



21.1km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
1	Malusi Judase	SATORI AC	21.1km	Open	Male	1:08:10	-
2	Mthandiazio Qhin	NEDBANK RUNNING CLUB WP	21.1km	40-49 (40)	Male	1:08:43	+0:33
3	Nkosinathi David Madyo	ATLANTIC AC	21.1km	Open	Male	1:09:16	+1:06
4	Amos Nyongo	NEDBANK RUNNING CLUB WP	21.1km	Open	Male	1:11:00	+2:50
5	Alantino Belillie	SANLAM AC WP	21.1km	Open	Male	1:11:52	+3:42
6	Sibusiso Madikizela	ATLANTIC AC	21.1km	Open	Male	1:12:30	+4:20
7	Assisipo Mathomane	SATORI AC	21.1km	Open	Male	1:13:00	+4:50
8	Phumloni Nxusoni	Murry and Robert	21.1km	Open	Male	1:15:51	+7:41
9	Sityhilo Diko	NEDBANK RUNNING CLUB WP	21.1km	Open	Male	1:16:05	+7:55
10	Mbongeni Ngxazozo	Rockies	21.1km	40-49 (40)	Male	1:16:15	+8:05
11	Joshua Chigome		21.1km	Open	Male	1:16:44	+8:34
11	Jonathan Black		21.1km	Open	Male	1:16:44	+8:34
13	Gimo Matusso	SATORI AC	21.1km	40-49 (40)	Male	1:19:38	+11:28
14	Bernard Griesel	ATC RUNNING	21.1km	Open	Male	1:20:00	+11:50
15	Christopher Burke	NEDBANK RUNNING CLUB WP	21.1km	Open	Male	1:22:43	+14:33
16	Lucas Adams	CHAPPIES RUNNING CLUB	21.1km	Open	Male	1:23:27	+15:17
17	Johnson Njoroge	BELLVILLE AC	21.1km	40-49 (40)	Male	1:23:45	+15:35
18	Michael Ulrich		21.1km	Open	Male	1:25:47	+17:37
19	Bruce Stewart	ATLANTIC AC	21.1km	50-59 (50)	Male	1:26:01	+17:51
20	Lance Katz	ATLANTIC AC	21.1km	40-49 (40)	Male	1:26:58	+18:48
21	Martin Bongers	RCS GUGULETU AC	21.1km	Open	Male	1:27:07	+18:57
22	Duncan Stuart		21.1km	Open	Male	1:28:35	+20:25
23	Neil Broers	CAPE MULTI SPORT CLUB	21.1km	Open	Male	1:28:47	+20:37
24	Johan Wahl		21.1km	Open	Male	1:28:59	+20:49
25	Gregory Torr	ATC RUNNING	21.1km	40-49 (40)	Male	1:29:18	+21:08
26	Joanna Thomas	K-WAY VOB	21.1km	50-59 (50)	Female	1:32:06	+23:56
27	Craig Mainstone	K-WAY VOB	21.1km	40-49 (40)	Male	1:32:32	+24:22
28	Adam Mendelsohn	UNIVERSITY OF CAPE TOWN AC	21.1km	40-49 (40)	Male	1:33:23	+25:13
29	Christiaan Schultz		21.1km	Open	Male	1:33:34	+25:24
30	Charles Ojur	CELTIC HARRIERS	21.1km	Open	Male	1:34:01	+25:51
31	Lee Odendaal		21.1km	Open	Male	1:34:18	+26:08
32	Ashleigh Graham	MY TRAINING DAY	21.1km	Open	Female	1:34:57	+26:47
33	Marcus Viljoen		21.1km	Open	Male	1:34:59	+26:49
34	Nick Murphy		21.1km	Open	Male	1:35:21	+27:11
35	Ross Lutsch	ATLANTIC AC	21.1km	Open	Male	1:35:23	+27:13
35	Rianda Gilliland	ATLANTIC AC	21.1km	Open	Female	1:35:23	+27:13
37	Wesley Graham		21.1km	Open	Male	1:35:25	+27:15
38	Cam Gouws		21.1km	Open	Male	1:35:27	+27:17
39	Ryan Ferreira	RCS GUGULETU AC	21.1km	Open	Male	1:35:50	+27:40
40	Roy Davis		21.1km	Open	Male	1:35:51	+27:41
41	Jayde Brammer	FISH HOEK AC	21.1km	Open	Male	1:35:52	+27:42
42	Stephan Van Zyl		21.1km	Open	Male	1:36:04	+27:54
43	Timothy Johnson		21.1km	Junior (J)	Male	1:36:08	+27:58
44	Mark Kalis	CELTIC HARRIERS	21.1km	40-49 (40)	Male	1:36:11	+28:01
45	Alexander Bentley		21.1km	Open	Male	1:36:16	+28:06
46	Nicolette Hadden	EDGEMEAD RUNNERS	21.1km	40-49 (40)	Female	1:37:01	+28:51
47	Victoria Reuvers	WILD RUNNER WP	21.1km	40-49 (40)	Female	1:37:04	+28:54
48	Gerrie Berner	SANLAM AC WP	21.1km	Open	Male	1:37:37	+29:27
49	Brad Larratt	WESTERN PROVINCE CRICKET CLUB	21.1km	40-49 (40)	Male	1:37:41	+29:31
50	Mark Hutchinson	FISH HOEK AC	21.1km	Open	Male	1:37:50	+29:40
51	Shafiek Cassiem	BRIMSTONE ITHEKO SPORT AC	21.1km	50-59 (50)	Male	1:38:05	+29:55
52	Trizanne Barnard		21.1km	40-49 (40)	Female	1:38:22	+30:12
53	Stephan Kistner	ATC RUNNING	21.1km	Open	Male	1:38:29	+30:19
54	Carlo Marra	RCS GUGULETU AC	21.1km	Open	Male	1:38:33	+30:23
55	Niel Langenhoven		21.1km	Open	Male	1:38:37	+30:27
56	Chris Van Niekerk	BELLVILLE AC	21.1km	Open	Male	1:38:38	+30:28
56	Dieter Klink		21.1km	Open	Male	1:38:38	+30:28
58	Henry Cieverts	PINELANDS AC	21.1km	60-69 (60)	Male	1:38:51	+30:41
59	Kudakwashwe Muyambo		21.1km	Open	Male	1:39:31	+31:21
60	Neil Vallance		21.1km	40-49 (40)	Male	1:39:36	+31:26
60	Maria Ferreira		21.1km	Open	Male	1:39:36	+31:26
62	Catherine Hamilton	K-WAY VOB	21.1km	50-59 (50)	Female	1:39:42	+31:32



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Place	Name	Club	Distance	Category	Gender	Time	Difference
63	Modisaotsile Moshweshwe	EERSTERIVIER AC	21.1km	Open	Male	1:39:48	+31:38
64	Filippo Faralla		21.1km	50-59 (50)	Male	1:40:02	+31:52
65	Myles Oelofse	HOUT BAY HARRIERS	21.1km	40-49 (40)	Male	1:40:17	+32:07
66	Sue Mackinnon	CELTIC HARRIERS	21.1km	40-49 (40)	Female	1:40:41	+32:31
67	Lynn Davis	ATLANTIC AC	21.1km	50-59 (50)	Female	1:41:18	+33:08
68	Kez Flint		21.1km	40-49 (40)	Male	1:41:23	+33:13
69	Michael Bishop		21.1km	Open	Male	1:41:29	+33:19
70	Deon Coetzee	ATC RUNNING	21.1km	40-49 (40)	Male	1:41:46	+33:36
71	Kai Denker	HARFIELD HARRIERS	21.1km	50-59 (50)	Male	1:41:48	+33:38
72	John Leslie		21.1km	60-69 (60)	Male	1:41:58	+33:48
73	Linda Doke		21.1km	50-59 (50)	Female	1:42:03	+33:53
74	Coriaan De Villiers	NEDBANK RUNNING CLUB WP	21.1km	40-49 (40)	Female	1:42:26	+34:16
75	Ian Burton		21.1km	50-59 (50)	Male	1:42:27	+34:17
76	Andre Van Der Merwe	STELLENBOSCH AC	21.1km	60-69 (60)	Male	1:43:01	+34:51
77	Karoline Hanks		21.1km	40-49 (40)	Female	1:43:10	+35:00
78	Lisa Connellan	CELTIC HARRIERS	21.1km	Open	Female	1:43:26	+35:16
79	Robyn Daly	FISH HOEK AC	21.1km	Open	Female	1:43:37	+35:27
80	Yvette Ganser	FISH HOEK AC	21.1km	50-59 (50)	Female	1:43:38	+35:28
81	Noel Loxton	ATC RUNNING	21.1km	Open	Male	1:43:40	+35:30
82	Catrina Denker	HARFIELD HARRIERS	21.1km	50-59 (50)	Female	1:43:41	+35:31
83	Chloe Robinson		21.1km	Open	Female	1:43:43	+35:33
84	Nic Andrew	ATC RUNNING	21.1km	40-49 (40)	Male	1:43:52	+35:42
85	Mari Gaertner	K-WAY VOB	21.1km	50-59 (50)	Female	1:43:59	+35:49
86	Keiron Frost		21.1km	Open	Male	1:44:00	+35:50
87	Elton Bezuidenhout	CARBINEERS WP	21.1km	40-49 (40)	Male	1:44:08	+35:58
87	Akhona Makila	SANLAM AC WP	21.1km	Open	Male	1:44:08	+35:58
89	Candyce Hall	CARBINEERS WP	21.1km	Open	Female	1:44:09	+35:59
89	Maxine Reilly		21.1km	50-59 (50)	Female	1:44:09	+35:59
91	Dee Smale	K-WAY VOB	21.1km	50-59 (50)	Female	1:44:18	+36:08
92	Alex Finney		21.1km	Open	Male	1:44:22	+36:12
93	John Potgieter	HELDERBERG HARRIERS	21.1km	Open	Male	1:44:29	+36:19
94	Johan Marais		21.1km	50-59 (50)	Male	1:44:45	+36:35
95	Frank Pantland		21.1km	Open	Male	1:45:02	+36:52
96	Tony Abrahamson	FORESTERS RUNNING CLUB	21.1km	70+	Male	1:45:16	+37:06
97	Mark Wagenheim	ATLANTIC AC	21.1km	60-69 (60)	Male	1:45:17	+37:07
98	Emma Kennedy		21.1km	Open	Female	1:45:48	+37:38
99	Darren Richards		21.1km	Open	Male	1:46:08	+37:58
100	Robert Kuyler		21.1km	Open	Male	1:46:15	+38:05
100	Johann Joubert	NEDBANK RUNNING CLUB WP	21.1km	Open	Male	1:46:15	+38:05
102	Noel Bugan	K-WAY VOB	21.1km	40-49 (40)	Male	1:46:16	+38:06
