



LOTTO SA 10km Championships
Dal Josaphat Stadium, PAARL
Saturday, 14 August 2010



OVERALL RESULTS

Place	No	Name	Last Name	Club	Sex	Age	Category	Time
1	126	STEPHEN	MOKOKA	AGN	MALE	25	Open	28:23
2	159	LUNGISA	MDEDELWA	ATRA	MALE	25	Open	28:28
3	60	SIBUSISO	NZIMA	CGA	MALE	23	Open	28:29
4	57	LUCKY	MOHALE	CGA	MALE	24	Open	28:31
5	183	LINDIKHAYA	MTHANGANYI	WPA	MALE	31	Open	28:32
6	58	JEFFREY	GWEBU	CGA	MALE	29	Open	28:37
7	61	ENOCK	MANYANDI	CGA	MALE	21	Open	28:46
8	184	ZOLANI	NTONGANA	WPA	MALE	30	Open	28:51
9	158	BOY	SOKE	AFS	MALE	27	Open	29:00
10	157	SAMUEL	SEGOABA	AFS	MALE	27	Open	29:00
11	156	CHABELI	NYEDIMANE	AFS	MALE	22	Open	29:08
12	129	BENEDICT	MOENG	AGN	MALE	27	Open	29:20
13	187	NKOSINATHI	MADYO	WPA	MALE	22	Open	29:22
14	105	ZAMLANDELA	NKOSI	AVT	MALE	22	Open	29:25
15	65	NTOBEKO	MTINTSO	CGA	MALE	35	Open	29:49
16	109	OLEBOGENG	MASIRE	ACNW	MALE	27	Open	29:57
17	228	THOBANE	CHAGWE	KZNA	MALE	19	15-19	29:57
18	153	OMPHEMETSE	MOTHIBI	ANWN	MALE	25	Open	29:58
19	80	PETER	WILDERS	CGA	MALE	19	15-19	29:59
20	163	SIPHEMBELE	FANEKHO	ATRA	MALE	19	15-19	30:02
21	63	RAPHAEL	SEGODI	CGA	MALE	24	Open	30:04
22	202	JEROMY	ANDREAS	WPA	MALE	18	15-19	30:07
23	81	REUBEN	MANGENGENENE	CGA	MALE	18	15-19	30:09
24	197	LUXOLO	MDZANGA	WPA	MALE	18	15-19	30:10
25	188	MTHANDAZO	QHINA	WPA	MALE	32	Open	30:15
26	118	LUCAS	BOTHABUTLE	ACNW	MALE	19	15-19	30:19
27	130	NKULELEKO	ZAMISA	AGN	MALE	25	Open	30:21
28	185	SIBUSISO	MBINGELELI	WPA	MALE	32	Open	30:27
29	162	MLULEKI	NOBANDA	ATRA	MALE	41	40+	30:27
30	117	JOEL	MONNE	ACNW	MALE	19	15-19	30:32
31	131	SIKHUMBUZO	SEME	AGN	MALE	25	Open	30:34
32	104	OUPA	HLALELE	AVT	MALE	21	Open	30:34
33	222	SIYABONGA	NKONDE	KZNA	MALE	22	Open	30:35
34	82	SITHEMBILE	DONDOLO	CGA	MALE	16	15-19	30:35
35	151	ISHMAEL	PHOKWANE	ANWN	MALE	25	Open	30:37
36	86	SIBUSISO	THU	EPA	MALE	22	Open	30:38
37	83	EDWIN	SESIPI	CGA	MALE	18	15-19	30:38
38	219	ABEDNICO	MASHABA	AMPU	MALE	20	Open	30:45
39	106	LETJELO	MPHUTHI	AVT	MALE	33	Open	30:45
40	190	HEIN	CAMPHOR	WPA	MALE	25	Open	30:46
41	114	LEBOGANG	MASILO	ACNW	MALE	20	Open	30:55
42	12	WILLIAM	KAPTEIN	BOLA	MALE	18	15-19	30:56
43	220	NKOSINATHI	VILAKAZI	AMPU	MALE	18	15-19	30:57
44	22	PIETER	KOOPMAN	BOLA	MALE	35	Open	30:59

45	128	FRANS	MAKOLA	AGN	MALE	25	Open	30:59
46	99	XOLA	BONGOZA	EPA	MALE	20	Open	31:02
47	64	DEROCIOUS	MAKHOBALÉ	CGA	MALE	22	Open	31:04
48	203	GRAHAM	KATZEN	WPA	MALE	40	40+	31:04
49	1235	MICHAEL	BAILEY	CELTIC	MALE	27	Open	31:06
50	101	WISEMAN	FADANE	AVT	MALE	17	15-19	31:08
51	84	THAPELO	MADIBA	CGA	MALE	16	15-19	31:13
52	102	KARABO	JACOBS	AVT	MALE	17	15-19	31:15
53	1185	AWONKE	BUNGU	TEMP	MALE	18	15-19	31:15
54	115	MOLIFI	TSUANE	ACNW	MALE	28	Open	31:17
55	13	LUYANDA	QOLO	BOLA	MALE	18	15-19	31:18
56	198	UNATHI	PHEZOLO	WPA	MALE	17	15-19	31:24
57	23	HILROY	SLINGERS	BOLA	MALE	20	Open	31:28
58	1091	JP	ABRAHAMS	ADIDAS	MALE	21	Open	31:35
59	221	JOEL	MADIBA	AGN	MALE	19	15-19	31:42
60	145	KAGISO	MOTYALE	ANWN	MALE	26	Open	31:43
61	70	BHEKI	NENE	CGA	MALE	41	40+	31:49
62	120	MOSES	DIRANE	AGN	MALE	17	15-19	31:50
63	908	KANE	REILLY	CELTIC	MALE	17	15-19	31:51
64	164	ZUSIPHE	MPIYAKHE	ATRA	MALE	19	15-19	31:54
65	229	STHABISO	MKHIZE	KZNA	MALE	17	15-19	31:54
66	160	MPUMELELO	MTSHUBEKI	ATRA	MALE	33	Open	31:55
67	72	ELGIN	MOKALE	CGA	MALE	44	40+	31:56
68	24	JACQUES	PRETORIUS	BOLA	MALE	21	Open	31:56
69	122	GIFT	MAHLANGU	AGN	MALE	17	15-19	32:03
70	26	HENRICO	ROOI	BOLA	MALE	21	Open	32:04
71	1087	RIAAN	WILDSKUT	ATC	MALE	23	Open	32:07
72	181	VLADIMIR	KOTOV	WPA	MALE	52	50+	32:08
73	201	AKHONA	MAKILA	WPA	MALE	19	15-19	32:09
74	30	RODGER	DAVIDS	BOLA	MALE	24	Open	32:11
75	16	IGNATUIS	DAVIDS	BOLA	MALE	18	15-19	32:15
76	200	NANDE	QANGWANA	WPA	MALE	17	15-19	32:16
77	199	NKOSINATHI	SOTYANTYA	WPA	MALE	17	15-19	32:25
78	15	SHAUN	LEKAY	BOLA	MALE	18	15-19	32:26
79	144	MOABAKWE	JEFFREY	ANWN	MALE	30	Open	32:28
80	93	MABOYISANA	MAZWAYI	EPA	MALE	42	40+	32:29
81	1073	GODWIN	SWARTZ	ELSIES	MALE	18	15-19	32:35
82	100	MELIKAYA	FRANS	EPA	MALE	20	Open	32:35
83	27	ADRIAAN	GELDENHUYS	BOLA	MALE	22	Open	32:36
84	71	LAWRENCE	CHIPANGAAN	CGA	MALE	41	40+	32:36
85	1260	TAU	KHOTSO	CERES	MALE	30	Open	32:43
86	147	DANCUN	RADIKELEDI	ANWN	MALE	20	Open	32:46
87	860	PASCAL	JOSEPH	EAST	MALE	25	Open	32:49
88	1100	MARKS	MPEKULA	VOB	MALE	21	Open	32:50
89	937	BONGILE	TSHEWULA	EAST	MALE	24	Open	32:51
90	818	JONATHAN	COLLINS	EAST	MALE	23	Open	32:55
91	1234	CHRISTOPHE	BAADTJIES	CERES	MALE	33	Open	32:56
92	116	JOEL	MAZIBUKO	ACNW	MALE	27	Open	32:59
93	176	COLLEN	MMOLA	LIMA	MALE	22	Open	33:00
94	204	SHAUN	ABRAHAMS	WPA	MALE	40	40+	33:01
95	28	DAWID	GOUWS	BOLA	MALE	27	Open	33:02
96	68	CHARLES	VILAKAZI	CGA	MALE	50	50+	33:06

