



## 10km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
1	Inga Ngwenduna	SATORI AC	10km	Open	Male	0:32:46	-
2	Morne Kammies	SANLAM AC WP	10km	Open	Male	0:32:50	+0:04
3	Mthobeli Mathomane	SOUTH AFRICAN NATIONAL DEFENCE FORCE WP	10km	Open	Male	0:34:38	+1:52
4	Tsungai	RCS GUGULETU AC	10km	40-49 (40)	Male	0:36:43	+3:57
5	Frederick Wagenvoorde		10km	Open	Male	0:39:13	+6:27
6	Greg Longe		10km	Open	Male	0:40:36	+7:50
7	Sam Tooley		10km	Junior (J)	Male	0:41:30	+8:44
8	Jarryd Spenceley	SATORI AC	10km	Junior (J)	Male	0:42:53	+10:07
9	Leslie Chivell	FISH HOEK AC	10km	60-69 (60)	Male	0:42:54	+10:08
10	Alan Van Gysen		10km	Open	Male	0:43:10	+10:24
11	Nadia Turton	K-WAY VOB	10km	Open	Female	0:43:16	+10:30
12	Lebeko Shai		10km	Open	Male	0:43:19	+10:33
13	Luke Bodenstein		10km	Open	Male	0:43:40	+10:54
14	Munyaradzi Tofa		10km	Open	Male	0:43:45	+10:59
15	Jayden Alford Loots		10km	Open	Male	0:43:59	+11:13
16	Brannon Miller		10km	Junior (J)	Male	0:44:10	+11:24
17	Robert Fellowes	OPEN BOX RUNNING CLUB	10km	Open	Male	0:44:15	+11:29
18	Mila Geldenhuys	UNIVERSITY OF CAPE TOWN AC	10km	Open	Female	0:44:33	+11:47
19	Alex Lejeune		10km	Junior (J)	Male	0:44:40	+11:54
20	Julie Huckle	HOUT BAY HARRIERS	10km	50-59 (50)	Female	0:44:51	+12:05
21	Joseph Donaldson		10km	Open	Male	0:45:13	+12:27
22	Philip Smith		10km	Open	Male	0:45:31	+12:45
23	Andrew Stevenson		10km	40-49 (40)	Male	0:46:49	+14:03
24	Hannah Lea		10km	Open	Female	0:47:09	+14:23
24	Pieta Swanepoel		10km	40-49 (40)	Male	0:47:09	+14:23
26	Rian Marren		10km	40-49 (40)	Male	0:47:22	+14:36
27	Anel Wesson	FISH HOEK AC	10km	40-49 (40)	Female	0:47:34	+14:48
28	Jonathan Wesson	FISH HOEK AC	10km	40-49 (40)	Male	0:47:35	+14:49
29	Mariette Strauss	TYGERBERG AC	10km	50-59 (50)	Female	0:47:54	+15:08
30	Tanya Marshall		10km	Open	Female	0:48:09	+15:23
31	Matthew Calvocoressi	HANGKLIP AC	10km	40-49 (40)	Male	0:48:26	+15:40
32	Tracey Donaldson		10km	Open	Male	0:48:51	+16:05
33	Max Hindley		10km	Junior (J)	Male	0:48:54	+16:08
34	Jean De Villiers		10km	Open	Male	0:49:02	+16:16
35	Doug Porter	HERBALIFE SPORTS CLUB	10km	40-49 (40)	Male	0:49:03	+16:17
36	Luan Spies		10km	Open	Male	0:49:17	+16:31
37	Janke Erasmus		10km	Open	Female	0:49:21	+16:35
38	James Kaiserr		10km	Open	Male	0:49:23	+16:37
39	Andrew Mccann		10km	40-49 (40)	Male	0:49:28	+16:42
40	Chris Knight		10km	Open	Male	0:49:50	+17:04
41	Wes Procter		10km	Open	Male	0:49:52	+17:06
42	Rebecca Pein	ATLANTIC AC	10km	Open	Female	0:49:53	+17:07
43	Meredith Forbes	ATLANTIC AC	10km	Open	Female	0:50:03	+17:17
44	Phapan Chakana	SPARTAN HARRIERS	10km	40-49 (40)	Male	0:50:07	+17:21
45	Michael Davey		10km	Open	Male	0:50:34	+17:48
46	Jeremy West	OPEN BOX RUNNING CLUB	10km	Open	Male	0:50:54	+18:08
47	Grace Eden		10km	Open	Female	0:51:06	+18:20
48	Nathan Ramage		10km	Open	Male	0:51:13	+18:27
49	Andrea Tooley		10km	40-49 (40)	Female	0:51:23	+18:37
50	Rory Alexander		10km	Open	Male	0:51:31	+18:45
51	Wynand Louw		10km	Open	Male	0:51:34	+18:48
52	David Kennedy		10km	40-49 (40)	Male	0:51:43	+18:57
53	Daryn Smith		10km	Open	Male	0:51:46	+19:00
53	Kathryn Stranex	K-WAY VOB	10km	Open	Female	0:51:46	+19:00
55	Roldah Orrie	BRIMSTONE ITHEKO SPORT AC	10km	50-59 (50)	Female	0:51:53	+19:07
55	Maya Viljoen		10km	Open	Female	0:51:53	+19:07
57	Riaan Van Heerden		10km	Open	Male	0:52:01	+19:15
58	John Watermeyer	FISH HOEK AC	10km	60-69 (60)	Male	0:52:09	+19:23
59	Reganald Crowster	TYGERBERG AC	10km	50-59 (50)	Male	0:52:37	+19:51



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Place	Name	Club	Distance	Category	Gender	Time	Difference
60	Carlos Mateos	HARFIELD HARRIERS	10km	Open	Male	0:52:40	+19:54
61	Marco De Agrela		10km	Open	Male	0:52:42	+19:56
62	Raymond Rix	K-WAY VOB	10km	60-69 (60)	Male	0:52:51	+20:05
63	Seugnet De Villiers		10km	Open	Female	0:53:06	+20:20
64	Christian De Jager		10km	Junior (J)	Male	0:53:09	+20:23
65	Lance Hoffman		10km	40-49 (40)	Male	0:53:13	+20:27
65	Joshua Elie		10km	Junior (J)	Male	0:53:13	+20:27
67	Chris Mcpetrie		10km	Open	Male	0:53:15	+20:29
68	Sean Julius	SPARTAN HARRIERS	10km	Open	Male	0:53:25	+20:39
69	Lisa Guscott		10km	Open	Female	0:53:26	+20:40
70	Lisa Boonzaier		10km	Open	Female	0:53:27	+20:41