103	Martine Barker	FORESTERS RUNNING CLUB	21.1km	60-69 (60)	Female	1:46:19	+38:09
104	Gerda Smits		21.1km	Open	Female	1:46:21	+38:11
105	Katrin Ludik	ATLANTIC AC	21.1km	40-49 (40)	Female	1:46:28	+38:18
105	Mark Baldwin	FISH HOEK AC	21.1km	60-69 (60)	Male	1:46:28	+38:18
107	Stuart Torr	ATC RUNNING	21.1km	Open	Male	1:46:29	+38:19
107	Campbell Parry		21.1km	40-49 (40)	Male	1:46:29	+38:19
109	Michael Hellyer		21.1km	40-49 (40)	Male	1:46:30	+38:20
110	Christo Lourens	BRACKENFELL AC	21.1km	Open	Male	1:46:31	+38:21
111	Danie Van Der Merwe	STELLENBOSCH AC	21.1km	50-59 (50)	Male	1:46:36	+38:26
112	David Smith	K-WAY VOB	21.1km	50-59 (50)	Male	1:46:47	+38:37
113	Neill Lang		21.1km	Open	Male	1:46:55	+38:45
114	Aimee Loubser		21.1km	Open	Female	1:47:18	+39:08
115	David Viljoen		21.1km	Open	Male	1:47:29	+39:19
116	E Bath		21.1km	Open	Male	1:47:37	+39:27
117	Alexander Rubin		21.1km	Open	Male	1:47:44	+39:34
118	Marc Cornwell		21.1km	Open	Male	1:47:52	+39:42
119	John Yeld	FORESTERS RUNNING CLUB	21.1km	70+	Male	1:47:59	+39:49
120	Trevor Twine	K-WAY VOB	21.1km	50-59 (50)	Male	1:48:09	+39:59
121	Ela Meiring	WILD RUNNER WP	21.1km	Junior (J)	Female	1:48:16	+40:06
122	Bonginkosi Malawu	ADVENTISTS AC WP	21.1km	Open	Male	1:48:20	+40:10
123	Matthew De Haast	WILD RUNNER WP	21.1km	Open	Male	1:48:22	+40:12
123	Doug Nicol		21.1km	Open	Male	1:48:22	+40:12



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Place	Name	Club	Distance	Category	Gender	Time	Difference
125	Meghan West	WILD RUNNER WP	21.1km	Open	Female	1:48:23	+40:13
126	Nick Penrose	ATLANTIC AC	21.1km	40-49 (40)	Male	1:48:25	+40:15
127	Werner Sussmann	K-WAY VOB	21.1km	40-49 (40)	Male	1:48:41	+40:31
128	Alexis Sacks	CARBINEERS WP	21.1km	50-59 (50)	Female	1:48:43	+40:33
129	Quinton Frieslich	FISH HOEK AC	21.1km	40-49 (40)	Male	1:48:50	+40:40
130	Simon Du Plooy	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	1:48:53	+40:43
131	Lee Slabber		21.1km	40-49 (40)	Male	1:48:57	+40:47
132	Sean Dentener		21.1km	40-49 (40)	Male	1:49:00	+40:50
133	Rc Wilson	MY TRAINING DAY	21.1km	40-49 (40)	Male	1:49:01	+40:51
134	Dirk Louw		21.1km	40-49 (40)	Male	1:49:04	+40:54
135	Jackie Workman	PINELANDS AC	21.1km	Open	Female	1:49:44	+41:34
136	Rebecca Walker		21.1km	40-49 (40)	Female	1:49:46	+41:36
137	Roland Jurd	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	1:49:50	+41:40
138	Joshua Stanley		21.1km	Open	Male	1:49:56	+41:46
138	Andrew Rushworth	FISH HOEK AC	21.1km	40-49 (40)	Male	1:49:56	+41:46
140	Chris Langenhoven	BRACKENFELL AC	21.1km	60-69 (60)	Male	1:49:57	+41:47
141	Christine Buah		21.1km	Open	Female	1:50:16	+42:06
142	David Levinson		21.1km	Open	Male	1:50:18	+42:08
143	Nicolaas Posen		21.1km	Open	Male	1:50:23	+42:13
144	Keith Mellor	CAPE MULTI SPORT CLUB	21.1km	60-69 (60)	Male	1:50:24	+42:14
145	Ant Cadman	FORESTERS RUNNING CLUB	21.1km	40-49 (40)	Male	1:50:25	+42:15
146	Aashiq Knipe	EDGEMEAD RUNNERS	21.1km	40-49 (40)	Male	1:50:29	+42:19
147	Mark Wiseman	HARFIELD HARRIERS	21.1km	40-49 (40)	Male	1:50:39	+42:29
148	Willem Venter		21.1km	Open	Male	1:50:47	+42:37
148	Daniel Hattingh		21.1km	Open	Male	1:50:47	+42:37
150	Tony Byrne	RUN WALK FOR LIFE WP	21.1km	60-69 (60)	Male	1:50:48	+42:38
151	Emma Griffin		21.1km	Open	Female	1:50:52	+42:42
152	Anna Hauff		21.1km	Junior (J)	Female	1:50:53	+42:43
153	Terence Noonan		21.1km	Open	Male	1:50:56	+42:46
154	Neville Frieslich	FISH HOEK AC	21.1km	70+	Male	1:51:03	+42:53
155	Schalk Lesch	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	1:51:11	+43:01
156	Michael Pitman		21.1km	Open	Male	1:51:15	+43:05
157	Ryan Slabbert		21.1km	Open	Male	1:51:16	+43:06
158	Douglas Mitchell	PINELANDS AC	21.1km	50-59 (50)	Male	1:51:17	+43:07
158	Richard Slabbert	RUN WALK FOR LIFE WP	21.1km	Open	Male	1:51:17	+43:07
160	Luiz Goncalves Machado De Oliveira		21.1km	Open	Male	1:51:18	+43:08
161	Charlotte Noble		21.1km	50-59 (50)	Female	1:51:29	+43:19
162	Gregg Smith	K-WAY VOB	21.1km	Open	Male	1:51:43	+43:33
163	Chrisna Nesbitt		21.1km	40-49 (40)	Female	1:51:45	+43:35
164	Alastair Hendricks	ATLANTIC AC	21.1km	Open	Male	1:51:55	+43:45
165	Paul Kelly	EDGEMEAD RUNNERS	21.1km	50-59 (50)	Male	1:52:04	+43:54
166	Tali Cassidy		21.1km	Open	Female	1:52:16	+44:06
167	Gerrit Jan De Kruijf		21.1km	Open	Male	1:52:21	+44:11
168	Jihad Omar	TOP FORM AC	21.1km	Open	Male	1:52:32	+44:22
169	Samantha Ball		21.1km	Open	Female	1:52:43	+44:33
170	Benjamin Jourdan		21.1km	Open	Male	1:53:03	+44:53
171	Clement Whittle	ATLANTIC AC	21.1km	40-49 (40)	Male	1:53:11	+45:01
172	Chad Smith		21.1km	40-49 (40)	Male	1:53:17	+45:07
172	J Minnaar	PINELANDS AC	21.1km	Open	Male	1:53:17	+45:07
174	Sipho Evans	CELTIC HARRIERS	21.1km	Open	Male	1:53:19	+45:09
175	Bruce Bain		21.1km	Open	Male	1:53:24	+45:14
176	Julian Veermeer	STELLENBOSCH AC	21.1km	Open	Male	1:53:39	+45:29
177	Renate Spies	FISH HOEK AC	21.1km	Open	Female	1:53:49	+45:39
178	Craig Strachan	K-WAY VOB	21.1km	40-49 (40)	Male	1:53:53	+45:43
179	Johan Snyman		21.1km	40-49 (40)	Male	1:54:21	+46:11
180	Jeremy Dickson	ATLANTIC AC	21.1km	40-49 (40)	Male	1:54:22	+46:12
181	Tara Tobin	CELTIC HARRIERS	21.1km	Open	Female	1:54:25	+46:15
182	Georgina Casey		21.1km	40-49 (40)	Female	1:54:28	+46:18
183	Sean Adair	WILD RUNNER WP	21.1km	Open	Male	1:54:47	+46:37
184	Mark Bassingthwaighte	EDGEMEAD RUNNERS	21.1km	40-49 (40)	Male	1:54:56	+46:46
185	Glen Matthews	SPARTAN HARRIERS	21.1km	40-49 (40)	Male	1:54:57	+46:47
186	Steven Turton	K-WAY VOB	21.1km	40-49 (40)	Male	1:54:58	+46:48



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Place	Name	Club	Distance	Category	Gender	Time	Difference
187	Weiguo Ren	WEST COAST AC	21.1km	40-49 (40)	Male	1:55:01	+46:51
188	Andy McClarty		21.1km	50-59 (50)	Male	1:55:03	+46:53
189	Ismail Mohamed	BRIMSTONE ITHEKO SPORT AC	21.1km	Open	Male	1:55:11	+47:01
190	Tom Flux		21.1km	Open	Male	1:55:12	+47:02
191	Justin Du Toit	BRIMSTONE ITHEKO SPORT AC	21.1km	Open	Male	1:55:16	+47:06
192	Anton Jansen		21.1km	40-49 (40)	Male	1:55:17	+47:07
193	Lindsay Walker		21.1km	Open	Female	1:55:21	+47:11
194	James Lake		21.1km	Open	Male	1:55:29	+47:19
194	Justine Pearson		21.1km	Open	Female	1:55:29	+47:19
196	Rolf Johl	K-WAY VOB	21.1km	60-69 (60)	Male	1:55:31	+47:21
197	Don Lungile Moferi	PHOENIX AC WP	21.1km	60-69 (60)	Male	1:55:35	+47:25
198	Shani Coetzer	FISH HOEK AC	21.1km	40-49 (40)	Female	1:55:38	+47:28
199	Nathalie Cloete	K-WAY VOB	21.1km	50-59 (50)	Female	1:55:43	+47:33
200	Shaun Bryans		21.1km	40-49 (40)	Male	1:55:44	+47:34
201	Rob Van Hille	K-WAY VOB	21.1km	40-49 (40)	Male	1:55:47	+47:37
202	Hylton Christie-smith	PINELANDS AC	21.1km	Open	Male	1:55:50	+47:40
