



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|------------|------------|---------|--------------|--------------------------------|--------------|
| 1 | 00:59:13 | SIGIDI | PUMLANI | 7696 | SENIOR | NEDBANK | |
| 2 | 01:00:57 | NTANDO | LUVYOYO | 1261 | SENIOR | SATORI A.C | |
| 3 | 01:02:48 | | | 494 | SENIOR | VARSAITY OLD BOYS R.C | DISQUALIFIED |
| 4 | 01:03:49 | MITCHELL | CHRIS | 216 | VETERAN | CELTIC HARRIERS | |
| 5 | 01:04:17 | KANOUNI | YOUSSEF | 7086 | SENIOR | ITHEKO ATHLETICS CLUB | |
| 6 | 01:04:23 | WINTER | RYAN | 2693 | SENIOR | PINELANDS A.C | |
| 7 | 01:04:57 | GILMOUR | DUNCAN | 497 | SENIOR | VARSAITY OLD BOYS R.C | |
| 8 | 01:05:48 | GEORGE | COLIN | 579 | SENIOR | VARSAITY OLD BOYS R.C | |
| 9 | 01:06:13 | | | 0 | | | NO RACE CARD |
| 10 | 01:06:56 | SMIT | ANDREW | 7493 | SENIOR | ATLANTIC A.C | |
| 11 | 01:08:33 | | | 0 | | | DISQUALIFIED |
| 12 | 01:08:33 | SIMAE | BULELWA | 3177 | SENIOR | NEDBANK | |
| 13 | 01:09:42 | DRURY | JIMMY | 3113 | VETERAN | NEDBANK | |
| 14 | 01:09:43 | DRURY | CLIFFORD | 3112 | VETERAN | NEDBANK | |
| 15 | 01:09:47 | LEHMANN | FRIED | 1936 | SENIOR | CENTURY CITY | |
| 16 | 01:09:49 | HANEKOM | PIETER | 3142 | VETERAN | NEDBANK RUNNING CLUB CAPE TOWN | |
| 17 | 01:10:09 | HAAS | WARREN | 0 | SENIOR | NONE | |
| 18 | 01:10:14 | POWERS | LUKE | 17458 | VETERAN | CHAPPIES | |
| 19 | 01:10:18 | LINDSAY | ROBERT | 3123 | MASTER | NEDBANK | |
| 20 | 01:10:36 | VAN ZYL | OLOFF | 487 | VETERAN | VARSAITY OLD BOYS R.C | |
| 21 | 01:11:06 | HART | NEIL | 1356 | SENIOR | RCS GUGULETHU A.C | |
| 22 | 01:11:45 | LITTLE | IAN | 2540 | VETERAN | FISH HOEK A.C | |
| 23 | 01:12:37 | BATTERSBY | WILL | 7417 | SENIOR | VARSAITY OLD BOYS R.C | |
| 24 | 01:12:44 | CONRADIE | PAUL | 3140 | VETERAN | NEDBANK | |
| 25 | 01:12:59 | FIGLAN | THEMBELANI | 3131 | VETERAN | NEDBANK | |
| 26 | 01:13:15 | KALIS | MARK | 212 | SENIOR | CELTIC HARRIERS | |
| 27 | 01:13:31 | LERWILL | MORTZ | 0 | JUNIOR | NONE | |
| 28 | 01:14:00 | LENNARD | CHRIS | 0 | VETERAN | NONE | |
| 29 | 01:14:26 | | | 0 | | | DISQUALIFIED |
| 30 | 01:14:28 | DU PLESSIS | ANTON | 384 | VETERAN | HERMANUS WHALERS AC | |
| 31 | 01:15:00 | VANCE | NEAL | 8479 | VETERAN | SPARTAN HARRIERS | |



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|------|----------|------------|------------|---------|--------------|----------------------------|--------------|
| 32 | 01:15:34 | PIKKER | MARK | 2265 | SENIOR | FORESTERS R.C | |
| 33 | 01:15:34 | DOUGLAS | WARREN | 826 | SENIOR | VARSITY OLD BOYS R.C | |
| 34 | 01:15:39 | MC TAVISH | ANDREW | 2996 | VETERAN | HARFIELD HARRIERS | |
| 35 | 01:15:43 | ALEXANDER | WILLIAM | 7229 | SENIOR | SACS OLD BOYS RUNNING CLUB | |
| 36 | 01:16:02 | WILLIAMS | DALE | 0 | VETERAN | NONE | |
| 37 | 01:16:05 | JACOBS | LLEWELLYN | 351 | SENIOR | CELTIC HARRIERS | |
| 38 | 01:16:26 | MAZZOLINI | TERRANCE | 531 | MASTER | VARSITY OLD BOYS R.C | |
| 39 | 01:16:40 | HAMILTON | DAIN | 4373 | VETERAN | FORESTERS R.C | |
| 40 | 01:16:42 | | | 1115 | VETERAN | ATLANTIC A.C | DISQUALIFIED |
| 41 | 01:17:34 | COURTS | JASON | 321 | SENIOR | CELTIC HARRIERS | |
| 42 | 01:17:38 | ELS | EION | 433 | SENIOR | VARSITY OLD BOYS R.C | |
| 43 | 01:17:48 | WILCOCK | DAVID | 7441 | SENIOR | WEST COAST A.C | |
| 44 | 01:17:53 | | | 0 | VETERAN | SOUTHERN STRIDERS A.C | DISQUALIFIED |
| 45 | 01:17:57 | SIHLUKU | MTHOBISI | 1377 | VETERAN | RCS GUGULETHU A.C | |
| 46 | 01:18:08 | WINTERBACH | KARIN | 0 | SENIOR | NONE | |
| 47 | 01:18:24 | SMITH | DALE | 7889 | SENIOR | VARSITY OLD BOYS R.C | |
| 48 | 01:18:45 | WILLIAMS | VIV | 4778 | VETERAN | ADIDAS | |
| 49 | 01:18:46 | SCOTT | RENEE | 4800 | VETERAN | ADIDAS | |
| 50 | 01:18:51 | DU PLESSIS | JUAN | 865 | SENIOR | BRACKENFELL A.C | |
| 51 | 01:18:56 | POTGIETER | LESYL | 2938 | SENIOR | ATC - RUNNING | |
| 52 | 01:19:10 | COURTS | ELLIE | 331 | SENIOR | CELTIC HARRIERS | |
| 53 | 01:19:10 | HENDRICKS | OWEN | 4118 | VETERAN | CELTIC HARRIERS | |
| 54 | 01:19:20 | BAX | LUKE | 9309 | JUNIOR | PINELANDS A.C | |
| 55 | 01:19:25 | BENNETT | PETER | 2027 | SENIOR | WEST COAST A.C | |
| 56 | 01:19:36 | TOLSMA | MARK | 5390 | MASTER | SATORI A.C | |
| 57 | 01:19:40 | SMITH | CHRISTY | 7007 | SENIOR | DURBANVILLE A.C | |
| 58 | 01:19:41 | HAYNES | DANIEL | 779 | SENIOR | VARSITY OLD BOYS R.C | |
| 59 | 01:19:53 | PIENAAR | CHARL | 0 | SENIOR | NONE | |
| 60 | 01:19:54 | SIMPSON | CHANTEL | 3169 | VETERAN | NEDBANK | |
| 61 | 01:19:55 | FEBRUARY | CRAIG | 123 | VETERAN | CELTIC HARRIERS | |
| 62 | 01:19:59 | HARKER | GUY | 1033 | SENIOR | ATLANTIC A.C | |



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| 63 | 01:20:01 | HEBBERT | ANDREW | 0 | SENIOR | NONE | |
| 64 | 01:20:02 | GROENEVELT | JASON | 0 | SENIOR | NONE | |
| 65 | 01:20:02 | SMITH | RICHARD | 0 | SENIOR | NONE | |
| 66 | 01:20:21 | RYNINKS | ALLAN | 6000 | MASTER | WILDRUNNER ATHLETIC CLUB | |
| 67 | 01:20:23 | MADDEN | PATRICK | 3888 | VETERAN | SPARTAN HARRIERS | |
| 68 | 01:20:33 | MC QUAIDE-LITTLE | KATHLEEN | 0 | VETERAN | CELTIC HARRIERS | |
| 69 | 01:20:36 | CONRADIE | ARNO | 3139 | VETERAN | NEDBANK | |
| 70 | 01:20:38 | VEY | RUDOLF MAX | 508 | MASTER | VARSITY OLD BOYS R.C | |
| 71 | 01:20:50 | SINCLAIR | GEORGINA | 398 | VETERAN | VARSITY OLD BOYS R.C | |
| 72 | 01:20:55 | BADENHORST | HEINRICH | 605 | SENIOR | VARSITY OLD BOYS R.C | |
| 73 | 01:20:58 | LEYCK | BORIS | 0 | VETERAN | NONE | |
| 74 | 01:21:01 | TROJAN | JANA | 594 | VETERAN | VARSITY OLD BOYS R.C | |
| 75 | 01:21:07 | BAETSEN | SANDRA | 0 | SENIOR | NONE | |
| 76 | 01:21:40 | BRUWER | DANIE | 899 | SENIOR | BRACKENFELL A.C | |
| 77 | 01:21:58 | LAING | PETER | 0 | SENIOR | NONE | |
| 78 | 01:22:04 | SCOTT | DUNCAN | 0 | SENIOR | CELTIC HARRIERS | |
| 79 | 01:22:07 | CINDEREY | TOM | 6158 | VETERAN | SOUTHERN STRIDERS A.C | |
| 80 | 01:22:15 | GORDON | SARAH | 401 | VETERAN | WHALERS | |
| 81 | 01:22:29 | ROOS-HAUPT | MARETH | 0 | SENIOR | LLANDUDNO A.C | |
| 82 | 01:22:32 | VAN DE MERWE | HEIDI | 5245 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 83 | 01:22:42 | OKREGLIKI | ANDRZEJ | 5000 | MASTER | UCT A.C | |
| 84 | 01:22:50 | HEYNEKE | DAVID | 250 | VETERAN | CELTIC HARRIERS | |
| 85 | 01:22:51 | VAN DER MERWE | WESLEY | 6888 | SENIOR | VARSITY OLD BOYS R.C | |
| 86 | 01:22:56 | SINELI | PATRICK | 30909 | VETERAN | NEDBANK | |
| 87 | 01:23:08 | CALOTHI | NICK | 4680 | SENIOR | GROOT CONSTANTIA | |
| 88 | 01:23:10 | BIGGS | ROSS | 1140 | SENIOR | ATLANTIC A.C | |
| 89 | 01:23:20 | MCHARRY | LORCAN | 6862 | SENIOR | VARSITY OLD BOYS R.C | |
| 90 | 01:23:47 | TROJAN | PREM | 9569 | VETERAN | VARSITY OLD BOYS R.C | |
| 91 | 01:23:56 | SMIT | WIEHAHN | 3173 | SENIOR | NEDBANK | |
| 92 | 01:24:06 | LE MANACH | CLAIRE | 0 | SENIOR | NONE | |
| 93 | 01:24:15 | VENTER | JANNIE | 17642 | VETERAN | NONE | |



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| 94 | 01:24:22 | VAN VUUREN | HENTIE | 0 | SENIOR | NONE | |
| 95 | 01:24:23 | WINTER | SUZIE | 0 | VETERAN | NONE | |
| 96 | 01:24:28 | SEALE | AUDREY | 584 | SENIOR | VARSITY OLD BOYS R.C | |
| 97 | 01:24:28 | MAWMAN | MARK | 0 | SENIOR | VARSITY OLD BOYS R.C | |
| 98 | 01:24:39 | JENNINGS | KAREN | 667 | VETERAN | VARSITY OLD BOYS R.C | |
| 99 | 01:24:42 | ROBSON | SEAN | 0 | SENIOR | NONE | |
| 100 | 01:24:44 | FOURIE | TANIA | 2471 | SENIOR | DURBANVILLE A.C | |
| 101 | 01:25:02 | SMIT | ASHLEY | 0 | SENIOR | NONE | |
| 102 | 01:25:11 | LANFEAR | GUY | 0 | MASTER | NONE | |
| 103 | 01:25:25 | FRANSMAN | GRIFFFET | 329 | MASTER | CELTIC HARRIERS | |
| 104 | 01:25:32 | FILANDER | ANDRE | 219 | VETERAN | CELTIC HARRIERS | |
