

**LEAPFROG GORDON'S BAY 21KM ROAD RACE  
WESTERN PROVINCE CHAMPIONSHIP  
COCA-COLA LEAGUE RACE  
STRAND ATHLETIC CLUB  
SATURDAY 14 APRIL 2018**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	MADIKIZELA	SIBUSISO	AAC	28	M	SEN	9241	1:08:02
2	MADYO	NKOSINATHI	ITHEKO	30	M	SEN	3188	1:08:03
3	FORTUIN	DUANE	KUILS RIVER	33	M	SEN	0020	1:08:04
4	SOTYANTYA	NKOSIYETHU	MSA MULTISPORT	26	M	SEN	13309	1:08:17
5	PAULSE	DANZIL	SANLAM	24	M	SEN	9006	1:08:19
6	MBUKUSHE	VUYOLWETHU	RCS GUGS	27	M	SEN	7900	1:08:37
7	QHINA	MTHANDAZO	NEDBANK WP	40	M	40	4188	1:09:29
8	NJODZI	MOSES	ITHEKO	34	M	SEN	T21231	1:11:43
9	LUBELWANE	ANDU	KPMG WP		M	SEN	11999	1:11:56
10	LANGE	LWANDILE	MSA MULTISPORT	29	M	SEN		1:12:08
11	MWANENGENI	TSUNGAI	RCS GUGS	45	M	45	7763	1:12:14
12	KOPOLO	VAKALISA	NEDBANK WP	41	M	40	4182	1:12:29
13	NKOMBI	SIVIWE	NEDBANK WP		M	SEN	4141	1:12:54
14	MATISO	BEN	ITHEKO		M	SEN	3138	1:13:01
15	SAKWE	SIYABONGA	NEDBANK WP	36	M	35	4201	1:13:01
16	BELILLIE	ALANTINO	SANLAM	19	M	SEN	9005	1:13:46
17	LEWIZ	BRANDON	ITHEKO	22	M	SEN		1:13:57
18	MARAIS	JUSTIN	LANGEBERG AC	22	M	SEN	0587 SWD	1:14:10
19	KAMMIES	MORNE	SANLAM	31	M	SEN	9002	1:14:13
20	PAULSEN	EMIELE	MSA MULTISPORT	24	M	SEN	13312	1:14:24
21	MANDILAKHE	MBEKWA	K-WAY VOB	21	M	SEN	0831	1:14:47
22	PIENAAR	BARRY-JOHN	SANLAM	29	M	SEN	9004	1:14:53
23	BATALA	XOLISA	K-WAY VOB		M	SEN	0827	1:15:43
24	MHASHU	REUBEN	HOUT BAY		M	SEN	2509	1:15:58
25	STEVENSON	DYLAN	MATIES	22	M	SEN		1:16:21
26	ADAMS	FAIEZ	KENFAC		M	SEN	14741	1:16:23
27	BONJESI	JIMMY	WHALERS	40	M	40	0419 BOL	1:16:29
28	JARA	KHAYA	BRACKENFELL	37	M	35	10766	1:17:12
29	ABRAHAMS	SHAUN	KUILS RIVER	47	M	45	12787	1:17:25
30	KAMMIES	GERSHWIN	SANLAM	23	M	SEN	9003	1:17:30
31	DLAMINI	MBONENI	STRAND	36	M	35	2028	1:17:43
32	SMITH	WARRICK	CARBINEERS WP	31	M	SEN	8200	1:17:52
33	GIJIMANI	ENICK	PINELANDS	22	M	SEN	1508	1:18:37
34	LOMBARD	BRENDAN	ASICS	28	M	SEN	T21098	1:18:41
35	BLACK	JONATHAN	TEMP	23	M	SEN	T13639	1:19:24
36		BONISILE	K-WAY VOB	42	M	40	0751	1:19:49
37	BOWNES	DARREN	HOUT BAY		M	SEN	2554	1:19:52
38	BODLO	AYABULELA	K-WAY VOB	17	M	JUN	20279	1:20:19
39	DE WIT	PIETER	ADELAIDE HARRIERS	49	M	45	T	1:20:36
40	SEPTEMBER	JOHN	ITHEKO	52	M	50	3430	1:20:49
41	BASSON	JACQUES	NAMAQUA	37	M	35	8272	1:21:15
42	PERSENTS	JOHNNY	EDGEMEAD	54	M	50	12653	1:21:20
43	TERBLANCHE	ANEL	KPMG WP	31	F	SEN	11987	1:21:27
44	MOTAU	STEVE	ITHEKO	52	M	50	3161	1:21:36
45	NO RETURN		TEMP		M	SEN	T	1:22:00
46	KANISIU	MATHIAS	HOUT BAY	42	M	40		1:22:00
47	NO RETURN		TEMP		M	SEN	T	1:22:03
48	WRIGHT	R	KPMG WP	34	M	SEN	11985	1:22:09
49	MOKOATSI	TUMELO	EASTERNS	31	M	SEN	10990	1:22:35
50	MPONTSANE	NICHOLAS	SANLAM	42	M	40	9007	1:22:49
51	TIMS	THABO	TEMP		M	SEN	T	1:23:13
52	NO CARD				M	SEN		1:23:31
53	PILOSO	MOGALE	SANDB WP	47	M	45	5335	1:23:51
54	DICKSON	ROGER	K-WAY VOB	44	M	40	1242	1:24:07
55	STEENKAMP	NIKI	STELLENBOSCH	45	M	45	0850 BOL	1:24:09
56	XINIWE	ZINTLE	KPMG WP	32	F	SEN	11980	1:24:13
57	FLEISHMAN	AARON	UCT	19	M	JUN		1:24:45
58	WILLIAMS	JONATHAN	BOTTELARY AC	36	M	35	10657	1:25:07
59	COETZEE	JOVAN	WELLINGTON	34	M	SEN	1455 BOL	1:25:44
60	SAMUELSON	TERENCE	KUILS RIVER	36	M	35	12793	1:25:45

61	ADRIAANSE	AJ	EERSTERIVIER	33	M	SEN	8493	1:25:48
62	KRIEL	MUHAMMAD	OMMIEDRAAI	64	M	60	6911	1:25:54
63	WEAVER	HANSLEY	SANDF WP	45	M	45	5454	1:26:08
64		LUKE	EDGEMEAD	29	M	SEN	4745	1:26:22
65		SIMISO	HELDERBERG	36	M	35	4518	1:26:26
66	LENNON	MATTHEW	TEMP	23	M	SEN	T18934	1:26:39
67	NO RETURN				M	SEN		1:27:02
68	DU PLESSIS	P	AAC	34	M	SEN	9347	1:27:09
69	SETI	NOMVUYISI	NEDBANK WP	36	F	35	4070	1:27:33
70	LEWINS	ANDREW	TEMP	38	M	35	T21197	1:27:39
71	COOPER	ANDREW	NEDBANK WP	50	M	50	4055	1:28:06
72	SPITUM		KHAYELITSHA		M	SEN	14158	1:28:35
73	HALL	CANDYCE	CARBINEERS WP	33	F	SEN	8119	1:28:52
74	NO RETURN		RCS GUGS		M	SEN		1:28:59
75		BONGILE	RCS GUGS	36	M	35		1:29:00
76	GOLDBERG	GENGI	UCT	21	M	SEN	9650	1:29:03
77	DLAMINI	MXOLISI	WEST COAST	37	M	35	5720	1:29:21
78	SWARTZ	QUINTON	MP TITANS	43	M	40	10374	1:29:22
79	NJONGONKULU	M	WILD RUNNER	45	M	45	3271	1:29:25
80	SAMBO	BONGANI	SANDF WP	33	M	SEN		1:29:29
81	BREDA	KYLE	OLD MUTUAL	28	M	SEN	0367	1:29:45
82	HENDRICKS	RUSHDI	TOP FORM	38	M	35		1:29:52
83	GEERTS	JAN	BELLVILLE	35	M	35	6523	1:29:53
84	OLIVIER	STIAAN	DURBAC	28	M	SEN	2819	1:29:58
85	CRONJE	HERMAN	BRACKENFELL	29	M	SEN	6029	1:30:00
86	MAKHATHINI	FIKANOMUSA	WEST COAST	37	M	35	5729	1:30:01
87	OBERY	MICHAEL	ITHEKO	32	M	SEN	3391	1:30:23
88	FORTUNE	FASEEGH	TOP FORM	32	M	SEN	2286	1:30:31
89	SYDWELL		STRAND		M	40		1:30:35
90	MAHONY	CAITLYN	UCT	20	F	SEN	9706	1:30:43
91	DRURY	GAVIN	EDGEMEAD	54	M	50	4908	1:30:50
92	ALEXANDER	WAFEEQ	HEWAT	27	M	SEN	11406	1:30:55
93	NELL	CHRISTIAAN	CAPE MULTISPORT	21	M	SEN	14599	1:31:12
94	MOLOI	THOLANG	SANDF WP	49	M	45	5309	1:31:21
95	PAUL	JULIAN	SANDF WP		M	50	5257	1:31:21
96		BIANCA	CARBINEERS WP	20	F	SEN		1:31:25
97	JOSHUA	RANDALL	PHOENIX	43	M	40	12349	1:31:25
98	MLANDU	ANDILE	IN TOUCH	44	M	40	14576	1:31:36
99	SIMAE	BULELWA	NEDBANK WP	41	F	40	4099	1:31:36
100	SIYABONGA	MBAJANA	TEMP		M	SEN	T	1:31:39
101	BERMAN	STEVEN	TEMP	29	M	SEN	T	1:31:57
102	DU TOIT	JAN	SANDF WP	44	M	40	5485	1:32:00
103	DE WAAL	SIMON	TEMP	26	M	SEN	T13695	1:32:01
104	STEENKAMP	LEROI	CELTIC	40	M	40	7414	1:32:26
105	NO CARD		TEMP		M	SEN	T	1:32:39
106	NO CARD		RCS GUGS		M	SEN		1:32:51
107	SWIEGELAAR	HYGON	TEMP	31	M	SEN	T1459	1:32:53
108	BROWN	CLINTON	IN TOUCH	30	M	SEN	12415	1:32:57
109	CROUS	PHILLIP	TEMP	34	M	SEN	T21256	1:32:57
110	HARMSE	ANDRE	BRACKENFELL	53	M	50	5983	1:33:18
111	MOFOKENG	THABO	TEMP	32	M	SEN	T21207	1:33:21
112	MAKOLWA	MAZOTSHO	NEDBANK WP	47	M	45	4045	1:33:33
113	DUNN	BRANDON	CARBINEERS WP	30	M	SEN	8181	1:33:36
114	WATSON	GRANT	CARBINEERS WP	44	M	40	8169	1:33:36
115	PANNEKOEK	NIENKE	CARBINEERS WP	34	F	SEN	8088	1:33:42
116	NO RETURN				M	SEN		1:33:42
117	NO RETURN		TEMP		M	SEN	T	1:33:47
118	COLLINS	JARRYD	IN TOUCH	30	M	SEN	12410	1:33:53
119	VERMEULEN	ROELF	TEMP	26	M	SEN	T21075	1:34:00
120	BERNER	GERRIE	SANLAM	37	M	35	8514	1:34:02
121	MGIJIMA	MPHUMZI	SAPS WP	57	M	55		1:34:10
122	DRAMAT	SHAMIEL	TOP FORM	58	M	55	2268	1:34:12
123	MOENEEB		ARD	28	M	SEN		1:34:16
124	KANYONGO	OBERTINA	NEDBANK WP	50	F	50	4118	1:34:32
125	MIDDLEMOST	ELME	BRACKENFELL	39	F	35	6040	1:34:36
126	HORN	CARSTEN	STELLENBOSCH	21	M	SEN		1:35:08
127	MKHENTOMOE	L	SAPS WP		M	SEN	14736	1:35:17
128	SOLOMON	SIRAAJ	ITHEKO		M	SEN	5003	1:35:18
129	STRAUSS	MARIETTE	TYGERBERG	55	F	55	4242	1:35:20

130	LE ROUX	BRETT	TEMP		M	SEN	T18931	1:35:36
131	MASINGO	VINCENT	PARLIAMENT	34	M	SEN	12071	1:35:43
132	MAGWENTSHU	ANELE	PAMOJA AC	40	M	40	2744 AFS	1:35:44
133	LUCAS	LORENZO	NEDBANK WP	55	M	55	4117	1:36:08
134	LUCAS	MUNZHELELE	METROPOLITAN	33	M	SEN	11870	1:36:09
135	VAN WYK	JACQUES	MP TITANS	54	M	50	13960	1:36:10
136	MAZIZI		RCS GUGS	41	M	40	7832	1:36:14
137	BADENHORST	HEINRICH	K-WAY VOB	33	M	SEN	0817	1:36:37
138	BECKENSTRATER	NATALIE	WEST COAST	36	F	35	5824	1:36:40
139	ANTEL	KATHERINE	CARBINEERS WP	34	F	SEN	8168	1:37:10
140	CASSIEM	ANWAR	ITHEKO		M	40		1:37:15
141	ISMAEL	ZUNAID	ITHEKO	36	M	35	3408	1:37:16
142	PRINCE	ANWELL	IN TOUCH	40	M	40	7033	1:37:18
143	SANGLAY	FARZEEN	TOP FORM	26	M	SEN	2341	1:37:20
144	NO RETURN				M	SEN		1:37:20
145	NO RETURN				M	SEN		1:37:21
146	BRUMMER	EBEN	ARD	41	M	40	11195	1:37:21
147	NO CARD		NEDBANK WP		M	SEN		1:37:27
148	TESSNER	K	SANDF WP	55	M	55	5306	1:37:29
149	WETTERGREEN	ANDREW	DURBAC	40	M	40	2762	1:37:35
150	GOUS	PHILIP	TEMP	24	M	SEN	T21250	1:37:42
151	MAREE	JUNITA	BRACKENFELL	38	F	35	6038	1:37:57
152	WESTVIG	ERIK	K-WAY VOB	46	M	45	0666	1:37:57
153	OLIPHANT	LES	RCS GUGS	54	M	50	7827	1:37:59
154	CRONJE	LIONEL	BELLVILLE	36	M	35	6615	1:37:59
155	NO RETURN		AAC		M	SEN		1:38:02
156	SNOW	G	DURBAC	55	M	55	2655	1:38:02
157	ANDERSON	JAMES	HELDERBERG	43	M	40	4554	1:38:09
158	BSCHI TOUA	PAOLO	TEMP	24	M	SEN	T	1:38:14
159	NATHAN	MICHAEL	UCT	19	M	SEN	9665	1:38:15
160	EYGELAAR	MARISHA	TEMP	29	F	SEN	T21164	1:38:16
161		FRED	NEDBANK WP	40	M	40		1:38:18
162	THOMPSON	PAUL	TEMP	31	M	SEN	T21048	1:38:19
163	TOM	GEMJIKILE	RCS GUGS		M	60	7871	1:38:19
164	WAGENHEIM	MARK	AAC	60	M	60	9456	1:38:23
165	KOKELA	L	SANDF WP	35	M	35	5326	1:38:34
166	NO CARD		TEMP		M	SEN	T	1:38:37
167	MOLE	CALVIN	CELTIC	28	M	SEN	7307	1:38:38
168	HOWARD	OLGA	NEDBANK WP	59	F	55	4115	1:38:47
169	MATIWANE	BUSISIWE	NEDBANK WP	42	F	40	4106	1:38:50
170	RAGHAVJEE	YASHIN	CENTURY CITY	36	M	35	10181	1:38:51
171	MAQOSM	MONWABISI	BRACKENFELL	34	M	SEN	6097	1:38:51
172	SWANEPOEL	ALEX	TEMP	29	M	SEN	T21038	1:38:52
173	ROSSOUW	CHARMAINE	RUN WALK 4 LIFE	44	F	40	11774	1:38:55
174	SULLIVAN	G	SANLAM	55	M	55	8563	1:38:56
175	SELOWA	LUCKY	OBS RC	37	M	35	9188	1:38:56
176	BETHUEL	MASERAME	PARLIAMENT	39	M	35	12043	1:38:56
177	MAKASE	XOLISA	RCS GUGS	28	M	SEN		1:38:57
178	NXUMANE	SAKHILE	BELLVILLE	31	M	SEN	6608	1:39:00
179	MHELEMBE	TSHIKANI	METROPOLITAN	36	M	35		1:39:02
180	SCREEN	ALAN	AAC	32	M	SEN	9489	1:39:02
181	SITSHEKE	GCOBANI	EASTERNS		M	SEN	10998	1:39:10
182	MABULU	NCEBA	RCS GUGS		M	SEN	7568	1:39:11
183		VALENTINO	CAPRICORN AC	38	M	35		1:39:26
184	DRAMAT	QAABIL	TOP FORM	27	M	SEN	2269	1:39:32
185	CARIEM	NIZAAM	ITHEKO	36	M	35	3281	1:39:40
186	MADLOLO	MBULELO	EDGEMEAD	37	M	35	4690	1:39:43
187	NO RETURN		TEMP		M	SEN	T	1:39:53
188	GODLOZA	MAXWELL	CENTRAL AC	50	M	50	6281	1:39:53
189	DE KOCK	CLIFF	STRAND	48	M	45		1:39:58
190	PECK	FAEEK	OMMIEDRAAI	33	M	SEN	6917	1:39:59
191	LAK	JONATHAN	TEMP	30	M	SEN	T18928	1:39:59
192	NOORDIEN	RIAZ	OMMIEDRAAI	36	M	35	12547	1:40:00
193	MAHADI	RUDI	OMMIEDRAAI	46	M	45		1:40:00
194	KRIEGER	CHARL	CENTRAL AC	30	M	SEN		1:40:00
195	MAHONY	STEPHEN	TEMP	49	M	45	T18943	1:40:00
196	WILLIAMS	YUSRI	OMMIEDRAAI	28	M	SEN	6789	1:40:01
197	MAGAMA	LUVOYA	KHAYELITSHA	33	M	SEN	10457	1:40:02
198	CAKETT	JENNA	KPMG WP	24	F	SEN	11993	1:40:08

199	CAKETT	LEE	KPMG WP	24	F	SEN	11988	1:40:09
200	LUCKAN	RIAAN	CENTRAL AC	39	M	35	6282	1:40:12
201	MENTOR	NATHANIEL	ARD	32	M	SEN	11150	1:40:21
202	NTSHAHAE		SANDF WP	33	M	SEN	11917	1:40:22
203	MISROLL	JACKY	PINELANDS	48	F	45	3794	1:40:23
204	SMIT	YOLANDA	BELLVILLE	26	F	SEN	6728	1:40:27
205	ROUS	CHRISTIAAB	TEMP		M	SEN	T	1:40:42
206	VAN WYK	JOHAN	CAPE MULTISPORT	48	M	45	8928	1:40:42
207	HENDRICKSE	LIAM	EDGEMEAD	25	M	SEN	4680	1:40:45
208	VAN DER MERWE	ANDRE	STELLENBOSCH	58	M	55	0650 BOL	1:40:45
209	VIENINGS	MARLIZE	EDGEMEAD	42	F	40	4774	1:40:45
210	TOOR	STUART	ATC	37	M	35	4405	1:40:49
211	TORR	GREG	ATC	43	M	40	4407	1:40:50
212	TYLER	CHRIS	EDGEMEAD	35	M	35	4769	1:40:57
213	RIVERA	DOMINIC	EDGEMEAD	35	M	35	4681	1:40:57
214	BORNMAN	GARRETH	EDGEMEAD	35	M	35	4888	1:40:57
215	TAFENI	SEBENZILE	K-WAY VOB	43	M	40	1812	1:41:08
216	NO RETURN		STELLENBOSCH		M	SEN		1:41:12
217	MEMEZA	ZIBELE	METROPOLITAN	52	M	50	11867	1:41:16
218	WILL	NANCY	PINELANDS	65	F	65	3572	1:41:21
219	MBOKOTWANE	M	KHAYELITSHA	56	M	55	12135	1:41:21
220	VILJOEN	ANDRE	TYGERBERG	49	M	45	11688	1:41:25
221		SEBASTIAN	MP TITANS	39	F	35	10381	1:41:36
222	KASKER	SAJID	WALMERS AC	49	M	45	10294	1:41:39
223		AKA	KHAYELITSHA	34	M	SEN	10466	1:41:42
224	EBRAHIM	SHABEER	ITHEKO	47	M	45	3141	1:41:43
225	HESELL	RIAAN	TEMP	30	M	SEN	T	1:41:53
226	ROUX	JUSTIN	WEST COAST	44	M	40	5577	1:41:53
227	KGASWANE	ET	SANDF WP	29	M	SEN	5305	1:42:09
228	LESOLE	TSELISO	SANDF WP	31	M	SEN	5329	1:42:09
229	NTSIKELELO		SANLAM	23	M	SEN	15081	1:42:19
230	SALIE	SIRAJ	ITHEKO	45	M	45	3328	1:42:21
231	PRETORIUS	NEIL	STELLENBOSCH	38	M	35	0699 BOL	1:42:27
232	NGIDIWE	SAMUEL	PINELANDS		M	40	3849	1:42:30
233	LUCAS	JOLANDI	IN TOUCH	32	F	SEN	7018	1:42:31
234	VISAGIE	LIAN	CAPE MULTISPORT	31	M	SEN	8770	1:42:37
235	NOBAZA	PHIKO	METROPOLITAN		M	SEN		1:42:44
236	CONRADIE	JOHAN	CORR SERVICES WP	39	M	35	1123	1:42:45
237	MGANISA	RICHARD	OMMIEDRAAI	42	M	40	6923	1:42:46
238	MELAMANE	SESETHU	IN TOUCH		F	SEN		1:42:48
239	TERBLANCHE	EMILE	KPMG WP	32	M	SEN	11986	1:43:04
240	NO CARD				M	SEN		1:43:08
241	WINKWORTH	MARIO	MP TITANS	57	M	55	10400	1:43:11
242	KAMALDIEN	RAZAAN	CARBINEERS WP	18	F	JUN	20420	1:43:15
243	FERREIRA	FAURE	CARBINEERS WP	56	M	55	8156	1:43:16
244	LYNN	NATHAN	AAC	25	M	SEN		1:43:23
245	SOLORA	UNATHI	PINELANDS	36	M	35	3737	1:43:28
246	ENZLIN	KEITH	EDGEMEAD	50	M	50	4910	1:43:28
247		ENRICO	MIDAS SPARTANS	33	M	SEN	11719	1:43:32
248	HEWITT	DEAN	BRACKENFELL	29	M	SEN	6090	1:43:33
249		ZAAHIR	ITHEKO	40	M	40	3466	1:43:38
250	HENDRICKS	EBRAHIM	WALMERS AC	39	M	35		1:43:39
251	HILLHOUSE	BLAIR	TEMP	50	M	50	T	1:43:41
252	BOOYSEN	FRANS	TEMP	36	M	35	T13643	1:43:47
253	BUITENDAG	JJ	SANDF WP	35	M	35	5294	1:43:51
254	HARRINGTON	M	WILD RUNNER	59	M	55	3516	1:43:54
255	SLABBERT	RYAN	TEMP	21	M	SEN	T21020	1:43:54
256	BENNETT	PETER	EDGEMEAD	43	M	40	11561	1:44:01
257	HANEKOM	JOHN	STELLENBOSCH	45	M	45	1066 BOL	1:44:02
258	KGWADI	LESEDI	RCS GUGS		M	40	7746	1:44:05
259	ADAMS	SALIE	CENTRAL AC	43	M	40		1:44:06
260	MAGQAHELE	BULELANI	RCS GUGS	40	M	40		1:44:07
261	ABDUROAF	MUHAMMAD	ITHEKO	39	M	35	3198	1:44:11
262	DALANE	PHILISA	K-WAY VOB	38	F	35		1:44:18
263	LEDU		SAPS WP	52	M	50		1:44:23
264	DAVIDS	MUBEEN	ARD	33	M	SEN	9118	1:44:24
265	FELDMAN	WESLEY	TEMP	27	M	SEN	T	1:44:25
266	FOREMAN	JEREMY	TEMP	24	M	SEN	T	1:44:26
267	CLAASSEN	ANENE	DURBAC	28	F	SEN	14263	1:44:28