203	Sarah Johl	K-WAY VOB	21.1km	60-69 (60)	Female	1:55:51	+47:41
204	Marisa Nolly		21.1km	Open	Female	1:56:08	+47:58
205	Imraan Adam	SPARTAN HARRIERS	21.1km	Open	Male	1:56:13	+48:03
206	Muhammad Abduroaf	BRIMSTONE ITHEKO SPORT AC	21.1km	40-49 (40)	Female	1:56:17	+48:07
207	Katrien Kruger	EDGEMEAD RUNNERS	21.1km	Open	Female	1:56:24	+48:14
208	Brendan Daly	FISH HOEK AC	21.1km	Open	Male	1:56:30	+48:20
209	Claudine Van Graan	FISH HOEK AC	21.1km	Open	Female	1:56:34	+48:24
210	Peter Watson		21.1km	Open	Male	1:56:37	+48:27
211	Dinesh Budhram	NEDBANK RUNNING CLUB WP	21.1km	40-49 (40)	Male	1:56:43	+48:33
211	Phillip Rentschler	WEST COAST AC	21.1km	40-49 (40)	Male	1:56:43	+48:33
211	Marlin De Bruin	ARCELOR MITTAL SALDANHA SPORT AC	21.1km	40-49 (40)	Male	1:56:43	+48:33
214	Iain Park-ross	WEST COAST AC	21.1km	60-69 (60)	Female	1:56:49	+48:39
214	David Wilcock	WEST COAST AC	21.1km	40-49 (40)	Male	1:56:49	+48:39
216	Sam Langberg		21.1km	Open	Male	1:56:50	+48:40
217	Siyabulela Sokomein	KHAYELITSHA AC	21.1km	Open	Male	1:56:58	+48:48
218	Nick Graham		21.1km	40-49 (40)	Male	1:57:06	+48:56
219	Lee Farred	ATLANTIC AC	21.1km	40-49 (40)	Male	1:57:07	+48:57
220	Andrew Roper	FISH HOEK AC	21.1km	50-59 (50)	Male	1:57:12	+49:02
221	Rob Lawson	FISH HOEK AC	21.1km	50-59 (50)	Male	1:57:13	+49:03
222	Tyrrel Myburgh	STELLENBOSCH AC	21.1km	40-49 (40)	Male	1:57:18	+49:08
222	Schalk Hoon	HELDERBERG HARRIERS	21.1km	70+	Male	1:57:18	+49:08
224	Philip Myburgh		21.1km	40-49 (40)	Male	1:57:19	+49:09
225	Rick Briers-danks	K-WAY VOB	21.1km	40-49 (40)	Male	1:57:20	+49:10
226	Luvo Ntezo	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	1:57:44	+49:34
227	Elizabeth Do Rego	K-WAY VOB	21.1km	Open	Female	1:57:48	+49:38
228	Albert Arntz	K-WAY VOB	21.1km	40-49 (40)	Male	1:57:56	+49:46
229	Reza Ebrahim	ARD AC	21.1km	50-59 (50)	Male	1:57:57	+49:47
230	Irfaan Allie	ARD AC	21.1km	Open	Male	1:57:58	+49:48
231	Comfort Bunting	ATLANTIC AC	21.1km	40-49 (40)	Male	1:58:08	+49:58
231	Maxwell Godwana	RCS GUGULETU AC	21.1km	40-49 (40)	Male	1:58:08	+49:58
233	Johann Visagie	FISH HOEK AC	21.1km	Open	Male	1:58:15	+50:05
234	Charles Kriel		21.1km	Open	Male	1:58:18	+50:08
235	Brian Mccurrach	HARFIELD HARRIERS	21.1km	50-59 (50)	Male	1:58:31	+50:21
236	Ivan Marais	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	70+	Male	1:58:32	+50:22
237	Brian Shepherd		21.1km	50-59 (50)	Male	1:58:37	+50:27
237	Scott Ortlepp		21.1km	Open	Male	1:58:37	+50:27
239	Tara Wilson		21.1km	Open	Female	1:58:40	+50:30
240	Monica Paterson	WEST COAST AC	21.1km	50-59 (50)	Female	1:58:41	+50:31
241	Martin Luyt	WESTERN PROVINCE CRICKET CLUB	21.1km	50-59 (50)	Male	1:58:42	+50:32
242	Lynn Klaase	CELTIC HARRIERS	21.1km	Open	Female	1:58:43	+50:33
242	Lucy Ker	BRIMSTONE ITHEKO SPORT AC	21.1km	Open	Female	1:58:43	+50:33
244	Dave Wheeler	HOUT BAY HARRIERS	21.1km	60-69 (60)	Male	1:58:50	+50:40
245	Jeremy Roy		21.1km	Open	Female	1:58:51	+50:41
246	Geoff Thomson		21.1km	40-49 (40)	Male	1:58:53	+50:43
247	Jason Rudolph	HOUT BAY HARRIERS	21.1km	40-49 (40)	Male	1:59:08	+50:58
248	Simon Mendelsohn	UNIVERSITY OF CAPE TOWN AC	21.1km	Open	Male	1:59:10	+51:00



21.1km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
248	Sasha Katz	ATLANTIC AC	21.1km	Junior (J)	Male	1:59:10	+51:00
250	Craig Barron	SPARTAN HARRIERS	21.1km	40-49 (40)	Male	1:59:20	+51:10
251	Mark Tolsma	SATORI AC	21.1km	50-59 (50)	Male	1:59:26	+51:16
252	Donna Preston		21.1km	Open	Female	1:59:27	+51:17
253	Mayuresh Kulkarni	K-WAY VOB	21.1km	Open	Male	1:59:33	+51:23
254	Darren Morkel		21.1km	Open	Male	1:59:35	+51:25
255	Nathan Van Rooyen	PINELANDS AC	21.1km	40-49 (40)	Male	1:59:39	+51:29
256	Hein Coetzee	FISH HOEK AC	21.1km	50-59 (50)	Male	1:59:40	+51:30
257	Peter Uren	CAPE MULTI SPORT CLUB	21.1km	50-59 (50)	Male	1:59:48	+51:38
258	Chris Holdsworth	CARBINEERS WP	21.1km	Open	Male	1:59:52	+51:42
259	Anton Noll	ATLANTIC AC	21.1km	Open	Male	1:59:56	+51:46
260	Neil Horne	RCS GUGULETU AC	21.1km	40-49 (40)	Male	1:59:58	+51:48
261	Justin Gilham	OLD EDWARDIAN AC	21.1km	50-59 (50)	Male	1:59:59	+51:49
262	Tim Jobson	METROPOLITAN AC	21.1km	50-59 (50)	Male	2:00:00	+51:50
263	Grant Devlin		21.1km	40-49 (40)	Male	2:00:03	+51:53
264	Pierre Van Wyk	K-WAY VOB	21.1km	40-49 (40)	Male	2:00:04	+51:54
265	Louis Kruger		21.1km	Open	Male	2:00:11	+52:01
266	Gerhard Snyman	BELLVILLE AC	21.1km	60-69 (60)	Male	2:00:16	+52:06
267	Kirsty Berry	K-WAY VOB	21.1km	Open	Female	2:00:18	+52:08
268	Nico Brand		21.1km	Open	Male	2:00:19	+52:09
269	Cobus De Jager		21.1km	40-49 (40)	Male	2:00:24	+52:14
270	Daniel De Kruijf		21.1km	Open	Male	2:00:27	+52:17
270	Ingrid Peters	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:00:27	+52:17
270	Francois Toerien	UNIVERSITY OF CAPE TOWN AC	21.1km	50-59 (50)	Male	2:00:27	+52:17
270	Joshua Stevens		21.1km	Open	Male	2:00:27	+52:17
274	Susan Winckworth	ATLANTIC AC	21.1km	Open	Female	2:00:36	+52:26
275	Sonwabo Ngcelwane	RCS GUGULETU AC	21.1km	50-59 (50)	Male	2:00:38	+52:28
276	Gary Petersen	CENTURY CITY AC	21.1km	40-49 (40)	Male	2:00:47	+52:37
277	Tania De Waal	SPARTAN HARRIERS	21.1km	50-59 (50)	Female	2:00:48	+52:38
278	Charmaine Rooza	ADVENTISTS AC WP	21.1km	40-49 (40)	Female	2:01:02	+52:52
279	Robert Broll		21.1km	Open	Male	2:01:06	+52:56
280	Stephen Lucas	K-WAY VOB	21.1km	40-49 (40)	Male	2:01:09	+52:59
281	Habiel Adams	SPARTAN HARRIERS	21.1km	Open	Male	2:01:12	+53:02
282	Wilhelm Janse Van Rensburg	PARLIAMENT OF RSA AC	21.1km	Open	Male	2:01:25	+53:15
283	Gerda Henn	WILD RUNNER WP	21.1km	40-49 (40)	Female	2:01:28	+53:18
284	Claire-louise Worby	WILD RUNNER WP	21.1km	Open	Female	2:01:29	+53:19
285	Daniel Boshoff		21.1km	Open	Male	2:01:30	+53:20
286	Nina Hessler	UNIVERSITY OF CAPE TOWN AC	21.1km	Open	Female	2:01:42	+53:32
287	Steven Sutton		21.1km	Open	Male	2:01:44	+53:34
288	Percy Kamushinda	ADVENTISTS AC WP	21.1km	40-49 (40)	Male	2:01:48	+53:38
289	Callum Tilbury	UNIVERSITY OF CAPE TOWN AC	21.1km	Open	Male	2:01:49	+53:39
289	Jana Marincowitz		21.1km	Open	Female	2:01:49	+53:39
291	Katherine Klaasen		21.1km	Open	Female	2:01:52	+53:42
291	Allan Johns	K-WAY VOB	21.1km	60-69 (60)	Male	2:01:52	+53:42
293	Matumelo Mainaakae	CARBINEERS WP	21.1km	Open	Female	2:01:55	+53:45
294	Bradley Klein	MITCHELLS PLAIN TITANS	21.1km	40-49 (40)	Male	2:01:56	+53:46
295	Michelle Finegan	PINELANDS AC	21.1km	40-49 (40)	Female	2:01:57	+53:47
295	Deborah Fourie		21.1km	40-49 (40)	Female	2:01:57	+53:47
297	Ian Bockock	FORESTERS RUNNING CLUB	21.1km	70+	Male	2:02:01	+53:51
298	Bronwyn Kloppers		21.1km	Open	Female	2:02:02	+53:52
299	Mark Roberts	K-WAY VOB	21.1km	40-49 (40)	Male	2:02:07	+53:57
