

Results : Lemaitre Bay 10Km**Date: 2013/04/27**

| Pos | Name | Surname | Club | Age | HMS |
|---------------------------------|--------------|-----------------|-----------------|------------|------------|
| Category : Senior Men | | | | | |
| 1 | LUSAPHO | APRIL | OXFORD STR | 30 | 0.30.37 |
| 2 | MARIANO | EESOU | ABSA NMMU A C | 21 | 0.31.04 |
| 3 | GIFT | ZET | IKHAMVA AC | 25 | 0.31.17 |
| 4 | BULELINI | NIWA | P.E.A.A.C. | 27 | 0.32.11 |
| 5 | APHLYN | TAAI | TRANSNET RE | 30 | 0.32.25 |
| 6 | MAXWELL | GOODMAN | MALABAR | 40 | 0.32.26 |
| 7 | ANDRE | KETCHEM | TRANSNET RE | 29 | 0.33.34 |
| 8 | RYAN | PETER | ABSA NMMU A C | 19 | 0.33.48 |
| 9 | RICARDO | PLAATJIES | TEMP | 30 | 0.34.08 |
| 10 | THANDO | BIXA | WARRIORS A C | 32 | 0.34.38 |
| 11 | SIYABONGA | KAHLA | YOUTH FC AC | 17 | 0.34.57 |
| 12 | FREDDIE | JANTJIES | TEMP | 43 | 0.35.14 |
| 13 | MICHAEL | BESTER | ACHILLES AAA | 25 | 0.35.15 |
| 14 | MELUMZI | TSHOTYANA | TEMP | 24 | 0.35.42 |
| 15 | MZAMO | FOKWANA | CHARLO R R | 35 | 0.36.20 |
| 16 | LUFEZE | XINWA | TRANSNET RE | 26 | 0.37.11 |
| 17 | DISQUALIFIED | | TEMP | 26 | 0.37.14 |
| 18 | LEWIS | SKADE | TRANSNET RE | 35 | 0.37.14 |
| 19 | ADRIAAN | GOUWS | NEDBANK RC | 40 | 0.37.59 |
| 20 | SINDILE | MGIYO | MALABAR | 17 | 0.38.00 |
| 21 | DAVID | MAMA | ASPEN PHARMACAR | 37 | 0.38.04 |
| 22 | GARNET | VAN BELLING | TRANSNET RE | 38 | 0.38.39 |
| 23 | WAYNE | MITCHELL | ACHILLES AAA | 40 | 0.38.41 |
| 24 | HEIN | LODEWYKS | ABSA NMMU A C | 30 | 0.38.46 |
| 25 | RUAN | SMALBERGER | ST ALBANS CS EP | 23 | 0.39.07 |
| Category : Senior Ladies | | | | | |
| 1 | CHRISTINE | CLAASEN | ACHILLES AAA | 48 | 0.42.59 |
| 2 | SIPHOKAZI | NOJOKO | SA PROF DEV | 18 | 0.43.49 |
| 3 | JANETTE | SCHIERZ-CRUSIUS | BODY CONCEPT | 52 | 0.43.52 |
| 4 | MEGAN | WILSON | CHARLO R R | 17 | 0.44.29 |
| 5 | GRIZELDA | PIETERSEN | ACHILLES AAA | 44 | 0.44.43 |
| 6 | TIANI | CLAASSEN | DESPATCH AC | 22 | 0.45.56 |
| 7 | TERRAY | NEWCOMBE | ELITE A C | 22 | 0.46.26 |
| 8 | CLAIRE | NAGEL | ELITE A C | 49 | 0.46.56 |
| 9 | ESTEE | COCKCROFT | TEMP | 28 | 0.47.28 |
| 10 | SHARON | GOUWS | NEDBANK RC | 42 | 0.48.22 |
| 11 | STAR | DOUGLAS | TEMP | 36 | 0.48.55 |
| 12 | ROZELLE | VON MOLENDORFF | ELITE A C | 49 | 0.49.38 |
| 13 | NATASHA | BULBRING | RHODES UNIVERSI | 27 | 0.49.52 |
| 14 | IDA | FIVAZ | HARTENBOS | 39 | 0.49.57 |
| 15 | TOEGEDA | VYVER | NEDBANK RC | 41 | 0.50.01 |
| 16 | TANIA | JORDAAN | CHARLO R R | 36 | 0.50.03 |
| 17 | LAUREN | MCCLELAND | TEMP | 23 | 0.50.34 |
| 18 | NATALIE | ELLIOT | P.E.A.A.C. | 35 | 0.50.49 |