| 105 | 01:25:36 | DEATS | TERRY | 1114 | VETERAN | ATLANTIC A.C | |
| 106 | 01:25:36 | COUSINS | CLARE | 546 | VETERAN | VARSITY OLD BOYS R.C | |
| 107 | 01:25:38 | HORN-BOTHA | RUDY | 515 | MASTER | VARSITY OLD BOYS R.C | |
| 108 | 01:25:42 | NORRIS | KIRSTEN | 9950 | SENIOR | VARSITY OLD BOYS R.C | |
| 109 | 01:25:44 | HOHLFELD | COLLEEN | 2290 | MASTER | SOUTHERN STRIDERS A.C | |
| 110 | 01:25:58 | JOHNSTONE | PETER | 2109 | MASTER | SANDF WP | |
| 111 | 01:26:05 | WONNACOTT | LUKE | 0 | SENIOR | NONE | |
| 112 | 01:26:08 | DOUGLAS | JAMES | 4836 | SENIOR | ADIDAS | |
| 113 | 01:26:08 | GOUWS | FRANCOIS | 1515 | VETERAN | EDGEMEAD RUNNERS | |
| 114 | 01:26:08 | GOODHEAD | RICHARD | 7200 | VETERAN | EDGEMEAD RUNNERS | |
| 115 | 01:26:09 | FOURIE | DRIKUS | 0 | VETERAN | NONE | |
| 116 | 01:26:09 | MOUTON | JACQUES | 0 | VETERAN | NONE | |
| 117 | 01:26:32 | FIELLIES | MALCOLM | 999 | SENIOR | OLD MUTUAL A.C | |
| 118 | 01:26:35 | BURGESS | TEE | 4692 | SENIOR | GROOT CONSTANTIA | |
| 119 | 01:26:38 | BOUWER | JACQUES | 1836 | SENIOR | SANLAM A.C | |
| 120 | 01:26:45 | VININGS | MARLIZE | 4549 | SENIOR | TYGERBERG NLC A.C | |
| 121 | 01:26:58 | HUGHES | PETER WILLIAM | 3656 | VETERAN | WP CRICKET CLUB | |
| 122 | 01:27:02 | SMITH | PIETER | 1773 | SENIOR | PAARL A.C | |
| 123 | 01:27:06 | CILLIERS | ESTIENNE | 1942 | SENIOR | WEST COAST A.C | |
| 124 | 01:27:06 | SMITH | AUSTIN | 0 | SENIOR | ATC | |



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| 125 | 01:27:10 | SCHAAL | ANDREAS | 0 | SENIOR | NONE | |
| 126 | 01:27:11 | PAULSEN | DEON | 0 | SENIOR | VARSITY OLD BOYS R.C | |
| 127 | 01:27:13 | LAMONTAGNE | PAUL | 0 | MASTER | NONE | |
| 128 | 01:27:14 | BARGE | ALISTAIR | 0 | SENIOR | NONE | |
| 129 | 01:27:15 | THOMAS | PATRICK | 0 | SENIOR | ATLANTIC A.C | |
| 130 | 01:27:23 | MOYLES | BRYAN | 625 | VETERAN | VARSITY OLD BOYS R.C | |
| 131 | 01:27:25 | VORSTER | MARIEKE | 622 | SENIOR | VARSITY OLD BOYS R.C | |
| 132 | 01:27:30 | CUPIDO | CHARMAINE | 3130 | MASTER | NEDBANK | |
| 133 | 01:27:47 | WESTVIG | ERIK | 548 | SENIOR | VARSITY OLD BOYS R.C | |
| 134 | 01:27:53 | VAN NIEUWENHUIZEN | PIERRE | 1075 | VETERAN | ATLANTIC A.C | |
| 135 | 01:28:07 | HOSKING | GUY | 8375 | SENIOR | RCS GUGULETHU A.C | |
| 136 | 01:28:21 | BUNGARTZ | BENJAMIN | 0 | SENIOR | NONE | |
| 137 | 01:28:25 | JACOBS | JOHANNES | 352 | MASTER | CELTIC HARRIERS | |
| 138 | 01:28:34 | JACOBS | TRAVISS | 6160 | VETERAN | SOUTHERN STRIDERS A.C | |
| 139 | 01:28:34 | SASMAN | TREVORS | 6161 | VETERAN | SOUTHERN STRIDERS A.C | |
| 140 | 01:28:36 | KRUGER | NATASHA | 1688 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 141 | 01:28:36 | KRUGER | MARIUS | 1687 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 142 | 01:28:37 | BURDETT | TIMOTHY | 3141 | MASTER | NEDBANK | |
| 143 | 01:28:37 | NELSON | FRIK | 3444 | VETERAN | BELLVILLE A.C | |
| 144 | 01:28:39 | WEBBER | GARY | 0 | SENIOR | NONE | |
| 145 | 01:28:41 | MELLOR | KEITH | 0 | MASTER | NONE | |
| 146 | 01:28:58 | MARAIS | EUGENE | 1640 | VETERAN | EDGEMEAD RUNNERS | |
| 147 | 01:29:01 | POOLE | VICTOR | 0 | SENIOR | NONE | |
| 148 | 01:29:05 | COPE | DENNIS | 0 | GRAND MASTER | NONE | |
| 149 | 01:29:05 | STEYN | ANNETTE | 0 | SENIOR | NONE | |
| 150 | 01:29:12 | GRINAKER | TARRYN | 0 | SENIOR | NONE | |
| 151 | 01:29:12 | BOTHA | MARELI | 0 | SENIOR | NONE | |
| 152 | 01:29:15 | DIAMOND | SHAUN | 6890 | VETERAN | VARSITY OLD BOYS R.C | |
| 153 | 01:29:27 | | | 0 | | | NO RACE CARD |
| 154 | 01:29:39 | NEWBERT | JOE | 665 | SENIOR | VARSITY OLD BOYS R.C | |
| 155 | 01:29:47 | DALLAS | BARRY | 425 | SENIOR | VARSITY OLD BOYS R.C | |



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| 156 | 01:29:57 | AEBISCHER | ROLF | 206 | MASTER | CELTIC HARRIERS | |
| 157 | 01:30:10 | | | 0 | | | NO RACE CARD |
| 158 | 01:30:19 | SHAW | BRADWIN | 504 | SENIOR | VARSITY OLD BOYS R.C | |
| 159 | 01:30:20 | SPENCER | WARREN | 0 | SENIOR | NONE | |
| 160 | 01:30:25 | COLLINS | ANDREW | 0 | VETERAN | NONE | |
| 161 | 01:30:26 | ADAMS | AMIEN | 4057 | MASTER | CELTIC HARRIERS | |
| 162 | 01:30:35 | HECKEL | HANS-JÖRG | 0 | VETERAN | NONE | |
| 163 | 01:30:36 | VAN LIENDEN | DOMINIQUE | 0 | JUNIOR | NONE | |
| 164 | 01:30:36 | CAMPHER | BERTUS | 5332 | VETERAN | ATLANTIC A.C | |
| 165 | 01:30:39 | DALTON | SEAN | 767 | VETERAN | VARSITY OLD BOYS R.C | |
| 166 | 01:30:43 | RALPHS | ETIENNE | 0 | VETERAN | NONE | |
| 167 | 01:30:47 | | | 0 | | | NO RACE CARD |
| 168 | 01:30:48 | WEISSENSTEIN | JOSHUA | 0 | SENIOR | ATLANTIC A.C | |
| 169 | 01:30:49 | KITCAT | RYAN | 0 | SENIOR | NONE | |
| 170 | 01:30:50 | FULLER | RAYMOND | 505 | MASTER | VARSITY OLD BOYS R.C | |
| 171 | 01:30:50 | PASK | LORIEN | 405 | VETERAN | VARSITY OLD BOYS R.C | |
| 172 | 01:30:54 | SCHEEPERS | EWALD | 0 | SENIOR | NONE | |
| 173 | 01:31:06 | SMITH | MERVIN | 4188 | MASTER | MITCHELLS PLAIN TITANS | |
| 174 | 01:31:07 | OGADA | JOSHUA | 161 | SENIOR | CELTIC HARRIERS | |
| 175 | 01:31:10 | TAFT | ELSABET | 7392 | VETERAN | VARSITY OLD BOYS R.C | |
| 176 | 01:31:11 | HOLING | FRITH | 7323 | VETERAN | FORESTERS R.C | |
| 177 | 01:31:11 | MC TAVISH | SAM | 7833 | VETERAN | HARFIELD HARRIERS | |
| 178 | 01:31:16 | DOLS | GERT | 2014 | MASTER | WEST COAST A.C | |
| 179 | 01:31:21 | | | 0 | | | DISQUALIFIED |
| 180 | 01:31:24 | TARR | HELEN | 0 | VETERAN | HARFIELD HARRIERS | |
| 181 | 01:31:24 | MILLAR | DALE | 666 | SENIOR | VARSITY OLD BOYS R.C | |
| 182 | 01:31:29 | JOUBERT | ROB | 2292 | GRAND MASTER | SOUTHERN STRIDERS A.C | |
| 183 | 01:31:31 | BOETTGER | ANDREA | 5388 | VETERAN | SATORI A.C | |
| 184 | 01:31:35 | | | 868 | VETERAN | BRACKENFELL A.C | DISQUALIFIED |
| 185 | 01:31:36 | RHEEDER | NICHOLAS | 0 | SENIOR | MELKBOS AC | |
| 186 | 01:31:39 | ROELOFSE | PIETER | 4007 | SENIOR | CELTIC HARRIERS | |



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| 187 | 01:31:41 | THOMPSON | MICHELE | 3867 | VETERAN | SPARTAN HARRIERS | |
| 188 | 01:31:43 | AUGUST | PETER-JOHN | 464 | VETERAN | VARSITY OLD BOYS R.C | |
| 189 | 01:31:44 | ERLANGSEN | VERITY | 789 | VETERAN | VARSITY OLD BOYS R.C | |
| 190 | 01:31:56 | CLEGG | CHRIS | 0 | SENIOR | NONE | |
| 191 | 01:31:57 | OLIVIER | EDWIN | 2273 | VETERAN | RUN\WALK FOR LIFE | |
| 192 | 01:31:57 | KOLBE | MARIO | 2220 | SENIOR | IN TOUCH | |
| 193 | 01:31:57 | GROENEWALD | YVONNE | 5951 | SENIOR | IN TOUCH | |
| 194 | 01:31:59 | JOHNSON | ARTHUR | 2368 | VETERAN | METROPOLITAN A.C | |
| 195 | 01:32:03 | BLACKSHAW | JANET | 6033 | SENIOR | HARFIELD HARRIERS | |
| 196 | 01:32:04 | PRINSLOO | UNRE | 0 | SENIOR | NONE | |
| 197 | 01:32:07 | CUNNAMA | ERROL | 6145 | MASTER | FRANSCHHOEK ATHLETIC CLUB | |
| 198 | 01:32:08 | REDDIE | KIERAN | 196 | SENIOR | CELTIC HARRIERS | |
| 199 | 01:32:11 | MAGGOTT | JULIAN | 283 | MASTER | CELTIC HARRIERS | |
| 200 | 01:32:17 | WELSH | SIMON | 7842 | VETERAN | HARFIELD HARRIERS | |
| 201 | 01:32:24 | JENGO | ELISABETH | 7502 | SENIOR | ATLANTIC A.C | |
| 202 | 01:32:39 | VAN ECK | COLLETTE | 2173 | MASTER | FISH HOEK A.C | |
| 203 | 01:32:39 | HADINGHAM | TIM | 6107 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 204 | 01:32:41 | HAIG-SMITH | TIMOTHY | 445 | SENIOR | VARSITY OLD BOYS R.C | |
| 205 | 01:32:48 | AUSTIN | GARETH | 2132 | SENIOR | FISH HOEK A.C | |
| 206 | 01:32:53 | BAKER | KARL | 1370 | MASTER | RCS GUGULETHU A.C | |
| 207 | 01:32:57 | HUDSON-PEACOCK | SIMON | 0 | VETERAN | NONE | |
| 208 | 01:33:04 | | | 2685 | SENIOR | PINELANDS A.C | DISQUALIFIED |
| 209 | 01:33:08 | HARWOOD | JOHAN | 0 | SENIOR | FISH HOEK A.C | |