300	Neezaam Ryklief	SPARTAN HARRIERS	21.1km	40-49 (40)	Male	2:02:33	+54:23
301	Stephen Smith	VAAL AC	21.1km	50-59 (50)	Male	2:02:42	+54:32
301	Million Bimerew	GONUBIE HARRIERS	21.1km	50-59 (50)	Male	2:02:42	+54:32
303	Mali Ntlokwana		21.1km	Open	Male	2:02:49	+54:39
304	Zanelle Britz	CELTIC HARRIERS	21.1km	Open	Female	2:02:55	+54:45
305	Karl-robert Gloeck	CELTIC HARRIERS	21.1km	Open	Male	2:02:56	+54:46
306	Dieter Gloeck	MAGNOLIA ROAD RUNNERS	21.1km	50-59 (50)	Male	2:02:57	+54:47
306	Margaret Gloeck	MAGNOLIA ROAD RUNNERS	21.1km	50-59 (50)	Female	2:02:57	+54:47
308	Sonja Cowlin	K-WAY VOB	21.1km	40-49 (40)	Female	2:03:02	+54:52
308	Monique Bassi	K-WAY VOB	21.1km	Open	Female	2:03:02	+54:52
310	Daniel Anderson	FISH HOEK AC	21.1km	Open	Male	2:03:07	+54:57



21.1km Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
311	Diedelof Van Rensburg		21.1km	Open	Male	2:03:08	+54:58
312	Renee De Waal	K-WAY VOB	21.1km	40-49 (40)	Female	2:03:11	+55:01
313	Chris Oloff		21.1km	40-49 (40)	Male	2:03:12	+55:02
314	Schalk Liebenberg		21.1km	Open	Male	2:03:13	+55:03
315	Pj Jansen Van Rensburg		21.1km	Open	Male	2:03:18	+55:08
316	Nizaamudien Hamdulay		21.1km	Open	Male	2:03:41	+55:31
317	Cathrine Koekemoer		21.1km	50-59 (50)	Female	2:03:45	+55:35
318	Julie Michael	K-WAY VOB	21.1km	40-49 (40)	Female	2:03:46	+55:36
319	Dianne Trautman	WILD RUNNER WP	21.1km	60-69 (60)	Female	2:03:48	+55:38
320	Matt Weir		21.1km	Open	Male	2:03:56	+55:46
320	Keagan Stevens		21.1km	Open	Male	2:03:56	+55:46
322	Gabriel Forbes		21.1km	Open	Male	2:04:01	+55:51
323	Adam Jones	K-WAY VOB	21.1km	50-59 (50)	Male	2:04:03	+55:53
324	Ganesh Rao		21.1km	50-59 (50)	Male	2:04:04	+55:54
325	Guy Hishin	FISH HOEK AC	21.1km	50-59 (50)	Male	2:04:05	+55:55
326	Louisa Van Der Westhuizen	STELLENBOSCH AC	21.1km	60-69 (60)	Female	2:04:06	+55:56
327	Teresa Rooney		21.1km	60-69 (60)	Female	2:04:10	+56:00
328	Michelle Bey	CELTIC HARRIERS	21.1km	40-49 (40)	Female	2:04:15	+56:05
329	Elana Sandler	ATLANTIC AC	21.1km	Open	Female	2:04:18	+56:08
330	Wendy-li Retief	FISH HOEK AC	21.1km	40-49 (40)	Female	2:04:37	+56:27
331	Eleanor Hutchings	FORESTERS RUNNING CLUB	21.1km	Open	Female	2:04:38	+56:28
332	Robin Johnson		21.1km	40-49 (40)	Male	2:04:39	+56:29
333	Andre Swart	EASY EQUITIES BORN 2 RUN WP	21.1km	50-59 (50)	Male	2:04:45	+56:35
334	Shandre Buitendach	MELKBOS AC	21.1km	Open	Female	2:04:49	+56:39
335	Jarrold Assenheim	ATLANTIC AC	21.1km	50-59 (50)	Male	2:04:51	+56:41
336	Chantal Krohnert	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:04:54	+56:44
337	Ryan Brauer	ATLANTIC AC	21.1km	Open	Male	2:05:18	+57:08
338	Doreen Zuweni	WEST COAST AC	21.1km	Open	Female	2:05:28	+57:18
339	Thelma Naude	WEST COAST AC	21.1km	50-59 (50)	Female	2:05:35	+57:25
340	Paula-jo Grobler	WEST COAST AC	21.1km	40-49 (40)	Female	2:05:36	+57:26
341	Chris Lourens	BRACKENFELL AC	21.1km	60-69 (60)	Male	2:05:38	+57:28
342	Stacey Rethman	ATLANTIC AC	21.1km	Open	Female	2:05:41	+57:31
343	Michael Koning	FISH HOEK AC	21.1km	60-69 (60)	Male	2:05:42	+57:32
344	Gavin Henderson	FISH HOEK AC	21.1km	50-59 (50)	Male	2:05:48	+57:38
345	Cristal Smith		21.1km	40-49 (40)	Female	2:05:51	+57:41
346	Philip Myburgh		21.1km	50-59 (50)	Male	2:05:52	+57:42
347	Laurent Moret		21.1km	50-59 (50)	Male	2:06:03	+57:53
347	Erica Terblanche	ATC RUNNING	21.1km	40-49 (40)	Female	2:06:03	+57:53
349	Barbara Cole		21.1km	40-49 (40)	Female	2:06:07	+57:57
350	Jacquii Sussmann	K-WAY VOB	21.1km	40-49 (40)	Female	2:06:19	+58:09
351	Corneli Jooste	STELLENBOSCH AC	21.1km	Open	Female	2:06:26	+58:16
352	Heath Hellenberg		21.1km	Open	Male	2:06:27	+58:17
353	Mia Haughton		21.1km	Open	Female	2:06:29	+58:19
354	Janet Malan		21.1km	40-49 (40)	Female	2:06:44	+58:34
355	Penni Hirst		21.1km	50-59 (50)	Female	2:06:45	+58:35
356	Lizl Smit		21.1km	40-49 (40)	Female	2:06:46	+58:36
357	James Baker		21.1km	40-49 (40)	Male	2:06:47	+58:37
358	Jenny Silberbauer		21.1km	40-49 (40)	Female	2:06:52	+58:42
358	Tiyon Loubser	CELTIC HARRIERS	21.1km	Open	Female	2:06:52	+58:42
360	Lyndsay Cyprianos		21.1km	40-49 (40)	Female	2:06:53	+58:43
361	Peter Smith		21.1km	50-59 (50)	Male	2:06:54	+58:44
362	Birgitt Benade		21.1km	40-49 (40)	Female	2:06:55	+58:45
362	Carmen Barkhuizen		21.1km	40-49 (40)	Female	2:06:55	+58:45
364	Monique Braithwaite		21.1km	Open	Female	2:06:58	+58:48
364	Heste Oelofse		21.1km	40-49 (40)	Female	2:06:58	+58:48
366	Andrew Milne		21.1km	40-49 (40)	Male	2:06:59	+58:49
367	Alison Milne		21.1km	40-49 (40)	Female	2:07:00	+58:50
368	Richard Matthews		21.1km	Open	Male	2:07:15	+59:05
369	Nicolette Beffels	PAARL AC	21.1km	40-49 (40)	Female	2:07:24	+59:14
370	Bafikile Simelane	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	40-49 (40)	Male	2:07:31	+59:21
371	Nina Kemp	K-WAY VOB	21.1km	Open	Female	2:07:33	+59:23
371	Annelize Van Niekerk	FISH HOEK AC	21.1km	40-49 (40)	Female	2:07:33	+59:23



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Place	Name	Club	Distance	Category	Gender	Time	Difference
373	Teresa Fischer	HERBALIFE SPORTS CLUB	21.1km	40-49 (40)	Female	2:07:41	+59:31
374	Kathryn Stuart		21.1km	Open	Female	2:07:42	+59:32
375	Sean Garde		21.1km	Open	Male	2:07:45	+59:35
376	Bruce Barber	FISH HOEK AC	21.1km	70+	Male	2:07:54	+59:44
377	Graeme Wilson	K-WAY VOB	21.1km	50-59 (50)	Male	2:08:06	+59:56
378	Liesl Hansen		21.1km	40-49 (40)	Female	2:08:09	+59:59
379	Anton Schlosser		21.1km	Open	Male	2:08:10	+1:00:00
379	Pippa Hudson	K-WAY VOB	21.1km	40-49 (40)	Female	2:08:10	+1:00:00
381	Charan Saunders		21.1km	40-49 (40)	Female	2:08:11	+1:00:01
382	Collette La Grange	HERBALIFE SPORTS CLUB	21.1km	Open	Female	2:08:19	+1:00:09
383	Ian Els		21.1km	50-59 (50)	Male	2:08:36	+1:00:26
384	Rob Kent	EDGEMEAD RUNNERS	21.1km	50-59 (50)	Male	2:08:39	+1:00:29
385	Cathy Steele-gray	K-WAY VOB	21.1km	40-49 (40)	Female	2:08:41	+1:00:31
385	Richard Goodhead	EDGEMEAD RUNNERS	21.1km	50-59 (50)	Male	2:08:41	+1:00:31
385	Barbara Robinson	HOUT BAY HARRIERS	21.1km	50-59 (50)	Female	2:08:41	+1:00:31
388	Nicki Hill	CARBINEERS WP	21.1km	50-59 (50)	Female	2:08:42	+1:00:32
389	Rob Speedy		21.1km	50-59 (50)	Male	2:08:48	+1:00:38
390	Andre Blom	FISH HOEK AC	21.1km	50-59 (50)	Male	2:08:54	+1:00:44
390	Connor De Groote	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	2:08:54	+1:00:44
392	Robert Dunn	K-WAY VOB	21.1km	50-59 (50)	Male	2:09:06	+1:00:56
393	Andrew Bergsteedt		21.1km	40-49 (40)	Male	2:09:13	+1:01:03
394	Rolland Bryan	K-WAY VOB	21.1km	60-69 (60)	Male	2:09:24	+1:01:14
395	Durr Bezuidenhout	STELLENBOSCH AC	21.1km	40-49 (40)	Male	2:09:25	+1:01:15
396	Fahd Said		21.1km	Open	Male	2:09:28	+1:01:18