97	1141	OSCAR	COETZEE	ADIDAS	MALE	27	Open	33:15
98	52	IRVETTE	VAN BLERK	CGA	FEMALE	23	Open	33:15
99	239	ZINTLE	XINIWE	WPA	FEMALE	23	Open	33:19
100	1040	DAVID	RUITERS	ROBERT	MALE	26	Open	33:21
101	1137	DUMISANI	DOSI	PAARL	MALE	31	Open	33:23
102	45	IVAN	REYNECKE	BOLA	MALE	42	40+	33:27
103	29	ROWAN	PRINS	BOLA	MALE	22	Open	33:38
104	19	FERDIE	GELDENHUYS	BOLA	MALE	18	15-19	33:39
105	121	DIPHETOGO	PONCHO	AGN	MALE	17	15-19	33:49
106	133	THOZAMA	APRIL	AGN	FEMALE	24	Open	33:53
107	53	CHRISTINE	KALMER	CGA	FEMALE	24	Open	33:53
108	886	ERIC	MDODA	EAST	MALE	19	Open	33:54
109	901	DANZIL	PAULSE	BRACK	MALE	16	15-19	33:54
110	189	TEBELLO	PONI	WPA	MALE	25	Open	33:55
111	69	JOHANNES	SEAKKGAMELA	CGA	MALE	50	50+	33:58
112	1257	RIAAAN	WITBOOI	EERSTE	MALE	28	Open	34:04
113	1258	JESSIE	PETOORS	EERSTE	MALE	20	Open	34:07
114	1165	BRONWINE	SNYDERS	ADIDAS	MALE	20	Open	34:07
115	1008	ENVER	PEDRO	CPUT	MALE	23	Open	34:23
116	1041	LUTHANDO	DIBA	CELTIC	MALE	17	15-19	34:23
117	1233	QUINTON	LAMBERT	CERES	MALE	29	Open	34:28
118	182	RAYMOND	HOWARD	WPA	MALE	52	50+	34:30
119	41	SOLLY	PHILANDER	BOLA	MALE	47	40+	34:31
120	1264	DANZEL	MINNAAR	ROBERT	MALE	23	Open	34:32
121	174	JEFFREY	CHABALALA	LIMA	MALE	40	40+	34:35
122	50	NOLENE	CONRAD	CGA	FEMALE	25	Open	34:36
123	985	KHAYALETU	JACOBS	RCSGUGS	MALE	35	Open	34:43
124	54	MPHO	MABUZA	CGA	FEMALE	30	Open	34:44
125	224	TANITH	MAXWELL	KZNA	FEMALE	34	Open	34:45
126	910	THABISO	SAKAYI	RCSGUGS	MALE	16	15-19	34:45
127	186	ANTHONY	GODONGWANA	WPA	MALE	25	Open	34:48
128	136	ZINHLE	SINQE	AGN	FEMALE	20	Open	34:50
129	146	KGOLOLO	KGOMANE	ANWN	MALE	20	Open	34:52
130	25	AZRAIL	SCHEEPERS	BOLA	MALE	21	Open	34:57
131	74	SYLVIA	TSHETLANE	CGA	FEMALE	17	15-19	34:58
132	148	GOODWILL	LEBURU	ANWN	MALE	20	Open	34:58
133	44	CHRISTO	LABAN	BOLA	MALE	44	40+	34:59
134	175	CEDRIC	RAMALEPE	LIMA	MALE	21	Open	35:04
135	1069	JULIANO	ABRAHAMS	ADIDAS	MALE	18	15-19	35:15
136	139	HENNO	HAVENGA	ANWN	MALE	18	15-19	35:15
137	1030	PETER	MOKOTAR	METLIFE	MALE	23	Open	35:20
138	94	CHRISTOPHE	MABENGEZA	EPA	MALE	44	40+	35:20
139	1063	WILLIAM	JANSEN	ROBERT	MALE	19	15-19	35:21
140	255	NOMVUYISI	SETI	WPA	FEMALE	28	Open	35:23
141	1412	BYRON	FEBRUARY	WELLING	MALE	30	Open	35:28
142	88	NTOMBISINT	MFUNZI	EPA	FEMALE	28	Open	35:29
143	919	ALDRIN	SMIT	NBMSM	MALE	35	Open	35:38
144	18	BENNIE	FOURIE	BOLA	MALE	16	15-19	35:38
145	1607	MPUMELELO	QINELA	RCSGUGS	MALE	39	Open	35:39
146	123	NANDIPHA	DYWILI	AGN	FEMALE	18	15-19	35:40
147	21	MARCO	JANSEN	BOLA	MALE	16	15-19	35:40
148	234	NICHOLAS	DLAMINI	KZNA	MALE	47	40+	35:43

