LABOURWISE 10KM
STRAND ATHLETIC CLUB
COCA-COLA LEAGUE RACE
SATURDAY 14 APRIL 2018

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	MDAKA	AKHONE	STELLENBOSCH	25	M	SEN	0670 BOL	0:32:13
2	MAKILA	AKHONA	K-WAY VOB		M	SEN		0:32:49
3	JOOSTE	SHERWIN	BOTTELARY AC	16	M	JUN	20222	0:32:56
4	MENDU	THEMBEKO	RCS GUGS	18	M	JUN	20602	0:33:09
5	KWATSHA	ASEMAHLE	RCS GUGS	20	M	SEN	7977	0:33:43
6	MAGWAZA	SIBUSISO	ITHEKO	24	M	SEN	14780	0:34:13
7	MHLQMGABEZI		LWANDLE	26	M	SEN	14710	0:34:20
8	JACK	EDWARD	CENTRAL AC	15	M	JUN	21106	0:34:22
9	LEHLEHLA	BOITHAPELO	HELDERBERG	21	M	SEN	4572	0:35:07
10	NCPIPAYI	ZUBYNATYF	CENTRAL AC	16	M	JUN	20753	0:35:08
11	BEHBHA	BULELANI	K-WAY VOB		M	SEN	0724	0:35:27
12	SHAYAMANO	STAR	NEDBANK WP	23	M	SEN	13723	0:35:43
13	NDAKA	LUNGILE	K-WAY VOB	22	M	SEN	24416	0:35:51
14	STEENKAMP	MERVIN	ITHEKO	29	M	SEN	10015	0:35:53
15	MPOYI	LWAZI	HELDERBERG	21	M	SEN	4569	0:35:59
16	MOTSOAGOAGASE	CLINTON	SANDF WP	23	M	SEN		0:36:15
17	GROENEWALD	FRANCOIS	TEMP	31	M	SEN	T2852	0:36:17
18	MILLARD	STEPHEN	STRAND	17	M	JUN	20151	0:36:21
19	MTUPUKATO	SIWE	NEDBANK WP	41	M	40		0:36:34
20	DU PLESSIS	KAYLAN	BOTTELARY AC	17	M	JUN	20183	0:36:41
21	SPONDO	NEVILLE	BOTTELARY AC		M	JUN		0:36:47
22	XOLILE	STEPE	KHAYELITSHA	31	M	SEN	7179	0:36:59
23	KALIPA	THAMSANQA	TEMP	28	M	SEN	T	0:36:59
24	ABRAHAMS	ABDUL-GAKEEM	STRAGGLERS	15	M	JUN	20156	0:37:11
25	MAGWA	MONWABISI	SANLAM	19	M	JUN	20071	0:37:18
26	OLYN	LORENZO	SANLAM	24	M	SEN	12974	0:37:19
27	BOOYSEN	OWEN	KUILS RIVER	14	M	JUN	20624	0:37:39
28	RUBENLUIJE		TEMP	22	M	SEN	T24257	0:37:44
29	BANTANA	CRAIG	BELLVILLE	33	M	SEN	6543	0:37:47
30	NGALE	SIBULELE	K-WAY VOB	16	M	JUN		0:37:49
31	LOUW	ANDREW	ATC		M	SEN	4401	0:37:55
32	ZIQWAYI	LUCKY	K-WAY VOB	40	M	40	1254	0:38:20
33	OLGA	FIRZOVA	DURBAC	34	F	SEN	13683	0:39:11
34	WILLEMSE	LEE-SHAY	VELOCITY		F	SEN	13444	0:39:25
35		FERNANDO	BOTTELARY AC		M	JUN		0:39:35
36	CLOETE	DONVEITHO	HELDERBERG	18	M	JUN		0:39:41
37	HESS	TIMOTHY	EERSTERIVIER	54	M	50	8476	0:39:41
38	FOURIE	TOBIE	NEDBANK WP	19	M	JUN	13704	0:39:47
39	SMITH	DANETTE	KPMG WP	29	F	SEN	0025	0:39:57
40	APPOLIS	SIDWYN	FARNESE	21	M	SEN	10358	0:40:00
41	HAMMOND	CALVIN	NEDBANK WP	19	M	JUN	20500	0:40:00
42	ROFFEY	ANNELINE	NEDBANK WP	37	F	35	4123	0:40:11
43	KOORTS	WILLEM	TEMP	50	M	50	T	0:40:12
44	MHLABA	ELLIOI	TEMP		M	50	T2248	0:40:25
45	BEKAPI	MIKE	K-WAY VOB	57	M	55	0976	0:40:44
46	THOMAS	STANLEY	KUILS RIVER	19	M	JUN	20642	0:40:51
47	FISHER	MIKHAIL	TEMP	17	M	JUN	T	0:41:01
48	NTSIZAKALO	ANDRIES	NEDBANK WP	51	M	50	4180	0:41:07
49	JONES	ZITRON	VELOCITY	16	M	JUN	20698	0:41:17
50	CARIEM	YASEEN	ITHEKO	31	M	SEN	10011	0:41:21
51	DONSTRIVE	CLARENCE	TEMP	20	M	SEN	T14241	0:41:39
52	MARCUS MUZEMBE	DJEN	ARD	32	M	SEN	15529	0:41:49
53	MPOYI	LINGE	K-WAY VOB	46	M	45	1316	0:41:53
54	PETERSEN	RUDI	BOTTELARY AC		M	JUN	20208	0:42:11
55	QUEEN	NOLUBABALO	K-WAY VOB	23	F	SEN		0:42:18

56	NQUMASHE	ATHEMBA	BOTTELARY AC	16	F	JUN	20171	0:42:27
57		WILLIAM	ARD	22	M	SEN	9110	0:42:40
58	KARIEM	B	ARD	51	M	50	11239	0:42:41
59	BOTHA	SUZETTE	WEST COAST	46	F	45	5786	0:42:41
60	JACOBS	SHANE	MSA MULTISPORT	40	M	40	11353	0:42:52
61	THU	THEMBALE	K-WAY VOB		M	SEN	1258	0:42:52
62	SIMPSON	CHANTEL	NEDBANK WP	48	F	45		0:42:53
63	GILLION	FRANK	WHALERS	60	M	60	0380 BOL	0:43:09
64		BENITO	BOTTELARY AC	14	M	JUN	20170	0:43:28
65	TURCK	J	STRAND	48	M	45	24201	0:43:32
66	LANGENHOVEN	NIEL	TEMP	29	M	SEN	T22672	0:43:32
67		ALBERTO	TEMP		M	SEN	T	0:43:36
68	PRAAL	KEYUIN	BOTTELARY AC	14	M	JUN	20218	0:43:55
69	WATERLOO	LEON	FARNESE	23	M	SEN	10356	0:43:56
70	JACOBS	JULIAN	FARNESE	19	M	JUN	10316	0:44:02
71	JOOSTE	TAMICA	BOTTELARY AC		F	JUN		0:44:03
72	FORTUIN	CERNAT	BOTTELARY AC	17	M	JUN	20219	0:44:09
73	MUPFURIRI	LAWRENCE	ITHEKO	48	M	45	3474	0:44:15
74	PETERSEN	AMEEN	MP TITANS	17	M	JUN	20485	0:44:19
75	MORRISON	JAYDIN	MP TITANS	14	M	JUN	21015	0:44:22
76		CHELTON	SANLAM	26	M	SEN	24318	0:44:26
77	PMU	MUSHWANA	SANDF WP	23	M	SEN	14876	0:44:50
78	SCHRIKKER	GIOVANNI	ATLANTIS	31	M	SEN	4610	0:45:05
79	SNAYERS	SERGIO	CELTIC	14	M	JUN		0:45:05
80	ADAMS	LEONTE	BOTTELARY AC		F	JUN		0:45:18
81	MOSES	PETRIAAN	VELOCITY	14	F	JUN	20685	0:45:26
82	ROODE	LEAZETTE	CAPE MULTISPORT	29	F	SEN	13161	0:45:32
83		JACQUES	TEMP	49	M	45	T	0:45:41
84	BLAAUW	WESLEY	EERSTERIVIER	40	M	40	14753	0:45:44
85	VAN ZYL	LAUBSCHER	NEDBANK WP	47	M	45		0:45:48
86	MEYER	JEAN	ARD	17	M	JUN	20659	0:45:51
87	MANUAL	FAGRODIEN	FARNESE	38	M	35	10353	0:45:56
88	BONN	MARTIN	ATLANTIS	55	M	55	4609	0:45:59
89	GREVEID	BRADLEY	TEMP		M	SEN	T2446	0:46:04
90	DISQUALIFIED				M	SEN		0:46:10
91	GEARY	ADRIAN	CARBINEERS WP	31	M	SEN	8069	0:46:17
92	PAGE	ENROY	TEMP		M	40	T2353	0:46:25
93	HARTNICK	ZION	CENTRAL AC	16	M	JUN	21107	0:46:52
94	BENJAMIN	ERIC	SANDF WP	49	M	45	11904	0:46:56
95	IDAS	EDWIN	FRANSCHHOEK	16	M	JUN	1634	0:46:56
96	SPENCELEY	JARRYD	SATORI	16	M	JUN	20491	0:47:01
97	HARLEY	JARED	TEMP	21	M	SEN	T22651	0:47:11
98	ABRAHAMS	RIEDWAAN	TEMP	42	M	40	T24330	0:47:24
99	COOPER	MIGUEL	NEDBANK WP	18	M	JUN	20503	0:47:25
100	PAULSE	BOKEEM	FARNESE	17	M	JUN	20139	0:47:27
101	KAYSER	GASTEN	FARNESE	17	M	JUN	20134	0:47:33
102	CROZIER	MICHAEL	ATLANTIS	60	M	60	4627	0:47:39
103	KOTZE	SAM	NEDBANK WP	60	M	60	4177	0:47:53
104	MNOTHOZA	ZISIWE	IN TOUCH		F	SEN	7040	0:47:56
105	WEYERS	FRANCOIS	EDGEMEAD	32	M	SEN	4790	0:47:56
106	WITBOOI	KEELAN	TEMP	18	M	JUN	T	0:48:04
107	MALGAS	ANELISIA	VELOCITY	14	F	JUN	20691	0:48:07
108	WILLIAMS	BEYONCE	VELOCITY	14	F	JUN	20692	0:48:07
109	VAN WYK	BRIAN	EDGEMEAD	45	M	45	4799	0:48:08
110	LOFTIE-EATON	MEGAN	HOEDSPRUIT MC	28	F	SEN	0691 LIM	0:48:12
111	DE LANGEN	CASEY	BELLVILLE	20	F	SEN	6561	0:48:13
112	WILLIAMS	ALBERT	TOP FORM	64	M	60	2466	0:48:15
113	DE WET	CHARLES	HELDERBERG	50	M	50	4570	0:48:15
114	MILLS	LIAM	TEMP	24	M	SEN	T2453	0:48:16
115	GROENER	ARCHIE	DURBAC	56	M	55	2726	0:48:16
116	MORIZ	EIKE	HOUT BAY	46	M	45	2555	0:48:36
117	JAMES	EUNICE	RCS GUGS	44	F	40	14519	0:48:37