397	Frankie Johnston	MOUNTAIN AND TRAIL ENTHUSIASTS	21.1km	50-59 (50)	Female	2:09:32	+1:01:22
398	Mishqah Dollie	OMMIEDRAAI FRIENDS AC	21.1km	Open	Female	2:09:39	+1:01:29
399	Sarah Elliott	K-WAY VOB	21.1km	40-49 (40)	Female	2:09:50	+1:01:40
399	Kevin Phillips	RUN WALK FOR LIFE WP	21.1km	50-59 (50)	Male	2:09:50	+1:01:40
399	Kenny Kneezle		21.1km	Open	Male	2:09:50	+1:01:40
402	Betty-ann Wood	K-WAY VOB	21.1km	50-59 (50)	Female	2:09:51	+1:01:41
403	Jason Oliphant	CLUB MYKONOS MULTISPORT	21.1km	Open	Male	2:09:54	+1:01:44
404	Samantha Braid	SPARTAN HARRIERS	21.1km	Open	Female	2:10:12	+1:02:02
405	Rebecca Steyn	CELTIC HARRIERS	21.1km	Open	Female	2:10:17	+1:02:07
406	Debbie Leyland	EDGEMEAD RUNNERS	21.1km	Open	Female	2:10:30	+1:02:20
407	Malcolm Jardine	K-WAY VOB	21.1km	50-59 (50)	Male	2:10:31	+1:02:21
408	Julie Fritz	EASTERNS KRAAIFONTEIN AC	21.1km	40-49 (40)	Female	2:10:37	+1:02:27
409	Rob Mcdonald	WILD RUNNER WP	21.1km	60-69 (60)	Male	2:10:42	+1:02:32
410	Wendy Paton	K-WAY VOB	21.1km	40-49 (40)	Female	2:11:12	+1:03:02
411	Heath Giloi	FISH HOEK AC	21.1km	Open	Male	2:11:30	+1:03:20
412	Delyse Rist	PINELANDS AC	21.1km	50-59 (50)	Female	2:11:31	+1:03:21
413	Paula Bester		21.1km	Open	Female	2:11:40	+1:03:30
414	Chivonne Groenevelt		21.1km	40-49 (40)	Female	2:11:41	+1:03:31
414	Rochelle Reid	K-WAY VOB	21.1km	40-49 (40)	Female	2:11:41	+1:03:31
416	Loren Johnston		21.1km	Open	Female	2:11:50	+1:03:40
417	Brady Matthews		21.1km	Open	Male	2:11:51	+1:03:41
418	Brigitta Albrecht	ATLANTIC AC	21.1km	Open	Female	2:11:53	+1:03:43
419	Trevor Garvin		21.1km	40-49 (40)	Male	2:12:18	+1:04:08
420	Sujitra Rodhiran	EDGEMEAD RUNNERS	21.1km	40-49 (40)	Female	2:12:20	+1:04:10
420	Michaela Ing		21.1km	Junior (J)	Female	2:12:20	+1:04:10
422	Natasha Ing		21.1km	40-49 (40)	Female	2:12:21	+1:04:11
423	Michael Le Sueur	PINELANDS AC	21.1km	70+	Male	2:12:28	+1:04:18
424	John Wilson		21.1km	50-59 (50)	Male	2:12:38	+1:04:28
425	Farnaz Matthis	FISH HOEK AC	21.1km	40-49 (40)	Female	2:12:41	+1:04:31
426	Lawrence Davidson		21.1km	50-59 (50)	Male	2:12:51	+1:04:41
427	Leonie Vorster	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	40-49 (40)	Female	2:13:03	+1:04:53
428	Lisa White	WILD RUNNER WP	21.1km	50-59 (50)	Female	2:13:06	+1:04:56
429	Catherine Tatham		21.1km	Open	Female	2:13:08	+1:04:58
429	Debbie Konick	SATORI AC	21.1km	50-59 (50)	Female	2:13:08	+1:04:58
431	Rob Joubert	FORESTERS RUNNING CLUB	21.1km	70+	Male	2:13:17	+1:05:07
432	Jean Nigrini	K-WAY VOB	21.1km	40-49 (40)	Female	2:13:23	+1:05:13
433	Juliet Mey	K-WAY VOB	21.1km	40-49 (40)	Female	2:13:25	+1:05:15
434	Elschen Beyers	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	50-59 (50)	Female	2:13:27	+1:05:17



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Place	Name	Club	Distance	Category	Gender	Time	Difference
435	Gillian Couperthwaite	ATLANTIC AC	21.1km	Open	Female	2:13:28	+1:05:18
435	Nicola Nowosiad		21.1km	Open	Female	2:13:28	+1:05:18
437	Lara Hornby	CELTIC HARRIERS	21.1km	Open	Female	2:13:38	+1:05:28
438	Mongikazi Moshweshwe	ADVENTISTS AC WP	21.1km	Open	Female	2:13:41	+1:05:31
439	Geoff Schreiner		21.1km	60-69 (60)	Male	2:13:42	+1:05:32
440	Katrina Wiid	STELLENBOSCH AC	21.1km	40-49 (40)	Female	2:13:43	+1:05:33
440	Marianne Johnson		21.1km	Open	Female	2:13:43	+1:05:33
442	Cornell Badenhorst	EASTERNS KRAAIFONTEIN AC	21.1km	40-49 (40)	Female	2:13:49	+1:05:39
443	Sean Harris	PINELANDS AC	21.1km	50-59 (50)	Male	2:13:53	+1:05:43
444	Schalk Smit	STRAND AC	21.1km	50-59 (50)	Male	2:13:58	+1:05:48
445	Shaheema Barodien	BO-KAAP ATHLETICS	21.1km	Open	Female	2:14:00	+1:05:50
446	Ebrahim Parker	BRIMSTONE ITHEKO SPORT AC	21.1km	40-49 (40)	Male	2:14:04	+1:05:54
447	Angelique Smit	STRAND AC	21.1km	40-49 (40)	Female	2:14:07	+1:05:57
448	Chelsea Aspeling	CELTIC HARRIERS	21.1km	Open	Female	2:14:29	+1:06:19
449	Spencer Wheaton	CELTIC HARRIERS	21.1km	40-49 (40)	Male	2:14:30	+1:06:20
450	Lindsay Bloom		21.1km	Open	Female	2:14:31	+1:06:21
451	Tommy Ball	FISH HOEK AC	21.1km	50-59 (50)	Male	2:14:37	+1:06:27
452	Luke Altern	FISH HOEK AC	21.1km	Open	Male	2:14:39	+1:06:29
452	Mikaela Ball	FISH HOEK AC	21.1km	Open	Male	2:14:39	+1:06:29
452	Theresa Parsraman	FISH HOEK AC	21.1km	50-59 (50)	Female	2:14:39	+1:06:29
455	Robyn Fox	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:14:41	+1:06:31
456	Maryke Roberts	WESTERN PROVINCE CRICKET CLUB	21.1km	Open	Female	2:14:44	+1:06:34
456	Hilton Kearns	CELTIC HARRIERS	21.1km	50-59 (50)	Male	2:14:44	+1:06:34
458	Michelle Davey	K-WAY VOB	21.1km	Open	Female	2:14:46	+1:06:36
459	Judith Davidse	PINELANDS AC	21.1km	Open	Female	2:14:47	+1:06:37
460	Alison Smith	PINELANDS AC	21.1km	40-49 (40)	Female	2:14:52	+1:06:42
461	Robyn Scott		21.1km	40-49 (40)	Female	2:14:53	+1:06:43
462	Fiona Strydom	CELTIC HARRIERS	21.1km	40-49 (40)	Female	2:15:11	+1:07:01
462	Harry Ballard	WESTERN PROVINCE CRICKET CLUB	21.1km	60-69 (60)	Male	2:15:11	+1:07:01
464	Pixie Sparg	CELTIC HARRIERS	21.1km	70+	Female	2:15:13	+1:07:03
465	Sianne Bond		21.1km	Open	Female	2:15:31	+1:07:21
466	Marelize Barnard	ATC RUNNING	21.1km	Open	Female	2:15:38	+1:07:28
467	Michelle Versfeld		21.1km	Open	Female	2:15:43	+1:07:33
468	Jimmy Adonis	RCS GUGULETU AC	21.1km	60-69 (60)	Male	2:15:44	+1:07:34
469	Rosy Mohohlo		21.1km	Open	Female	2:15:48	+1:07:38
469	Nicolet Smit	STELLENBOSCH AC	21.1km	Open	Female	2:15:48	+1:07:38
469	Memory Munodawafa	RCS GUGULETU AC	21.1km	Open	Female	2:15:48	+1:07:38
472	Alex Elworthy		21.1km	40-49 (40)	Male	2:15:50	+1:07:40
473	Jastelle Hugo	CRUSADERS AC CG	21.1km	Open	Female	2:15:51	+1:07:41
474	Tania Mehl	CELTIC HARRIERS	21.1km	40-49 (40)	Female	2:15:54	+1:07:44
475	Heleen Kruger	FISH HOEK AC	21.1km	Open	Female	2:16:00	+1:07:50
476	Nicola Ballantyne	ATLANTIC AC	21.1km	40-49 (40)	Female	2:16:01	+1:07:51
477	Gina Bamforth	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:16:14	+1:08:04
478	Waldimar Pelsler		21.1km	40-49 (40)	Male	2:16:17	+1:08:07
479	Wilhelm Van Der Hoven		21.1km	Open	Male	2:16:18	+1:08:08
480	Mogamat Gertse	BRIMSTONE ITHEKO SPORT AC	21.1km	50-59 (50)	Male	2:16:22	+1:08:12
481	Sinenhlanhla Gumede	GONUBIE HARRIERS	21.1km	Open	Female	2:16:28	+1:08:18
482	Max Brock	CELTIC HARRIERS	21.1km	60-69 (60)	Male	2:16:43	+1:08:33
482	Dawn Walsh		21.1km	40-49 (40)	Female	2:16:43	+1:08:33
484	Sarah Katz	ATLANTIC AC	21.1km	Junior (J)	Female	2:16:44	+1:08:34
485	Bandlakazi Kema	RCS GUGULETU AC	21.1km	Open	Female	2:16:53	+1:08:43
486	Yaaqub Samaai	TOP FORM AC	21.1km	Open	Female	2:16:55	+1:08:45
487	Ane Jansen Van Rensburg	ATLANTIC AC	21.1km	Open	Female	2:17:06	+1:08:56
488	Leah Humphreys	ATLANTIC AC	21.1km	40-49 (40)	Female	2:17:11	+1:09:01