149	1015	CHRIS	MITCHELL	CELTIC	MALE	48	40+	35:47
150	42	THOMAS	MOSES	BOLA	MALE	53	50+	35:51
151	1089	KEVIN	ISAACS	CELTIC	MALE	50	50+	35:54
152	134	CHARNE	BOSMAN	AGN	FEMALE	34	Open	35:55
153	1262	ANTON	MOUTON	CERES	MALE	25	Open	35:56
154	1204	MERVIN	SERYNERS	CERES	MALE	21	Open	35:57
155	1142	XOLILE	CALENI	METLIFE	MALE	38	Open	36:05
156	154	THABO	SESHOESHOE	ANWN	MALE	30	Open	36:08
157	1092	FAIZEL	OCTOBER	CELTIC	MALE	23	Open	36:13
158	1054	AOBAKWE	MOLALETSA	SALKOR	MALE	17	15-19	36:13
159	192	DOMINIQUE	SCOTT	WPA	FEMALE	18	15-19	36:16
160	141	POGISHO	FORTEIN	ANWN	MALE	18	15-19	36:31
161	1023	PIETER	HANEKOM	SANLAMC	MALE	41	40+	36:32
162	226	MAKHOSAZAN	MHLONGO	KZNA	FEMALE	28	Open	36:38
163	963	WONDER	RORO	ADIDAS	MALE	21	Open	36:43
164	1605	LIONEL	CRONJE	METLIFE	MALE	29	Open	36:43
165	76	ASHLEIGH	SCHNETLER	CGA	FEMALE	19	15-19	36:43
166	1414	OWEN	SMITH	WELLING	MALE	39	Open	36:46
167	238	BULELWA	MTSHAGI	WPA	FEMALE	30	Open	36:47
168	14	MARSHALL	ROOI	BOLA	MALE	18	15-19	36:53
169	1088	BARRY	GOLIATH	ATC	MALE	36	Open	36:54
170	940	FRIEDL	VAN DER MERWE	STRAND	MALE	50	50+	36:54
171	180	GREGORY	JACOB	WPA	MALE	51	50+	36:57
172	891	ARNOLD	NARDY	EDGE	MALE	36	Open	36:58
173	132	RONEL	THOMAS	AGN	FEMALE	38	Open	37:01
174	77	JUAN-MARIE	COOPER	CGA	FEMALE	17	15-19	37:02
175	225	CARRY ANN	SMITH	KZNA	FEMALE	30	Open	37:04
176	32	MIA	PIENAAR	BOLA	FEMALE	21	Open	37:10
177	1007	ZOLANI	NTSODO	SANDFCGA	MALE	47	40+	37:24
178	241	ULRICA	STANDER	WPA	FEMALE	35	Open	37:31
179	1052	PIET	GEDULD	NEDBOL	MALE	37	Open	37:37
180	836	DANRICO	ERASMUS	EAST	MALE	16	15-19	37:37
181	48	TESSA	BURRELL	CGA	FEMALE	45	40+	37:43
182	1060	XOLIWE	JOHNSON	WELLING	MALE	44	40+	37:46
183	149	BOITUMELO	MOKOTEDI	ANWN	MALE	20	Open	37:54
184	207	AWIE	VELDSMAN	WPA	MALE	60	60+	37:56
185	152	MOTSISI	MOSEANE	ANWN	MALE	21	Open	37:58
186	244	ALBERTUS	BOCK	WPA	MALE	64	60+	37:58
187	977	MARKWIN	CLOETE	TEMP	MALE	21	Open	37:59
188	66	DON	CHARLES	CGA	MALE	61	60+	38:00
189	1232	JAKOB	VOLMOER	TEMP	MALE	26	Open	38:01
190	43	KOSIE	BOTHA	BOLA	MALE	54	50+	38:02
191	232	GRACE	DE OLIVIERA	KZNA	FEMALE	49	40+	38:03
192	124	LETITIA	SAAYMAN	AGN	FEMALE	17	15-19	38:05
193	138	ADRIAAN	DRESCHER	ANWN	MALE	17	15-19	38:11
194	230	PUSELETSO	DLADLA	KZNA	FEMALE	18	15-19	38:12
195	231	MPUMELELO	MNYANDU	KZNA	FEMALE	18	15-19	38:15
196	227	DANIELLA	ADLAM	KZNA	FEMALE	30	Open	38:20
197	1259	PHILIP	PAULSE	EERSTE	MALE	32	Open	38:28
198	1037	MZWAMADODA	NTONGA	HANG	MALE	18	15-19	38:29
199	1039	TSHWARELO	WOFFMAN	HANG	MALE	20	Open	38:29
200	1001	ELPHAS	NGCOBO	RCSGUGS	MALE	28	Open	38:32

201	250	ELMARIE	COETZEE	WPA	FEMALE	46	40+	38:34
202	75	MAMPHIELO	SIBANDA	CGA	FEMALE	17	15-19	38:34
203	246	JIMMY	MORRIS	WPA	MALE	63	60+	38:39
204	252	CHERYL	DE LANGE	WPA	FEMALE	42	40+	38:40
205	193	ASIPHE	SIKABALANJANA	WPA	FEMALE	19	15-19	38:42
206	165	AVELA	NONGCI	ATRA	FEMALE	16	15-19	38:43
207	166	AVELA	NKWEBA	ATRA	FEMALE	16	15-19	38:47
208	1604	SIBANDA	MATTHEW	EGIJWP	MALE	29	Open	38:48
209	1193	PIETER	KLEINHANS	EERSTE	MALE	38	Open	38:50
210	982	CRAIG	FEBRUARY	CELTIC	MALE	42	40+	38:52
211	850	RUPERT	HENDRICKS	DEFWP	MALE	37	Open	38:57
212	240	HELENE	PEROLD	WPA	FEMALE	26	Open	38:57
213	107	SANDILE	ZUMA	AVT	MALE	22	Open	38:58
214	233	LISE	MUCHNA	KZNA	FEMALE	41	40+	38:58
215	929	MARYNA	SWANEOEL	UOFS	FEMALE	24	Open	39:04
216	242	RENE	DE BRIUN	WPA	FEMALE	25	Open	39:15
217	1065	LEBOHANG	MOOPI	UWC	MALE	21	Open	39:16
218	254	ESTER	BRINK	WPA	FEMALE	45	40+	39:24
219	1261	SANDILE	NAL	CERES	MALE	37	Open	39:25
220	970	LLEWELLYN	JACOBS	CELTIC	MALE	24	Open	39:28
221	964	JAN	WILLIAMS	WELLING	MALE	42	40+	39:49
222	150	SHAUN	BOOYSEN	ANWN	MALE	30	Open	39:49
223	33	MAGRIETA	SMITH	BOLA	FEMALE	25	Open	39:50
224	236	BUSISWE	MATIWANE	WPA	FEMALE	35	Open	39:50
225	1254	MTHOBISI	SIHLUKU	GUGS	MALE	39	Open	40:11
226	90	HANNES	ELS	EPA	MALE	60	60+	40:15
227	251	URSULA	FRANS	WPA	FEMALE	41	40+	40:22
228	960	COLIN	WILLIAMS	CSBOL	MALE	55	50+	40:25
229	855	RUSSEL	JEFTHAS	METLIFE	MALE	50	50+	40:26
230	1002	KHAYA	KUSE	NBKHAY	MALE	29	Open	40:29
231	1072	RUCHAN	SCHOLTZ	ELSIES	MALE	17	15-19	40:43
232	5	MONIQUEAN	LOMBARD	BOLA	FEMALE	18	15-19	40:45
233	1134	DIROBELA	SEBAKE	TEMP	MALE	37	Open	40:48
234	1197	DANOVAN	FREDERICKS	WELLING	MALE	35	Open	40:51
235	169	JACOB	ERASMUS	BOLA	MALE	54	50+	40:52
236	37	EVONNE	NIEUWOUDT	BOLA	FEMALE	30	Open	40:56
237	992	LLEWELLYN	COETZEE	EGIJFS	MALE	28	Open	41:04
238	211	OLGA	HOWARD	WPA	FEMALE	52	50+	41:09
239	1020	MNCEDI	MUKUTO	PAARL	MALE	36	Open	41:13
240	1415	JOSEPH	THOMAS	PAARL	MALE	32	Open	41:14
241	1251	JACO	CLAASSENS	BRACK	MALE	33	Open	41:24
242	848	ENRIQUE	HAVENGA	WORC	MALE	17	15-19	41:25
243	103	JOHANNA	CERONIO	AVT	FEMALE	53	50+	41:33
244	805	DEON	BASSON	TEMP	MALE	46	40+	41:36
245	864	MARK	KALIS	CELTIC	MALE	35	Open	41:42
246	892	ADRI	NEFF	PAARL	MALE	42	40+	41:49
247	1229	ELTON	SEPTEMBER	TEMP	MALE	32	Open	41:52
248	140	HENNIE	POTGIETER	ANWN	MALE	17	15-19	41:55
249	1138	ADRIAN	JACOBS	PAARL	MALE	43	40+	41:56
250	1184	WILFRED	SOEGOP	SALKOR	MALE	18	15-19	42:00
251	1038	MASWADI	MAKORO	HANG	MALE	18	15-19	42:01
252	195	ASANDA	DAYIMANI	WPA	FEMALE	18	15-19	42:01