118	BARTSCH	NICOLE	TEMP	23	F	SEN	T	0:48:37
119	SOLOMON	ZIYAAD	ITHEKO		M	SEN	3006	0:48:46
120	CROUS	CARA	TEMP	12	F	JUN	T24358	0:48:56
121	VISSER	RICCO	PINELANDS	16	M	JUN	2000	0:49:00
122	MAARTENS	RIGARDT	TEMP	42	M	40	T	0:49:04
123	SWANEPOEL	GERT	TEMP	25	F	SEN	T24192	0:49:10
124	VAN ZYL	KARIEN	CAPE MULTISPORT	32	F	SEN	13190	0:49:11
125	VAN HEERDEN	RIAAN	HELDERBERG	36	M	35		0:49:15
126	WILL	DONOVAN	TEMP	33	M	SEN	T24403	0:49:16
127	VAN DEVENTER	DEWALD	TEMP	38	M	35	T24209	0:49:20
128	HERRING	NICOLETTE	ITHEKO	45	F	45	3007	0:49:21
129	LOMBARD	SERGIO	KUILS RIVER	15	M	JUN		0:49:25
130	MPIKASHE	DKUHLE	K-WAY VOB	15	F	JUN	20995	0:49:27
131	STANDER	CORNEL	TEMP	27	F	SEN	T2439	0:49:32
132	MIDDLEMOST	CONNOR	BRACKENFELL	15	M	JUN	20030	0:49:32
133	NO RETURN				M	SEN		0:49:32
134	GREEN	RONAN	RUN WALK 4 LIFE	14	M	JUN	8419	0:49:51
135	ERASMUS	LOUISE	WHALERS	54	F	50		0:49:54
136	CROMPTON	REBECCA	UCT	22	F	SEN	9726	0:49:57
137	KOTZE	RENALDO	TEMP	32	M	SEN	T22682	0:50:00
138	MULLER	AF	TEMP	56	M	55	T2313	0:50:01
139	NO RETURN				M	SEN		0:50:03
140	MOOLMAN	STEPHAN	TEMP	28	M	SEN	T24265	0:50:11
141	KEET	BYRON	TEMP	24	M	SEN	T24264	0:50:16
142		TIMOTHY	TEMP	49	M	45	T2053	0:50:19
143	K	WILLIAM	WILD RUNNER	39	M	35	3599	0:50:24
144	RHODE	HILARY	EDGEMEAD	61	F	60	4914	0:50:27
145	POSISO	BUSUWE	CENTRAL AC	14	F	JUN	21002	0:50:30
146	NEL	SEVERO	FARNESE	16	M	JUN	20133	0:50:31
147	REEVE	DUANE	WEST COAST	50	M	50		0:50:34
148	TOUGH	RICHARD	TEMP		M	40	T	0:50:34
149	SCHALK		TEMP	25	M	SEN	T	0:50:35
150	BOSMAN	HERMANUS	TEMP	32	M	SEN	T	0:50:40
151	NO CARD				M	SEN		0:50:41
152	VAN WYK	TOM	BRACKENFELL	63	M	60	6031	0:50:41
153	DU TOIT	JUSTIN	ITHEKO	32	M	SEN	3301	0:50:43
154	MCENGE	THEMBI	K-WAY VOB	30	F	SEN	0746	0:50:47
155	NO RETURN				M	SEN		0:50:53
156	BESTER	DIRK	TEMP	25	M	SEN	T13552	0:50:56
157	MULLER	MARAISA	TEMP	25	F	SEN	T22723	0:50:58
158	CHRISTIE-SMITH	HYLTON	PINELANDS	35	M	35		0:51:01
159	NO CARD				M	SEN		0:51:14
160		MARIUS	EERSTERIVIER	31	M	SEN		0:51:19
161	MORALIE	LEON	TOP FORM		M	50	14991	0:51:25
162	WITBOOI	MOSES	SPARTAN	49	M	45		0:51:28
163	WILKEN	CHRISTIAAN	TEMP	36	M	35	T	0:51:28
164	MULLER	FRANCOIS	TEMP	33	M	SEN	T2211	0:51:41
165	CLAYTON	KAYLA	MP TITANS	17	F	JUN	20487	0:51:42
166	BARTSCH	A	TEMP	54	M	50	T2523	0:51:43
167	DISQUALIFIED				M	SEN		0:51:49
168	GUNNELL	G	HELDERBERG	60	M	60	4543	0:51:59
169	ALLOY	DANA	TEMP	24	F	SEN	T24396	0:52:16
170	NO RETURN				F	SEN		0:52:32
171	SAUNDERS	D	HELDERBERG	60	F	60	4505	0:52:35
172	VAN DYK	RUAAN	TEMP	26	M	SEN	T24319	0:52:47
173	NO RETURN				F	SEN		0:52:50
174	NO RETURN				M	SEN		0:52:50
175	DU PLESSIS	CHRISTIAAN	TEMP	23	M	SEN	T	0:52:56
176	DE BRUYN	NIKKI	TEMP	28	F	SEN	T	0:53:03
177	HENDRICKS	S	CENTRAL AC	49	M	45	6205	0:53:05
178	NO RETURN				M	SEN		0:53:18
179	NO RETURN				M	SEN		0:53:25

180	BROWN	JEROME	TEMP	21	M	SEN	T21334	0:53:26
181	MOTHA	PETER	PICK 'n PAY	39	M	35	13525	0:53:38
182	STANLEY	FIONA	TEMP	45	F	45	T24412	0:53:43
183	ADAMS	ADIEL	ATLANTIS	52	M	50	4617	0:53:48
184		DANIEL	TEMP	24	M	SEN	T24426	0:54:03
185	NO CARD				M	SEN		0:54:05
186	VINK	EUGENE	IN TOUCH	47	M	45	15416	0:54:08
187	NDNABE	MONDE	TEMP	30	M	SEN	T	0:54:13
188	ADAMS	HAROLD	SANDF WP	65	M	65	5259	0:54:16
189	DE RIDDER	ZIAAN	TEMP	38	M	35	T24355	0:54:17
190	MCLAUGHLIN	GAVIN	TEMP	55	M	55	T24405	0:54:18
191	FELIX	CHRIS	SANDF WP	50	M	50	14873	0:54:30
192	GROVE	JUDITH	TYGERBERG	64	F	60	4253	0:54:31
193	NO RETURN				M	SEN		0:54:37
194	GRANT	JANET	TEMP	40	F	40	T21394	0:54:41
195		VUSI	SANDF WP	40	M	40		0:54:41
196	MULLER	ETHAN	STRAND	14	M	JUN		0:54:42
197	BLUMERIS	TAMARA	MIDAS SPARTAN	54	F	50	11717	0:54:44
198	ROSSOUW	KRISTIAN	TEMP		M	JUN	T24282	0:54:46
199	JONKERS	DOMINIQUE	VELOCITY	14	F	JUN	20681	0:54:51
200	OLIA		TEMP	43	M	40	T24435	0:54:55
201	AVIWE		TEMP	28	M	SEN	T7953	0:54:56
202	KLOSEN	ROMY	TEMP	31	F	SEN	T24254	0:55:05
203	WILSON	STORME	WALMERS AC	32	M	SEN	14639	0:55:08
204	TAFENI	KAMVA	TEMP	15	M	JUN	T296	0:55:10
205	ROTHMAN	BRIAN	BRACKENFELL	64	M	60	6053	0:55:11
206	PAKAMISA	ZUKISANI	TEMP	35	M	35	T22746	0:55:21
207	DISQUALIFIED				M	SEN		0:55:26
208	TEMMERS	KEISHA	VELOCITY	14	F	JUN	20696	0:55:27
209	LINSSEN	JANINE	TEMP	46	F	45	T	0:55:28
210	MAGALHAES	CHANTE	VELOCITY	14	F	JUN	20697	0:55:29
211	SAMBO	KOUTHAR	ITHEKO	25	F	SEN		0:55:30
212	WOOD	TIM	SPARTAN	49	M	45	1604	0:55:33
213	VERMEULEN	SANDY	TEMP	34	F	SEN	T2489	0:55:41
214	DE BEER	ADRIAN	TEMP		M	40	T0882	0:55:50
215	SANGSTER	SHAAN	CENTURY CITY	37	M	35	6290	0:55:50
216	ORRIE	NABEELAH	ITHEKO	23	F	SEN	3094	0:55:56
217	MALAN	MELISSA	TEMP	21	F	SEN	T24259	0:56:02
218	DREYER	JOMAR	TEMP	24	M	SEN	T24243	0:56:10
219	BUYS	SAVANNAH	TEMP	22	F	SEN	T2974	0:56:14
220	WILLEMSE	BRAAM	BELLVILLE	36	M	35	6585	0:56:19
221	HENDRICKS	RONALD	TEMP	48	M	45	T24378	0:56:23
222	KRUGER	CARINE	HELDERBERG	57	F	55	4552	0:56:24
223	LOUW	MARIET	TEMP	23	F	SEN	T	0:56:27
224	GEARY	PHILIP	CARBINEERS WP	64	M	60	8068	0:56:29
225	NO CARD		TEMP		M	SEN	T	0:56:40
226	ROSSOUW	DANIEL	TEMP	44	M	40	T24283	0:56:41
227	DE WET	KYLA	MATIES	20	F	SEN	0437 BOL	0:56:55
228	SWART	ROHAN	TEMP	24	M	SEN	T	0:57:01
229	JEWAS	SOFIA	MSA MULTISPORT	44	F	40	11362	0:57:07
230	NO RETURN				M	SEN		0:57:08
231	NO RETURN				M	SEN		0:57:09
232	WHEATON	SPENCER	CELTIC	42	M	40	7474	0:57:09
233	SAVIN	K	TEMP	35	F	35	T24165	0:57:11
234	WELGEMOED	WEAN	TEMP	26	M	SEN	T	0:57:12
235	JEGELS	JODY	EDGEMEAD	39	M	35	4751	0:57:13
236	CROUS	JUAN	FRANSCHHOEK	37	M	35	1645	0:57:14
237	LOUW	KOBUS	FRANSCHHOEK	46	M	45	1651	0:57:14
238	LOUW	IDE	AAC	44	M	40	9381	0:57:21
239	MALHERBE	ADELE	DURBAC	46	F	45	2971	0:57:22
240		CONRAD	SANDF WP	44	M	40	5432	0:57:24
241	NO RETURN				M	SEN		0:57:24

242	BRITTAIN	CLAIRE	WILD RUNNER	31	F	SEN	3496	0:57:27
243	SIMAYILE	K	TEMP	42	F	40	T	0:57:27
244	NO RETURN				F	SEN		0:57:29
245	ORR	SHREE	DURBAC	33	M	SEN	14257	0:57:30
246	GOW	MEGAN	TEMP	22	F	SEN	T	0:57:31
247	PHILLIPS	PAULA	TEMP	22	F	SEN	T	0:57:31
248	HEWITT	WILLIAM	BRACKENFELL	29	M	SEN	6140	0:57:32
249	NO CARD				M	SEN		0:57:36
250	BLANK CARD				M	JUN		0:57:36
251	HARLOCK	SONIA	FISH HOEK	55	F	55	5125	0:57:38
252	VON VELZE	JACQUES	FISH HOEK	26	M	SEN	2474	0:57:40
253	HAWKRIDGE	KATE	FISH HOEK		F	SEN	2170	0:57:41
254	VAN STADEN	LEON	TEMP	33	M	SEN	T24213	0:57:47
255	FRITZ	MARILYN	SANDF WP	45	F	45	5247	0:57:49
256	BROWN	RODNEY	CENTRAL AC	44	M	40	6973	0:57:53
257	NO RETURN				M	SEN		0:57:55
258	MAGAYA	RONIA	ITHEKO	38	F	35	3495	0:57:58
259	BURGER	DENIKA	TYGERBERG	19	F	JUN		0:57:58
260	BIMEREW	MILLION	GOODWOOD HARRIERS	48	M	45	13291	0:58:01
261	UYS	MILMIEN	TEMP	21	F	SEN	T	0:58:06
262	HADEBE	BHEKI	TEMP	42	M	40	T22649	0:58:12
263	COCK	KOOS	TEMP	43	M	40	T22670	0:58:13
264	BRINK	HERMANUS	TEMP	40	M	40	T24393	0:58:14
265	MAQODA	CEBO	TEMP	29	M	SEN	T24411	0:58:19
266	NO RETURN		TEMP		M	SEN	T	0:58:24
267	ROSSOUW	JEAN	TEMP	24	M	SEN	T24359	0:58:26
268	NO RETURN				M	SEN		0:58:34
269	SHAW	CORRINNE	ITHEKO		F	50	3223	0:58:36
270	SMITH	JEFF	ITHEKO	70	M	70	3041	0:58:38
271	RABIE	NADIA	TEMP	21	F	SEN	T	0:58:40
272	WERTH	GLENDA	SANLAM	48	F	45	8568	0:58:44
273	STRELITZ	JILL	AAC	67	F	65	9305	0:58:50
274	ABRAHAMS	SAUB	TEMP	22	M	SEN	T	0:58:51
275	MZIZI	BHONGO	TEMP	27	M	SEN	T22726	0:58:52
276	MARAIS	ANGELO	TEMP	34	M	SEN	T22704	0:58:56
277	VAN STADEN	SANET	CAPE MULTISPORT	38	F	35	8912	0:59:08
278	MORTON	ANDREW	RUN WALK 4 LIFE	45	M	45	4017	0:59:10
279	HORNE	ROBERT	32GI RC CG	42	M	40	24668 CGA	0:59:11
280	KOTZE	JURINA	TEMP	47	F	45	T22681	0:59:12
281	IDAS	JC	FRANSCHHOEK	47	M	45	1650 BOL	0:59:13
282	NO RETURN				F	SEN		0:59:14
283	DALVIE	SUHAYR	ITHEKO	32	F	SEN	3441	0:59:14
284	SOLOMON	SHANAAZ	ITHEKO	37	F	35	3009	0:59:15
285	ISOLDE		TEMP	20	F	SEN	T	0:59:17
286	MAARTENS	PETRO	TEMP	27	F	SEN	T22694	0:59:18
287	MOSILOFI	NOSIZWE	TEMP	40	F	40	T24307	0:59:20
288	DU TOIT	MIKAELA	EDGEMEAD	24	F	SEN	4820	0:59:24
289	OLIVIER	BEATRI	TEMP	26	F	SEN	T22742	0:59:24
290	WILSON	WAYNE	TEMP	57	M	55	T24229	0:59:24
291	KOENZE	ELMER	PAARL	29	M	SEN	0887 BOL	0:59:25
292	ROSS	JENNIFER	TEMP	46	M	45	T24162	0:59:25
293	ADAMS	M JOHAD	ARD	16	M	JUN	20662	0:59:31
294	NO RETURN				M	SEN		0:59:37
295	BRIWN	AVRIL	TEMP	47	F	45	T21333	0:59:42
296	PITCHERS	LEANNE	RUN WALK 4 LIFE	46	F	45	5901	0:59:56
297	VAN ASWEGEN	JALIN	TEMP	16	M	JUN	T	0:59:57
298	NO CARD				M	SEN		1:00:07
299	GLYNN		EERSTERIVIER	36	M	35	14750	1:00:08
300	MASIKO	TULANI	TEMP	40	M	40	T24260	1:00:12
301	SEHWARZ	CELESTE	TEMP	25	F	SEN	T	1:00:13
302	NO RETURN				F	SEN		1:00:19
303	HOLTROP	SURETHA	RUN WALK 4 LIFE	42	F	40	8425	1:00:19

