

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	MELIKHAYA	FRANS	IKHAMVA AC	355	30	M	0.30.25
2	LUYANDA	TSHANGANA	IKHAMVA AC	356	36	M	0.31.41
3	MARIANO	EESOU	MADIBAZ AC	2227	28	M	0.32.05
Category : Overall Women							
1	KAYLA	NELL	CHARLO AC	908	25	F	0.41.27
2	CECILA	NEL	NEDBANK RC SWD	31581	38	F	0.41.52
3	SIPHOKAZI	NOJOKO	MOTHERWELL AC	503	25	F	0.42.41
Category : Men 40 - 49							
1	GEORGE	NTSHILIZA	NEDBANK RC	1458	40	M	0.37.24
2	MELIKHAYA	KEPE	NEDBANK RC	1563	43	M	0.38.23
3	PUMLANI	BANGANI	NEDBANK RC	1354	45	M	0.39.16
Category : Ladies 40 - 49							
1	DAVERA	MAGSON	NEDBANK RC	1455	45	F	0.43.43
2	LINDY	KRETZMANN	32GI EP AC	3034	43	F	0.47.54
3	TOEGEDA	VYVER	NEDBANK RC	1352	47	F	0.53.30
Category : Men 50 - 59							
1	DESMOND	ZIBI	ACHILLES AAA	1170	56	M	0.38.05
2	SITHEMBISO	YOZO	NEDBANK RC	1365	55	M	0.38.52
3	DARRELL	WICHT	MADIBA BW	1649	56	M	0.41.17
Category : Ladies 50 - 59							
1	MICHELLE	VAN DER WATT	ELITE A C	1253	52	F	0.47.59
2	LAURA	MARITZ	INFINITY AC	114	59	F	0.52.05
3	ALETTA	JOUBERT	CRUSADERS AC	786	58	F	0.53.10
Category : Men 60 - 69							
1	ALAN	TAYLOR	ACHILLES AAA	1191	62	M	0.44.36
2	CHESTER	BROOKS	XCEL AC	2483	61	M	0.47.09
3	JAN	VAN EEDEN	NEDBANK RC	1010	61	M	0.50.01
Category : Ladies 60 - 69							
1	RENEE	HAWKRIDGE	BLUEWATER BAY	1951	68	F	0.54.17
2	LIZ	AUSTIN	ACHILLES AAA	1151	61	F	1.04.42
3	JOS	ELS	MADIBA BW	1632	67	F	1.10.48
Category : Men 70 +							
1	HANNES	ELS	MADIBA BW	1659	70	M	0.47.49
2	EDDIE	EADES	NEDBANK RC	1608	70	M	0.49.38
3	ALLAN	VERREYNNE	CRUSADERS AC	724	73	M	1.01.43
Category : Ladies 70 +							
1	LEA	BEZUIDENHOUT	INFINITY AC	111	71	F	1.05.24
2	HELENE	OPPEL	ELITE A C	1231	70	F	1.06.11
3	RONELLE	STEYN	NEDBANK RC	1463	75	F	1.06.28
Category : Junior Men							
1	AMBESA	TOKWE	NEDBANK RC	3201	16	M	0.40.15
2	MATTHYS	WESSELS	RUN 4 CHRIST AC	3272	16	M	0.40.49
3	RONAN	VAN DER VAART	CRUSADERS AC	3256	14	M	0.45.28
Category : Junior Ladies							
1	ANJA	WEBBER	RUN 4 CHRIST AC	3299	18	F	0.48.26
2	SHEZELLE	VAN WYK	DESPATCH AC	3270	14	F	0.55.23
3	ZENE	GERBER	MADIBAZ AC	3220	18	F	1.01.10