



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
1	00:59:23	NTANDO	LUVOYO	2987	SENIOR	SATORI A.C	
2	01:02:09	STEENKAMP	MERVIN	1888	SENIOR	ITHEKO SPORT A.C	
3	01:03:23			5257	MASTER	HOUT BAY HARRIERS	DISQUALIFIED
4	01:03:27	WINTER	RYAN	2277	SENIOR	PINELANDS A.C	
5	01:04:35	WILL	DAMIAN	2324	SENIOR	PINELANDS A.C	
6	01:08:16	LITTLE	IAN	2703	VETERAN	FISH HOEK A.C	
7	01:08:37	KALIS	MARK	212	SENIOR	CELTIC HARRIERS	
8	01:08:38	MITCHELL	CHRISTOPHER	216	MASTER	CELTIC HARRIERS	
9	01:10:26	SNAITH	JUSTIN	825	SENIOR	VARSITY OLD BOYS R.C	
10	01:10:52	PIKKER	MARK	4333	SENIOR	FORESTERS R.C	
11	01:11:21	BENNETT	PETER	3714	SENIOR	WEST COAST A.C	
12	01:11:37			6519	SENIOR	HARFIELD HARRIERS	DISQUALIFIED
13	01:11:42	LEHMANN	FRIED	6778	SENIOR	CENTURY CITY AC	
14	01:11:47	DAY	JAMES	0	SENIOR	NONE	
15	01:12:30	ASHBY	BRENTON	0	VETERAN	HOUT BAY HARRIERS	
16	01:12:44	MCIVER	RICHARD	0	JUNIOR	NONE	
17	01:13:02	COURTS	JASON	321	SENIOR	CELTIC HARRIERS	
18	01:13:08	VISSER	IAN	4538	SENIOR	ATLANTIC A.C	
19	01:14:45	LINDEQUE	EUGENE	5998	SENIOR	NEW BALANCE MULTISPORT CLUB	
20	01:15:19	LERWILL	MORTZ	0	JUNIOR	NONE	
21	01:16:01	LADOPOULOS	SOTIRIOS	3571	VETERAN	BELLVILLE A.C	
22	01:16:15	CALDWELL	CARMEN	6518	SENIOR	HARFIELD HARRIERS	
23	01:16:49			1327	VETERAN	PINELANDS A.C	DISQUALIFIED
23	01:16:49			2227	VETERAN	PINELANDS A.C	DISQUALIFIED
24	01:17:17	CHAPMAN	PHIL	0	MASTER	NONE	
25	01:17:21	MADDEN	PATRICK	3308	VETERAN	SPARTAN HARRIERS	
26	01:17:22	FORBES	TRACY	8163	SENIOR	VARSITY OLD BOYS R.C	
27	01:17:24	ELS	EION	577	SENIOR	VARSITY OLD BOYS R.C	
28	01:18:06	KEY	BRIAN	4323	GREAT GRAND MASTER	FORESTERS R.C	
29	01:18:07	VAN DER MERWE	WILLEM	1537	SENIOR	OLD MUTUAL A.C	
30	01:18:07	BADENHORST	HEINRICH	817	SENIOR	VARSITY OLD BOYS R.C	
31	01:18:16	WICKHAM	CHRIS	729	VETERAN	VARSITY OLD BOYS R.C	



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32	01:18:26	DAWSON	LEE-ANN	7709	VETERAN	SATORI A.C	
33	01:18:26	HORN-BOTHA	RUDY	615	MASTER	VARSITY OLD BOYS R.C	
34	01:18:30	WESTVIG	ERIK	666	VETERAN	VARSITY OLD BOYS R.C	
35	01:18:43	ENGELBRECHT	ANTON	3064	VETERAN	NEDBANK RUNNING CLUB	
36	01:18:43	MOLDENHAUER	DEAN	4298	VETERAN	NEW BALANCE MULTISPORT CLUB	
37	01:18:51	OLIVIER	PIETIE	0	SENIOR	NONE	
38	01:18:52		NO RACE CARD	0			NO RACE CARD
39	01:19:03	WESSELS	STANLEY	2683	SENIOR	DURBANVILLE A.C	
40	01:19:13	ANDREW	HERRMANN	4300	VETERAN	FORESTERS R.C	
41	01:19:20	LONGMAN	ALISTAIR	341	SENIOR	CELTIC HARRIERS	
42	01:19:23	RODE	HAGEN	0	SENIOR	NONE	
43	01:19:26	ANDERSON	TANIA	0	VETERAN	VARSITY OLD BOYS R.C	
44	01:19:35	HENDRICKS	OWEN	418	MASTER	CELTIC HARRIERS	
45	01:19:38	TROJAN	JANA	848	VETERAN	VARSITY OLD BOYS R.C	
46	01:19:52	BURGER	ERNST	553	SENIOR	VARSITY OLD BOYS R.C	
47	01:20:12	LEONARD	WAYNE	0	SENIOR	NONE	
48	01:20:39	RYNINKS	ALLAN	5500	MASTER	WILDRUNNER A.C	
49	01:20:47	HAMILTON	DAIN	4348	VETERAN	FORESTERS R.C	
50	01:20:48	BOYD	STEVE	0	VETERAN	NONE	
51	01:20:49	COURTS	ELLIE	331	VETERAN	CELTIC HARRIERS	
52	01:21:10	TRAFFORD	JO	2974	SENIOR	SATORI A.C	
53	01:21:12	VEY	RUDY	572	MASTER	VARSITY OLD BOYS R.C	
54	01:21:26		NO RACE CARD	0			NO RACE CARD
55	01:21:39	NORRIS	KIRSTEN	9950	SENIOR	VARSITY OLD BOYS R.C	
56	01:21:41	SMIT	MARK	3674	VETERAN	WEST COAST A.C	
57	01:21:53	PORTER	MELANY	2266	SENIOR	PINELANDS A.C	
58	01:21:56	FILANDER	ANDRE	219	VETERAN	CELTIC HARRIERS	
59	01:21:59	PARRY	CHARLES	2211	MASTER	PINELANDS A.C	
60	01:22:00	PROCTOR	CATHRYN	6694	SENIOR	RCS GUGULETHU A.C	
61	01:22:00	PROCTOR	BRENDAN	6693	SENIOR	RCS GUGULETHU A.C	
62	01:22:07	SIHLUKU	MTHOBISI CAMERON	2468	VETERAN	RCS GUGULETHU A.C	
63	01:22:10	HECKEL	HANS-JÖRG	0	VETERAN	NONE	



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64	01:22:12	OOSTHUIZEN	MORNE	931	SENIOR	VARSIY OLD BOYS R.C	
65	01:22:14	WILLAND	STEFAN	0	VETERAN	NONE	
66	01:22:26	RITTERSHAUS	AXEL	4484	VETERAN	ATLANTIC A.C	
67	01:22:28			10503	SENIOR	ATC	DISQUALIFIED
68	01:22:29	STEPHENS	PHILIP	9154	SENIOR	HARFIELD HARRIERS	
69	01:23:11	JENKINS	DAVID	0	VETERAN	FISH HOEK A.C	
70	01:23:22	RABIE	DERIK	2681	SENIOR	DURBANVILLE A.C	
71	01:23:25	CINDEREY	TOM	4033	VETERAN	SOUTHERN STRIDERS A.C	
72	01:23:40	ARENDSE	ROGER	322	MASTER	CELTIC HARRIERS	
73	01:23:50		NO RACE CARD	0			NO RACE CARD
74	01:24:17	STONE	MARK	0	VETERAN	NONE	
75	01:24:33	DU PLESSIS	JUAN	1231	SENIOR	BRACKENFELL A.C	
76	01:24:33	BRAND	DEWALD	1309	SENIOR	BRACKENFELL A.C	
77	01:24:43	GAERTNER	MARI	881	VETERAN	VARSIY OLD BOYS R.C	
78	01:24:49	MOYLES	BRYAN	691	VETERAN	VARSIY OLD BOYS R.C	
79	01:24:54	JENNINGS	KAREN	626	VETERAN	VARSIY OLD BOYS R.C	
80	01:24:58	SINCLAIR	GEORGINA	649	MASTER	VARSIY OLD BOYS R.C	
81	01:25:17	BAX	ELIZABETH	2334	MASTER	PINELANDS A.C	