304	ROSS	ASHLEIGH	TEMP	25	F	SEN	T24161	1:00:24
305	SMIT	JORIETHA	DURBAC	27	F	SEN		1:00:25
306	KOSHY	AMY	TEMP	27	F	SEN	T	1:00:27
307	PARSRAMAN	ASHLEY	TEMP	51	M	50	T	1:00:29
308	HAHNLE	LINA	TEMP	26	F	SEN	T	1:00:30
309	NO RETURN				M	SEN		1:00:37
310	BUYS	KARDE	DURBAC	55	F	55	2955	1:00:38
311	MILWARD	SAIEDIEN	CENTRAL AC		M	50	6228	1:00:39
312	NOLTE	WILLEM	TEMP	36	M	35	T	1:00:45
313	VAN ALMELO	DEON	BELLVILLE	59	M	55	6486	1:00:49
314	SPIES	LINDI	SWARTLAND	38	F	35	0118 BOL	1:00:52
315	KOTZE	RENALDO	TEMP	25	M	SEN	T22682	1:00:52
316	DU PLESSIS	JEANNE-MARI	TEMP	24	F	SEN	T	1:00:53
317	GROENEWALD	RIAAN	BRACKENFELL	48	M	45	6019	1:00:55
318	NO CARD		TEMP		M	SEN	T	1:00:57
319		RUAAN	TEMP		M	40	T	1:00:58
320	VAN DER MERWE	DANIE	TEMP		M	40	T	1:00:58
321	VENTER	HEINRICH	TEMP	36	M	35	T24219	1:01:03
322	SAAIMAN	ENVAR	SPARTAN	37	M	35	1836	1:01:04
323	MTILENI	HLUPHEKA	PARLIAMENT	41	M	40	14759	1:01:06
324	WILMOT	L	TEMP	43	M	40	T	1:01:06
325	VAN RENSBURG	NASHA	BELLVILLE	19	F	JUN		1:01:07
326	NO RETURN		TEMP		M	SEN	T	1:01:17
327	VAN WYK	GERRIT	DURBAC	13	M	JUN	13593	1:01:18
328	CONRADIE	WG	TEMP	50	M	50	T	1:01:32
329	UITHALER	SALEEM	TOP FORM	62	M	60	2412	1:01:32
330	BOSHOFF	MORNE	TEMP	43	M	40	T21325	1:01:33
331	GEARY	HAYLEY	CARBINEERS WP	27	F	SEN	8070	1:01:34
332	TOUGH	EDMUND	GORDONS BAY PRIMARY	12	M	JUN	T	1:01:39
333	GODDARD	MEGAN	TEMP	27	F	SEN	T21390	1:01:39
334	RHODA	YUSUF	TEMP	51	M	50	T	1:01:39
335	BEDFORD	MO	ITHEKO	40	M	40	3278	1:01:46
336	SWARTBOOI	WILLIAM	EASTERNS	60	M	60	10960	1:01:47
337	BOOTH	SHELDON	TEMP	15	M	JUN	T21322	1:01:48
338	NO RETURN				M	SEN		1:01:51
339	ADAMS	R	TEMP	43	M	40	T24434	1:01:53
340	KALLIS	MINETTE	TEMP	36	F	35	T24252	1:01:56
341	RAKLIVHANI	GODFREY	TEMP	44	M	40	T2630	1:01:57
342	ISAACS	BELINDA	FARNESE	52	F	50	10362	1:01:58
343	HENDRICKS	BONITA	MP TITANS		F	40	15022	1:01:58
344	PINTUSEWITZ	SAM	TEMP	13	M	JUN	T13538	1:02:01
345	HOOPER	DONNE	ARD	16	F	JUN	T20658	1:02:06
346	PAKAMISA	MANDISA	TEMP	31	F	SEN	T22745	1:02:07
347	MADOLO	MANDIPIWE	TEMP	36	F	35	T22698	1:02:12
348	FRIDIE	ACHMAT	MSA MULTISPORT	58	M	55	11377	1:02:13
349	DU PREEZ	STEPHANIE	TEMP	41	F	40	T2547	1:02:13
350	BRITS	KERRY	WEST COAST	42	F	40	5647	1:02:14
351	GABRIEL	LEILA	TEMP	41	F	40	T21382	1:02:15
352	SHAKIER	MOEGAMAT	TEMP	51	M	50	T	1:02:18
353	EDWARDS	RAGMAH	OMMIEDRAAI	26	F	SEN	6819	1:02:31
354	SAMPSON	LESLIE	ARD	58	M	55	11134	1:02:34
355	NAIDOO	SEDICK	ARD	56	M	55	11156	1:02:34
356	VALENTINE	YVONNE	HELDERBERG	52	F	50	4534	1:02:38
357	LAWRENCE		TEMP		M	40	T24387	1:02:38
358	NO CARD		TEMP		F	SEN	T	1:02:40
359	WANSBURY	MICHELE	TEMP	45	F	45	T	1:02:40
360	MULLER	DRIKUS	TEMP	26	M	SEN	T22721	1:02:41
361	NO RETURN		TEMP		M	SEN	T	1:02:43
362	JAMES	KAREN	TEMP	51	F	50	T22663	1:02:48
363	NO RETURN		TEMP		M	SEN	T	1:02:49
364	MARITZ	STEPHANUS	MACASSAR	50	M	50	12198	1:02:55
365	BOYSEN	TRACEY	TEMP	44	F	40	T2034	1:02:57

366	WILKINS	WENDY	AAC	71	F	70	9406	1:03:05
367	KOCH	GILL	WEST COAST	61	F	60		1:03:11
368	STRYDOM	ALI	TEMP	50	F	50	T24190	1:03:11
369	SWEETING	SR	SATORI	49	M	45	11629	1:03:12
370	GARVIN	TREVOR	TEMP	47	M	45	T	1:03:12
371	GROBBELAAR	MEGAN	BRACKENFELL	21	F	SEN		1:03:13
372	NO RETURN		TEMP		F	SEN	T	1:03:14
373	NO RETURN		TEMP		F	SEN	T	1:03:15
374	PHILANDER	LEONIE	TEMP	33	F	SEN	T	1:03:18
375	BLAMCO	ANALIA	ITHEKO	49	F	45	3318	1:03:23
376	NO RETURN				M	SEN		1:03:44
377	HENDRICKS	SHANE	HELDERBERG	28	M	SEN	4495	1:03:45
378	GROENER	FLORENCE	DURBAC	51	F	50	2725	1:03:47
379	BROOKS	TERESA	DURBAC	45	F	45	2611	1:03:47
380	SIEMS	TREVOR	BELLVILLE	60	M	60	15392	1:03:52
381	MORRIS	SUE	TEMP	47	F	45	T22717	1:03:59
382	ERASMUS	D	TEMP	29	M	SEN	T21373	1:04:00
383	MAGAYA	ANGSU	ITHEKO	18	F	JUN	T20771	1:04:03
384	BESTER	MARVIN	PINELANDS	30	M	SEN	3787	1:04:05
385	WOLHUTER	DARA	RUN WALK 4 LIFE		F	50		1:04:10
386	NO CARD		TEMP		F	SEN	T	1:04:11
387	BOTHA	JP	STRAND	24	M	SEN		1:04:12
388	MCLAUGHLIN	SARAH	TEMP	20	M	SEN	T24406	1:04:14
389	ZIMKHITA		RCS GUGS	32	F	SEN	7682	1:04:19
390	NO RETURN				F	SEN		1:04:28
391	KOTZE	XIOMARA	SANLAM	57	F	55	8509	1:04:30
392	VISSER	CJ	PINELANDS		M	50	3736	1:04:31
393	NO CARD				M	SEN		1:04:32
394	MURRAY	JACKIE	TEMP	32	F	SEN	T24342	1:04:32
395	HOLOMO	OLGA	TEMP	41	F	40	T22657	1:04:33
396	WOOD	STACEY	SPARTAN	25	F	SEN		1:04:35
397	AMTAY	AASIYAH	ARD	41	F	40	11199	1:04:37
398	NO RETURN				F	SEN		1:04:38
399	SPIES	CONRAD	SWARTLAND	42	M	40	0117 BOL	1:04:39
400	PETERSEN	FADWAH	MP TITANS	38	F	35	13956	1:04:40
401	SEPTEMBER	KENNETH	TEMP	41	M	40	T	1:04:41
402	MANUEL	SHARNE	ARD	31	F	SEN	11219	1:04:44
403	BRUMMER	DHEESHAAN	ARD		M	JUN		1:04:44
404	VAN RENSBURG	LINDA	BELLVILLE	48	F	45	6568	1:04:45
405	JACOBS	ROEGSHANA	ITHEKO	39	F	35	3315	1:04:46
406	SMITH	BERENICE	ARD	44	F	40	14165	1:04:51
407	NO RETURN				M	SEN		1:04:52
408	PRETORIUS	JANIE	TEMP	26	M	SEN	T	1:04:52
409	VINK	ANDREA	IN TOUCH	44	F	40	15415	1:04:54
410	LUYENDYK	E	TEMP	34	F	SEN	T	1:04:55
411	MINNAAR	TANIA	TEMP	40	F	40	T2711	1:04:59
412	TYELO	LINDO	KHAYELITSHA	25	F	SEN	12143	1:04:59
413	UNDERHILL	LAURA	PINELANDS	25	F	SEN	390	1:05:01
414	BOSMAN	LISA	TEMP		F	SEN	T	1:05:02
415	MENTOOR	MICHAEL	EERSTERIVIER	64	F	60	14745	1:05:05
416	CROUS	ELSJE	TEMP	48	F	45	T24357	1:05:12
417	MAARTENS	CHARLENE	EDGEMEAD	48	F	45	12649	1:05:15
418	ENSLIN	LIESL	TEMP	48	F	45	T	1:05:16
419	FORTUIN	PAUL	FARNESE	60	M	60	10351	1:05:17
420	LOTZ	STEPHAN	TEMP	30	M	SEN	T	1:05:17
421	MAKHOLWA	LINDA	KHAYELITSHA	34	F	SEN	10462	1:05:24
422	SCHEEPERS	OSCAR	KUILS RIVER	45	M	45	T24286	1:05:24
423	JONES	CHANEL	TYGERBERG	25	F	SEN	4244	1:05:24
424	VAN DER MEER	LETITIA	TEMP	60	F	60	T24203	1:05:25
425	VAN HUYSSTEEN	NICOLA	BRACKENFELL	28	F	SEN	6027	1:05:25
426	KGOWANA	ROSEMARY	SANDF WP	30	F	SEN	5367	1:05:33
427	GROBBELAAR	THERSIA	DURBAC	34	F	SEN	2708	1:05:34

