

CANRAD THE HUMAN 10KM RACE - PORT ELIZABETH - 07/09/2013 SHORT COURSE = 9.2KM

POS	L / NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME
1	2226	MKHUSELI	NYONGO	ABSA NMMU A C	M	27	SM	0.28.55
2	1574	MELIKHAYA	FRANS	NEDBANK RC EP	M	21	SM	0.28.56
3	1402	SANDILE	NGUNUZA	NEDBANK RC EP	M	30	SM	0.29.05
4	4431	TOM	LUSASENI	ITHEKO A C	M	25	SM	0.29.12
5	2535	ERIC	SIGXASHE	MAXED ELITE EP	M	34	SM	0.29.57
6	166	MAXWELL	GOODMAN	MALABAR A C	M	40	40-44M	0.30.13
7	2045	SIBUSISO	THU	TRANSNET ENG EP	M	25	SM	0.30.39
8	1645	TERRANCE	MJEKULA	WARRIORS A C	M	40	40-44M	0.30.48
9	373	DESMOND	ZIBI	IKHAMVA A C	M	49	45-49M	0.31.13
10	648	MELIKHAYA	MALINGA	MOTHERWELL A C	M	33	SM	0.31.19
11	2741	THANDUXOLO	MPUSHE	MOTHERWELL A C	M	24	SM	0.31.20
12	1475	MILA	PASIYA	NEDBANK RC EP	M	33	SM	0.31.33
13	165	DUWAYNE	LUCAS	IKHAMVA A C	M	23	SM	0.31.42
14	1478	CHRISTOPHER	MABENGEZA	NEDBANK RC EP	M	47	45-49M	0.32.12
15	268	MUTEKILE	RASMENI	MAXED ELITE EP	M	48	45-49M	0.32.13
16	1539	ALFRED	QOGI	NEDBANK RC EP	M	40	40-44M	0.33.22
17	2469	LUYANDA	MATIWANA	MOTHERWELL A C	M	34	SM	0.33.54
18	2704	MICHAEL	BEKAPI	MAXED ELITE EP	M	52	50-54M	0.34.03
19	1454	JOHN	RAFANI	NEDBANK RC EP	M	46	45-49M	0.34.24
20	11134	NTOMBESINTU	MFUNZI	BONITAS A C	F	31	SF	0.34.25
21	1446	KENNETH	MENZE	NEDBANK RC EP	M	51	50-54M	0.34.25
22	2538	FREDDIE	JANTJIES	MAXED ELITE EP	M	44	40-44M	0.34.28
23	2793	NDYEDO	QWAKANISA	SAP M C EP	M	26	SM	0.35.01
24	1599	LUVUYO	STEPHEN	NEDBANK RC EP	M	43	40-44M	0.35.16
25	2174	LEFU	RAMPINE	ABSA NMMU A C	M	23	SM	0.35.17

MEN 35 - 39

1	107	SIPHELO	NYOKA	P.E.A.A.C.	M	35	35-39M	0.37.10
2	1609	MICHAEL	PRINCE	NEDBANK RC EP	M	39	35-39M	0.37.44
3	1670	PHUMZILE	JACK	KWANOBUHLE A C	M	39	35-39M	0.42.25
4	1025	THEMBELIHLE	GXABEKA	BODY CONCEPT	M	38	35-39M	0.43.37
5	2242	KOBUS	VOSLOO	ABSA NMMU A C	M	36	35-39M	0.47.31
6	1468	BONGANI	NDZOMBANE	NEDBANK RC EP	M	37	35-39M	0.48.44
7	615	ZOLANI	MQOQI	COEGA A C	M	36	35-39M	0.49.30
8	T	JAUN	VAN EYK	TEMP	M	38	35-39M	0.52.11
9	T	MOEGAMAT	SALIE	TEMP	M	36	35-39M	0.55.33
10	91	SICELO	THABETHE	P.E.A.A.C.	M	39	35-39M	1.03.03