71	Lynn Vermeulen	FISH HOEK AC	10km	50-59 (50)	Female	0:53:37	+20:51
71	Jmari Kloppers		10km	Open	Female	0:53:37	+20:51
73	Ryno Marx	ATLANTIC AC	10km	Open	Male	0:53:38	+20:52
74	Cara Geldenhuys		10km	Open	Female	0:53:42	+20:56
75	Sebnem Er	ATC RUNNING	10km	40-49 (40)	Female	0:53:44	+20:58
76	Tessa Lloyd		10km	Open	Female	0:53:47	+21:01
77	N Teuteberg		10km	50-59 (50)	Female	0:53:59	+21:13
78	Callan Richardson		10km	40-49 (40)	Male	0:54:03	+21:17
79	Lee Richardson	HARFIELD HARRIERS	10km	Open	Male	0:54:04	+21:18
80	Simone Loedolff	MELKBOS AC	10km	Open	Female	0:54:22	+21:36
81	Anthony Peter Staak	SPARTAN HARRIERS	10km	60-69 (60)	Male	0:54:39	+21:53
82	Cayley Tarr		10km	Open	Female	0:54:41	+21:55
83	Andy Cadman		10km	40-49 (40)	Male	0:54:50	+22:04
84	Elizabeth Van Straaten		10km	Open	Female	0:55:02	+22:16
85	Saskia Vermeiren		10km	Open	Female	0:55:04	+22:18
86	Tanja Van Loggerenberg		10km	40-49 (40)	Female	0:55:05	+22:19
86	Dirk Van Loggerenberg		10km	40-49 (40)	Male	0:55:05	+22:19
88	Mike Whittaker		10km	Open	Male	0:55:10	+22:24
88	Suanne Whittaker	ATC RUNNING	10km	Open	Female	0:55:10	+22:24
88	Leanne Schreiber		10km	Open	Female	0:55:10	+22:24
91	Horst Schiffer	FISH HOEK AC	10km	70+	Male	0:55:23	+22:37
92	Jason Pilbrough		10km	Open	Male	0:55:32	+22:46
93	Linelle Smith	WESTERN PROVINCE CRICKET CLUB	10km	40-49 (40)	Female	0:55:38	+22:52
94	Harley Nash		10km	Open	Male	0:55:42	+22:56
95	Andron Crisp		10km	Open	Male	0:55:45	+22:59
96	Adele Joynt	CELTIC HARRIERS	10km	40-49 (40)	Female	0:55:48	+23:02
97	Kaiden Torr		10km	Junior (J)	Male	0:55:49	+23:03
98	Jude Cadman		10km	Junior (J)	Male	0:55:51	+23:05
99	Heather Pienaar	PINELANDS AC	10km	Open	Female	0:55:53	+23:07
100	Emily Wilkes		10km	Open	Female	0:55:57	+23:11
101	Jansen Myburgh		10km	Open	Male	0:56:02	+23:16
102	Gideon Brand		10km	Open	Male	0:56:09	+23:23
103	Katie Winter		10km	Junior (J)	Female	0:56:15	+23:29
104	Nic Smuts		10km	40-49 (40)	Male	0:56:16	+23:30
105	Michael Massingham		10km	40-49 (40)	Male	0:56:18	+23:32
105	Mike Oosthuizen		10km	40-49 (40)	Male	0:56:18	+23:32
107	Richard Healy	HERBALIFE SPORTS CLUB	10km	60-69 (60)	Male	0:56:39	+23:53
108	Brian Ganser	FISH HOEK AC	10km	40-49 (40)	Female	0:56:53	+24:07
109	Peter Gordon	K-WAY VOB	10km	50-59 (50)	Male	0:56:55	+24:09
110	Lucy Winter		10km	40-49 (40)	Female	0:57:01	+24:15
111	Friedrich Neethling		10km	50-59 (50)	Male	0:57:04	+24:18
112	Erich Krohnert	K-WAY VOB	10km	40-49 (40)	Male	0:57:09	+24:23
113	Kegan Haakonsen		10km	Open	Male	0:57:11	+24:25
114	David Matten		10km	Open	Male	0:57:12	+24:26
115	Becky Cadman		10km	Open	Female	0:57:16	+24:30
116	Gavin Attenborough		10km	50-59 (50)	Male	0:57:22	+24:36
117	Penny Hollyhoke	K-WAY VOB	10km	70+	Female	0:57:27	+24:41
118	Elsabe Moyo	RCS GUGULETU AC	10km	50-59 (50)	Female	0:57:31	+24:45



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Place	Name	Club	Distance	Category	Gender	Time	Difference
119	Gerhard Janse Van Rensburg		10km	Open	Male	0:57:35	+24:49
120	Collette Van Eck	FISH HOEK AC	10km	60-69 (60)	Female	0:57:40	+24:54
121	Marietha Herbert	BELLVILLE AC	10km	70+	Female	0:57:42	+24:56
122	Carly Byram		10km	Open	Female	0:57:52	+25:06
123	Zubayr Isaacs	KENSINGTON & FACTRETON SAC	10km	Open	Male	0:57:59	+25:13
124	Alastair Scott	RAND AC	10km	50-59 (50)	Male	0:58:04	+25:18
125	Jamie Taylor		10km	Open	Female	0:58:05	+25:19
126	Patrick Benade	FISH HOEK AC	10km	50-59 (50)	Male	0:58:08	+25:22
127	Mornay Jansen	EDGEMEAD RUNNERS	10km	Open	Male	0:58:15	+25:29
127	Gary Fargher		10km	50-59 (50)	Male	0:58:15	+25:29
129	Derek Brink		10km	Open	Male	0:58:17	+25:31
129	Nicci Murless		10km	Open	Female	0:58:17	+25:31
131	Liesle Marx		10km	Open	Female	0:58:21	+25:35
132	Sarah Knight		10km	Open	Female	0:58:22	+25:36
133	Hannah Hishin	FISH HOEK AC	10km	Open	Female	0:58:33	+25:47
134	Francis Conradie		10km	Open	Female	0:58:37	+25:51
134	Gerrit Conradie		10km	Open	Male	0:58:37	+25:51
136	Joan Heatlie		10km	Open	Female	0:58:41	+25:55
137	Anthony Hawkridge	SATORI AC	10km	50-59 (50)	Male	0:58:42	+25:56
138	Nicola Murless		10km	50-59 (50)	Female	0:58:58	+26:12
139	Craig Adams	SPARTAN HARRIERS	10km	40-49 (40)	Male	0:59:00	+26:14
140	Arjan Buikema	K-WAY VOB	10km	50-59 (50)	Male	0:59:08	+26:22