428	WALLACE	ANDRE	HEWAT	46	M	45	13594	1:05:37
429		AYANDA	TEMP		M	40	T24421	1:05:38
430	LESCH	LEHMAN	MSA MULTISPORT	62	M	60	11356	1:05:39
431	VENTURA	TERENCE	BELLVILLE	45	M	45	6601	1:05:43
432	TOUGH	ANNA	TEMP		F	40	T	1:05:43
433	HENDRICKS	WILMA	TEMP	46	F	45	T24380	1:05:46
434	GOOCH	NICK	TEMP	43	M	40	T	1:05:46
435	GOOCH	TRACY	TEMP	42	F	40	T	1:05:47
436	BLANK CARD				F	SEN		1:05:48
437	OLD	NICOLA	EDGEMEAD	46	F	45	4771	1:05:49
438	RENCKEN	ERWIN	EDGEMEAD	43	M	40	4800	1:05:50
439	SWARTZ	LOUIS	EASTERNS	61	M	60	10974	1:05:51
440	ZULY	NATHI	TEMP	42	M	40	T24420	1:05:51
441	NO RETURN		DURBAC		M	SEN		1:05:52
442	NO RETURN				F	SEN		1:05:55
443	BLANCO	QUANITA	ARD	14	F	JUN	T21119	1:05:57
444	WALLACE	GHANEEMAH	ARD	44	F	40	9112	1:05:58
445	WALLACE	ZIEYAAD	ARD		M	40	9113	1:05:59
446	WILLIAMS	NAZEEMA	ITHEKO	39	F	35	9938	1:06:00
447	WILLIAMS	ABDILLAH	ITHEKO	45	M	45	9939	1:06:01
448	NO RETURN				M	SEN		1:06:04
449	VOS	EDWINA	TEMP	33	F	SEN	T24222	1:06:05
450	JACOBS	GADIJA	ITHEKO	58	F	55	3271	1:06:09
451	VAN RENSBURG	ERNE	TEMP	25	F	SEN	T24210	1:06:13
452	JACOBS	YUSRAH	ARD	37	F	35	11220	1:06:15
453	PETERSEN	NAWAWIE	ARD	47	M	45	11130	1:06:16
454	JACOBS	ANGELO	TEMP	39	M	35	T24341	1:06:19
455	WAGGIE	EBRAHIM	ARD	43	M	40	9109	1:06:21
456	ISMAIL	NURAAN	ARD	33	F	SEN	9119	1:06:23
457	NIEMAND	JEAN-PIERRE	RUN WALK 4 LIFE	19	M	JUN		1:06:24
458	JOUBERT	GREGORY	TEMP		M	SEN	T	1:06:28
459	HOBLYN	W	TEMP		F	60	T	1:06:30
460	BESTER	ARNE	DURBAC	27	F	SEN	12079	1:06:35
461	MARTIN	DEVERAUX	TEMP	34	F	SEN	T22706	1:06:40
462	LE ROUX	JG	TEMP	68	M	65	T	1:06:41
463	MAYNIER	AMANDA	TEMP		F	40	T	1:06:44
464	MATTHEWS	DONOVAN	GOODWOOD HARRIERS	51	M	50	5028	1:06:44
465	MGXONONO	LUSANDA	PINELANDS	39	F	35	3790	1:06:45
466	MALLICK	NAEEMA	MP TITANS	61	F	60	10392	1:06:45
467	GININDZA	JOSEPH	PARLIAMENT	33	M	SEN	12060	1:06:46
468	GROY	NATHAN	MP TITANS	49	M	45	10411	1:06:47
469	NO RETURN				M	SEN		1:06:47
470	NGOMA	CHANTAL	KHAYELITSHA	52	F	50		1:06:48
471	UYS	NADINE	EDGEMEAD	35	F	35		1:06:48
472	LENNON	GERRY	SOMERSET STRIDERS		F	50		1:06:50
473	HOWARD-PAIN	BRIDGET	EDGEMEAD	26	F	SEN	4828	1:06:51
474	HENDRICKS	RAYGHAANAH	CENTRAL AC	36	M	35	6204	1:06:54
475	JOHNSON	MACK	TEMP		M	40	T	1:06:55
476	SMITH	MONIQUE	TEMP	29	F	SEN	T24328	1:06:56
477	NO RETURN				F	SEN		1:06:56
478	ADAMS	BRONWYN	WEST COAST	43	F	40	5695	1:06:58
479	NO RETURN				M	SEN		1:06:58
480	NGALO	VERA	TEMP	26	F	SEN	T22733	1:06:59
481	MOOLMAN	YOLANDE	WEST COAST	29	F	SEN	T22715	1:06:59
482	TANDY	FELICIA	WEST COAST	37	F	35	5696	1:07:00
483	MAARMAN	JASMINE	VELOCITY	14	F	JUN	20695	1:07:00
484	CAPE	DEBRA	CHAELI	55	F	55	10514	1:07:00
485	STEYN	S	TEMP	24	F	SEN	T24429	1:07:08
486	JAN	MELISSA-ANN	TEMP	28	F	SEN	T24430	1:07:08
487	ZOLLNER	IRMA	HELDERBERG	59	F	55	4509	1:07:09
488	ZOLLNER	KLAUS	HELDERBERG	62	M	60	4508	1:07:10
489	KOEKEMOER	JEANETTE	TEMP	47	F	45	T22677	1:07:13

490	ITHIER	LILY JOAN	PINELANDS	46	F	45	3771	1:07:15
491	NO CARD				F	SEN		1:07:24
492	HAMMAN	MONICA	WHALERS	67	F	65		1:07:25
493	KEPLER	RAPHAELA	TEMP	19	F	JUN	T	1:07:26
494	NO RETURN				M	SEN		1:07:32
495	JACOBS	JANICE	EDGEMEAD		M	40	4748	1:07:35
496	BRINK	SARAH	TEMP	20	F	SEN	T	1:07:39
497	NO RETURN				F	SEN		1:07:41
498	ANDERSON	ELAAM	TOP FORM	53	F	50	2413	1:07:42
499	FRENCH	DEON	EDGEMEAD	53	M	50	11568	1:07:44
500	GEWALD	KLAUS	TEMP	50	M	50	T	1:07:51
501	NO RETURN				M	SEN		1:07:56
502	BERGH	JOLENE	TEMP	38	F	35	T21314	1:08:01
503	BERGH	RUDOLPH	TEMP	38	M	35	T	1:08:01
504	LOMBARD	JJ	TEMP		M	40	T	1:08:10
505	SWART	LEILANI	TEMP		F	40	T	1:08:11
506	KHOSA	HLANGANANI	TEMP	29	F	40	T	1:08:16
507	ESTERHUIZEN	LYNISE	BELLVILLE	32	F	SEN		1:08:18
508	BASSIER	GASINA	ARD	43	F	40	9111	1:08:23
509	NO RETURN				M	SEN		1:08:26
510	DELPORT	STEPHEN	K-WAY VOB	65	M	65	0402	1:08:27
511	SHASHA	SIVIWE	TEMP		M	40	T	1:08:31
512	ABRAHAMS	GLEN	ARD	57	M	55	11118	1:08:32
513	UYS	WARREN	TEMP	40	M	40	T24350	1:08:37
514	NDHLOVU	DM	KHAYELITSHA	30	F	SEN	7202	1:08:38
515	COCKLIN	ALETTA	TEMP	40	F	40	T	1:08:39
516	COCKLIN	MICHAEL	TEMP	39	M	35	T	1:08:39
517	WESSELS	MARI	TEMP	61	F	60	T	1:08:40
518	WOOD	VINICNA	MP TITANS	48	F	45	10393	1:08:40
519	JAFTHA	JESSICA	MP TITANS	34	F	SEN	10414	1:08:41
520	BARKER	MADRI	TEMP	25	F	SEN	T	1:08:41
521	TRANTER	SUE	TEMP	67	F	65	T24199	1:08:43
522	JONES	RENALDO	TYGERBERG	32	M	SEN	4277	1:08:43
523	ADAMS	JACK	FARNESE	62	M	60	10350	1:08:48
524	VAN DER	PAULINA	TEMP		F	50	T	1:08:48
525	RIVERA	JANE	EDGEMEAD	49	F	45	4633	1:08:49
526	SALIE	NESA	ARD	60	F	60	9092	1:08:50
527	TARBOTON	SASHA	TEMP	58	M	55	T	1:08:51
528	BAZIER	NATASHA	WALMERS AC		F	40		1:08:52
529	PUPUYA	FUNDISWA	TEMP	36	F	35	T24320	1:08:54
530	VAN ZYL	MELISSA	TEMP	26	F	SEN	T24301	1:08:55
531	DELPORT	DIANE	K-WAY VOB	61	F	60	0401	1:08:56
532	MCEWAN	LEENA	SPARTAN	40	F	40	1418	1:08:57
533	STEYN	JACKIE	DURBAC	42	F	40		1:09:01
534	GEYER	J	TEMP	41	F	40	T21388	1:09:03
535	GAIRIA		ARD	30	F	SEN	T11209	1:09:05
536	NO CARD				F	SEN		1:09:05
537	NO CARD				M	SEN		1:09:06
538	SRIKANTH	GANETH	TEMP	28	M	SEN	T21383	1:09:07
539	NO CARD				F	SEN		1:09:07
540	VAN WYK	LINDIE	IN TOUCH	26	F	SEN	7016	1:09:08
541	VAN ROOYEN	JEAN	TEMP	30	M	SEN	T	1:09:09
542	MOTSAO	INNOCENTIA	CELTIC	43	F	40	7374	1:09:10
543	FORSYTH-GITHATHU	JEROME	CELTIC	41	M	40	7263	1:09:13
544	PHILANDER	NICOLETTE	CELTIC	43	F	40	7408	1:09:13
545	ROSSOUW	S	TEMP	53	F	50	T	1:09:20
546	HOPWOOD	MANDY	TEMP	46	F	45	T22658	1:09:28
547	LA GRANGE	LINDY	TEMP	49	F	45	T22671	1:09:29
548	WAGGIE	ZAAKIRAH	ARD	16	F	JUN	T20654	1:09:29
549	WERTHEIM AYMES	INGRID\	TEMP	23	F	SEN	T24227	1:09:31
550	MICHAELS	WERNER	TEMP	37	F	35	T24263	1:09:31
551	MICHAELS	JOSEPHINE	TEMP	37	M	35	T24262	1:09:32