268	REXE	SONGEZO	IN TOUCH	35	M	35	7027	1:44:29
269	MENZIWA	LUBABALO	KHAYELITSHA	43	M	40		1:44:31
270	MAQENGU	RICHMAN	IN TOUCH		M	SEN	7002	1:44:32
271	BREDENKAMP	CAILEY	PAARL	55	F	55	0215 BOL	1:44:32
272	KHAHLEDI	TSHEDISO	IN TOUCH	41	M	40	7047	1:44:32
273	CRAIG	CLAIRE	SOMERSET STRIDERS		F	40	7058	1:44:32
274	LOSINI	N	IN TOUCH	39	M	35	7026	1:44:33
275	TSHABALALA	NHLANHLA	IN TOUCH	29	M	SEN		1:44:33
276	KODWA	SANDISWA	RCS GUGS	29	F	SEN	7772	1:44:33
277	EDSON	ROBERT	IN TOUCH	53	M	50	6988	1:44:34
278	MAKHOMO	SELBOURNE	IN TOUCH	44	M	40	7022	1:44:34
279	ALLIE	MOHAMMED	TOP FORM	42	M	40	2375	1:44:36
280	STRACHAN	CRAIG	K-WAY VOB	44	M	40	0631	1:44:36
281	OLIPHANT	NEVILLE	SANDF WP	59	M	55	11926	1:44:37
282	NICHOLLS	MARK	UFS	35	M	35	0882 AFS	1:44:37
283	NO RETURN				M	SEN		1:44:38
284	JACOBS	QUINTON	MP TITANS	42	M	40	10404	1:44:38
285	WILLIAMS	WAYNE	OMMIEDRAAI	35	M	35	6942	1:44:39
286	ARNOLDS	DELROY	AAC	31	M	SEN	9230	1:44:39
287	FIGLAN	THEMBELANI	NEDBANK WP	52	M	50	4151	1:44:40
288	GILES	T	CAPE MULTISPORT	48	M	45		1:44:40
289	FARQUHAR	REBECCA	TEMP	36	F	35	T	1:44:40
290	DAVIDS	DONOVAN	MP TITANS	37	M	35	10390	1:44:41
291	OOSTHUIZEN	D	GOODWOOD HARRIERS	41	M	40	4963	1:44:47
292	NEL	ELIAS	TEMP	31	M	SEN	T1376	1:44:48
293	SIMONIS	LAURA	CARBINEERS WP	46	F	45	8046	1:44:49
294	MASANA	SINETHEMBA	SANDF WP	27	F	SEN	5488	1:44:50
295	ADAMS	RALPH	TOP FORM	58	M	55	2352	1:44:57
296	JUDD	ERIC	OBS RC	59	M	55	9178	1:45:04
297	KELLY	PAUL	RUN WALK 4 LIFE	54	M	50	8434	1:45:04
298	VAN DER SPUY	LANCE	TEMP	35	M	35	T21058	1:45:06
299	KUMALO	J	SANDF WP	45	M	45	11888	1:45:21
300	COWIE	MITCHELL	STELLENBOSCH	30	M	SEN	1923 BOL	1:45:28
301	MAKABOLANE	BOIKANYO	SANDF WP	33	M	SEN	5241	1:45:29
302	LOTTA	MABULA	SANDF WP	44	M	40	5273	1:45:31
303	LOURENS	R	NEDBANK WP	47	M	45	4053	1:45:35
304	LEN	GAR	SANDF WP	40	M	40	11902	1:45:45
305	SWARTS	JACQUES	TEMP	22	M	SEN	T	1:45:45
306	VAN DER SCHYFF	MOHAMMAD	ITHEKO	39	M	35	3379	1:45:47
307	DE KOCK	HAYDN	CELTIC	31	M	SEN	7275	1:45:57
308	MITCHELL	DOUGLAS	BELLVILLE	50	M	50	6622	1:46:00
309	NEETHLING	EMILE	STELLENBOSCH	40	M	40	0773 BOL	1:46:17
310	BUSKE	ROBIN	BELLVILLE	31	M	SEN	6592	1:46:19
311	RIX	ANDRE	MP TITANS	31	M	SEN	0150	1:46:22
312	MARAIS	C	DURBAC	33	M	SEN	2924	1:46:25
313	BOSCH	GARTH	BRACKENFELL	35	M	35	10776	1:46:43
314	PORTER	MELANY	PINELANDS	42	F	40	3875	1:46:56
315	PARK-ROSS	IAIN	WEST COAST	59	M	55	5510	1:47:04
316	WHITEHEAD	CARLA	CENTURY CITY	33	M	SEN	10199	1:47:08
317	PANSAREY	ABDURAGHMAA	TOP FORM	33	M	SEN	2436	1:47:10
318	DONDOLO	LINDANI	RCS GUGS	34	M	SEN	7571	1:47:13
319	NO CARD		HARFIELD		M	SEN		1:47:15
320	NO RETURN		ITHEKO		M	SEN		1:47:17
321	MAROLO	MAKORORO	K-WAY VOB	33	M	SEN		1:47:24
322	JOUBERT	HEIDI	TEMP	34	F	SEN	T29067	1:47:25
323	JOUBERT	KENNETH	TEMP	45	M	45	T13352	1:47:26
324	BOEZAK	PERCIVAL	BRACKENFELL	47	M	45	5966	1:47:32
325	CERES	ISMAIL	OMMIEDRAAI	46	M	45	12549	1:47:35
326	MADIKIZA	LIWA		38	M	35	8582 AGN	1:47:35
327	SEBOGODI	MATOME	SANDF WP	33	M	SEN	5360	1:47:38
328	SARONG	JAMES	TEMP	24	M	SEN	T21036	1:47:39
329	BLEAZARD	LANCE	ATC	31	M	SEN	13756	1:47:54
330	VAN DER MERWE	DANIE	STELLENBOSCH	50	M	50	0673 BOL	1:48:05
331	COETZEE	JOHAN	ORAK	30	M	SEN		1:48:08
332	BELEBESI	THAHASELLO	KHAYELITSHA		M	SEN	12173	1:48:13
333	NO RETURN		BENONI		M	SEN		1:48:17
334	JOHAAR	THAABIET	ARD	32	M	SEN	9116	1:48:20
335	ISAACS	ASHLEY	K-WAY VOB	43	M	40	0499	1:48:23
336	DE KLERK	BEN	TYGERBERG	42	M	40	4254	1:48:26

337	ORRIE	ROLDAH	ITHEKO		F	50	3092	1:48:28
338	OLIVER	RUDY	ATC	37	M	35	13902	1:48:29
339	CROWSTER	REGANALD	TYGERBERG	55	M	55	4262	1:48:30
340	STABLER	TOM	WHALERS	33	M	SEN		1:48:32
341	TOMLINSON	WARREN	TEMP	36	M	35	T	1:48:33
342	MAHARAJ	GAIL	SANDF WP	51	F	50	5400	1:48:37
343	MOFERI	DON	PHOENIX	58	M	55	12376	1:48:40
344	NO RETURN				M	SEN		1:48:45
345	DAVISON	WARWICK	RUN WALK 4 LIFE	31	M	SEN	9322	1:48:46
346	BLANK CARD				M	SEN		1:48:54
347	VENTER	PIETER	DURBAC	58	M	55	13700	1:48:57
348	DU PLESSIS	FANO	TEMP	33	M	SEN	T13705	1:49:03
349	SIGENU	MXOLI	RCS GUGS		M	40	7545	1:49:05
350	BROWN	ZAIN	MP TITANS	47	M	45	10377	1:49:06
351	VAN DER BERG	CARIEN	BRACKENFELL	38	F	35	5979	1:49:08
352	NOGQALA	LUVIWE	STUTTERHEIM AC	30	M	SEN	0693 BOR	1:49:13
353	MATJUDA	DONALD	RCS GUGS	39	M	35	7673	1:49:15
354		STIAN		45	M	45	21210	1:49:16
355	WALKER	KIM	ATC	39	F	35	4391	1:49:17
356	LE SUEUR	RIAAN	BRACKENFELL		M	SEN		1:49:18
357	DAVIDSON	MONIQUE	ATC	26	F	SEN	13873	1:49:18
358	DAVIDSON	JARYD	STELLENBOSCH	27	M	SEN	0710 BOL	1:49:20
359	LEHMENSIEK	ROBERT	RUN WALK 4 LIFE	48	M	45	11760	1:49:21
360	BRITTAIN	PAUL	WILD RUNNER	30	M	SEN	3497	1:49:22
361	FAKU	ASANDA	SANLAM	30	M	SEN		1:49:29
362	TWINE	TREVOR	K-WAY VOB	48	M	45	0536	1:49:32
363	MALLIA	SUSAN	AAC	40	F	40	13630	1:49:33
364	JANISCH	NICHOLAS	TEMP	20	M	SEN	T18909	1:49:33
365	NELSON	FRIK	BELLVILLE	52	M	50	6555	1:49:34
366	BLANK CARD		WILD RUNNER		M	40		1:49:35
367	VICTOR	MARK	TEMP	43	M	40	T21076	1:49:36
368	JACOBUS	CARLIA	AAC	37	F	35	9440	1:49:38
369	AH SHENE	C	SANDF WP	36	M	35		1:49:39
370	MOSAVEL	HAAJIERAH	TOP FORM	27	F	SEN	2328	1:49:41
371	NO RETURN				M	SEN		1:49:44
372	MAWABA	NOBUNTU	RCS GUGS	42	F	40	7584	1:49:44
373	VENTER	PIETER		45	M	45	21215	1:49:48
374	NO RETURN				M	SEN		1:49:48
375	MAREGELE	SHAUN	GOODWOOD HARRIERS	46	M	45	5009	1:49:48
376	COETZEE	KEVIN	BRACKENFELL	44	M	40	6012	1:49:49
377	NKUTHA	MFANO	TEAM VITALITY CG	40	M	40	18144 CGA	1:49:49
378	GATYANA	ZOLA	ADVENTIST AC	36	M	35	0487	1:49:49
379	KOOPMAN	EBW	SANDF WP	33	M	SEN	5337	1:49:49
380	MOLEKA	MJ	PARLIAMENT	43	M	40	12997	1:49:50
381	SILJEUR	JOHNNIE	BREDASDORP	36	M	35	1007 BOL	1:49:53
382	HUGHES	PW	MAZARS	55	M	55	14022	1:49:53
383	GABUZA	KWAZI	RCS GUGS		M	SEN	8743	1:50:01
384	JOORST	ANDRE	SPARTAN	36	M	35	1680	1:50:01
385	MARTIN	ASHLEY	WEST COAST	30	M	SEN	5560	1:50:05
386	SCHULLER	ANDRE	ITHEKO	48	M	45	3044	1:50:18
387	NO RETURN				M	SEN		1:50:19
388	NABEE	ZULPHA	TOP FORM	38	F	35	2401	1:50:20
389	JANISCH	MICHAEL	K-WAY VOB	49	M	45	0744	1:50:24
390	MOHAMED	ISMAIL	ITHEKO	34	M	SEN	3300	1:50:30
391	WESSELS	MARK	MP TITANS	49	M	45	10379	1:50:32
392	ZIMI	NADIA	DURBAC	31	F	SEN	2833	1:50:32
393	SELOLO	CHOEHE	SANDF WP	30	M	SEN	5279	1:50:32
394	ISAACS	DAVID	PINELANDS	47	M	45	3747	1:50:34
395	NO RETURN		TEMP		M	SEN	T	1:50:37
396	NO RETURN		TEMP		M	SEN	T	1:50:47
397	MENTE	SIVIWE	IN TOUCH	36	M	35	12386	1:50:50
398	BOTHA	LEONARD	TEMP	42	M	40	T	1:50:59
399	WILKINS	BLAKE	AAC	70	M	70	9407	1:51:00
400	ERLANGSEN	GREG	TEMP	23	M	SEN	T1552	1:51:05
401	SWART	HANNES	TEMP	21	M	SEN	T21039	1:51:09
402	SHABANGA	FANNIE	EDGEMEAD	33	M	SEN	12658	1:51:10
403	MADIKIZELA	SITHANDIWA	RCS GUGS		M	SEN	7681	1:51:11
404	JOHAAR	YAASSEN	VODACOM STRIDERS	41	M	40	11664	1:51:14
405	FORTUNE	NICOLE	MATIES	21	F	SEN	0339 BOL	1:51:16

406	MOCUMI	TG	PARLIAMENT	35	M	35	12050	1:51:16
407		NTSIKIE	DURBAC	38	F	35	2730	1:51:16
408	FARAO	DONOVAN	PARLIAMENT	32	M	SEN	14758	1:51:18
409	BOTHA	LUCILLE	TEMP	34	F	SEN	T13496	1:51:18
410	ABRAHAMS	WAHEED	CENTRAL AC	51	M	50	6222	1:51:20
411	GREYLING	ANDRIES	BRACKENFELL	48	M	45	6112	1:51:23
412	BRINK	LOUIS	WILD RUNNER	47	M	45	3501	1:51:26
413	KRUGER	JORETHA	BELLVILLE	47	F	45	6699	1:51:27
414	ERASMUS	JACOB	CERES	62	M	60	0591 BOL	1:51:32
415	BRESLER	ELZE	BOLAND	33	F	SEN	0188 BOL	1:51:34
416	TREURNICH	ANDRE	BELLVILLE	50	M	50	6477	1:51:48
417	HANEKOM	DIRK	DURBAC	37	M	35	2968	1:51:53
418	ANDRIES	PATRICK	EDGEMEAD	43	M	40	4829	1:51:54
419	RADZUMA	D	SANDF WP	33	M	SEN	5357	1:51:54
420	STEENVELD	JERRARD	PINELANDS	31	M	SEN	15045	1:51:56
421	NO RETURN				F	SEN		1:51:57
422	NO RETURN		TEMP		M	SEN	T	1:51:59
423	GEARY	PAUL	CARBINEERS WP	38	M	35	5167	1:52:01
424	RADEBE	PRINCE	KHAYELITSHA	37	M	35	12133	1:52:03
425	NO RETURN				M	SEN		1:52:03
426	WILLIAMS	FRANCOIS	TYGERBERG	49	M	45	4239	1:52:04
427	COCKAT	SIMON	TEMP	42	M	40	T13676	1:52:05
428	SOLOMON	MARCELLO	RCS GUGS	54	M	50	9851	1:52:06
429	GASANT	NAZLI	OMMIEDRAAI	33	F	SEN	6820	1:52:06
430	ALLIE	RAFIEK	NANTES	35	M	35	6395	1:52:08
431	IRVINE	TIMOTHY	WPCC	48	M	45	11024	1:52:09
432	LERM	GIDEON	RUN WALK 4 LIFE	52	M	50	5900	1:52:12
433	ISAACS	RAFIQ	CENTRAL AC	58	M	55	6240	1:52:19
434	MOSTERT	IZELLE	HELDERBERG	44	F	40		1:52:23
435	FEROZ	MAHATEY	ITHEKO	37	M	35	3435	1:52:30
436	VERSTER	SW	TEMP	41	M	40	T21248	1:52:30
437	LYNERS	B	RCS GUGS	36	M	35	7775	1:52:34
438	FROON	DONOVAN	CARBINEERS WP	27	M	SEN	8110	1:52:41
439	NO RETURN				M	SEN		1:52:41
440	EDWARDS	KIM	WILD RUNNER	37	F	35	3560	1:52:44
441	MNGADI	SITHEMBINKOSI	RCS GUGS	39	M	35	7675	1:52:47
442	SINDES	S	KHAYELITSHA	36	M	35	10445	1:52:51
443	LOOTS	JAN	DURBAC	44	M	40	2645	1:52:52
444	NCEBA	QWAYI	TEMP	36	M	35	T	1:53:03
445	EBRAHIM	WAZEER	TOP FORM	34	M	SEN	2338	1:53:05
446	REY	JULIETTE	TEMP	19	F	SEN	T18997	1:53:06
447	RYKLIEF	NEEZAAM	SPARTAN	38	M	35	1379	1:53:07
448		MEHBOOB	ITHEKO	37	M	35	3150	1:53:10
449	BOTHA	PIETER	SANLAM	28	M	SEN	8517	1:53:12
450	PETERSEN	GARY	CENTURY CITY	38	M	35	10204	1:53:17
451	SMITH	NICHOLAS	MATES	43	M	40	14517	1:53:21
452	HUMAN	ANUZKA	CARBINEERS WP	28	F	SEN	8033	1:53:26
453	HARTZENBERG	LYLE	CELTIC	32	M	SEN	12321	1:53:27
454	SACKS	A	CARBINEERS WP	49	F	45	8080	1:53:27
455	VERMEULEN	M	RUN WALK 4 LIFE	53	M	50	10757	1:53:28
456	DICK	DEON	IN TOUCH	46	M	45	6994	1:53:28
457	MOSHIGA	PATRICK	RCS GUGS	57	M	55	7615	1:53:33
458	BOTLMAN	LOUISE	CAPE MULTISPORT	38	F	35	8702	1:53:34
459	MTSHWANE	SABELO	TEMP		M	SEN	T13416	1:53:40
460	ROELOFSE	PIETER	CAPITEC RC	44	M	40	1973 BOL	1:53:40
461	NO CARD				M	SEN		1:53:41
462	BORALE	MC	TEMP	29	M	SEN	T21232	1:53:46
463	NGXONONO	PHUMELELO	PINELANDS	41	M	40	3789	1:54:00
464	BOOI	XOLISIWE	WEST COAST	33	F	SEN	5757	1:54:01
465	MEJE	ZZ	SANDF WP	50	M	50	5320	1:54:05
466	W	MICHAEL	TEMP	34	M	SEN	T21084	1:54:06
467	KAMMIES	VERYANIA	TEMP	39	F	35	T21191	1:54:06
468	PATERSON	MONICA	WEST COAST	56	F	55	5614	1:54:08
469	NO RETURN				M	SEN		1:54:09
470	DE VOS	MELANIE	KPMG WP	38	F	35	11938	1:54:09
471	JAUHAR	ANANT	CAPE MULTISPORT	26	M	SEN	8991	1:54:10
472	SCHNEHAGE	CHRIS	PINELANDS	64	M	60	3653	1:54:13
473	LE GRANGE	STEPHEN	EDGEMEAD	45	M	45	4831	1:54:13
474	DE VILLIERS	TIMOTHY	BRACKENFELL	41	M	40	6006	1:54:14