| 210 | 01:33:08 | WITTEN | GARETH | 0 | SENIOR | NONE | |
| 211 | 01:33:13 | SPARG | PIXIE | 37 | GRAND MASTER | CELTIC HARRIERS | |
| 212 | 01:33:19 | PICKERING | ANDREW | 0 | SENIOR | NONE | |
| 213 | 01:33:23 | LEWIS | PAUL | 0 | SENIOR | NONE | |
| 214 | 01:33:23 | OOSTHUIZEN | MORNE | 581 | SENIOR | VARSITY OLD BOYS R.C | |
| 215 | 01:33:28 | SARA | GREG | 262 | SENIOR | CELTIC HARRIERS | |
| 216 | 01:33:30 | | | 6041 | SENIOR | HARFIELD HARRIERS | DISQUALIFIED |
| 217 | 01:33:32 | TAYLOR | ANGELA | 8674 | SENIOR | VARSITY OLD BOYS R.C | |



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| 218 | 01:33:34 | RODE | CATHERINE | 3926 | SENIOR | CELTIC HARRIERS | |
| 219 | 01:33:44 | SMITH | DAVID | 2156 | MASTER | FISH HOEK A.C | |
| 220 | 01:33:58 | SHANNON | LYNNE | 2597 | VETERAN | PINELANDS A.C | |
| 221 | 01:33:59 | STEYN | MARITA | 0 | MASTER | NONE | |
| 222 | 01:34:00 | WELSH | JEAN | 7841 | VETERAN | HARFIELD HARRIERS | |
| 223 | 01:34:01 | COCHRANE | ANDREW | 4073 | SENIOR | CELTIC HARRIERS | |
| 224 | 01:34:02 | VAN DER KROL | GREG | 0 | VETERAN | NONE | |
| 225 | 01:34:13 | JOHNSTON | NICOLA | 6873 | SENIOR | VARSITY OLD BOYS R.C | |
| 226 | 01:34:25 | DOUGLAS | LIESEL | 0 | SENIOR | NONE | |
| 227 | 01:34:28 | HENSELER | PIA | 0 | SENIOR | NONE | |
| 228 | 01:34:35 | BARRETT | MICHAEL | 0 | MASTER | NONE | |
| 229 | 01:34:50 | HORN | JENNI | 8661 | VETERAN | VARSITY OLD BOYS R.C | |
| 230 | 01:34:54 | BARBOUR | TONY | 0 | MASTER | NONE | |
| 231 | 01:35:00 | THERON | WERNER | 3205 | VETERAN | RANDBURG | |
| 232 | 01:35:10 | DANE | BRONWYN | 8532 | SENIOR | ATLANTIC A.C | |
| 233 | 01:35:13 | | | 0 | | | NO RACE CARD |
| 234 | 01:35:14 | MACGREGOR | MARIE | 0 | SENIOR | NONE | |
| 235 | 01:35:17 | CRAUSE | HERMAN | 0 | VETERAN | DURBANVILLE A.C | |
| 236 | 01:35:18 | MEURILLON | MAIA | 0 | SENIOR | NONE | |
| 237 | 01:35:23 | BOOME | CATHERINE | 0 | SENIOR | NONE | |
| 238 | 01:35:32 | ROWAN | DENIS | 612 | SENIOR | VARSITY OLD BOYS R.C | |
| 239 | 01:35:34 | CHEARY | RENEE | 0 | SENIOR | NONE | |
| 240 | 01:35:38 | CLOETE | NATHALIE | 7029 | VETERAN | DURBANVILLE A.C | |
| 241 | 01:35:47 | DUNCAN | ALFRED | 0 | VETERAN | NONE | |
| 242 | 01:35:53 | FREED | JEANNE | 0 | SENIOR | NONE | |
| 243 | 01:36:03 | | | 0 | | | DISQUALIFIED |
| 244 | 01:36:05 | VAN WYK | ROBYN | 0 | SENIOR | NONE | |
| 245 | 01:36:06 | DIEDERICKS | PAUL | 387 | VETERAN | VARSITY OLD BOYS R.C | |
| 246 | 01:36:06 | SLACK | ROY | 0 | MASTER | NONE | |
| 247 | 01:36:15 | SHAPIRO | JEFFREY | 715 | SENIOR | VARSITY OLD BOYS R.C | |
| 248 | 01:36:16 | LANGE | SARAH | 640 | SENIOR | VARSITY OLD BOYS R.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|--------------------|------------|---------|--------------|-----------------------------|--------------|
| 249 | 01:36:16 | DUNCAN | CRAIG | 0 | SENIOR | NONE | |
| 250 | 01:36:20 | HALDANE | STEVE | 419 | SENIOR | VARSITY OLD BOYS R.C | |
| 251 | 01:36:29 | VAN NOORDWYK | STEYN | 4557 | MASTER | TYGERBERG NLC A.C | |
| 252 | 01:36:30 | BOTHA | MORNE | 5916 | SENIOR | WEST COAST A.C | |
| 253 | 01:36:32 | JENNINGS | MIKE | 7741 | SENIOR | LLANDUDNO A.C | |
| 254 | 01:36:32 | DAVY | NICOLE | 6697 | SENIOR | WP CRICKET CLUB | |
| 255 | 01:36:33 | TINKLER | MANDY | 404 | MASTER | VARSITY OLD BOYS R.C | |
| 256 | 01:36:34 | BLOM | CARL | 0 | SENIOR | NONE | |
| 257 | 01:36:35 | CHEVALIER | BYRON | 0 | SENIOR | NONE | |
| 258 | 01:36:36 | KOORTS | MORNE | 0 | SENIOR | NONE | |
| 259 | 01:36:39 | SWART | BLACKIE | 1666 | VETERAN | NEW BALANCE MULTISPORT CLUB | |
| 260 | 01:36:39 | MAREE | MARESA | 1710 | VETERAN | NEW BALANCE MULTISPORT CLUB | |
| 261 | 01:36:47 | TAGGART | SAMANTHA | 0 | SENIOR | NONE | |
| 262 | 01:36:50 | | | 0 | SENIOR | VARSITY OLD BOYS R.C | DISQUALIFIED |
| 263 | 01:36:56 | STEWART | MIKE | 0 | MASTER | NONE | |
| 264 | 01:36:58 | VAN DER WESTHUIZEN | JACQUES | 3144 | VETERAN | NEDBANK | |
| 265 | 01:37:02 | SNEDDON | BRUCE | 2869 | VETERAN | FORESTERS R.C | |
| 266 | 01:37:03 | SNEDDON | GREGG | 0 | VETERAN | FORESTERS R.C | |
| 267 | 01:37:07 | BURGER | RONEL | 0 | SENIOR | NONE | |
| 268 | 01:37:17 | BRINDERS | LANCELOT | 1530 | SENIOR | EDGEMEAD RUNNERS | |
| 269 | 01:37:28 | WASUNA | ANTONINA | 0 | SENIOR | NONE | |
| 270 | 01:37:30 | GERAGHTY | MIRIAM | 17492 | VETERAN | FISH HOEK A.C | |
| 271 | 01:37:31 | WESSELS | STANLEY | 2583 | SENIOR | DURBANVILLE A.C | |
| 272 | 01:37:33 | DANIELS | COLLEEN | 9958 | SENIOR | NONE | |
| 273 | 01:37:33 | CURRY | DAVE | 5354 | VETERAN | ATLANTIC A.C | |
| 274 | 01:37:35 | FAIRHURST | DEBBIE | 0 | SENIOR | HOUT BAY HARRIERS | |
| 275 | 01:37:47 | TITUS | RANDALL | 0 | VETERAN | NONE | |
| 276 | 01:37:48 | FAKIER | MUBEEN | 1386 | SENIOR | ITHEKO SPORT ATHLETIC CLUB | |
| 277 | 01:38:01 | BASTIAN | BRADLEY | 788 | SENIOR | VARSITY OLD BOYS R.C | |
| 278 | 01:38:01 | STEELE-GRAY | RICHARD | 0 | SENIOR | VARSITY OLD BOYS R.C | |
| 279 | 01:38:05 | JACOBS | MARIAN | 390 | VETERAN | SPARTAN HARRIERS | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-------------|------------|---------|--------------------|----------------------|--------------|
| 280 | 01:38:06 | JOUBERT | SUSAN | 2313 | VETERAN | METROPOLITAN A.C | |
| 281 | 01:38:07 | LOUBSER | MARYKA | 3126 | SENIOR | NEDBANK | |
| 282 | 01:38:18 | THERON | DANIE | 858 | MASTER | BRACKENFELL A.C | |
| 283 | 01:38:18 | THERON | ZISKA | 854 | MASTER | BRACKENFELL A.C | |
| 284 | 01:38:22 | CILLIERS | LISA | 5885 | SENIOR | WEST COAST A.C | |
| 285 | 01:38:25 | JANSEN | WENDY | 1553 | VETERAN | EDGEMEAD RUNNERS | |
| 286 | 01:38:25 | MULLER | ANNE | 1517 | VETERAN | EDGEMEAD RUNNERS | |
| 287 | 01:38:36 | GOLDSCHMIDT | CHRIS | 105 | MASTER | CELTIC HARRIERS | |
| 288 | 01:38:38 | MOHAMED | NAASIEF | 1306 | SENIOR | RCS GUGULETHU A.C | |
| 289 | 01:38:46 | DALY | SEAMUS | 530 | GREAT GRAND MASTER | VARSITY OLD BOYS R.C | |
| 290 | 01:38:52 | MORGAN | NEIL | 2630 | MASTER | PINELANDS A.C | |
| 291 | 01:38:55 | | | 3827 | SENIOR | LOA ITHEKO SPORT AC | DISQUALIFIED |
| 292 | 01:38:58 | PEIRCE | STEPHEN | 3928 | VETERAN | CELTIC HARRIERS | |
| 293 | 01:38:58 | NORTJE | ALICIA | 355 | SENIOR | CELTIC HARRIERS | |
| 294 | 01:38:59 | BAILLIE | NEIL | 600 | VETERAN | VARSITY OLD BOYS R.C | |
| 295 | 01:38:59 | BREMNER | REID | 0 | SENIOR | NONE | |
| 296 | 01:39:02 | SHAW | ANTHONY | 17647 | VETERAN | NONE | |
| 297 | 01:39:07 | | | 0 | | | NO RACE CARD |
| 298 | 01:39:12 | JOLLY | FARRON | 0 | SENIOR | NONE | |
| 299 | 01:39:13 | BURGER | JACO | 0 | SENIOR | NONE | |
| 300 | 01:39:15 | WILDE | STUART | 0 | VETERAN | NONE | |
| 301 | 01:39:19 | CRONJE | NICOLETTE | 366 | VETERAN | HERMANUS WHALERS AC | |
| 302 | 01:39:20 | WARRINGTON | JOCELYN | 17422 | SENIOR | NONE | |
| 303 | 01:39:22 | | | 0 | | | NO RACE CARD |
| 304 | 01:39:26 | ESPIN | DOUGLAS | 5769 | MASTER | EDGEMEAD RUNNERS | |
| 305 | 01:39:28 | BOONZAAIER | JOHAN | 3149 | MASTER | NEDBANK | |
| 306 | 01:39:32 | CAMPBELL | KERRY | 17460 | SENIOR | VARSITY OLD BOYS R.C | |
| 307 | 01:39:36 | JOSEPH | DONALD | 871 | SENIOR | BRACKENFELL A.C | |
| 308 | 01:39:37 | MACCANNEL | ADELE | 725 | SENIOR | VARSITY OLD BOYS R.C | |
| 309 | 01:39:41 | MCKEITH | JILL | 5212 | VETERAN | VARSITY OLD BOYS R.C | |
| 310 | 01:39:43 | MIA | RIAN | 0 | VETERAN | VARSITY OLD BOYS R.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|----------------|-----------------|---------|--------------|------------------------|--------------|
| 311 | 01:39:55 | DONN | JOHN | 17640 | VETERAN | NONE | |
| 312 | 01:39:55 | WESSELS | JONATHAN | 17625 | SENIOR | NONE | |
| 313 | 01:39:58 | O'DONOVAN | NEDA | 17565 | SENIOR | NONE | |