82	01:25:35	ROBERTSON	RICHARD	0	SENIOR	NONE	
83	01:25:41	FULLER	RAYMOND	585	MASTER	VARSIY OLD BOYS R.C	
84	01:25:43	LARRATT	BRAD	6227	VETERAN	WP CRICKET CLUB	
85	01:25:57	HUGHES	PETER WILLIAM	6179	MASTER	WP CRICKET CLUB	
86	01:26:14	MCDONALD	TARYN	9130	SENIOR	CELTIC HARRIERS	
87	01:26:23	HEYNEKE	DAVID	250	VETERAN	CELTIC HARRIERS	
88	01:26:37	CRAWFORD	RORY	890	SENIOR	VARSIY OLD BOYS R.C	
89	01:26:51	GEORGE	DOMINIK	0	SENIOR	NONE	
90	01:27:04	GELDENHUYS	HANNES	0	SENIOR	NONE	
91	01:27:10	VAN ZYL	DYLAN	0	JUNIOR	NONE	
92	01:27:10	SEALE	AUDREY	8160	SENIOR	VARSIY OLD BOYS R.C	
93	01:27:12	BONTHUYS	BRUCE	0	SENIOR	NONE	
94	01:27:14	WENTZINGER	MEGAN	3777	SENIOR	WEST COAST A.C	
95	01:27:16	COETZEE	WILLIE	3783	MASTER	WEST COAST A.C	



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96	01:27:16	LOMBERG	MALCOLM	3773	VETERAN	WEST COAST A.C	
97	01:27:19	NELL	KOBUS	0	VETERAN	NONE	
98	01:27:19	LOUW	DIRK	0	VETERAN	NONE	
99	01:27:29	LEYCK	BORIS	0	VETERAN	NONE	
100	01:27:33	STEYN	MARITA	0	MASTER	NONE	
101	01:27:44	MARAIS	JOHAN	0	VETERAN	VARSITY OLD BOYS R.C	
102	01:24:56	MELLOR	KEITH	0	MASTER	NONE	
103	01:24:59	ECKSTEIN	NICKY	1008	VETERAN	VARSITY OLD BOYS R.C	
104	01:28:00	CHEARY	RENEE	0	SENIOR	NONE	
105	01:28:00	DOMINGO	VERESA	0	VETERAN	NONE	
106	01:28:00	BAESTEN	SANDRA	0	SENIOR	NONE	
107	01:28:09	KALIS	ANDREW	0	VETERAN	NONE	
108	01:28:18	GAERTNER	PATRICK	882	MASTER	VARSITY OLD BOYS R.C	
109	01:28:19	DE HUTTON	JADE	5402	SENIOR	HARFIELD HARRIERS	
110	01:28:20	STICHINI	MARCO	9690	SENIOR	ATC	
111	01:28:26	BARRETT	CRISPIN	0	SENIOR	VARSITY OLD BOYS R.C	
112	01:28:28	MORRELL	ROBERT	6016	MASTER	UCT A.C	
113	01:28:29	COPE	DENNIS	0	GRAND MASTER	NONE	
114	01:28:32	VAN RENSBURG	MARK	0	VETERAN	NONE	
115	01:28:33	LAVERY	SEAN	6216	VETERAN	WP CRICKET CLUB	
116	01:28:38	MATTERSON	JOSEPHINE	0	VETERAN	NONE	
117	01:28:46	CURRY	DAVE	4566	VETERAN	ATLANTIC A.C	
118	01:28:50	DAVIS	ROGER	330	GRAND MASTER	CELTIC HARRIERS	
119	01:28:53	SHAW	BRADWIN	682	SENIOR	VARSITY OLD BOYS R.C	
120	01:28:56			7942	SENIOR	WILDRUNNER A.C	DISQUALIFIED
121	01:28:56	CLARFELT	ALICE	0	SENIOR	NONE	
122	01:28:59		NO RACE CARD	0			NO RACE CARD
123	01:29:04	MITCHELL	STEVE	0	MASTER	FISH HOEK A.C	
124	01:29:07	VAN NOORDWYK	ELMA	0	VETERAN	NONE	
125	01:29:14	CILLIERS	ESTIENNE	3712	VETERAN	WEST COAST A.C	
126	01:29:14	HOUGH	GRAHAM	3711	MASTER	WEST COAST A.C	
127	01:29:15	KREBS	OLIVER	0	VETERAN	NONE	



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128	01:29:19	SMITH	SONIA	6300	MASTER	MITCHELLS PLAIN TITANS	
129	01:29:43	STEPHENS	KIM	9139	SENIOR	HARFIELD HARRIERS	
130	01:29:43	DUBANIEWICZ	ANNA	0	SENIOR	NONE	
131	01:29:52	MAGRATH	GAVIN	14829	MASTER	NONE	
132	01:29:59	FRASER	JANE	0	SENIOR	NONE	
133	01:30:03	CALE	GREG	838	VETERAN	VARSITY OLD BOYS R.C	
134	01:30:18		NO RACE CARD	0			NO RACE CARD
135	01:30:22	CASSERLEY	AIDAN	0	SENIOR	NONE	
136	01:30:40	BARGE	ALISTAIR	0	SENIOR	NONE	
137	01:30:41	TROJAN	PREM	849	VETERAN	VARSITY OLD BOYS R.C	
138	01:30:57	FRANSMAN	GRIFFET	329	MASTER	CELTIC HARRIERS	
139	01:31:00	BARSC	PEER	0	VETERAN	NONE	
140	01:31:04	AEBISCHER	ROLF	206	MASTER	CELTIC HARRIERS	
141	01:31:09	NAIDOO	INDRIN	4406	VETERAN	ESKOM GIJIMAS	
142	01:31:11	JACOBS	TRAVISS	4027	VETERAN	SOUTHERN STRIDERS A.C	
143	01:31:22	TAIT	BIANCA	0	SENIOR	SATORI A.C	
144	01:31:24	LONGMAN	KARI	222	VETERAN	CELTIC HARRIERS	
145	01:31:41	PEIRCE	STEPHEN	365	VETERAN	CELTIC HARRIERS	
146	01:31:41	ROELOFSE	PIETER	245	SENIOR	CELTIC HARRIERS	
147	01:31:46	HODKIN	JACK	5357	MASTER	HOUT BAY HARRIERS	
148	01:31:50	GOUWS	FRANCOIS	1500	VETERAN	EDGEMEAD RUNNERS	
149	01:31:53	PASK	LORIEN	467	VETERAN	VARSITY OLD BOYS R.C	
150	01:32:07	BARRY	ULANDI	8061	SENIOR	NEW BALANCE MULTISPORT CLUB	
151	01:32:09	SELWYN	ADAM	2183	VETERAN	PINELANDS A.C	
152	01:32:09	KERSTEN	NADINE	0	SENIOR	VARSITY OLD BOYS R.C	
154	01:32:12	DUNCAN	CRAIG	8135	SENIOR	VARSITY OLD BOYS R.C	
155	01:32:19	PITT	ALAN	3993	VETERAN	FISH HOEK A.C	
156	01:32:27	CUNNINGHAM	JANE	7968	VETERAN	RUN\WALK FOR LIFE	
157	01:32:36	FUCHSLOCH	TISSA	4459	MASTER	ATLANTIC A.C	
158	01:32:42	STEWART	MIKE	0	MASTER	NONE	
159	01:32:49	ADAMS	AMIEN	458	MASTER	CELTIC HARRIERS	
160	01:32:52	RHEEDER	NICKY	6363	SENIOR	MELKBOS	



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161	01:32:54	WELSH	SIMON	6527	VETERAN	HARFIELD HARRIERS	
162	01:32:55	WELSH	JEAN	6526	VETERAN	HARFIELD HARRIERS	
163	01:32:57	MACCANNEL	ADELE	785	SENIOR	VARSITY OLD BOYS R.C	
164	01:33:13	MAIN	ALISON	2888	SENIOR	SPARTAN HARRIERS	
165	01:33:14	BELLAIRS	DAVID	1007	VETERAN	VARSITY OLD BOYS R.C	
166	01:33:22	PAULSEN	DEON	0	SENIOR	VARSITY OLD BOYS R.C	
167	01:33:27			3053	SENIOR	NEDBANK RUNNING CLUB	DISQUALIFIED