552	MOOSA	ZAYTOUN	ARD	39	F	35	11252	1:09:32
553	ABADER	SANIEYA	OMMIEDRAAI	47	F	45	6830	1:09:34
554	NO RETURN				M	SEN		1:09:40
555	KOTZE	DEON	TEMP	46	M	45	T22679	1:09:41
556	CHRISTIE-SMITH	TARYN	PINELANDS	34	F	SEN		1:09:42
557	JULIUS	RANDY	GOODWOOD HARRIERS	28	M	SEN	4962	1:09:44
558	MNDENDE	MPUMI	METROPOLITAN		F	SEN		1:09:44
559	RIENHARDT	E	NEDBANK WP	55	F	55	4175	1:09:48
560	ABRAHAMS	RUUDI	FARNESE	53	M	50	10347	1:09:48
561	DE BRUYN	ANDIE	TEMP	51	M	50	T24399	1:09:48
562	BOTHA	NANNETTE	RUN WALK 4 LIFE	60	F	60	14504	1:09:49
563	BESTER	CLAUDE	EERSTERIVIER	53	M	50	8484	1:09:49
564	PRETORIUS	CECILIA	TEMP		M	50	T22750	1:09:50
565	PETORIUS	WENDY	RUN WALK 4 LIFE	44	F	40	8427	1:09:50
566	SEPTEMBER	ASTRID	TEMP	38	F	35	T	1:09:51
567	RENTSCHLER	JEANINE	WEST COAST	42	F	40	5795	1:09:52
568	SOLOMON	ZAINAP	ARD	49	F	45	11161	1:09:56
569	SALIE	ACHMAT	ARD	63	M	60	9091	1:10:01
570	GREEN	DAVID	EDGEMEAD	64	M	60	4853	1:10:08
571	BOTHEL	ANGELIQUE	RUN WALK 4 LIFE	29	F	SEN	14503	1:10:18
572	KATHRADA	ZAITOON	TOP FORM	63	F	60	2265	1:10:20
573	LOURENS	MARTIE	BRACKENFELL	58	F	55	6063	1:10:29
574	DREYER	NOELENE	TEMP	37	F	35	T21363	1:10:29
575	LAWRENCE	STEPHANIE	ITHEKO	51	F	50	9966	1:10:30
576	DAVIDS	KASHEIFAH	OMMIEDRAAI	28	F	SEN	6785	1:10:31
577	SALIE	WARDA	OMMIEDRAAI	30	F	SEN	6787	1:10:31
578	BAILEY	LESLEY	TYGERBERG	32	M	SEN	11684	1:10:31
579	NKEWU	MPUTUMI	MP TITANS	58	M	55	13959	1:10:33
580	MEYER	CHRISTOPHER	TYGERBERG	72	M	70	4285	1:10:34
581	NO RETURN				F	SEN		1:10:35
582	DE WAAL	XIO-ANNE	SANLAM	33	F	SEN	8513	1:10:35
583	BARNARD	JACKI	WEST COAST	40	F	40	T14690	1:10:36
584	HEUNIS	MYRNA	TEMP	26	F	SEN	T22655	1:10:39
585	LEWIS	MARK	SANLAM	35	M	35	9071	1:10:40
586	BEZUIDENHOUT	CHERYL-LEE	TEMP	25	F	SEN	T	1:10:41
587	PARKER	ASHIQ	TOP FORM	30	M	SEN	2363	1:10:43
588	LOTZ	MARGO	TEMP	25	F	SEN	T22687	1:10:45
589		ANELE	TEMP	27	F	SEN	T21372	1:10:50
590	STELLENBOOM	ZAYAAN	BELLVILLE	27	F	SEN	6660	1:10:51
591	NOZIBELE		KHAYELITSHA	32	F	SEN	7203	1:10:56
592	SHORT	LIEZEL	SATORI	38	F	35	2397	1:10:56
593	SWART	BC	SATORI	39	M	35	11607	1:10:58
594	KELLERMANN]	E	SANLAM	47	F	45	9034	1:10:59
595	PIENAAR	C	TEMP		F	SEN	T	1:11:00
596	PIETERSE	MARCELLE	TEMP	22	F	SEN	T24277	1:11:00
597	WILSON	ROSE	TEMP	57	F	55	T24228	1:11:00
598	NO RETURN		TEMP		F	SEN	T	1:11:02
599	NO RETURN		TEMP		F	SEN	T	1:11:03
600	NO CARD		TEMP		F	SEN	T	1:11:07
601	NO CARD				M	SEN		1:11:07
602	DALTON	ILZE	SANLAM	31	F	SEN	8557	1:11:07
603	DALTON	MEYER	SANLAM	33	M	SEN	8556	1:11:08
604	DEKOCK	FAAIEL	EASTERNS	38	M	35	10962	1:11:14
605	ADONIS	WAYNE	EDGEMEAD		M	40		1:11:17
606	LOURENS	MARINETTE	BELLVILLE	31	F	SEN	6692	1:11:19
607	JACOBS	EDWIN	IN TOUCH	48	M	45	6991	1:11:19
608	SCHEEPERS	EILEEN	UCT	51	F	50	9625	1:11:22
609	NO RETURN				F	SEN		1:11:22
610	HAUPT	FARRELL	OMMIEDRAAI	52	M	50	12562	1:11:29
611	FREELLS	S	ARD	40	F	40	11184	1:11:45
612	GOUGXELA	SIPHOKAZ	TEMP	35	F	35	T21391	1:11:46
613	DLAMO	PHELADANI	PARLIAMENT	37	M	35		1:11:46

614	KOSSIE	MICHAEL	RCS GUGS	47	M	45	7764	1:11:47
615	ROSSOUW	LORINDA	TEMP	43	F	40	T24285	1:11:49
616	NO RETURN		TEMP		M	SEN	T	1:11:51
617	VAN DER WALT	CECILE	TEMP	32	F	SEN	T	1:11:57
618	KINGMAN	MOENEEBA	ARD	39	M	35	11214	1:12:04
619	GANGAT	AMEERA	ARD	26	F	SEN	15530	1:12:06
620	SALIE	SULAYMAN	ARD	28	M	SEN	15531	1:12:07
621	JORDAAN	THERESA	K-WAY VOB	62	F	60	0550	1:12:13
622	EBRAHIM	AMMAARAH	ARD	15	F	JUN	20652	1:12:27
623	GERONE	SINAZO	TEMP	27	F	SEN	T	1:12:27
624	ADAMS	ADNAAN	TOP FORM	41	M	40	2396	1:12:33
625	MAREE	JONATHAN	CAPE MULTISPORT	49	M	45	8789	1:12:34
626	KAMALDIEN	RAZAAN	CENTRAL AC	48	F	45	6166	1:12:35
627		ASHEN	TEMP	34	M	SEN	T24176	1:12:37
628	NO CARD		TEMP		F	SEN	T	1:12:40
629	THEBUS	RUWAYDA	ARD		F	50	9099	1:12:52
630	VAN DER SPUY	HEIDI-LEIGH	WEST COAST	39	F	35	5507	1:12:56
631	NO RETURN		WEST COAST		M	SEN		1:12:57
632	BRESLER	CARLA	TEMP	57	F	55	T	1:13:00
633	NO RETURN				F	SEN		1:13:01
634	KHAN	FAIZ	TOP FORM	61	M	60	2280	1:13:01
635	NO RETURN				M	SEN		1:13:06
636	MPANGE	PUMZO	OMMIEDRAAI	26	F	SEN	12536	1:13:09
637	JAFFER	ZURAYDA	ARD	48	F	45	11136	1:13:15
638	JAFFER	FAROUK	ARD	53	M	50	11137	1:13:15
639	BEHARDIEN	ROEKSHANA	OLD MUTUAL	35	F	35	0388	1:13:20
640	MPANDA	MAMELA	KHAYELITSHA	31	F	SEN	7205	1:13:25
641	NO RETURN				F	SEN		1:13:26
642	EAVES	RHONDA	MP TITANS	34	F	SEN	10418	1:13:28
643	VAN ZYL	LIEZEL	BRACKENFELL	40	F	40	5994	1:13:32
644	JACOBS	LINDA	ARD	49	F	45	11207	1:13:37
645	KAPPERS	MARLIES	TEMP		M	SEN	T18918	1:13:42
646	MARITZ	BENITO	SATORI	39	F	35	11627	1:13:43
647	SPENCELEY	G	TEMP	46	M	45	T24180	1:13:43
648	VAN WYK	ROSE	MP TITANS	38	F	35	10405	1:13:45
649	BASHEER	AKEELA	ARD	13	F	JUN		1:13:45
650	SAMSODIEN	IBRAHEEM	ARD	17	M	JUN	20656	1:13:46
651	HENDRICKS	FATIMA	ARD	44	F	40	11170	1:13:57
652	VAN ZYL	KELLY	SOMERSET STRIDERS	42	F	40	7078	1:13:57
653	ERASMUS	ISABELLE	TEMP	14	F	JUN	T2066	1:13:58
654		JOHANNA	BELLVILLE		F	SEN		1:13:58
655	SWEETING	ROSE	SATORI	48	F	45	11621	1:14:00
656	VLOK	T	TEMP		F	SEN	T	1:14:09
657	NO RETURN				F	SEN		1:14:11
658	STOREY	SIMONE	TEMP	23	F	SEN	T	1:14:12
659	GEORGE	URSULA	MP TITANS	66	F	65	10367	1:14:15
660	VERSTER	ELEANOR	TEMP	39	F	35	T	1:14:17
661	ALEXANDER	NAZEEMA	HEWAT	61	M	60	11404	1:14:17
662	DAWOOD	MUMTAZ	ITHEKO	31	F	SEN	10010	1:14:18
663	ALLIE	MARIAM	HEWAT	41'	F	40	12490	1:14:18
664	BLANK CARD		TEMP		F	40	T	1:14:19
665	NO RETURN				F	SEN		1:14:23
666	APHIWE		TEMP		F	SEN	T	1:14:25
667	QIKWA	NGABAKAU	TEMP		F	SEN	T	1:14:25
668	PIETERS	AMANDA	TEMP	56	F	55	T	1:14:27
669	RAATHS	MONIQUE	TEMP		F	SEN	T	1:14:28
670	MARTIN	PRISCILLA	EDGEMEAD	51	F	50	4895	1:14:28
671		WILLEM	SWARTLAND	44	M	40		1:14:32
672	FERREIRA	NADINE	TEMP		F	40	T24189	1:14:33
673	JANSCHE VAN	ADELE	GOODWOOD HARRIERS	46	F	45	4942	1:14:33
674	PROBERT	GARY	RUN WALK 4 LIFE	68	M	65		1:14:36
675	NO RETURN				F	SEN		1:14:41