141	Victoria Burnett		10km	40-49 (40)	Female	0:59:09	+26:23
142	Adam Spagnoletti		10km	Open	Male	0:59:19	+26:33
142	Sean Smuts		10km	40-49 (40)	Male	0:59:19	+26:33
144	Abigail Sellman		10km	Open	Female	0:59:21	+26:35
145	Shaney Merifield	FISH HOEK AC	10km	40-49 (40)	Female	0:59:22	+26:36
146	David Rossouw		10km	60-69 (60)	Male	0:59:23	+26:37
147	Chantelle Dockrall	HELDERBERG HARRIERS	10km	Open	Female	0:59:27	+26:41
148	Devon Landman		10km	Open	Male	0:59:33	+26:47
149	Arno Erwee	VAN DER MERWE & ROBERTSON DURBANVILLE AC	10km	Open	Male	0:59:34	+26:48
149	Trudine Erwee	VAN DER MERWE & ROBERTSON DURBANVILLE AC	10km	Open	Female	0:59:34	+26:48
151	Tristan Niemann		10km	Junior (J)	Male	0:59:40	+26:54
152	Priscilla Jason	K-WAY VOB	10km	60-69 (60)	Female	0:59:54	+27:08
153	Judith Grove	TYGERBERG AC	10km	60-69 (60)	Female	0:59:57	+27:11
154	Jurina Kotze		10km	40-49 (40)	Female	1:00:08	+27:22
155	Shivani Manga		10km	Open	Female	1:00:15	+27:29
156	Peter Bodenstein	SACS ALUMNI RUNNING CLUB	10km	60-69 (60)	Male	1:00:16	+27:30
157	James Burchell		10km	Open	Male	1:00:18	+27:32
158	Jacqueline Smit		10km	Open	Female	1:00:24	+27:38
159	Megan Alford Loots		10km	Open	Female	1:00:25	+27:39
159	Neil Ebing	K-WAY VOB	10km	60-69 (60)	Male	1:00:25	+27:39
161	Helen Sutherland-johns	K-WAY VOB	10km	60-69 (60)	Female	1:00:26	+27:40
162	Catherine Hishin	FISH HOEK AC	10km	50-59 (50)	Female	1:00:27	+27:41
163	Sonia Harlock	FISH HOEK AC	10km	50-59 (50)	Female	1:00:29	+27:43
164	Drikus Viljoen		10km	Open	Male	1:00:33	+27:47
165	Theoni Photopoulou		10km	Open	Female	1:00:34	+27:48
166	Annerien Nel		10km	Open	Female	1:00:35	+27:49
167	Steve Clarke	SATORI AC	10km	50-59 (50)	Male	1:00:37	+27:51
168	Alan Power		10km	40-49 (40)	Male	1:00:42	+27:56
169	Andrea Mendelsohn	UNIVERSITY OF CAPE TOWN AC	10km	Open	Female	1:00:56	+28:10
170	Daphne Cremon	SOUTH AFRICAN NATIONAL DEFENCE FORCE WP	10km	40-49 (40)	Female	1:01:00	+28:14
171	Peter Wilson		10km	60-69 (60)	Male	1:01:11	+28:25
172	Nicola Marais		10km	Open	Female	1:01:29	+28:43
173	Damian Wentzel		10km	Open	Male	1:01:35	+28:49
174	Tawfiq Adams	OMMIEDRAAI FRIENDS AC	10km	Open	Male	1:01:41	+28:55
175	Veronika Gloeck	WORCESTER AC	10km	Open	Female	1:01:49	+29:03
175	Greg Venning		10km	Open	Male	1:01:49	+29:03
177	Emmerntia Van Niekerk		10km	Open	Female	1:01:50	+29:04



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Place	Name	Club	Distance	Category	Gender	Time	Difference
178	Alana Van Eeden		10km	Open	Female	1:01:52	+29:06
179	Seana Bunting		10km	Open	Female	1:01:53	+29:07
180	Lee Brooks		10km	Open	Male	1:01:57	+29:11
181	Wian Crous		10km	Open	Male	1:01:59	+29:13
182	Helen Du Plessis	BRACKENFELL AC	10km	60-69 (60)	Female	1:02:01	+29:15
183	Lauren Tuck	WILD RUNNER WP	10km	Open	Female	1:02:03	+29:17
183	Rolynne Meintjes		10km	40-49 (40)	Female	1:02:03	+29:17
185	Chelsea-joy Wardle	ATLANTIC AC	10km	Open	Female	1:02:05	+29:19
186	Jason New		10km	40-49 (40)	Male	1:02:08	+29:22
187	Georgina Peters		10km	40-49 (40)	Female	1:02:10	+29:24
188	Yvonne Ellis		10km	40-49 (40)	Female	1:02:13	+29:27
189	Massimo Orione	HOUT BAY HARRIERS	10km	50-59 (50)	Male	1:02:15	+29:29
190	Zintle Sekoko		10km	Open	Female	1:02:16	+29:30
191	Jared Rossouw		10km	Open	Male	1:02:17	+29:31
191	Jo Wilson	K-WAY VOB	10km	40-49 (40)	Female	1:02:17	+29:31
191	Tracy Orione		10km	50-59 (50)	Female	1:02:17	+29:31
194	Lisa Plessis		10km	40-49 (40)	Female	1:02:22	+29:36
195	Hermann Harris	SPARTAN HARRIERS	10km	Open	Male	1:02:25	+29:39
196	Monique Sham		10km	Open	Female	1:02:28	+29:42
197	Olivia Wood		10km	Junior (J)	Female	1:02:32	+29:46
198	Zeta Booyesen	FISH HOEK AC	10km	40-49 (40)	Female	1:02:34	+29:48
199	Cara Rademeyer		10km	Open	Female	1:02:45	+29:59
200	Lisha Duplessis		10km	Open	Female	1:02:47	+30:01
201	Yazeed Adams	OMMIEDRAAI FRIENDS AC	10km	Open	Male	1:02:48	+30:02
202	Avril Harvey	OBSEVATORY RUNNING CLUB	10km	40-49 (40)	Female	1:02:51	+30:05
203	Janine Van Aswegen		10km	40-49 (40)	Female	1:02:52	+30:06
204	Jason Peters		10km	40-49 (40)	Male	1:03:10	+30:24
204	Dorryn Jones		10km	Open	Male	1:03:10	+30:24
206	Cassidy Nydahl		10km	Open	Female	1:03:13	+30:27
207	Daniel Roberts		10km	50-59 (50)	Male	1:03:20	+30:34
208	Charne Viljoen		10km	Open	Female	1:03:27	+30:41
