

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	TERRENCE	MJEKULA	TINARHA AC	2577	47	M	0.36.07
2	ABDI	HASSAN	NEDBANK RC	1361	30	M	0.36.37
3	LLEWELLYN	BARNARD	CHARLO AC	930	30	M	0.36.44
Category : Overall Women							
1	KAYLA	NELL	CHARLO AC	908	25	F	0.42.43
2	MICHELLE	VAN DER WATT	ELITE A C	1253	53	F	0.48.15
3	LAURA	MARITZ	INFINITY AC	114	59	F	0.48.49
Category : Men 40 - 49							
1	TERRENCE	MJEKULA	TINARHA AC	2577	47	M	0.36.07
2	THEMBEKILE	MSIPA	CHARLO AC	993	45	M	0.40.02
3	RICHARD	MAZUNGULA	NEDBANK RC	1457	43	M	0.43.52
Category : Ladies 40 - 49							
1	YOLANDI	KLINKENBURG	RUN 4 CHRIST AC	539	42	F	0.54.06
2	CARIN	COETZEE	DESPATCH AC	2089	43	F	0.58.34
3	BEVERLEY	VILJOEN	RUN 4 CHRIST AC	541	48	F	1.02.55
Category : Men 50 - 59							
1	KENNETH	MENZE	BLUEWATER BAY	1941	58	M	0.44.01
2	STEPHEN	MCCARTHY	CRUSADERS AC	706	59	M	0.47.37
3	HENRY	VAN DER WATT	ELITE A C	1247	54	M	0.48.16
Category : Ladies 50 - 59							
1	MICHELLE	VAN DER WATT	ELITE A C	1253	53	F	0.48.15
2	LAURA	MARITZ	INFINITY AC	114	59	F	0.48.49
3	ALETTA	JOUBERT	CRUSADERS AC	786	58	F	0.54.46
Category : Men 60 - 69							
1	CHESTER	BROOKS	XCEL AC	2483	62	M	0.46.25
2	SAM	ERASMUS	NEDBANK RC	1524	62	M	0.51.13
3	PETER	VAN RENSBURG	ELITE A C	1250	61	M	0.51.49
Category : Ladies 60 - 69							
1	MARIETJIE	PIETERSEN	ACHILLES AAA	1195	63	F	1.03.18
2	CHRISTINE	SNYMAN	DESPATCH AC	2095	63	F	1.03.37
3	JOS	ELS	MADIBA BW	1632	67	F	1.09.48
Category : Men 70 +							
1	HANNES	ELS	MADIBA BW	1659	70	M	0.50.36
2	HANSIE	ELS	SOMERSET EAST	1978	72	M	0.50.37
3	ANDRE	FOURIE	NEDBANK RC	1447	72	M	1.02.42
Category : Ladies 70 +							
1	HELENE	OPPEL	ELITE A C	1231	70	F	1.06.18
2	RONELLE	STEYN	NEDBANK RC	1463	76	F	1.06.58
3	JEANETTE	PIENAAR	PEAAC	75	71	F	1.14.26