475		CLINTON	KENFAC	41	M	40	11465	1:54:15
476	ADAMS	ANGELO	KENFAC	37	M	35	11487	1:54:15
477		DANIEL	MP TITANS	31	M	SEN	13949	1:54:20
478	NO CARD				M	SEN		1:54:21
479	NO CARD				M	SEN		1:54:21
480	ISAACS	N	PARLIAMENT	48	M	45	13000	1:54:24
481	SITYATA	ANDISWA	RCS GUGS	29	F	SEN	7639	1:54:29
482	BOLTMAN	JOSE	SPARTAN	43	M	40	1469	1:54:35
483	MONTEL	MIKE	SOMERSET STRIDERS	57	M	55		1:54:36
484	BEHARDIEN	MAAHIR	ITHEKO	43	M	40	14321	1:54:36
485	HENRY	CONITA	STELLENBOSCH	55	F	55	0865 BOL	1:54:39
486	VAN DER VYWER	SHAUNE	BELLVILLE	37	M	35	6513	1:54:42
487	PRESS	TYRON	IN TOUCH	34	M	SEN	6986	1:54:57
488	V DER BERG	ELISABETH	BREDASDORP	45	F	45	1012 BOL	1:55:04
489	PIENAAR	SHAUN	EASTERNS	37	M	35		1:55:05
490	CROS	PHILIP	TEMP	49	M	45	T21251	1:55:06
491	MATOLENGWE	KHAYNA	KHAYELITSHA	45	M	45	7191	1:55:11
492	HANNAH	MICHAEL	WEST COAST	55	M	55	5531	1:55:13
493	BALDWIN	KATE	CARBINEERS WP	36	F	35	8223	1:55:14
494	OPPEL	KIM	ATC	32	F	SEN	13757	1:55:14
495	PONO	LENYORA	RCS GUGS	34	M	SEN	1565	1:55:15
496	CUPIDO	CHARMAINE	NEDBANK WP	62	F	60	4110	1:55:18
497	LANGENHOVEN	WILLIAM	CARBINEERS WP	49	M	45		1:55:21
498	BUYS	GEREOME	SANLAM	34	M	SEN	9038	1:55:23
499	KAPERY	ZAHIER	ARD	45	M	45	11223	1:55:25
500	TER HUURNE	MICHELE	TEMP		F	SEN	T14104	1:55:28
501	SWANEPOEL	JD	TEMP	21	M	SEN	T21192	1:55:28
502	NO RETURN		RCS GUGS		F	SEN		1:55:31
503	RETIEF	DAVID	IN TOUCH	34	M	SEN	7017	1:55:32
504	DOURIE	HENDRIK	IN TOUCH	50	M	50	6995	1:55:33
505	PATRIZI	GIANLUCA	UCT	21	M	SEN	9772	1:55:40
506	ROSSOUW	A	TEMP	46	M	45	T21178	1:55:40
507	REUBEN MXINUA	KHONZA	RCS GUGS	54	M	50	7558	1:55:43
508	SIBANGO	LUKHANYO	IN TOUCH	35	M	35	7010	1:55:47
509	DAVIS	GAVIN	EDGEMEAD	40	M	40	4843	1:55:50
510	BULL	PETER	MP TITANS		M	60		1:55:52
511	LOMBARD	DEBBIE	K-WAY VOB	54	F	50		1:55:56
512	SEFARA	LEHLOHONLO	SANDB WP	34	F	SEN	5339	1:55:59
513	LOURENS	CHRIS	BRACKENFELL	62	M	60	6062	1:56:00
514	DE KLERK	PAUL	SANLAM	36	M	35	8518	1:56:01
515	KHAN	ASHRAF	KENFAC	40	M	40	11485	1:56:03
516	NO RETURN		TEMP		M	SEN	T	1:56:11
517	ISAACS	BAHYEH	WILD RUNNER	37	F	35	13622	1:56:15
518	JALALOEDIEN		WILD RUNNER	34	M	SEN	3499	1:56:20
519	NO CARD		TEMP		F	SEN	T	1:56:20
520	CAALAGHAN	KERRY	TEMP	28	F	SEN	T	1:56:23
521	NO RETURN				M	SEN		1:56:23
522	TENNANT	NEAL	FAKU CHIEFS	30	M	SEN	13156 AGN	1:56:24
523	NO RETURN				M	SEN		1:56:24
524	NO RETURN				M	SEN		1:56:24
525	TRIMALLEY	LEIGH	TEMP	35	M	35	T21052	1:56:25
526	BEATON	KARL	DURBAC	51	M	50	2628	1:56:27
527	HADINGHAM	TIM	STELLENBOSCH	46	M	45	1916 BOL	1:56:28
528	PARSRAMAN	THERESA	FISH HOEK	48	F	45	5060	1:56:30
529	VAN HUFFEL	DC	CERES	55	M	55	0624 BOL	1:56:31
530	VAN WYK	GERBA	DURBAC	47	M	45	2592	1:56:35
531	MAYILA	MPHUMEZI	RCS GUGS		M	40		1:56:39
532	SMITH	STANTON	TEMP	36	M	35	T	1:56:41
533	GEUSTYN	MARTIN	BRACKENFELL	53	M	50	6064	1:56:41
534	EDSON	ROBIN	IN TOUCH	18	M	JUN	20044	1:56:45
535	BLANK CARD				M	SEN		1:56:49
536	PAPIER	ISAAC	RAVENSMEAD	54	M	50	10102	1:56:49
537	MALAN	DANIEL	STELLENBOSCH	45	M	45	1055 BOL	1:56:51
538	BADENHORST	JOHAN	STELLENBOSCH	45	M	45	0836 BOL	1:56:52
539	ADAMS	BERNARD	PINELANDS	47	M	45	3989	1:56:52
540	BEUKES	LEYTON	TEMP	41	M	40	T	1:56:55
541	LOUBSER	NICOLAAS	WEST COAST	56	M	55	5603	1:57:00
542	ALEXANDER	TASLEY	MP TITANS	54	M	50	10371	1:57:01
543	ADAMS	BEULAH	TOP FORM	44	F	40	2351	1:57:04



544	DICKSON	MUJHAHID	CENTRAL AC	40	M	40	6210	1:57:05
545	MARTIN	SALEH	KENFAC	37	M	35	11490	1:57:06
546	MOWLANA	YUSUF	KENFAC	34	M	SEN	11425	1:57:06
547	VAN RENSBURG	BEN	TEMP	45	M	45	T21064	1:57:07
548	JULIE	MICHAEL	HEWAT	47	M	45	12486	1:57:12
549	KEYNEL	ROBERT	SANLAM	54	M	50	12696	1:57:14
550	BESTER	ANZA	TEMP	42	F	40	T	1:57:16
551	VAN NIEKERK	VERONICA	EGA	72	F	70	1333 BOL	1:57:18
552	NTSHUNTSHE	MK	PINELANDS	33	M	SEN	3854	1:57:20
553	SHELLEY	ROBYN	TEMP	31	M	SEN	T	1:57:21
554	VAN WYK	AZANNE	CAPE MULTISPORT	43	F	40	8929	1:57:24
555	ADAMS	REGAN	RCS GUGS	46	M	45	7888	1:57:25
556	NO RETURN		RCS GUGS		M	SEN		1:57:26
557	VAN ZYK	YVONNE	MAGNOLIA RR	22	F	SEN	3857 AGN	1:57:30
558	ALLIE	IRFAAN	ARD	30	M	SEN	9134	1:57:35
559	NO RETURN		TEMP		M	SEN	T	1:57:39
560	GALVAAN	GANIEF	CARBINEERS WP	58	M	55	8059	1:57:42
561	FEBRUARY	DALE	TYGERBERG	44	M	40	4274	1:57:42
562	LOOTS	CALEY	CAPE MULTISPORT	31	M	SEN	8715	1:57:46
563	LOOTS	JURIE	CAPE MULTISPORT	37	F	35	8716	1:57:46
564	GLENDAY	MATT	ATC	36	M	35		1:57:46
565	ISMAIL	TAWFEEQ	MP TITANS	31	M	SEN	10386	1:57:47
566	BOOLEY	RIDAH	SANDB WP	38	M	35	5372	1:57:50
567	HILL	NICKI	CARBINEERS WP	50	F	50	8151	1:57:50
568	SWART	J	SANLAM	51	M	50	8576	1:57:50
569	ELWORTHY	RENEE	TEMP	43	F	40	T18870	1:57:53
570	LANCKMAN	DAVID	TEMP	34	M	SEN	T21097	1:57:53
571	MOORE	ALTA	STELLENBOSCH	54	F	50	1085 BOL	1:57:54
572	NO RETURN				M	SEN		1:57:55
573	ISAACS	WASHIEL	KENFAC	30	M	SEN	11458	1:57:55
574	LATEGAN	JILL	GOODWOOD HARRIERS	46	F	45	4946	1:57:55
575	COETZEE	KATE	BELLVILLE	68	F	65	6541	1:57:57
576	CLAPHAM	JARED	ATC	34	M	SEN		1:58:04
577	NO CARD				M	SEN		1:58:05
578	SWART	KAREN	TEMP	36	F	35	T	1:58:06
579	DUBBER	T	WEST COAST		M	60	5568	1:58:06
580	COWARD	BRYAN	TEMP	43	M	40	T0206	1:58:06
581	VAN VUUREN	ALETTE	TEMP	41	F	40	T21068	1:58:07
582	AGHERDIEN	FIQREE	TOP FORM	35	M	35	2333	1:58:08
583	CERES	AMEEN	ARD	49	M	45	11146	1:58:08
584	HAUPT	WYNN	KEMPTON RR	34	M	SEN	8510 CGA	1:58:09
585	BURGER	LISA	TEMP	33	F	SEN	T13661	1:58:10
586	FAZENDA	ANNA	DURBAC	35	F	35	14280	1:58:11
587	STARCK	SHAUN	EDGEMEAD	32	M	SEN	4750	1:58:11
588	STARCK	TAMMY	EDGEMEAD	33	F	SEN	4755	1:58:15
589	BONTHUYS	LAUREN	K-WAY VOB	29	F	SEN		1:58:15
590	MADYIBI	WANGA	BRACKENFELL	30	M	SEN	6087	1:58:15
591	DALTON	HEATHER	TEMP	38	F	35	T	1:58:17
592	KER	LUCY	ITHEKO	32	F	SEN	3199	1:58:18
593	CHIPPENDALE	THEO	ARD	36	M	35	11109	1:58:18
594	LOW	KAREN	NEDBANK WP	38	F	35	4042	1:58:29
595	KUSE	KHAYA	KHAYELITSHA	37	M	35	12152	1:58:29
596	SINEKE	SIBUSISO	SAPS WP	38	M	35	10053	1:58:31
597	HARVEY	ELAINE	K-WAY VOB	43	M	40	0952	1:58:33
598	MAQAKOLO	VUYISIWE	RCS GUGS		M	SEN		1:58:35
599	GELDENHUYS	ANNELIZE	BRACKENFELL	46	F	45	6107	1:58:36
600	NO CARD				M	SEN		1:58:36
601	NO RETURN				M	SEN		1:58:38
602	NO RETURN		TEMP		F	SEN	T	1:58:41
603	FORTUIN	TORRICK	TEMP		M	JUN	T	1:58:41
604	KALAM	ABDUL-MALICK	RCS GUGS	44	M	40	8061	1:58:44
605	BOTHA	FRIK	TEMP	30	M	SEN	T13647	1:58:48
606	ELYON	MARELIZE	TEMP	42	F	40	T	1:58:50
607	JOUBERT	NADIA	WELLINGTON	39	F	35		1:58:51
608	SARDIEN	KASHIEF	OMMIEDRAAI		M	60	6775	1:58:51
609	BURGER	HANNES	TEMP	38	M	35	T	1:58:52
610	CHONG	PETER	WEST COAST	39	M	35	5664	1:58:54
611	GELDENHUYS	LANA	BRACKENFELL	40	F	40	5991	1:58:55
612	LOUW	ROELOFF	TEMP	30	M	SEN	T	1:58:56

613	NO CARD				M	SEN		1:58:57
614	NO CARD				M	SEN		1:58:57
615	VAN GASS	ANTON	TEMP	47	M	45	T21061	1:58:57
616	DE WITT	RIAAAN	RUN WALK 4 LIFE	31	M	SEN	T21163	1:58:58
617	KNOTT	S	EDGEMEAD	39	M	35	12668	1:58:59
618	DAVIDS	RASHEEDA	KENFAC	33	F	SEN	11440	1:58:59
619	OSMAN	ABDULLAH	KENFAC	32	M	SEN	11456	1:59:00
620	MKHIZE	S'NGAYE	SANLAM	35	M	35		1:59:00
621	SMITH	MERVIN	CELTIC	63	M	60	7363	1:59:00
622	WILLIAMS	RAYAAN	WALMERS AC	35	M	35	10271	1:59:01
623	ADAMS	WASFIE	KENFAC		M	40	11497	1:59:01
624		JOHNNY	RUN WALK 4 LIFE	20	M	SEN	12456	1:59:01
625	DE WITT	LEANA	RUN WALK 4 LIFE	32	F	SEN		1:59:02
626	DALY	A	RUN WALK 4 LIFE	60	M	60	4024	1:59:02
627	NAKELI	MV	SANDF WP	37	M	35	5356	1:59:03
628	OCTOBER	ZETHENA	RAVENSMEAD	48	F	45	12003	1:59:03
629	CRISP	RANDALL	DURBAC	32	M	SEN	12075	1:59:04
630	MEHL	BEVERLEY	TOP FORM	58	F	55	2382	1:59:04
631	LOUBSER	HANNO	BRACKENFELL	26	M	SEN		1:59:04
632	DAVIDSE	JUDITH	PINELANDS	37	F	35	3781	1:59:05
633	GENSICKE	ANDREAS	PINELANDS	49	M	45	3768	1:59:05
634	KING	NICHOLAS	WILD RUNNER	58	M	55	3503	1:59:06
635	NO RETURN				M	SEN		1:59:06
636	VAN NIEKERK	CARMEN	GOODWOOD HARRIERS	38	F	35		1:59:07
637	LIEBENBERG	TAMMY	BRACKENFELL	30	F	SEN	5952	1:59:07
638	KARIEL	NADIA	ITHEKO	39	F	35	3201	1:59:07
639	OSMAN	EBRAHIM	ITHEKO	48	M	45	3269	1:59:07
640	HARTNICK	PETER	TEMP		M	50	T	1:59:08
641	MEHL	RUSSELL	TOP FORM	53	M	50	2381	1:59:08
642	KOTZE	HENNIE	SANLAM	30	M	SEN	8507	1:59:08
643	NO RETURN				M	SEN		1:59:08
644	BEYERS	ELSCHEN	DURBAC	56	F	55	2587	1:59:08
645	RUTHULA	LOYISO	RCS GUGS		M	SEN	7677	1:59:09
646	APRIL	NIKLAAS	PINELANDS	66	M	65	3699	1:59:09
647	SIDONE	LATASHA	NEDBANK WP	41	F	40	4200	1:59:09
648	SIHLUKU	MC	RCS GUGS	47	M	45	7955	1:59:10
649	LUYT	MARTIN	WPCC	56	M	55	11020	1:59:10
650	BADENHORST	CORNELL	EASTERNS	39	F	35	10980	1:59:12
651		BENEDICT	TEMP	40	M	40	T21216	1:59:12
652	HENDRICKS	SHAHEEM	ITHEKO	42	M	40	3202	1:59:16
653	JAKOET	QASIM	ITHEKO		M	40	9908	1:59:17
654	PRETORIUS	RASSIE	SANLAM	51	M	50	9066	1:59:18
655	MURPHY	PAUL	CARBINEERS WP	53	M	50	8107	1:59:21
656	NO CARD		TEMP		M	SEN	T	1:59:23
657	MARI	SURESIN	EDGEMEAD	30	M	SEN	12640	1:59:28
658	KHATIEB	FAYROZ	TOP FORM	61	M	60	6767	1:59:29
659	WESSELS	MAGDALEEN	TEMP	35	F	35	T24311	1:59:31
660	SPECK	SIMON	CARBINEERS WP	55	M	55	8037	1:59:33
661	COETZEE	MICHELLE	EDGEMEAD	36	F	35	4708	1:59:34
662	JOHNSON	TOM	AURECON	63	M	60	13070	1:59:48
663	VAN ROOYEN	RYNO	CENTURY CITY	38	M	35		1:59:49
664	TARBOCK	NICHOLAS	CENTURY CITY	29	M	SEN	14934	1:59:50
665	VAN ROOYEN	TANIA	CENTURY CITY	32	F	SEN	10185	1:59:51
666	DISQUALIFIED		DURBAC	34	M	SEN	2678	1:59:53
667	NO RETURN		TEMP		F	SEN	T	1:59:57
668	RAILOUN	NIZHAAM	TEMP	34	M	SEN	T21241	2:00:00
669	SOLANI	THANDISIZWE	RCS GUGS	40	M	40	7629	2:00:01
670	NO RETURN				M	SEN		2:00:03
671	ACKERMAN	MARI	BRACKENFELL	43	F	40	6108	2:00:03
672	GUMEDE	GRACE	SANDF WP		F	SEN	5364	2:00:04
673	MADUNA	WX	SANDF WP	38	M	35	5490	2:00:04
674	NOAR	RSHIED	OMMIEDRAAI	48	M	45	6932	2:00:05
675	NUNE	ANGELO	SPARTAN	38	M	35	1929	2:00:06
676	JOHNSON	NATHIER	CELTIC	45	M	45	7439	2:00:07
677	COETZEE	CHRISTIAAN	TEMP	25	M	SEN	T21156	2:00:09
678	HANNA	LES	WHALERS	71	M	70	0365 BOL	2:00:10
679	DOUMAN	JOHAN	SANLAM	38	M	35	9081	2:00:11
680	ABRAHAMS	THAKIER	ITHEKO	38	M	35	3442	2:00:12
681	SABAN	ILHAAM	ARD	35	F	35	9123	2:00:13

682	LATEGAN	RITA	MSA MULTISPORT	46	F	45	13311	2:00:18
683	GOUWS	FRANCOIS	EDGEMEAD	52	M	50	4900	2:00:19
684	BUTLER	JENNIFER	TEMP	27	F	SEN	T13662	2:00:25
685	PETERSEN	TAVON	STRAGGLERS	26	M	SEN	8286	2:00:26
686	KRUGER	MARTHINUS	DURBAC	27	M	SEN	2588	2:00:28
687	FEBRUARY	VELINDIE	TYGERBERG	38	F	35	4275	2:00:31
688	NO CARD		OLD MUTUAL		M	SEN		2:00:35
689	BRANDON	ZITA	WEST COAST	55	F	55	5808	2:00:41
690	MAQUETUKA	BANDILE	RCS GUGS		M	SEN	7698	2:00:42
691	KOOPMAN	MERVYN	SANDF WP	56	M	55	11931	2:00:43
692	BEHM	JEAN	ILLEGIBLE		M	SEN	21233	2:00:46
693	MABIDI	NNDIVHENI	FARANANI AC	38	M	35	13276 AGN	2:00:50
694	MALOMBA	DAVID	ARD	16	M	JUN	20660	2:00:50
695	WEEDER	OWEN	SANLAM	55	M	55	9015	2:00:51
696	BABAMIA	RIDWANA	TEMP	61	M	60	T13633	2:01:09
697	COLLING	JANINE	TEMP	34	F	SEN	T21160	2:01:21
698	FORTUNE	RONALD	SPARTAN	51	M	50	1652	2:01:25
699	BOOYSEN	RONALD	TEMP		M	SEN	T	2:01:26
700	TEWAS	EMMILY	MSA MULTISPORT	18	F	JUN		2:01:27
701	NAGEL	MARCO	TEMP	18	M	JUN	T18977	2:01:43
702	HERRON	ANDREA	BELLVILLE	33	F	SEN	6557	2:01:44
703	HERRON	REYMOND	BELLVILLE	36	M	35	6558	2:01:44
704	SCHEEPERS	TOPPIE	BRACKENFELL	41	M	40	5970	2:01:45
705	BOOYSEN	JACUES	ITHEKO		M	40	3410	2:01:46
706	KOCK	MERLE	ITHEKO	40	F	40	3378	2:01:49
707	WILTON	SARAH	KPMG WP	32	F	SEN	1612	2:01:50
708	NO RETURN				M	SEN		2:01:51
709	DALWAI	RIYAAD	OMMIEDRAAI	22	M	SEN	6919	2:01:51
710	LE ROUX	MARCELLE	STRAND	60	F	60	2060	2:01:52
711	FAKIER	TASKEEN	ITHEKO	40	F	40	3125	2:01:57
712	NO CARD		OMMIEDRAAI		M	SEN		2:01:58
713	SMALLBERGER	TRACEY	AAC	32	F	SEN		2:02:01
714	LE ROUX	FAROUK	NANTES	53	M	50	6450	2:02:04
715	FORTUIN	CRAIG	CARBINEERS WP	50	M	50	8150	2:02:05
716	LEEDENBERG	RYAN	K-WAY VOB	21	M	SEN	0447	2:02:06
717	CARSTENS	WANDA	SWARTLAND	56	F	55	0076 BOL	2:02:06
718	MOKOENA	NICOLLIN	SANDF WP	32	F	SEN	5338	2:02:06
719	HUNT	NICK	TEMP	40	M	40	T18904	2:02:07
720	MATALIE	MC	ITHEKO	61	M	60	3045	2:02:07
721	SALMAN	KHAYA	UCT	42	M	40	9699	2:02:08
722	BADEROEN	RAFIQ	KENFAC	40	M	40	11457	2:02:12
723	NO RETURN		TEMP		F	SEN	T	2:02:15
724	MAASEN	EMMY-LOUISE	TEMP	28	F	SEN	T18922	2:02:18
725	MARAIS	IVAN	DURBAC	69	M	65	2923	2:02:23
726	PETERSEN	SAMANTHA	TEMP	40	F	40	T	2:02:23
727	OOSTHUIZEN	GERRIT	WHALERS	47	M	45	0357 BOL	2:02:24
728	MADELEIN	ERICA	DURBAC	42	F	40	2920	2:02:25
729	JAMES	GRANT	BELLVILLE	50	M	50	6502	2:02:26
730	ADONIS	GRANTHAM	TEMP		M	SEN	T	2:02:28
731	ENSOR-SMITH	JESSE	CENTURY CITY	28	M	SEN	14924	2:02:32
732	PIENAAR	JIHAAD	CARBINEERS WP	26	M	SEN	8136	2:02:33
733	BRAND	HEIDI	CERES	44	F	40	0622 BOL	2:02:37
734	VAN DER BERG	JOHAN	BRACKENFELL	55	M	55	10800	2:02:38
735	BEKKER	TANJA	TEMP	30	F	SEN	T	2:02:39
736	KAKAZA	AVU	SANLAM	31	M	SEN	4046	2:02:40
737	NO CARD				F	SEN		2:02:42
738	ERASMUS	MONELLE	TEMP	25	F	SEN	T	2:02:43
739	CALITZ	ELAINE	TEMP	26	F	SEN	T	2:02:43
740	NO RETURN		TEMP		F	SEN	T	2:02:44
741	GALIMBERTI	MARIAGRAZIA	OBS RC	40	F	40	9202	2:02:44
742	TETYANA	ANDILE	RCS GUGS	45	M	45	7952	2:02:54
743	NKOSI	G	RCS GUGS		M	50	15309	2:02:55
744	NO CARD		TEMP		M	SEN	T	2:03:02
745	HARDING	HILTON	GOODWOOD HARRIERS	45	M	45	4997	2:03:05
746	O'CONNOR	SUSAN	WILD RUNNER	40	F	40	3645	2:03:10
747	MOPWATSEHLA	PHETOLE	TEMP	29	M	SEN	T	2:03:12
748	JASSIEM	TAYB	WALMERS AC	44	M	40	10316	2:03:13
749	LAMBAREY	MUJEEB	ITHEKO	34	M	SEN	3184	2:03:15
750	ARENDSE	SEDICK	TOP FORM	47	M	45	2307	2:03:17