209	Lisa Melis		10km	Open	Female	1:03:32	+30:46
210	Kerri Labuschagne	FISH HOEK AC	10km	Open	Female	1:03:36	+30:50
210	Kate Van Velze	SATORI AC	10km	Open	Female	1:03:36	+30:50
212	Jess Hindley		10km	40-49 (40)	Female	1:03:44	+30:58
213	Neal Stacey	FISH HOEK AC	10km	60-69 (60)	Male	1:03:47	+31:01
214	Michelle Mostert		10km	Open	Female	1:03:52	+31:06
215	Jacqueline Van Meygaarden		10km	40-49 (40)	Female	1:03:53	+31:07
216	Kirstin Sham		10km	Open	Female	1:03:55	+31:09
216	Brigit Higgo		10km	Open	Female	1:03:55	+31:09
218	Frances Robertson		10km	40-49 (40)	Female	1:03:56	+31:10
219	Megan Church		10km	Open	Female	1:03:57	+31:11
220	Glenda Hensley	FISH HOEK AC	10km	50-59 (50)	Female	1:03:58	+31:12
220	Lisa Blomerus		10km	40-49 (40)	Female	1:03:58	+31:12
222	Compton Saunders		10km	Open	Male	1:04:02	+31:16
223	Adele Pudney		10km	40-49 (40)	Female	1:04:06	+31:20
224	Chanel Mouton		10km	Open	Female	1:04:11	+31:25
225	Caroline Parkin		10km	Open	Female	1:04:14	+31:28
226	Gail Fargher	K-WAY VOB	10km	50-59 (50)	Female	1:04:23	+31:37
227	Emma Brassington	PINELANDS AC	10km	Open	Female	1:04:30	+31:44
228	Abi Gildenhuys		10km	Open	Female	1:04:32	+31:46
229	Anthony Morta	SOUTH AFRICAN NATIONAL DEFENCE FORCE WP	10km	Open	Male	1:04:35	+31:49
229	Nai-chung Hu		10km	Open	Male	1:04:35	+31:49
231	Bronte Westcott		10km	Open	Female	1:04:36	+31:50
232	Chris Baker		10km	Open	Male	1:04:37	+31:51
233	Stephen Horn		10km	Open	Male	1:04:47	+32:01
234	Rachel Ilett		10km	Open	Female	1:04:48	+32:02
235	Ryan Schutte		10km	Open	Male	1:04:49	+32:03
236	Sandra Bryant		10km	50-59 (50)	Female	1:04:51	+32:05



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Place	Name	Club	Distance	Category	Gender	Time	Difference
237	Zaheer Alexander	OMMIEDRAAI FRIENDS AC	10km	Open	Male	1:04:52	+32:06
238	Eloise Meindl		10km	40-49 (40)	Female	1:04:55	+32:09
238	Catherine Elliot		10km	40-49 (40)	Female	1:04:55	+32:09
240	James Torr		10km	40-49 (40)	Male	1:05:00	+32:14
241	Ashley Baloka		10km	40-49 (40)	Male	1:05:02	+32:16
242	Jessica Nurick		10km	Open	Female	1:05:04	+32:18
243	Stephen Rule	FISH HOEK AC	10km	60-69 (60)	Male	1:05:08	+32:22
244	Lloyd Carey		10km	Open	Male	1:05:12	+32:26
244	Murray Payne		10km	60-69 (60)	Male	1:05:12	+32:26
246	Taryn Christie-smith	PINELANDS AC	10km	Open	Female	1:05:13	+32:27
247	Brandon Hamilton	CELTIC HARRIERS	10km	Open	Male	1:05:18	+32:32
247	Carika Hirschberg		10km	Open	Female	1:05:18	+32:32
249	Etienne Van As	Wils Running Club	10km	50-59 (50)	Male	1:05:20	+32:34
250	Amy Aspeling	CELTIC HARRIERS	10km	Open	Female	1:05:23	+32:37
251	Conny Krauss	RUN WALK FOR LIFE WP	10km	50-59 (50)	Female	1:05:24	+32:38
252	Chantal Barnard		10km	Open	Female	1:05:25	+32:39
253	Martie Lourens	BRACKENFELL AC	10km	60-69 (60)	Female	1:05:28	+32:42
254	Loren Westoby		10km	Open	Female	1:05:29	+32:43
255	Natalie Cuzen	HARFIELD HARRIERS	10km	Open	Female	1:05:31	+32:45
256	Andrea Power		10km	40-49 (40)	Female	1:05:33	+32:47
257	Jason Kalis		10km	40-49 (40)	Male	1:05:34	+32:48
257	Andrew Molteno		10km	40-49 (40)	Male	1:05:34	+32:48
259	Maxine Meier Mattern		10km	Open	Female	1:05:57	+33:11
260	Viljee Kruger	KATHU ROAD RUNNERS	10km	Open	Male	1:06:05	+33:19
261	Marty Loots	KATHU ROAD RUNNERS	10km	Open	Female	1:06:06	+33:20
262	Kathryn Uren	CAPE MULTI SPORT CLUB	10km	50-59 (50)	Female	1:06:08	+33:22
263	Liezel Conradie		10km	Open	Female	1:06:12	+33:26
264	Silke Gehring		10km	40-49 (40)	Female	1:06:14	+33:28
265	Roxie Varkevisser	ATC RUNNING	10km	Open	Female	1:06:18	+33:32
266	Peter Nixon	K-WAY VOB	10km	40-49 (40)	Male	1:06:22	+33:36
267	Carol Mestern	FISH HOEK AC	10km	40-49 (40)	Female	1:06:23	+33:37
267	Lucy Nixon	K-WAY VOB	10km	40-49 (40)	Female	1:06:23	+33:37
269	Sarah Barlett		10km	40-49 (40)	Female	1:06:24	+33:38
270	Sophia Callaghan	RUN WALK FOR LIFE WP	10km	50-59 (50)	Female	1:06:25	+33:39
271	Dune Bryce	RUN WALK FOR LIFE WP	10km	Junior (J)	Male	1:06:27	+33:41
272	Michael Wilkinson		10km	Open	Male	1:06:42	+33:56
273	Benji Kok		10km	Open	Male	1:06:45	+33:59
274	Dewald Schlebusch		10km	Open	Male	1:06:52	+34:06
275	Jess Bartram		10km	Open	Female	1:06:53	+34:07
276	Katie Wilkinson		10km	Open	Female	1:07:03	+34:17