489	Nathan Harrison	SPARTAN HARRIERS	21.1km	40-49 (40)	Male	2:17:17	+1:09:07
490	Tlou Masehela	PINELANDS AC	21.1km	Open	Male	2:17:19	+1:09:09
491	Jacky Alborough		21.1km	Open	Female	2:17:22	+1:09:12
492	Gabriele Toerien	CAPE MULTI SPORT CLUB	21.1km	40-49 (40)	Female	2:17:29	+1:09:19
493	Ine Van Heerden	HELDERBERG HARRIERS	21.1km	Open	Female	2:17:32	+1:09:22
494	Pascal Despard		21.1km	Open	Female	2:17:34	+1:09:24
495	Karen Williamson	HOUT BAY HARRIERS	21.1km	50-59 (50)	Female	2:17:35	+1:09:25
496	Vanessa Le Borgne	SOUTHERN STRIDERS	21.1km	50-59 (50)	Female	2:17:36	+1:09:26



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Place	Name	Club	Distance	Category	Gender	Time	Difference
497	Desree Turnbull	HOUT BAY HARRIERS	21.1km	50-59 (50)	Female	2:17:43	+1:09:33
497	Carla Teresa Trimmel	CELTIC HARRIERS	21.1km	Open	Female	2:17:43	+1:09:33
499	Kanagren Govender	WILD RUNNER WP	21.1km	50-59 (50)	Male	2:17:53	+1:09:43
500	Elba Van Zyl	SATORI AC	21.1km	50-59 (50)	Female	2:17:58	+1:09:48
501	Gerrit Van Zyl	SATORI AC	21.1km	50-59 (50)	Male	2:17:59	+1:09:49
502	Maria De Kruijff		21.1km	Open	Female	2:18:05	+1:09:55
503	David Heyneke	CARBINEERS WP	21.1km	50-59 (50)	Male	2:18:09	+1:09:59
504	Lynda Heyneke	CARBINEERS WP	21.1km	40-49 (40)	Female	2:18:12	+1:10:02
505	Beyers Hoek		21.1km	40-49 (40)	Male	2:18:31	+1:10:21
506	Paul Kearns	K-WAY VOB	21.1km	50-59 (50)	Male	2:18:42	+1:10:32
506	Cornell Peek		21.1km	Open	Female	2:18:42	+1:10:32
508	Christopher Hosking		21.1km	Open	Male	2:18:51	+1:10:41
508	Caroline Hosking		21.1km	Open	Female	2:18:51	+1:10:41
510	Janine De Bruyn	CENTURY CITY AC	21.1km	Open	Female	2:18:52	+1:10:42
511	Emily Gammon		21.1km	Open	Female	2:18:53	+1:10:43
512	Ismail Abrahams	OMMIEDRAAI FRIENDS AC	21.1km	40-49 (40)	Male	2:18:57	+1:10:47
513	John Dawes	PINELANDS AC	21.1km	50-59 (50)	Male	2:19:02	+1:10:52
514	Erin Hendricks	SPARTAN HARRIERS	21.1km	Open	Female	2:19:08	+1:10:58
515	Venita Nel	GONUBIE HARRIERS	21.1km	50-59 (50)	Female	2:19:11	+1:11:01
516	Rashied Natherson	BRIMSTONE ITHEKO SPORT AC	21.1km	40-49 (40)	Male	2:19:23	+1:11:13
517	Andrew Bradley	HOUT BAY HARRIERS	21.1km	50-59 (50)	Male	2:19:24	+1:11:14
518	Donavan Matthews	GONUBIE HARRIERS	21.1km	50-59 (50)	Male	2:19:27	+1:11:17
519	Shauna Rushin	CARBINEERS WP	21.1km	40-49 (40)	Female	2:19:40	+1:11:30
519	Denzil Bartlett	CARBINEERS WP	21.1km	40-49 (40)	Male	2:19:40	+1:11:30
521	Laetitia Meyer-phillips	SPARTAN HARRIERS	21.1km	Open	Female	2:19:41	+1:11:31
522	Pierre De Groote	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	50-59 (50)	Male	2:19:43	+1:11:33
523	Ashleigh Merry		21.1km	Open	Female	2:19:53	+1:11:43
524	Ashley Hanekom		21.1km	Open	Male	2:20:05	+1:11:55
524	Vuyisa Maswana	RETAIL CAPITAL LANGA AC	21.1km	Open	Male	2:20:05	+1:11:55
526	Sally-anne Robertson		21.1km	Open	Female	2:20:10	+1:12:00
527	Lorraine Nevin	K-WAY VOB	21.1km	50-59 (50)	Female	2:20:14	+1:12:04
528	Bridget Howard-pain	EDGEMEAD RUNNERS	21.1km	Open	Female	2:20:32	+1:12:22
529	Erica Munnik	UNIVERSITY OF WESTERN CAPE AC	21.1km	50-59 (50)	Female	2:20:36	+1:12:26
530	Haydn De Kock	CELTIC HARRIERS	21.1km	Open	Male	2:20:40	+1:12:30
531	Michelle De Kock	CELTIC HARRIERS	21.1km	Open	Female	2:20:41	+1:12:31
531	Liesel Schulenburg	K-WAY VOB	21.1km	40-49 (40)	Female	2:20:41	+1:12:31
533	Zurainah Davids	GONUBIE HARRIERS	21.1km	40-49 (40)	Female	2:20:44	+1:12:34
534	Stacy Whitehead		21.1km	Open	Female	2:20:50	+1:12:40
535	Martin Jansen	FISH HOEK AC	21.1km	Open	Male	2:20:52	+1:12:42
536	Michaela Swanson		21.1km	Open	Female	2:20:53	+1:12:43
537	Friederike Krug		21.1km	Open	Female	2:20:57	+1:12:47
538	Alastair Cordiner	PINELANDS AC	21.1km	Open	Male	2:21:01	+1:12:51
539	Ian Ward	FORESTERS RUNNING CLUB	21.1km	50-59 (50)	Male	2:21:11	+1:13:01
539	Johan Van Der Mescht	PAARL AC	21.1km	50-59 (50)	Male	2:21:11	+1:13:01
541	Alvina Jeftha	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	40-49 (40)	Female	2:21:13	+1:13:03
542	Rene Van Staden	BRACKENFELL AC	21.1km	Open	Female	2:21:21	+1:13:11
542	Barend Du Toit	BRACKENFELL AC	21.1km	40-49 (40)	Male	2:21:21	+1:13:11
544	Leon Visser	BRACKENFELL AC	21.1km	50-59 (50)	Male	2:21:22	+1:13:12
545	Kim Craig	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:21:25	+1:13:15
546	John Kolbe	SPARTAN HARRIERS	21.1km	60-69 (60)	Male	2:21:26	+1:13:16
547	Busi Bele	CENTURY CITY AC	21.1km	40-49 (40)	Female	2:21:35	+1:13:25
548	Saseka Sihlwayi	EASTERNS KRAAIFONTEIN AC	21.1km	40-49 (40)	Female	2:21:38	+1:13:28
549	Sillene Ooppel	GONUBIE HARRIERS	21.1km	60-69 (60)	Female	2:21:42	+1:13:32
550	Liezl Saunders		21.1km	40-49 (40)	Female	2:21:55	+1:13:45
550	Liesel Hugo		21.1km	40-49 (40)	Female	2:21:55	+1:13:45
552	John Bush		21.1km	60-69 (60)	Male	2:21:59	+1:13:49
553	Marius Hess	TYGERBERG AC	21.1km	50-59 (50)	Male	2:22:00	+1:13:50
554	Natalee Cacula		21.1km	Open	Female	2:22:01	+1:13:51
555	Jim Lang	GONUBIE HARRIERS	21.1km	50-59 (50)	Male	2:22:04	+1:13:54
556	Riaan Cottle	CELTIC HARRIERS	21.1km	40-49 (40)	Male	2:22:44	+1:14:34
557	Melissa Malan		21.1km	Open	Female	2:22:45	+1:14:35
557	Ian Aspeling	CELTIC HARRIERS	21.1km	60-69 (60)	Male	2:22:45	+1:14:35



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Place	Name	Club	Distance	Category	Gender	Time	Difference
559	Kami Thebus	OMMIEDRAAI FRIENDS AC	21.1km	50-59 (50)	Female	2:22:58	+1:14:48
560	Melanie Dawes	PINELANDS AC	21.1km	Open	Female	2:23:06	+1:14:56
561	Marge Van Vuuren	K-WAY VOB	21.1km	50-59 (50)	Female	2:23:10	+1:15:00
562	Melanie Stadler		21.1km	Open	Female	2:23:12	+1:15:02
562	Pieter Stadler		21.1km	50-59 (50)	Male	2:23:12	+1:15:02
564	Catherine Mavrocoelas	K-WAY VOB	21.1km	Open	Female	2:23:15	+1:15:05
565	Vanessa Theron	FISH HOEK AC	21.1km	40-49 (40)	Female	2:23:22	+1:15:12
566	Oscar Wyld		21.1km	60-69 (60)	Male	2:23:31	+1:15:21
567	Jordan Maze	CLIFFE DEKKER HOFMEYR INC AC WP	21.1km	Open	Male	2:23:34	+1:15:24
568	Bea Strauss		21.1km	Open	Female	2:23:38	+1:15:28
569	Ashley Taylor	SPARTAN HARRIERS	21.1km	Open	Female	2:23:40	+1:15:30
570	Sue Swart	EASY EQUITIES BORN 2 RUN WP	21.1km	40-49 (40)	Female	2:24:07	+1:15:57
571	Amanda Mclean	CARBINEERS WP	21.1km	40-49 (40)	Female	2:24:27	+1:16:17
572	Margaux Eysers	CARBINEERS WP	21.1km	40-49 (40)	Female	2:24:33	+1:16:23
572	Tiffany Ebden	CARBINEERS WP	21.1km	40-49 (40)	Female	2:24:33	+1:16:23
574	Surina Van Zyl	GONUBIE HARRIERS	21.1km	40-49 (40)	Female	2:24:35	+1:16:25
575	Hilton Netta	K-WAY VOB	21.1km	50-59 (50)	Male	2:24:46	+1:16:36
576	Margherita Molaro		21.1km	Open	Female	2:24:48	+1:16:38
577	Nick Gooch		21.1km	40-49 (40)	Male	2:24:58	+1:16:48
578	Lucielle Netta	K-WAY VOB	21.1km	40-49 (40)	Female	2:25:10	+1:17:00