676	FATAAR	NURAAN	ARD		F	SEN	9105	1:14:41
677	SEDICK	FAIROUZ	ARD	34	F	SEN		1:14:42
678	RHODE	LORONDA	RCS GUGS	41	F	40	7610	1:14:43
679	CLARK		CENTURY CITY		M	50	10167	1:14:43
680	JOHNSON	G	ARD	26	F	SEN	11123	1:14:47
681	SALIE	LAMEES	ARD	35	F	35	9093	1:14:48
682	KAVANAGH	CYNTHIA	EDGEMEAD	68	F	65	4802	1:14:48
683	VILJOEN	DEON	SWARTLAND	60	M	60	0025 BOL	1:14:53
684	PALM	GLENDA	STRAGGLERS	55	F	55	8301	1:14:54
685	JOACHIMS	GAVIN	TEMP	46	M	45	T	1:14:55
686	NO CARD				F	SEN		1:14:58
687	VAN ROOYEN	DANELLE	SWARTLAND	29	F	SEN		1:15:01
688	CARSTENS	FRIKKIE	SWARTLAND	56	M	55	0077 BOL	1:15:02
689	NO RETURN				M	SEN		1:15:03
690	SHAW	YOLLANDA	ITHEKO	53	F	50	14334	1:15:03
691	CLACKETT	SANDY	HELDERBERG	52	F	50	4490	1:15:09
692	SWART	PATRICIA	PINELANDS	27	F	SEN	3910	1:15:13
693	MARAIS	CLIFTON	KUILS RIVER	47	M	45	12796	1:15:17
694	BARNES	DALEEN	RCS GUGS	46	F	45	7726	1:15:26
695	VAN ONSELEN	ZELDA	RUN WALK 4 LIFE	57	F	55		1:15:32
696	SMIT	HERMAN	SANLAM	61	M	60	9100	1:15:33
697	OLIVIER	BIANCA	TYGERBERG	20	F	SEN	11672	1:15:33
698	FORTUNE	DAWOOD	TOP FORM	63	M	60	2275	1:15:39
699	MARTIN	PENNY	GOODWOOD HARRIERS	53	F	50	5024	1:15:44
700	BASSER	ELAINE	TEMP	28	F	SEN	T	1:15:53
701	ASHTON	CELISTINE	TEMP		F	SEN	T21301	1:15:54
702	ADONIS	KIM	EDGEMEAD	40	M	40	4658	1:15:55
703	WILLIAMS	S	TEMP	40	F	40	T24356	1:15:56
704	DE JONGH	MONICA	STRAND	28	F	SEN		1:15:56
705	HEIL	CORNE	BELLVILLE	46	F	45	6553	1:15:57
706	ILLMAN	SIMON	EDGEMEAD	49	M	45	4830	1:16:02
707		ELEANORE	RAVENSMEAD	58	F	55	10110	1:16:05
708	GILIKIDI	MFUNEKO	TEMP	48	M	45	T21389	1:16:06
709	BERNER	KARINA	SANLAM	33	F	SEN	8515	1:16:08
710	PETERSEN	CHERYL	SPARTAN	60	F	60	1760	1:16:10
711	FORTUNE	LINDSAY	TOP FORM	60	M	60	2484	1:16:10
712	EBRAHIM	ZAYNAB	ARD	31	F	SEN	9135	1:16:10
713	MKHONZA	SIBUSISO	IN TOUCH	36	M	35	7021	1:16:12
714	ZONGOLO	GENEVIEVE	SAPS WP	25	F	SEN	15243	1:16:13
715	KAMISH	KHASHIEFAH	OMMIEDRAAI	43	F	40	6781	1:16:16
716	STRYDOM	LEE-ZANNE	TEMP	26	F	SEN	T	1:16:16
717	GRIETENOUW	CHRISTOPHER	TEMP	29	M	SEN	T	1:16:17
718	NO RETURN				F	SEN		1:16:20
719	DE VOS	ANIKA	TYGERBERG	32	F	SEN	4276	1:16:21
720	ADAMS	SAMAT	FARNESE	60	M	60	10345	1:16:21
721	IMMELMAN	LORRAINE	TEMP	58	F	55	T	1:16:23
722	EBRAHIM	ZAHID	ARD	63	M	60	9136	1:16:23
723	LOUW	ELIZABETH	RCS GUGS	53	F	50	7856	1:16:30
724	MAKHUMA	NOMANDLA	RCS GUGS	28	F	SEN		1:16:34
725	BARUMA	BUHLE	TEMP	29	M	SEN	T	1:16:43
726	SWAIN	CHARMAINE	PINELANDS		F	50	0052	1:16:48
727	NTLOKWANA	CHARLENE	KHAYELITSHA	45	M	45	7200	1:16:50
728	KAMALDIEN	EKRAAM	MSA MULTISPORT	58	M	55		1:16:57
729	THEUNISSEN	BERNIE		47	F	45	19959	1:16:57
730		TAHIRAH	TEMP	31	F	SEN	T3146	1:16:58
731	JOHAAR	LAMEEZ	ARD	35	F	35	9115	1:17:10
732	NO RETURN		SPARTAN		F	SEN		1:17:13
733	DAVIDS	FAATIMAH	KENFAC	24	F	SEN	13031	1:17:16
734	JOHAADIEN	WAFIQUA	CENTRAL AC	29	F	SEN	6276	1:17:17
735	NO RETURN				M	SEN		1:17:22
736	DREYER	FERIAL	TEMP	40	F	40	T	1:17:23
737	VAN DEN BERG	JAN	STRAND	85	M	85	2798	1:17:24

738	VAN DER MERWE	JANNIE	BRACKENFELL	57	M	55	6015	1:17:25
739	MALAN	LOUIS	TEMP	28	M	SEN	T24258	1:17:25
740	LE ROUX	FATIMA	NANTES	53	M	50		1:17:34
741	LEMMETJIES	H	ARD	52	M	50	11117	1:17:35
742	PRICE	NAZLIE	ARD		F	50	11140	1:17:39
743	HOUGHTON	MICHELLE	TEMP	43	F	40	T	1:17:42
744		ELSARE	BRACKENFELL		F	40		1:17:51
745	DUBE	BONANI	ITHEKO	37	F	35	3026	1:18:07
746	MKIVA	NOMTIKAZI	PARLIAMENT	48	F	45		1:18:12
747	ISAACS	FLORENCE	STRAGGLERS	54	F	50	8303	1:18:12
748	DE NOBREGA	M	TEMP	51	F	50	T2098	1:18:16
749	MULDER	CARLA	STELLENBOSCH	26	F	SEN	2607 BOL	1:18:17
750	DADABHEY	AYOUB	MSA MULTISPORT	44	M	40	11350	1:18:18
751	KOKELA	S	SANDF WP	34	F	SEN	5327	1:18:19
752	POTGIETER	ANDRE	BELLVILLE	55	M	55	6744	1:18:21
753	BOONZAAIER	LOUIE CECILE	BELLVILLE	53	F	50	15393	1:18:24
754	DAPPAMPE	ANGELICA	MSA MULTISPORT	18	F	JUN	20675	1:18:28
755	DA RONCH	MARTINA	TEMP	17	F	JUN	T	1:18:29
756	NO CARD		TEMP		F	SEN	T	1:18:33
757	ALLIE	YUSRAH	ITHEKO	32	F	SEN	3118	1:18:40
758	ALLIE	JEHANN	ITHEKO		M	SEN		1:18:40
759	KAPERY	ADEELA	ARD	44	F	40	11224	1:18:43
760		AZIZA	MSA MULTISPORT	35	F	35	11360	1:18:45
761		ALLISON	ARD	38	F	35		1:18:49
762	BERNTZEN	ANNATJIE	GOODWOOD HARRIERS	76	F	75	4975	1:18:51
763	BENN	GENEVIEVE	WILD RUNNER	43	F	40	3494	1:18:52
764	DAWOOD	ZAHEER	ITHEKO	43	M	40	3665	1:18:52
765	MUDAU	MASTUDU	TEMP	33	M	SEN	T4854	1:18:53
766	TUWALA	SIBUSISO	TEMP		F	SEN	T21401	1:18:53
767		SVEN	TEMP	27	M	SEN	T	1:18:54
768		BIS	TEMP	25	F	SEN	T	1:18:55
769	FADIELA		ARD	49	F	45	11201	1:18:55
770	ISAACS	RUHSHANA	OMMIEDRAAI	32	F	SEN	6853	1:18:56
771	ALEXANDER	SALMA	OMMIEDRAAI	31	F	SEN	6794	1:18:56
772	ISAACS	REZAH	OMMIEDRAAI	34	M	SEN	6852	1:18:57
773	DIEDERICKS	NAZREEN	EDGEMEAD	35	F	35	11599	1:18:57
774	DANEEL	ANSIE	EDGEMEAD		F	50	2089	1:18:57
775	VALENTINE	MARLON	HELDERBERG	55	M	55	4533	1:19:00
776	VAN SCHALKWYK	Y	MP TITANS	45	F	45	10378	1:19:02
777	FISHER	YVETTE	TEMP	49	F	45	T21376	1:19:04
778	SLINGERS	JAMIE	TEMP	23	F	SEN	T24178	1:19:05
779	DUNN	SIOBHAN	SPARTAN	16	F	JUN	T20384	1:19:06
780	COGILL	RICHARD	SPARTAN	65	M	65	1394	1:19:06
781	RAITO	TRUDY	TEMP	29	F	SEN	T13547	1:19:08
782	NO RETURN				F	SEN		1:19:12
783	NO RETURN				F	SEN		1:19:12
784	NO RETURN				F	SEN		1:19:14
785	BYRNE	LISA	SPARTAN	37	F	35	1417	1:19:15
786	NO RETURN				F	SEN		1:19:18
787	MACHEKA	VIMBAINSASHE	MIDACK	32	F	SEN	1494 MPU	1:19:19
788		KOOS	TEMP	40	M	40	T21361	1:19:20
789		DAMON	TEMP	52	M	50	T	1:19:32
790	JOUBERT	NANCY	BRACKENFELL		F	40		1:19:32
791	ARENDSE	MEGAN	SPARTAN	43	F	40	1689	1:19:33
792	ESSACK	ZAINAB	ITHEKO	40	F	40	3325	1:19:34
793	DUNN	CJ	SPARTAN	51	F	50	1367	1:19:35
794	BOCK	HEIN	BRACKENFELL	55	M	55	5993	1:19:41
795	STAPLES	BRENDA	RUN WALK 4 LIFE	41	M	40		1:19:42
796	PAPIER	FRANCES	RAVENSMEAD	47	F	45	10103	1:19:49
797	NTSABO	LINDIWE	PARLIAMENT	47	F	45	13002	1:19:49
798	KHAN	FATIMA	ITHEKO	31	F	SEN	9888	1:19:53
799	VAN DE RHEEDE	FATIMA	ITHEKO	42	F	40	3030	1:19:54

800	MULLER	VANESSA	ITHEKO	57	F	55	3343	1:19:54
801	MEYER	SHALANCE	TOP FORM		F	SEN	2498	1:19:57
802	DU PLESSIS	ENA	TEMP	60	F	60	T24312	1:19:58
803	BASHIER	ALLIE	ARD	69	M	65	9103	1:19:59
804	NO CARD		ITHEKO		F	SEN		1:19:59
805	ELY	FATIMA	MSA MULTISPORT	42	F	40	11369	1:20:05
806	KLEINSCHMIDT	M	MSA MULTISPORT	59	M	55		1:20:05
807	LABUSCHAGNE	NADIA	TEMP		F	SEN	T	1:20:10
808	SALIE	FATIMA	ARD		F	SEN	11113	1:20:12
809	GREEN	SHAAKEERAH	FARNESE	16	F	JUN	20140	1:20:15
810	NEETHLING	MARIUS	BELLVILLE	41	M	40	6644	1:20:16
811	LE ROU	ILZE	BELLVILLE	41	F	40	6643	1:20:17
812	ZIDE	NOZI	RCS GUGS	46	F	45	7576	1:20:18
813	ADAMS	ZOEBYDA	HEWAT		M	60	12489	1:20:19
814	GWIJA	KUHLE	PARLIAMENT	34	M	SEN	12068	1:20:19
815	KELLY	JAMIE-LEE	RUN WALK 4 LIFE	23	F	SEN	8424	1:20:20
816	HERBST	NINA	TEMP	32	F	SEN	T2174	1:20:21
817	PETERSEN	FAEZA	ITHEKO	48	F	45	9845	1:20:21
818	BARODIEN	SHAAKILE	ITHEKO	48	F	45	3211	1:20:21
819	BRESLER	STEVEN	TEMP	66	M	65	T	1:20:22
820	PETERSEN	FARADIEBA	ITHEKO	55	F	55	2999	1:20:22
821	CASSIEM	NASREEN	ITHEKO	51	F	50	3110	1:20:22
822	SOLOMONS	FALDEELAH	HEWAT	57	F	55	11403	1:20:23
823	FALAL	ABDUL	ITHEKO	50	M	50	3388	1:20:23
824	VAN NIEKERK	JENNY	ITHEKO	48	F	45	9897	1:20:24
825	NO CARD				F	SEN		1:20:25
826	RINQUEST	F	ITHEKO		M	50	3195	1:20:26
827	OOSTENDORP	ADENAAN	ITHEKO	48	M	45	3132	1:20:27
828	VAN NIEKERK	LUZALLE	OMMIEDRAAI	39	F	35		1:20:28
829	NO RETURN				M	SEN		1:20:29
830	NO RETURN				F	SEN		1:20:30
831	ZEEDERBERG	TANIA	PINELANDS	43	F	40	3770	1:20:32
832	BAILY	JENNY	TEMP	56	F	55	T2839	1:20:33
833	BARODIEN	NATHMIE	ITHEKO	49	M	45	3210	1:20:34
834	ZEEDERBERG	CLIVE	PINELANDS	45	M	45		1:20:35
835	BENJAMIN	CEDRIC	HELDERBERG	39	M	35	1111	1:20:37
836	NO RETURN				M	SEN		1:20:37
837	NO RETURN				F	SEN		1:20:37
838	NO RETURN				F	SEN		1:20:38
839	LEETCH	MICHELE	RUN WALK 4 LIFE	43	F	40	15121	1:20:39
840		FRANKLIN	TEMP		M	40	T	1:20:43
841	NO RETURN				M	SEN		1:20:45
842		FRANK	TEMP	26	M	SEN	T24167	1:20:46
843	WAGGIE	NUR	ARD	15	F	JUN	20655	1:20:48
844	SCHREIBER	LIZE	TEMP	26	F	SEN	T24168	1:20:48
845	GALVAAN	HAANIM	CARBINEERS WP	29	F	SEN	8058	1:20:49
846	ABRAHAMS	SHIFAH	ITHEKO	22	F	SEN	3120	1:20:56
847	NGWENYA	KATLEGO	TEMP	30	F	SEN	T	1:21:01
848	DENNIS	CAITLIN	TEMP	12	F	JUN	T24346	1:21:02
849	BEDFORD	WADIAH	ITHEKO	50	F	50		1:21:07
850	DAVIDS	FATIMA	MSA MULTISPORT	48	F	45	11370	1:21:14
851	GEUSTYN	MARGRIET	TEMP	55	F	55	T	1:21:26
852	EKSTEEN	MUNEEB	ARD	50	F	50	11131	1:21:31
853	REEVE	CHARMAINE	RUN WALK 4 LIFE	45	M	45		1:21:38
854	SAMODIEN	HASSIEM	ARD	56	M	55	11111	1:21:41
855	BARRETT	ZWANITA	TEMP	42	F	40	T	1:21:44
856		BONGIWE	RCS GUGS		F	SEN	7867	1:21:47
857	WILLIAMS	P	TEMP	50	F	50	T24360	1:21:50
858	MAARMAN	CECILIA	KUILS RIVER	33	F	SEN	12788	1:21:51
859	ORRIE	ZAID	ARD	53	M	50	11179	1:21:58
860	NDLOVA	NELLY	RCS GUGS	24	F	SEN	7765	1:21:59
861	NO RETURN		TEMP		M	SEN	T	1:22:02

