	726	207	RUAN	WELGEMOED	ST ALBANS CS EP	M	18	JM	1.26.10	1	0
452	674	370	MALIXOLE	MANDULO	IKHAMVA AC	M	39	35-39M	1.26.27	1	0
453	705	2776	SIZIWE	CUKA	SAP M C EP	F	40	40-44F	1.26.31	1	0
454	435	727	JOHAN	HERSELMAN	CRUSADERS A C	M	38	35-39M	1.26.32	1	0
455	36	890	SUSANN	CHAPMAN	CHARLO R R	F	37	35-39F	1.26.33	1	0
456	45	711	BRENDAN	DAY	CRUSADERS A C	M	39	35-39M	1.26.34	1	0
457	387	387	REGARDT	STRYDOM	TEMP	M	32	SM	1.26.36	0	0
458	273	2347	CHERAMEE	HOFFMANN	PROFILES	F	39	35-39F	1.26.38	1	0
459	1443	1443	AMANDA	EDWARDS	TEMP	F	28	SF	1.26.40	0	0
460	444	444	PETER	EDWARDS	TEMP	M	28	SM	1.26.40	0	0
461	464	464	AYABULELA	SIBANGELA	TEMP	M	31	SM	1.26.44	0	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
462	352	9615	ZOLANI	MQOQI	COEGA AC	M	36	35-39M	1.26.47	1	0
463	237	1288	JAN	LE ROUX	ELITE A C	M	53	50-54M	1.26.48	1	0
464	700	5414	CISKE	UYS	PRETORIA HIGH S	F	19	SF	1.26.59	0	0
465	727	691	BEVAN	BARKHUIZEN	CRUSADERS A C	M	44	40-44M	1.27.01	1	0
466	612	1253	MIEMSIÉ	SWANEPOEL	ELITE A C	F	51	50-54F	1.27.06	1	0
467	542	1287	CHRISTINE	FOURIE	ELITE A C	F	66	65-69F	1.27.07	2	0
468	776	1301	PIETER	STEYN	VWAC	M	54	50-54M	1.27.10	1	0
469	383	383	TRISH	OTTO	TEMP	F	38	35-39F	1.27.14	0	0
470	384	384	THEO	OTTO	TEMP	M	39	35-39M	1.27.15	0	0
471	608	1318	RIAAN	STEYN	VWAC	M	29	SM	1.27.15	1	0
472	316	316	BONGANI	NDZOMBANE	TEMP	M	37	35-39M	1.27.16	0	0
473	160	93	LANCE	SHORTT	P.E.A.A.C.	M	61	60-64M	1.27.18	1	0
474	105	2232	JACO	KLOPPER	ABSA NMMU A C	M	50	50-54M	1.27.18	1	0
475	368	79	LISA	WEST	P.E.A.A.C.	F	49	45-49F	1.27.19	1	0
476	166	965	TAMMY	SOUTHBY	CHARLO R R	F	38	35-39F	1.27.20	1	0
477	609	1314	ERIKA	BOUWER	VWAC	F	27	SF	1.27.21	1	0
478	486	486	LINDA	LE ROUX	TEMP	F	41	40-44F	1.27.23	0	0
479	580	151	FAISEL	DE DONCKER	MALABAR	M	52	50-54M	1.27.26	1	0
480	366	599	KEVIN	DE BEER	MANSGENOEG	M	36	35-39M	1.27.28	1	0
481	549	1697	REAN	THERON	TRIANGLE SPORTS	M	50	50-54M	1.27.38	1	0
482	789	2368	SHEENA	O'KEEFFE	PROFILES	F	43	40-44F	1.27.41	1	0
483	537	913	CANDICE	PERRY	CHARLO R R	F	31	SF	1.27.44	1	0
484	107	910	MICHELLE	LAWSON	CHARLO R R	F	54	50-54F	1.27.45	1	0
485	319	319	OLDEN	PIETERSE	TEMP	M	39	35-39M	1.27.50	0	0
486	402	402	CRAIG	WARNER	TEMP	M	48	45-49M	1.27.58	0	0
487	603	1045	PAMELA	LABUSCHAGNE	BODY CONCEPT	F	40	40-44F	1.28.02	1	0
488	588	339	DANIEL	LE ROUX	MUIRITE STRIDER	M	50	50-54M	1.28.02	1	0
489	219	5003	REVASH	MEWA	UMVOTI A C	M	34	SM	1.28.03	0	0
490	39	884	BEVERLY	COLLETT	CHARLO R R	F	44	40-44F	1.28.08	1	0
491	442	443	ASHLEY	LEIGHTON	TEMP	F	25	SF	1.28.11	0	0
492	589	440	MELANIE	GARDINER	RFLG	F	47	45-49F	1.28.12	1	0
493	301	301	ADRIAN	AFFAT	TEMP	M	47	45-49M	1.28.21	0	0