MEN 40 - 44

1	166	MAXWELL	GOODMAN	MALABAR A C	M	40	40-44M	0.30.13
2	1645	TERRANCE	MJEKULA	WARRIORS A C	M	40	40-44M	0.30.48
3	1539	ALFRED	QOGI	NEDBANK RC EP	M	40	40-44M	0.33.22
4	2538	FREDDIE	JANTJIES	MAXED ELITE EP	M	44	40-44M	0.34.28
5	1599	LUVUYO	STEPHEN	NEDBANK RC EP	M	43	40-44M	0.35.16
6	1741	BASIL	STEVENS	GELVAN A C	M	41	40-44M	0.35.36
7	870	RICARDO	DAYA	ASPEN PHARMACARE	M	41	40-44M	0.39.10
8	1747	ROLAND	DU PREEZ	GELVAN A C	M	44	40-44M	0.40.39
9	1952	VUSI	MSUTHWANA	BLUEWATER BAY	M	41	40-44M	0.42.52
10	T	ASHLEY	KAPP	TEMP	M	43	40-44M	0.46.43

MEN 45 - 49

1	373	DESMOND	ZIBI	IKHAMVA A C	M	49	45-49M	0.31.13
2	1478	CHRISTOPHER	MABENGEZA	NEDBANK RC EP	M	47	45-49M	0.32.12
3	268	MUTEKILE	RASMENI	MAXED ELITE EP	M	48	45-49M	0.32.13
4	1454	JOHN	RAFANI	NEDBANK RC EP	M	46	45-49M	0.34.24
5	1779	VERNON	NEWFELDT	GELVAN A C	M	47	45-49M	0.35.53
6	1498	MARTIN	JANSEN	NEDBANK RC EP	M	45	45-49M	0.36.43
7	233	GEDDES	GALLANT	SANDF EP	M	46	45-49M	0.37.15
8	1258	JOHANN	POSTMA	ELITE A C	M	48	45-49M	0.38.42
9	2137	LINTON	HARMSE	ABSA NMMU A C	M	49	45-49M	0.39.27
10	2482	JEROME	MAY	X-CEL A C	M	47	45-49M	0.42.14

MEN 50 - 54

1	2704	MICHAEL	BEKAPI	MAXED ELITE EP	M	52	50-54M	0.34.03
2	1446	KENNETH	MENZE	NEDBANK RC EP	M	51	50-54M	0.34.25
3	1254	ALFRED	SPIERS	ELITE A C	M	53	50-54M	0.35.19
4	2404	NEIL	DE MEILLON	NEDBANK RC EP	M	50	50-54M	0.36.28
5	656	COLBEN	NGCUPE	MOTHERWELL A C	M	50	50-54M	0.38.12
6	1627	STEVEN	FANELLA	WARRIORS A C	M	50	50-54M	0.39.26
7	380	BUYILE	NTSHIKILA	MAXED ELITE EP	M	51	50-54M	0.39.40
8	217	RANDALL	CUNNINGHAM	ST ALBANS CS EP	M	52	50-54M	0.40.06

9	232	EFESE	PETER	SANDF EP	M	53	50-54M	0.40.29
10	39	PHILBERT	TYOMBO	P.E.A.A.C.	M	50	50-54M	0.41.09

MEN 55 - 59

1	1712	CHARLES	BAATJIES	GELVAN A C	M	56	55-59M	0.39.00
2	1666	SIPHO	NCANDANA	WARRIORS A C	M	57	55-59M	0.39.31
3	1915	CHRISTOPHER	NYODI	BLUEWATER BAY	M	55	55-59M	0.40.34
4	2001	FERDINAND	GROBLER	TRANSNET ENG EP	M	55	55-59M	0.40.50
5	1010	JAN	VAN EEDEN	NEDBANK RC EP	M	55	55-59M	0.45.43
6	1286	PETER	VAN RENSBURG	ELITE A C	M	55	55-59M	0.45.54
7	132	RICHARD	VAN BRIESIES	MALABAR A C	M	57	55-59M	0.47.18
8	1755	ROLAND	DACE	GELVAN A C	M	58	55-59M	0.48.47
9	841	MONDE	NCOYO	ASPEN PHARMACARE	M	56	55-59M	0.51.57
10	2097	ANDRIES	THYSSE	DESPATCH A C	M	58	55-59M	1.01.28