751	FRANSMAN	G	CELTIC	58	M	55	12260	2:03:20
752	MARAIS	CORLIA	BRACKENFELL	36	F	35	6125	2:03:28
753	DANIELS	BIANCA	TOP FORM		F	40	2433	2:03:31
754	BOTHA	RODE	TEMP	29	F	SEN	T21060	2:03:32
755	BOLTMANN	WILLIAM	CAPE MULTISPORT	33	M	SEN	8701	2:03:38
756	HARLEY	MICHELLE	CAPE MULTISPORT	43	F	40	8995	2:03:39
757	BURDEN	HUGO	STELLENBOSCH	62	M	60	0854 BOL	2:03:40
758	VAN DEN HEEVER	CLAIRE	TEMP	35	F	35	T21057	2:03:40
759	ARENDSE	NEIL	HEWAT	48	F	45	12479	2:03:41
760	TREGONNING	RUSHDAH	HEWAT	43	F	40	12476	2:03:41
761	RIJKMANS	MIKAELA	WILD RUNNER	24	F	SEN	3558	2:03:45
762	MEESER	PAUL	PINELANDS	33	M	SEN	3666	2:03:47
763	SNYMAN	STIAAN	OLD MUTUAL	33	M	SEN	0950	2:03:48
764	NO RETURN				M	SEN		2:03:49
765	SMIT	ANDRE	STELLENBOSCH	41	M	40	0707 BOL	2:03:53
766	BIDDULPH	MARTIN	BELLVILLE	41	M	40		2:03:58
767	FREDERICKS	NATASSIA	CARBINEERS WP	32	F	SEN	8209	2:04:14
768	HERRING	ELMARE	EDGEMEAD	48	F	45	4731	2:04:15
769	DU TOIT	CAMERON	MSA MULTISPORT	20	M	SEN	13314	2:04:20
770	MORRELL	ROBERT	UCT	61	M	60	9624	2:04:23
771	KALIPRASAD	MINNESH	CAPE MULTISPORT	42	M	40	8624	2:04:24
772	MULLER	JOHAN	SAPS WP	52	M	50	13255	2:04:25
773	MADIBA	MALEFASE	ROCKY RR		M	SEN	19205 CGA	2:04:29
774	STROEBEL	CARO	TEMP	24	F	SEN	T21035	2:04:29
775	WALLERMANN	HERMAN	CELTIC	48	M	45	7402	2:04:30
776	HARKERAN	TAMISEE	TEMP		F	SEN	T	2:04:33
777	THOMAS	JEAN	TEMP	44	F	40	T21046	2:04:34
778	BENJAMIN	SIERAAJ	KENFAC	39	M	35	11470	2:04:34
779	RHODE	YASEEN	CENTRAL AC	37	M	35	6275	2:04:35
780	STEYN	COLIN	HELDERBERG	61	M	60	4529	2:04:36
781	NO RETURN				M	SEN		2:04:38
782	GROENMEYER	AQIB	TOP FORM	45	M	45	2371	2:04:38
783	NO RETURN				F	SEN		2:04:39
784	DE BEER	JOHN	WEST COAST	44	M	40	5549	2:04:48
785	LE ROUX	CHERYL	SOMERSET STRIDERS	43	F	40		2:04:51
786	NO RETURN		MP TITANS		M	SEN		2:04:56
787	CONRADIE	TAMMY	DURBAC	32	F	SEN	2940	2:05:04
788	MKHONZA	M	SANDF WP	38	M	35	5251	2:05:09
789	WILLIAMS	ANTOINETTE	TYGERBERG	46	F	45	4240	2:05:09
790	VENTER	NICOLE	TEMP		F	SEN	T21074	2:05:10
791	SOEKER	SHAFIEK	KENFAC	55	M	55	11443	2:05:11
792	FLUKS	DIMITRI	NEDBANK WP	34	M	SEN	4133	2:05:12
793	RADEMAN	DJ	LANGEBAAN	56	M	55		2:05:15
794	VISSER	LEON	BRACKENFELL	48	M	45	6000	2:05:15
795	SPARG	PIXIE	CELTIC	73	F	70	7434	2:05:15
796	NO RETURN				M	SEN		2:05:17
797	LUDICK	SANET	CAPE MULTISPORT	42	F	40		2:05:18
798	MARAIS	FRANCOIS	ITHEKO	56	M	55	3224	2:05:19
799	JACOBS	TERRY-ANN	BRACKENFELL	47	F	45		2:05:22
800	MAASS	LOURENS	MEDIHELP	27	M	SEN	8795 AGN	2:05:23
801	MGUBA	ANATHI	CAPE MULTISPORT	35	F	35	8922	2:05:24
802	MAGGOTT	JULIAN	CELTIC	57	M	55	12227	2:05:27
803	VAN DER WESTHUIZEN	KARL	SANDF WP	58	M	55	5274	2:05:32
804	NO RETURN		TEMP		M	SEN	T	2:05:33
805	NO RETURN				M	SEN		2:05:37
806	GRUNDLING	KAREN	SANLAM	49	F	45	8550	2:05:38
807	RUBUSHE	VUYOKAZI	KHAYELITSHA	23	F	SEN	12140	2:05:39
808	SONANDZI	VUKILE	KHAYELITSHA	44	M	40	10450	2:05:39
809	JENKINS	S	DURBAC	41	M	40	2875	2:05:42
810	LEVERTON	RUTH	PINELANDS	65	F	65	3652	2:05:43
811	PRINGLE	NATALIE	TEMP	40	F	40	T	2:05:50
812	WILLIAMS	REDEWAAN	NANTES	50	M	50	12924	2:05:50
813	PASWI	RUMBIE	K-WAY VOB	38	F	35	0455	2:05:52
814	VAN DEN BOSCH	SARAH	AAC	30	F	SEN		2:05:57
815	ALGER	CATHY	EDGEMEAD	55	F	55	4852	2:06:05
816	SWART	SUNETTE	NEDBANK WP	50	F	50	4049	2:06:06
817	ADAMS	THOMAS	TEMP	27	M	SEN	T13623	2:06:07
818	CERQUEIRA	MELANIE	RUN WALK 4 LIFE	46	F	45		2:06:08
819	CASSIEM	RUKEYA	ITHEKO		M	SEN		2:06:09

820	TERBLANCHE	NATASHIA	SOMERSET STRIDERS	33	F	SEN	1008	2:06:09
821	KARUMURI	SRIKANTH	BRACKENFELL	29	M	SEN	6088	2:06:11
822	LANDSBERG	SUE	RUN WALK 4 LIFE	45	F	45	5906	2:06:13
823	JANSEN	WENDY	EDGEMEAD	50	F	50	4639	2:06:18
824	GWARANFULA	TAFADZWA	TEMP	29	M	SEN	T21225	2:06:18
825	HUMAN	ORA	CARBINEERS WP	60	F	60	8060	2:06:21
826	MOSES	REGINALD	TEMP		M	SEN	T	2:06:24
827	MACDONALD	DUGHALL	TEMP	35	M	35	T18941	2:06:29
828	NO RETURN		PAARL		M	SEN		2:06:31
829	NO RETURN		MP TITANS		M	SEN		2:06:41
830	VALENTINE	JUSTIN	MP TITANS	39	M	35	10366	2:06:41
831	SOCULESCU	MARGA	EDGEMEAD	42	F	40	4834	2:06:44
832	MANLEY	IAIN	TEMP	35	M	35	T18945	2:06:48
833	MOLTI	ABOEBAKAR	ARD	58	M	55	11158	2:06:50
834	ELS	SOPHIA	BELLVILLE	17	F	JUN	20567	2:06:52
835	BOOYSEN	CYNTHIA	RCS GUGS	58	F	55	7618	2:06:56
836	JONES	WES	FIT 2000	34	M	SEN	7222	2:06:58
837	MWANGI	VINCENT	EDGEMEAD	40	M	40	15148	2:06:59
838	HEIL	STEFAN	BELLVILLE	45	M	45	6614	2:07:02
839	VAN DER WALT	RIAAN	TEMP	32	M	SEN	T21059	2:07:04
840	JACOBS	GALIEM	ITHEKO		M	60		2:07:12
841	LOSINI	MARIA	IN TOUCH	35	F	35	7025	2:07:13
842	DIEDERICKS	BRENT	ASICS	43	M	40	5211	2:07:14
843	NO CARD				M	SEN		2:07:15
844	NO RETURN				F	SEN		2:07:16
845	DU TOIT	INGE	CAPE MULTISPORT	40	F	40	14604	2:07:18
846	BERGHOFF	ROBYN	TEMP	26	F	SEN	T13636	2:07:21
847	HUSSELMANN	ROLF	TEMP	31	M	SEN	T	2:07:30
848	RENS	AJ	TEMP	26	M	SEN	T18994	2:07:33
849	GILL	LORNA	EDGEMEAD	50	F	50	4702	2:07:40
850	JOHNSON	PAULA	EDGEMEAD	40	F	40	4640	2:07:53
851	MAINAAKAE	MATUMELO	CARBINEERS WP	36	F	35	8036	2:07:53
852		SEON	TEMP	22	F	SEN	T13681	2:07:56
853	BARFORD	CARETH	TEMP	29	M	SEN	T13634	2:07:56
854	SANDI	FUNDISWA	RAVENSMEAD	37	F	35	10120	2:07:58
855	SANDE	MARTHA	TEMP	34	F	SEN	T	2:07:58
856	SMITH	JULIANA	MP TITANS		F	40	21412	2:08:01
857	MAGWENTSHU	NTUTHUZELO	AAC	33	M	SEN	9478	2:08:02
858	TSOGUNYANE	LEKHOBOLA	TEMP		M	SEN	T1503	2:08:05
859	RAHLAO	SEBATAOLO	RCS GUGS	37	M	35	7877	2:08:06
860	ATTENBROUGH	CHARMAINE	K-WAY VOB	46	F	45	0523	2:08:09
861	GREEFF	NADIA	K-WAY VOB	24	F	SEN	0526	2:08:09
862	CREMER	TRUDIE	BRACKENFELL	40	F	40	6001	2:08:09
863	DU PLESSIS	HELEN	BRACKENFELL	65	F	65	5965	2:08:10
864	MONAMONYANE	MOKGELE	KHAYELITSHA	36	M	35	7176	2:08:10
865	MARKRAM	JACQUES	TEMP	35	M	35	T0659	2:08:15
866	MOHAMED	KHADIJA	ITHEKO	33	F	SEN	3303	2:08:15
867	ERASMUS	ADRIEN	TEMP	37	M	35	T0300	2:08:16
868	MALHERBE	NICUS	TEMP	37	M	35	T18944	2:08:16
869	PARKER	REDEWAAN	TOP FORM	42	M	40	2337	2:08:17
870	TALJAARD	PIET	SAPS WP	59	M	55	10060	2:08:18
871	NO RETURN				M	SEN		2:08:19
872	HUMAN	LOUISE	TEMP	34	F	SEN	T18903	2:08:22
873	HALDANE	LISA	K-WAY VOB	40	F	40	0944	2:08:23
874	HALDANE	STEVE	K-WAY VOB	45	M	45	0933	2:08:24
875	OOSTHUIZEN	E	GOODWOOD HARRIERS	36	F	35	4966	2:08:26
876	NEL	VENITA	GOODWOOD HARRIERS	48	F	45	5007	2:08:26
877	NO RETURN		TEMP		M	SEN	T	2:08:28
878	LIEBERTRAU	PHILIP	TEMP	16	M	JUN	T13543	2:08:30
879	PADAYACHEE	NAZEEM	K-WAY VOB	30	M	SEN	0454	2:08:36
880	MUNODAWAFA	MEMORY	RCS GUGS	32	F	SEN	8004	2:08:41
881	NO RETURN				M	SEN		2:08:41
882	MATTHYS	EDWARD	HEWAT	59	M	55	12504	2:08:43
883	DE FREITAS	NIKKI	TEMP	40	F	40	T13681	2:08:44
884	WILSON	DESIREE	EDGEMEAD	54	F	50	11563	2:08:44
885	BARENOBE	BAARICK	WALMERS AC	34	M	SEN	12739	2:08:46
886	MKROYIYA	PUMEZA	RCS GUGS	38	F	35	7628	2:08:54
887	SMITH	WENDAL	PINELANDS	50	M	50	3668	2:08:55
888	MORGAN	ELZAINÉ	KENFAC	45	F	45	11430	2:08:58

889	COETZEE	DEBBIE	TEMP	52	F	50	T1157	2:09:03
890	NO CARD				F	SEN		2:09:03
891	NO CARD				M	SEN		2:09:04
892	J V RENSBURG	HERMAN	RUN WALK 4 LIFE	57	M	55	11758	2:09:04
893	JONES	AYNSLEY	BELLVILLE	36	F	35	6682	2:09:05
894	SHAW	DONOVAN	OMMIEDRAAI	49	M	45	12555	2:09:07
895	NADINGER	FELIX	DURBAC	66	M	65	2630	2:09:07
896	SNYMAN	STEPHAN	TEMP	23	M	SEN	T	2:09:07
897	VAN DER MERWE	NICCI	TEMP	34	F	SEN	T11941	2:09:09
898	BURGER	ERNST	CAPE MULTISPORT	42	M	40	8883	2:09:09
899	DLALA	MBULELO	RCS GUGS	387	M	35	15329	2:09:10
900	COZYN	FAREED	OMMIEDRAAI	46	M	45	6765	2:09:10
901	ADONIS	JIMMY	RCS GUGS	65	M	65	7962	2:09:10
902	ADAMS	MARIAM	ARD	37	F	35	11164	2:09:10
903	LEWIN	ABDUL-MUIZH	ARD	37	M	35	11167	2:09:11
904	G	STORM	TEMP	27	F	SEN	T	2:09:12
905	DU TOIT	NICKY	BRACKENFELL	45	F	45	6114	2:09:20
906	LEBEA	LINDEKA	SANDF WP	30	F	SEN	5283	2:09:20
907	NO CARD				M	SEN		2:09:20
908	ABRAHAMS	NAASHIT	OMMIEDRAAI	16	M	JUN	20234	2:09:20
909	COE	FAIRUZ	OMMIEDRAAI	39	F	35	6891	2:09:21
910	WILSON	P	K-WAY VOB		M	60		2:09:22
911	WALKER	JACKIE	EDGEMEAD	58	F	55	4836	2:09:26
912	NO RETURN				M	SEN		2:09:26
913	NO RETURN		TEMP		M	SEN	T	2:09:27
914	COTTLE	RIAAN	CELTIC	46	M	45		2:09:29
915	NIEUWOUDT	DERICK	CAPE MULTISPORT		M	40		2:09:31
916	NO RETURN				M	SEN		2:09:31
917	BENJAMIN	SHAFIEK	FARNESE	50	M	50	10349	2:09:32
918	NYEMBE	KUHLE	SANDF WP	30	F	SEN	5282	2:09:33
919	BREDELL	LIRINA	TEMP	38	F	35	T13652	2:09:38
920	DAVIDS	NAZREEN	ITHEKO	46	F	45	3444	2:09:42
921	DAVIDS	FAROUK	ITHEKO	46	M	45	3445	2:09:43
922	ANDREWS	SAFIEK	VODACOM STRIDERS	42	M	40	11641	2:09:44
923	SEYFFERT	DEON	CENTURY CITY	49	M	45	10121	2:09:47
924	BADENHORST	NAOMI	K-WAY VOB	57	F	55	0819	2:09:51
925	SCHUTTERS	CLINT	TEMP	31	M	SEN	T21014	2:09:52
926	CUTHBERT	JOAN	PAARL	49	F	45	0946 BOL	2:09:56
927	VAN SCHALKWYK	NEVILLE	TEMP	37	M	35	T	2:09:56
928	NO CARD		TEMP		M	SEN	T	2:09:59
929	VAN HUYSSTEEN	DEON	TEMP	32	M	SEN	T	2:10:02
930	BURDEN	KRISTY	WILD RUNNER	32	F	SEN	1191	2:10:05
931	BUYS	CONSTANCE	SANLAM	36	F	35	12970	2:10:07
932	NEL	HERMIEN	DURBAC	38	F	35	2939	2:10:09
933	MBINDA	PERCY	SANLAM	53	M	50	9085	2:10:15
934	BOSSI	RENATA	TEMP	21	F	SEN	T	2:10:15
935	COETZEE	LEANI	TEMP	25	F	SEN	T21189	2:10:16
936	BROOKS	LIZAHN	BRACKENFELL		F	SEN		2:10:16
937	MATOSEF	MATTHEW	TEMP	34	M	SEN	T18951	2:10:22
938	NO CARD		TEMP		M	SEN	T	2:10:26
939	POTGIETER	JORIKA	TEMP	37	F	35	T1447	2:10:30
940	ASHWORTH	ROBERT	TEMP	37	M	35	T13632	2:10:42
941	HENDRICKS	MOEGAMAD	RCS GUGS	55	M	55	7624	2:10:43
942	MAROTYA	VUYISEKA	RCS GUGS	30	F	SEN	7873	2:10:44
943	SANNEBERG	SHIREEN	OMMIEDRAAI	43	F	40	6943	2:10:44
944	ROUX	LOUISE	EDGEMEAD	52	F	50	4659	2:10:45
945	PEARCE	WILMA	OMMIEDRAAI	43	F	40	6957	2:10:45
946	MOORE	CRYSTLE-LYNNE	SAPS WP	30	F	SEN	13100	2:10:45
947	NTANJANA	SABELO	RCS GUGS	33	M	SEN	7653	2:10:45
948	ECKLETON	JAMES	K-WAY VOB		M	50	0728	2:10:45
949	BRAND	ERNEST	DURBAC	34	M	SEN	2602	2:10:46
950	ABRAHAMSE	DENISE	RCS GUGS	41	F	40	7781	2:10:47
951	NO RETURN				M	SEN		2:10:50
952	DLADLA	ZM	SANDF WP	32	F	SEN	5293	2:10:50
953	DALWAI	NAJMOEDIEN	OLD MUTUAL	46	M	45	0222	2:10:53
954	DENTLINGER	LINDSAY	ATC	42	F	40	4425	2:10:57
955	VAN VUUREN	PIERRE	TEMP	34	M	SEN	T21069	2:10:57
956	JACOBS	ANTHEA	IN TOUCH	48	F	45	6990	2:10:57
957	EAGLES	MARVIN	EDGEMEAD	47	M	45	4641	2:10:59