| 314 | 01:39:58 | O'DONOVAN | MIKE | 545 | VETERAN | VARSITY OLD BOYS R.C | |
| 315 | 01:40:03 | HELDZINGEN | STEVE | 6350 | SENIOR | FISH HOEK A.C | |
| 316 | 01:40:09 | THERON | LARA | 1499 | VETERAN | RANDBURG | |
| 317 | 01:40:10 | CHEMINAIS | CHARMAINE | 541 | SENIOR | VARSITY OLD BOYS R.C | |
| 318 | 01:40:27 | MARTIN | LORRAINE | 17540 | SENIOR | NONE | |
| 319 | 01:40:28 | SMART | MARIETTE | 17403 | SENIOR | NONE | |
| 320 | 01:40:28 | SMART | PATRICK | 17404 | SENIOR | NONE | |
| 321 | 01:40:29 | FRIESLAAR | NICOLA | 878 | SENIOR | VARSITY OLD BOYS R.C | |
| 322 | 01:40:33 | GUSH | TIMOTHY | 17338 | SENIOR | NONE | |
| 323 | 01:40:38 | DE VILLIERS | FRANCOIS ANGELO | 8600 | SENIOR | MITCHELLS PLAIN TITANS | |
| 324 | 01:40:38 | BOUWER | THYS | 1832 | MASTER | SANLAM A.C | |
| 325 | 01:40:38 | TALJAARD | PIET | 9181 | MASTER | SAPS | |
| 326 | 01:40:39 | BRUWER | ANTHEA | 17209 | VETERAN | NONE | |
| 327 | 01:40:39 | BRUWER | PAUL | 17210 | VETERAN | NONE | |
| 328 | 01:40:40 | SIERRA | ARTHUR | 17275 | SENIOR | NONE | |
| 329 | 01:40:48 | SCHMIEDEKNECHT | THILO | 17271 | SENIOR | NONE | |
| 330 | 01:40:48 | WILLAND | JULIA | 17428 | SENIOR | NONE | |
| 331 | 01:40:48 | JACOBS | ASHLEY | 689 | SENIOR | VARSITY OLD BOYS R.C | |
| 332 | 01:40:49 | EWING | KIM | 17487 | VETERAN | NONE | |
| 333 | 01:40:50 | CROOK | ANDREW | 6390 | SENIOR | FISH HOEK A.C | |
| 334 | 01:40:50 | | | 5423 | SENIOR | SACS OLD BOYS | DISQUALIFIED |
| 335 | 01:40:53 | ROBSON | CATHERINE | 17261 | SENIOR | NONE | |
| 336 | 01:40:54 | HAMPSINK | JANNEKE | 17501 | SENIOR | NONE | |
| 337 | 01:40:57 | WRIGHT | GAVIN | 74 | MASTER | FORESTERS R.C | |
| 338 | 01:40:57 | HERRMANN | ANDREW | 2880 | VETERAN | FORESTERS R.C | |
| 339 | 01:40:58 | RAPAPORT | SEAN | 17396 | SENIOR | NONE | |
| 340 | 01:41:00 | SCHEEPERS | ROSETTA | 4174 | VETERAN | MITCHELLS PLAIN TITANS | |
| 341 | 01:41:00 | SMITH | SONIA | 4177 | MASTER | MITCHELLS PLAIN TITANS | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|--------------------|------------|---------|--------------|---------------------------|--------------|
| 342 | 01:41:10 | HUDDY | ROB | 17349 | SENIOR | NONE | |
| 343 | 01:41:11 | SCAIFE | KEVIN | 9687 | SENIOR | WILDRUNNER ATHLETICS CLUB | |
| 344 | 01:41:14 | BRINKMANN | LIZZI | 17450 | VETERAN | NONE | |
| 345 | 01:41:16 | | | 5012 | MASTER | VARSITY OLD BOYS R.C | DISQUALIFIED |
| 346 | 01:41:26 | BADENHORST | NAOMI | 606 | MASTER | VARSITY OLD BOYS R.C | |
| 347 | 01:41:27 | BLOOMER | WENDY | 17303 | VETERAN | NONE | |
| 348 | 01:41:29 | JONES | JACKIE | 1751 | VETERAN | NONE | |
| 349 | 01:41:30 | BOUWER | LINDIE | 1834 | SENIOR | SANLAM A.C | |
| 350 | 01:41:31 | MCCONNELL | SUSAN | 553 | MASTER | VARSITY OLD BOYS R.C | |
| 351 | 01:41:33 | BREDENKAMP | CAILEY | 0 | VETERAN | PAARL A.C | |
| 352 | 01:41:37 | | | 0 | | | NO RACE CARD |
| 353 | 01:41:43 | DE CARTERET-MARTIN | DIANNE | 1887 | MASTER | MATES | |
| 354 | 01:41:44 | REISSENZAHN | INGE | 2641 | SENIOR | PINELANDS A.C | |
| 355 | 01:41:44 | REISSENZAHN | GEORGE | 2640 | VETERAN | PINELANDS A.C | |
| 356 | 01:41:46 | VAN ZYL | MARILIZE | 17620 | SENIOR | NONE | |
| 357 | 01:41:46 | SEARLE | KEITH | 5721 | MASTER | FISH HOEK A.C | |
| 358 | 01:41:56 | MORROW | NIKKI | 17554 | SENIOR | NONE | |
| 359 | 01:41:56 | MCLAREN | LEIGH | 10023 | SENIOR | ATLANTIC A.C | |
| 360 | 01:42:00 | NUPEN | JULIA | 17387 | SENIOR | NONE | |
| 361 | 01:42:04 | DACHS | ALLYSON | 17323 | VETERAN | NONE | |
| 362 | 01:42:04 | BACKEBERG | OLGA | 17437 | SENIOR | NONE | |
| 363 | 01:42:05 | UNWIN | HELEN | 17416 | VETERAN | NONE | |
| 364 | 01:42:12 | HOEBEN | VICTORIA | 5179 | SENIOR | VARSITY OLD BOYS R.C | |
| 365 | 01:42:15 | WRIGHT | RUSSELL | 2198 | SENIOR | FISH HOEK A.C | |
| 366 | 01:42:16 | ALLEN | STUART | 734 | SENIOR | VARSITY OLD BOYS R.C | |
| 367 | 01:42:22 | ODONOGHUE | RYAN | 17564 | SENIOR | NONE | |
| 368 | 01:42:27 | ABRAHAMS | SHURAINÉ | 855 | VETERAN | BRACKENFELL A.C | |
| 369 | 01:42:29 | BAX | ELIZABETH | 2691 | MASTER | PINELANDS A.C | |
| 370 | 01:42:29 | MALLON | LINDA | 2602 | VETERAN | PINELANDS A.C | |
| 371 | 01:42:34 | JENSEN | SLAVENA | 8307 | SENIOR | WEST COAST A.C | |
| 372 | 01:42:35 | TOERIEN | JACQUELINE | 1963 | VETERAN | WEST COAST A.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|----------------|------------|---------|--------------|-----------------------|--------------|
| 373 | 01:42:37 | | | 3609 | SENIOR | RUN\WALK FOR LIFE | DISQUALIFIED |
| 374 | 01:42:39 | | | 0 | | | NO RACE CARD |
| 375 | 01:42:40 | STEYN | TRACEY | 17607 | SENIOR | NONE | |
| 376 | 01:42:40 | | | 0 | | | NO RACE CARD |
| 377 | 01:42:46 | RHEEDER | NICOLETTE | 0 | SENIOR | MELKBOS AC | |
| 378 | 01:42:50 | ENGELBRECHT | LIANA | 930 | VETERAN | BRACKENFELL A.C | |
| 379 | 01:42:51 | SHEPHERD | ANDREW | 10250 | SENIOR | NONE | |
| 380 | 01:42:55 | MASHINGAIDZE | KENNETH | 17375 | SENIOR | NONE | |
| 381 | 01:42:57 | KRUGER | RETHA | 17238 | SENIOR | NONE | |
| 382 | 01:42:59 | GOODWIN | BRUCE | 6022 | VETERAN | HARFIELD HARRIERS | |
| 383 | 01:43:08 | ALISON | CATHY | 2896 | VETERAN | MULTI SPORT MANIACS | |
| 384 | 01:43:26 | GARCIA MARQUES | ERNESTO | 2853 | MASTER | HOUT BAY HARRIERS | |
| 385 | 01:43:30 | INGGS | STELLA | 4938 | SENIOR | UCT A.C | |
| 386 | 01:43:33 | BRINK | LIZ | 564 | MASTER | VARSITY OLD BOYS R.C | |
| 387 | 01:43:37 | BRITON | ANTHONY | 17451 | VETERAN | NONE | |
| 388 | 01:43:41 | WILLIAMS | GAVIN | 0 | VETERAN | METROPOLITAN A.C | |
| 389 | 01:43:43 | KALIS | ANDREW | 17521 | VETERAN | NONE | |
| 390 | 01:43:43 | KALIS | TERRI | 17520 | SENIOR | NONE | |
| 391 | 01:43:44 | HORN-BOTHA | DEBORAH | 516 | VETERAN | VARSITY OLD BOYS R.C | |
| 392 | 01:43:48 | DACHS | PETER | 17324 | VETERAN | NONE | |
| 393 | 01:43:50 | STOKELL | FRANK | 1338 | MASTER | NONE | |
| 394 | 01:43:52 | CASSERLEY | LAURA | 17461 | SENIOR | NONE | |
| 395 | 01:43:53 | TIMMES | WENDY-JOY | 2287 | VETERAN | SOUTHERN STRIDERS A.C | |
| 396 | 01:43:54 | FLORIS | DENNIS | 173 | VETERAN | CELTIC HARRIERS | |
| 397 | 01:43:56 | HENDRICKS | ANDREA | 17504 | SENIOR | NONE | |
| 398 | 01:43:56 | SMEDA | STEPHAN | 7900 | SENIOR | VARSITY OLD BOYS R.C | |
| 399 | 01:43:56 | SWAN | GREGORY | 0 | SENIOR | RCS GUGULETHU A.C | |
| 400 | 01:43:57 | DHANSAY | AFZAL | 580 | MASTER | VARSITY OLD BOYS R.C | |
| 401 | 01:43:59 | | | 6043 | VETERAN | HARFIELD HARRIERS | DISQUALIFIED |
| 402 | 01:44:00 | BROWN | JAMES | 17311 | SENIOR | NONE | |
| 403 | 01:44:03 | LERWILL | FLEUR | 17529 | VETERAN | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|--------------------|------------|---------|--------------|----------------------|--------------|
| 404 | 01:44:15 | BECK | BELINDA | 0 | VETERAN | ATC | |
| 405 | 01:44:18 | PROBYN | MICHAEL | 7742 | SENIOR | LLANDUDNO A.C | |
| 406 | 01:44:26 | ZEHETBAUER | PETER | 336 | MASTER | CELTIC HARRIERS | |
| 407 | 01:44:33 | ADONIS | JIMMY | 1347 | MASTER | GUGULETHU AC | |
| 408 | 01:44:39 | HODKIN | JACK | 6257 | MASTER | HOUT BAY HARRIERS | |
| 409 | 01:44:40 | WHITESIDE | DEREK | 2848 | MASTER | HOUT BAY HARRIERS | |
| 410 | 01:44:44 | LAMB | ALLISON | 440 | VETERAN | VARSITY OLD BOYS R.C | |
| 411 | 01:44:51 | ELLIOTT | GEOFF | 17486 | VETERAN | VARSITY OLD BOYS R.C | |
| 412 | 01:44:52 | | | 7791 | SENIOR | ATLANTIC A.C | DISQUALIFIED |
| 413 | 01:44:57 | JOUBERT | SANDRA | 2414 | SENIOR | METROPOLITAN A.C | |
| 414 | 01:44:59 | PIETERSE | JACOBUS | 17393 | MASTER | NONE | |
| 415 | 01:45:00 | MARAIS | ESRI | 9651 | SENIOR | BELLVILLE A.C | |
| 416 | 01:45:01 | FREW | ROBIN | 17490 | MASTER | NONE | |