168	01:33:27	JACOBS	FAIZEL	1729	SENIOR	ITHEKO SPORT A.C	
169	01:33:35	GOLDBLATT	GAVIN	0	VETERAN	NONE	
170	01:33:37	CAMPHER	BERTUS	4667	VETERAN	ATLANTIC A.C	
171	01:33:45	KAJEE	MUJEEB	1680	SENIOR	ITHEKO SPORT A.C	
172	01:34:03	PARKER	SA-AADAT	1981	SENIOR	ITHEKO SPORT A.C	
173	01:34:06	MERTON	JEROME	2175	SENIOR	PINELANDS A.C	
174	01:34:11	VAN HOUWELINGEN	JANA	0	SENIOR	NONE	
175	01:34:21	GEORGE	CATHRINE	0	SENIOR	NONE	
176	01:34:31	VLOK	TRIXIE	2927	SENIOR	DURBANVILLE A.C	
177	01:34:34	DHANSAY	AFZAL	910	MASTER	VARSITY OLD BOYS R.C	
178	01:34:34	THOMPSON	MICHELE	8808	VETERAN	SPARTAN HARRIERS	
179	01:34:48	VAN ECK	COLLETTE	3889	MASTER	FISH HOEK A.C	
180	01:34:54	ROBSON	SEAN	4592	SENIOR	ATLANTIC A.C	
181	01:35:03	TERENCE	SEPTEMBER	2898	VETERAN	SPARTAN HARRIERS	
182	01:35:08	GOEDECKE	JULIA	0	VETERAN	NONE	
183	01:35:09	BROWN	JAMES	0	SENIOR	NONE	
184	01:35:09	KETTERER	EILEEN	3082	SENIOR	NEDBANK RUNNING CLUB	
185	01:35:16	WALKER	CHRYSAL	8001	SENIOR	NEW BALANCE MULTISPORT CLUB	
186	01:35:21	ELOFF	MICHAEL	0	SENIOR	NONE	
187	01:35:23	PRICE	ANGELA	335	SENIOR	CELTIC HARRIERS	
188	01:35:27	BELL	GILLIAN	3974	VETERAN	FISH HOEK A.C	
189	01:35:27	HUDSON-PEACOCK	SIMON	0	VETERAN	NONE	
190	01:35:35			2652	VETERAN	DURBANVILLE A.C	DISQUALIFIED
191	01:35:42	JANSEN	WENDY	1453	VETERAN	EDGEMEAD RUNNERS	
192	01:35:49	STEWART	GRANT	0	SENIOR	VARSITY OLD BOYS R.C	



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193	01:35:53	PRETORIUS	RIAAAN	6367	VETERAN	MELKBOS	
194	01:36:11	ING	NATASHA	0	SENIOR	NONE	
195	01:36:27	BOSSE	BRYCE	0	SENIOR	NONE	
196	01:36:27	DONN	JOHN	0	VETERAN	NONE	
197	01:36:30	MYBURGH	NELLIS	2682	SENIOR	DURBANVILLE A.C	
198	01:36:52	BYWATER	DAVE	4455	MASTER	ATLANTIC A.C	
199	01:36:56	BRUWER	ANTHEA	0	VETERAN	NONE	
200	01:36:56	BRUWER	PAUL	0	VETERAN	NONE	
201	01:37:02	WILLIAMS	GAVIN	0	VETERAN	METROPOLITAN A.C	
202	01:37:04	BOOME	CATHERINE	0	SENIOR	NONE	
203	01:37:05	SMITH	DAVID	3909	MASTER	FISH HOEK A.C	
204	01:37:06	MATHEW	STEVE	0	VETERAN	NONE	
205	01:37:06	DAREBNY	KIRA	620	SENIOR	VARSITY OLD BOYS R.C	
206	01:37:07	CLARK	BRETT	621	SENIOR	VARSITY OLD BOYS R.C	
207	01:37:07	CLARKE	DAWN	0	MASTER	NONE	
208	01:37:08	JACOBS	MARIAN	2901	VETERAN	SPARTAN HARRIERS	
209	01:37:12	MILLAR	TIM	0	SENIOR	NONE	
210	01:37:20	MARAIS	JASON	1395	SENIOR	WEST COAST A.C	
211	01:37:32	FURLONG	EMILY	8789	SENIOR	VARSITY OLD BOYS R.C	
212	01:37:36	FLORIS	DENNIS	173	VETERAN	CELTIC HARRIERS	
213	01:37:37	TIMMES	WENDY-JOY	4034	VETERAN	SOUTHERN STRIDERS A.C	
214	01:37:40	STRUWIG	MARE-LOUISE	0	SENIOR	NONE	
215	01:37:40	STRUWIG	SHAUN	0	SENIOR	NONE	
216	01:37:43	GREYLING	GRAEME	0	VETERAN	NONE	
217	01:38:10	HARRIS	GARY	5215	VETERAN	METROPOLITAN A.C	
218	01:38:14	HAMMON	SEAN	5366	VETERAN	HARFIELD HARRIERS	
219	01:38:18	SPARG	PIXIE	450	GRAND MASTER	CELTIC HARRIERS	
220	01:38:19	KRUGER	JUSTIN	4369	VETERAN	FIT 2000	
221	01:38:19	TODD	TERRY	0	MASTER	NONE	
222	01:38:28	HELDZINGEN	STEPHEN	3973	SENIOR	FISH HOEK A.C	
223	01:38:31	MARAIS	EUGENE	1640	VETERAN	EDGEMEAD RUNNERS	
224	01:38:31	MARAIS	BIANCA	1454	SENIOR	EDGEMEAD RUNNERS	





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225	01:38:33			7848	VETERAN	DURBANVILLE A.C	DISQUALIFIED
226	01:38:37	TINKLER	MANDY	633	MASTER	VARSITY OLD BOYS R.C	
227	01:38:37	KLEIN	GRAHAM	0	VETERAN	NONE	
228	01:38:44	DAFFARN	LOUIS	0	VETERAN	NONE	
229	01:38:50	SCHEEPERS	ROSETTE	6296	VETERAN	MITCHELLS PLAIN TITANS	
230	01:38:50	SMITH	MERVIN	6311	MASTER	MITCHELLS PLAIN TITANS	
231	01:38:56	NUPEN	JULIA	0	SENIOR	NONE	
232	01:38:56	VERMEULEN	KAREN	0	SENIOR	NONE	
233	01:39:13	JAHNIG	RICHARD	895	VETERAN	VARSITY OLD BOYS R.C	
234	01:39:13	JAHNIG	ELLE	0	VETERAN	NONE	
235	01:39:16	SCHROEDER	HENRY	4499	VETERAN	ATLANTIC A.C	
236	01:39:21	SIXTUS	GRANT	0	SENIOR	NONE	
237	01:39:27	VAN LEEUWEN	LISA	0	SENIOR	NONE	
238	01:39:29	WILSON	PAULA	0	VETERAN	NONE	
239	01:39:29	KOORTS	MORNE	0	SENIOR	NONE	
240	01:39:31	SHAPIRO	JEFFREY	609	SENIOR	VARSITY OLD BOYS R.C	
241	01:39:33	CHRIS	GOLDSCHMIDT	105	MASTER	CELTIC HARRIERS	
242	01:39:35	BREDENKAMP	CAILEY	215	VETERAN	PAARL A.C	
243	01:39:40			4321	VETERAN	FORESTERS R.C	DISQUALIFIED
244	01:39:41	JENSEN	SLAVENA	3686	SENIOR	WEST COAST A.C	
245	01:39:41	ADRIAANSE	ROGER	8142	VETERAN	VARSITY OLD BOYS R.C	
246	01:39:42	FARRUGIA	STEPHEN	7321	SENIOR	WEST COAST A.C	
247	01:39:46	GROBLER	PAULA-JO	3690	VETERAN	WEST COAST A.C	
248	01:39:51	VAN DER MERWE	CHRISTELLE	5365	SENIOR	HARFIELD HARRIERS	
249	01:39:51	HARGOVAN	DAKSHA	453	MASTER	CELTIC HARRIERS	
250	01:39:54	ANDREW	MILNE	0	VETERAN	NONE	
251	01:39:54	LOUW	JANICE	0	SENIOR	NONE	
252	01:39:55	BADENHORST	NAOMI	819	MASTER	VARSITY OLD BOYS R.C	
253	01:39:57	ODONOGHUE	RYAN	0	SENIOR	NONE	