958	JOEMAT	ADOLPH	NANTES	52	M	50	6426	2:11:00
959	VUNA	ZANDILE	RCS GUGS	34	F	SEN	7923	2:11:02
960	LUND	TANYA	PINELANDS	44	F	40	3973	2:11:05
961	MASEHELA	TLOU	PINELANDS	33	M	SEN	3848	2:11:07
962	NCHABA	TEBOHO	TEMP	31	M	SEN	T1502	2:11:07
963	NO RETURN		TEMP		M	SEN	T	2:11:12
964		AUDREY	IN TOUCH	54	F	50	12417	2:11:14
965	NOCOLAU	PAULA	TEMP	26	F	SEN	T21242	2:11:15
966	KAFAAR	MOEGAMMAD	TEMP		M	40	T	2:11:15
967	LUN	GAVIN	IN TOUCH	56	M	55		2:11:16
968	MAFATLE	TACTION	IN TOUCH	44	M	40	7053	2:11:16
969	MATTHEWS	NOORIA	OMMIEDRAAI	48	F	45	6827	2:11:19
970	HATTAS	ACHMAT	OMMIEDRAAI	57	M	55	6798	2:11:19
971	NO RETURN				F	SEN		2:11:21
972	GELDENHUYS	RETHA	CAPE MULTISPORT	53	F	50	8629	2:11:22
973	OOSTHUIZEN	JAPIE	WEST COAST		M	40		2:11:24
974	ROGERS	JOANY	DURBAC	31	F	SEN	2586	2:11:25
975	PALERMO	GIAN	WEST COAST	49	M	45	5648	2:11:26
976	SHOLTO-DOUGLAS	ALICE	TEMP	25	F	SEN	T21018	2:11:28
977	ORRIE	NAZEEM	ARD		M	SEN	11210	2:11:32
978	ABRAHAMS	SHERAAN	ITHEKO	37	M	35	9829	2:11:33
979	NEL	FRANCOIS	CORR SERVICES WP	42	M	40	12764	2:11:33
980	NO RETURN				M	SEN		2:11:34
981	PAGE	MICHELLE	CELTIC	28	F	SEN	7276	2:11:35
982	NO RETURN				F	SEN		2:11:36
983	CHARLES	PAMELA	MP TITANS	61	F	60	10368	2:11:37
984	MINNAAR	CONRAD	TEMP	36	M	35	T18962	2:11:40
985	MARITZ	JACQUES	TEMP	25	M	SEN	T18947	2:11:46
986	COETZEE	MONIQUE	TEMP	25	F	SEN	T13678	2:11:47
987	NO CARD				F	SEN		2:11:48
988	CARELSE	GRANT	PICK 'n PAY	42	M	40	6974	2:11:50
989	TILE	LUNGELO	CORR SERVICES WP	53	M	50	1134	2:11:51
990	MARTHEZE	RENE	IN TOUCH	38	F	35	12384	2:11:52
991	STANDER	M	WHALERS		M	60		2:11:55
992	SKILLICORN	CONRAD	STELLENBOSCH	42	F	40	0858 BOL	2:11:56
993	MOLOISANE	THAPELO	RCS GUGS	29	M	SEN	7699	2:12:06
994	GEYA	LINDANI	RCS GUGS	42	M	40	7918	2:12:07
995	OOSTHUIZEN	DIANA	BRACKENFELL	39	F	35	6018	2:12:13
996	LOSPER	BASHEER	TOP FORM		M	SEN	2334	2:12:18
997	MARAIS	GANIE	TEMP	40	M	40	T21165	1:21:24
998	ABDURAHMAN	MANSOER	STRAGGLERS	55	M	55	8292	2:12:24
999	MARX	ERIKA	BRACKENFELL	34	F	SEN	6124	2:12:27
1000	KARLIE	RAYHANA	ITHEKO	41	F	40		2:12:27
1001	JOUBERT	JOZUA	BRACKENFELL	43	M	40	6074	2:12:30
1002	LOUW	SOPHIA	BRACKENFELL	48	F	45	6118	2:12:32
1003	HENDRIKSE	ELIZKA	BRACKENFELL	48	F	45	6070	2:12:32
1004	VAN ZYL	SURINA	GOODWOOD HARRIERS	43	F	40	4944	2:12:33
1005	JANSCHÉ VAN RENSBURG	CHRIS	GOODWOOD HARRIERS	48	M	45	4943	2:12:33
1006	CUTTINGS	JULIAN	CORR SERVICES WP	40	M	40	1164	2:12:34
1007	SIKUTSHWA	LIKHO	UCT	28	F	SEN	9643	2:12:45
1008	MALAN	JACKIE	TEMP	35	F	35	T	2:12:46
1009	NO RETURN		ARD		M	SEN		2:12:46
1010	SAMPSON	ANDRE	CAPE MULTISPORT	48	M	45	8681	2:12:50
1011	MOSTERT	ROUSSEAU	VODACOM STRIDERS	28	M	SEN	11651	2:12:51
1012	MULLER	GRANT	TEMP	43	M	40	T	2:12:52
1013	EBRAHIM	SHAHEED	ITHEKO		M	50	3331	2:12:58
1014	ADAMS	HABIEL	SPARTAN	30	M	SEN	1357	2:12:59
1015	PIETERS	HANNES	SWARTLAND	52	M	50	0024 BOL	2:13:04
1016	CRUYS-WILLIAMS	BLAISE	UCT	19	F	JUN	9666	2:13:05
1017	MHSHIZANA	FELIX	SANLAM		M	SEN	12982	2:13:06
1018	NO RETURN				M	SEN		2:13:06
1019	BOERSMA	JENNIE	TEMP	28	F	SEN	T136404	2:13:06
1020	RIBEIRO	JASON	TEMP	33	M	SEN	T18998	2:13:09
1021	MCLAUGHLIN	MEGAN	TEMP	22	F	SEN	T18956	2:13:09
1022		ANTOINETTE	TEAM VITALITY CG		F	50	26999	2:13:10
1023	VAN WYK	MARIUS	EDGEMEAD	56	M	55	4704	2:13:13
1024	PHUNCU	BUYISIWE	RCS GUGS	35	F	35	7828	2:13:16
1025	TORDIFFE	STANLEY	OLD MUTUAL	45	M	45	0351	2:13:19
1026	LIEDEMAN	DAMIAN	MIDAS SPARTANS	22	M	SEN	11721	2:13:23

1027	NO RETURN				M	SEN		2:13:23
1028		BELINDA	SWARTLAND	31	F	SEN	0063 BOL	2:13:24
1029	NO RETURN				F	SEN		2:13:24
1030	NO RETURN				M	SEN		2:13:24
1031	DORRINGTON-TURCK	SONJA	TEMP		F	50	T	2:13:25
1032	NO RETURN				F	SEN		2:13:27
1033	PRICE	EMMA	DURBAC	33	F	SEN	2641	2:13:28
1034	NO CARD				M	SEN		2:13:31
1035	FUCHS	FRANCES	TEMP	43	F	40	T18884	2:13:32
1036	KELLY	STEPHEN	EDGEMEAD	45	M	45	4874	2:13:34
1037	CRISP	MEAGAN	DURBAC	31	F	SEN	12074	2:13:35
1038	NO RETURN				F	SEN		2:13:36
1039	K	ANDY	RCS GUGS		F	SEN		2:13:38
1040	MAALUTSHANA	MADODA	TEMP	44	M	40	T21206	2:13:38
1041	JANSEN	SANDRA	TOP FORM	47	F	45	2461	2:13:40
1042	FISHER	DON	TYGERBERG	56	M	55	11683	2:13:46
1043	BEZUIDENHOUT	MARIO	TEMP	32	M	SEN	T21249	2:13:47
1044	SMITH	JULIAN	PINELANDS	33	M	SEN	3885	2:13:47
1045	BLANK CARD				F	40		2:13:53
1046	GIOIA	ALEXA	TEMP	21	F	SEN	T	2:14:02
1047	SIYAJAKAZER	MPAHULA	RCS GUGS	35	F	35	7771	2:14:03
1048	MARAIS	RUAN	CAPE MULTISPORT	31	M	SEN	8771	2:14:11
1049	BURGER	NIEL	WILD RUNNER	47	M	45	3568	2:14:18
1050	RABIN	SHAMIEL	ITHEKO	38	M	35	3424	2:14:19
1051	PIENAAR	HELGARD	STRAND	40	M	40		2:14:20
1052	BARNARD	DAVID	TEMP	42	M	40	T	2:14:21
1053	HUMAN	TIAAN	VODACOM STRIDERS	39	M	35	11654	2:14:26
1054	MATHEWS	SHAMIEL	PINELANDS	53	M	50	3788	2:14:27
1055	OLIVIER	DIVAN	SAPS WP	33	M	SEN	13092	2:14:34
1056	TEW	DELIA	TEMP	40	F	40	T	2:14:35
1057	COMPION	MARIA	CAPE MULTISPORT	37	F	35	8960	2:14:42
1058	UNGERER	ELZE-MARI	GOODWOOD HARRIERS	37	F	35	4952	2:14:43
1059	MAJIE	R	PINELANDS	65	M	65	3953	2:14:44
1060	GELDENHUYS	DONOVAN	TYGERBERG	51	M	50	4241	2:14:44
1061	WARE	ALLAN	TEMP	48	M	45	T21082	2:14:53
1062	ADAMS	AMIEN	CENTRAL AC	64	M	60	6178	2:14:53
1063	HISCOCK	C	MUIRITE STRIDERS	48	M	45	0345 EPA	2:14:57
1064	SWART	ANDRE	NEDBANK WP	61	M	60	4048	2:15:00
1065	GWE	THANDO	RCS GUGS	41	M	40		2:15:02
1066		JOHN	TEMP	39	M	35	T21234	2:15:03
1067	PAGE	MANDY	GOODWOOD HARRIERS	35	F	35	4985	2:15:03
1068	BROWN	BYONY	GOODWOOD HARRIERS	33	F	SEN	5002	2:15:03
1069	CORK	GARETH	RUN WALK 4 LIFE	37	M	35	5895	2:15:10
1070	NO RETURN				M	SEN		2:15:10
1071	NO CARD		TEMP		F	SEN	T	2:15:11
1072	JAARS	CHARLES	CORR SERVICES WP	54	M	50		2:15:17
1073	WILLIS	RODERICK	TOP FORM	61	M	60	2497	2:15:24
1074	GUSHA	NOPIKI	PARLIAMENT	52	F	50	12053	2:15:25
1075	KOEN	FRANCOIS	DURBAC	31	M	SEN	2888	2:15:25
1076	THOMPSON	CARMEN	TEMP	27	F	SEN	T	2:15:26
1077	SIEBRITZ	TIMOTHY	PINELANDS	34	M	SEN	3816	2:15:27
1078	FISHER	NATALIE	PINELANDS	48	F	45	3785	2:15:27
1079	BEKKER	RIAAN	CAPE MULTISPORT	39	M	35	8878	2:15:30
1080	NO RETURN				M	SEN		2:15:35
1081	GULE	NKOSINATHI	TEMP	36	M	35	T21269	2:15:37
1082	WILIENBERG	G	EDGEMEAD	40	M	40	4925	2:15:51
1083	MOODLEY	JASONTHA	EDGEMEAD	27	F	SEN	12639	2:15:56
1084	KRIEL	ASHLEY	STELLENBOSCH	32	F	SEN	0715 BOL	2:15:57
1085	HOEDEMAKER	CLINTON	K-WAY VOB	33	M	SEN	1341	2:16:00
1086	SCHUTTE	FRANS	TEMP	59	M	55	T21182	2:16:08
1087	JOHAAR	ARMIEN	ARD	56	M	55	9125	2:16:11
1088		IMAAM	ARD	33	F	SEN	11191	2:16:11
1089	MEMELA	ABONGILE	LANGA	34	F	SEN	10704	2:16:15
1090	CLOETE	STEPHEN	PINELANDS	47	M	45	3955	2:16:15
1091	JONATHAN	SANDRA	K-WAY VOB	52	F	50	1088	2:16:21
1092	SYMINGTON	CARLIN	PAARL	34	F	SEN	0273 BOL	2:16:27
1093	CHIPPENDALE	NATALIE	ARD	36	F	35	11108	2:16:28
1094	GOUWS	JUANE	TEMP	24	F	SEN	T18890	2:16:30
1095	DE WET	MARISKA	DURBAC	34	F	SEN	2619	2:16:32



1096	NO RETURN		MEDIHELP		M	SEN		2:16:35
1097	GWALANGWA	MAILOS	TEMP	36	M	35	T21224	2:16:40
1098	RHODES	DAVID	PINELANDS	49	M	45	3658	2:17:19
1099	SPENCE	PETER	SOMERSET STRIDERS		M	50		2:17:24
1100	NORVALE	CAROL	SOMERSET STRIDERS	64	F	60		2:17:24
1101	KOKS	LEON	MIDAS SPARTANS	58	M	55	11727	2:17:27
1102	NGWANE	MILISA	RCS GUGS	44	F	40	7530	2:17:27
1103	NO RETURN				F	SEN		2:17:28
1104	SOTASHE	SANDISWA	WEST COAST	35	F	35	5628	2:17:31
1105	THEOBALD	JOHN	WHALERS	70	M	70	0354 BOL	2:17:32
1106	LEVENDAL	ESTERLENE	IN TOUCH	57	F	55	7041	2:17:37
1107	NO RETURN		TEMP		F	SEN	T	2:17:37
1108	TEMA	THAMO	RCS GUGS	46	F	45	7687	2:17:44
1109	DOLS	GERT	WEST COAST	59	M	55	5571	2:17:45
1110	PHEIFFER	TANIA	CAPE MULTISPORT	42	F	40	8736	2:17:53
1111	ROMAN	JUNE	CELTIC	50	F	50	7518	2:17:53
1112	COETZEE	ZELDA	CENTURY CITY	29	F	SEN	10127	2:17:54
1113	LE ROUX	DANISA	TEMP	20	F	SEN	T18932	2:17:57
1114	WILLIAMS	O	SOMERSET STRIDERS		F	40	7075	2:17:58
1115	WILLIAMS	ANNE	PICK 'n PAY	62	F	60	6976	2:17:59
1116	MEYER	CLINTON	SOMERSET STRIDERS	30	M	SEN	7090	2:18:02
1117	CROUS	RUFUS	TEMP	27	M	SEN	T21253	2:18:08
1118	NO RETURN		TEMP		F	SEN	T	2:18:10
1119	NO RETURN		TEMP		M	SEN	T	2:18:11
1120	NORBET	LUDWIG	TEMP	47	M	45	T	2:18:18
1121	JAMES	MARLENE	PINELANDS	74	F	70	3844	2:18:21
1122	COOPER	TERENCE	GOODWOOD HARRIERS	39	M	35		2:18:21
1123	LIEBETROU	MADLIE	STELLENBOSCH	22	F	SEN	0716 BOL	2:18:25
1124	TRUSCOTT	PAUL	DURBAC	44	M	40		2:18:27
1125	HURT	RORY	TEMP	29	M	SEN	T18905	2:18:32
1126	REUTER	ULRIKE	TEMP	52	F	50	T	2:18:32
1127	NO RETURN				F	SEN		2:18:38
1128	TREURNICH	MARYKA	BELLVILLE	35	F	35	6478	2:18:39
1129	THEOBALD	GLENDA	WHALERS	67	F	65	0370 BOL	2:18:40
1130	GREEN	CHERYL	RUN WALK 4 LIFE	39	F	35	8422	2:18:41
1131	PULLEM	ELTON	OMMIEDRAAI	34	M	SEN	13570	2:18:42
1132	ASPELING	IAN	CELTIC	59	M	55	7336	2:18:42
1133	BADI	LUBABALO	KHAYELITSHA	34	M	SEN	12136	2:18:46
1134	HAVENGA	CINDY	EDGEMEAD	55	F	55	4862	2:18:49
1135	JONES	JO	EDGEMEAD		F	40	4757	2:18:49
1136	ZIMMERMANN	MILLY	EDGEMEAD	45	F	45		2:18:50
1137	MATLHARE	ZAMANGOMA	CARBINEERS WP	36	F	35	8081	2:18:54
1138	MORGAN	GREG	TEMP	34	M	SEN	T21172	2:19:00
1139	BEATON	CANDY	DURBAC	45	F	45	2629	2:19:01
1140	SWART	ANDRE	BORN 2 RUN	53	M	50		2:19:04
1141	HOZHERI	MUNYARADZI	PINELANDS	36	M	35	3969	2:19:06
1142	MAYLEK	BARBARA	TEMP		M	50	T	2:19:07
1143		WESLEY	TEMP	32	M	SEN	T	2:19:08
1144	NEL	ANIKA	IN TOUCH	28	F	SEN	7009	2:19:11
1145	HENDRICKS	RAMEEZ	RCS GUGS	29	M	SEN	7926	2:19:12
1146	NO CARD		PAARL		M	SEN		2:19:14
1147	OLD	STEPHEN	EDGEMEAD	48	M	45	4770	2:19:17
1148	WALTON	YOLANDE	STELLENBOSCH	48	F	45	0879 BOL	2:19:19
1149	KAHAAR	IMRAAN	WALMERS AC	33	M	SEN	10272	2:19:19
1150	BROWN	ARNO	NEDBANK WP	51	M	50	4056	2:19:20
1151	SCOTT	RUSHDA	KENFAC	37	F	35	11446	2:19:21
1152	VON BOETTICHER	S	TEMP	36	F	35	T21078	2:19:22
1153	HEINRICH	HELGA	OMMIEDRAAI	46	F	45	6953	2:19:24
1154	WALLIE	ISMAIL	CENTRAL AC	48	M	45		2:19:25
1155	RUITERS	ASTRID	PINELANDS	49	F	45	3708	2:19:27
1156	NO RETURN		TEMP		M	SEN	T	2:19:29
1157	SMITH	LIZE	PAARL	44	F	40	0185 BOL	2:19:36
1158	NO RETURN				M	SEN		2:19:37
1159	ADAMS	DUANE	IN TOUCH	46	M	45	12426	2:19:40
1160	PIETERSEN	AMIEN	ARD	62	M	60	11112	2:19:40
1161	CUFFE	ELAINE	WHALERS	53	F	50	1779 BOL	2:19:41
1162	CRAFFORD	JYNIE	CAPE MULTISPORT	54	F	50	8627	2:19:41
1163	NO RETURN				F	SEN		2:19:42
1164	DE VILLIERS	MARGUERITE	CENTURY CITY		F	40		2:19:43

1165	NO RETURN				M	SEN		2:19:46
1166		FUNIWE	EDGEMEAD	38	F	35	1367	2:19:46
1167	MAJOLA	DANCIE	WEST COAST	44	F	40	5733	2:19:48
1168	MSOLO	MZIKABAWO	RCS GUGS	44	M	40		2:19:51
1169	BECKETT	BRONWEN	TEMP	44	F	40	T	2:19:53
1170	BECKETT	BRUCE	TEMP	44	M	40	T	2:19:53
1171	GAMIET	NAZLIYAH	ITHEKO	51	F	50	9850	2:19:53
1172	SALENI	PHUMZILE	TEMP	30	M	SEN	T21009	2:19:54
1173	MOSES	PETRO	VELOCITY AC		F	JUN	20690	2:19:55
1174	ADAMS	SHAHEED	ARD	61	M	60	11171	2:19:56
1175	BOWLEY	JENNY	RUN WALK 4 LIFE	57	M	55	T18866	2:19:56
1176	MATTHEWS	LESLEY	RUN WALK 4 LIFE	58	F	55	4013	2:19:56
1177	JAFTHA	LINDSAY	TEMP	37	M	35	T18907	2:19:57
1178	WOODMAN	NICOLE	ITHEKO	31	F	SEN	3387	2:19:57
1179	ZOTSHA	ONKE	KHAYELITSHA	32	F	SEN	7177	2:19:57
1180	NO RETURN				F	SEN		2:19:57
1181	AGHERDIEN	ZAAHIERAH	TOP FORM	34	F	SEN	2332	2:19:58
1182	NO CARD				M	SEN		2:19:58
1183	YASIN	ANVER	TOP FORM	60	M	60	2303	2:20:00
1184	CARIEM	AFROZ	ITHEKO	41	F	40	3280	2:20:00
1185	DU PLESSIS	JUAN	BRACKENFELL	37	M	35	10811	2:20:02
1186	DU PLESSIS	ENGELA	BRACKENFELL	33	F	SEN	10835	2:20:02
1187	MAHLATSI	REBECCA	TEAM VITALITY CG	21	F	SEN	16506	2:20:03
1188	MCKECHNIE	RAMEEZ	ITHEKO	52	M	50	3405	2:20:03
1189	STOKELL	GREG	GOODWOOD HARRIERS	50	M	50	4993	2:20:06
1190	ABRAHAMS	FATIMA	ITHEKO	34	F	SEN	10008	2:20:10
1191	VAN DER SCHYFF	FATIMA	ITHEKO	35	F	35	9880	2:20:11
1192	MGOMI	MOLUKHOLO	RCS GUGS	38	F	35	7996	2:20:14
1193	NO CARD		RCS GUGS		F	SEN		2:20:14
1194	NO RETURN		TEMP		M	SEN	T	2:20:22
1195	JONES	LYNETTE	BELLVILLE	36	F	35	6490	2:20:22
1196	BLANK CARD		BO-KAAP ATHLETICS		M	40		2:20:24
1197	TIMM	CARMEN	WILD RUNNER	38	F	35	3543	2:20:26
1198	DU TOIT	BAREND	BRACKENFELL	45	M	45	5997	2:20:27
1199	ABDUL	SAMIR	ARD	40	M	40	9126	2:20:30
1200	MINI	SOLOMZI	RCS GUGS	45	M	45		2:20:31
1201	NAGEL	BIANCA-LEIGH	CARBINEERS WP	38	F	35	8027	2:20:41
1202	WILLEMSE	YOLANDE	OLD MUTUAL	38	F	35	0176	2:20:45
1203	CARELSE	D	TEMP	61	M	60	T21264	2:20:53
1204	KALLIS	TANITH	WEST COAST	27	F	SEN	5790	2:20:58
1205	WINKWORTH	JOY	MP TITANS	57	F	55	10401	2:21:08
1206	NO RETURN		TEMP		F	SEN	T	2:21:09
1207	ABDULLATIEF	MOGAMMAD	WILD RUNNER		M	50	3628	2:21:27
1208	BROCK	MAX	CELTIC	65	M	65	7392	2:21:31
1209	BIRD	E	MP TITANS	60	M	60	10394	2:21:31
1210	ISMAIL	MAFEESA	WALMERS AC	22	F	SEN	10285	2:21:32
1211	MULLER	BARRY	MP TITANS	34	M	SEN	13957	2:21:32
1212	VAN STADEN	RENE	BRACKENFELL	31	F	SEN	5996	2:21:33
1213	LEWIS	MUFEEDA	ITHEKO	44	F	40	3214	2:21:33
1214	VINELLO-LIPPERT	BERNISE	SAPS WP	44	F	40	10055	2:21:33
1215	STEMMET	REYAANA	WALMERS AC	36	F	35	10292	2:21:34
1216	JOOSTE	GRAHAM	BRACKENFELL	52	M	50	10801	2:21:34
1217	NO RETURN				M	SEN		2:21:37
1218	MEYER-PHILLIPS	LAETITIA	SPARTAN	36	F	35	1623	2:21:37
1219	FRANS	MARK	K-WAY VOB	49	M	45	0891	2:21:46
1220	MASHIYA	NKOSANA	CAPITEC RC	42	M	40	1976 BOL	2:21:52
1221	FAIRBURN	MARGARET	RUN WALK 4 LIFE	59	F	55		2:21:53
1222	CARELSE	BASIL	IN TOUCH	46	M	45		2:22:01
1223	WASO	DOMINIQUE	BELLVILLE	54	M	50	6529	2:22:02
1224	NO RETURN		TEMP		F	SEN	T	2:22:02
1225	LATEGAN	CLINT	NANTES	46	M	45	12878	2:22:11
1226	CHRISTIANS	RUWAYDA	OMMIEDRAAI	49	F	45	6910	2:22:11
1227	WORSHIP	RICARDO	BELLVILLE	43	M	40	6573	2:22:12
1228	CARELSE	ALLEN	TEMP	42	M	40	T	2:22:20
1229	SCHUMANN	NICOLE	TEMP	22	F	SEN	T	2:22:21
1230	WILLIAMS	KAREN	ITHEKO		F	40	3234	2:22:22
1231	AUGUST	CHANTAL	TOP FORM	47	F	45	2273	2:22:30
1232	JACOBS	SWIGIMAN	TOP FORM	49	M	45	2446	2:22:31
1233	KARAAF	IGHSAAN	ARD	33	M	SEN	11173	2:22:31