| 417 | 01:45:02 | SANDS | CAROLINE | 6256 | MASTER | HOUT BAY HARRIERS | |
| 418 | 01:45:02 | BLOMKAMP | YVONNE | 543 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 419 | 01:45:05 | GILMOUR | TRISH | 655 | VETERAN | VARSITY OLD BOYS R.C | |
| 420 | 01:45:07 | LAING | ZANDRE | 17240 | SENIOR | NONE | |
| 421 | 01:45:07 | POOLE | MARTIN | 17578 | SENIOR | NONE | |
| 422 | 01:45:11 | O BRIEN | LOIS | 726 | MASTER | VARSITY OLD BOYS R.C | |
| 423 | 01:45:18 | PAUL | MEGAN | 17568 | VETERAN | NONE | |
| 424 | 01:45:19 | TALOTTI | TERRY | 3353 | MASTER | RUN\WALK FOR LIFE | |
| 425 | 01:45:20 | GOULSON | PAUL | 6383 | VETERAN | FISH HOEK A.C | |
| 426 | 01:45:23 | GUTHRIE | LARA | 17498 | SENIOR | NONE | |
| 427 | 01:45:23 | HUDSON-PEACOCK | LISA | 17512 | SENIOR | NONE | |
| 428 | 01:45:26 | | | 0 | | | NO RACE CARD |
| 429 | 01:45:29 | SCHROEDER | HENRY | 1029 | VETERAN | ATLANTIC A.C | |
| 430 | 01:45:30 | HARRIS | GARY | 2315 | VETERAN | METROPOLITAN A.C | |
| 431 | 01:45:31 | TAYLOR | KIM | 17412 | SENIOR | NONE | |
| 432 | 01:45:34 | | | 0 | | | NO RACE CARD |
| 433 | 01:45:39 | ELLIOTT | MICKY | 2892 | MASTER | MULTI SPORT MANIACS | |
| 434 | 01:45:41 | JANSE VAN RENSBURG | MARIKE | 4074 | SENIOR | CELTIC HARRIERS | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|------------|----------------|---------|--------------|-----------------------------|--------------|
| 435 | 01:45:55 | DEVEY | DAVID | 8419 | MASTER | VARSITY OLD BOYS R.C | |
| 436 | 01:45:55 | VAN MEGEN | ANDRE | 0 | MASTER | NONE | |
| 437 | 01:45:56 | PATERSON | DEBORAH | 17390 | SENIOR | NONE | |
| 438 | 01:46:02 | WILLIAMSON | KAREN | 17430 | VETERAN | NONE | |
| 439 | 01:46:09 | TOMPKINS | GAELEEN | 675 | VETERAN | VARSITY OLD BOYS R.C | |
| 440 | 01:46:11 | MAY | LEE-ANN | 17378 | SENIOR | NONE | |
| 441 | 01:46:17 | MACKRILL | BRONWEN | 1198 | VETERAN | HELDERBERG HARRIERS | |
| 442 | 01:46:20 | WALLER | DELENE | 2660 | MASTER | PINELANDS A.C | |
| 443 | 01:46:22 | GOODWIN | WANITA | 6023 | VETERAN | HARFIELD HARRIERS | |
| 444 | 01:46:27 | LAVER | LYNDALL | 1277 | SENIOR | SATORI A.C | |
| 445 | 01:46:29 | ZOUTENDYK | KIRSTY | 17639 | VETERAN | RUN\WALK FOR LIFE | |
| 446 | 01:46:31 | DE BRUYN | SAMANTHA | 17214 | SENIOR | NONE | |
| 447 | 01:46:36 | HISHIN | CATHERINE | 2180 | VETERAN | FISH HOEK A.C | |
| 448 | 01:46:37 | HISHIN | GUY | 17508 | VETERAN | NONE | |
| 449 | 01:46:41 | OLSEN | RUSSELL | 17566 | VETERAN | NONE | |
| 450 | 01:46:42 | BOVA | KATARINA | 17476 | SENIOR | NONE | |
| 451 | 01:46:45 | LE ROUX | JULIA | 1684 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 452 | 01:46:46 | LE ROUX | PIERRE PAISLEY | 1685 | VETERAN | NEW BALANCE MULTISPORT CLUB | |
| 453 | 01:46:50 | MOFFAT | LEE | 17551 | SENIOR | NONE | |
| 454 | 01:46:57 | MYBURGH | NELLIS | 2578 | SENIOR | DURBANVILLE A.C | |
| 455 | 01:47:10 | LOWRIE | KERRI | 17536 | SENIOR | NONE | |
| 456 | 01:47:16 | ENZLIN | KEITH | 0 | VETERAN | EDGEMEAD RUNNERS | |
| 457 | 01:47:16 | SALVAGE | HUGH | 17591 | MASTER | NONE | |
| 458 | 01:47:19 | PARSRAMAN | THERESA | 5181 | VETERAN | FISH HOEK A.C | |
| 459 | 01:47:19 | KRIGER | SAMANTHA | 368 | SENIOR | CELTIC HARRIERS | |
| 460 | 01:47:20 | LEE | MERVYN | 1556 | MASTER | EDGEMEAD RUNNERS | |
| 461 | 01:47:24 | PARK | LEE | 2599 | VETERAN | PINELANDS A.C | |
| 462 | 01:47:24 | MEDCALF | JONTY | 17251 | SENIOR | NONE | |
| 463 | 01:47:26 | WILDS | NADIA | 217 | MASTER | CELTIC HARRIERS | |
| 464 | 01:47:33 | SHERRY | ROBIN | 2860 | GRAND MASTER | FORESTERS R.C | |
| 465 | 01:47:34 | | | 0 | | | NO RACE CARD |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|----------------|------------|---------|--------------|----------------------|--------------|
| 466 | 01:47:48 | FLEURS | TREVOR | 7439 | VETERAN | VARSITY OLD BOYS R.C | |
| 467 | 01:47:49 | | | 0 | | | NO RACE CARD |
| 468 | 01:47:51 | STONE | MARK | 17408 | VETERAN | NONE | |
| 469 | 01:47:59 | SCHULLER | RENE | 7170 | VETERAN | TOP FORM A.C | |
| 470 | 01:48:04 | KOTZE | STIAAN | 0 | MASTER | VARSITY OLD BOYS R.C | |
| 471 | 01:48:12 | MEIJER | CARL | 17545 | VETERAN | NONE | |
| 472 | 01:48:15 | TOMLINSON | ANNA | 17414 | VETERAN | NONE | |
| 473 | 01:48:20 | NEL | VENITA | 4541 | VETERAN | TYGERBERG NLC A.C | |
| 474 | 01:48:28 | | | 0 | | | DISQUALIFIED |
| 475 | 01:48:35 | FAIRHURST | PAUL | 0 | SENIOR | HOUT BAY HARRIERS | |
| 476 | 01:48:50 | MUGGLESTON | FRANK | 6255 | GRAND MASTER | HOUT BAY HARRIERS | |
| 477 | 01:48:50 | BUNGARTZ | LINDSEY | 17455 | SENIOR | NONE | |
| 478 | 01:48:53 | KALIS | CHRIS | 17519 | VETERAN | NONE | |
| 479 | 01:48:53 | CELLIERS | JODY | 17462 | VETERAN | NONE | |
| 480 | 01:48:58 | HAMMOND | ALAN | 552 | VETERAN | VARSITY OLD BOYS R.C | |
| 481 | 01:49:00 | WILFART | MANUELA | 167 | SENIOR | CELTIC HARRIERS | |
| 482 | 01:49:00 | THOMAS | ALAN | 4999 | VETERAN | PINELANDS A.C | |
| 483 | 01:49:04 | ARENDSE | RINALDA | 3839 | VETERAN | SPARTAN HARRIERS | |
| 484 | 01:49:15 | BAILEY | CANDICE | 3362 | SENIOR | RUN\WALK FOR LIFE | |
| 485 | 01:49:22 | BLOMERUS | LISA | 17444 | SENIOR | NONE | |
| 486 | 01:49:22 | RICHARDSON | STEPHEN | 1294 | GRAND MASTER | SATORI A.C | |
| 487 | 01:49:25 | CHILD | JOHN | 3899 | GRAND MASTER | SPARTAN HARRIERS | |
| 488 | 01:49:26 | BUCHHOLTZ | KIM | 17453 | SENIOR | NONE | |
| 489 | 01:49:31 | KALIS | SAM | 6591 | VETERAN | VARSITY OLD BOYS R.C | |
| 490 | 01:49:37 | WILSON | ANGIE | 17644 | VETERAN | NONE | |
| 491 | 01:49:37 | THERON | ANSA | 17645 | SENIOR | NONE | |
| 492 | 01:49:39 | ATKINS | TIM | 17203 | SENIOR | NONE | |
| 493 | 01:49:39 | VAN DEN HEEVER | AVRIL | 4715 | VETERAN | EDGEMEAD RUNNERS | |
| 494 | 01:49:42 | THOMPSON | TRACY | 485 | VETERAN | VARSITY OLD BOYS R.C | |
| 495 | 01:49:44 | TRANTER | SUE | 8477 | GRAND MASTER | SPARTAN HARRIERS | |
| 496 | 01:49:45 | BRASH | LIZ | 423 | MASTER | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-------------|-----------------|---------|--------------|-----------------------|--------------|
| 497 | 01:49:56 | CURRAN | DAVID | 17472 | MASTER | NONE | |
| 498 | 01:49:59 | MATHEW | STEVE | 17377 | VETERAN | NONE | |
| 499 | 01:50:01 | | | 0 | | | NO RACE CARD |
| 500 | 01:50:07 | MYBURGH | NEIL | 6171 | MASTER | SOUTHERN STRIDERS A.C | |
| 501 | 01:50:11 | WHITTAKER | INGRID | 17288 | VETERAN | NONE | |
| 502 | 01:50:12 | WARRINGTON | MARK | 17287 | MASTER | NONE | |
| 503 | 01:50:18 | VAN DYK | FLIPPIE | 3515 | MASTER | ESKOM GIJIMAS | |
| 504 | 01:50:25 | KARLEIN | GENEVIEVE | 17523 | SENIOR | NONE | |
| 505 | 01:50:30 | GERMISHUYS | ALI | 2893 | MASTER | MULTI-SPORT MANIACS | |
| 506 | 01:50:35 | PITT | DAVID | 1969 | VETERAN | WEST COAST A.C | |
| 507 | 01:50:35 | MEYER | ALISON | 1928 | SENIOR | WEST COAST A.C | |
| 508 | 01:50:36 | TYLDESLEY | FELICIA COLLEEN | 17610 | VETERAN | NONE | |
| 509 | 01:50:39 | JOHNSTON | JOHN | 17234 | SENIOR | NONE | |
| 510 | 01:50:45 | HALL | AMANDA | 6384 | VETERAN | NONE | |
| 511 | 01:50:51 | SHABODIEN | EHSAN | 1444 | MASTER | ITHEKO SPORT AC | |
| 512 | 01:50:54 | BEUKMAN | ZACK | 17300 | SENIOR | NONE | |
| 513 | 01:50:55 | ALCOCK | STEWART | 17292 | VETERAN | NONE | |
| 514 | 01:51:13 | TUNAR | TONY | 1601 | MASTER | EDGEMEAD RUNNERS | |
| 515 | 01:51:22 | TITUS | JACQUELINE | 17282 | SENIOR | NONE | |
| 516 | 01:51:22 | JOYNT | ADELE | 17356 | SENIOR | NONE | |
| 517 | 01:51:23 | CUNNINGHAM | JANE | 17471 | VETERAN | NONE | |
| 518 | 01:51:23 | VAN ZYL | NOEL | 8196 | VETERAN | RUN\WALK FOR LIFE | |
| 519 | 01:51:23 | VAN ASWEGEN | PIETER | 0 | GRAND MASTER | CELTIC HARRIERS | |