253	1202	ANDRIES	SWARTS	CERES	MALE	46	40+	42:04
254	1144	PATRICIA	ADAMS	METLIFE	FEMALE	39	Open	42:07
255	6	NATALIE	HANNEKOM	BOLA	FEMALE	17	15-19	42:07
256	980	EUGENE	MARAIS	EDGE	MALE	39	Open	42:09
257	832	HENDRIK	DU TOIT	WELLING	MALE	30	Open	42:12
258	34	MADELEIN	NEL	BOLA	FEMALE	34	Open	42:13
259	979	MALCOLM	STEYN	EDGE	MALE	35	Open	42:15
260	143	KARON	MURLEY	ANWN	FEMALE	28	Open	42:16
261	168	KAREN	VAN DER MERWE	ASWD	FEMALE	25	Open	42:18
262	1033	GODFRY	SWART	HANG	MALE	44	40+	42:18
263	3	MARI	SCOTT	BOLA	FEMALE	17	15-19	42:20
264	958	DONOVAN	JACOBS	EERSTE	MALE	35	Open	42:21
265	1421	MICHELLE	DREYER	PAARL	FEMALE	31	Open	42:27
266	67	BRIAN	CHAMBERLAIN	CGA	MALE	61	60+	42:31
267	196	KHANYA	MATEYISI	WPA	FEMALE	17	15-19	42:32
268	865	TANIA	KAPP	VOB	FEMALE	41	40+	42:36
269	47	SONJA	LAXTON	CGA	FEMALE	62	60+	42:39
270	1224	CLIFFORD	BLAKE	BRACK	MALE	45	40+	42:49
271	879	HANS	MAKATEES	METLIFE	MALE	35	Open	42:50
272	809	DANIE	BRUWER	BRACK	MALE	30	Open	42:51
273	1098	JOHN	STEVENS	TYGER	MALE	49	40+	42:55
274	896	ALFRED	NTSETE	EAST	MALE	33	Open	42:57
275	1118	NEL	MEIRING	WORC	MALE	42	40+	42:58
276	1401	JP	SNYMAN	WORC	MALE	43	40+	43:00
277	1013	ETIGALI	LIGWILE	TEMP	MALE	31	Open	43:00
278	987	ABIE	DAMONS	UWC	MALE	52	50+	43:01
279	1	ALEAONIA	NEL	BOLA	FEMALE	19	15-19	43:03
280	983	CLIFFIE	WALTERS	PAARL	MALE	45	40+	43:09
281	46	KOSIE	KOOPMAN	BOLA	MALE	62	60+	43:10
282	1214	RODERICK	MORRISSON	HAMLET	MALE	46	40+	43:28
283	98	GRIZELDA	PIETERSEN	EPA	FEMALE	41	40+	43:30
284	824	MICHAEL	DABROWSKI	CELTIC	MALE	33	Open	43:49
285	954	NCEBA	XIPU	RCSGUGS	MALE	36	Open	43:50
286	1046	PERCIVAL	BOEZAK	BRACK	MALE	39	Open	43:53
287	36	EVALINE	JULIES	BOLA	FEMALE	30	Open	43:58
288	1074	MARIUS	VICTOR	SAPSWP	MALE	39	Open	44:02
289	914	TASWELL	SCHULLER	TOPF	MALE	45	40+	44:04
290	167	ANE	KRUGER	ASWD	FEMALE	16	15-19	44:05
291	1179	MARIE	LOUW	ADIDAS	FEMALE	44	40+	44:08
292	7	HELEEN	MALAN	BOLA	FEMALE	17	15-19	44:10
293	9	LEENTJIE	VISSER	BOLA	FEMALE	17	15-19	44:16
294	1246	PIETER	HUGO	TEMP	MALE	35	Open	44:16
295	235	ANN	WEEDEN	KZNA	FEMALE	60	60+	44:18
296	820	REGINALD	CROWSTER	TYGER	MALE	47	40+	44:27
297	1036	ALEXANDRIA	NEL	HANG	FEMALE	19	15-19	44:32
298	1022	LINDIE	BOUWER	SANLAMC	FEMALE	25	Open	44:34
299	912	STEPHANIE	SCHILDKNECHT	TEMP	FEMALE	26	Open	44:36
300	1601	HERMAN	WILLIAMS	RCSGUGS	MALE	55	50+	44:38
301	993	RAJAH	NAIDOO	PAARL	MALE	56	50+	44:40
302	903	JOHANNES	PIETERSE	EAST	MALE	32	Open	44:41
303	1127	DONOVAN	CALDECOTT	PAARL	MALE	19	Open	44:42
304	804	KARL	BAKER	RCSGUGS	MALE	50	50+	44:45