579	Faizel Isaacs	KENSINGTON & FACTRETON SAC	21.1km	40-49 (40)	Male	2:25:21	+1:17:11
580	Robyn Phillips		21.1km	40-49 (40)	Female	2:25:29	+1:17:19
581	Lisa Hudson-peacock		21.1km	40-49 (40)	Female	2:25:40	+1:17:30
582	Galiem Jacobs	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Male	2:25:42	+1:17:32
583	Amaal Bruwer	SOUTHERN STRIDERS	21.1km	50-59 (50)	Female	2:25:47	+1:17:37
584	Janine Bearne	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:25:56	+1:17:46
585	Nothemba Mfolozi		21.1km	Open	Female	2:25:57	+1:17:47
586	Israel Sekoko		21.1km	Open	Male	2:26:00	+1:17:50
587	Martin Ramsay	SPARTAN HARRIERS	21.1km	40-49 (40)	Male	2:26:22	+1:18:12
588	Thihumi Mabodi		21.1km	40-49 (40)	Male	2:26:32	+1:18:22
588	Sindiswa Nojoko	METROPOLITAN AC	21.1km	Open	Female	2:26:32	+1:18:22
590	David Simonsz		21.1km	Open	Male	2:26:53	+1:18:43
591	Jade Stellenboom		21.1km	Open	Female	2:27:04	+1:18:54
592	Lizel Benjamin	GONUBIE HARRIERS	21.1km	40-49 (40)	Female	2:27:08	+1:18:58
593	Neil Singh	GONUBIE HARRIERS	21.1km	40-49 (40)	Male	2:27:12	+1:19:02
593	Wimpie Van Der Berg	CAPE MULTI SPORT CLUB	21.1km	40-49 (40)	Male	2:27:12	+1:19:02
595	Rose Sutcliffe	CELTIC HARRIERS	21.1km	50-59 (50)	Female	2:27:21	+1:19:11
596	Patrick O'brien	CELTIC HARRIERS	21.1km	60-69 (60)	Male	2:27:23	+1:19:13
597	Sue Hook	FORESTERS RUNNING CLUB	21.1km	60-69 (60)	Female	2:27:24	+1:19:14
598	James Bain		21.1km	Open	Male	2:27:25	+1:19:15
598	Liesel Louw	WESTERN PROVINCE CRICKET CLUB	21.1km	Open	Female	2:27:25	+1:19:15
600	Carien Storm		21.1km	40-49 (40)	Female	2:27:26	+1:19:16
601	Tracy Gooch		21.1km	40-49 (40)	Female	2:27:39	+1:19:29
602	Louise Smith		21.1km	50-59 (50)	Female	2:27:40	+1:19:30
603	Lucy Sturrock	SPARTAN HARRIERS	21.1km	Open	Female	2:28:05	+1:19:55
604	Ivy Sithole	CARBINEERS WP	21.1km	40-49 (40)	Female	2:28:23	+1:20:13
605	Liesel Gous	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Female	2:28:29	+1:20:19
606	Taryn Heywood		21.1km	Open	Female	2:28:30	+1:20:20
607	Cathy Lindenberg		21.1km	Open	Female	2:28:31	+1:20:21
608	Jennifer Du Plessis		21.1km	Open	Female	2:28:40	+1:20:30
608	Jessica Ballantyne		21.1km	Open	Female	2:28:40	+1:20:30
610	Janet Moyle		21.1km	Open	Female	2:28:43	+1:20:33
611	Carmen Schwellnus	ATC RUNNING	21.1km	Open	Female	2:28:44	+1:20:34
612	Fahiema Daniels	OMMIEDRAAI FRIENDS AC	21.1km	Open	Female	2:28:51	+1:20:41
613	Sandra Barrow		21.1km	Open	Female	2:29:07	+1:20:57
614	Juan Clarence	BELLVILLE AC	21.1km	40-49 (40)	Male	2:29:13	+1:21:03
615	Thomas Ntimba	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Male	2:29:15	+1:21:05
616	Bruce Bell	FISH HOEK AC	21.1km	Open	Male	2:29:17	+1:21:07
616	Jessica Lawson	FISH HOEK AC	21.1km	Open	Female	2:29:17	+1:21:07
618	Likho Sikutshwa	PINELANDS AC	21.1km	Open	Female	2:29:18	+1:21:08
619	Veronique Rossouw	FISH HOEK AC	21.1km	40-49 (40)	Female	2:29:19	+1:21:09
620	James Gaylard	FISH HOEK AC	21.1km	50-59 (50)	Male	2:29:20	+1:21:10



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Place	Name	Club	Distance	Category	Gender	Time	Difference
621	Sumarie Schreiner		21.1km	40-49 (40)	Female	2:29:22	+1:21:12
622	Nomashwabada Gqosha		21.1km	Open	Female	2:29:32	+1:21:22
623	Robert Van Der Vliet		21.1km	40-49 (40)	Male	2:29:38	+1:21:28
624	Sumi Singh	GONUBIE HARRIERS	21.1km	40-49 (40)	Female	2:29:42	+1:21:32
625	Stephanie Petersen		21.1km	Open	Female	2:29:57	+1:21:47
626	Hilary Bryan	K-WAY VOB	21.1km	60-69 (60)	Female	2:30:01	+1:21:51
627	Wayne Pittendrigh	RUN WALK FOR LIFE WP	21.1km	50-59 (50)	Male	2:30:13	+1:22:03
628	Brendan Coulson		21.1km	40-49 (40)	Male	2:30:43	+1:22:33
629	Kerry-lee Collins	FNB RUNNERS CG	21.1km	60-69 (60)	Female	2:30:44	+1:22:34
630	Candice Paxton		21.1km	Open	Female	2:31:19	+1:23:09
631	Roelf Conradie	WEST COAST AC	21.1km	Open	Male	2:31:20	+1:23:10
632	Phoebe Maziba	TEAM VITALITY ATHLETIC CLUB GN	21.1km	Open	Female	2:31:22	+1:23:12
632	Njabulo Mnguni	ADVENTISTS AC WP	21.1km	40-49 (40)	Male	2:31:22	+1:23:12
634	Amanda Jackson	UNIVERSITY OF CAPE TOWN AC	21.1km	50-59 (50)	Female	2:31:24	+1:23:14
635	David Allpass	K-WAY VOB	21.1km	50-59 (50)	Male	2:31:25	+1:23:15
636	Taryn Gordon-finlayson	CARBINEERS WP	21.1km	40-49 (40)	Female	2:31:35	+1:23:25
637	Samantha Kriger	CELTIC HARRIERS	21.1km	40-49 (40)	Female	2:31:56	+1:23:46
638	Jill Morgan	CARBINEERS WP	21.1km	40-49 (40)	Female	2:32:11	+1:24:01
638	Kerry Mckenzie		21.1km	Open	Female	2:32:11	+1:24:01
640	Riana Prinsloo	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	40-49 (40)	Female	2:32:30	+1:24:20
641	Conrad Backeberg		21.1km	60-69 (60)	Male	2:32:34	+1:24:24
642	Aletta Fabricius	CLUB MYKONOS MULTISPORT	21.1km	Open	Female	2:32:50	+1:24:40
643	Gcinikaya Dlodlo	PINELANDS AC	21.1km	40-49 (40)	Male	2:33:00	+1:24:50
644	Moesa Safaar	TOP FORM AC	21.1km	50-59 (50)	Male	2:33:22	+1:25:12
645	Illana Herbst	BRACKENFELL AC	21.1km	Open	Female	2:33:43	+1:25:33
646	Trudie Visser	BRACKENFELL AC	21.1km	40-49 (40)	Female	2:33:44	+1:25:34
647	Petrus Groenewald	BRACKENFELL AC	21.1km	Open	Male	2:33:45	+1:25:35
648	Odile Quintard	SPARTAN HARRIERS	21.1km	60-69 (60)	Female	2:33:51	+1:25:41
649	Wasiem Abbas	CENTRAL ATHLETICS	21.1km	40-49 (40)	Male	2:34:00	+1:25:50
650	Nicole Clayton		21.1km	Open	Female	2:34:09	+1:25:59
651	Oonagh Hunter	HOUT BAY HARRIERS	21.1km	40-49 (40)	Female	2:34:13	+1:26:03
652	Robyn-leigh Roscher	HOUT BAY HARRIERS	21.1km	Open	Female	2:34:15	+1:26:05
653	Gerhard Nortje	FISH HOEK AC	21.1km	50-59 (50)	Male	2:34:17	+1:26:07
654	Michelle Ramsay	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:34:33	+1:26:23
655	Janice Rudolph	HOUT BAY HARRIERS	21.1km	Open	Female	2:34:45	+1:26:35
656	Simon P Colman		21.1km	40-49 (40)	Male	2:35:13	+1:27:03
657	Ashley Coetzee	FISH HOEK AC	21.1km	50-59 (50)	Female	2:35:35	+1:27:25
658	Tafadzwa Shoko	OMMIEDRAAI FRIENDS AC	21.1km	Open	Female	2:35:49	+1:27:39
659	Robyn Buntting		21.1km	Open	Female	2:35:54	+1:27:44
660	Natasha Clernison	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	Open	Female	2:35:55	+1:27:45
661	Michael Julie	HEWAT AC	21.1km	40-49 (40)	Male	2:36:02	+1:27:52
662	Oscar Petersen	WILD RUNNER WP	21.1km	50-59 (50)	Male	2:36:03	+1:27:53
663	Tara Caetano		21.1km	Open	Female	2:36:04	+1:27:54
664	Shaafi Jassiem	ARD AC	21.1km	60-69 (60)	Male	2:36:31	+1:28:21
665	Greta Brock	CELTIC HARRIERS	21.1km	50-59 (50)	Female	2:36:34	+1:28:24
665	Zahid Ebrahim	ARD AC	21.1km	60-69 (60)	Male	2:36:34	+1:28:24
667	Ingrid Carmichael	ATC RUNNING	21.1km	40-49 (40)	Female	2:36:39	+1:28:29
668	Noeline Barclay	CLUB MYKONOS MULTISPORT	21.1km	50-59 (50)	Female	2:36:56	+1:28:46