277	Robyn Fergusson	K-WAY VOB	10km	Open	Female	1:07:04	+34:18
278	Nicola Allan		10km	Open	Female	1:07:07	+34:21
278	Suzanne Pasch		10km	Open	Female	1:07:07	+34:21
280	Hannah Christine De Waal		10km	Open	Female	1:07:09	+34:23
281	Luke Rademan	K-WAY VOB	10km	40-49 (40)	Male	1:07:11	+34:25
282	Plaxedes Mesa		10km	40-49 (40)	Female	1:07:17	+34:31
283	Nicole Biondi		10km	40-49 (40)	Female	1:07:18	+34:32
284	Muneeb Absalom	GONUBIE HARRIERS	10km	Open	Male	1:07:20	+34:34
285	Michelle Hodgkinson		10km	40-49 (40)	Female	1:07:24	+34:38
286	Tonia Pavlou		10km	Open	Female	1:07:27	+34:41
287	Trevor Robinson		10km	60-69 (60)	Male	1:07:34	+34:48
288	Gareth Evans		10km	40-49 (40)	Male	1:07:41	+34:55
289	Brittany Twigg	FISH HOEK AC	10km	Open	Female	1:07:43	+34:57
290	Johene Clayton	PAARL AC	10km	Open	Female	1:07:46	+35:00
291	Nicola Jane Attenborough		10km	40-49 (40)	Female	1:07:53	+35:07
292	Chris Cleaver		10km	Open	Male	1:07:56	+35:10
293	Siobhan Dunn	SPARTAN HARRIERS	10km	Junior (J)	Female	1:08:02	+35:16
294	Kim Mcleroth		10km	50-59 (50)	Female	1:08:05	+35:19
295	Robynne Alexander Deane		10km	40-49 (40)	Female	1:08:14	+35:28



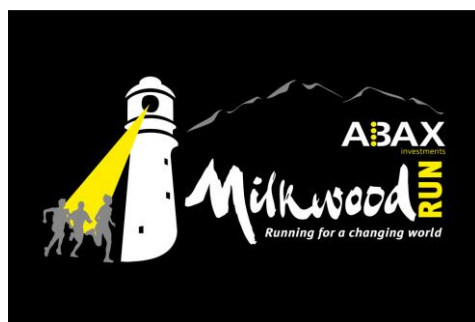
## 10km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
296	Robin Wood		10km	50-59 (50)	Male	1:08:23	+35:37
297	Kaitlin Mowat		10km	Junior (J)	Female	1:08:30	+35:44
298	Kate Daniels		10km	40-49 (40)	Female	1:08:39	+35:53
299	Regine Le Roux	HOUT BAY HARRIERS	10km	40-49 (40)	Female	1:08:41	+35:55
299	Harriet Burke	NEDBANK RUNNING CLUB WP	10km	Open	Female	1:08:41	+35:55
301	Caroline Magowan	SATORI AC	10km	50-59 (50)	Female	1:08:53	+36:07
302	Monique Vally		10km	Open	Female	1:09:15	+36:29
303	Emma Baker		10km	Open	Female	1:09:27	+36:41
304	Bridget Marshall		10km	50-59 (50)	Female	1:09:30	+36:44
305	Amanda Dovey	TEAM VITALITY ATHLETIC CLUB GN	10km	40-49 (40)	Female	1:09:32	+36:46
306	Jean-pierre Olwagen		10km	Open	Male	1:09:38	+36:52
307	Alison Dixon		10km	40-49 (40)	Female	1:09:44	+36:58
308	Kerri De Sousa		10km	40-49 (40)	Female	1:09:45	+36:59
309	Clifford Naude	WEST COAST AC	10km	50-59 (50)	Male	1:09:46	+37:00
310	Louise Nel		10km	Open	Female	1:09:52	+37:06
311	Natasha Wood		10km	Open	Female	1:09:53	+37:07
312	Alexandra Hamilton	CELTIC HARRIERS	10km	Open	Female	1:10:02	+37:16
313	Charlene Meyer		10km	40-49 (40)	Female	1:10:04	+37:18
313	Candy Chambers		10km	Open	Female	1:10:04	+37:18
315	Michele Smith	SATORI AC	10km	50-59 (50)	Female	1:10:06	+37:20
315	Francis Snyman		10km	Junior (J)	Female	1:10:06	+37:20
317	Matthew Morkel		10km	Open	Male	1:10:08	+37:22
318	Janet Hodkin		10km	50-59 (50)	Female	1:10:11	+37:25
319	Michele Diener	K-WAY VOB	10km	60-69 (60)	Female	1:10:14	+37:28
320	Roy Tomlinson	SPARTAN HARRIERS	10km	70+	Male	1:10:16	+37:30
321	Gail Eddy		10km	Open	Female	1:10:22	+37:36
322	Kerry Van Niekerk		10km	Open	Female	1:10:25	+37:39
323	Adam Van Niekerk		10km	Open	Male	1:10:26	+37:40
324	Nic Cleaver		10km	Open	Male	1:10:50	+38:04
324	Susan Gredley	RUN WALK FOR LIFE WP	10km	40-49 (40)	Female	1:10:50	+38:04
326	Janis Kennedy		10km	40-49 (40)	Female	1:10:51	+38:05
327	Aneeqa Bedford		10km	Open	Female	1:10:54	+38:08
328	Amy Baker		10km	40-49 (40)	Female	1:11:09	+38:23
329	Richard Collins		10km	Open	Male	1:11:13	+38:27
330	Kerry Wyatt		10km	50-59 (50)	Female	1:11:16	+38:30
331	Mandy Nel		10km	Open	Female	1:11:17	+38:31
332	Wendy Stephenson	SPARTAN HARRIERS	10km	40-49 (40)	Female	1:11:18	+38:32
333	Martin Scholtz		10km	50-59 (50)	Male	1:11:19	+38:33
334	Gemma Scholtz		10km	Open	Female	1:11:20	+38:34
335	Joanne Kaiser		10km	Open	Female	1:11:26	+38:40
336	Kim Van Schalkwyk		10km	50-59 (50)	Female	1:11:37	+38:51
337	Esmari Robertson		10km	40-49 (40)	Female	1:11:41	+38:55
338	Sarah Larratt	WESTERN PROVINCE CRICKET CLUB	10km	40-49 (40)	Female	1:11:43	+38:57
339	Shelley Tuck		10km	60-69 (60)	Female	1:11:44	+38:58
340	Amiee Webber		10km	Open	Female	1:11:57	+39:11
341	Julia Morom		10km	40-49 (40)	Female	1:11:59	+39:13
342	Gavin Dolan	K-WAY VOB	10km	40-49 (40)	Male	1:12:08	+39:22
343	Charlene Maartens	EDGE MEAD RUNNERS	10km	50-59 (50)	Female	1:12:14	+39:28
344	Stella Rossouw	EDGE MEAD RUNNERS	10km	50-59 (50)	Female	1:12:41	+39:55
344	John Brimble	FORESTERS RUNNING CLUB	10km	70+	Male	1:12:41	+39:55