254	01:39:58		NO RACE CARD	0			NO RACE CARD
255	01:40:01	SHEPHERD	ANDREW	4506	SENIOR	ATLANTIC A.C	
256	01:40:20	TARR	HELEN	5372	VETERAN	HARFIELD HARRIERS	





# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
257	01:40:29	BADENHORST	CORNELL	0	SENIOR	NONE	
258	01:40:32	MCGARRICK	ROSS	0	SENIOR	NONE	
259	01:40:33	WOOD	HELEN	0	VETERAN	NONE	
260	01:40:36			832	SENIOR	VARSITY OLD BOYS R.C	DISQUALIFIED
261	01:40:39	MURGIA	GIUSEPPE	836	VETERAN	VARSITY OLD BOYS R.C	
262	01:40:41	WILD	JONATHAN	2950	MASTER	SPARTAN HARRIERS	
263	01:40:51	SNEDDON	DEBBIE	4325	VETERAN	FORESTERS R.C	
264	01:40:51	SNEDDON	BRUCE	4324	VETERAN	FORESTERS R.C	
265	01:41:04	REISSENZAHN	INGE	2271	VETERAN	PINELANDS A.C	
266	01:41:04	REISSENZAHN	GEORGE	2270	VETERAN	PINELANDS A.C	
267	01:41:05	DIEDERICKS	PAUL	797	VETERAN	VARSITY OLD BOYS R.C	
268	01:41:08	GUY	PASCALE	4922	VETERAN	RUN\WALK FOR LIFE	
269	01:41:13	MOUNTAIN	JULIAN	0	SENIOR	NONE	
270	01:41:13	LAMBLEY	JOANNE	0	SENIOR	NONE	
271	01:41:15	VAN TAAK	NADINE	0	SENIOR	NONE	
272	01:41:23	CILLIERS	MARIAN	7576	VETERAN	BELLVILLE A.C	
273	01:41:23	VINK	EUGENE	3624	VETERAN	IN TOUCH ATHLETICCLUB	
274	01:41:32	SPEEDY	ROB	0	VETERAN	FIT 2000	
275	01:41:33	CRAIG	SUSAN	0	SENIOR	NONE	
276	01:41:38	ROBSON	CATHERINE	4593	SENIOR	ATLANTIC A.C	
277	01:41:41	SPIES	CONRAD	95	SENIOR	SWARTLAND	
278	01:41:43	BLOOMER	WENDY	5364	VETERAN	HARFIELD HARRIERS	
279	01:41:45	HISHIN	GUY	3907	VETERAN	FISH HOEK A.C	
280	01:41:59	BOTHA	MORNE	7355	SENIOR	WEST COAST A.C	
281	01:42:04		NO RACE CARD	0			NO RACE CARD
282	01:42:11	HOOSAIN	ZAHEER	9204	SENIOR	WILDRUNNER A.C	
283	01:42:19	BATTERSBY	JANE	2910	SENIOR	SPARTAN HARRIERS	
284	01:42:33	BUNN	TRACY	8262	VETERAN	RUN\WALK FOR LIFE	
285	01:42:33	DE LANGE	CHARN	4997	VETERAN	EDGEMEAD RUNNERS	
286	01:42:34	BANNISTER	LIZETTE	0	SENIOR	NONE	
287	01:42:36	TOERIEN	JACQUELINE	3808	VETERAN	WEST COAST A.C	
288	01:42:39	CAWCUTT	MECHELE	5836	VETERAN	MULTI-SPORT MANIACS	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
289	01:42:39	VISSER	PM	1261	SENIOR	NEDBANK RUNNING CLUB	
290	01:42:41	HAIG-SMITH	TIMOTHY	900	SENIOR	VARSITY OLD BOYS R.C	
291	01:42:50	HITCHCOCK	YVONNE	0	SENIOR	NONE	
292	01:42:51	FRIESLAAR	NICOLA	898	SENIOR	VARSITY OLD BOYS R.C	
293	01:42:53	VAN WYK	JACQUES	0	SENIOR	NONE	
294	01:42:53	MULLER	ANTON	0	SENIOR	NONE	
295	01:42:59	ADAMS	NICOLE	2834	SENIOR	SPARTAN HARRIERS	
296	01:43:01	BRINK	LIZ	664	MASTER	VARSITY OLD BOYS R.C	
297	01:43:03	MCGEEVER	ELIZABETH	4463	MASTER	ATLANTIC A.C	
298	01:43:15	WATERMEYER	RENEEN	0	SENIOR	NONE	
299	01:43:16	PREVOST	TAMLYN	0	SENIOR	NONE	
300	01:43:35	JORDAAN	CAROL	93	SENIOR	SWARTLAND	
301	01:43:35	DALES	ABIGAIL	0	SENIOR	NONE	
302	01:43:37	O'CONNOR	SUSAN	0	SENIOR	NONE	
303	01:43:43	RIST	DELYSE	2328	MASTER	PINELANDS A.C	
304	01:43:43	MICHAEL	MORTLEY	2320	VETERAN	PINELANDS A.C	
305	01:43:44	SWAN	GREG	6698	VETERAN	RCS GUGULETHU A.C	
306	01:43:44	NELL	MARIE	0	VETERAN	NONE	
307	01:43:51	BRANDENBURG	CRAIG	0	SENIOR	NONE	
308	01:43:51	GARCIA MARQUES	ERNESTO	5260	MASTER	HOUT BAY HARRIERS	
309	01:43:52	MEREDITH	SANDI	0	VETERAN	NONE	
310	01:43:55	DE WET	MARELIZE	0	SENIOR	NONE	
311	01:43:58	WHITEHEAD	CARLA	0	SENIOR	NONE	
312	01:44:02	COETZEE	LINDA	2261	MASTER	PINELANDS A.C	
313	01:44:03	BEHR	JONATHAN	0	SENIOR	NONE	
314	01:44:17	LE ROUX	PIERRE PAISLEY	3397	VETERAN	NEW BALANCE MULTISPORT CLUB	
315	01:44:17	LE ROUX	JULIA	3398	SENIOR	NEW BALANCE MULTISPORT CLUB	
316	01:44:18	GOULSON	PAUL	3999	VETERAN	FISH HOEK A.C	
317	01:44:23	SHAMLEY	BARRY	282	SENIOR	CELTIC HARRIERS	
318	01:44:30	SWARTZ	CRAIG	843	SENIOR	VARSITY OLD BOYS R.C	
319	01:44:31	HILL	NICOLA	7952	SENIOR	WILDRUNNER A.C	
320	01:44:31	SWARTZ	BRIDGET	0	SENIOR	NONE	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
321	01:44:32	ENGELBRECCHT	LOUISE	0	SENIOR	NONE	
322	01:44:34	BRITON	GREGORY	0	JUNIOR	NONE	
323	01:44:36	VAN DER MERWE	SCHALK	6360	SENIOR	MELKBOS ATHLETIC CLUB	
324	01:44:37	REED	CHARLES	7299	SENIOR	WEST COAST A.C	
325	01:44:37	WILLEMS	NANJE	4237	SENIOR	NEW BALANCE MULTISPORT CLUB	
326	01:44:38	GOLIATH	MEGAN	1220	SENIOR	BRACKENFELL A.C	
327	01:44:51	MCINNES	ANEL	0	SENIOR	NONE	
328	01:44:51	ASHBY	CARM	0	SENIOR	NONE	
329	01:44:53	ANDERSEN	KEN	792	MASTER	VARSITY OLD BOYS R.C	
330	01:44:53	GREYLING	LOREN	0	VETERAN	NONE	
331	01:44:59	SHANNON	LYNNE	2204	VETERAN	PINELANDS A.C	
332	01:44:59	LEVER-CLOETE	PHILLIPA	2166	VETERAN	PINELANDS A.C	
333	01:45:00	SMITH	WENDAL	2344	VETERAN	PINELANDS A.C	
334	01:45:00	STEVENSON	BRENDA	2315	MASTER	PINELANDS A.C	
335	01:45:02	VAN ZYL	SALLY	0	VETERAN	NONE	
336	01:45:06	HAMMOND	TAMARYN	0	SENIOR	NONE	
337	01:45:07	LAW	KATIE	0	SENIOR	NONE	