494	66	1293	HELEN	FOURIE	ELITE A C	F	43	40-44F	1.28.23	1	0
495	624	2058	RONNIE	JONKER	DESPATCH AC	M	43	40-44M	1.28.35	1	0
496	601	601	BEV	CUMISKEY	TEMP	F	41	40-44F	1.28.47	0	0
497	29	1393	KAREN	BOPP	MADIBA BAY	F	49	45-49F	1.28.48	1	0
498	784	844	WENDY	DENSTON	ASPEN PHARMACAR	F	40	40-44F	1.28.55	1	0
499	313	313	DESMOND	JEACOCKS	TEMP	M	59	55-59M	1.29.00	0	0
500	631	2093	WILNA	BASSON	DESPATCH AC	F	49	45-49F	1.29.01	1	0
501	250	1429	LEANDI	SAAIMAN	NEDBANK RC	F	24	SF	1.29.08	1	0
502	483	483	SAMANTHA	BEZUIDENHOUT	TEMP	F	24	SF	1.29.11	0	0
503	392	392	ANDREA	ELLIOTT	TEMP	F	24	SF	1.29.12	0	0
504	689	2099	ELZABE	PHILLIPSON	DESPATCH AC	F	29	SF	1.29.20	1	0
505	389	389	TEGAN	CRYMBLE	TEMP	F	23	SF	1.29.30	0	0
506	251	149	ABDOELAZIES	MADATT	MALABAR	M	49	45-49M	1.29.42	1	0
507	287	1960	WENDY	VAN DER MERWE	BLUEWATER BAY	F	38	35-39F	1.29.46	1	0
508	643	15	EMILE	BADENHORST	P.E.A.A.C.	M	48	45-49M	1.29.59	1	0
509	88	881	LISA	HEN-BOISEN	CHARLO R R	F	39	35-39F	1.30.00	1	0
510	94	131	FADIELA	JOHNSON	MALABAR	F	48	45-49F	1.30.12	1	0
511	259	191	ERIKA	FOREMAN	ST ALBANS CS EP	F	42	40-44F	1.30.24	1	0
512	260	2754	HEINRICH	ELS	MANSGENOEG	M	41	40-44M	1.30.25	1	0
513	759	1122	BOB	STEDMAN	ACHILLES AAA	M	63	60-64M	1.30.39	1	0
514	117	912	JONATHAN	MANDELL	CHARLO R R	M	48	45-49M	1.30.40	1	0
515	108	928	PAIGE	LEE	CHARLO R R	F	46	45-49F	1.30.41	1	0
516	334	334	HERMAN	SAAYMAN	TEMP	M	28	SM	1.30.42	0	0
517	173	465	HELMUT	TERBLANS	WALMER AC	M	48	45-49M	1.30.42	1	0
518	426	426	RIETTE	NEETHLING	TEMP	F	24	SF	1.30.45	0	0
519	440	440	MANDY	PETERS	TEMP	F	43	40-44F	1.30.45	0	0
520	284	2356	DAVID	VAN DER VYVER	PROFILES	M	38	35-39M	1.30.57	1	0
521	170	2154	SIMON	STRIMLING	ABSA NMMU A C	M	51	50-54M	1.31.14	1	0
522	559	137	SADICK	PATHER	MALABAR	M	49	45-49M	1.31.18	1	0
523	437	437	NATALIE	SMITH	TEMP	F	28	SF	1.31.21	0	0
524	50	733	GERRIE	DIMITRIOU	CRUSADERS A C	F	57	55-59F	1.31.23	1	0
525	111	937	RENE	MACKINNON	CHARLO R R	F	43	40-44F	1.31.23	1	0
526	660	2078	HENRY	HULME	DESPATCH AC	M	47	45-49M	1.31.27	1	0
527	615	363	CAROL	BOOYSEN	MUIRITE STRIDER	F	44	40-44F	1.31.47	1	0
528	586	611	HENNIE	VAN DER KOLF	COEGA AC	M	54	50-54M	1.31.48	1	0
529	329	329	CELESTE	MELO	TEMP	F	35	35-39F	1.31.54	0	0
530	587	612	JANETTE	VAN DER KOLF	COEGA AC	F	53	50-54F	1.31.55	1	0
531	25	595	ELZET	BEZUIDENHOUT	MANSGENOEG	F	36	35-39F	1.31.56	1	0
532	204	505	BUKS	VAN TONDER	WORCESTER A C	M	63	60-64M	1.31.57	0	0
533	143	26	HENNIE	OOSTHUIZEN	P.E.A.A.C.	M	56	55-59M	1.31.58	1	0
534	682	1139	GRAHAM	NELL	ACHILLES AAA	M	61	60-64M	1.32.13	1	0
535	390	390	GEORGINA	NIVEN	TEMP	F	21	SF	1.32.18	0	0