| 19 | KIMBERLEY | WILSON | CHARLO R R | 17 | 0.50.53 |
| 20 | SUNELLE | HORNE | BLUEWATER BAY | 39 | 0.51.03 |
| 21 | MONIQUE | JORDAAN | ABSA NMMU A C | 21 | 0.51.04 |
| 22 | TERESA | WINKELMANN | TEMP | 36 | 0.51.08 |
| 23 | JANINE | GARDINER | CHARLO R R | 32 | 0.51.09 |
| 24 | LEONIE | AH KEE | NEDBANK RC | 39 | 0.51.11 |
| 25 | LIESL | BARKER | P.E.A.A.C. | 46 | 0.51.13 |

| Pos | Name | Surname | Club | Age | HMS |
|--------------------------------------|-----------|----------------|-----------------|-----|---------|
| <u>Category : 35 - 39 Men</u> | | | | | |
| 1 | MZAMO | FOKWANA | CHARLO R R | 35 | 0.36.20 |
| 2 | LEWIS | SKADE | TRANSNET RE | 35 | 0.37.14 |
| 3 | DAVID | MAMA | ASPEN PHARMACAR | 37 | 0.38.04 |
| 4 | GARNET | VAN BELLING | TRANSNET RE | 38 | 0.38.39 |
| 5 | NCEDO | BENYA | TRANSNET RE | 35 | 0.40.06 |
| 6 | GIDEON | DZIKUM | TEMP | 38 | 0.41.20 |
| 7 | KADER | ABDULLA | MALABAR | 36 | 0.42.34 |
| 8 | XOLILE | MBALI | TRANSNET RE | 37 | 0.43.44 |
| 9 | PETER | WADE | WARRIORS A C | 39 | 0.45.06 |
| 10 | IVO | MEYER | ABSA NMMU A C | 38 | 0.45.19 |
| <u>Category : 40 - 44 Men</u> | | | | | |
| 1 | MAXWELL | GOODMAN | MALABAR | 40 | 0.32.26 |
| 2 | FREDDIE | JANTJIES | TEMP | 43 | 0.35.14 |
| 3 | ADRIAAN | GOUWS | NEDBANK RC | 40 | 0.37.59 |
| 4 | WAYNE | MITCHELL | ACHILLES AAA | 40 | 0.38.41 |
| 5 | GILROY | DOMINGO | GELVAN A C | 40 | 0.40.15 |
| 6 | MZWANDILE | JULY | CHARLO R R | 40 | 0.41.18 |
| 7 | ROLAND | DU PREEZ | GELVAN A C | 43 | 0.41.56 |
| 8 | NICK | CHAPMAN | ACHILLES AAA | 41 | 0.42.17 |
| 9 | DENZIL | RUITERS | TEMP | 40 | 0.43.23 |
| 10 | ANDRE | PIENAAR | TEMP | 42 | 0.44.17 |
| <u>Category : 45 - 49 Men</u> | | | | | |
| 1 | ROBIN | FOURIE | ACHILLES AAA | 49 | 0.42.17 |
| 2 | LINTON | HARMSE | ABSA NMMU A C | 49 | 0.43.13 |
| 3 | HENDRIK | VAN WYK | DESPATCH AC | 49 | 0.44.00 |
| 4 | JOHN | STEVENS | BLUEWATER BAY | 49 | 0.44.26 |
| 5 | DANIEL | MIKES | ABSA NMMU A C | 46 | 0.46.24 |
| 6 | DEON | VYVER | NEDBANK RC | 46 | 0.47.58 |
| 7 | SHANE | SAUNDERS | P.E.A.A.C. | 45 | 0.49.09 |
| 8 | LEON | GROENEWALD | MADIBA BAY | 46 | 0.49.19 |
| 9 | MATTHIAS | ENGLERT | TEMP | 47 | 0.49.22 |
| 10 | PETER | POHLMANN | ACHILLES AAA | 49 | 0.49.27 |
| <u>Category : 50 - 54 Men</u> | | | | | |
| 1 | JOSEPH | BAIN | ST ALBANS CS EP | 53 | 0.41.41 |
| 2 | GRAHAM | MUNTON | CHARLO R R | 51 | 0.44.15 |
| 3 | WOUTER | LOOTS | CHARLO R R | 51 | 0.45.15 |
| 4 | SYLVAN | BLIGNAUT | ABSA NMMU A C | 53 | 0.49.09 |
| 5 | MIKE | BURGER | CHARLO R R | 53 | 0.49.13 |
| 6 | COLIN | HERMANUS | TEMP | 54 | 0.49.24 |