669	Abdul- Aziz Dollie	TOP FORM AC	21.1km	40-49 (40)	Male	2:37:05	+1:28:55
670	Suzy Botha	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:37:06	+1:28:56
671	Susan Magner	CENTURY CITY AC	21.1km	40-49 (40)	Female	2:37:19	+1:29:09
672	Darren Botha		21.1km	40-49 (40)	Male	2:37:21	+1:29:11
672	Elize Botha		21.1km	40-49 (40)	Female	2:37:21	+1:29:11
674	Leila Mitrani		21.1km	Open	Female	2:37:22	+1:29:12
674	Tasneem Essop	BRIMSTONE ITHEKO SPORT AC	21.1km	Open	Female	2:37:22	+1:29:12
676	Steve Akester	CENTURY CITY AC	21.1km	50-59 (50)	Male	2:37:23	+1:29:13
677	Brigitte Horne	SATORI AC	21.1km	50-59 (50)	Female	2:37:25	+1:29:15
678	Fatimah Jacobs	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Female	2:37:36	+1:29:26
679	Masood Dangor		21.1km	Open	Male	2:37:41	+1:29:31
679	Maimona Salie	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Female	2:37:41	+1:29:31
681	Jacui Visser		21.1km	40-49 (40)	Female	2:38:04	+1:29:54
681	A Pieterse	BELLVILLE AC	21.1km	40-49 (40)	Female	2:38:04	+1:29:54



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Place	Name	Club	Distance	Category	Gender	Time	Difference
683	Bronwyn Davis	FISH HOEK AC	21.1km	40-49 (40)	Female	2:38:55	+1:30:45
683	Shirley Smith	FISH HOEK AC	21.1km	40-49 (40)	Female	2:38:55	+1:30:45
685	Tracy Thompson	STRAND AC	21.1km	50-59 (50)	Female	2:38:57	+1:30:47
686	Tania Morar	K-WAY VOB	21.1km	50-59 (50)	Female	2:38:58	+1:30:48
687	Krige Siebrits	OMMIEDRAAI FRIENDS AC	21.1km	50-59 (50)	Male	2:39:12	+1:31:02
688	Samantha Brass	SPARTAN HARRIERS	21.1km	Open	Female	2:39:20	+1:31:10
689	Michelle Barnard	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:39:22	+1:31:12
690	Angela Chen		21.1km	Open	Female	2:40:09	+1:31:59
691	Frieda Blignaut	SANLAM AC WP	21.1km	60-69 (60)	Female	2:40:10	+1:32:00
692	Ingrid Coulter	PICK 'N PAY AC WP	21.1km	Open	Female	2:40:15	+1:32:05
693	Johan Mynhardt	SPARTAN HARRIERS	21.1km	Open	Male	2:40:50	+1:32:40
694	Clementine Schultz	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:41:44	+1:33:34
695	Joanne Van Der Valk	CELTIC HARRIERS	21.1km	60-69 (60)	Female	2:42:23	+1:34:13
696	Zahraa Samaai	TOP FORM AC	21.1km	Open	Female	2:42:31	+1:34:21
697	Sherene Daniels	TOP FORM AC	21.1km	50-59 (50)	Female	2:42:36	+1:34:26
698	Landi Ntlokwana		21.1km	Open	Female	2:42:42	+1:34:32
699	David De Wet	SATORI AC	21.1km	Open	Male	2:43:06	+1:34:56
700	Shafiq Bailey	BELLVILLE AC	21.1km	40-49 (40)	Male	2:43:30	+1:35:20
701	Janine Corry		21.1km	40-49 (40)	Female	2:43:40	+1:35:30
702	Yasmin Toeffie	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Female	2:43:56	+1:35:46
703	Anthony Cronje	K-WAY VOB	21.1km	60-69 (60)	Male	2:44:25	+1:36:15
704	Dirk Voigt	CAPE MULTI SPORT CLUB	21.1km	60-69 (60)	Male	2:44:27	+1:36:17
705	Hermann Volker	FISH HOEK AC	21.1km	60-69 (60)	Male	2:44:31	+1:36:21
706	Julian Ohlson	CENTURY CITY AC	21.1km	60-69 (60)	Male	2:45:15	+1:37:05
707	Merrin Keeling	FISH HOEK AC	21.1km	50-59 (50)	Female	2:45:30	+1:37:20
707	Stella Elliott		21.1km	40-49 (40)	Female	2:45:30	+1:37:20
709	Leza Buckle	VAN DER MERWE & ROBERTSON DURBANVILLE AC	21.1km	40-49 (40)	Female	2:45:36	+1:37:26
710	Yan Zhen Xu		21.1km	Open	Female	2:46:29	+1:38:19
711	Basil Mashappie	ATLANTIC AC	21.1km	50-59 (50)	Male	2:47:50	+1:39:40
712	Mary-ann Kearns	CELTIC HARRIERS	21.1km	40-49 (40)	Female	2:48:44	+1:40:34
713	Adrian Dukhan		21.1km	Open	Male	2:49:21	+1:41:11
714	Elizabet Dimitrova	ATC RUNNING	21.1km	Open	Female	2:49:22	+1:41:12
715	Sadiyya Absalom	GONUBIE HARRIERS	21.1km	Open	Female	2:49:28	+1:41:18
716	Patricia Swart	PINELANDS AC	21.1km	Open	Female	2:49:30	+1:41:20
717	Penelope Martin	GONUBIE HARRIERS	21.1km	50-59 (50)	Female	2:49:32	+1:41:22
717	Judy Coleman	CAPE MULTI SPORT CLUB	21.1km	40-49 (40)	Female	2:49:32	+1:41:22
717	Colleen Matthews	GONUBIE HARRIERS	21.1km	50-59 (50)	Female	2:49:32	+1:41:22
720	Lee-ann Harris	PINELANDS AC	21.1km	50-59 (50)	Female	2:51:01	+1:42:51
721	Lavona Allies	CARBINEERS WP	21.1km	50-59 (50)	Female	2:52:20	+1:44:10
722	John Allies	CARBINEERS WP	21.1km	50-59 (50)	Male	2:52:21	+1:44:11
723	Waseema Peters	TOP FORM AC	21.1km	40-49 (40)	Female	2:52:44	+1:44:34
724	Flynn O'ryan		21.1km	50-59 (50)	Male	2:53:52	+1:45:42
725	Rushan Wyngaard	STRAGGLERS AC WP	21.1km	40-49 (40)	Female	2:53:58	+1:45:48
726	Ganief Salie	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Male	2:54:41	+1:46:31
727	Aneesa Vanker	BRIMSTONE ITHEKO SPORT AC	21.1km	40-49 (40)	Female	2:54:42	+1:46:32
728	Melda Ruiters	BELLVILLE AC	21.1km	50-59 (50)	Female	2:54:56	+1:46:46
729	Kareemah Carelse		21.1km	40-49 (40)	Female	2:56:07	+1:47:57
730	Wayne Joshua Hirschson	ATC RUNNING	21.1km	40-49 (40)	Male	2:56:59	+1:48:49
731	Mosa Mofokeng	REAL GIJIMAS	21.1km	Open	Female	2:57:36	+1:49:26
732	Bianca Els		21.1km	50-59 (50)	Female	2:58:22	+1:50:12
733	Pamela Duncan		21.1km	Open	Female	2:58:25	+1:50:15
734	Tania Hendricks	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:59:05	+1:50:55
734	Natalie Scheepers	SPARTAN HARRIERS	21.1km	40-49 (40)	Female	2:59:05	+1:50:55
736	Bill Maycock	RUN WALK FOR LIFE WP	21.1km	70+	Male	2:59:51	+1:51:41
737	Christopher Wroth	RUN WALK FOR LIFE WP	21.1km	60-69 (60)	Male	2:59:52	+1:51:42
738	Saar-rah Ohlson		21.1km	Open	Female	3:00:07	+1:51:57
739	Majdi Salie	BRIMSTONE ITHEKO SPORT AC	21.1km	Open	Male	3:01:03	+1:52:53
740	Moegammad Isaacs		21.1km	40-49 (40)	Male	3:01:14	+1:53:04
741	Flora Masamba	OMMIEDRAAI FRIENDS AC	21.1km	50-59 (50)	Female	3:01:51	+1:53:41
742	Genevieve Benn	BELLVILLE AC	21.1km	40-49 (40)	Female	3:01:57	+1:53:47
743	Kirsten Ash	RUN WALK FOR LIFE WP	21.1km	Open	Female	3:02:04	+1:53:54
744	Bradley Hemingway		21.1km	Open	Male	3:02:07	+1:53:57



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Place	Name	Club	Distance	Category	Gender	Time	Difference
745	Carol-ann Aver	RUN WALK FOR LIFE WP	21.1km	70+	Female	3:03:08	+1:54:58
746	Suzelle Els	RUN WALK FOR LIFE WP	21.1km	50-59 (50)	Female	3:03:11	+1:55:01
747	Raymond Mehl		21.1km	50-59 (50)	Male	3:06:12	+1:58:02
747	Gustave Mehl	SPARTAN HARRIERS	21.1km	60-69 (60)	Male	3:06:12	+1:58:02
749	Barry Schwartz	FIT 2000 AC WP	21.1km	70+	Male	3:06:58	+1:58:48
750	Bronwyn Pietersen		21.1km	Open	Female	3:11:02	+2:02:52
751	Mogamat Soni	BRIMSTONE ITHEKO SPORT AC	21.1km	60-69 (60)	Male	3:12:42	+2:04:32
752	Marieta Stevens	FISH HOEK AC	21.1km	40-49 (40)	Female	3:13:30	+2:05:20
753	Paul Stevens	FISH HOEK AC	21.1km	40-49 (40)	Male	3:13:31	+2:05:21
754	Annelize Buys	K-WAY VOB	21.1km	50-59 (50)	Female	3:13:51	+2:05:41
754	Penny Szymanowski	RUN WALK FOR LIFE WP	21.1km	60-69 (60)	Female	3:13:51	+2:05:41
756	Ian Van Rensburg		21.1km	Open	Male	3:14:08	+2:05:58