305	8 ADRI	MEYER	BOLA	FEMALE	19	15-19	45:05
306	1410 HENRY	BLAAUW	DEFWP	MALE	49	40+	45:06
307	38 VERONICA	VAN NIEKERK	BOLA	FEMALE	64	60+	45:09
308	1239 MARIO	MOORE	WELLING	MALE	46	40+	45:12
309	841 MEGAN	GOLIATH	BRACK	FEMALE	34	Open	45:13
310	834 GIELIE	ELLIS	BRACK	MALE	44	40+	45:13
311	1081 JUAN	DE PLESSIS	BRACK	MALE	29	Open	45:14
312	851 DAVID	HEYNEKE	CELTIC	MALE	41	40+	45:22
313	1019 MANDLA	NGWEVELA	CERES	MALE	41	40+	45:25
314	1203 MERVIN	MORRIS	WELLING	MALE	37	Open	45:25
315	889 RIAAN	MULLER	EDGE	MALE	35	Open	45:28
316	1085 KEVIN	KOHLER	EDGE	MALE	60	60+	45:29
317	1178 MARETHA	DE KOCK	ADIDAS	FEMALE	50	50+	45:36
318	957 JACOBUS	JANSEN	SWART	MALE	40	40+	45:39
319	35 TINA-MARI	MEYER	BOLA	FEMALE	22	Open	45:40
320	1162 ZANE	DAVIDS	BRACK	MALE	17	15-19	45:47
321	931 RESIA	SWART	STELLEN	FEMALE	37	Open	45:56
322	1035 CECIL	HENDRICKS	HANG	MALE	38	Open	45:57
323	1402 ZONIA	SCHEFFER	TEMP	FEMALE	36	Open	45:58
324	1212 LIZA-MARI	DIPPENAAR	WORC	FEMALE	15	15-19	46:10
325	900 ERIC	PARKER	NBMSM	MALE	53	50+	46:17
326	1196 JANA	DE JONGH	PAARL	FEMALE	16	15-19	46:17
327	1198 PIETER	MULLER	WELLING	MALE	57	50+	46:25
328	845 JOHAN	HAASBROEK	NEDWP	MALE	50	50+	46:36
329	946 ANDREW	VAN WIJK	TEMP	MALE	26	Open	46:37
330	1084 FRANKLIN	ZINN	VOB	MALE	53	50+	46:38
331	859 DONALD	JOSEPH	BRACK	MALE	35	Open	46:43
332	11 DANIELLE	BOTHA	BOLA	FEMALE	18	15-19	46:47
333	1062 DAVID	THOMPSON	FOREST	MALE	52	50+	47:15
334	844 MIKE	GREEN	TEMP	MALE	27	Open	47:16
335	1119 J.G	MEIRING	WORC	MALE	40	40+	47:29
336	1135 BURNETT	MOKHOBI	SAPSCGA	MALE	40	40+	47:35
337	1256 ISAAC	PRINS	WELLING	MALE	62	60+	47:35
338	1083 JOHANNES	KAMMIES	TEMP	MALE	31	Open	47:37
339	1006 ANNEMIE	VAN ZYL	CELTIC	FEMALE	36	Open	47:42
340	951 PIERRE	VOLLGRAAFF	TEMP	MALE	36	Open	47:43
341	1123 JOHN	STEWIE	RAVENS	MALE	44	40+	47:47
342	935 MARINELLE	TOLKEN	BRACK	FEMALE	44	40+	47:47
343	1012 TEMPLETON	MLUNGU	VOB	MALE	45	40+	47:54
344	915 ALAN	SEABERG	AAC	MALE	47	40+	47:54
345	39 MAGRIETA	HANEKOM	BOLA	FEMALE	55	50+	47:59
346	825 ANDY	DANIELS	METLIFE	MALE	56	50+	48:02
347	1045 ARTHUR	KLAASE	PAARL	MALE	39	Open	48:07
348	1252 ELZAAN	KRIEL	PAARL	FEMALE	16	15-19	48:08
349	1061 SELVYN	VAN NEEL	PAARL	MALE	45	40+	48:20
350	890 LENETIA	MUNDIE	BRACK	FEMALE	38	Open	48:29
351	932 DANIE	THERON	BRACK	MALE	57	50+	48:30
352	909 PIETER	ROELOFSE	CELTIC	MALE	37	Open	48:34
353	1213 FLIP	ISMAEL	HAMLET	MALE	52	50+	48:43
354	984 RANDALL	WESSELS	PAARL	MALE	43	40+	48:49
355	178 MARIETHA	HERBERT	WPA	FEMALE	65	60+	48:51
356	906 RASSIE	PRETORIUS	SANLAMC	MALE	43	40+	49:11

357	1021	THYS	BOUWER	SANLAMC	MALE	55	50+	49:12
358	1157	PIET	TALJAARD	SAPSWP	MALE	52	50+	49:13
359	877	LEZINDY	LOUW	RWFLWP	FEMALE	38	Open	49:14
360	953	RODERICK	WILLIS	TOPF	MALE	53	50+	49:18
361	1129	LUCIUS	MBOMBELA	RCSGUGS	MALE	37	Open	49:20
362	1216	KARIN	FOURIE	STRAND	FEMALE	48	40+	49:22
363	1156	CLEMENT	BEHR	TEMP	MALE	38	Open	49:25
364	816	JOHANN	CLAASSEN	SANLAMC	MALE	31	Open	49:26
365	961	BRADLEY	WILLIAMS	TYGER	MALE	28	Open	49:42
366	947	NIEL	VAN WYK	DURBAC	MALE	26	Open	49:54
367	1130	MMOLAWA	SMITH	SAPSFS	MALE	43	40+	49:55
368	1253	ILSE	HUGO	CERES	FEMALE	37	Open	49:56
369	1143	SETON	HENDERSON	METLIFE	MALE	39	Open	49:58
370	898	ISAK	OKTOBER	METLIFE	MALE	48	40+	50:00
371	1133	MFUNDO	HALE	TEMP	MALE	42	40+	50:01
372	1263	ALLEN	HENDRICKS	HELD	MALE	25	Open	50:27
373	867	NICOLENE	KOEGELENBERG	BRACK	FEMALE	49	40+	50:28
374	1194	JOHAN	ONVERWACHT	SWART	MALE	43	40+	50:29
375	1078	PATRICIA	DE BRUIN	RCSGUGS	FEMALE	36	Open	50:32
376	1186	LIZA	RETIEF	PAARL	FEMALE	38	Open	50:46
377	1222	ANESCA	DAVEN	CERES	FEMALE	34	Open	50:55
378	857	SHAUN	JONKERS	EAST	MALE	36	Open	50:57
379	1180	FIONA	HARDNECK	CERES	FEMALE	51	50+	51:07
380	936	LINDA	TRUSCOTT	MELKBOS	FEMALE	43	40+	51:09
381	942	SALOME	VAN DER MERWE	TEMP	FEMALE	24	Open	51:13
382	1245	ZOLANI	MAYEKISO	ACSA	MALE	25	Open	51:15
383	926	COLLETTE	STORM	STRAND	FEMALE	35	Open	51:17
384	965	HELEN	DU PLESSIS	TYGER	FEMALE	58	50+	51:23
385	868	MARIO	KOLBE	TEMP	MALE	34	Open	51:29
386	991	ANTHONY	MEYER	PAARL	MALE	45	40+	51:30
387	1240	SEBASCO	CAROLLISEN	WELLING	MALE	29	Open	51:41
388	998	XOLANI	MKHULISE	TEMP	MALE	25	Open	51:47
389	996	SONWABILE	DUDA	TEMP	MALE	26	Open	51:47
390	854	JANET	HUNTER	WCOAST	FEMALE	50	50+	51:52
391	814	MARYKE	CARSTENS	TEMP	FEMALE	25	Open	51:56
392	956	ROELOF	VILJOEN	TEMP	MALE	44	40+	51:59
393	1095	VERNON	SMITH	INTOUCH	MALE	42	40+	52:20
394	1150	CYNTHIA	BOOYSEN	RCSGUGS	FEMALE	51	50+	52:22
395	1249	TONY	TUNAR	EDGE	MALE	49	40+	52:23
396	1099	JIMMY	ADONIS	RCSGUGS	MALE	57	50+	52:28
397	1241	CEDRICKS	VAN WYK	WELLING	MALE	42	40+	52:34
398	1230	MARTHIE	BRITS	CHAPPIES	FEMALE	47	40+	52:40
399	840	HENRY	FRITZ	TYGER	MALE	32	Open	52:47
400	941	GERTRUIDA	VAN DER MERWE	CERES	FEMALE	58	50+	52:47
401	1106	PETER	NELL	NBMSM	MALE	55	50+	53:01
402	1217	ALET	DE WAAL-LOUW	NEDBOL	FEMALE	40	40+	53:12
403	973	WILHELM	BESTER	WELLING	MALE	46	40+	53:14
404	972	JOHN	ANDERSON	PAARL	MALE	59	50+	53:21
405	1211	ELSABE	DIPPENAAR	WORC	FEMALE	40	40+	53:25
406	1210	GERRIT	DIPPENAAR	WORC	MALE	41	40+	53:36
407	833	THERESA	DU TOIT	TYGER	FEMALE	35	Open	53:50
408	866	EMMERENTIA	KELLERMANN	SANLAMC	FEMALE	39	Open	53:55