| 7 | PAUL | ELS | TEMP | 53 | 0.49.32 |
| 8 | RICHARD | DE ANDRADE | CHARLO R R | 52 | 0.49.36 |
| 9 | ANTON | VON MOLENDORFF | ELITE A C | 50 | 0.49.39 |
| 10 | ANDRE | NEL | TRANSNET RE | 52 | 0.50.07 |
| <u>Category : 55 - 59 Men</u> | | | | | |
| 1 | CLIFFORD | HICKEN | NEDBANK RC | 55 | 0.44.00 |
| 2 | BRUCE | MCEWAN | ACHILLES AAA | 59 | 0.44.32 |
| 3 | CHRIS | TERBLANCHE | ACHILLES AAA | 57 | 0.45.54 |
| 4 | RENIER | VAN VUUREN | CRUSADERS A C | 56 | 0.49.24 |
| 5 | ANDREW | DEALTRY | CRUSADERS A C | 56 | 0.49.55 |
| 6 | LINDSAY | PILLAY | ACHILLES AAA | 59 | 0.50.42 |
| 7 | ROBERT | RIETMULLER | P.E.A.A.C. | 56 | 0.50.54 |
| 8 | KEN | BARWOOD | ACHILLES AAA | 57 | 0.51.37 |
| 9 | FANIE | CLAASSEN | DESPATCH AC | 55 | 0.53.30 |
| 10 | SAM | ERASMUS | NEDBANK RC | 55 | 0.54.39 |

| Pos | Name | Surname | Club | Age | HMS |
|---|-----------|------------|-----------------|-----|---------|
| <u>Category : 60 - 64 Men</u> | | | | | |
| 1 | GRAHAM | CHANNON | ACHILLES AAA | 63 | 0.45.08 |
| 2 | HANNES | ELS | MADIBA BAY | 63 | 0.45.42 |
| 3 | ALBERT | NGCANGA | X-CEL A C | 63 | 0.48.18 |
| 4 | JOHN | FRASER | MADIBA BAY | 60 | 0.48.50 |
| 5 | BILL | EMSLIE | ACHILLES AAA | 61 | 0.49.17 |
| 6 | ARMIN | BRANDLE | CHARLO R R | 61 | 0.51.55 |
| 7 | ELDON | FORTMANN | WALMER AC | 62 | 0.54.09 |
| 8 | BARRY | NELSON | LEGACY AC | 61 | 0.55.05 |
| 9 | BOB | STEDMAN | ACHILLES AAA | 63 | 0.55.11 |
| 10 | ANDRE | LANDMAN | ST ALBANS CS EP | 60 | 1.00.05 |
| <u>Category : 65 - 69 Men</u> | | | | | |
| 1 | SYD | LIPPSTREU | CRUSADERS A C | 65 | 0.47.42 |
| 2 | TOM | D'ARCY | ACHILLES AAA | 67 | 0.52.28 |
| 3 | ANDRE | FOURIE | ELITE A C | 65 | 0.58.27 |
| 4 | RONALD | FIELD | ACHILLES AAA | 65 | 1.01.17 |
| 5 | DENIS | HUMAN | TEMP | 66 | 1.02.51 |
| 6 | HERMAN | DEKKER | SAP M C EP | 68 | 1.03.03 |
| 7 | ALAN | PENNEY | WALMER AC | 66 | 1.06.10 |
| 8 | JEAN | NEPGEN | KOWIE STRIDERS | 68 | 1.26.35 |
| <u>Category : 70 - 74 Men</u> | | | | | |
| 1 | TAMSANQA | JUSAYI | NEDBANK RC | 71 | 0.46.11 |
| 2 | ROLF | MENTZEL | PROFILES | 73 | 0.53.29 |
| 3 | ROBIN | CLARK | ACHILLES AAA | 72 | 1.07.14 |
| 4 | BRIAN | SMITH | P.E.A.A.C. | 70 | 1.09.03 |
| <u>Category : 75+ Men</u> | | | | | |
| 1 | WELLS | ANDERSON | P.E.A.A.C. | 80 | 1.09.56 |
| 2 | JOHN | PEART | NEDBANK RC | 77 | 1.22.31 |
| <u>Category : Junior Men</u> | | | | | |
| 1 | SIYABONGA | KAHLA | YOUTH FC AC | 17 | 0.34.57 |
| 2 | SINDILE | MGIYO | MALABAR | 17 | 0.38.00 |
| 3 | DONALD | NEL | ABSA NMMU A C | 18 | 0.41.37 |
| 4 | COBUS | GERBER | ABSA NMMU A C | 17 | 0.42.09 |