| 520 | 01:51:25 | SEPTEMBER | TERENCE | 3766 | VETERAN | SPARTAN HARRIERS | |
| 521 | 01:51:27 | OGORMAN | ANNE | 451 | VETERAN | VARSITY OLD BOYS R.C | |
| 522 | 01:51:27 | SAMPSON | ANDRE | 17267 | VETERAN | NONE | |
| 523 | 01:51:30 | MILLS | GLENDA | 660 | MASTER | VARSITY OLD BOYS R.C | |
| 524 | 01:51:30 | MILLS | PHILIP | 550 | MASTER | VARSITY OLD BOYS R.C | |
| 525 | 01:51:35 | READ | NOLEEN | 17583 | SENIOR | NONE | |
| 526 | 01:51:50 | LJUBOJEVIC | DUSKO | 17533 | SENIOR | NONE | |
| 527 | 01:51:55 | VENTER | SANET | 17622 | SENIOR | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|--------------|------------|---------|--------------|----------------------|--------------|
| 528 | 01:51:55 | VENTER | WILLEM | 17621 | SENIOR | NONE | |
| 529 | 01:51:57 | SIMPSON | TREVOR | 4684 | VETERAN | GROOT CONSTANTIA | |
| 530 | 01:51:57 | BACKEBERG | BJORN | 17296 | SENIOR | NONE | |
| 531 | 01:51:58 | RODE | HAGEN | 17397 | SENIOR | NONE | |
| 532 | 01:51:59 | MERRETT | RICHARD | 17382 | SENIOR | NONE | |
| 533 | 01:51:59 | LUKE | KERRY | 17372 | SENIOR | NONE | |
| 534 | 01:52:01 | WURDEMAN | CHARMAIN | 5921 | VETERAN | WEST COAST A.C | |
| 535 | 01:52:02 | MORTLEY | MICHAEL | 4709 | VETERAN | PINELANDS A.C | |
| 536 | 01:52:10 | | | 0 | | | NO RACE CARD |
| 537 | 01:52:18 | SCARTH | SARAH | 17400 | VETERAN | NONE | |
| 538 | 01:52:22 | SMITH | DEBBIE | 17598 | SENIOR | NONE | |
| 539 | 01:52:27 | VINK | EUGENE | 6904 | VETERAN | IN TOUCH AC | |
| 540 | 01:52:29 | GELDENHUYS | PHILEMAEN | 0 | SENIOR | RUN\WALK FOR LIFE | |
| 541 | 01:52:31 | VAN DER POLL | BERNARD | 450 | VETERAN | VARSITY OLD BOYS R.C | |
| 542 | 01:52:42 | PETERSEN | CHERYL | 3900 | MASTER | SPARTAN HARRIERS | |
| 543 | 01:52:42 | MORAR | TANIA | 8657 | VETERAN | VARSITY OLD BOYS R.C | |
| 544 | 01:52:51 | ROBSON | YVONNE | 137 | MASTER | FISH HOEK A.C | |
| 545 | 01:52:52 | KUNZ | RIAAAN | 6918 | VETERAN | BELLVILLE A.C | |
| 546 | 01:52:53 | | | 0 | | | NO RACE CARD |
| 547 | 01:53:09 | HANAUER | CATHERINE | 0 | SENIOR | HARFIELD HARRIERS | |
| 548 | 01:53:16 | | | 0 | | | NO RACE CARD |
| 549 | 01:53:22 | PLANTING | SASHA | 17574 | VETERAN | NONE | |
| 550 | 01:53:34 | KUILMAN | NICK | 4939 | SENIOR | UCT A.C | |
| 551 | 01:53:43 | SUTER | JASON | 17409 | VETERAN | NONE | |
| 552 | 01:53:49 | GAUS | BELINDA | 17334 | VETERAN | NONE | |
| 553 | 01:53:53 | | | 0 | | | NO RACE CARD |
| 554 | 01:53:57 | BRUINTJIES | GRANT | 645 | SENIOR | VARSITY OLD BOYS R.C | |
| 555 | 01:54:00 | MURGIA | GIUSEPPE | 17558 | VETERAN | NONE | |
| 556 | 01:54:01 | GODFREY | NICOLE | 17641 | SENIOR | NONE | |
| 557 | 01:54:16 | PIENAAR | LEE-ANNE | 2513 | SENIOR | DURBANVILLE A.C | |
| 558 | 01:54:16 | NELL | KOBUS | 17561 | VETERAN | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|------------|---------------|---------|--------------|-----------------------------|--------------|
| 559 | 01:54:17 | NELL | MARIE | 17562 | VETERAN | NONE | |
| 560 | 01:54:26 | ADAMSON | MARION | 17433 | SENIOR | NONE | |
| 561 | 01:54:29 | BRUNGS | VIOLA | 1065 | VETERAN | ATLANTIC A.C | |
| 562 | 01:54:31 | MATHEE | CLAIRE | 8712 | SENIOR | FISH HOEK A.C | |
| 563 | 01:54:31 | VEENSTRA | SARAH | 6334 | SENIOR | FISH HOEK A.C | |
| 564 | 01:54:34 | KLUGMAN | LISA | 17236 | SENIOR | NONE | |
| 565 | 01:54:40 | SMIT | CHERYL | 1955 | VETERAN | WEST COAST A.C | |
| 566 | 01:54:41 | SMIT | MARK | 1953 | VETERAN | WEST COAST A.C | |
| 567 | 01:54:56 | DU PLESSIS | DENISE | 3971 | VETERAN | CELTIC HARRIERS | |
| 568 | 01:54:56 | BAGULEY | DONOVAN | 17297 | SENIOR | NONE | |
| 569 | 01:54:58 | HESS | ELIZABETH-ANN | 3980 | VETERAN | CELTIC HARRIERS | |
| 570 | 01:55:03 | BYSSHE | JILL | 17459 | VETERAN | NONE | |
| 571 | 01:55:08 | | | 0 | SENIOR | HARFIELD HARRIERS | DISQUALIFIED |
| 572 | 01:55:15 | STEYN | CHRISTIAAN | 4599 | SENIOR | TYGERBERG NLC A.C | |
| 573 | 01:55:17 | COYNE | VERNON | 386 | MASTER | VARSITY OLD BOYS R.C | |
| 574 | 01:55:29 | BUNCE | CHRISTINE | 3361 | GRAND MASTER | RUN\WALK FOR LIFE | |
| 575 | 01:55:32 | WILLIAMS | LEOR | 17630 | SENIOR | NONE | |
| 576 | 01:55:34 | DE JAGER | MADELEINE | 6133 | VETERAN | NEW BALANCE MULTISPORT CLUB | |
| 577 | 01:55:34 | SWANEPOEL | MARTIE | 1778 | VETERAN | NEW BALANCE MULTISPORT CLUB | |
| 578 | 01:55:37 | | | 5986 | SENIOR | WILDRUNNER | DISQUALIFIED |
| 579 | 01:55:44 | COETZEE | LINDA | 2650 | GRAND MASTER | PINELANDS A.C | |
| 580 | 01:55:44 | LEVERTON | RUTH | 2656 | MASTER | PINELANDS A.C | |
| 581 | 01:55:44 | RIST | DELYSE | 2654 | VETERAN | PINELANDS A.C | |
| 582 | 01:55:45 | CLOETE | PHILLIPA | 2666 | VETERAN | PINELANDS A.C | |
| 583 | 01:55:45 | HARRIS | SEAN | 2264 | VETERAN | PINELANDS A.C | |
| 584 | 01:55:46 | | | 0 | | | NO RACE CARD |
| 585 | 01:55:48 | DAVIDS | JUANITA | 0 | SENIOR | CELTIC HARRIERS | |
| 586 | 01:55:52 | | | 0 | | | NO RACE CARD |
| 587 | 01:55:52 | | | 0 | | | NO RACE CARD |
| 588 | 01:55:54 | ERVENS | KAREN | 2737 | VETERAN | PICK ;N PAY WP | |
| 589 | 01:55:58 | NIENABER | DANIE | 4811 | GRAND MASTER | ADIDAS | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-------------|------------|---------|--------------|-----------------------------|--------------|
| 590 | 01:55:58 | VAN ZYL | PETRUS | 17619 | SENIOR | NONE | |
| 591 | 01:56:00 | WILEMAN | CANDICE | 17289 | SENIOR | NONE | |
| 592 | 01:56:14 | DESAI | NIRDEV | 17478 | SENIOR | NONE | |
| 593 | 01:56:17 | RETIEF | TARYN | 3356 | SENIOR | RUN\WALK FOR LIFE | |
| 594 | 01:56:19 | MOJA | MABUSE | 17253 | SENIOR | BLAZERS | |
| 595 | 01:56:37 | WESTVIG | LEIF | 452 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 596 | 01:56:40 | TUFF | KERITH | 647 | SENIOR | VARSITY OLD BOYS R.C | |
| 597 | 01:56:41 | BOTHMA | HEINRICH | 17306 | SENIOR | NONE | |
| 598 | 01:56:42 | BROWN | MARILETTE | 1811 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 599 | 01:56:52 | SAN GIORGIO | TANYA | 5053 | VETERAN | RUN\WALK FOR LIFE | |
| 600 | 01:56:59 | LEHMANN | ELLEN | 9197 | SENIOR | CENTURY CITY | |
| 601 | 01:57:00 | NORTIER | BERNADETTE | 17386 | SENIOR | NONE | |
| 602 | 01:57:01 | ROBERTS | JACQUI | 2026 | SENIOR | WEST COAST A.C | |
| 603 | 01:57:03 | HOBBS | SAMANTHA | 17646 | SENIOR | NONE | |
| 604 | 01:57:08 | FIRTH | MEGAN | 17330 | SENIOR | NONE | |
| 605 | 01:57:22 | SMITH | SAN-MARIE | 17599 | SENIOR | NONE | |
| 606 | 01:57:23 | VISAGIE | ANNELIZE | 17623 | SENIOR | NONE | |
| 607 | 01:57:25 | PODBIELSKI | MICHELLE | 17577 | SENIOR | NONE | |
| 608 | 01:57:42 | ARENDSE | ROGER | 3838 | VETERAN | SPARTAN HARRIERS | |
| 609 | 01:57:44 | | | 7144 | SENIOR | SPARTAN HARRIERS | DISQUALIFIED |
| 610 | 01:57:47 | KLAARTJIES | SYDLYN | 17359 | SENIOR | NONE | |
| 611 | 01:57:51 | PLOUGMANN | PENNY | 17576 | VETERAN | NONE | |
| 612 | 01:57:51 | VAN ZYL | WIEKE | 17618 | VETERAN | NONE | |
| 613 | 01:57:56 | IRWIN | CHARLENE | 3621 | SENIOR | RUN\WALK FOR LIFE | |
| 614 | 01:57:57 | LOUW | SOPHIA | 3617 | VETERAN | RUN\WALK FOR LIFE | |
| 615 | 01:57:57 | DUMINY | DAVID | 6368 | VETERAN | FISH HOEK A.C | |
| 616 | 01:57:59 | HALBERT | LAUREN | 17344 | SENIOR | NONE | |
| 617 | 01:58:01 | MARKS | MALCOLM | 2056 | MASTER | WEST COAST A.C | |
| 618 | 01:58:03 | MORT | RANDOLPH | 8660 | MASTER | VARSITY OLD BOYS R.C | |
| 619 | 01:58:12 | ASPELING | PAUL | 7340 | VETERAN | LOA ITHEKOAC | |
| 620 | 01:58:16 | BOTHA | THEA | 873 | MASTER | BRACKENFELL A.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-------------|------------|---------|--------------|-----------------------------|--------------|
| 621 | 01:58:20 | JOHNSON | LUCINDA | 436 | VETERAN | VARSITY OLD BOYS R.C | |