338	01:45:11	SMIT	CHERYL	3676	VETERAN	WEST COAST A.C	
339	01:45:11	MORIARTY	GAIL	3696	VETERAN	WEST COAST A.C	
340	01:45:12	WILLIAMS	REDEWAAN	1765	VETERAN	ITHEKO SPORT A.C	
341	01:45:12	LAROS	MARLENE	14449	VETERAN	NONE	
342	01:45:15	BROCK	MAXIMILIAN	182	GRAND MASTER	CELTIC HARRIERS	
343	01:45:17	FOURIE	MARIAH	0	SENIOR	NONE	
344	01:45:24	SECCOMBE	AMANDA	0	VETERAN	NONE	
345	01:45:25			7898	SENIOR	VARSITY OLD BOYS R.C	DISQUALIFIED
346	01:45:26			1032	SENIOR	VARSITY OLD BOYS R.C	DISQUALIFIED
347	01:45:27	RAHIM	MUSHTAQ	5530	VETERAN	TOP FORM A.C	
348	01:45:39	LUCAS	STEPHEN	0	SENIOR	NONE	
349	01:45:40	BESTER	MARC	1499	SENIOR	EDGEMEAD RUNNERS	
350	01:45:40	JASPER	VAN DER WESTHUIZEN	0	VETERAN	NONE	
351	01:45:43	KUILMAN	NICK	4677	SENIOR	ATLANTIC A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
352	01:45:43	DU PLESSIS	ZEKE	0	SENIOR	NONE	
353	01:45:43	WRIGHT	RUSSELL	3901	VETERAN	FISH HOEK A.C	
354	01:45:48	TAYLOR	ELIZE	3957	VETERAN	FISH HOEK A.C	
355	01:45:48	DEKENAH	GABI	0	SENIOR	NONE	
356	01:45:51	FROHLICH	TARA	3836	SENIOR	ATLANTIC A.C	
357	01:46:04	SUTER	JASON	0	VETERAN	NONE	
358	01:46:04	PLANTING	SASHA	0	VETERAN	NONE	
359	01:46:04	VAN DER KROL	GREG	0	VETERAN	NONE	
360	01:46:05	BERRY	MARIANNE	0	SENIOR	NONE	
361	01:46:08	SUTER	LISA	0	VETERAN	NONE	
362	01:46:09	SWARTZ	SANDRA	2203	MASTER	PINELANDS A.C	
363	01:46:10	SWARTZ	GRAHAM	2294	MASTER	PINELANDS A.C	
364	01:46:10	JANSE VAN RENSBURG	MARIKE	280	SENIOR	CELTIC HARRIERS	
365	01:46:16	CAFFERY	OLIVIA	0	SENIOR	NONE	
366	01:46:27			5407	VETERAN	HARFIELD HARRIERS	DISQUALIFIED
367	01:46:57	DU PLESSIS	JAN	2442	MASTER	HELDERBERG HARRIERS	
368	01:46:57	MARAIS	PETER	0	SENIOR	NONE	
369	01:47:00	KUC	KONRAD	0	SENIOR	NONE	
370	01:47:10	NGCELWANE	SONWABO	2455	VETERAN	RCS GUGULETHU A.C	
371	01:47:15	MYBURGH	NEIL	4045	MASTER	SOUTHERN STRIDERS A.C	
372	01:47:22	LENFORD	EUGENE	4024	SENIOR	CELTIC HARRIERS	
373	01:47:22	RUSSEL	ARENDSE	400	VETERAN	CELTIC HARRIERS	
374	01:47:22	MANNE	GRAEME	349	SENIOR	CELTIC HARRIERS	
375	01:47:25	VENTER	GUS	3609	VETERAN	BELLVILLE A.C	
376	01:47:31	LESTER	MARGARET	0	SENIOR	NONE	
377	01:47:35	PARSRAMAN	THERESA	6378	VETERAN	FISH HOEK A.C	
378	01:47:35	KRIGER	SAMANTHA	368	VETERAN	CELTIC HARRIERS	
379	01:47:36			6355	SENIOR	MELKBOS ATHLETIC CLUB	DISQUALIFIED
380	01:47:36	D OLIVEIRA	VITALINA	3706	VETERAN	WEST COAST A.C	
381	01:47:40	RITTERSHAUS	SILKE	4494	VETERAN	ATLANTIC A.C	
382	01:47:45		NO RACE CARD	0			NO RACE CARD
383	01:47:52	SPARGO	CATHERINE	0	VETERAN	NONE	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
384	01:47:59	ALLSOPP	DELIA-ANN	0	MASTER	NONE	
385	01:47:59	CROOK	ANDREW	3965	VETERAN	FISH HOEK A.C	
386	01:48:02	GILMOUR	TRISH	655	MASTER	VARSITY OLD BOYS R.C	
387	01:48:03	GILMOUR	AMY	644	SENIOR	VARSITY OLD BOYS R.C	
388	01:48:04	PEER	TAL	0	SENIOR	NONE	
389	01:48:09	TULLOCH	MELISSA	711	SENIOR	VARSITY OLD BOYS R.C	
390	01:48:10	BRASH	LIZ	676	MASTER	VARSITY OLD BOYS R.C	
391	01:48:10	TRANTER	SUE	2864	GRAND MASTER	SPARTAN HARRIERS	
392	01:48:14	WATERMEYER	LINSEY	0	VETERAN	NONE	
393	01:48:18	VAN ZYL	NOEL	4959	MASTER	RUN\WALK FOR LIFE	
394	01:48:18	CHEMINAIS	CHARMAINE	678	SENIOR	VARSITY OLD BOYS R.C	
395	01:48:24	MCKEITH	JILL	856	VETERAN	VARSITY OLD BOYS R.C	
396	01:48:24			855	SENIOR	VARSITY OLD BOYS R.C	DISQUALIFIED
397	01:48:44	HARRIS	SEAN	2264	VETERAN	PINELANDS A.C	
398	01:48:51	WILDS	NADIA	217	MASTER	CELTIC HARRIERS	
399	01:48:54	VAN DYK	FLIPPIE	4400	MASTER	ESKOM GIJIMAS	
400	01:48:57	SAUNDERS	LEE-ANNE	10681	VETERAN	FISH HOEK A.C	
401	01:48:57	KRUGER	JUANITA	0	SENIOR	NONE	
402	01:49:03	ELLIOTT	MICKY	5825	MASTER	CLUB MSM	
403	01:49:09	HAMPSINK	JANNEKE	0	SENIOR	NONE	
404	01:49:09	IDAS	TANIA	4250	VETERAN	NEW BALANCE MULTISPORT CLUB	
405	01:49:16	KRUGER	NATASHA	4292	SENIOR	NEW BALANCE MULTISPORT CLUB	
406	01:49:18	SPROULE	IAN	6356	VETERAN	MELKBOS	
407	01:49:18	DU PREEZ	LEON	6357	MASTER	MELKBOS ATHLETIC CLUB	
408	01:49:25	ALLIE	TOUGIEDA	1962	MASTER	ITHEKO SPORT A.C	
409	01:49:27	THOMPSON	HEIDI	988	SENIOR	VARSITY OLD BOYS R.C	
410	01:49:29	LEVERTON	RUTH	2252	MASTER	PINELANDS A.C	
411	01:49:31	BEARD	SONIA	4355	GRAND MASTER	FORESTERS R.C	
412	01:49:31	SHERRY	ROBIN	4312	GRAND MASTER	FORESTERS R.C	
413	01:49:40	KAZIE-RAVAT	VERONIQUE	0	VETERAN	NONE	
414	01:49:43	HARRINGTON	CLAIRE	9478	SENIOR	WILDRUNNER A.C	
415	01:49:48	BRITON	ANTHONY	0	VETERAN	NONE	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
416	01:49:54	NEL	VENITA	5642	VETERAN	TYGERBERG NLC A.C	
417	01:49:55	ISAACS	JUSTIN	0	SENIOR	NONE	
418	01:50:15	WILSON	LAUREN	754	SENIOR	MATIES ATHLETIC	
419	01:50:15	WILSON	PETER	0	MASTER	NONE	
420	01:50:18	MORAR	TANIA	8657	VETERAN	VARSITY OLD BOYS R.C	