536	144	933	JO-ANNE	OSBORN	CHARLO R R	F	40	40-44F	1.32.20	1	0
537	96	2715	BENITA	JONES	CHARLO R R	F	33	SF	1.32.20	1	0
538	70	2780	HENRY	FREDERICKS	SAP M C EP	M	59	55-59M	1.32.24	1	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
539	642	849	MAURITZ	BESSINGER	ASPEN PHARMACAR	M	22	SM	1.32.26	1	0
540	465	2428	VUYO	DLULANE	NEDBANK RC	M	39	35-39M	1.32.27	1	0
541	540	2088	RHYNO	OLIVIER	DESPATCH AC	M	43	40-44M	1.32.37	1	0
542	189	2244	ERNIE	VERRALL	ABSA NMMU A C	M	78	70+M	1.32.49	1	0
543	20	1926	JANINE	BARNARD	BLUEWATER BAY	F	46	45-49F	1.32.51	1	0
544	583	211	ELNA	JONCK	ST ALBANS CS EP	F	37	35-39F	1.33.09	1	0
545	450	450	PETER	VENTER	TEMP	M	32	SM	1.33.12	0	0
546	449	449	KIM	VENTER	TEMP	F	28	SF	1.33.13	0	0
547	393	393	SIMON	GREEN	TEMP	M	48	45-49M	1.33.15	0	0
548	717	722	CHRISTINE	ROBERTS	CRUSADERS A C	F	36	35-39F	1.33.18	1	0
549	614	288	JUSTIN	MALLETT	MUIRITE STRIDER	M	16	JM	1.33.23	1	0
550	347	85	AYANDA	MJI	P.E.A.A.C.	F	42	40-44F	1.33.32	1	0
551	12	877	ELIZABETH-JANE	ACKERMAN	CHARLO R R	F	45	45-49F	1.33.32	1	0
552	95	1366	DIANE	JOLLY	MADIBA BAY	F	51	50-54F	1.33.33	1	0
553	521	2375	TRACY	DOMONEY	PROFILES	F	40	40-44F	1.33.35	1	0
554	317	317	ANNEMARIE	MATTHEUS	TEMP	F	40	40-44F	1.33.36	0	0
555	304	304	DEBRA	BEAGLE	TEMP	F	45	45-49F	1.33.36	0	0
556	269	6522	STEPHEN	BECKERLING	CHILTERN A C	M	55	55-59M	1.33.41	0	0
557	142	27	GESINA	OOSTHUIZEN	P.E.A.A.C.	F	54	50-54F	1.33.46	1	0
558	685	1852	ELEANOR	MUNIZ	EBENEZER	F	52	50-54F	1.33.53	1	0
559	541	2508	QUENTIN	BURRELL	X-CEL A C	M	50	50-54M	1.33.57	1	0
560	148	947	EUSENTHA	PILLAY	CHARLO R R	F	47	45-49F	1.34.18	1	0
561	767	115	HENDRIK	SCHOLTZ	P.E.A.A.C.	M	54	50-54M	1.34.20	1	0
562	153	2723	ROSE	RAWSTRON	CHARLO R R	F	52	50-54F	1.34.23	1	0
563	474	575	STUART	BOUWER	LEGACY AC	M	37	35-39M	1.34.29	1	0
564	585	1345	BANDILE	GWAMANDA	VWAC	M	43	40-44M	1.34.43	1	0
565	243	139	SEDICK	AGHERDIEN	MALABAR	M	58	55-59M	1.34.44	1	0
566	315	315	SIVIWE	NDAMASE	TEMP	F	24	SF	1.34.46	0	0
567	422	422	BABALWA	MELITAFA	TEMP	F	32	SF	1.34.48	0	0
568	592	1031	JESSICA	GIBSON	BODY CONCEPT	F	25	SF	1.34.54	1	0
569	130	929	ANUSHA	NAIDU	CHARLO R R	F	46	45-49F	1.34.54	1	0
570	306	306	GAVIN	BOUCHER	TEMP	M	40	40-44M	1.34.57	0	0
571	395	395	ROBYNNE	PEATFIELD	TEMP	F	22	SF	1.34.58	0	0
572	610	1135	MOF	BOTHA	ACHILLES AAA	M	57	55-59M	1.35.02	1	0
573	436	436	LAUREN	SMITH	TEMP	F	29	SF	1.35.05	0	0
574	635	1279	JUDY	KOCK	ELITE A C	F	41	40-44F	1.35.14	1	0
575	430	87	SHANNON	VAN DE PUTTE	P.E.A.A.C.	F	27	SF	1.35.24	1	0
576	716	672	DENISE	FERREIRA	CRUSADERS A C	F	51	50-54F	1.36.00	1	0
577	794	2086	AMANDA	BLIGNAULT	DESPATCH AC	F	53	50-54F	1.36.01	1	0