409	838	SEAN	FALCONER	HELD	MALE	34	Open	54:02
410	1163	REEDERWAAN	DAVIDS	BRACK	MALE	46	40+	54:11
411	897	TIA	ODENDAAL	WORC	FEMALE	43	40+	54:38
412	1136	JACOBUS	DU TOIT	TEMP	MALE	38	Open	54:50
413	883	RIAN	MARREN	DURBAC	MALE	34	Open	54:50
414	1404	OLIVIA	DU PLESSIS	TEMP	FEMALE	22	Open	54:51
415	966	CONWAL	DU PLESSIS	WELLING	MALE	50	50+	54:51
416	1096	MIKE	TAYLOR	TYGER	MALE	65	60+	55:09
417	962	BRIAN	PATRICK	TYGER	MALE	55	50+	55:10
418	1608	NEL	VENITA	TYGER	FEMALE	40	40+	55:21
419	1170	WANDA	CARSTENS	SWART	FEMALE	48	40+	55:22
420	1166	CATHERINE	FARMER	DURBAC	FEMALE	23	Open	55:24
421	1128	ROANNE	VILJOEN	PAARL	FEMALE	40	40+	55:30
422	904	ADAM	PITTS	EDGE	MALE	32	Open	55:30
423	955	ESTER	SERDYN	TEMP	FEMALE	37	Open	55:32
424	1248	JONE	BASSON	TEMP	FEMALE	20	Open	55:41
425	924	HEATHER	STEEL	STELLEN	FEMALE	51	50+	55:45
426	1171	DUNCAN	ISAACS	MUTUAL	MALE	42	40+	55:48
427	1188	JOANNE	NEL	TEMP	FEMALE	27	Open	55:49
428	846	HENDRI	HAMMAN	PAARL	MALE	34	Open	55:49
429	831	ANTON	DU PLESSIS	WELLING	MALE	37	Open	55:50
430	920	SANRI	SMIT	NBMSM	FEMALE	30	Open	55:52
431	1018	ERICA	VAN RHYN	STRAND	FEMALE	46	40+	55:58
432	1017	ADELE	BOTHA	STRAND	FEMALE	41	40+	56:02
433	1082	THEA	BOTHA	BRACK	FEMALE	50	50+	56:06
434	1093	HERMAN	SMIT	SANLAMC	MALE	54	50+	56:16
435	1042	BURS	VAN TONDER	WORC	MALE	61	60+	56:27
436	828	DAWIE	DE JONGH	TEMP	MALE	26	Open	56:38
437	1079	MARK	ADAMS	UWC	MALE	46	40+	56:42
438	1205	CRYSTAL	ROBERTSON	TEMP	FEMALE	31	Open	56:45
439	887	GCOBANI	MNDI	RCSGUGS	MALE	15	15-19	56:51
440	821	DEON	CYSTER	METLIFE	MALE	43	40+	56:52
441	902	PIERRE	PEROLD	CERES	MALE	56	50+	56:56
442	999	WESLEY	BLOCK	TEMP	MALE	20	Open	56:58
443	1000	RUDI	BLOCK	TEMP	MALE	24	Open	56:59
444	1101	THOBILE	NDZUBE	RCSGUGS	MALE	40	40+	57:05
445	1102	PETRA	KING	SANLAMC	FEMALE	52	50+	57:09
446	1103	EDWIN	KING	SANLAMC	MALE	58	50+	57:10
447	1152	ELIZABETH	LOUW	NBMSM	FEMALE	45	40+	57:41
448	1024	MARTIE	SWANEPOEL	NBMSM	FEMALE	39	Open	57:42
449	873	KOKETSO	KUJANE	EGIJWP	FEMALE	29	Open	57:47
450	1114	CHARLENE	MAARTENS	TYGER	FEMALE	41	40+	57:48
451	1153	HELEN	VAN VOORE	NBMSM	FEMALE	41	40+	58:06
452	1032	LEANDRO	SINGLETON	CSBOL	FEMALE	16	15-19	58:20
453	1109	ANTHONY	ABRAHAMS	TEMP	MALE	28	Open	58:31
454	1413	RANDALL	PRETORIUS	TEMP	MALE	36	Open	58:32
455	1031	VONDRA	SINGLETON	WORC	FEMALE	42	40+	58:36
456	871	FRANS	KOTZE	PAARL	MALE	58	50+	58:39
457	1075	NATASCHA	VAN GREUNEN	RUNINN	FEMALE	33	Open	58:41
458	1192	DAVID	MARAI	CSBOL	MALE	61	60+	58:47
459	1207	CHRISTIE	SWART	TEMP	MALE	35	Open	59:02
460	878	MATUMELO	MAINAAKAE	EGIJWP	FEMALE	29	Open	59:07