346	Sarah Binge		10km	Open	Female	1:12:42	+39:56
347	Wendy Staak		10km	60-69 (60)	Female	1:12:50	+40:04
348	Martin Power		10km	Open	Male	1:13:00	+40:14
349	Samantha Hudson-peacock		10km	Junior (J)	Female	1:13:06	+40:20
350	Theresa Jordaan	K-WAY VOB	10km	60-69 (60)	Female	1:13:08	+40:22
351	Sania Kotz		10km	Open	Female	1:13:10	+40:24
352	Jani Truter		10km	Open	Female	1:13:11	+40:25
352	Magdel Fourie		10km	Open	Female	1:13:11	+40:25
354	Moira Alexander		10km	40-49 (40)	Female	1:13:13	+40:27



## 10km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
355	John Snyder		10km	Open	Male	1:13:15	+40:29
356	Marzet Pieterse		10km	Open	Female	1:13:30	+40:44
357	Bertie Roos	RUN WALK FOR LIFE WP	10km	60-69 (60)	Female	1:13:34	+40:48
358	Jeanette Nixon		10km	Open	Female	1:13:35	+40:49
359	Donnaveen Howe	RUN WALK FOR LIFE WP	10km	50-59 (50)	Female	1:13:37	+40:51
360	Nicola Fourie		10km	Open	Female	1:13:45	+40:59
361	Henry Horne	SATORI AC	10km	60-69 (60)	Male	1:14:00	+41:14
362	Petra Jaschke		10km	40-49 (40)	Female	1:14:11	+41:25
363	Antonio Baloka		10km	40-49 (40)	Male	1:14:13	+41:27
364	David Horn	K-WAY VOB	10km	50-59 (50)	Male	1:14:14	+41:28
365	Lieze Swart	DEA Running Club	10km	50-59 (50)	Female	1:14:15	+41:29
366	Noeline Kruger	FISH HOEK AC	10km	40-49 (40)	Female	1:14:22	+41:36
367	Linsen Loots		10km	Open	Male	1:14:24	+41:38
368	Cheryl Muir		10km	40-49 (40)	Female	1:14:25	+41:39
369	Ellen Hurst		10km	Open	Female	1:14:27	+41:41
369	Andrea Spreadbury		10km	40-49 (40)	Female	1:14:27	+41:41
371	Lauren Phillips	RUN WALK FOR LIFE WP	10km	50-59 (50)	Female	1:14:30	+41:44
372	Jacqui Kaufmann		10km	Open	Female	1:14:35	+41:49
373	Shane Kiernan	PINELANDS AC	10km	50-59 (50)	Male	1:14:39	+41:53
374	Lauren Bullard	HOUT BAY HARRIERS	10km	40-49 (40)	Female	1:14:41	+41:55
374	Ian Dymond	HOUT BAY HARRIERS	10km	50-59 (50)	Male	1:14:41	+41:55
376	Karina Berner	SANLAM AC WP	10km	Open	Female	1:14:46	+42:00
377	Uwe Kleeberg	SATORI AC	10km	70+	Male	1:14:53	+42:07
378	Earl Hargreaves	CELTIC HARRIERS	10km	70+	Male	1:14:54	+42:08
379	Noel Goosen		10km	Open	Male	1:15:03	+42:17
380	Genevieve Morgan		10km	Open	Female	1:15:09	+42:23
381	Casey Barnard		10km	Open	Female	1:15:11	+42:25
382	Genevieve Van Gysen		10km	Open	Female	1:15:12	+42:26
382	Jeannette Thomas		10km	Open	Female	1:15:12	+42:26
384	Adriana Coetzee	ATC RUNNING	10km	Open	Female	1:15:15	+42:29
385	Trudi Miller	CAPE MULTI SPORT CLUB	10km	50-59 (50)	Female	1:15:17	+42:31
386	Rushdie Lagardien		10km	40-49 (40)	Male	1:15:19	+42:33
387	Tarryn Clarke	PINELANDS AC	10km	Open	Female	1:15:28	+42:42
388	Anita Nortje	TEAM VITALITY ATHLETIC CLUB GN	10km	50-59 (50)	Female	1:15:35	+42:49
389	Joubert Hofmeyr	K-WAY VOB	10km	60-69 (60)	Male	1:15:36	+42:50
390	Ashraf Southgate	NANTES AC	10km	50-59 (50)	Male	1:15:37	+42:51
391	Thomas Van Koesveld	RCS GUGULETU AC	10km	40-49 (40)	Male	1:15:45	+42:59
391	Estelle Van Koesveld		10km	40-49 (40)	Male	1:15:45	+42:59
393	Anthea Ball	FISH HOEK AC	10km	40-49 (40)	Female	1:15:47	+43:01
394	Michelle Coyne	FISH HOEK AC	10km	50-59 (50)	Female	1:15:50	+43:04
395	Kirsty Hatt		10km	Open	Female	1:15:52	+43:06
396	Cammie Diamond		10km	40-49 (40)	Female	1:16:00	+43:14
397	Lindsey Coetzee	FISH HOEK AC	10km	Open	Female	1:16:07	+43:21
397	Ingrid Jansen		10km	Open	Female	1:16:07	+43:21
399	Paula Groves	FISH HOEK AC	10km	60-69 (60)	Female	1:16:09	+43:23
400	Hans Sutterlin	FISH HOEK AC	10km	60-69 (60)	Male	1:16:10	+43:24
401	Carl Goosen		10km	Open	Male	1:16:22	+43:36
401	Nazlie Southgate	NANTES AC	10km	50-59 (50)	Female	1:16:22	+43:36
403	Henrietta Brock	CELTIC HARRIERS	10km	Open	Female	1:16:35	+43:49
404	Elize Van Der Berg	EASTERNS KRAAIFONTEIN AC	10km	Open	Female	1:16:43	+43:57
405	Tammy Van Der Horst		10km	40-49 (40)	Female	1:16:52	+44:06
406	Nura Suleiman		10km	Open	Female	1:17:04	+44:18
407	Brendan Mcdonald		10km	40-49 (40)	Male	1:17:20	+44:34
408	Donovan Hanekom		10km	Open	Male	1:17:21	+44:35
409	Irma Stadler		10km	50-59 (50)	Female	1:17:43	+44:57
410	Liezel Short	SATORI AC	10km	40-49 (40)	Female	1:17:44	+44:58
411	Brian Shory	SATORI AC	10km	40-49 (40)	Male	1:17:47	+45:01
412	Robyn Middleton	SPARTAN HARRIERS	10km	50-59 (50)	Female	1:17:49	+45:03