578	571	2502	SAMANTHA	BOUWER	X-CEL A C	F	40	40-44F	1.36.33	1	0
579	357	707	HELENE	OPPEL	CRUSADERS A C	F	63	60-64F	1.36.34	1	0
580	235	2159	GWENDOLINE	WOLELA	ABSA NMMU A C	F	26	SF	1.36.40	1	0
581	92	437	KAREN	HUME	RFLG	F	34	SF	1.36.41	1	0
582	750	2362	BRENDA	GREYBE	PROFILES	F	44	40-44F	1.36.55	1	0
583	180	927	MANIE	VAN DER MERWE	CHARLO R R	M	49	45-49M	1.36.56	1	0
584	102	1352	DEAN	KENDALL	VWAC	M	47	45-49M	1.37.01	1	0
585	748	285	ANTON	FOURIE	MUIRITE STRIDER	M	52	50-54M	1.37.02	1	0
586	739	218	ANDRE	LANDMAN	ST ALBANS CS EP	M	60	60-64M	1.37.15	1	0
587	562	562	MICHAEL	BOUWER	TEMP	M	29	SM	1.37.23	0	0
588	693	914	SALLY	VAN DER RIET	CHARLO R R	F	36	35-39F	1.37.31	1	0
589	694	978	ELANA	VAN ROOYEN	CHARLO R R	F	37	35-39F	1.37.32	1	0
590	103	1353	DEBBIE	KENDALL	VWAC	F	34	SF	1.37.36	1	0
591	131	931	ASOGAN	NAIDU	CHARLO R R	M	47	45-49M	1.37.38	1	0
592	428	428	DEBBIE	VAN ROOYEN	TEMP	F	38	35-39F	1.38.04	0	0
593	429	429	DELEON	VAN ROOYEN	TEMP	M	39	35-39M	1.38.04	0	0
594	404	404	KIM	NEL	TEMP	F	30	SF	1.38.06	0	0
595	240	1183	SAMANTHA	DOUGLAS	ACHILLES AAA	F	25	SF	1.38.21	1	0
596	517	2097	ANDRIES	THYSSE	DESPATCH AC	M	57	55-59M	1.38.23	1	0
597	675	1761	NOLEEN	NORRIS	GELVAN A C	F	55	55-59F	1.38.39	1	0
598	471	2371	LAUREN	NAGEL	PROFILES	F	21	SF	1.38.41	1	0
599	617	673	CHARLES	SHEPPARD	CRUSADERS A C	M	52	50-54M	1.38.56	1	0
600	53	1913	NOSIPO	DONDASHE	BLUEWATER BAY	F	39	35-39F	1.39.17	1	0
601	433	779	LYNETTE	COLE	CRUSADERS A C	F	48	45-49F	1.39.33	1	0
602	164	903	TREVOR	SMITH	CHARLO R R	M	47	45-49M	1.39.35	1	0
603	115	1118	RODNEY	MAGGOTT	ACHILLES AAA	M	55	55-59M	1.39.38	1	0
604	599	2156	JACO	NEL	ABSA NMMU A C	M	33	SM	1.39.40	1	0
605	320	320	CHRISTINE	POTGIETER	TEMP	F	27	SF	1.39.52	0	0
606	747	570	SHIRLEEN	CLARKE	LEGACY AC	F	50	50-54F	1.40.05	1	0
607	388	388	NANDIPA	MAFONGOSI	TEMP	F	28	SF	1.40.11	0	0
608	656	645	BULELWA	MASOKA	SA PROF DEV	F	32	SF	1.40.12	1	0
609	783	2378	MARINA	PONTICAKIS	PROFILES	F	53	50-54F	1.40.22	1	0
610	330	330	LESLIE	KRETMANN	TEMP	M	43	40-44M	1.40.28	0	0
611	245	500	ALAN	PENNEY	WALMER AC	M	66	65-69M	1.40.33	1	0
612	86	494	STEPHANIE	HAY	WALMER AC	F	57	55-59F	1.40.46	1	0
613	354	354	CANDACE	JUHL-WARREN	TEMP	F	36	35-39F	1.40.50	0	0
614	172	473	DENISE	TERBLANCHE	WALMER AC	F	65	65-69F	1.41.13	1	0
615	564	564	WARREN	HARMER	TEMP	M	38	35-39M	1.41.19	0	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
616	205	206	JENNY	RUDMAN	ST ALBANS CS EP	F	30	SF	1.41.21	1	0
617	233	2132	GRAHAM	TERBLANCHE	ABSA NMMU A C	M	48	45-49M	1.41.50	1	0
618	234	2285	SHINAY	TERBLANCHE	ABSA NMMU A C	F	21	SF	1.41.51	1	0
619	328	328	JAN	GERBER	TEMP	M	36	35-39M	1.41.58	0	0