461	1110	RICARDO	JACOBS	TEMP	MALE	29	Open	59:21
462	943	IAAN	VAN NIEKERK	TEMP	MALE	26	Open	59:24
463	927	RITA	SUMPTON	TEMP	FEMALE	20	Open	59:24
464	974	FRANCO	DE JAGER	EDGE	MALE	49	40+	59:38
465	933	ZISKA	THERON	BRACK	FEMALE	53	50+	59:40
466	1218	WIMPIE	VAN DER BERG	DURBAC	MALE	38	Open	59:41
467	1148	STANTON	ALBERTS	INTOUCH	MALE	32	Open	59:44
468	849	SHEILA	HEIDEMAN	METLIFE	FEMALE	42	40+	59:50
469	1164	MARTIN	RABIE	RAVENS	MALE	46	40+	59:58
470	862	SANDRA	JOUBERT	METLIFE	FEMALE	37	Open	59:59
471	863	SUSAN	JOUBERT	METLIFE	FEMALE	43	40+	59:59
472	925	CHARL	STEENKAMP	TEMP	MALE	45	40+	1:00:01
473	969	TIM	CUBITT	SANLAMC	MALE	54	50+	1:00:37
474	1047	JENNIFER	SMITH	ACSA	FEMALE	42	40+	1:00:52
475	1159	SILLENE	OPPEL	TYGER	FEMALE	52	50+	1:00:53
476	1158	ANN	TALJAARD	SAPSWP	FEMALE	49	40+	1:00:54
477	1247	CLIFFORD	JULYAN	BRACK	MALE	53	50+	1:01:14
478	1011	ANTHONY	CRONJE	VOB	MALE	55	50+	1:01:16
479	944	CAROL	VAN RENSBURG	MUTUAL	FEMALE	44	40+	1:01:18
480	930	MARGA	SWART	EDGE	FEMALE	22	Open	1:01:26
481	913	JANINE	SCHOEMAN	EDGE	FEMALE	24	Open	1:01:26
482	1151	MAROI	VAN VOORE	NBMSM	MALE	39	Open	1:01:28
483	882	MALCOLM	MARKS	WCOAST	MALE	53	50+	1:01:39
484	968	DERMOTT	DEVINE	VOB	MALE	75	70+	1:01:40
485	1048	CHANTEL	MEMZIWE	ACSA	FEMALE	29	Open	1:01:46
486	917	ADRIENNE	SHORT	TEMP	FEMALE	26	Open	1:02:06
487	1111	RONALD	DAW	WCOAST	MALE	73	70+	1:02:10
488	1420	NTOMBIZANE	NKEWU	WELLING	MALE	31	Open	1:02:14
489	986	JO-ANN	WILLIAMS	PRLACH	FEMALE	21	Open	1:02:15
490	899	ELRINE	OPPERMAN	TEMP	FEMALE	26	Open	1:02:15
491	1603	SUSAN	SIEBRITS	SANLAMC	FEMALE	52	50+	1:02:29
492	1231	SANET	DU TOIT	BRACK	FEMALE	41	40+	1:02:48
493	1411	HARLAN	CLOETE	PAARL	MALE	43	40+	1:02:49
494	1181	THOBEKA	JOZI	SAPSAGN	FEMALE	45	40+	1:02:56
495	1167	DOLLA	NAURATTEL	CERES	FEMALE	62	60+	1:03:00
496	1122	BELINDA	MULLER	EDGE	FEMALE	37	Open	1:03:38
497	858	MARGARET	JOOSTE	RWFLWP	FEMALE	41	40+	1:03:45
498	810	CARIN	BURGER	RWFLWP	FEMALE	33	Open	1:03:50
499	1076	MARY	ADAMS	TEMP	FEMALE	51	50+	1:03:58
500	1606	ABRAHAM	SEPTEMBER	EERSTE	MALE	55	50+	1:04:03
501	1026	LAURA	BOUWER	SANLAMC	FEMALE	53	50+	1:04:08
502	1025	IANETTE	OLDERWAGEN	SANLAMC	FEMALE	24	Open	1:04:08
503	939	MIKE	UNGERER	BELL	MALE	55	50+	1:04:19
504	1169	FRIKKIE	CARSTENS	SWART	MALE	48	40+	1:04:20
505	1226	HANNEKE	DE WET	TEMP	FEMALE	20	Open	1:04:50
506	1051	LULEKA	MDODA	ACSA	FEMALE	28	Open	1:04:53
507	870	LINDA	KONTOPIRAKIS	TEMP	FEMALE	36	Open	1:05:13
508	869	VERUSCHKE	KOLBE	INTOUCH	FEMALE	32	Open	1:05:13
509	830	YVONNE	GROENEWALD	INTOUCH	FEMALE	33	Open	1:05:15
510	1250	JOSEPH	NOZINKECWE	NBKHAY	MALE	28	Open	1:05:28
511	971	PIET	JACOBS	ADIDAS	MALE	51	50+	1:06:38
512	1236	DEZO	MARAIS	BRACK	MALE	51	50+	1:06:44

513	1050	NOMUSA	MKHIZE	ACSA	MALE	26	Open	1:07:02
514	1116	DALENE	VAN REENEN	TYGER	FEMALE	49	40+	1:07:04
515	1199	JESSICA	SAULS	MACAC	FEMALE	47	50+	1:07:11
516	981	HELENA	BROADWAY	SANLAMC	FEMALE	50	50+	1:07:11
517	1225	ASHLEY	BLUMERIS	EAST	MALE	50	50+	1:07:35
518	1227	TAMARA	BLUMERIS	EAST	FEMALE	47	40+	1:07:35
519	1117	CHARLENE	MEIRING	WORC	FEMALE	34	Open	1:07:43
520	1609	ANNATJIE	BERNTZEN	TYGER	FEMALE	68	60+	1:08:05
521	1121	HELEN	JANSE VAN RENSBURG	TEMP	FEMALE	28	Open	1:08:27
522	1208	JANINE	SWART	DURBAC	FEMALE	30	Open	1:08:29
523	823	JULIA	DABROWSKI	TEMP	FEMALE	28	Open	1:08:38
524	1220	THANDOKAZI	MQOBOLI	TEMP	FEMALE	26	Open	1:08:49
525	1034	CONRAAD	DIPPENAAR	HANG	MALE	34	Open	1:09:34
526	938	HEILA	UNGERER	TEMP	FEMALE	21	Open	1:09:37
527	1105	JACQUES	ROSSOUW	NBMSM	MALE	33	Open	1:09:56
528	1215	DANIEL	BARON	HAMLET	MALE	54	50+	1:11:07
529	1056	MARIE	HILL	CERES	FEMALE	65	60+	1:11:15
530	884	NTYATYI	MCAPUKISI	EGIJWP	FEMALE	32	Open	1:11:24
531	918	THOKOZANI	SITHOLE	TEMP	MALE	27	Open	1:11:41
532	895	SHARQIN	NOVEMBER	TEMP	MALE	30	Open	1:11:42
533	1043	ELIZE	VAN TONDER	WORC	FEMALE	54	50+	1:11:53
534	1200	LIONEL	ABRAHAMS	MUTUAL	MALE	61	60+	1:11:55
535	837	KAREN	ERASMUS	NEDWP	FEMALE	34	Open	1:11:57
536	952	MICHAEL	WAHL	TEMP	MALE	24	Open	1:11:57
537	978	KOERT	MEYER	TYGER	MALE	64	60+	1:11:59
538	847	LOIS	HATTINGH	NBMSM	FEMALE	44	40+	1:12:02
539	1049	ASANDA	WALAZA	ACSA	MALE	28	Open	1:12:30
540	923	PORCHIA	SOUTHEY	TEMP	FEMALE	32	Open	1:12:41
541	813	FRANZISCE	CARELSE	TEMP	FEMALE	40	40+	1:12:41
542	1147	MARIUS	ROSSOUW	TEMP	MALE	48	40+	1:12:46
543	888	LUCKY	MOKWENA	TEMP	MALE	36	Open	1:12:47
544	1014	ELMORA	SMIT	TIGER	FEMALE	57	50+	1:13:15
545	1182	ELMIEN	KIES	TEMP	FEMALE	41	40+	1:13:39
546	1183	LIEZEL	MATTHEE	TEMP	FEMALE	35	Open	1:13:39
547	1418	ARTHUR	ADAMS	PAARL	MALE	45	40+	1:13:53
548	1190	MAGDALINE	JOHNSON	TYGER	FEMALE	73	70+	1:13:54
549	1209	LUCIA	LODEWYK	BELL	FEMALE	49	40+	1:14:26
550	1132	VUYO	LETLHAKE	TEMP	MALE	47	40+	1:14:28
551	1161	JOCHEN	VOLKEN	RWFLWP	MALE	71	70+	1:15:33
552	1124	ALETTA	RANDALL	EDGE	FEMALE	49	40+	1:15:38
553	907	LIDIA	PRINS	CERES	FEMALE	62	60+	1:15:40
554	1168	MERCIA	FARMER	PLETT	FEMALE	51	50+	1:16:29
555	976	LEANA	VAN DER SPUY	RWFLWP	FEMALE	46	40+	1:16:38
556	945	CORNELIS	VAN TONDER	RWFLWP	MALE	62	60+	1:16:39
557	1108	MARTIN	BESTER	DEFWP	MALE	64	60+	1:16:49
558	875	ILZE	LE ROUX	TEMP	FEMALE	34	Open	1:16:53
559	1172	ELIZE	GROBBELAAR	BELL	FEMALE	65	50+	1:17:00
560	1094	NATASHA	SMITH	INTOUCH	FEMALE	43	40+	1:17:05
561	1206	KAROLA	VENTER	DURBAC	FEMALE	59	50+	1:17:55
562	997	CARON	OLIVER	TEMP	FEMALE	53	50+	1:18:01
563	1174	DELENE	DU PLESSIS	BELL	FEMALE	49	40+	1:18:02
564	806	SUSARA	BELLARDI	TEMP	FEMALE	40	40+	1:18:12