421	01:50:19	MATHEW	THOMAS	0	SENIOR	NONE	
422	01:50:20	HEATHCOTE	FRAN	5935	SENIOR	HARFIELD HARRIERS	
423	01:50:25	NYANISO	QWESHA	2469	SENIOR	RCS GUGULETHU A.C	
424	01:50:26	RODE	CATHERINE	0	SENIOR	NONE	
425	01:50:27	GELDENHUYS	GERRIT	4067	VETERAN	SANLAM A.C	
426	01:50:39	BOTHA	THEA	1337	MASTER	BRACKENFELL A.C	
427	01:50:46	SHARMA	MILAN	5488	SENIOR	ATLANTIC A.C	
428	01:50:54	VAN DER VLIET	ROBERT	0	SENIOR	NONE	
429	01:50:58	HAINS	GREIG	8945	SENIOR	VARSITY OLD BOYS R.C	
430	01:51:02	ARENDSE	ROGER	2929	VETERAN	SPARTAN HARRIERS	
431	01:51:03	TUNAR	TONY	0	MASTER	EDGEMEAD RUNNERS	
432	01:51:04	IDAS	CLIVE	4251	MASTER	NEW BALANCE MULTISPORT CLUB	
433	01:51:04	KRUGER	MARIUS	4274	SENIOR	NEW BALANCE MULTISPORT CLUB	
434	01:51:04	NELSON	FRIK	3555	VETERAN	BELLVILLE A.C	
435	01:51:07	SHABODIEN	RALDIA	1955	MASTER	ITHEKO SPORT A.C	
436	01:51:23	MULLER	ANNE	1517	VETERAN	EDGEMEAD RUNNERS	
437	01:51:23	LAMB	KIM	5039	VETERAN	EDGEMEAD RUNNERS	
438	01:51:27	KJELLQVIST	JODI	0	VETERAN	NONE	
439	01:51:27	KJELLQVIST	LUKAS	0	VETERAN	NONE	
440	01:51:37	KEMP	BARBARA	0	SENIOR	NONE	
441	01:51:51	DAFFARN	WENDY	0	SENIOR	NONE	
442	01:51:51	ALLIE	MOHAMMED	5557	SENIOR	TOP FORM A.C	
443	01:52:00	HORN-BOTHA	DEBORAH	616	VETERAN	VARSITY OLD BOYS R.C	
444	01:52:04	DUNCAN-BROWN	JANICE	0	VETERAN	NONE	
445	01:52:10	GREEN	ROBERT	0	VETERAN	NONE	
446	01:52:11			0			DISQUALIFIED
447	01:52:17	WILLIAMSON	KAREN	5287	VETERAN	HOUT BAY HARRIERS	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
448	01:52:33	BULL	ZAIN	5186	VETERAN	METROPOLITAN A.C	
449	01:52:33	VAN KOESVELDT	ESTELLE	0	SENIOR	NONE	
450	01:52:33	MOCKE	ZUNE	0	SENIOR	NONE	
451	01:52:39	BRADING	HEATHER	0	VETERAN	NONE	
452	01:52:40	GODFREY	NICOLE	0	SENIOR	NONE	
453	01:52:42	JACOBSON	JACQUI	6769	VETERAN	CENTURY CITY	
454	01:52:48	HOLLAND	CATHERINE	5375	SENIOR	HARFIELD HARRIERS	
455	01:52:51	BRUINTJIES	GRANT	1023	SENIOR	VARSITY OLD BOYS R.C	
456	01:52:55	STRONACH	RENEE	0	VETERAN	NONE	
457	01:53:05	HALBERT	LAUREN	0	SENIOR	NONE	
458	01:53:07	GOUWS	KARLI	0	SENIOR	NONE	
459	01:53:34	HOUGH	LIANA	6475	SENIOR	IN TOUCH AC	
460	01:53:34	PIENAAR	LEE-ANNE	2513	SENIOR	DURBANVILLE A.C	
461	01:53:35	JACOBS	ANTHEA H M	3630	VETERAN	IN TOUCH AC	
462	01:53:35	DAMON	LISA	6486	SENIOR	IN TOUCH A.C	
463	01:53:43	DIENER	MICHELE	677	MASTER	VARSITY OLD BOYS R.C	
464	01:53:45	SCHEEPERS	LANCE	6297	VETERAN	MITCHELLS PLAIN TITANS	
465	01:53:49	KOCK	ESTELLE	4200	SENIOR	NEW BALANCE MULTISPORT CLUB	
466	01:53:49	DE WET	CAROLINE	4052	MASTER	SOUTHERN STRIDERS A.C	
467	01:53:53	MC AULIFFE	SHARON	0	VETERAN	SOUTHERN STRIDERS A.C	
468	01:53:58			8391	SENIOR	ATLANTIC A.C	DISQUALIFIED
469	01:54:04	COLQUHOUN	SILKE	0	VETERAN	NONE	
470	01:54:05	MOODLEY	RADESH	4567	SENIOR	ATLANTIC A.C	
471	01:54:06	BLOMERUS	LISA	0	SENIOR	NONE	
472	01:54:09	EKSTEEN	DINKIE	14911	SENIOR	NONE	
473	01:54:13			8481	VETERAN	NEDBANK RUNNING CLUB	DISQUALIFIED
474	01:54:20	SCHONEGEVAL	JAMES	0	VETERAN	NONE	
475	01:54:21	SCHONEGEVAL	RUTH	0	VETERAN	NONE	
476	01:54:22	STREZ	ALEKS	5454	VETERAN	WILDRUNNER A.C	
477	01:54:27	SUKHA	VEENA	5531	VETERAN	TOP FORM A.C	
478	01:54:33	BARRETT	LORIAN	0	SENIOR	VARSITY OLD BOYS R.C	
479	01:54:46	SOUTHAM	TERENCE	0	SENIOR	NONE	





# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
480	01:54:50	TONKIN	CAITLIN	0	SENIOR	NONE	
481	01:54:50	TONKIN	COLIN	0	VETERAN	NONE	
482	01:54:51	WINTER	LIESL	2281	SENIOR	PINELANDS A.C	
483	01:54:51	JAMES	KAARE	2222	GRAND MASTER	PINELANDS A.C	
484	01:55:00	GODSELL	GRANT	0	SENIOR	NONE	
485	01:55:01	DAVIDSON	BRUCE	0	SENIOR	NONE	
486	01:55:02	MAARTENS	CHARLENE	5630	VETERAN	TYGERBERG NLC A.C	
487	01:55:23	PARKER	PIPPA	0	VETERAN	NONE	
488	01:55:25	HARDING	NICHOLE	0	SENIOR	CLUB MSM MULTI-SPORT	
489	01:55:37	HOBBS	SAMANTHA	0	SENIOR	NONE	
490	01:55:37	DU PLESSIS	JACQUES	0	SENIOR	NONE	
491	01:55:43	DALTON	PAUL	767	VETERAN	VARSITY OLD BOYS R.C	
492	01:55:58	COMBRINK	GERRIE	3100	SENIOR	NEDBANK RUNNING CLUB	
493	01:55:59	SHAP	JOELENE	0	SENIOR	NONE	
494	01:56:00	COMBRINK	IDEL	3101	SENIOR	NEDBANK RUNNING CLUB	
495	01:56:04	MERKLE	DAGMAR	0	VETERAN	NONE	
496	01:56:04	ALLEN	SANDRA	0	MASTER	NONE	
497	01:56:05	GERMISHUYS	ALISON	5824	MASTER	CLUB MSM	
498	01:56:05	HISHIN	HANNAH	0	JUNIOR	NONE	
499	01:56:10	HULSE	PHIL	0	SENIOR	NONE	
500	01:56:12	LINDEQUE	MARINDA	5997	SENIOR	NEW BALANCE MULTISPORT CLUB	
501	01:56:23	VLOK	MARELIZE	0	SENIOR	NONE	
502	01:56:23	JACOBS	FARANAAZ	1730	SENIOR	ITHEKO SPORT A.C	
503	01:56:24	LATIEF	NAZIER	9294	SENIOR	ITHEKO SPORT A.C	
504	01:56:24	FAKIER	MUBEEN	1983	SENIOR	ITHEKO SPORT A.C	
505	01:56:35	VIOLA	CRAIG	0	VETERAN	VARSITY OLD BOYS R.C	
506	01:56:37	VIOLA	WENDY	0	VETERAN	VARSITY OLD BOYS R.C	