620	214	2779	HERMAN	DEKKER	SAP M C EP	M	68	65-69M	1.42.08	1	0
621	566	566	SALLY-ANNE	MITCHLEY	TEMP	F	30	SF	1.42.16	0	0
622	711	850	THANDILE	FRANS	ASPEN PHARMACAR	M	34	SM	1.42.22	1	0
623	565	565	NATALIE	KNIGHT	TEMP	F	27	SF	1.42.24	0	0
624	480	2422	CLAUDE	JACOBS	NEDBANK RC	M	39	35-39M	1.42.33	1	0
625	363	2002	TERTIA	GROBLER	TRANSNET RE	F	53	50-54F	1.42.34	1	0
626	1364	2001	FERDINAND	GROBLER	TRANSNET RE	M	54	50-54M	1.42.35	1	0
627	790	703	PETER	DUFFELL-CANHAM	CRUSADERS A C	M	61	60-64M	1.42.43	1	0
628	439	439	PATRICIA	JANTJES	TEMP	F	55	55-59F	1.42.51	0	0
629	441	441	TARYN	KERR	TEMP	F	22	SF	1.43.02	0	0
630	779	2080	REINET	STEYN	DESPATCH AC	F	51	50-54F	1.43.14	1	0
631	598	2066	NICOLAAS	CLAASSEN	DESPATCH AC	M	59	55-59M	1.43.14	1	0
632	178	104	LLOU-ANNE	UNGERER	P.E.A.A.C.	F	41	40-44F	1.43.17	1	0
633	569	759	ODETTE	VOSLOO	CRUSADERS A C	F	53	50-54F	1.43.24	1	0
634	333	333	LINDI	MEYER	TEMP	F	39	35-39F	1.43.27	0	0
635	461	845	CHRISTAL	MEYER	ASPEN PHARMACAR	F	48	45-49F	1.43.37	1	0
636	749	335	JEANETTE	FOURIE	MUIRITE STRIDER	F	44	40-44F	1.43.44	1	0
637	48	747	JOHAN	DE CONING	CRUSADERS A C	M	52	50-54M	1.43.53	1	0
638	326	326	ERIKA	WEYERS	TEMP	F	49	45-49F	1.43.54	0	0
639	407	407	MEGHAN	EURELLE	TEMP	F	22	SF	1.43.55	0	0
640	377	377	LUYANDA	JACK	TEMP	M	44	40-44M	1.44.10	0	0
641	38	1105	ROBIN	CLARK	ACHILLES AAA	M	72	70+M	1.44.14	1	0
642	434	208	ANNA	WELGEMOED	ST ALBANS CS EP	F	43	40-44F	1.44.22	1	0
643	591	878	VERNON	PUTZIER	TEMP	M	39	35-39M	1.44.39	0	0
644	247	61	MIKE	DU TOIT	P.E.A.A.C.	M	46	45-49M	1.44.43	1	0
645	158	443	INGE	SCHIMPER	RFLG	F	36	35-39F	1.44.55	1	0
646	35	898	TERICA	BURGER	CHARLO R R	F	40	40-44F	1.44.55	1	0
647	311	311	ELRE	FREDERICKS	TEMP	F	36	35-39F	1.45.21	0	0
648	398	398	THERESA	MATTHYSEN	TEMP	F	45	45-49F	1.45.22	0	0
649	536	3	AUDIE	CLAASSEN	P.E.A.A.C.	M	61	60-64M	1.45.27	1	0
650	655	2020	VICKY	FULLARD	TRANSNET RE	F	30	SF	1.45.31	1	0
651	305	305	ALEXA	BICCARI	TEMP	F	25	SF	1.45.45	0	0
652	367	331	MARGARET	DU TOIT	MUIRITE STRIDER	F	51	50-54F	1.45.53	1	0
653	369	329	ORGIA	NELL	MUIRITE STRIDER	F	69	65-69F	1.45.55	1	0
654	338	338	RITA	GERBER	TEMP	F	52	50-54F	1.45.59	0	0
655	314	314	SHANNON	KOCKOTT	TEMP	F	37	35-39F	1.46.09	0	0
656	715	857	BONGEKA	MAVUMENGWANA	ASPEN PHARMACAR	F	26	SF	1.46.16	1	0
657	659	142	FAYROEZ	ALLY	MALABAR	F	46	45-49F	1.46.17	1	0
658	207	202	LOUIS	RUDMAN	ST ALBANS CS EP	M	56	55-59M	1.46.37	1	0
659	206	205	YVONNE	RUDMAN	ST ALBANS CS EP	F	51	50-54F	1.46.38	1	0
660	85	893	DOROTHY	HART	CHARLO R R	F	75	70+F	1.47.17	1	0
661	697	868	LUCIA	PHOKATHA	ASPEN PHARMACAR	F	34	SF	1.47.42	1	0
662	518	1385	KAREN	WEISS	MADIBA BAY	F	42	40-44F	1.47.43	1	0