565	839	FATIMA	FERNANDES	TEMP	FEMALE	44	40+	1:18:12
566	853	ZELDA	HUNLUN	TEMP	FEMALE	37	Open	1:18:23
567	842	KATHAVELLI	GOVENDER	TEMP	FEMALE	48	40+	1:18:24
568	1077	SUZETTE	WOUTERSE	SANLAMC	FEMALE	44	40+	1:18:33
569	1005	LYNETTE	SLABBERT	SOUTHS	FEMALE	53	50+	1:19:06
570	1243	LEWIN	BRAIN	ACSA	MALE	25	Open	1:19:06
571	1004	ANDRE	SLABBERT	SOUTHS	MALE	56	50+	1:19:09
572	874	ANTHEA	LE ROUX	TEMP	FEMALE	34	Open	1:19:13
573	950	MINETTE	VOLLGRAAFF	TEMP	FEMALE	35	Open	1:19:13
574	1140	KELVIN	BEHR	TEMP	MALE	41	40+	1:19:30
575	852	ESME	HILLS	NBMSM	FEMALE	46	40+	1:19:37
576	1112	ANEL	HEYNS	DEFWP	FEMALE	30	Open	1:20:18
577	1113	PETRIE	HEYNS	DEFWP	MALE	32	Open	1:20:18
578	1003	RAYMUNDE	MIZON	CELTIC	FEMALE	56	50+	1:20:25
579	817	JOHANNA	COETZEE	TEMP	FEMALE	23	Open	1:21:00
580	1237	SANDRA	VENTER	BRACK	FEMALE	49	40+	1:21:03
581	1242	DEON	WYNGARD	ACSA	MALE	25	Open	1:21:03
582	1173	ALETTA	DU TOIT	BELL	FEMALE	59	50+	1:21:11
583	1125	CLAUDETTE	NEL	EDGE	FEMALE	30	Open	1:21:13
584	1154	DEAN	LOUW	TEMP	MALE	36	Open	1:21:15
585	1201	WAYNE	PRESENCE	EPAC	MALE	31	Open	1:21:19
586	885	PHATHISWA	MCAPUKISI	EGIJWP	FEMALE	19	Open	1:21:26
587	1044	MARIE	DIRKS	TEMP	FEMALE	42	40+	1:21:57
588	815	ANNETJIE	CLAASSEN	SANLAMC	FEMALE	54	50+	1:22:56
589	807	WYNAND	BEUKES	SANLAMC	MALE	58	50+	1:22:57
590	1120	JENNITH	WILMOT	WORC	FEMALE	50	50+	1:23:17
591	1403	PATRICIA	HAMMERS	TEMP	FEMALE	44	40+	1:24:36
592	967	JOYCE	ARCHER	WHALERS	FEMALE	71	70+	1:24:36
593	1602	PAMELA	ARCHER	TEMP	FEMALE	41	40+	1:24:37
594	1139	MICHELLE	VAUGHAN	TEMP	FEMALE	29	Open	1:26:00
595	800	GILLIAN	APROSKIE	SOUTHS	FEMALE	60	60+	1:26:03
596	975	ADRI	SMIT	TEMP	FEMALE	35	Open	1:26:21
597	808	HELANA	BRAND	TEMP	FEMALE	35	Open	1:26:21
598	835	PETRA	ELLIS	SANLAMC	FEMALE	42	40+	1:26:51
599	1175	ESMERALDA	BENJAMIN	TEMP	FEMALE	48	40+	1:26:54
600	1176	LUCHELL	SIMONS	TEMP	FEMALE	39	Open	1:26:54
601	1416	DESIRE	SMIT	BOLA?	FEMALE	39	Open	1:27:16
602	911	AMANDA	SAMPSON	TEMP	FEMALE	42	40+	1:27:57
603	1090	ELRI	STRAUSS	RWFLWP	FEMALE	40	40+	1:28:08
604	856	MARIA	JOHN	SOUTHS	FEMALE	48	40+	1:28:22
605	949	MICHELLE	VERITY	HELD	FEMALE	37	Open	1:28:46
606	1419	CHARLTON	WILLIAMS	TEMP	MALE	43	40+	1:28:48
607	1417	SIEBERT	COETZEE	BOLA?	MALE	57	50+	1:28:53
608	829	ALMARI	DE WAAL	TEMP	FEMALE	23	Open	1:29:07
609	1059	DINAH	FICKS	TEMP	FEMALE	44	40+	1:30:02
610	1195	IZABEL	DA SILVEIRA	TYGER	FEMALE	61	60+	1:30:10
611	1086	VALERIE	MUNNIK	EGIJWP	FEMALE	55	50+	1:30:26
612	1149	MARIZE	EDWARDS	BELGIUM	FEMALE	61	60+	1:30:27
613	1223	POZISA	ROTO	TEMP	FEMALE	29	Open	1:30:31
614	1146	MARETHA	DEMPERS	TEMP	FEMALE	44	40+	1:30:40
615	876	LEONIE	LOUW	TEMP	FEMALE	31	Open	1:31:04
616	1009	VALERIE	WILLIAMS	UWC	FEMALE	55	50+	1:33:27

617	1097	FLORENCE	TAYLOR	TEMP	FEMALE	56	50+	1:33:28
618	1010	DERRICK	WILLIAMS	UWC	MALE	49	40+	1:33:32
619	894	DANIEL	NOVEMBER	TEMP	MALE	56	50+	1:33:58
620	1189	ULLA	PAUL	SH	FEMALE	67	60+	1:34:24
621	802	SHIREEZ	BAARTMAN	TEMP	FEMALE	23	Open	1:35:42
622	990	CYRILBURK	VAN WYK	TEMP	MALE	56	50+	1:35:56
623	1070	KEITH	WILLIAMSON	TEMP	MALE	53	50+	1:36:49
624	1071	AUBREY	DANIELS	TEMP	MALE	51	50+	1:36:49
625	1066	ALEMORE	DAMONDS	DWARS	FEMALE	53	50+	1:37:00
626	1058	CARLETTE	EGYPT	TEMP	FEMALE	46	40+	1:38:40
627	1131	SELINA	MAPUNYA	TEMP	FEMALE	34	Open	1:38:58
628	1028	LYDIA	TERBLANCHE	TEMP	FEMALE	45	40+	1:39:13
629	1029	FLORA	MAY	TEMP	FEMALE	54	50+	1:39:14

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