862	DENNIS	DIANE	EDGEMEAD	71	F	70	4741	1:22:07
863	BEZANA	AKHONA	KHAYELITSHA	31	M	SEN	14835	1:22:15
864	MARAIS	RITA	SANDF WP	59	F	55	5261	1:22:16
865	LUDICK	HERMIEN	TEMP	62	F	60	T22693	1:22:16
866	KLUDICK	M	SANDF WP	58	F	55		1:22:17
867	DE KOCK	VANESSA	ITHEKO	53	F	50	9964	1:22:17
868	DENNIS	ROBIN	EDGEMEAD	71	M	70	4740	1:22:22
869	KRUGER	ANDRE	WILD RUNNER	53	M	50	3546	1:22:27
870	NO RETURN				M	SEN		1:22:44
871		MARTINA	TEMP	62	F	60	T	1:22:47
872		JO-ANNE	TEMP	27	F	SEN	T	1:22:49
873	MOHAMED	RUWAYDA	ARD	58	F	55	9100	1:22:51
874	NDIKI	LUYANDA	LANGA	25	F	SEN		1:22:52
875	NELL	ANTOINETTE	TEMP	24	F	SEN	T	1:22:58
876		FATIMA	MP TITANS	66	F	65		1:22:59
877	NORTJE	JOHRINE	SANLAM	61	F	60	8527	1:23:05
878	MGAQALI	BABALWA	TEMP		F	SEN	T7713	1:23:07
879	NO RETURN				F	SEN		1:23:12
880	NDANDA	VIGOKQZI	TEMP	36	F	35	T2323	1:23:12
881	BENN	VICTOR	BRACKENFELL	45	M	45	10769	1:23:13
882	STOFFELS	RENE	RCS GUGS	40	F	40		1:23:13
883	CLAASSEN	ANNETJIE	SANLAM	62	F	60	8555	1:23:16
884	SMITH	ALTA	SANLAM	59	F	55	8502	1:23:16
885	BESTER	ADINE	TEMP	38	F	35	T	1:23:29
886	NO RETURN		MSA MULTISPORT		M	SEN		1:23:29
887	SALLIE	YUSRA	ITHEKO	46	F	45	9887	1:23:34
888	CHRISTIAN	SHIREEN	ITHEKO		F	40		1:23:35
889	MAMABOLO	NAPSIADI	TEMP	31	F	SEN	T	1:23:36
890	BLANK CARD		METROPOLITAN		M	50		1:23:39
891	NO RETURN				M	SEN		1:23:48
892	LUMKWANA	UNITY	LANGA	34	M	SEN		1:23:50
893	ADAMS	YUMNAH	OMMIEDRAAI	46	F	45	6934	1:23:50
894	MASWITNA	NOLUVUNO	SAPS WP	35	F	35	0069	1:23:53
895	NAZEEMA		OLD MUTUAL		F	SEN		1:23:59
896	WILSON	LISA-JOY	OLD MUTUAL	28	F	SEN	24363	1:24:00
897	LAING	JOHANNES	BELLVILLE	44	M	40	6626	1:24:08
898		RABIA	MSA MULTISPORT	46	F	45	15502	1:24:10
899	SAFODIEN	MARWAAN	NANTES	27	M	SEN	12913	1:24:22
900	SHABODIEN	FATIMA	ARD	62	F	60	9097	1:24:26
901	SHABODIEN	YUSUF	ARD	60	M	60	9098	1:24:26
902	JANSEN	S	BRACKENFELL	59	F	55	10787	1:24:30
903	NO RETURN				F	SEN		1:24:31
904	WILLIAMS	BEVERLEY	KUILS RIVER	40	F	40	12794	1:24:31
905	NO RETURN		LANGA		F	SEN		1:24:32
906	LUNGISWA		AAC	37	F	35	9482	1:24:36
907	NO RETURN				M	SEN		1:24:38
908	BOOYSEN	BONITA	CENTURY CITY	36	F	35		1:24:44
909	NO RETURN		K-WAY VOB		M	60		1:24:46
910	NO CARD				M	SEN		1:24:51
911	CARNEY	NICOLETTE	RUN WALK 4 LIFE	58	F	55		1:24:52
912	JOACHIMS	JOY	TEMP	42	F	40	T2203	1:24:54
913	SMITH	ELIZABETH-ANN	RAVENSMEAD		F	50	10116	1:25:00
914	NEL	INA	TEMP	33	F	SEN	T22731	1:25:02
915	HENDRICKS	TAMSYN	CENTURY CITY	28	F	SEN	14952	1:25:06
916	ISAACS	MARIAN	STRAGGLERS	41	F	40	8295	1:25:06
917	YEO	JESSICA	RUN WALK 4 LIFE	47	F	45	15183	1:25:08
918	NO RETURN				F	SEN		1:25:09
919	NO CARD				F	SEN		1:25:09
920	DU TOIT	ZULAYGAH	ITHEKO	41	F	40	3027	1:25:10
921	SIPHIWO		RCS GUGS		M	40	8006	1:25:15
922	PARKER	ABDULLAH	ITHEKO	67	M	65	3348	1:25:16
923	NO RETURN		TEMP		F	SEN	T	1:25:19

924	SAMODIEN	A	ARD		F	50	1110	1:25:24
925	SEPTEMBER	SHEREEN	ITHEKO		F	40	3470	1:25:24
926	MALAN	JACKIE	TEMP	35	F	35	T22699	1:25:35
927	PROBERT	LEONIE	RUN WALK 4 LIFE		F	60		1:25:36
928	DE VILLIERS	STEPHANIE	ARD	46	F	45	9087	1:25:37
929	MOHAMED	RAMNUR	CENTRAL AC	51	F	50	6364	1:25:37
930	PERIN	NURJEHAN	CENTRAL AC		F	SEN	6235	1:25:37
931	TEEK	O	CENTURY CITY	37	F	35	10168	1:25:44
932	GROENEWALD	CASPER	BELLVILLE	61	M	60	6578	1:25:51
933	ALLEN	BERNIE	TEMP	45	F	45	T	1:25:56
934	NO RETURN				F	SEN		1:25:56
935	LUTZ	CF	KENFAC	56	M	55	15068	1:25:58
936	BLANK CARD		TEMP		F	SEN	T	1:26:00
937	NO CARD		TEMP		F	SEN	T	1:26:05
938	FICK	FRANCES	ARD	53	F	50	11242	1:26:19
939	CORDAN	GILLIAN	TEMP	27	F	SEN	T	1:26:19
940	JAFTHA	WALLY	STRAGGLERS	68	M	65	8289	1:26:25
941	KULA	XOLISWA	RCS GUGS	31	F	SEN	2236	1:26:29
942	EHRENBERG	ARLENE	WHALERS	77	F	75	0361	1:26:30
943	RAOMANA	THUNDELWA	RCS GUGS	38	F	35	14527	1:26:37
944	BEUKES	HECTORINE	TEMP	41	M	40	T	1:26:38
945	BLANK CARD				F	50		1:26:42
946	STOFFBERG	KASHIEFA	TEMP	27	F	SEN	T24184	1:26:45
947	ALSAVARI	AHMED	TEMP	38	M	35	T21308	1:26:47
948		GAYNOR	MP TITANS	42	F	40	10384	1:27:00
949	LAING	ILSE	BELLVILLE	43	F	40	6625	1:27:01
950		SAADIQA	MSA MULTISPORT	24	F	SEN	11367	1:27:02
951	ADAMS	FASLONA	MSA MULTISPORT	40	F	40	11359	1:27:03
952	NO RETURN		BELLVILLE		M	SEN		1:27:08
953	NO RETURN		BELLVILLE		F	SEN		1:27:08
954	GROEPE	TONI	IN TOUCH	58	F	55	6996	1:27:15
955	ORTONE	DON	TEMP	42	F	40	T22743	1:27:17
956	VAN ALMELO	BENNIE	TYGERBERG	49	M	45	4249	1:27:19
957	RYKLIEF	HABIBA	TOP FORM	59	F	55	2409	1:27:29
958	LIBBIE	MERCIA	BIDVEST	37	F	35	11751	1:27:30
959	NO RETURN				F	SEN		1:27:31
960	NO CARD				F	SEN		1:27:32
961	KOTZE	URDA	K-WAY VOB	53	M	50	0730	1:27:45
962	BUYS	ANNELIZE	K-WAY VOB	53	F	50	0656	1:27:46
963	DICKIE	KASHA	TEMP	37	F	35	T24242	1:27:46
964	ELS	HENJE	WALMERS AC		F	50		1:27:49
965	NO RETURN		TEMP		F	SEN	T	1:28:14
966	NO RETURN		TEMP		F	SEN	T	1:28:16
967	ANTHONY	MYMOENA	OMMIEDRAAI	58	F	55	6881	1:28:23
968	EBRAHIM	BAHAA	OMMIEDRAAI	53	F	50	6880	1:28:24
969	DORFLING	FRANCOIS	CAPE MULTISPORT	47	M	45	2110	1:28:28
970	LOTHE	THULISWA	TEMP	31	F	SEN	T	1:28:33
971	DEVINE	KERRY	TEMP	58	F	55	T	1:28:33
972	MULLER	JUDY	TEMP	56	F	55	T	1:28:34
973	NO CARD		TEMP		F	SEN	T	1:28:39
974	NO RETURN		TEMP		F	SEN	T	1:28:49
975		CHARLOTTE	RCS GUGS	32	F	SEN	7728	1:28:52
976	MTSHEMLA	HLONELWA	RCS GUGS	34	F	SEN	7853	1:28:59
977	DOUBELL	EMMA	CELTIC	28	F	SEN	7475	1:29:05
978	TOOLEY	PHYLLIS	CELTIC	66	F	65	7427	1:29:06
979	TOOLEY	BILL	CELTIC	74	M	70	7428	1:29:07
980	NO CARD				F	SEN		1:29:35
981	NO RETURN		RCS GUGS		F	SEN		1:29:36
982	NO RETURN		RCS GUGS		F	SEN		1:29:43
983	JACOBS	HENRIETTE	RUN WALK 4 LIFE	49	F	45	4012	1:29:45
984	COLLINS	NICOLEEN	OMMIEDRAAI	48	F	45	6944	1:29:47
985		ROSEMARY	OMMIEDRAAI	61	F	60	6946	1:29:47