1234	COE	SHAMIEL	OMMIEDRAAI	47	M	45	6890	2:22:32
1235	ABRAHAMS	ANEESA	OMMIEDRAAI		F	40	6899	2:22:34
1236	BUCHANAN	PANDORA	CELTIC	31	F	SEN	12296	2:22:40
1237	BLANK CARD				F	SEN		2:22:42
1238	KENT	WERNER	TEMP	35	M	35	T	2:22:45
1239	SIEBRITZ	RUTH	PINELANDS	38	F	35	3815	2:22:47
1240	MITCHELL	MERYL	PHOENIX	42	F	40	12362	2:22:49
1241	LOURENS	DH	BELLVILLE	53	M	50	6540	2:22:49
1242	SIHWAYI	SASEKA	EASTERNS	39	F	35	10992	2:22:50
1243	BRITZ	JAPIE	TEMP		M	SEN	T	2:22:50
1244	ARENDSE	SHAFEEKA	TOP FORM	46	F	45	2308	2:22:55
1245	REITZ	JANNIE	BRACKENFELL	46	M	45	5995	2:23:00
1246	AH SHANE	C	SANDF WP	34	F	SEN		2:23:01
1247	NO RETURN				F	SEN		2:23:04
1248	SMITH	RONEL	BRACKENFELL	47	F	45	5982	2:23:05
1249	BASHEERAH		TOP FORM	61	F	60	2264	2:23:05
1250	CAMPBELL	AMY	TEMP	24	F	SEN	T12665	2:23:06
1251	STRONG	JENNY	K-WAY VOB	62	F	60		2:23:07
1252	MDLALOSE	ZAMA	CENTURY CITY	30	F	SEN	14014	2:23:07
1253	NO CARD				F	SEN		2:23:08
1254	MEYER	KAREN	TEMP	49	F	45	T	2:23:10
1255	SULAIMAN	SADIYAH	MSA MULTISPORT	43	F	40	11358	2:23:17
1256	KRITZINGER	JAPIE	BELLVILLE	53	M	50	6734	2:23:17
1257	ISAACS	NADEEM	ARD	32	M	SEN	11188	2:23:18
1258	GENSICKE	RENATA	PINELANDS	44	F	40	3673	2:23:19
1259	SALT	JOHN	CAPE MULTISPORT		M	60	13167	2:23:23
1260	RIBERTS	SAVILLE	JAGUARS	47	M	45	7651 CGA	2:23:27
1261	STEYL	JOHANN	BRACKENFELL	32	M	SEN	6099	2:23:29
1262	BROOKS	EDWINA	TEMP	46	F	45	13658	2:23:33
1263	KARIEM	S	ARD	37	F	35	T	2:23:35
1264	NEELY	BLAIR	TEMP	26	F	SEN	T21100	2:23:41
1265	LEWIS	CHERYL	HELDERBERG	48	F	45	4547	2:23:42
1266	CAPE	PETER	HELDERBERG	57	M	55	4544	2:23:42
1267	VAN DER MERWE	RIAN	TEMP		M	SEN	T21179	2:23:43
1268	NO RETURN		ITHEKO		F	SEN		2:23:47
1269	CALLAI		PHOENIX	40	F	40	12359	2:23:51
1270	SCHEEPERS	ROSETTE	MP TITANS	50	F	50	10423	2:23:54
1271	AUSTIN	MARY	MP TITANS	46	F	45	10373	2:23:55
1272	PETERSEN	KERVIN	MP TITANS	48	M	45	13953	2:23:55
1273	DE FREITAS	ANTHONY	BORN 2 RUN	41	M	40	15420	2:23:57
1274	MPELA	NOLWAZI	BELLVILLE	32	F	SEN	6609	2:23:57
1275	JASSIEM	MURTADA	K-WAY VOB	35	M	35	0437	2:23:58
1276	DAVIDS	KAREN	TOP FORM	39	F	35	2299	2:23:58
1277	DAVIDS	SHIREEN	ITHEKO	43	F	40		2:23:59
1278	MOHAMED	NEEZAAM	ITHEKO	40	M	40	9999	2:24:00
1279		KGABO	PARLIAMENT		F	40		2:24:01
1280	SEFORA	MADO	PARLIAMENT	45	F	45	12070	2:24:01
1281	DUMISANI		PARLIAMENT		M	50	12044	2:24:02
1282	WESSELS	MONICA	RUN WALK 4 LIFE	40	F	40	10741	2:24:04
1283	MPHAKATHI	NONO	RCS GUGS	27	F	SEN	14552	2:24:06
1284	READ	RACHEL	RUN WALK 4 LIFE	50	F	50	5905	2:24:10
1285	SALLIE	EBRAHEEM	WALMERS AC	48	F	45	10293	2:24:16
1286	NO CARD				M	SEN		2:24:17
1287	ADAMS	RAMEEZ	ITHEKO	29	M	SEN	14357	2:24:17
1288	MOERAT	SULAIMAAN	ITHEKO	46	M	45	3322	2:24:20
1289	MATTHEE	MELVIN	TEMP	33	M	SEN	T18952	2:24:25
1290	SAFAAR	MOESA	TOP FORM	57	M	55	2276	2:24:26
1291	NO CARD		TEMP		M	SEN	T	2:24:30
1292	DENNIS	MARILYN	ARD	47	F	45	11248	2:24:31
1293	BASSON	ERIKA	TEMP	30	F	SEN	T21151	2:24:34
1294	KHAHLEDI	MORAKANE	IN TOUCH	35	F	35	7046	2:24:35
1295	PLAATJIES	DANNY	TEMP	49	M	45	T	2:24:35
1296	MARAIS		BIDVEST	36	M	35	11750	2:24:36
1297	JACOBS	ANDREA	ITHEKO	29	F	SEN	3227	2:24:37
1298	ANDREWS	MELISSA	ITHEKO	34	F	SEN	3327	2:24:37
1299	ISMAIL		TEMP	54	M	50	T3264	2:24:37
1300	BREWER	SIRAJ	ITHEKO	42	M	40	3333	2:24:38
1301	KRETSCHMER	WAYNE	BELLVILLE	41	M	40	6554	2:24:38
1302	BRINK	S	WILD RUNNER	39	F	35	3500	2:24:38

1303	RABIN	ILHAAM	TEMP	31	F	SEN	T	2:24:38
1304	PRETORIUS	JUDY	BORN 2 RUN	44	M	40	1058	2:24:39
1305	SABLAY	MUBEEN	ITHEKO	31	M	SEN	3346	2:24:40
1306	JACOBS	EBRAHIM	ITHEKO	53	M	50	0461	2:24:43
1307	MALLON	LINDA	PINELANDS	55	F	55	3956	2:24:43
1308	GAMIELDIEN	YUSUF	ITHEKO	77	M	75	2996	2:24:44
1309	BASSADIEN	RAGIEMA	ARD	42	F	40	11120	2:24:45
1310	SOLOMON	ABDULLAH	ITHEKO	61	M	60	3010	2:24:45
1311	VAN DER SCHYFF	TOHIRAH	ITHEKO	32	F	SEN	9885	2:24:49
1312	VELEBHAYI	NONVUYO	RCS GUGS		F	SEN		2:24:49
1313	MENTOOR	ANDRE	PHOENIX	45	M	45	12369	2:24:50
1314	COTTLE	ZELDA	CARBINEERS WP		F	SEN	8129	2:24:59
1315	DAVIES	SEAN	CARBINEERS WP	39	M	35		2:25:00
1316	MILLER	FAIZAL	ITHEKO	50	M	50	9867	2:25:00
1317	SNYMAN	MARI	TEMP	41	F	40	T	2:25:03
1318	BARTLETT	DENZIL	TEMP	45	M	45	T13635	2:25:04
1319	RISCHMULLER	MOERI	TEMP	38	F	35	T18999	2:25:04
1320	SAMUELS	BRIAN	PINELANDS	55	M	55	3744	2:25:07
1321	ARENDSE	CHERYL	HEWAT	49	F	45	12486	2:25:10
1322	VAN EEDEN	BRAAM	BELLVILLE	43	M	40	6531	2:25:14
1323	VERSTER	MAUREEN	CAPE MULTISPORT	65	F	65	8852	2:25:21
1324	MOTSWAI	JOSEPH	TEMP	45	M	45	T18970	2:25:23
1325	DE KOCK	MELISSA	WILD RUNNER		F	40	3502	2:25:30
1326	VAN ZYL	MINKE	TEMP	54	F	50	T21072	2:25:32
1327	RIVIERA	JOY	SPARTAN	63	F	60	1360	2:25:38
1328	SMOOK	ANDREA	SATORI	35	F	35	12123	2:25:41
1329	NO CARD				F	SEN		2:25:41
1330	SITHOLE	IVY	CARBINEERS WP	38	F	35	8187	2:25:42
1331	MBANGOLA	MANDLAKAZI	KHAYELITSHA	33	F	SEN	10468	2:25:47
1332	FERREIRA	ANTHON	TEMP		M	SEN	T	2:25:48
1333	NO CARD				M	SEN		2:25:48
1334	ROETS	MONICE	BELLVILLE	35	F	35	6686	2:25:52
1335	DAVEL	GABBY	TEMP	36	F	35	T21161	2:25:55
1336	VAN WEICHARDT	BERNICE	CAPE MULTISPORT	45	F	45	8982	2:25:56
1337	MOOSA	A	IN TOUCH	44	F	40	12395	2:25:57
1338	GANTANA	BERNARD	RAVENSMEAD	54	M	50	10086	2:25:58
1339	THOMAS	ANNE	HEWAT		M	50		2:25:59
1340	MHLANA	LUVOYO	KHAYELITSHA	37	M	35	7199	2:25:59
1341	NO CARD				M	SEN		2:25:59
1342	COZYN	AYESHA	OMMIEDRAAI	45	F	45	6766	2:26:01
1343	NO RETURN				F	SEN		2:26:02
1344	COETZEE	INGRID	TEMP	21	F	SEN	T21158	2:26:04
1345	JACOBS	FOUZIA	ITHEKO	61	F	60	3316	2:26:04
1346	VIVIAN	LINDA	UMHLATHUZE	69	F	65		2:26:06
1347	MOSAVEL	TOHYRIEYA	TOP FORM	53	F	50	2327	2:26:18
1348		YVONNE	PARLIAMENT	50	F	50	12058	2:26:19
1349	ASHLIN	MARK	RCS GUGS	46	M	45	7623	2:26:19
1350	SMEDA	JORINA	TEMP	33	F	SEN	T	2:26:23
1351	THOMAS	SAMANTHA	IN TOUCH	39	F	35	12388	2:26:24
1352	FISHER	EBRAHIM	TOP FORM		M	50	2326	2:26:25
1353	VAN ZYL	JOHAN	BELLVILLE	53	M	50	6471	2:26:29
1354	MATTHEWS	BEVAN	CENTURY CITY	30	M	SEN	14913	2:26:40
1355	BARRIOS-PIAGGLIO	NATALIE	CARBINEERS WP	29	F	SEN	8154	2:26:41
1356	BASSADIEN	TOGIEDA	ITHEKO	57	F	55	3106	2:26:44
1357	VAN WYK	HENRIETTE	EDGEMEAD	54	F	50	4703	2:26:46
1358	NO RETURN				F	SEN		2:26:46
1359	CONRAD	MEGAN	TEMP	56	F	55	13680	2:26:49
1360	THEYS	SIDONIA	RAVENSMEAD	65	F	65	10097	2:26:49
1361	THERON	K	BRACKENFELL	49	F	45	5987	2:26:57
1362	RAKATANA	DIEKETSO	RCS GUGS	32	F	SEN	7995	2:26:58
1363	BEVISS-CHALLINA	HERNA	TEMP	27	F	SEN	T13638	2:26:58
1364	WILLIAMS	ROSA	OMMIEDRAAI	57	F	55		2:26:59
1365	VAN DER WESTHUIZEN	KATHY	CARBINEERS WP	48	F	45		2:27:00
1366		ROWENA	MP TITANS	47	F	45	10388	2:27:05
1367	PHAWENI	JOE	PARLIAMENT	54	M	50	12046	2:27:12
1368	ABRAHAMS	EBRAHIM	HEWAT	63	M	60	11391	2:27:15
1369	JACOBS	A	SANLAM	41	M	40	8597	2:27:17
1370	RAVELL	BRONWEN	TEMP	42	F	40	T	2:27:17
1371	JACOBS	G	SANLAM	43	F	40	8596	2:27:18

1372	BOLLE	SHELLEY	TEMP	33	F	SEN	T	2:27:18
1373	MACLONS	TRACEY	RCS GUGS	42	F	40	7696	2:27:22
1374	SHAIK	ZEITON	ITHEKO	52	F	50	3396	2:27:26
1375	MOTLHAMRE	JAMES	TEMP		M	SEN	T1887	2:27:29
1376	BRUNGS	VIOLA	AAC	52	F	50	9265	2:27:33
1377		NORMAN	TEMP	29	M	SEN	T1918	2:27:33
1378	WOOD	LYN	TEMP	66	F	65	T21088	2:27:38
1379	SWANEPOEL	ANTON	VODACOM STRIDERS	59	M	55	11656	2:27:39
1380	DYWIBIBA	MALIBONGWE	TEMP	34	M	SEN	T21209	2:27:42
1381		MARISKA	BRACKENFELL	24	F	SEN	1099	2:27:49
1382	DU PREEZ	TANYA	TEMP	25	F	SEN	T18865	2:27:49
1383	LAMBRECHTS	ENEL	TEMP	30	F	SEN	T	2:27:52
1384	GOSSNER	DAVE	CAPE MULTISPORT	68	M	65	14598	2:27:52
1385	LOUBSER	GUSTAFF	TEMP	26	M	SEN	T18939	2:27:53
1386	KEARNS	MARY-ANN	CELTIC	46	F	45	7243	2:27:54
1387	KEARNS	HILTON	CELTIC	50	M	50	7244	2:27:55
1388	NO RETURN				M	SEN		2:27:56
1389	LATIMER	BERNIE	DURBAC	48	F	45	2699	2:27:58
1390	HAGEMANN	GAIL	EDGEMEAD	54	F	50	4918	2:28:01
1391	BOWRAN	DANICA	EDGEMEAD	25	F	SEN	15147	2:28:04
1392	LUDICK	JO	DURBAC	47	F	45	2820	2:28:05
1393	GLENDAY	SARAH	ATC	31	F	SEN		2:28:09
1394	KING	LYNETTE	RUN WALK 4 LIFE	53	F	50	10344	2:28:09
1395	ESSA	SHAHEED	TOP FORM	48	M	45	2373	2:28:09
1396	BARMAN	MARLI	TEMP	30	F	SEN	T13644	2:28:09
1397	JAMES	KAARE	PINELANDS	74	M	70	3800	2:28:09
1398	PETERSEN	MEGAN	ATC	31	F	SEN	13795	2:28:12
1399	NDZUBE	THOBILE	RCS GUGS	48	M	45	8000	2:28:13
1400	NGCOFE	LUNCEDO	RCS GUGS		M	SEN		2:28:14
1401	VAN WYK	MANDY	SANLAM	36	F	35		2:28:14
1402	CLOETE	RASHID	HEWAT	61	M	60	11387	2:28:16
1403	WEBER	RYAN	METROPOLITAN	41	M	40	11781	2:28:16
1404	GALETTA	THEO	PINELANDS	47	M	45	3971	2:28:17
1405	DAVIDS	NEBEELAI	BO-KAAP ATHLETICS	24	F	SEN	11253	2:28:18
1406	ABED	GESANT	BO-KAAP ATHLETICS	31	M	SEN	11287	2:28:24
1407	AWALDIEN	NARIEMAN	OLD MUTUAL	42	F	40	0296	2:28:24
1408	ORRIE	KARIEMA	ARD	43	F	40	11211	2:28:25
1409	NO RETURN				F	SEN		2:28:25
1410	NO RETURN				M	SEN		2:28:26
1411	J V RENSBURG	LISA	RUN WALK 4 LIFE	59	F	55	11759	2:28:27
1412	BRAND	MARIA	K-WAY VOB	49	F	45	0513	2:28:27
1413	DOLLIE	SHARWAAN	TEMP	32	M	SEN	T	2:28:30
1414	NO CARD				M	SEN		2:28:33
1415	JABAAR	FAIZEL	WALMERS AC	26	M	SEN	10313	2:28:37
1416	EYEGHE-BICKONG	HANS	MACASSAR	41	M	40	12209	2:28:43
1417	FRITZ	JEROME	SANDF WP	49	M	45	5246	2:28:44
1418	LEWIS	ANEL	CELTIC	43	F	40	7290	2:28:47
1419	ARMIEN	QARMIET	HEWAT	44	M	40		2:28:48
1420	WINIWE		RCS GUGS		M	SEN	7872	2:28:53
1421	NO RETURN				M	SEN		2:28:53
1422	SASSMAN	ESMERALDA	HEWAT	45	F	45	12506	2:28:53
1423	APOLLIS	MEGAN	SPARTAN	40	F	40	1577	2:28:53
1424	SCHUTTE	MONIQUE	TEMP	29	F	SEN	T	2:28:54
1425	CALVERT	MARISA	OMMIEDRAAI	34	F	SEN		2:28:54
1426	KNOLL	CRAIG	OLD MUTUAL		M	50	0260	2:28:54
1427	HUGO	FELICIA	NANTES	46	F	45	12875	2:28:54
1428	ABRAHAMS	ADEEB	KENFAC	29	M	SEN	11435	2:28:55
1429	BOSHOF	WELMA	DURBAC	38	F	35	2779	2:28:55
1430	MUKONA	PENDANI	SANDF WP	39	M	35	11928	2:28:55
1431	MEPUZA	NOSIPHIWO	RCS GUGS	35	F	35	7904	2:28:55
1432	THOMAS	EVANGELIQUE	EDGEMEAD	22	F	SEN	4842	2:28:56
1433	SAUNDERS	HILTON	GOODWOOD HARRIERS	40	M	40	5018	2:28:56
1434	VAALTIME	DENZIL	ARD	37	M	35		2:28:56
1435	HUGO	ALEXANDER	BRACKENFELL	48	M	45	6113	2:28:56
1436	VAN DER VALK	JOANNE	CELTIC	62	F	60	7477	2:28:57
1437	CARELSE	MEGAN	OMMIEDRAAI	33	F	SEN	6924	2:28:57
1438	BLOM	FRITZ	BRACKENFELL	50	M	50	10803	2:28:57
1439	ISAACS	ZUBAYR	KENFAC	17	M	JUN	20593	2:28:57
1440	ZEIN		ITHEKO	62	M	60	9834	2:28:57