MEN 60 - 64

1	1774	REGINALD	JACOBS	GELVAN A C	M	61	60-64M	0.52.04
2	579	BARRY	NELSON	LEGACY A C	M	62	60-64M	0.52.40

MEN 65 - 69

1	41	THEMBISILE	NTONI	P.E.A.A.C.	M	65	65-69M	0.47.04
2	1294	ANDRE	FOURIE	ELITE A C	M	66	65-69M	0.53.26

MEN 70 - 74

1	1573	TAMSANQA	JUSAYI	NEDBANK RC EP	M	71	70+M	0.40.10
2	1105	ROBIN	CLARK	ACHILLES AAA	M	72	70+M	1.02.35

MEN 75 - 79

1	1601	JOHN	PEART	NEDBANK RC EP	M	77	70+M	1.18.25
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JUNIOR MEN

1	2611	NTANDAZO	MNGCEKE	YOUTH 4 CHANGE A C	M	19	JM	0.35.23
2	658	THOBELA	DUBELA	MOTHERWELL A C	M	17	JM	0.37.43

WOMEN

1	11134	NTOMBESINTU	MFUNZI	BONITAS A C	F	31	SF	0.34.25
2	T	SASKIA	DE VRIES	UTRECHT - NEDERLAND	F	30	SF	0.36.15
3	422	JENE	BANFIELD	RUN FOR LIFE EP	F	43	40-44F	0.38.03
4	2505	NDILEKA	MVAKWENDLU	MOTHERWELL A C	F	22	SF	0.39.55
5	2161	FREEDAH	NCUBE	ABSA NMMU A C	F	31	SF	0.40.17
6	1108	GRIZELDA	PIETERSEN	MAXED ELITE EP	F	44	40-44F	0.41.18
7	2512	NONKULULEKO	MBANE	MOTHERWELL A C	F	21	SF	0.43.55
8	1757	PRISCILLA	MALEIBA	GELVAN A C	F	43	40-44F	0.44.58
9	T	JAMIE	LODGE	TEMP	F	27	SF	0.48.42
10	1505	AMEERA	CAMPBELL	NEDBANK RC EP	F	40	40-44F	0.49.46
11	1634	LEANDA	GRAY	WARRIORS A C	F	39	35-39F	0.52.20
12	933	JO-ANNE	OSBORN	CHARLO A C	F	41	40-44F	0.52.47
13	T	MANDY	MOSS	TEMP	F	33	SF	0.53.21
14	T	BELINDA	BAIN	TEMP	F	51	50-54F	0.53.31
15	440	MELANIE	GARDINER	RUN FOR LIFE EP	F	48	45-49F	0.53.32
16	85	AYANDA	MJI	P.E.A.A.C.	F	43	40-44F	0.53.41
17	863	RUSHDA	JAPPIE	MALABAR A C	F	43	40-44F	0.54.04
18	2435	TOEGEDA	VYVER	NEDBANK RC EP	F	41	40-44F	0.54.45
19	2093	WILNA	BASSON	DESPATCH A C	F	50	50-54F	0.54.54
20	T	JACKIE	LONGWORTH	TEMP	F	34	SF	0.54.58
21	947	EUSENTHA	PILLAY	CHARLO A C	F	47	45-49F	0.55.00
22	1293	HELEN	FOURIE	ELITE A C	F	43	40-44F	0.55.11
23	1311	MARYKA	ELS	VW AC	F	53	50-54F	0.55.24
24	2718	HAYLEY	AMBLER	CHARLO A C	F	37	35-39F	0.55.36
25	T	OLWETHU	BOMVANA	TEMP	F	27	SF	0.55.56