663	534	1373	NELESH	JAGANATH	MADIBA BAY	M	32	SM	1.47.44	1	0
664	758	459	GLORIA	ESAU	WALMER AC	F	43	40-44F	1.47.58	1	0
665	490	490	HEINE	BRUYNS	TEMP	M	56	55-59M	1.48.17	0	0
666	378	378	IVAN	SAVY	TEMP	M	51	50-54M	1.48.27	0	0
667	163	20	BRIAN	SMITH	P.E.A.A.C.	M	69	65-69M	1.48.32	1	0
668	764	1239	MARIAAN	LANDMAN	ELITE A C	F	48	45-49F	1.48.33	1	0
669	781	2096	MARI	LOMBARD	DESPATCH AC	F	39	35-39F	1.48.59	1	0
670	382	382	MELANIE	FRANCIS	TEMP	F	37	35-39F	1.49.15	0	0
671	262	1661	ROLF	KORDES	TRIANGLE SPORTS	M	72	70+M	1.49.19	1	0
672	712	2145	JACQUELINE	CROZIER	ABSA NMMU A C	F	26	SF	1.49.28	1	0
673	385	385	LUNGISA	NTSHENGULANA	TEMP	F	40	40-44F	1.49.50	0	0
674	600	91	SICELO	THABETHE	P.E.A.A.C.	M	39	35-39M	1.50.03	1	0
675	75	1333	MARIUS	GREYLING	VWAC	M	56	55-59M	1.50.25	1	0
676	380	380	NATASHA	SMITH	TEMP	F	33	SF	1.50.28	0	0
677	746	1701	FARAHNAZ	VISAGIE	GELVAN A C	F	43	40-44F	1.50.49	1	0
678	277	618	ZINE	MTANDA	COEGA AC	F	36	35-39F	1.50.53	1	0
679	495	495	JESSIE	SCHROEDER	TEMP	F	24	SF	1.51.42	0	0
680	191	144	RAFICK	ALLY	MALABAR	M	45	45-49M	1.52.07	1	0
681	736	2087	BLIKKIES	BLIGNAULT	DESPATCH AC	M	59	55-59M	1.52.45	1	0
682	376	376	MORGAN	FORBES	TEMP	M	49	45-49M	1.53.16	0	0
683	258	186	JEAN-MARIE	FOREMAN	ST ALBANS CS EP	F	18	JF	1.53.26	1	0
684	175	215	TANIA	TRUTER	ST ALBANS CS EP	F	40	40-44F	1.53.27	1	0
685	49	210	GERT	DEYZEL	ST ALBANS CS EP	M	63	60-64M	1.53.49	1	0
686	265	478	ERICA	THOMPSON	WALMER AC	F	53	50-54F	1.53.57	1	0
687	266	477	JAN-CAREL	VAN DER LINDE	WALMER AC	M	22	SM	1.53.57	1	0
688	264	479	KERRILEE	THOMPSON	WALMER AC	F	22	SF	1.53.57	1	0
689	728	692	VANESSA	BARKHUIZEN	CRUSADERS A C	F	45	45-49F	1.54.05	1	0
690	323	323	CARMEN	RIX	TEMP	F	31	SF	1.54.07	0	0
691	238	22	GAYNOR	FROSLER	P.E.A.A.C.	F	41	40-44F	1.54.24	1	0
692	735	571	SHELDINE	SEPTOE	LEGACY AC	F	51	50-54F	1.54.45	1	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
693	652	159	SHUAIB	AMOD	MALABAR	M	29	SM	1.55.00	0	0
694	494	494	RAY	SCHROEDER	TEMP	F	58	55-59F	1.55.04	0	0
695	391	391	CHANEL	WATSON	TEMP	F	24	SF	1.55.29	0	0
696	147	455	ELIZABETH	PEREIRA	WALMER AC	F	54	50-54F	1.55.56	1	0
697	123	2005	PORTIA	MENZE	TRANSNET RE	F	31	SF	1.56.30	1	0
698	658	143	SALAAMA	DOLLEY	MALABAR	F	44	40-44F	1.56.30	1	0
699	722	1954	NWABISA	MSUTHWANA	BLUEWATER BAY	F	32	SF	1.57.22	1	0
700	215	158	TASHRIQUAH	DOLLEY	MALABAR	F	30	SF	1.58.01	1	0
701	121	888	CHRISTINE	MELVILLE	CHARLO R R	F	33	SF	1.58.28	1	0
702	138	987	CARENE	NORRIS	CHARLO R R	F	27	SF	1.58.43	1	0
703	187	876	ERIC	VAN ZYL	CHARLO R R	M	46	45-49M	1.58.47	1	0
704	87	955	ANITA	HEFER	CHARLO R R	F	52	50-54F	1.58.48	1	0