1441		SHANE	OMMIEDRAAI	31	M	SEN	12572	2:28:58
1442	MAZWI	VELISWA	CAPE MULTISPORT	39	F	35	8848	2:28:58
1443	ARENDSE	SIMONE	KUILS RIVER	31	M	SEN	12792	2:28:58
1444	BOSCH	MARITSA	OLD MUTUAL	39	F	35		2:28:58
1445	RICHARDS	STEPHEN	ARD	33	M	SEN	11234	2:28:59
1446	GROENEWALD	DANIELA	BELLVILLE	58	F	55	6593	2:28:59
1447	LOURENS	NEOLENE	BELLVILLE	47	F	45	6539	2:28:59
1448	COLLINS	FABIAN	OMMIEDRAAI	50	M	50	6955	2:28:59
1449	HENDRICKS	CANDICE	KENFAC	37	F	35	11464	2:28:59
1450	MARTIN	JG	TYGERBERG	64	M	60		2:29:00
1451	NO CARD				M	SEN		2:29:00
1452	RAPHALALANI	MULALO	RCS GUGS	24	F	SEN	15324	2:29:01
1453	HENDRICKS	SHAHEED	ITHEKO	58	M	55	9948	2:29:02
1454	MAHARAGE	RODNEY	CELTIC	54	M	50	7500	2:29:02
1455	NO RETURN				F	SEN		2:29:04
1456	MALOTE	THABISA	RCS GUGS	34	F	SEN	7858	2:29:05
1457	WEBSTER	ZANE	ITHEKO	27	F	SEN	14354	2:29:05
1458	WAGGIE	SIRAJ	ITHEKO	37	M	35	3385	2:29:05
1459	SLAMDIEN	ISGAAK	ITHEKO	64	M	60	3003	2:29:05
1460	EBRAHIM	AVIA	ITHEKO	50	F	50	3332	2:29:09
1461		BLANCHE	ITHEKO	59	F	55	2988	2:29:20
1462	SAMSODIEN	WHAGIEDA	ITHEKO	49	F	45	3349	2:29:21
1463	LEITH	ZULEIGHA	ITHEKO	41	F	40	3019	2:29:23
1464	THOMAS	DEVON	EDGEMEAD	31	M	SEN	4840	2:29:25
1465	OHLSON	JULIAN	CENTURY CITY	60	M	60	11708	2:29:27
1466	ADAMS	IAN	ITHEKO	60	M	60	3288	2:29:29
1467	OOSTHUIZEN	LEHANI	VODACOM STRIDERS	31	F	SEN	11659	2:29:31
1468	JACOBS	REYADH	ITHEKO	53	M	50	3200	2:29:32
1469	KARIN	YASMIN	MSA MULTISPORT	54	F	50	11365	2:29:36
1470		GLYN	OLD MUTUAL		F	40	0213	2:29:39
1471	AMIRALI	MAZHAR	ITHEKO	34	M	SEN	9837	2:29:42
1472	MOHAMMED	ADNAAN	CENTRAL AC	51	M	50	6363	2:29:48
1473	MALINGA	NTOKOZO	BRACKENFELL	34	F	SEN		2:30:09
1474	MALLA	GERRY	TEMP	57	F	55	T	2:30:14
1475	MANUEL	ZAAYDA	OMMIEDRAAI	57	F	55	6790	2:30:16
1476	MOEKETSI	RETHABILE	NEDBANK WP	44	F	40	4135	2:30:16
1477	NO RETURN				M	SEN		2:30:27
1478	STEYN	JANDRE	DURBAC	41	M	40	2850	2:30:28
1479	SEBOPETSA	MOGALE	RCS GUGS	41	M	40	7998	2:30:30
1480	MEYER	WAYNE	SPARTAN	49	M	45	1896	2:30:32
1481	NO RETURN		TEMP		M	SEN	T	2:30:42
1482	ARDERNE	HADLEY	TEMP	42	M	40	T13629	2:30:46
1483	MWAI	MERCY	EDGEMEAD	39	F	35	14368	2:30:53
1484	KRIGER	SAMANTHA	CELTIC	45	F	45	7370	2:30:54
1485	JACOBS	FATIMAH	ITHEKO	58	F	55	9997	2:30:58
1486	EBRAHIM		MSA MULTISPORT	51	M	50	15417	2:31:13
1487	SWARTS	DENZEL	NEDBANK WP	32	M	SEN	4185	2:31:14
1488	GHAZI ASGAR	BABAK	SANLAM	39	M	35	9047	2:31:20
1489	MUSHANDA	PRECIOUS	GOODWOOD HARRIERS	34	F	SEN	4954	2:31:21
1490	TALJAARD	ANN	SAPS WP	57	F	55	10070	2:31:22
1491	MAART	MARIONETTE	PAARL	51	F	50	0290 BOL	2:31:26
1492	NO RETURN		TEMP		M	SEN	T	2:31:29
1493	MANUNGUPAK	THELMA	CENTURY CITY	30	F	SEN	10144	2:31:34
1494	OSMAN	AMEERAH	ITHEKO	31	F	SEN	9993	2:31:37
1495	SMUTS	DENINE	TEMP	42	F	40	21024	2:31:37
1496	RHOSA	FERDI	OMMIEDRAAI	43	M	40	6926	2:31:38
1497	TOEFY	ZAHIEDAH	CELTIC	41	F	40	7380	2:31:39
1498	VAN WYNGAARDT	JACOBUS	BLUE DOWNS	54	M	50	13357	2:31:40
1499	SAMAAI	ARMIEN	TOP FORM	54	F	50	2289	2:31:46
1500	DANIELS	SHERENE	TOP FORM	52	F	50	2290	2:31:47
1501	MWAI	MARY	EDGEMEAD	37	F	35	15149	2:31:47
1502	CARSTENS	ANTON	EDGEMEAD	37	M	35	11596	2:31:49
1503	ALLIE	SALWA	TOP FORM		F	40	2335	2:31:50
1504	NO RETURN				F	SEN		2:31:51
1505	ERASMUS	ABIGAIL	ATLANTIS	33	F	SEN	4615	2:31:52
1506	ARENDSE	DESMOND	ATLANTIS	56	M	55	4630	2:31:52
1507	MUSA		RCS GUGS	44	M	40		2:31:54
1508	KHOZA	LUNGILE	PARLIAMENT	34	F	SEN	14766	2:31:54
1509	NO RETURN				F	SEN		2:31:54

1510	STEER	AMEERAH	ARD	18	F	JUN	20657	2:31:58
1511	ACHMAD	ASMA	ARD	45	F	45	11182	2:31:58
1512	SALIE	SEKEENA	ARD	59	F	55	11159	2:32:01
1513	SAMAAI	ZAAHRAA	TOP FORM	24	F	SEN	2291	2:32:10
1514	DAVIDS	AEYSHA	ARD		F	50		2:32:14
1515	JACOBS	GALIEMA	TOP FORM	47	F	45	2445	2:32:16
1516	JASSIEM	NASIMA	CAPE MULTISPORT	38	F	35	8753	2:32:24
1517	HILL	DAVE	TEMP	49	M	45	T18898	2:32:30
1518	NO RETURN		EGA		M	SEN		2:32:36
1519	KOEN	KOBUS	SANLAM	52	M	50	9054	2:32:47
1520	VAN DEN BERGH	LIONIE	ATC	29	F	SEN	4427	2:32:48
1521	HUIHSH	P	SATORI	48	M	45		2:32:50
1522	SAMSODIEN	NURZAAN	ARD	44	F	40		2:32:52
1523	WYMAN	GANIEF	ITHEKO	60	M	60	3323	2:32:56
1524	ESSA	FALDELAH	TOP FORM	45	F	45	2372	2:32:56
1525	CUPIDO	JOY	PINELANDS	44	F	40		2:33:01
1526		JUDY	TEMP	34	F	SEN	T	2:33:07
1527	KIESER	TALITHA	SATORI	51	F	50	11605	2:33:10
1528	CHACKLEY	TESSA	MSA MULTISPORT	53	F	50	11355	2:33:13
1529	STREZ	HELA	WILD RUNNER	56	F	55	3567	2:33:14
1530	JOHNSON	RUDI	PARLIAMENT	42	M	40		2:33:15
1531	ASPELING	AMY	CELTIC	19	F	SEN	7334	2:33:16
1532	ROESTORF	JAYNE	CAPE MULTISPORT	46	F	45		2:33:21
1533	NO RETURN		TEMP		F	SEN	T	2:33:21
1534	NO RETURN		TEMP		F	SEN	T	2:33:21
1535	KALLIS	MERLE	TEMP	54	F	50	T21169	2:33:34
1536	CRONJE	ANTHONY	K-WAY VOB	63	M	60	1234	2:33:46
1537	BOOYSEN	CAREY	BRACKENFELL	37	F	35	6135	2:33:50
1538	PAPIER	JENNIFER	BRACKENFELL	54	F	50	5950	2:33:55
1539	SWART	SUE	BORN 2 RUN	47	F	45		2:34:01
1540	HASSAN	ABDUL	CARBINEERS WP	48	M	45		2:34:17
1541	HALL	BELINDA	EDGEMEAD	55	F	55	4688	2:34:17
1542	NO RETURN				M	SEN		2:34:26
1543	NO RETURN				M	SEN		2:34:28
1544	NO RETURN		TEMP		F	SEN	T	2:34:31
1545	RICHARDS	CECELIA	RAVENSMEAD	52	F	50	10089	2:34:38
1546	KHATIEB	AZEEM	OMMIEDRAAI	63	M	60	6797	2:34:44
1547	NDOBENI	NELISA	RCS GUGS	32	F	SEN	1603	2:34:44
1548	PETERS	SONIA	HEWAT	51	F	50	12495	2:34:45
1549	NO RETURN		TEMP		F	SEN	T	2:34:47
1550	SAMPSON	M	SPARTAN	51	F	50	1904	2:34:50
1551	FORBES	CLIVE	TEMP	49	M	45	T0322	2:34:57
1552	MAGER	DENISE	TEMP	39	F	35	T18942	2:34:59
1553	NOKUPHIWE		KHAYELITSHA	36	F	35	10463	2:35:01
1554	JOHNSON	LEIGH-ANNE	HEWAT	32	F	SEN	12491	2:35:02
1555	BLANK CARD				F	SEN		2:35:04
1556	NATUS	ASHLEY	EASTERNS	55	M	55	10993	2:35:16
1557	NEL	AMY	WEST COAST	26	F	SEN	5762	2:35:16
1558	BARADIEN	NURUNNESA	ITHEKO	59	F	55	7805	2:35:17
1559	FERREIRA	NATASHA	RCS GUGS	37	F	35	7688	2:35:23
1560	WOOLF	NAZMA	OMMIEDRAAI	46	F	45	13569	2:35:25
1561	JOOSTE	CYNTHIA	BRACKENFELL	53	F	50	10802	2:35:25
1562	WARD	DEBRA	EDGEMEAD	54	F	50	4824	2:35:28
1563	BATULLA	ANGELIQUE	TEMP	22	F	SEN	T18874	2:35:31
1564	DERMAN	S	TEMP	22	F	SEN	T	2:35:32
1565	BENJAMIN	LIZEL	GOODWOOD HARRIERS	38	F	35	4996	2:35:32
1566	STEYN	CATHERINE	SANLAM	52	F	50		2:35:48
1567	SIMA	BRUNO	TEMP		M	40	T21019	2:35:53
1568	SAMPSON	HEATHER	CAPE MULTISPORT	48	F	45	8682	2:35:57
1569	DANIELS	FAIZA	ITHEKO	57	F	55	3397	2:36:02
1570	LAUBSCHER	MARISKA	CARBINEERS WP	30	M	SEN	8205	2:36:03
1571	DAVIDS	COLLEEN	CARBINEERS WP	46	F	45	8029	2:36:03
1572	VAN DER SANDT	HEINRICH	IN TOUCH	49	M	45	7015	2:36:04
1573	MOOLLA	FATIMA	ITHEKO	44	F	40	3273	2:36:21
1574	BROCK	GRETA	CELTIC	55	F	55	7393	2:36:23
1575	FORTUNE	CANDICE	PINELANDS	46	F	45	3809	2:36:28
1576	VENHORST	ELMERET	TEMP	39	F	35	T1086	2:36:43
1577	NO RETURN		OLD MUTUAL		M	SEN		2:36:48
1578	VAN JAARVELD	PETRO	RUN WALK 4 LIFE	44	F	40	10749	2:36:51

1579	VAN ZYL	BOET	SPARTAN	76	M	75	1942	2:37:18
1580	NO CARD				F	SEN		2:37:18
1581	NO RETURN		KHAYELITSHA		F	SEN		2:37:28
1582	REED	SARAH	EDGEMEAD	39	F	35	4742	2:37:32
1583	BAROUTSOS	DEMITRI	EDGEMEAD	43	M	40	4661	2:37:33
1584	RENTSCHLER	PHILLIP	WEST COAST	41	M	40	5796	2:37:33
1585	MARLIE	MOONIQ	KENFAC	28	F	SEN	11486	2:37:34
1586	MUNROE	LANCE	K-WAY VOB	47	M	45	1062	2:37:35
1587	ISAACS	FAIZEL	KENFAC	46	M	45	11477	2:37:35
1588	MALLICK	ASHRAF	KENFAC	41	M	40		2:37:35
1589	SMITH	GLYNIS	SPARTAN	56	F	55	1461	2:37:37
1590	SMIT	BRIGGETT	IN TOUCH	60	F	60	7011	2:37:37
1591	CORNELIUS	SHAN	MP TITANS	46	M	45	10391	2:37:39
1592	FR NOBREGA	DANIELLA	TEMP	19	F	SEN	T	2:37:40
1593	GIBSON	DYLLAN	TEMP	19	M	SEN	T	2:37:40
1594	MAANGWANA	SIKELELWA	RCS GUGS	35	F	35	7864	2:37:49
1595	MAGAGCA	NOMHLE	RCS GUGS	26	F	SEN	15338	2:37:56
1596	NO RETURN		TEMP		F	SEN	T	2:38:01
1597	FORTUNE	AVRIL	SPARTAN	45	F	45	1652	2:38:11
1598	RHODES	BELINDA	PINELANDS	47	F	45	3657	2:38:12
1599	ADAMS	WEDAAD	WALMERS AC	42	F	40	12723	2:38:18
1600	MEYER	PETER	MP TITANS	63	M	60	10417	2:38:29
1601	ALEXANDER	BERNADETTE	MP TITANS	49	F	45	10370	2:39:29
1602	NTOMBELA	NONDUMISO	TEMP		F	SEN	T	2:38:34
1603	ZITALALA	SANDILE	TEMP	31	F	SEN	T	2:38:36
1604	SPANN	NEIL	BRACKENFELL	59	F	55	5959	2:38:43
1605	PRICE	SADIEKA	ITHEKO	38	F	35	3380	2:38:43
1606	STROEBEL	ANNE-MARIE	RUN WALK 4 LIFE	63	F	60	4001	2:38:43
1607	NO RETURN		TEMP		F	SEN	T	2:38:45
1608	MAARMAN	MARGARET	OMMIEDRAAI	49	F	45	6940	2:38:48
1609	DE BEER	CHRISTA	WEST COAST	45	F	45	5548	2:38:52
1610	VAN SCHALKWYK	NICOLETTE	EDGEMEAD	39	F	35	4656	2:38:55
1611	VAN SCHALKWYK	RICHARD	EDGEMEAD	39	M	35	4655	2:38:56
1612	EBRAHIM	MOEGSIEN	CAPE MULTISPORT	58	M	55	13191	2:39:00
1613	MULLER	HELGARD	IN TOUCH	34	M	SEN	7030	2:39:00
1614	FRY	GILMORE	SPARTAN	64	M	60	1395	2:39:11
1615	NO RETURN		TEMP		M	SEN	T	2:39:13
1616	COLEMAN	JUDY	CAPE MULTISPORT	41	F	40	8676	2:39:15
1617	EBRAHIM	SAFOORA	ITHEKO	23	F	SEN		2:39:23
1618	NO RETURN				M	SEN		2:39:29
1619	LEWIS	LIEZL	CARBINEERS WP	42	F	40	8043	2:39:30
1620	BOWER	JILLIAN	TEMP	29	F	SEN	T	2:39:32
1621	SMITH	MARGA	K-WAY VOB	32	F	SEN		2:39:50
1622	LURWASI	BONISWA	RCS GUGS	34	F	SEN	7954	2:40:00
1623	WILKINSON	JOSHUA	CAPE MULTISPORT	29	F	SEN	8796	2:40:10
1624		LUSANDA	TEMP	35	F	35	T	2:41:16
1625	APRIL	TANYA	PINELANDS	33	F	SEN	3698	2:41:22
1626	MARQUARD	DEIDRE	SPARTAN	44	F	40	1473	2:41:24
1627	NO RETURN		KHAYELITSHA		F	SEN		2:41:24
1628	DERAHAM	ROAN	BRACKENFELL	27	M	SEN	5955	2:41:42
1629	BROWN-ROSSOUW	RNEN	BELLVILLE	47	M	45	6629	2:41:46
1630	ISAACS	G	ITHEKO	46	M	45	3351	2:41:46
1631	MENE	AMANDA	BELLVILLE	33	F	SEN	6648	2:41:48
1632	SIBONGILE		RCS GUGS	34	F	SEN	14559	2:42:10
1633	ESAU	ZUWEIDA	MP TITANS	55	F	55	10389	2:42:11
1634	LEWIS	ANTOINETTE	SANLAM	35	F	35	9070	2:42:18
1635	MAKENA	MALEFO	SANLAM	47	M	45	9057	2:42:20
1636	VAN JAARVELD	A	RUN WALK 4 LIFE	44	M	40	10748	2:42:20
1637	XOLA		TEMP	35	M	35	T21267	2:42:21
1638	NOMASHONGO		SAPS WP	31	F	SEN	13096	2:42:21
1639	BRYON	TRACY	EDGEMEAD	47	F	45	4756	2:42:23
1640	JACOBS	CINDY	BIDVEST	38	F	35		2:42:25
1641	GRUNDLING	JAKO	ATC	39	M	35	4433	2:42:33
1642	LIEBERTRAU	WILLY	RUN WALK 4 LIFE	71	M	70	5911	2:42:35
1643	MCCLEON	ISAAC	SAPS WP	50	M	50		2:42:37
1644	VAN DER SCHYFF	ACHMAT	ITHEKO	66	M	65	3172	2:42:41
1645	NO CARD				M	SEN		2:42:46
1646	SIXASO	SINDISWA	PARLIAMENT	48	F	45	12069	2:42:47
1647	JAKOET	FARAH	CENTRAL AC	29	F	SEN	6183	2:42:47