| 5 | MOREPELI | HLALELE | TEMP | 19 | 0.46.52 |
| 6 | CAMERON | WESSON | TEMP | 16 | 0.47.18 |
| 7 | GRAHAM | REYNOLDS | BLUEWATER BAY | 18 | 0.47.53 |
| 8 | RUAN | WELGEMOED | ST ALBANS CS EP | 18 | 0.49.49 |
| 9 | THOBELA | DUBELA | SA PROF DEV | 16 | 0.50.51 |
| 10 | TYRON | STEDE | TEMP | 15 | 0.53.58 |
| <u>Category : 35 - 39 Ladies</u> | | | | | |
| 1 | STAR | DOUGLAS | TEMP | 36 | 0.48.55 |
| 2 | IDA | FIVAZ | HARTENBOS | 39 | 0.49.57 |
| 3 | TANIA | JORDAAN | CHARLO R R | 36 | 0.50.03 |
| 4 | NATALIE | ELLIOT | P.E.A.A.C. | 35 | 0.50.49 |
| 5 | SUNELLE | HORNE | BLUEWATER BAY | 39 | 0.51.03 |
| 6 | TERESA | WINKELMANN | TEMP | 36 | 0.51.08 |
| 7 | LEONIE | AH KEE | NEDBANK RC | 39 | 0.51.11 |
| 8 | ELIZE | ADAMS | GELVAN A C | 38 | 0.52.11 |
| 9 | NIKKI | STROOH | WALMER AC | 36 | 0.53.04 |
| 10 | HELEN | JOHN | TEMP | 39 | 0.53.28 |

| Pos | Name | Surname | Club | Age | HMS |
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| <u>Category : 40 - 44 Ladies</u> | | | | | |
| 1 | GRIZELDA | PIETERSEN | ACHILLES AAA | 44 | 0.44.43 |
| 2 | SHARON | GOUWS | NEDBANK RC | 42 | 0.48.22 |
| 3 | TOEGEDA | VYVER | NEDBANK RC | 41 | 0.50.01 |
| 4 | RENE | JACHENS | NEDBANK RC | 40 | 0.51.53 |
| 5 | MARGIETHA | VOIGHT | MUIRITE STRIDER | 42 | 0.52.23 |
| 6 | SYLMA | WATKINS | ST ALBANS CS EP | 44 | 0.53.27 |
| 7 | SANETTE | RYAN | TEMP | 42 | 0.55.53 |
| 8 | BEV | CUMISKEY | CHARLO R R | 41 | 0.56.49 |
| 9 | ROBYN | BIRD | TEMP | 41 | 0.58.36 |
| 10 | HELEN | FOURIE | ELITE A C | 43 | 0.58.43 |
| <u>Category : 45 - 49 Ladies</u> | | | | | |
| 1 | CHRISTINE | CLAASEN | ACHILLES AAA | 48 | 0.42.59 |
| 2 | CLAIRE | NAGEL | ELITE A C | 49 | 0.46.56 |
| 3 | ROZELLE | VON MOLENDORFF | ELITE A C | 49 | 0.49.38 |
| 4 | LIESL | BARKER | P.E.A.A.C. | 46 | 0.51.13 |
| 5 | ELMARIE | BOTHA | P.E.A.A.C. | 46 | 0.51.28 |
| 6 | GAIL | KLICHOWICZ | ACHILLES AAA | 46 | 0.52.03 |
| 7 | PAULETTE | MCEWAN | ACHILLES AAA | 48 | 0.52.29 |
| 8 | JUDY | BEENS | CHARLO R R | 46 | 0.54.07 |
| 9 | CHARLENE | DE CONING | CRUSADERS A C | 48 | 0.56.32 |
| 10 | PAIGE | LEE | CHARLO R R | 47 | 0.57.09 |
| <u>Category : 50 - 54 Ladies</u> | | | | | |
| 1 | JANETTE | SCHIERZ-CRUSIUS | BODY CONCEPT | 52 | 0.43.52 |
| 2 | MERLE | NAIR | ACHILLES AAA | 51 | 0.52.36 |
| 3 | AMANDA | WOLMARANS | WALMER AC | 54 | 0.53.17 |
| 4 | LYNETTE | CRAUSE | WALMER AC | 53 | 0.56.45 |
| 5 | MIEMSIE | SWANEPOEL | ELITE A C | 51 | 0.57.02 |
| 6 | MICHELLE | LAWSON | CHARLO R R | 54 | 0.57.11 |
| 7 | GILLIAN | DEALTRY | CRUSADERS A C | 54 | 0.58.04 |
| 8 | ZELDA | KRIGE | WALMER AC | 52 | 0.58.18 |