705	151	2709	SUSAN	PIRON	CHARLO R R	F	49	45-49F	1.58.56	1	0
706	423	423	BERTIE	HUMAN	TEMP	M	44	40-44M	1.59.05	0	0
707	570	1323	MARIUS	NEL	VWAC	M	48	45-49M	1.59.13	1	0
708	487	487	HANALIE	ABERCROMBIE	TEMP	F	47	45-49F	1.59.14	0	0
709	342	342	NADIA	VAN DER VYVER	TEMP	F	39	35-39F	1.59.29	0	0
710	484	484	ZIMITRI	COMMANDO	TEMP	F	27	SF	2.00.36	0	0
711	475	2501	HENRY	JANSEN	X-CEL A C	M	38	35-39M	2.00.37	1	0
712	71	998	ROBERT	GALLOWAY	CHARLO R R	M	61	60-64M	2.01.28	1	0
713	597	2067	HENDRINA	CLAASSEN	DESPATCH AC	F	56	55-59F	2.02.34	1	0
714	203	509	ELIZE	VAN TONDER	WORCESTER A C	F	57	55-59F	2.03.57	0	0
715	236	1299	LAURA	LE ROUX	ELITE A C	F	49	45-49F	2.03.57	1	0
716	81	2114	DANIELLE	HARKIN	ABSA NMMU A C	F	17	JF	2.04.20	1	0
717	82	28	ELMARIE	HARMSE	P.E.A.A.C.	F	44	40-44F	2.04.43	1	0
718	738	219	RENE	POTGIETER	ST ALBANS CS EP	F	53	50-54F	2.05.21	1	0
719	496	496	ARINDA	VAN DER LINDE	TEMP	F	23	SF	2.05.26	0	0
720	340	340	PIETER	GERBER	TEMP	M	54	50-54M	2.06.13	0	0
721	24	286	ILSE	BELL	MUIRITE STRIDER	F	28	SF	2.08.01	1	0
722	538	489	ANNELIE	CRUYWAGEN	WALMER AC	F	60	60-64F	2.08.25	1	0
723	21	1229	RINA	BARNARD	ELITE A C	F	59	55-59F	2.08.26	1	0
724	276	1780	ESTERLEEN	GALLANT	GELVAN A C	F	35	35-39F	2.08.31	1	0
725	248	351	DEIDRE	VAN WYK	MUIRITE STRIDER	F	45	45-49F	2.08.47	1	0
726	793	65	CLAIRWEN	JONES	P.E.A.A.C.	F	34	SF	2.10.20	1	0
727	477	477	AKHONA	FLATELA	TEMP	F	27	SF	2.11.15	0	0
728	355	355	CHWAYITA	MARASHA	TEMP	F	30	SF	2.11.21	0	0
HELPERS RUN											
H1	1001	1609	MICHAEL	PRINCE	NEDBANK RC	M	39	35-39M	0.59.51	3	0
H2	1002	2418	THEMBINKOSI	SINGQOTO	NEDBANK RC	M	36	35-39M	1.04.27	3	0
H3	1003	1603	MORNE	VAN WYK	NEDBANK RC	M	43	40-44M	1.05.16	3	0
H4	1004	1491	DEON	PRETORIUS	NEDBANK RC	M	47	45-49M	1.05.31	3	0
H5	1005	1457	STEPHAN	BOTHA	NEDBANK RC	M	44	40-44M	1.05.41	3	0
H6	1006	2116	ANTHONY	BUTTON	ABSA NMMU A C	M	51	50-54M	1.05.49	4	0
H7	1007	1580	BENEDICT	WILSON	NEDBANK RC	M	34	SM	1.09.15	2	0
H8	1008	1412	MARK	HOUWLAND	NEDBANK RC	M	51	50-54M	1.09.36	3	0
H9	1009	1517	FRIKKIE	BOSHOF	NEDBANK RC	M	33	SM	1.09.59	2	0
H10	1010	1524	SAM	ERASMUS	NEDBANK RC	M	55	55-59M	1.10.15	3	0
H11	1011	1334	NOEL	MCMASTER	VWAC	M	47	45-49M	1.11.51	2	0
H12	1012	1486	JOHAN	FERREIRA	NEDBANK RC	M	51	50-54M	1.12.02	2	0
H13	1013	1585	KOOS	OLIVIER	NEDBANK RC	M	55	55-59M	1.12.05	3	0
H14	1014	1010	JAN	VAN EEDEN	NEDBANK RC	M	54	50-54M	1.12.59	2	0
H15	1015	1535	JOSEPH	GUNN	NEDBANK RC	M	39	35-39M	1.13.21	2	0
H16	1016	1942	MARESA	AH KUN	BLUEWATER BAY	F	37	35-39F	1.13.25	2	0
H17	1017	1512	LOUIS	SWIEGELAAR	NEDBANK RC	M	46	45-49M	1.15.33	2	0
H18	1018	2500	DEAN	KIVIDO	X-CEL A C	M	41	40-44M	1.15.59	2	0