| 622 | 01:58:21 | ISAACS | NEZAAM | 3669 | VETERAN | ITHEKO AC | |
| 623 | 01:58:21 | GALANT | ASLAM | 1447 | MASTER | ITHEKO ATHLETIC CLUB | |
| 624 | 01:58:22 | SOLOMON | RUSTUM | 1410 | VETERAN | ITHEKO | |
| 625 | 01:58:23 | GALANT | FAHMY | 17332 | VETERAN | NONE | |
| 626 | 01:58:24 | AASHIQ | ISMAIL | 7901 | SENIOR | ITHEKO | |
| 627 | 01:58:30 | SAMUELS | NOLEEN | 6883 | SENIOR | VARSITY OLD BOYS R.C | |
| 628 | 01:58:33 | THEUNISSEN | MAGEDIEN | 2799 | MASTER | TOP FORM A.C | |
| 629 | 01:58:33 | KENNY | ASHRAF | 9241 | JUNIOR | LOA ITHEKO AC | |
| 630 | 01:58:34 | LANFEAR | RENE | 17366 | VETERAN | NONE | |
| 631 | 01:58:35 | ABDULLATIEF | MOGAMMAD | 8200 | VETERAN | ITHEHO SPORTS ATHLETIC CLUB | |
| 632 | 01:58:36 | MOWLANA | ABU | 1448 | VETERAN | ITHEKO SPORT ATHLETIC CLUB | |
| 633 | 01:58:40 | CUNNAMA | MARGIE | 1644 | MASTER | FRANSCHHOEK ATHLETIC CLUB | |
| 634 | 01:58:48 | REECE | LYNDSAY | 0 | SENIOR | VARSITY OLD BOYS R.C | |
| 635 | 01:58:55 | SHAP | JOELENE | 17648 | SENIOR | NONE | |
| 636 | 01:58:59 | ACKERDIEN | REYAAD | 1473 | SENIOR | ITHEKO SPORT ATHLETIC CLUB | |
| 637 | 01:59:01 | RICE | PHILIPPA | 1445 | SENIOR | NONE | |
| 638 | 01:59:03 | DU PLESSIS | JAN | 0 | MASTER | HELDERBERG HARRIERS | |
| 639 | 01:59:11 | GILMOUR | LOUISE | 17493 | SENIOR | NONE | |
| 640 | 01:59:13 | SANDERS | ROBIN | 17268 | SENIOR | NONE | |
| 641 | 01:59:14 | LINCOLN | EMMA | 17371 | SENIOR | NONE | |
| 642 | 01:59:16 | CRONJE | ANTHONY | 0 | MASTER | VARSITY OLD BOYS R.C | |
| 643 | 01:59:19 | MURGIA | TRICIA | 17559 | VETERAN | NONE | |
| 644 | 01:59:19 | HINRICHSN | TREVOR | 17506 | VETERAN | NONE | |
| 645 | 01:59:21 | VEY | SHELLEY | 507 | VETERAN | VARSITY OLD BOYS R.C | |
| 646 | 01:59:21 | CLARKE | DAWN | 77 | MASTER | NONE | |
| 647 | 01:59:21 | | | 6892 | SENIOR | VARSITY OLD BOYS R.C | DISQUALIFIED |
| 648 | 01:59:28 | GILCHRIST | DIANNE | 0 | SENIOR | VARSITY OLD BOYS R.C | |
| 649 | 01:59:33 | GELDENHUYS | GERRIT | 1839 | VETERAN | SANLAM A.C | |
| 650 | 01:59:35 | DU PLESSIS | MICHELLE | 6056 | SENIOR | NEW BALANCE MULTISPORT CLUB | |
| 651 | 01:59:41 | MASON | MONICA | 17542 | SENIOR | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-------------|-------------|---------|--------------|-----------------------------|--------------|
| 652 | 01:59:42 | DARDAGAN | MICHELLE | 17326 | VETERAN | NONE | |
| 653 | 02:00:07 | TRAUERNICHT | MICKEY | 7474 | VETERAN | SANDF (WP) | |
| 654 | 02:00:07 | ROSSITER | FIONA | 17588 | SENIOR | NONE | |
| 655 | 02:00:20 | PETERSEN | OSCAR | 9792 | VETERAN | ITHEKO | |
| 656 | 02:00:42 | KRUGER | CHARMAINE | 17362 | VETERAN | NONE | |
| 657 | 02:00:47 | WINTER | LIESL | 2692 | SENIOR | PINELANDS A.C | |
| 658 | 02:00:48 | HARRIS | LEE-ANN | 2267 | VETERAN | PINELANDS A.C | |
| 659 | 02:00:48 | SCHNEHAGE | CHRISTOPHER | 2253 | MASTER | PINELANDS A.C | |
| 660 | 02:00:56 | PREW | ROSE | 161 | MASTER | CELTIC HARRIERS | |
| 661 | 02:00:57 | BRADSHAW | DICK | 439 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 662 | 02:01:00 | SHEPHERD | JULIA | 10251 | SENIOR | NONE | |
| 663 | 02:01:00 | DIENER | MICHELE | 628 | MASTER | VARSITY OLD BOYS R.C | |
| 664 | 02:01:01 | VINK | ANDREA | 5946 | SENIOR | IN TOUCH AC | |
| 665 | 02:01:13 | RAMON | GAELE | 397 | SENIOR | VARSITY OLD BOYS R.C | |
| 666 | 02:01:14 | VAN ZYL | DYLAN | 17617 | JUNIOR | NONE | |
| 667 | 02:01:16 | EBRAHIM | MOEGSIEN | 1657 | MASTER | NEW BALANCE MULTISPORT CLUB | |
| 668 | 02:01:16 | TALJAARD | ANN | 9180 | MASTER | SAPS | |
| 669 | 02:01:20 | WALTERS | CYRILL | 367 | SENIOR | CELTIC HARRIERS | |
| 671 | 02:01:41 | BELL | KAREN | 1577 | VETERAN | EDGEMEAD RUNNERS | |
| 672 | 02:01:41 | BESTBIER | KELLY | 1628 | SENIOR | EDGEMEAD RUNNERS | |
| 673 | 02:01:52 | MILES | TRACEY | 17549 | SENIOR | NONE | |
| 674 | 02:02:04 | BRITON | OLIVIA | 17452 | VETERAN | NONE | |
| 675 | 02:02:05 | HENDRICKS | ASHRAF | 17229 | VETERAN | NONE | |
| 676 | 02:02:22 | JARDINE | GALIEL | 3700 | VETERAN | LOA ITHEKO SPORT AC | |
| 677 | 02:02:24 | DALTON | PAUL | 0 | VETERAN | VARSITY OLD BOYS R.C | |
| 678 | 02:02:46 | BUCHHOLTZ | LESLEY | 17454 | SENIOR | NONE | |
| 679 | 02:03:14 | MICHAELS | CECILY | 5578 | MASTER | HELDERBERG HARRIERS | |
| 680 | 02:03:16 | THOMPSON | MICHELLE | 17609 | VETERAN | NONE | |
| 681 | 02:03:17 | | | 0 | SENIOR | SOUTHERN STRIDERS A.C | DISQUALIFIED |
| 682 | 02:03:22 | BRADSHAW | JEAN | 438 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 683 | 02:03:22 | MITCHELL | BRIAN | 6354 | MASTER | FISH HOEK A.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|---------------|------------|---------|--------------|----------------------|--------------|
| 684 | 02:03:26 | BURTON-MOORE | VIVIENNE | 17457 | VETERAN | NONE | |
| 685 | 02:03:26 | AUGUST | COLLEEN | 465 | VETERAN | VARSITY OLD BOYS R.C | |
| 686 | 02:03:40 | PLOUGMANN | MEG | 17575 | SENIOR | NONE | |
| 687 | 02:03:45 | ALLEN | SANDRA | 17293 | MASTER | NONE | |
| 688 | 02:04:04 | BECKETT | JANA | 2866 | MASTER | FORESTERS R.C | |
| 689 | 02:04:05 | MERKLE | ANNEMARIE | 17381 | MASTER | NONE | |
| 690 | 02:04:05 | LAIRD | MEGAN | 480 | SENIOR | VARSITY OLD BOYS R.C | |
| 691 | 02:04:12 | SHEPHERD | GRAEME | 4519 | SENIOR | PINELANDS A.C | |
| 692 | 02:04:14 | SHAMLEY | BARRY | 282 | SENIOR | CELTIC HARRIERS | |
| 693 | 02:04:14 | | | 0 | | | NO RACE CARD |
| 694 | 02:04:27 | HARGREAVES | EARL | 156 | GRAND MASTER | CELTIC HARRIERS | |
| 695 | 02:04:36 | MULLER | ZELDA | 17555 | SENIOR | NONE | |
| 696 | 02:04:37 | MULLER | JOANN | 17556 | VETERAN | NONE | |
| 697 | 02:04:54 | MEIJER | BRONWEN | 17544 | SENIOR | NONE | |
| 698 | 02:05:22 | SHAW | KIM LEIGH | 503 | SENIOR | VARSITY OLD BOYS R.C | |
| 699 | 02:05:26 | ELLIOTT | FAYE | 8420 | VETERAN | VARSITY OLD BOYS R.C | |
| 700 | 02:05:44 | WILSON | DESIREE | 5769 | VETERAN | EDGEMEAD RUNNERS | |
| 701 | 02:05:45 | DE ARAUJO | BETINA | 1514 | VETERAN | EDGEMEAD RUNNERS | |
| 702 | 02:05:53 | MOUTON | MARLAN | 17255 | SENIOR | NONE | |
| 703 | 02:06:18 | KAMIES | ANWAR | 1475 | VETERAN | ITHEKO SAC | |
| 704 | 02:06:21 | BADENHORST | CHRISTIE | 17438 | MASTER | NONE | |
| 705 | 02:06:21 | MAYHEW | KATIE | 8245 | SENIOR | WP CRICKET CLUB | |
| 706 | 02:06:22 | ENGELBRECHT | MICHELE | 17222 | VETERAN | NONE | |
| 707 | 02:06:24 | LAUDIEN | MICHELLE | 17244 | VETERAN | NONE | |
| 708 | 02:06:25 | ENGELBRECHT | SOLLY | 17223 | VETERAN | NONE | |
| 709 | 02:06:34 | MOUTON | RIANA | 3292 | VETERAN | RUN\WALK FOR LIFE | |
| 710 | 02:06:37 | PEREIRA | CATHERINE | 17571 | SENIOR | NONE | |
| 711 | 02:07:00 | RAMSAY | LYNN | 17260 | SENIOR | NONE | |
| 712 | 02:06:37 | THOMPSON-DUWE | KATE | 0 | SENIOR | NONE | |
| 713 | 02:07:10 | BARNES | LEE-ANN | 17205 | SENIOR | NONE | |
| 714 | 02:07:22 | STAFFORD | LOUISE | 17643 | MASTER | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|---------------|-------------------|---------|--------------|------------------------|--------|
| 715 | 02:07:10 | MYERS | MANDY | 17385 | SENIOR | NONE | |
| 716 | 02:07:40 | MALLON | MICHAEL | 2601 | GRAND MASTER | PINELANDS A.C | |
| 717 | 02:08:01 | STREZ | ALEKS | 6006 | VETERAN | WILDRUNNER | |
| 718 | 02:08:02 | STREZ | HELA | 6001 | VETERAN | WILDRUNNER | |
| 719 | 02:08:21 | ADAMS | PAUL | 528 | SENIOR | VARSITY OLD BOYS R.C | |
| 720 | 02:08:55 | DALLIMORE | JACQUELINE | 17473 | VETERAN | NONE | |
| 721 | 02:08:55 | WEGENER | SANDY | 17426 | MASTER | VARSITY OLD BOYS R.C | |
| 722 | 02:09:43 | FORGAN | NICOLA | 2171 | SENIOR | FISH HOEK A.C | |
| 723 | 02:09:43 | THORNTON | KAREN | 2200 | SENIOR | FISH HOEK A.C | |
| 724 | 02:09:58 | HANS | PHILIPINE | 5950 | MASTER | IN TOUCH AC | |