WOMEN 35 - 39

1	1634	LEANDA	GRAY	WARRIORS A C	F	39	35-39F	0.52.20
2	2718	HAYLEY	AMBLER	CHARLO A C	F	37	35-39F	0.55.36
3	T	LINDI	MEYER	TEMP	F	39	35-39F	0.59.02
4	T	STEPHANIE	VAN EYK	TEMP	F	39	35-39F	0.59.15
5	T	JILL	WAKEFORD	TEMP	F	35	35-39F	1.06.00
6	1353	DEBBIE	KENDALL	VW AC	F	35	35-39F	1.09.41
7	1360	ZOLISWA	HEWU	VW AC	F	38	35-39F	1.14.09

WOMEN 40 - 44

1	422	JENE	BANFIELD	RUN FOR LIFE EP	F	43	40-44F	0.38.03
2	1108	GRIZELDA	PIETERSEN	MAXED ELITE EP	F	44	40-44F	0.41.18
3	1757	PRISCILLA	MALEIBA	GELVAN A C	F	43	40-44F	0.44.58
4	1505	AMEERA	CAMPBELL	NEDBANK RC EP	F	40	40-44F	0.49.46
5	933	JO-ANNE	OSBORN	CHARLO A C	F	41	40-44F	0.52.47
6	85	AYANDA	MJI	P.E.A.A.C.	F	43	40-44F	0.53.41
7	863	RUSHDA	JAPPIE	MALABAR A C	F	43	40-44F	0.54.04
8	2435	TOEGEDA	VYVER	NEDBANK RC EP	F	41	40-44F	0.54.45
9	1293	HELEN	FOURIE	ELITE A C	F	43	40-44F	0.55.11
10	1348	TOUGEEDA	RECIET	VW AC	F	41	40-44F	0.59.27

WOMEN 45 - 49

1	440	MELANIE	GARDINER	RUN FOR LIFE EP	F	48	45-49F	0.53.32
2	947	EUSENTHA	PILLAY	CHARLO A C	F	47	45-49F	0.55.00
3	1577	JACKIE	HAY	NEDBANK RC EP	F	48	45-49F	1.00.49
4	142	FAYROEZ	ALLY	MALABAR A C	F	47	45-49F	1.05.53
5	143	SALAAMA	DOLLEY	MALABAR A C	F	45	45-49F	1.06.19
6	962	MILê	VERMAAK	CHARLO A C	F	46	45-49F	1.23.22

WOMEN 50 - 54

1	T	BELINDA	BAIN	TEMP	F	51	50-54F	0.53.31
2	2093	WILNA	BASSON	DESPATCH A C	F	50	50-54F	0.54.54
3	1311	MARYKA	ELS	VW AC	F	53	50-54F	0.55.24
4	1443	CATHY	ALLERS	NEDBANK RC EP	F	51	50-54F	0.56.52
5	672	DENISE	FERREIRA	CRUSADERS A C	F	51	50-54F	0.59.50
6	2002	TERTIA	GROBLER	TRANSNET ENG EP	F	54	50-54F	1.00.57
7	T	RITA	GERBER	TEMP	F	52	50-54F	1.11.56
8	2529	LEE-ANN	GARDINER	NO CLUB	F	50	50-54F	1.12.43
9	2049	ELSABE	NEL	TRANSNET ENG EP	F	52	50-54F	1.24.31

WOMEN 55 - 59

1	569	ADEN	DRAGHOENDER	LEGACY A C	F	56	55-59F	1.10.30
2	348	RITA	VOSLOO	MUIRITE STRIDERS	F	57	55-59F	1.20.27

WOMEN 60 - 64

1	82	MINNIE	TRIMALLY	P.E.A.A.C.	F	64	60-64F	0.56.05
2	489	ANNELIE	CRUYWAGEN	WALMER A C	F	60	60-64F	1.23.22

WOMEN 65 - 69

1	473	DENISE	TERBLANCHE	WALMER A C	F	66	65-69F	0.58.33
2	481	ANGELINE	KIVEDO	WALMER A C	F	67	65-69F	1.16.49
3	568	DEBBIE	OEOLOFSE	LEGACY A C	F	66	65-69F	1.24.04

WOMEN 75 - 79

1	893	DOROTHY	HART	CHARLO A C	F	75	70+F	1.11.07
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JUNIOR WOMEN

1	1349	TASKEEN	RECIET	VW AC	F	17	JF	1.09.40
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