H19	1019	1496	PAUL	STEFFENS	NEDBANK RC	M	61	60-64M	1.16.23	2	0
H20	1020	1619	CARL	TERBLANCHE	NEDBANK RC	M	43	40-44M	1.16.55	2	0
H21	1021	1555	WAYNE	MAC GEAR	NEDBANK RC	M	49	45-49M	1.17.15	2	0
H22	1022	1466	AT	SCHOEMAN	NEDBANK RC	M	56	55-59M	1.18.13	2	0
H23	1023	1494	WERNER	MEYER	NEDBANK RC	M	39	35-39M	1.18.35	1	0
H24	1024	2437	WAYNE	OATES	NEDBANK RC	M	27	SM	1.19.43	1	0
H25	1025	1426	CHARMELL	JANSEN	NEDBANK RC	F	33	SF	1.20.12	1	0
H26	1026	1614	ETIENNE	KOOPMAN	NEDBANK RC	M	34	SM	1.20.15	1	0
H27	1027	2436	DEON	VYVER	NEDBANK RC	M	46	45-49M	1.20.16	1	0
H28	1028	2435	TOEGEDA	VYVER	NEDBANK RC	F	40	40-44F	1.20.23	2	0
H29	1029	1249	JACQUI	VAN DER VYVER	ELITE A C	F	44	40-44F	1.20.38	2	0
H30	1030	1548	KEVIN	NEFDT	NEDBANK RC	M	25	SM	1.21.46	1	0
H31	1031	1953	COLIN	PARKINS	BLUEWATER BAY	M	59	55-59M	1.21.55	2	0
H32	1032	1514	DAVID	O'RIELLY	NEDBANK RC	M	65	65-69M	1.24.32	2	0
H33	1033	1423	DEWALT	VAN VUUREN	NEDBANK RC	M	30	SM	1.25.09	1	0
H34	1034	1440	TOYS	WATSON	NEDBANK RC	M	46	45-49M	1.25.11	1	0
H35	1035	1526	LIZA	MASON	NEDBANK RC	F	34	SF	1.25.18	1	0
H36	1036	2185	SYLVAN	BLIGNAUT	ABSA NMMU A C	M	53	50-54M	1.26.21	1	0
H37	1059		COLIN	INGRAM	BUFFALO R R	M	53	50-54M	1.26.55	0	0
H38	1037	1459	JACQUES	SNYMAN	NEDBANK RC	M	44	40-44M	1.26.55	1	0
H39	1038	1038	JANNIE	VAN GREUNEN	TEMP	M	56	55-59M	1.26.56	0	0
H40	1039	1515	YOLANDE	WATSON	NEDBANK RC	F	50	50-54F	1.28.01	1	0

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
H41	1040	1505	AMEERA	CAMPBELL	NEDBANK RC	F	39	35-39F	1.28.17	1	0
H42	1041	197	RONELL	NIKSCH	ST ALBANS CS EP	F	50	50-54F	1.29.30	1	0
H43	1042	350	GEORGE	WINSHIP	MUIRITE STRIDER	M	47	45-49M	1.29.30	1	0
H44	1043	440	IRMA	INGRAM	BUFFALO R R	F	47	45-49F	1.30.02	0	0
H45	1044	1414	CHARMAINE	JORDAAN	NEDBANK RC	F	29	SF	1.30.12	1	0
H46	1045	1413	WILLEM	JORDAAN	NEDBANK RC	M	30	SM	1.30.12	1	0
H47	1046	1046	SANET	NIIT	TEMP	F	44	40-44F	1.33.08	0	0
H48	1047	1608	THEO	KOEKEMOER	NEDBANK RC	M	39	35-39M	1.33.11	1	0
H49	1048	1592	GORDON	POTGIETER	NEDBANK RC	M	42	40-44M	1.34.32	1	0
H50	1049	1443	CATHY	ALLERS	NEDBANK RC	F	51	50-54F	1.36.16	1	0
H51	1050	1477	KAYA	MHLANTLA	NEDBANK RC	F	49	45-49F	1.43.15	1	0
H52	1051	1679	GENEVIEVE	LAYCOCK	TRIANGLE SPORTS	F	43	40-44F	1.53.45	1	0
H53	1052	1438	ALTA	VAN WYK	NEDBANK RC	F	43	40-44F	1.53.50	1	0
H54	1053	1476	ZINE	MEKUTO	NEDBANK RC	F	43	40-44F	1.54.00	1	0
H55	1054	1678	BUSISIWE	LESORO	TRIANGLE SPORTS	F	42	40-44F	1.54.00	1	0
H56	1055	1545	BERENICE	SMITH	NEDBANK RC	F	48	45-49F	1.55.01	1	0
H57	1056	1445	JULIANA	VAN EYK	NEDBANK RC	F	56	55-59F	1.55.02	1	0
H58	1057	1434	DIANNE	HARTZENBERG	NEDBANK RC	F	54	50-54F	1.57.47	1	0