986	ALLIE	GHAIRONESA	OMMIEDRAAI	64	F	60	6808	1:29:48
987	NO RETURN				M	SEN		1:29:56
988	NO RETURN				F	SEN		1:29:57
989	ABRAHAMS	SHAMMILLAH	OMMIEDRAAI	51	F	50	6879	1:29:58
990	JASSIEM	SORAYA	ARD	58	F	55		1:30:06
991	NO RETURN		TEMP		F	SEN	T	1:30:14
992	SEPTEMBER	TAMEN	ITHEKO	27	M	SEN	3390	1:30:31
993	LUBBE	ANRIE	CAPE MULTISPORT	32	F	SEN	13137	1:30:42
994	ABRAHAMS	ADIELA	ARD		F	50	11129	1:30:44
995	TESSEL	S	AAC	71	M	70	9446	1:30:45
996	LOUBSET	JANA	TEMP	38	F	35	T	1:30:49
997		ILES	TEMP	56	M	55	T	1:30:50
998	NO RETURN				M	SEN		1:30:54
999	BRINK	DALENE	SANLAM	56	F	55		1:30:55
1000	DE SWARDT	ELSABE	SANLAM	55	F	55	T	1:30:56
1001	NO CARD		TEMP		F	SEN		1:31:36
1002	LODEWYK	DAPHNE	MP TITANS	62	F	60	13950	1:31:44
1003	ADAMS	MARIAM	ARD	58	F	55	11172	1:31:52
1004	NO RETURN				F	SEN		1:31:53
1005	WAGGIE	SHAFIEKA	ARD	41	F	40	9108	1:31:54
1006	SOLOMONS	NADIEMA	ARD	56	F	55	11116	1:31:56
1007	CONRAD	JOANNE	RUN WALK 4 LIFE	57	F	55		1:32:03
1008	MTSHEMLA	LORNA	RCS GUGS	30	F	SEN	7854	1:32:05
1009	NO RETURN		TEMP		F	SEN	T	1:32:13
1010	NO RETURN		TEMP		F	SEN	T	1:32:13
1011	MASHIYA	MORONGWA	OLD MUTUAL	30	M	SEN	0341	1:32:17
1012	MCAPUKISI	OREANETSI	TEMP	17	F	JUN	T13554	1:32:17
1013	SIPHANGO	ZINE	EDGEMEAD	37	F	35	4634	1:32:20
1014	KHABULAGYA	KHANYISA	TEMP	43	F	40	T	1:32:20
1015	SCHWARTZ	ANJA	FIT 2000	69	F	65	0072	1:32:26
1016	GRAHAM	LOUISE	RAVENSMEAD	65	F	65	10112	1:32:39
1017	NO RETURN		TEMP		M	SEN	T	1:32:50
1018	NO CARD		TEMP		F	SEN	T	1:33:32
1019	NO RETURN		TEMP		F	SEN	T	1:33:33
1020	FILLMORE	LYNDA	EDGEMEAD	69	F	65	4815	1:33:42
1021	NDUNGANE	THANDIWE	WEST COAST	38	F	35	5730	1:33:51
1022	SMIT	ELMORE	BRACKENFELL	65	F	65	5964	1:33:55
1023	WOOD	ALISON	SPARTAN	44	F	40	1605	1:33:56
1024	NEL	ALECIA	IN TOUCH	28	F	SEN	7008	1:34:03
1025	NEL	LETTIE	IN TOUCH		F	SEN	7007	1:34:04
1026	NO CARD		TEMP		F	SEN	T	1:34:09
1027	NARAN-SMITH	VEENA	PINELANDS	32	F	SEN	3886	1:34:33
1028	NO RETURN				F	SEN		1:34:38
1029	JAMILA	VERGOTINE	RAVENSMEAD		F	60	10111	1:34:39
1030	VISSER	ESTELLE	EDGEMEAD	67	F	65	4867	1:34:44
1031	GRIFFITHS	ENGELA	EDGEMEAD	63	F	60	4868	1:34:45
1032	UYS	MARIE	IN TOUCH	61	F	60	7000	1:34:50
1033	MAFATLE	SEIPATI	IN TOUCH	44	F	40	7054	1:34:51
1034	NO RETURN				F	SEN		1:35:09
1035	FORBES	NATASCHA	TEMP	48	F	45	T2132	1:35:16
1036	SAVAHL	AYESHA	STRAGGLERS	32	F	SEN	8298	1:35:17
1037	LE ROUX	ABIGAIL	TEMP	38	F	35	T22695	1:35:24
1038	NKUTUA	BRENDA	TEMP	38	F	35	T2736	1:36:02
1039	MURDOCK	ALLAN	RUN WALK 4 LIFE		M	70		1:36:05
1040	WRIGHT	LAURIE	RUN WALK 4 LIFE		M	70		1:36:06
1041	NO RETURN		TEMP		F	SEN	T	1:36:17
1042	MARTHINUS	SHAMIEL	OMMIEDRAAI	53	M	50	6930	1:36:47
1043	O'GRADY	BEV	RUN WALK 4 LIFE		F	70		1:36:53
1044	VAN NIEKERK	ADELINE	RUN WALK 4 LIFE	58	F	55	4022	1:37:06
1045	PILKINGTON	LYNNE	TEMP	53	F	50	T	1:37:06
1046	BAARD	GAIL	RUN WALK 4 LIFE	56	F	55	4014	1:37:14
1047	BOOYSEN	HELENE	TEMP	46	F	45	T	1:37:16

1048	MATTHYS	MALCOLM	FARNESE	60	M	60	10348	1:37:32
1049	POTGIETER	RYNO	TEMP	45	M	45	T	1:37:38
1050	BLANK CARD				F	50		1:37:38
1051	MCKENZIE	B	TEMP	60	F	60	T2702	1:37:39
1052	NO CARD				F	SEN		1:37:42
1053	ROSSOUW	CORNE	TEMP	44	F	40	T	1:37:43
1054	NO RETURN				F	SEN		1:37:44
1055	COETZEE	EJ	TEMP	58	M	55	T	1:37:44
1056	GUIZOT	TALITA	TEMP	40	F	40	T	1:37:45
1057	SIEBEHAZI	S	TEMP		F	50	T	1:38:06
1058	JOUBERT	HANRIE	BRACKENFELL		F	50	10773	1:38:20
1059	ABRAHAMS	FAZLUN	KENFAC	38	F	35	24371	1:38:17
1060	MALLICK	SADICKA	KENFAC	41	F	40		1:39:18
1061	SMITH	MERCIA	PINELANDS	50	F	50	3667	1:39:24
1062	NO CARD		TEMP		F	SEN	T	1:39:24
1063	MORRIS	TERESA	BRACKENFELL	46	F	45	6022	1:39:24
1064	NO RETURN		RCS GUGS		F	SEN		1:39:24
1065	HINDLEY	BRIGITTE	MACASSAR	43	F	40	12201	1:39:41
1066	COETSEE	SURINA	TEMP	38	F	35	T22709	1:39:42
1067	MARISKA		TEMP	38	F	35	T21337	1:39:42
1068	KHAN	MARIAN	OMMIEDRAAI	77	F	75	14827	1:39:43
1069	STORM	CHRISTIAAN	TEMP	26	M	SEN	T24186	1:40:10
1070	STORM	SUSAN	TEMP	55	F	55	T24188	1:40:10
1071	EKSTEEN	SYBIL	TEMP	37	F	35	T21370	1:40:11
1072	STEYN	MAREE	TEMP	58	M	55	T24183	1:40:12
1073	NO CARD		TEMP		F	SEN	T	1:41:01
1074	WINGRIN	DB	HELDERBERG	83	M	80	4556	1:41:15
1075	NO RETURN		PLETTENBERG		M	70		1:41:16
1076	HARRIS	CASSANDRA	TEMP		F	40	T22652	1:41:21
1077	BLANK CARD		TEMP		F	40	T	1:41:28
1078	NO RETURN		TEMP		F	SEN	T	1:41:46
1079	NO RETURN		TEMP		F	SEN	T	1:41:46
1080	ALEXANDER	SIMONE	CARBINEERS WP	37	F	35	8138	1:41:56
1081	VAN DER MERWE	ERIKA	TEMP	43	F	40	T	1:42:11
1082		VERUSCHKA	TEMP	36	F	35	T	1:42:13
1083		JOHAN	TEMP	70	M	70	T	1:42:16
1084	NELSON	MANDA	RUN WALK 4 LIFE		F	50		1:42:24
1085	BOSCH	M	RUN WALK 4 LIFE		F	50	24337	1:42:24
1086	DUKE	M	RUN WALK 4 LIFE		F	SEN	24256	1:42:24
1087	DE ROCK	TAMIAH	RCS GUGS	16	F	JUN	20462	1:42:37
1088	PETERSEN	VALDA	RUN WALK 4 LIFE	41	F	40	10737	1:42:54
1089	NO CARD		TEMP		F	SEN	T	1:43:02
1090	NO CARD		TEMP		F	SEN	T	1:43:04
1091	GERICKE	HESTER	TEMP	78	F	75	T	1:43:19
1092	HENDRICKS	KESHUFA	OMMIEDRAAI		F	40	6870	1:43:52
1093	SAMAAI	FARIEDA	OMMIEDRAAI		F	40	6841	1:43:52
1094	DE SWARDT	CHRISTEL	CAPE MULTISPORT	36	F	35	8659	1:44:02
1095	BUYS	RONEL	TEMP	43	F	40	T21339	1:44:31
1096	MORKEL	QUILENE	TEMP	30	F	SEN	T22716	1:44:32
1097	NO RETURN		TEMP		M	SEN	T	1:45:56
1098	NO RETURN		TEMP		F	SEN	T	1:46:35
1099	JONI	LEO	LWANDLE	39	F	35	14712	1:46:52
1100	NO RETURN		TEMP		F	SEN	T	1:47:01
1101	MXHOSE	VUYELWA	TEMP		M	40	T	1:47:04
1102	ADAMS	ZAINAL	TOP FORM	39	F	35	2395	1:48:54
1103	OSMAN	ABDULLAZZAK	ARD	62	M	60	14162	1:48:55
1104	BURGHERS	GABEBA	ARD	65	F	65	11103	1:48:59
1105	DAKERS	ARTHUR	HELDERBERG	82	M	80	4557	1:49:18
1106	THOMPSON	GLEEN	ITHEKO	58	F	55	9827	1:49:24
1107	SIERS	LEILA	ITHEKO	38	F	35	3311	1:49:25
1108	NO CARD		RCS GUGS		F	SEN		1:50:11
1109	DU PLESSIS	JAN	HELDERBERG	62	M	60	4545	1:50:34

1110	THEBUS	JADE	MSA MULTISPORT	26	F	SEN	11376	1:51:37
1111	BUFFEL	FELICITAS	OMMIEDRAAI	58	F	55	6956	1:51:37
1112	HARTLEY	FADIA	OMMIEDRAAI	54	F	50	T	1:52:26
1113	NO RETURN		TEMP		F	SEN	T	1:52:38
1114	NO RETURN		TEMP		F	SEN	T	1:52:39
1115		JULIAN	DWARS RIVER	67	F	65		1:54:15
1116	QONDANI	BONISA	LWANDLE	34	F	SEN	14711	1:55:33
1117	JAFTHA	LYNDRE	TEMP	34	F	SEN	T22661	1:55:54
1118	VISSER	KLAAS	HANGKLIP	62	M	60	1357 BOL	1:56:05
1119	VAN ROOYEN	BETS	TEMP		F	70	T	1:56:44
1120	MATOMELA	NOZUKO	LWANDLE	44	F	40	14709	1:58:41
1121	NO RETURN				F	SEN		1:59:23
1122	OOSTHUIZEN	STANLEY	TEMP	80	M	80	T	1:59:33
1123	HITLER	BEANCIA	STRAND	20	F	SEN	T24373	1:59:33

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