| 9 | YOLANDE | WATSON | NEDBANK RC | 51 | 0.59.16 |
| 10 | RIA | GREYLING | ELITE A C | 52 | 0.59.19 |
| <u>Category : 55 - 59 Ladies</u> | | | | | |
| 1 | ELIZE | SMALBERGER | ST ALBANS CS EP | 57 | 0.52.12 |
| 2 | MARIETJIE | PIETERSEN | ACHILLES AAA | 56 | 0.53.28 |
| 3 | MONICA | KEMP | MADIBA BAY | 57 | 0.55.44 |
| 4 | GERRIE | DIMITRIOU | CRUSADERS A C | 57 | 0.59.08 |
| 5 | STEPHANIE | HAY | WALMER AC | 57 | 1.06.00 |
| 6 | MARGI | KNIFE | TEMP | 58 | 1.06.40 |
| 7 | KITTY | SEPTEMBER | MUIRITE STRIDER | 59 | 1.08.19 |
| 8 | ALMA | FOURIE | CHARLO R R | 55 | 1.11.22 |
| 9 | JULIANA | VAN EYK | NEDBANK RC | 56 | 1.12.16 |
| 10 | HENDRINA | CLAASSEN | DESPATCH AC | 56 | 1.17.24 |
| <u>Category : 60 - 64 Ladies</u> | | | | | |
| 1 | CATHY | IVES | ACHILLES AAA | 60 | 0.55.16 |
| 2 | JOS | ELS | MADIBA BAY | 61 | 0.56.45 |
| 3 | HELENE | OPPEL | CRUSADERS A C | 63 | 0.59.32 |
| 4 | MARILYN | HALL-MITCHELL | PROFILES | 63 | 1.00.25 |
| 5 | LIDA | VANEK | RAND ATH CLUB | 62 | 1.01.45 |
| 6 | RINA | PELSER | RFLG | 61 | 1.03.38 |
| 7 | JEANETTE | PIENAAR | P.E.A.A.C. | 64 | 1.05.28 |
| 8 | CAROL | NEPGEN | KOWIE STRIDERS | 62 | 1.26.34 |

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|---|------------|-------------|-----------------|-----|---------|
| <u>Category : 65 - 69 Ladies</u> | | | | | |
| 1 | LIZ | GRUNDLINGH | MUIRITE STRIDER | 66 | 0.53.39 |
| 2 | DENISE | TERBLANCHE | WALMER AC | 65 | 1.03.49 |
| 3 | ORGIA | NELL | MUIRITE STRIDER | 69 | 1.09.04 |
| 4 | EDNA | POTGIETER | LEGACY AC | 66 | 1.18.28 |
| 5 | ANGELINE | KIVEDO | WALMER AC | 67 | 1.18.46 |
| 6 | DEBBIE | OELOFSE | LEGACY AC | 66 | 1.31.32 |
| 7 | ANNA | LE ROUX | MUIRITE STRIDER | 65 | 1.32.15 |
| 8 | CAROLINA | SWANEPOEL | MUIRITE STRIDER | 65 | 1.36.33 |
| 9 | BERTIE | RICHARDS | MUIRITE STRIDER | 69 | 1.36.34 |
| <u>Category : 70 - 74 Ladies</u> | | | | | |
| 1 | LORNA | BROWN | P.E.A.A.C. | 74 | 1.28.54 |
| <u>Category : 75+ Ladies</u> | | | | | |
| 1 | DOROTHY | HART | CHARLO R R | 75 | 1.07.10 |
| <u>Category : Junior Ladies</u> | | | | | |
| 1 | SIPHOKAZI | NOJOKO | SA PROF DEV | 18 | 0.43.49 |
| 2 | MEGAN | WILSON | CHARLO R R | 17 | 0.44.29 |
| 3 | KIMBERLEY | WILSON | CHARLO R R | 17 | 0.50.53 |
| 4 | BIANCA | COLLETT | CHARLO R R | 17 | 0.53.40 |
| 5 | SAMANTHA | JOHNSON | NEDBANK RC | 17 | 1.00.40 |
| 6 | JEAN-MARIE | FOREMAN | ST ALBANS CS EP | 18 | 1.08.52 |
| 7 | DANIELLE | HARKIN | ABSA NMMU A C | 17 | 1.16.13 |
| 8 | NISHAAT | ABDOLLATIEF | NEDBANK RC | 16 | 1.16.13 |
| 9 | TASKEEN | RECIET | TEMP | 16 | 1.16.38 |