

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	ADRIAAN	GERWEL	XCEL AC	672	23	M	0.50.09
2	ANDRE	KETCHEM	XCEL AC	673	36	M	0.50.21
3	GEORGE	NTSHILIZA	NEDBANK RC	260	40	M	0.51.07
Category : Overall Women							
1	KELLY	VAN VLIET	NEDBANK RC	390	32	F	1.00.16
2	KAYLA	NELL	CHARLO AC	240	25	F	1.03.46
3	TERRAY	NEWCOMBE	ELITE A C	280	28	F	1.06.43
Category : Men 35 - 39							
1	XOLISA	NDLUMBINI	VUKANI MS CLUB	695	37	M	0.52.25
2	SANUSE	MBONENI	SAPS AC EP	744	35	M	0.56.52
3	HENRY	CRAUSE	NEDBANK RC	638	37	M	1.00.29
Category : Ladies 35 - 39							
1	THELMA	MCOPELO	HOLLYWOOD BETS	651	37	F	1.15.17
2	BABALWA	MELITAFA	VUKANI MS CLUB	420	39	F	1.18.47
3	JANINE	WHITTAL	ELITE A C	373	38	F	1.23.01
Category : Men 40 - 49							
1	GEORGE	NTSHILIZA	NEDBANK RC	260	40	M	0.51.07
2	MELIKHAYA	KEPE	NEDBANK RC	257	43	M	0.53.11
3	GCOBANI	BEKWAPI	ELITE A C	586	40	M	0.54.37
Category : Ladies 40 - 49							
1	DAVERA	MAGSON	NEDBANK RC	187	45	F	1.07.45
2	CINDY	FORBES	CHARLO AC	56	42	F	1.12.51
3	PRISCILLA	DYANTYI	NEDBANK RC	585	45	F	1.15.45
Category : Men 50 - 59							
1	DESMOND	ZIBI	ACHILLES AAA	372	56	M	0.58.13
2	SITHEMBISO	YOZO	NEDBANK RC	261	55	M	0.59.57
3	CHRISTOPHER	MABENGEZA	NEDBANK RC	429	53	M	1.01.07
Category : Ladies 50 - 59							
1	CHRISTINE	CLAASEN	ACHILLES AAA	509	55	F	1.09.41
2	MICHELLE	VAN DER WATT	ELITE A C	387	52	F	1.11.09
3	LAURA	MARITZ	INFINITY AC	546	59	F	1.21.49
Category : Men 60 - 69							
1	ALAN	TAYLOR	ACHILLES AAA	523	62	M	1.07.23
2	CHARLES	BAATJIES	GELVAN AC	484	63	M	1.08.54
3	CLIFFORD	HICKEN	NEDBANK RC	505	62	M	1.09.21
Category : Ladies 60 - 69							
1	LIZ	AUSTIN	ACHILLES AAA	5	61	F	1.33.39
2	CATHY	IVES	ACHILLES AAA	89	66	F	1.39.40
3	AMANDA	BLIGNAULT	MADIBA BW	687	60	F	1.44.16
Category : Men 70 +							
1	LOCHI	LOCHNER	CHARLO AC	116	72	M	1.11.34
2	HANNES	ELS	MADIBA BW	480	70	M	1.15.49
3	GRAHAM	CHANNON	ACHILLES AAA	392	70	M	1.17.16
Category : Ladies 70 +							
1	LIZ	JENKERSON	MUIRITE STRIDER	92	73	F	1.34.02
2	RONELLE	STEYN	NEDBANK RC	459	75	F	1.41.30
3	CHRISTINE	FOURIE	ELITE A C	329	73	F	2.04.03
Category : Junior Men							
1	MAZALENI	TEYISE	SAPS AC EP	377	15	M	1.22.09
2	KORNE	PRETORIUS	ELITE A C	458	16	M	1.23.51
3	DYLAN	HAVENGA	RUN 4 CHRIST AC	237	17	M	1.46.32
Category : Junior Ladies							
1	SIMONE	OLCKERS	SAPS AC EP	460	17	F	1.28.03
2	THURAYA	PILLAY	CHARLO AC	242	17	F	1.44.22