507	01:56:39	SCHULENBURG	LIESEL	8119	SENIOR	VARSITY OLD BOYS R.C	
508	01:56:44	TRAYLOR	MANDA	0	VETERAN	NONE	
509	01:56:52	SMITH	LINDA	0	SENIOR	NONE	
510	01:56:56	HISHIN	CATHERINE	3908	VETERAN	FISH HOEK A.C	
511	01:57:12	ARENDSE	RINALDA	2930	VETERAN	SPARTAN HARRIERS	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
512	01:57:19	JAMES	MARLENE	2244	GRAND MASTER	PINELANDS A.C	
513	01:57:23	VEENSTRA	SARAH	3990	SENIOR	FISH HOEK A.C	
514	01:57:32	TOET	ALISON	0	VETERAN	NONE	
515	01:57:32	LEONG	PAUL	0	VETERAN	NONE	
516	01:57:33	LEONG	CHERELLE	0	SENIOR	NONE	
517	01:57:49	BOUWER	LAURA	4142	MASTER	SANLAM A.C	
518	01:57:56	ACKERMANN	DAVID	0	MASTER	NONE	
519	01:57:56	BLOMERUS	JANINA	0	VETERAN	NONE	
520	01:58:03	PITT	CATHERINE	3994	VETERAN	FISH HOEK A.C	
521	01:58:05	WEGENER	GLENN	0	SENIOR	ATLANTIC A.C	
522	01:58:21	MARAIS	JOSI	1396	SENIOR	WEST COAST A.C	
523	01:58:21	SCOTT	CHARLOTTE	9381	SENIOR	WEST COAST A.C	
524	01:58:21	JANSEN VAN RENSBURG	JACQUES	0	SENIOR	NONE	
525	01:58:50	MOHEDEEN	NAZLIE	1799	MASTER	ITHEKO SPORT A.C	
526	01:58:51	WEDAAD	HOOSAIN	1788	SENIOR	ITHEKO SPORT A.C	
527	01:58:52	MOHEDEEN	EBRAHIM	1798	VETERAN	ITHEKO SPORT A.C	
528	01:58:52	ABDULLATIEF	MOGAMMAD	2020	VETERAN	ITHEKO SPORT A.C	
529	01:58:52	JARDINE	GALIEL	2046	VETERAN	ITHEKO SPORT A.C	
530	01:58:52	THEUNISSEN	MAGEDIE	5550	MASTER	TOP FORM A.C	
531	01:58:56	ARENDSE	WENDY	316	MASTER	CELTIC HARRIERS	
532	01:58:57	FINLAY	PATRICIA	0	VETERAN	NONE	
533	01:59:05	BARNES	LEE-ANN	0	SENIOR	NONE	
534	01:59:06	WHITMAN	PEGGY	3728	MASTER	WEST COAST A.C	
535	01:59:08	WILLIAMS	CATHERINE	0	VETERAN	NONE	
536	01:59:10		NO RACE CARD	0			NO RACE CARD
537	01:59:11	SHAPIRO	LUCY	9481	SENIOR	WILDRUNNER A.C	
538	01:59:12	REID	MICHELE	0	VETERAN	NONE	
539	01:59:12	GREEN	KEVEN	0	VETERAN	EDGEMEAD RUNNERS	
540	01:59:14	SEDGWICK	MICHELLE	4946	VETERAN	RUN\WALK FOR LIFE	
541	01:59:37	MAHARAJ	SUBHAS	7280	GRAND MASTER	WEST COAST A.C	
542	01:59:38	SERRA	GINO	3691	VETERAN	WEST COAST A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
543	01:59:57	COETZEE	ADEL	3784	VETERAN	WEST COAST A.C	
544	01:59:58	MORT	RANDOLPH	740	MASTER	VARSITY OLD BOYS R.C	
545	01:59:58	HOUGH	TRUDY	3710	MASTER	WEST COAST A.C	
546	02:00:06	MOYLES	JILL	627	VETERAN	VARSITY OLD BOYS R.C	
547	02:00:09	RHEEDER	NICKY	6364	SENIOR	MELKBOS	
548	02:00:22	STANLEY	NATALIE	0	SENIOR	FISH HOEK A.C	
549	02:00:22	STANLEY	CATHY	3992	VETERAN	FISH HOEK A.C	
550	02:00:25	FINLAY	BRYAN	0	SENIOR	NONE	
551	02:00:44	WATSON	LORIDA	0	SENIOR	CENTURY CITY	
552	02:00:44	CHARALAMBIDES	EDNA	6178	MASTER	CENTURY CITY	
553	02:01:02	BROWN	MARILETTE	3349	SENIOR	NEW BALANCE MULTISPORT CLUB	
554	02:01:03	SWANEPOEL	MARTIE	3325	VETERAN	NEW BALANCE MULTISPORT CLUB	
555	02:01:08	VAN VUUREN	MARGE	3910	MASTER	FISH HOEK A.C	
556	02:01:29	ENGELBRECHT	SOLLY	0	VETERAN	NONE	
557	02:01:40	GIERMEK	MONICA	0	SENIOR	NONE	
558	02:01:40	ROCKSTROH	TOBY	0	SENIOR	NONE	
559	02:01:42	PRINSLOO	NIKKI	0	SENIOR	NONE	
560	02:01:43	WISEMAN	LOUISE	4358	VETERAN	FORESTERS R.C	
561	02:01:47	EDWARDS	KIM	0	SENIOR	NONE	
562	02:01:58	KAMINSKAS	LAUREN	0	SENIOR	NONE	
563	02:02:10	BRITON	OLIVIA	0	VETERAN	NONE	
564	02:02:18	VINK	ANDREA	3625	SENIOR	IN TOUCH ATHLETIC CLUB	
565	02:02:27	PETTENBURGER	BREDA	3478	VETERAN	WEST COAST A.C	
566	02:02:28	STEENKAMP	ISABEL	3745	VETERAN	WEST COAST A.C	
567	02:02:29	DUMINY	DAVID	0	VETERAN	NONE	
568	02:02:31	WEBB	MERRIL	3744	VETERAN	WEST COAST A.C	
569	02:02:33	SMITH	ALISON	2219	SENIOR	PINELANDS A.C	
570	02:02:39	DAVIS	MEGAN	9477	SENIOR	WILDRUNNNER A.C	
571	02:02:39	KASFIKIS	NICOLAS	3959	MASTER	FISH HOEK A.C	
572	02:02:40	KASFIKIS	MICHELE	3962	MASTER	FISH HOEK A.C	
573	02:02:41	KOLBE	MARIO	3637	SENIOR	IN TOUCH AC	
574	02:02:42	ORANGE	GRANVILLE	6481	MASTER	IN TOUCH A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
575	02:02:43	TROMPETER	TRISH	0	SENIOR	NONE	
576	02:02:51	LARRATT	SARAH	6228	SENIOR	WP CRICKET CLUB	
577	02:02:56	SEPTEMBER	YANIME	3809	VETERAN	SPARTAN HARRIERS	
578	02:02:56	BOTHMA	HEINRICH	5286	SENIOR	HOUT BAY HARRIERS	
579	02:03:06	HARRIS	LEE-ANN	2267	VETERAN	PINELANDS A.C	
580	02:03:07	SCHNEHAGE	CHRISTOPHER	2253	MASTER	PINELANDS A.C	
581	02:03:29	MORRIS	DOUGLAS	0	SENIOR	NONE	
582	02:03:29	MORRIS	CHARMAINE	0	SENIOR	NONE	
583	02:03:32	DARRIES	SHIEHAAM	1900	SENIOR	ITHEKO SPORT A.C	
584	02:03:39	LEVI	KELLY	5050	SENIOR	EDGEMEAD RUNNERS	
585	02:03:47		NO RACE CARD	0			NO RACE CARD
586	02:03:47		NO RACE CARD	0			NO RACE CARD
587	02:03:50	DAVIDS	JUANITA	444	SENIOR	CELTIC HARRIERS	
588	02:03:57	ROHM	SHIRWA	7310	SENIOR	WEST COAST A.C	
589	02:03:58	CONNORS	ROBYN	8727	VETERAN	HARFIELD HARRIERS	
590	02:03:58	BOWLES	JUSTINE	0	SENIOR	NONE	
591	02:04:09	CRONJE	ANTHONY	600	MASTER	VARSITY OLD BOYS R.C	