413	Jo Goddard	FISH HOEK AC	10km	70+	Female	1:17:54	+45:08



## 10km Results - 2020

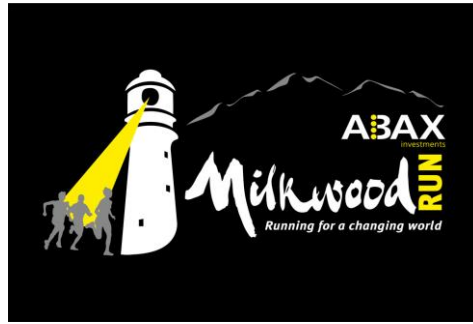
Place	Name	Club	Distance	Category	Gender	Time	Difference
414	Michael Mann		10km	Open	Male	1:17:57	+45:11
414	Mogamat Solomon	TOP FORM AC	10km	70+	Male	1:17:57	+45:11
416	Armien Samaai	TOP FORM AC	10km	50-59 (50)	Male	1:18:00	+45:14
416	Dawood Fortune	TOP FORM AC	10km	60-69 (60)	Male	1:18:00	+45:14
418	Cindy Blom		10km	50-59 (50)	Female	1:18:09	+45:23
419	Caroline Rossouw	VAN DER MERWE & ROBERTSON DURBANVILLE AC	10km	40-49 (40)	Female	1:18:21	+45:35
420	Francois Gertze		10km	50-59 (50)	Male	1:18:27	+45:41
421	Belia Karsten		10km	40-49 (40)	Female	1:18:28	+45:42
421	Natalie Carelse	CARBINEERS WP	10km	40-49 (40)	Female	1:18:28	+45:42
421	Lourika Fourie	BRACKENFELL AC	10km	Junior (J)	Female	1:18:28	+45:42
424	Shirley Zinn	UMJANTSHI SOCIAL SPORTS CLUB	10km	50-59 (50)	Female	1:18:30	+45:44
425	Theo Van De Merwe	FISH HOEK AC	10km	70+	Male	1:18:41	+45:55
426	Willem Olwagen		10km	40-49 (40)	Male	1:18:57	+46:11
427	Wieke Van Zyl		10km	50-59 (50)	Female	1:19:00	+46:14
428	Linda Whittle		10km	60-69 (60)	Female	1:19:04	+46:18
429	Grant Labuschagne	FISH HOEK AC	10km	50-59 (50)	Male	1:19:14	+46:28
429	Wayne Lawson	FISH HOEK AC	10km	40-49 (40)	Male	1:19:14	+46:28
431	Sharon Steenkamp	EDGEMEAD RUNNERS	10km	40-49 (40)	Female	1:19:22	+46:36
432	Christopher De Oliviera	EDGEMEAD RUNNERS	10km	50-59 (50)	Male	1:19:23	+46:37
433	Andrew Kerr		10km	Open	Male	1:19:24	+46:38
434	Anni Dix		10km	50-59 (50)	Female	1:19:45	+46:59
435	Gary Dix		10km	60-69 (60)	Male	1:19:46	+47:00
436	Nicole Groenewald	K-WAY VOB	10km	40-49 (40)	Female	1:19:55	+47:09
437	Danielle Walker		10km	40-49 (40)	Female	1:20:11	+47:25
438	Ilze Le Roux	BELLVILLE AC	10km	40-49 (40)	Female	1:20:18	+47:32
438	Marius Neethling	BELLVILLE AC	10km	40-49 (40)	Male	1:20:18	+47:32
440	Lindsay Clowes	RUN WALK FOR LIFE WP	10km	60-69 (60)	Female	1:20:32	+47:46
441	Jenny Bright		10km	40-49 (40)	Female	1:20:42	+47:56
442	Monita O'ryan		10km	40-49 (40)	Female	1:20:47	+48:01
443	Emily Van Rooyen		10km	Junior (J)	Female	1:20:49	+48:03
444	Dee Classen		10km	40-49 (40)	Female	1:21:02	+48:16
445	Nadine Ferreira	BRACKENFELL AC	10km	40-49 (40)	Female	1:21:12	+48:26
446	Cheryl Daniels	ADVENTISTS AC WP	10km	40-49 (40)	Female	1:21:13	+48:27
447	Susan Williams	EDGEMEAD RUNNERS	10km	40-49 (40)	Female	1:21:22	+48:36
448	Jane Bladen		10km	40-49 (40)	Female	1:21:24	+48:38
448	Genevieve Dalrymple		10km	40-49 (40)	Female	1:21:24	+48:38
450	Kashif Marcus	TOP FORM AC	10km	50-59 (50)	Male	1:21:29	+48:43
451	Naniki Nzuza	SPARTAN HARRIERS	10km	Open	Female	1:21:32	+48:46
452	Melissa Welthagen		10km	Open	Female	1:21:48	+49:02
453	Cindy Davidson		10km	40-49 (40)	Female	1:21:51	+49:05
454	Marentius Arendse	CAPE MULTI SPORT CLUB	10km	40-49 (40)	Male	1:22:00	+49:14
455	Annatjie Berntzen	GONUBIE HARRIERS	10km	70+	Female	1:22:07	+49:21
456	Roxsanne Gordon		10km	Open	Female	1:22:09	+49:23
457	Carine Jager	OLD MUTUAL AC WP	10km	Open	Female	1:22:15	+49:29
458	Adele Jansche Van Rensburg	GONUBIE HARRIERS	10km	40-49 (40)	Female	1:22:24	+49:38
459	Bronwyn Hanford		10km	40-49 (40)	Female	1:22:26	+49:40
460	Ronell Van Rooyen		10km	40-49 (40)	Female	1:22:30	+49:44
461	Me Shaw		10km	40-49 (40)	Female	1:22:51	+50:05
462	Samantha Coogan		10km	Open	Female	1:22:53	+50:07
463	Herman Smit	SANLAM AC WP	10km	60-69 (60)	Male	1:23:12	+50:26
464	Louise Dymond	HOUT BAY HARRIERS	10km	50-59 (50)	Female	1:23:15	+50:29
465	Jeff Singer		10km	50-59 (50)	Male	1:23:29	+50:43
466	Peter Williams	STRAGGLERS AC WP	10km	60-69 (60)	Male	1:23:30	+50:44
467	Meghan Slater		10km	40-49 (40)	Female	1:23:32	+50:46
468	Lee Low-shang	CARBINEERS WP	10km	40-49 (40)	Male	1:23:38	+50:52
469	Zaida Jackson	CARBINEERS WP	10km	40-49 (40)	Female	1:23:40	+50:54
470	Alaine Rossouw		10km	Open	Female	1:23:41	+50:55
471	Riyaad Okkers		10km	Open	Male	1:23:42	+50:56
472	Annette Kleeberg		10km	40-49 (40)	Female	1:23:47	+51:01





## 10km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
473	Lindsay Dawes	PINELANDS AC	10km	50-59 (50)	Female	1:23:53	+51:07
474	Sarah Aupiais		10km	Open	Female	1:24:04	+51:18
474	Annemie Steyn		10km	Open	Female	1:24:04	+51:18