| 725 | 02:09:59 | LEVENDAL | ESTERLENE | 2206 | MASTER | IN TOUCH AC | |
| 726 | 02:09:59 | KOLBE | VERUSCHKE | 2219 | SENIOR | IN TOUCH | |
| 727 | 02:10:03 | MARAIS | JOSI | 1980 | SENIOR | WEST COAST A.C | |
| 728 | 02:10:18 | VAN VUUREN | MARGE | 6375 | MASTER | FISH HOEK A.C | |
| 729 | 02:10:41 | LAUDIEN | WOLF | 17245 | VETERAN | NONE | |
| 730 | 02:10:44 | OLDERWAGEN | IANETTE | 1835 | SENIOR | SANLAM A.C | |
| 731 | 02:10:45 | BOUWER | LAURA | 1833 | MASTER | SANLAM A.C | |
| 732 | 02:11:03 | PROCTOR | COLLEEN | 4869 | MASTER | RUN\WALK FOR LIFE | |
| 733 | 02:11:04 | ZETNER | SHEREE | 4868 | MASTER | RUN\WALK FOR LIFE | |
| 734 | 02:11:05 | JENNINGS | TERESA | 17514 | SENIOR | NONE | |
| 735 | 02:11:07 | STEWART | MIKE | 1111 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 736 | 02:11:08 | RHEEDER | ILZE | 3040 | SENIOR | MELKBOS | |
| 737 | 02:11:18 | VAN DER MERWE | KAREN | 17417 | SENIOR | NONE | |
| 738 | 02:11:29 | MACKINTOSH | BEV | 5999 | VETERAN | FISH HOEK A.C | |
| 739 | 02:11:32 | OPPELT | JOSEPHINE | 17389 | SENIOR | NONE | |
| 740 | 02:11:33 | ADAMS | HENRY | 4194 | GRAND MASTER | MITCHELLS PLAIN TITANS | |
| 741 | 02:11:39 | RICE | ANITA | 6342 | VETERAN | FISH HOEK A.C | |
| 742 | 02:11:39 | STANLEY | CATHY | 6333 | VETERAN | FISH HOEK A.C | |
| 743 | 02:11:40 | BENNING | LOU-ANN | 6367 | VETERAN | FISH HOEK A.C | |
| 744 | 02:12:04 | VAN DER HEYDE | WENDY | 4685 | MASTER | GROOT CONSTANTIA | |
| 745 | 02:12:18 | MULLINS | ELEANOR CHRISTINE | 17384 | SENIOR | NONE | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|---------------|----------------|---------|--------------------|----------------------|--------------|
| 746 | 02:12:21 | KIRBY | DAVID | 3734 | GREAT GRAND MASTER | SPARTAN HARRIERS | |
| 747 | 02:12:22 | SALIE | SORAYA | 17266 | SENIOR | NONE | |
| 748 | 02:12:34 | MACKINTOSH | DUNCAN | 818 | GRAND MASTER | VARSITY OLD BOYS R.C | |
| 749 | 02:12:59 | ODENDAAL | BETH | 6234 | MASTER | RUN\WALK FOR LIFE | |
| 750 | 02:13:26 | LOB | MARIZA | 2028 | SENIOR | WEST COAST A.C | |
| 751 | 02:13:33 | RADLEY | DANIELA | 1644 | VETERAN | EDGEMEAD RUNNERS | |
| 752 | 02:13:54 | LOUBSER | ALBERT | 10323 | JUNIOR | NEDBANK | |
| 753 | 02:14:08 | | | 0 | SENIOR | WILDRUNNERS | DISQUALIFIED |
| 754 | 02:14:25 | STEENKAMP | WIAN | 9129 | JUNIOR | NEDBANK | |
| 755 | 02:14:25 | STEENKAMP | WILBY | 3150 | MASTER | NEDBANK | |
| 756 | 02:14:38 | ROLLINSON | STEVE | 17398 | VETERAN | NONE | |
| 757 | 02:14:41 | VAN DE RHEEDE | FATIMA | 1413 | SENIOR | ITHEKO SPORTS AC | |
| 758 | 02:14:43 | BAKKER | MICHELE | 17298 | VETERAN | NONE | |
| 759 | 02:14:46 | CHARALAMBIDES | EDNA | 9195 | MASTER | CENTURY CITY AC | |
| 760 | 02:14:47 | CHARALAMBIDES | PETER | 17213 | MASTER | NONE | |
| 761 | 02:14:48 | HEWAVISENTI | SHANTALIE | 1026 | SENIOR | ATLANTIC A.C | |
| 762 | 02:15:24 | NASH | JESSICA | 17560 | SENIOR | NONE | |
| 763 | 02:15:25 | PATTEN | GEM | 17567 | SENIOR | NONE | |
| 764 | 02:15:41 | SZOT-MYBURG | NATALIE | 3288 | VETERAN | RUN\WALK FOR LIFE | |
| 765 | 02:15:43 | CHAMBERLAIN | MARK | 7204 | VETERAN | EDGEMEAD RUNNERS | |
| 766 | 02:15:46 | HARGREAVES | ERIN | 17502 | SENIOR | NONE | |
| 767 | 02:15:46 | FAKIER | MOGAMAT ARMIEN | 9763 | VETERAN | ITHEKO | |
| 768 | 02:16:22 | MURDOCK | EDWARD | 17557 | GREAT GRAND MASTER | SPARTAN HARRIERS | |
| 769 | 02:16:23 | KENNY | FADEELAH | 1415 | SENIOR | LOA ITHEKO SAC | |
| 770 | 02:16:49 | BURTON-MOORE | PETER | 17458 | MASTER | NONE | |
| 771 | 02:16:52 | FOWLER | ANGELA | 3281 | VETERAN | RUN\WALK FOR LIFE | |
| 772 | 02:16:56 | TSHIFULARO | MAITELE | 0 | VETERAN | PINELANDS A.C | |
| 773 | 02:16:56 | TSHIFULARO | NYAWELENI | 2628 | VETERAN | PINELANDS A.C | |
| 774 | 02:17:11 | BERNTZEN | ANNATJIE | 4569 | GRAND MASTER | TYGERBERG NLC A.C | |
| 775 | 02:18:07 | COETZEE | SUSAN | 0 | SENIOR | OLD MUTUAL A.C | |
| 776 | 02:18:15 | CAIRNCROSS | BRONWIN | 8315 | VETERAN | WEST COAST A.C | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|--------------|-------------|---------|--------------|-----------------------------|--------------|
| 777 | 02:18:16 | SWART | JAN | 9169 | MASTER | SAPS WP AC | |
| 778 | 02:18:17 | GELDENHUYS | HANDRIEN | 32767 | SENIOR | OLD MUTUAL A.C | |
| 779 | 02:18:39 | MADIEHE | ABRAM | 6469 | VETERAN | RAVENSMEAD ATHLETIC CLUB | |
| 780 | 02:19:23 | PETTENBURGER | BREDA | 1970 | VETERAN | WEST COAST A.C | |
| 781 | 02:19:23 | WEBB | MERRIL | 0 | VETERAN | WEST COAST A.C | |
| 782 | 02:19:24 | FITT | JANET | 2059 | MASTER | WEST COAST A.C | |
| 783 | 02:19:31 | SALIE | WIDAAD | 1450 | SENIOR | ITHEKO SPORTS ATHLETIC CLUB | |
| 784 | 02:19:31 | SEDICK | SADIA | 9515 | VETERAN | ITHEKO LION OF AFRICA | |
| 785 | 02:20:33 | WOODS | BRIDGET-ANN | 17432 | SENIOR | NONE | |
| 786 | 02:20:35 | FUCHSLOCH | TISSA | 1124 | MASTER | ATLANTIC A.C | |
| 787 | 02:20:40 | CLARE-TALBOT | JODINE | 17464 | SENIOR | NONE | |
| 788 | 02:20:41 | | | 6345 | VETERAN | FISH HOEK A.C | DISQUALIFIED |
| 789 | 02:21:04 | DIX | GARY | 1649 | MASTER | NONE | |
| 790 | 02:21:04 | DIX | ANNELIZE | 17480 | MASTER | NONE | |
| 791 | 02:21:26 | BYWATER | DAVE | 1120 | MASTER | ATLANTIC A.C | |
| 792 | 02:21:48 | HANMER | ARLENE | 17346 | MASTER | NONE | |
| 793 | 02:21:57 | ELISSAC | MARIAM | 3705 | MASTER | ITHEKO SPORT AC | |
| 794 | 02:22:22 | CUPIDO | MICHELLE | 4467 | VETERAN | PINELANDS A.C | |
| 795 | 02:22:23 | KENNY | ROGEEMA | 1503 | SENIOR | ITHEKO | |
| 796 | 02:22:23 | ACKERDIEN | ZULPHA | 1472 | SENIOR | ITHEKO SPORT ATHLETIC CLUB | |
| 797 | 02:22:23 | MAJOLA | DANCIE | 5875 | SENIOR | WEST COAST A.C | |
| 798 | 02:22:23 | | | 0 | | | NO RACE CARD |
| 799 | 02:22:34 | DAVIES | NICOLA | 17475 | VETERAN | NONE | |
| 800 | 02:22:37 | HARGREAVES | JEAN | 3749 | MASTER | SPARTAN HARRIERS | |
| 801 | 02:22:38 | | | 0 | | | NO RACE CARD |
| 802 | 02:22:38 | | | 0 | | | NO RACE CARD |
| 803 | 02:22:51 | LE ROUX | REGINE | 17527 | SENIOR | NONE | |
| 804 | 02:22:55 | ZEEDERBERG | TANIA | 2643 | SENIOR | PINELANDS A.C | |
| 805 | 02:23:08 | PILKINGTON | LYNNE | 2579 | VETERAN | RUN\WALK FOR LIFE | |
| 806 | 02:23:08 | MATTHEWS | LESLEY | 2237 | MASTER | RUN\WALK FOR LIFE | |
| 807 | 02:23:25 | EDWARDS | DAN | 8616 | SENIOR | WILDRUNNERS | |



2011 Results



| POS. | TIME | LAST NAME | FIRST NAME | LICENCE | AGE CATEGORY | CLUB | STATUS |
|------|----------|-----------|----------------|---------|--------------------|-----------------------|--------|
| 808 | 02:23:30 | BAX | CLIO | 2687 | SENIOR | PINELANDS A.C | |
| 809 | 02:23:31 | SCHOEMAN | ODETTE | 17402 | SENIOR | NONE | |
| 810 | 02:23:36 | MARCUS | ABUBAKR | 1930 | GREAT GRAND MASTER | ARD | |
| 811 | 02:23:36 | RUSINGA | NECTAR | 2683 | SENIOR | PINELANDS A.C | |
| 812 | 02:23:43 | OTT | MARIAN | 2674 | SENIOR | PINELANDS A.C | |
| 813 | 02:23:49 | LOUBSER | URSULINE | 3802 | VETERAN | SPARTAN HARRIERS | |
| 814 | 02:23:21 | DICK | RENE | 544 | VETERAN | VARSITY OLD BOYS R.C | |
| 815 | 02:24:40 | SLABBERT | LYNETTE | 2283 | MASTER | SOUTHERN STRIDERS A.C | |
| 816 | 02:25:31 | CHAPMAN | PHIL | 17317 | MASTER | NONE | |
| 817 | 02:26:10 | JASSIEM | ASHRAF | 8020 | SENIOR | ITHEKO | |
| 818 | 02:26:21 | MIZON | RAYMUNDE (RAY) | 172 | MASTER | CELTIC HARRIERS | |
| 819 | 02:27:06 | WRIGHT | KIM-MARIE | 8710 | SENIOR | FISH HOEK A.C | |
| 820 | 02:27:07 | SLABBERT | ANDRE | 7115 | MASTER | SOUTHERN STRIDERS A.C | |
| 821 | 02:27:31 | NELSON | HANTIE | 3466 | VETERAN | BELLVILLE A.C | |
| 822 | 02:28:52 | ZEELIE | EMMERENTIA | 1828 | MASTER | SANLAM A.C | |
| 823 | 02:29:42 | GERTSE | ADALA | 1394 | VETERAN | ITHEKO | |