1648	BEHARDIEN	A	ITHEKO	46	M	45	3382	2:42:49
1649	GIERDIEN	MUZAFFER	CENTRAL AC	30	M	SEN	6182	2:42:49
1650	VISSER	ERROL	HELDERBERG	56	F	55	4592	2:42:51
1651	TRUTER	HANNAH	BRACKENFELL	25	F	SEN	6024	2:42:54
1652	SOBHAYI	NOLWANDLE	TEMP	37	F	35	T	2:42:57
1653	NORDIEN	EBRAHIM	MP TITANS	44	M	40	10387	2:42:58
1654	LEWIN	LEATICIA	HEWAT	48	F	45	12510	2:43:02
1655	MARANYA	NOGOLIDE	RCS GUGS	41	F	40	7748	2:43:02
1656	MTHEMBU	SINDISIWE	PARLIAMENT	36	F	35	12048	2:43:06
1657	SARGGANT	WARREN	ATC	34	M	SEN		2:43:06
1658	MOLOABI	MOABALOSO	PARLIAMENT	34	M	SEN	12061	2:43:07
1659	KIRBY	ALLOUISE	TYGERBERG	35	F	35	11685	2:43:08
1660	BURDEN	MATILDA	STELLENBOSCH	60	F	60	0852 BOL	2:43:13
1661	LIBBIE	ABIE	BIDVEST	62	M	60	11753	2:43:14
1662	MCTAVISH	A	TEMP	48	F	45	T	2:43:21
1663	BRONKHORST	ANNELIZE	DURBAC	36	F	35	15440	2:43:23
1664	NIEKERK	THERESA	HEWAT	51	F	50		2:43:27
1665	LUMKWANA	AKHONE	LANGA	31	F	SEN		2:43:30
1666	JOHNSTON	KATHRYN	TEMP	32	F	SEN	T18911	2:43:33
1667	JOHNSON	LEIGH	EDGEMEAD	36	F	35	4720	2:43:36
1668	JOHNSON	BRYANT	EDGEMEAD	38	M	35	4721	2:43:37
1669		LEE-ANN	CARBINEERS WP	38	F	35	8093	2:43:38
1670	SNYMAN	SHANDRE	CARBINEERS WP	33	F	SEN	8092	2:43:39
1671	ALEXANDER	WESLEY	CARBINEERS WP	40	M	40	8140	2:43:39
1672	DE WAAL	LOIS	CAPE MULTISPORT		F	50	8628	2:43:40
1673	LIEDEMAN	LEONE	MIDAS SPARTANS	44	F	40	11720	2:43:44
1674	EGAN	JOHN	K-WAY VOB	56	M	55	0925	2:43:49
1675	PIENAAR	AAMINAH	CARBINEERS WP	26	F	SEN	8135	2:43:58
1676	BENJAMIN	ILHAAM	CENTRAL AC	41	F	40	6177	2:44:03
1677	DE BEER	CARMEN	TEMP	20	F	SEN	T13686	2:44:16
1678	NO RETURN		DURBAC		M	SEN		2:44:50
1679	BLANK CARD		EASTERNS		F	50		2:45:06
1680	NO CARD		TEMP		M	SEN	T	2:45:06
1681	NO CARD		TEMP		F	SEN	T	2:45:18
1682	VOKOZELA	ANDISWA	RCS GUGS	29	F	SEN	8021	2:45:19
1683	DAVIS	SHAMIELA	CARBINEERS WP	51	F	50	8101	2:45:20
1684	STRAUSS	WERNER	TEMP	25	M	SEN	T	2:45:25
1685	SCHWARTZ	BARRY	FIT 2000	70	M	70	7216	2:45:26
1686	MCLEAN	AMANDA	CARBINEERS WP	45	F	45	8091	2:45:28
1687	MAJIET	NASHEERAH	ITHEKO	53	F	50	3164	2:45:38
1688	SABAN	AISHA	ARD	38	F	35		2:45:40
1689	MANKAYI	YOLANI	RCS GUGS	38	M	35		2:45:41
1690	TAYOB	F	WALMERS AC	39	F	35	10282	2:46:00
1691	ADAMS	S	TOP FORM	39	M	35	2440	2:46:00
1692	RAMOKORA	TLOU	RCS GUGS	37	M	35	7727	2:46:05
1693	BEKKER	ANNATJIE	BRACKENFELL	46	F	45	5985	2:46:11
1694	NGWENGA	ODWA	LWANDLE	34	F	SEN	1497	2:46:31
1695	LIBBIE	EDDIE	BIDVEST	57	M	55		2:46:33
1696	DU PLESSIS	PHILIPPUS	BRACKENFELL	64	M	60	10813	2:46:34
1697	GANTANA	JOSHUA	RAVENSMEAD		M	JUN	20816	2:46:36
1698	NO RETURN		BIDVEST		F	SEN		2:46:47
1699		HENRIETTE	TEMP	35	F	35	T18891	2:47:04
1700	GIJA	MSIMELELO	LANGA	42	M	40	10714	2:47:09
1701	GAMIELDIEN	ZAINAB	KENFAC	35	F	35	11452	2:47:12
1702	RYKLIEF	A	KENFAC	59	F	55	11434	2:47:13
1703	DAVIDS	YUSUF	KENFAC	38	M	35	11444	2:47:13
1704	ADAMS	WASHELLAH	OMMIEDRAAI	59	F	55	6884	2:47:22
1705	SWANEPOEL	RINA	VODACOM STRIDERS	59	F	55	11649	2:47:28
1706	ADAMS	PATRICIA	BRACKENFELL	60	F	60	6011	2:47:29
1707	JENKINS	RASSEA	ITHEKO	24	F	SEN	14355	2:47:30
1708	MAASDORP	PETER	TEMP	46	M	45	T	2:47:30
1709	PILLAY	WINSTON	OMMIEDRAAI	53	M	50		2:47:31
1710	NO RETURN				M	SEN		2:47:32
1711	ISAACS	FAHIER	OMMIEDRAAI	52	M	50	6799	2:47:32
1712	ALLIE	MS	OMMIEDRAAI	59	M	55	6807	2:47:33
1713	MOWZER	NAEEM	WALMERS AC	40	M	40	10307	2:47:34
1714	DE NOBREGA	RICKY	TEMP	54	M	50	T	2:47:34
1715	CONRAD	BRIAN	TEMP	43	M	40	T	2:47:35
1716	PRICE	SALIE	OMMIEDRAAI	63	M	60	6802	2:47:48

1717	KAMISH	OMAR	OMMIEDRAAI	44	M	40	6780	2:47:49
1718	HARRIS	LEE-ANN	PINELANDS	51	F	50	3767	2:47:50
1719	HARRIS	SEAN	PINELANDS	53	M	50	3664	2:47:51
1720	SWART	MART-MARI	TEMP	25	F	SEN	T21041	2:47:58
1721	JASSIEM	SHAAFI	ARD	65	M	65	11246	2:48:05
1722	SINDUKU	NOKWANELE	KHAYELITSHA	40	F	40	12160	2:48:10
1723		TABISA	RCS GUGS	37	F	35	7640	2:48:11
1724	VERMAAK	SONJA	RUN WALK 4 LIFE	48	M	45	10249	2:48:12
1725	ABRAHAMS	SIHAMM	ARD	45	F	45		2:48:19
1726	NO RETURN		TEMP		F	SEN	T	2:48:37
1727	STERLING	SANDY	TEMP	43	M	40	T21031	2:48:53
1728	GASSNER	CHEL	CAPE MULTISPORT	63	F	60	14597	2:48:54
1729	NEL	ALBERT	IN TOUCH	64	M	60	7006	2:49:02
1730	MASAMBA	FLORA	OMMIEDRAAI	52	F	50	6945	2:49:03
1731	HARTLEY	YUSHRI	OMMIEDRAAI	57	M	55	6837	2:49:04
1732	HARRIS	SAMMY	METROPOLITAN	58	M	55	11791	2:49:10
1733	MEYER	KOERT	TYGERBERG	71	M	70	4237	2:49:11
1734	BORCHARDS	NADIA	EDGEMEAD	38	F	35	4779	2:49:18
1735	TITUS	TASLIEM	GOODWOOD HARRIERS	39	M	35	1021	2:49:18
1736	LIBBIE	AIDEN	BIDVEST	29	F	SEN	11752	2:49:37
1737	ISAACS	YOLANDE	TEMP	34	F	SEN	T	2:49:43
1738	FRANSMAN	EDWINA	SANLAM	59	F	55	9020	2:49:50
1739	VERMEULEN	WILHELM	BELLVILLE	30	M	SEN	6731	2:49:57
1740	CILLIERS	ALEIS	RUN WALK 4 LIFE	52	F	50		2:50:30
1741	SELLER	WENDY	RUNZONE	39	F	35	32716	2:50:36
1742	DUBULA	KHOLIWE	LANGA	36	F	35	10703	2:50:37
1743	STEVENS	YOLANDE	TEMP	40	F	40	T21032	2:50:38
1744	GERBER	JOHAN	SAPS WP	46	M	45	13540	2:50:39
1745	KROTZ	NIGEL	TEMP	34	M	SEN	T18925	2:50:39
1746	BONGOZA	KHULULWA	KHAYELITSHA		F	SEN		2:50:44
1747	KAVANASH	JAMES	PINELANDS	79	M	75	3873	2:50:45
1748	SULAIMAN	ZULFAH	CENTRAL AC	46	F	45	6197	2:50:51
1749	BHIKOO	SHARIF	METROPOLITAN	65	M	65	11780	2:50:58
1750	HENDRICKS	VALERIE	SPARTAN	57	F	55		2:51:03
1751	ELISSAC	MARIAM	ITHEKO	57	F	55	9900	2:51:07
1752	MAY	TABITA	RCS GUGS	38	F	35	7819	2:51:16
1753	DLALISA	MAKHOSI	PINELANDS	42	F	40	3704	2:51:33
1754	NGQWALA	PUMELA	RCS GUGS	34	F	SEN	7647	2:51:48
1755	SAMUELS	FORTUNE	OMMIEDRAAI	32	F	SEN		2:51:52
1756	NUNE	RENE	SPARTAN	36	F	35		2:51:53
1757	GAXELA	ZUKISWA	RCS GUGS	44	F	40	7553	2:51:57
1758	MEYER	SIMONE	OLD MUTUAL	41	F	40	0275	2:51:59
1759	ISMAIL	SHAHEEDAH	WALMERS AC	51	F	50	10286	2:52:23
1760	MOOSA	TASNEEM	ITHEKO	37	F	35	3156	2:52:24
1761	ALLIE	KHALEEL	ITHEKO	52	M	50	3260	2:52:26
1762	SMIT	GUILLAUME	BRACKENFELL	47	M	45	5975	2:52:26
1763	ARNOLD	AMEER	OMMIEDRAAI	31	M	SEN	6866	2:52:36
1764	DAVIDS	NASHREEN	OMMIEDRAAI	30	F	SEN	6801	2:52:40
1765	RICHARDS	JEROME	RAVENSMEAD	45	M	45	10088	2:52:46
1766	HARKER	ANTHONY	OMMIEDRAAI	48	M	45	6922	2:52:49
1767	THEUNISSEN	M	TOP FORM	59	M	55	2330	2:52:51
1768	THEUNISSEN	YASMIN	TOP FORM	58	F	55	2331	2:52:51
1769	ARMADIEN	SHAMIELA	OMMIEDRAAI	43	F	40	6774	2:52:52
1770	BARDIEN	ZULFA	CENTRAL AC		F	40	6179	2:52:52
1771	APRIL	GAYNOR	TEMP	46	F	45	T1704	2:52:58
1772	MNDWANE	SIZEKA	KHAYELITSHA	42	F	40	14713	2:53:08
1773	MADIKANE	KHAYAH	KHAYELITSHA	32	F	SEN	12142	2:53:09
1774	SKOSANA	KHANYISA	RCS GUGS	31	F	SEN	7818	2:53:09
1775	MTSHIBILIZA	NOXOLO	LANGA	28	F	SEN	10693	2:53:10
1776	HERBST	RIETTE	METROPOLITAN	36	F	35	11784	2:53:29
1777	STEENKAMP	SHIREEN	METROPOLITAN	40	F	40	11782	2:53:29
1778	STEENKAMP	DUSTY	METROPOLITAN	24	M	SEN	11783	2:53:30
1779	DUBE	SIYABONGA	HAMMERSDAL AC	41	M	40	1282 KZN	2:54:17
1780	OLIVER	JOLENE	TEMP	33	M	SEN	T18981	2:54:17
1781	NO RETURN		TEMP		F	SEN	T	2:54:40
1782	FALAKAHUA	ONELE	RCS GUGS	33	F	SEN	7529	2:54:46
1783	BUFFEL	BIANCA	OMMIEDRAAI	26	F	SEN	6954	2:55:01
1784	THEBUS	JUDY	MSA MULTISPORT	57	F	55	11375	2:55:09
1785	ADAMS	LYNN	SPARTAN	43	F	40	1628	2:55:10

1786	MFECANE	NOSHOU	LWANDLE	35	F	35		2:55:26
1787	FRANSMAN	WILLEM	SANLAM	61	M	60	9021	2:55:32
1788	BERGH	MARY	BRACKENFELL	51	F	50	6014	2:55:33
1789	HILLS	ESME	CAPE MULTISPORT	53	F	50	8626	2:55:37
1790	AUSTIN	CATHY	PINELANDS	48	F	45	3931	2:55:41
1791	NO CARD		HELDERBERG		M	SEN		2:55:45
1792	CLAASSEN	BELINDA	RAVENSMEAD	55	F	55	10083	2:56:02
1793	WAGIET	RIDWAN	ITHEKO	65	M	65	3411	2:56:13
1794	MAYCOCK	BILL	RUN WALK 4 LIFE	75	M	75	4002	2:56:18
1795	HARDRES-WILLIAMS	GAVIN	RUN WALK 4 LIFE	74	M	70	4025	2:56:19
1796	WILLIAMS	MICHELLE	OMMIEDRAAI	35	F	35	6776	2:56:38
1797	COLLYER	LEWIS	EDGEMEAD	63	M	60	4652	2:56:51
1798	NEWMAN	SHERYLENE	TYGERBERG	31	F	SEN	4232	2:56:56
1799	HENNESSEY	C	EDGEMEAD	48	F	45	4705	2:57:05
1800	WELLS	DIANE	EDGEMEAD	49	F	45	4706	2:57:05
1801	VILJOEN	LORNA	RUN WALK 4 LIFE	56	F	55	11761	2:57:16
1802	BASSADIEN	NAZLEY	HEWAT	49	F	45	12482	2:57:37
1803	TATTERSAL	ANNIE	TEMP	74	F	70	T	2:57:38
1804	ELKIN	SHERRYL	BRACKENFELL	52	F	50	5968	2:58:18
1805	SZYMANOWSKI	KATE	CAPE MULTISPORT	31	F	SEN	13185	2:58:23
1806	MATTHEWS	WASEEM	WALMERS AC	36	M	35	10289	2:58:24
1807	MATHABATHE	MPHO	PARLIAMENT		M	40		2:58:28
1808	HILL	LIONEL	CERES	76	M	75	0600 BOL	2:58:29
1809	HILL	MARIE	CERES	73	F	70	0599 BOL	2:58:29
1810	NEPGEN	CAROL	KOWIE STRIDERS	67	F	65	0252 EPA	2:58:32
1811	GREEFF	CASPAR	AAC	83	M	80	9283	2:59:00
1812	CLOETE	AYSHA	HEWAT	59	F	55	11388	2:59:03
1813	AWALDIEN	DAWOOD	OLD MUTUAL	43	M	40	0303	2:59:16
1814	ADAMS	RIFQA	OLD MUTUAL	40	F	40	0206	2:59:16
1815	MAJIET	MOESHARAF	OMMIEDRAAI	57	F	55	6900	2:59:20
1816	HINE	MICHELLE	DURBAC	39	F	35	2596	3:00:01
1817	NO RETURN		K-WAY VOB		M	SEN		3:00:27
1818	COLLYER	CECILE	EDGEMEAD	35	F	35	4653	3:00:46
1819	MFECANE	BULLZ	PARLIAMENT	33	F	SEN		3:00:47
1820	DIPPENAAR	WYNAND	TEMP		M	50	T13701	3:00:49
1821	STEMMET	ZAYAAN	ARD	21	F	SEN	11205	3:00:52
1822	JOSEPHS	CHEVON	TEMP	35	M	35	T18913	3:01:00
1823	QWETHA	ZIMKHITHA	LANGA	34	F	SEN	10711	3:01:20
1824	CHAYI	LUNGISELE	PINELANDS	34	M	SEN	3784	3:01:20
1825	MKISTWA	LUNGISWA	RCS GUGS	34	F	SEN	7646	3:01:21
1826	THAMSANQA		RCS GUGS	32	M	SEN		3:01:35
1827		SEKIWE	LANGA	32	F	SEN	10694	3:01:37
1828	SZYMANOWSKI	PENNY	RUN WALK 4 LIFE	66	F	65	11771	3:01:42
1829	KARJIKER	KHADIJA	TOP FORM	28	F	SEN	2256	3:01:51
1830	BRITS	MARILIZE	BRACKENFELL		F	SEN		3:01:53
1831	PIETERSE	RANDY	GOODWOOD HARRIERS	61	M	60	4962	3:01:55
1832	NO CARD		KHAYELITSHA		F	SEN		3:01:57
1833	WITZ	CAROL	OMMIEDRAAI	57	F	55	6771	3:02:19
1834	NO RETURN		TEMP		M	SEN	T	3:02:46
1835	AFRICA	CECILIA	SPARTAN	54	F	50	1362	3:03:11
1836	FELDMAN	NAZEEMAH	SPARTAN	61	F	60	1854	3:03:12
1837	BAWUTI	PHOZIA	KHAYELITSHA	32	F	SEN	7184	3:03:20
1838	MKOSI	LUNGA	PINELANDS	36	F	35		3:03:23
1839	ADAMS	CAMILLAH	OBS RC	37	F	35	9191	3:03:29
1840	MOHAMED-FAKIER	ZARINA	ITHEKO	42	F	40	3176	3:03:40
1841	HUMAN	BRENDA	METROPOLITAN	53	F	50	11789	3:04:19
1842	DALWA	HANISA	OMMIEDRAAI	48	F	45	6918	3:04:20
1843	WILLIAMS	SHAHIEDA	ITHEKO	43	F	40	9918	3:04:27
1844	FORTUIN	MARY	ITHEKO	53	F	50	9853	3:04:28
1845	NIEUWENHUIS	FATIMA	TOP FORM	70	F	70	2427	3:04:37
1846	GABRIEL	RONALD	CELTIC	58	M	55	12302	3:04:43
1847	KIMMIE	AADIELA	OMMIEDRAAI	34	F	SEN	6793	3:04:50
1848	ADLER	ABEDA	PINELANDS	40	F	40		3:05:19
1849	MORWALE	PULANE	TEMP	45	F	45	T	3:05:20
1850	ABRAHAMS	JANINE	OMMIEDRAAI	27	F	SEN	13545	3:05:35
1851	ARAY	BRAD	AAC	35	M	35	13648	3:05:57
1852	DE JAGER	TANIA	AAC	41	F	40	13649	3:05:57
1853	KOTZE	ALTA	DURBAC	56	F	55	2600	3:06:03
1854	CUPIDO	KIM	CARBINEERS WP	48	F	45	8116	3:06:29

1855	MILLER	GAVIN	CAPE MULTISPORT	58	M	55	8707	3:06:33
1856	NO NAME		CAPE MULTISPORT	57	F	55	8708	3:06:34
1857	NELSON	HANTIE	BELLVILLE	51	F	50	6556	3:06:52
1858	LOKWELA	PHILISWA	RCS GUGS	33	F	SEN	21276	3:07:35
1859	STEWART	MIKE	K-WAY VOB	76	M	75	1111	3:08:07
1860	KIRBY	DAVE	SPARTAN	82	M	80	1935	3:08:09
1861	MILLER	PETRA	BRACKENFELL	52	F	50	6021	3:08:22
1862	DUARTE	PAMELA	METROPOLITAN	43	F	40	11789	3:08:23
1863		ILSE	CARBINEERS WP	35	F	35	8147	3:08:40
1864	SAYIZWAPI	PENELOPE	RCS GUGS	34	F	SEN		3:08:59
1865		CHUMISA	RCS GUGS	33	F	SEN	8017	3:09:02
1866	KETTLEWELL	CHARLOTTE	K-WAY VOB	70	F	70	0051	3:09:12
1867	BERGH	JOSEPH	BRACKENFELL	48	M	45	6013	3:09:32
1868	WAGENER	JOHAN	BRACKENFELL	45	M	45	5998	3:09:33
1869	TSHRAKALE	LIVHUWANI	TEMP	33	F	SEN	T	3:09:53
1870	NO RETURN		TEMP		F	SEN	T	3:10:09
1871	SONTHI	NONKULULEKO	IN TOUCH	32	F	SEN	15413	3:11:04
1872	KHULUHA		RCS GUGS	37	M	35	7609	3:11:12
1873	RAMALPATO	MOTSHEPUWAS	PHOENIX		F	SEN		3:11:55
1874	BUTI	NOMMISALO	PINELANDS	31	F	SEN		3:11:59
1875	EGGERS	SHANNON	TEMP	40	F	40	T	3:13:01
1876	MOORHOUSE	MELANIE	TEMP	40	F	40	T18965	3:13:01
1877	DEVINE	DERRY	K-WAY VOB	82	M	80		3:13:44
1878	NO RETURN				F	SEN		3:14:34
1879	MILES	JESSICA	OMMIEDRAAI	39	F	35	6939	3:15:06
1880	NO RETURN		TEMP		M	SEN	T	3:15:07
1881	THERWE-NAMES	LAUREN	PINELANDS	39	F	35	3878	3:15:56
1882	JACKSON	HAYLEY	PINELANDS	45	F	45	3879	3:15:56
1883	THORNE	B	PINELANDS	68	M	65	3992	3:15:59
1884	MUNNIK	VALERIE	SANLAM	62	F	60	5822	3:18:08
1885	MULLER	KELLY	TEMP		F	SEN	T	3:18:25
1886	DE JAGER	MARITHA	TEMP	64	F	60	T13688	3:19:13
1887	BUTI	U	KHAYELITSHA		F	SEN		3:20:08
1888	MOKADAM	NAWAAL	FARNESE	32	F	SEN	10363	3:20:35
1889	PILKINGTON	KEITH	RUN WALK 4 LIFE	45	M	45	11766	3:21:13
1890	NO RETURN		TYGERBERG		F	SEN		3:21:49
1891	SWART	JAN	FIT 2000	58	M	55	7211	3:23:04
1892	SOLOMON	KEITH	PINELANDS	56	M	55	3761	3:23:09
1893	TAMAPATO	TADIMO	PHOENIX	26	M	SEN		3:24:44
1894	NO RETURN		TEMP		M	SEN	T	3:25:18
1895	NO RETURN		TEMP		F	SEN	T	3:25:20
1896	NO RETURN		TEMP		F	SEN	T	3:25:21
1897	WIESE	JUAN	CARBINEERS WP	40	M	40		3:27:05
1898	FORTUIN	ALISON	HEWAT	36	F	35	12485	3:27:15
1899	CLAASSEN	JOHN	RAVENSMEAD	54	M	50	10084	3:34:31
1900	ORR	DEIRDRE	RAVENSMEAD	49	F	45	10106	3:38:59
1901	SWARTBOOI	S	TEMP	31	F	SEN	T	3:39:08
1902	PITUMUDZO	MUGSHE	TEMP		F	SEN	T	3:39:16

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