476	Trevi Spence	BRIMSTONE ITHEKO SPORT AC	10km	40-49 (40)	Female	1:24:06	+51:20
477	Alison Kleu	SPARTAN HARRIERS	10km	40-49 (40)	Female	1:24:21	+51:35
478	Annetjie Claassen	SANLAM AC WP	10km	60-69 (60)	Female	1:24:25	+51:39
479	Genevieve Van Der Walt	GONUBIE HARRIERS	10km	Open	Female	1:24:59	+52:13
480	Tamara Thomas		10km	Open	Female	1:25:03	+52:17
481	Benita Maritz	SATORI AC	10km	Open	Female	1:25:46	+53:00
482	Zelda Langenhoven	BRACKENFELL AC	10km	Open	Female	1:26:07	+53:21
483	Rashid Cloete	HEWAT AC	10km	60-69 (60)	Male	1:26:39	+53:53
483	Aysha Cloete	HEWAT AC	10km	60-69 (60)	Female	1:26:39	+53:53
485	Clint Bryce	RUN WALK FOR LIFE WP	10km	50-59 (50)	Male	1:26:42	+53:56
486	Monya Krohnert	K-WAY VOB	10km	Open	Female	1:26:54	+54:08
487	Nadia Lombard		10km	Open	Female	1:27:01	+54:15
488	Tasneem Marcus	TOP FORM AC	10km	40-49 (40)	Female	1:27:11	+54:25
489	Salma Adams	OMMIEDRAAI FRIENDS AC	10km	Open	Female	1:27:13	+54:27
490	Randy Pieterse	GONUBIE HARRIERS	10km	60-69 (60)	Male	1:27:17	+54:31
491	Mandy Bryce	RUN WALK FOR LIFE WP	10km	40-49 (40)	Female	1:27:19	+54:33
492	Sally Symons		10km	40-49 (40)	Female	1:27:20	+54:34
493	Sedick Abrahams	SANLAM AC WP	10km	Open	Male	1:27:56	+55:10
494	Lizahn Scholtz	PAARL AC	10km	Open	Female	1:27:57	+55:11
495	Soraya Jassiem	ARD AC	10km	50-59 (50)	Female	1:28:18	+55:32
496	Tanya Smalberger	NEDBANK RUNNING CLUB WP	10km	Open	Female	1:28:36	+55:50
496	Hannelie Ferreira	ST ALBANS AC	10km	40-49 (40)	Female	1:28:36	+55:50
498	Edwina Jephtha	CELTIC HARRIERS	10km	Open	Female	1:28:51	+56:05
499	Ashley Stewart	GONUBIE HARRIERS	10km	50-59 (50)	Male	1:28:54	+56:08
500	Josephine Mashappie	ATLANTIC AC	10km	40-49 (40)	Female	1:30:02	+57:16
501	Saadiqa Dangor		10km	Open	Female	1:30:31	+57:45
502	Stephen Sharwood	SATORI AC	10km	50-59 (50)	Male	1:30:39	+57:53
503	Fatima Nieumeerhuis	CENTRAL ATHLETICS	10km	70+	Female	1:30:51	+58:05
504	Cj Dunn	SPARTAN HARRIERS	10km	50-59 (50)	Female	1:31:49	+59:03
505	Laurinda Naidoo		10km	40-49 (40)	Female	1:32:51	+1:00:05
505	Lucille Kolbe	SPARTAN HARRIERS	10km	Open	Female	1:32:51	+1:00:05
507	Petro Williams	EDGEMEAD RUNNERS	10km	50-59 (50)	Female	1:33:30	+1:00:44
508	Thando Ntoi		10km	Open	Female	1:33:54	+1:01:08
509	Helen Seller	WEST COAST AC	10km	60-69 (60)	Female	1:33:55	+1:01:09
510	Jean Hargreaves	SPARTAN HARRIERS	10km	60-69 (60)	Female	1:33:58	+1:01:12
511	Hanrie Joubert	BRACKENFELL AC	10km	50-59 (50)	Female	1:34:12	+1:01:26
512	Francesca Teifel		10km	Open	Female	1:35:31	+1:02:45
513	Valda Petersen	RUN WALK FOR LIFE WP	10km	40-49 (40)	Female	1:36:09	+1:03:23
514	Angela De Sa		10km	50-59 (50)	Female	1:36:58	+1:04:12
515	Zinia Haywood		10km	Open	Female	1:37:34	+1:04:48
516	Simon-kai Garvie		10km	Open	Male	1:39:29	+1:06:43
517	Laura Martinus		10km	Open	Female	1:39:30	+1:06:44
518	Annette De Jager		10km	70+	Female	1:39:37	+1:06:51
519	Charlotte Steenkamp	BELLVILLE AC	10km	Open	Female	1:41:20	+1:08:34
520	Marty Poole		10km	40-49 (40)	Male	1:42:24	+1:09:38
521	Mikaela Rijkmans	WILD RUNNER WP	10km	Open	Female	1:42:25	+1:09:39
522	Carol Poole		10km	40-49 (40)	Female	1:42:26	+1:09:40
523	Kim Whitworth		10km	40-49 (40)	Female	1:42:44	+1:09:58
524	Angela Rea		10km	40-49 (40)	Female	1:42:46	+1:10:00
525	Rebecca Cayzer		10km	40-49 (40)	Female	1:43:07	+1:10:21
526	Sonja Smit		10km	40-49 (40)	Female	1:43:10	+1:10:24
527	Michelle Hendrickse		10km	40-49 (40)	Female	1:43:11	+1:10:25
528	Felicity Paxton		10km	60-69 (60)	Female	1:43:14	+1:10:28
529	Janek Szymanowski	RUN WALK FOR LIFE WP	10km	70+	Male	1:44:28	+1:11:42
530	Caitlin Adair	WILD RUNNER WP	10km	Open	Female	1:44:30	+1:11:44
531	Brett Baloka		10km	Junior (J)	Male	1:44:46	+1:12:00



## 10km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
532	Mariam Salie		10km	Open	Female	1:47:26	+1:14:40
533	Tracy Mills		10km	40-49 (40)	Female	1:47:29	+1:14:43
534	Jan Du Plessis	HELDERBERG HARRIERS	10km	60-69 (60)	Male	1:49:04	+1:16:18
535	Marie Siebrits	OMMIEDRAAI FRIENDS AC	10km	50-59 (50)	Female	1:53:56	+1:21:10
536	Carina Smit	OMMIEDRAAI FRIENDS AC	10km	Open	Female	1:54:00	+1:21:14
537	Helen Wood		10km	40-49 (40)	Female	1:59:56	+1:27:10
538	Leigh-anne Mobsby		10km	50-59 (50)	Female	2:00:03	+1:27:17