592	02:04:28	PETERSEN	CHERYL	2900	MASTER	SPARTAN HARRIERS	
593	02:04:40	SMITH	LINELLE	6189	VETERAN	WP CRICKET CLUB	
594	02:04:40	KING	MARGUERITE	414	VETERAN	CELTIC HARRIERS	
595	02:04:56	SMITH	DION	6186	VETERAN	WP CRICKET CLUB	
596	02:05:10	VAN ZYL	WIEKE	0	VETERAN	NONE	
597	02:05:11	PORTER	BARRIE	0	SENIOR	NONE	
598	02:05:11	SCHNEHAGE	MERVIN	0	SENIOR	PINELANDS A.C	
599	02:05:13	BUCHHOLTZ	KIM	0	SENIOR	NONE	
600	02:05:15	BUCHHOLTZ	LESLEY	0	SENIOR	NONE	
601	02:05:16	BRINKMANN	LIZZI	0	VETERAN	NONE	
602	02:05:17	THOMPSON	MICHELLE	0	MASTER	NONE	
603	02:05:17	MCIVER	DEBBIE	0	VETERAN	NONE	
604	02:05:24	SHAW	KIM LEIGH	681	SENIOR	VARSITY OLD BOYS R.C	
605	02:05:26	PLOUGMANN	PENNY	0	VETERAN	NONE	
606	02:05:30	SALIE	SORAYA	0	VETERAN	NONE	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
607	02:05:37	OBERHOLSTER	TASMYN	5079	SENIOR	EDGEMEAD RUNNERS	
608	02:05:38	BARBER	LE-ANNE	0	SENIOR	NONE	
609	02:05:41	MATHER	GRAEME	3774	VETERAN	WEST COAST A.C	
610	02:06:08	KRETZMANN	NATALIE	0	SENIOR	NONE	
611	02:06:09	FRYLINCK	CLIFFORD	0	SENIOR	NONE	
612	02:06:09	FRYLINCK	ELSA	0	SENIOR	NONE	
613	02:06:11	BARNARD	ALAN	0	VETERAN	NONE	
614	02:06:11	KIM	ELLIS	0	SENIOR	NONE	
615	02:06:19	BURGER	NIEL	5459	VETERAN	WILDRUNNER A.C	
616	02:06:48	SMIT	PAT	1335	MASTER	BRACKENFELL A.C	
617	02:06:53	REYNOLDS	TRACY	9389	SENIOR	WEST COAST A.C	
618	02:07:42	MULLINS	ELEANOR	0	SENIOR	NONE	
619	02:07:43	WOODS	BRIDGET-ANN	0	SENIOR	NONE	
620	02:07:59	MITCHELL	MELODIE	0	MASTER	NONE	
621	02:08:00	MITCHELL	BRIAN	4001	MASTER	FISH HOEK A.C	
622	02:08:02	WELSH	CATHERINE	5367	VETERAN	HARFIELD HARRIERS	
623	02:08:13	MALLON	MICHAEL	2251	GRAND MASTER	PINELANDS A.C	
624	02:08:25	ROSSOUW	CHRISTINE	4619	SENIOR	ATLANTIC A.C	
625	02:08:25	LEVITT	ANDREA	4660	SENIOR	ATLANTIC A.C	
626	02:08:26	HOTZ	LYNN	9969	VETERAN	ATLANTIC A.C	
627	02:08:27	GILLMAN	ELZA	4563	SENIOR	ATLANTIC A.C	
628	02:08:28	MANDERSON	SALLY	0	VETERAN	NONE	
629	02:08:29	GREEN	THERESA	0	VETERAN	NONE	
630	02:08:32	STEVENS	DION	2228	VETERAN	PINELANDS A.C	
631	02:08:34	SABAN	YUSUF	0	SENIOR	NONE	
632	02:08:42	ZWICK	DEBBIE	10621	SENIOR	SPARTAN HARRIERS	
633	02:09:02	BERNTZEN	ANNATJIE	5670	GREAT GRAND MASTER	TYGERBERG NLC A.C	
634	02:09:03	WILLIAMS	SHAHIEDA	1764	SENIOR	ITHEKO SPORT A.C	
635	02:09:05	VEY	SHELLEY	571	VETERAN	VARSITY OLD BOYS R.C	
636	02:09:18	HENDRICKS	GERALDINE	8172	VETERAN	VARSITY OLD BOYS R.C	
637	02:09:22	CARLSE	NATHAN	1663	SENIOR	ITHEKO SPORT A.C	
638	02:09:22	VAN DE RHEEDE	FATIMA	1732	SENIOR	ITHEKO SPORT A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
639	02:09:23	MOWLANA	ABU	2014	VETERAN	ITHEKO SPORT A.C	
640	02:09:29	LE ROUX	NADIA	3570	VETERAN	BELLVILLE A.C	
641	02:10:04	WEST	WENDY	0	SENIOR	NONE	
642	02:10:16	BOSMAN	DANITIA	3940	SENIOR	FISH HOEK A.C	
643	02:10:21	GOUWS	DWAYNE	0	SENIOR	NONE	
644	02:10:29	TROUT	MARISHA	1999	VETERAN	PAARL A.C	
645	02:10:29	VAN WYK	NATASHA	5738	VETERAN	TYGERBERG NLC A.C	
646	02:10:32	SHEPHERD	JULIA	4507	SENIOR	ATLANTIC A.C	
647	02:10:34	CLOETE	PIERRE	2151	GRAND MASTER	PINELANDS A.C	
648	02:10:35	MAGOWAN	CAROLINE	0	VETERAN	NONE	
649	02:10:42	SANDERS	ROBIN	1844	SENIOR	ITHEKO SPORT A.C	
650	02:10:51	SMIT	ANJA	1334	SENIOR	BRACKENFELL A.C	
651	02:11:07	OPPEL	SILLENE	5635	MASTER	TYGERBERG NLC A.C	
652	02:11:08	VAN DER MERWE	SCHALK	5645	SENIOR	TYGERBERG NLC A.C	
653	02:11:09	MOEGSIEN	EBRAHIM	4207	MASTER	NEW BALANCE MULTISPORT CLUB	
654	02:11:18	LAGLER	KARI	0	VETERAN	NONE	
655	02:11:19	KETTNER	BARBARA	0	SENIOR	NONE	
656	02:11:19	DREWETT	GILLIAN	0	SENIOR	NONE	
657	02:11:23	STEWART	MIKE	1111	GREAT GRAND MASTER	VARSITY OLD BOYS R.C	
658	02:11:29	SZOT-MYBURG	NATALIE	5749	VETERAN	RUN\WALK FOR LIFE	
659	02:11:29	FENN	THERESA	5754	VETERAN	RUN\WALK FOR LIFE	
660	02:11:31	BOTTEN	KAREN	558	VETERAN	VARSITY OLD BOYS R.C	
661	02:11:34	BECK	BELINDA	9365	VETERAN	ATLANTIC TRIATHLON CLUB	
662	02:11:34	LOURENS	ODETTE	0	VETERAN	NONE	
663	02:11:43	MEINTJES	ALETHA	3634	SENIOR	IN TOUCH	
664	02:11:43	DAWSON	ALVERINA	7411	VETERAN	IN TOUCH A.C	
665	02:11:44	FRANCIS	RUTH	6487	GRAND MASTER	IN TOUCH A.C	
666	02:11:44	LEVENDAL	ESTERLENE	3638	MASTER	IN TOUCH AC	
667	02:11:44	HANS	PHILLIPINE	6478	MASTER	IN TOUCH A.C	
668	02:11:45	ORANGE	WILMA	6482	MASTER	IN TOUCH A.C	
669	02:11:45	KOLBE	VERUSCHKE	3636	SENIOR	IN TOUCH AC	
670	02:12:29	ILIFFE	CHANTAL NORIKO	4497	SENIOR	ATLANTIC A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
671	02:12:29	SHANTALIE	HEWAVISENTI	4608	SENIOR	ATLANTIC A.C	
672	02:12:37	GOLDBLATT	RYAN	0	VETERAN	NONE	
673	02:12:46	MACKINTOSH	DUNCAN	818	GRAND MASTER	VARSIY OLD BOYS R.C	
674	02:12:54	REHBOCK	STACEY	7954	SENIOR	WILDRUNNER A.C	
675	02:12:54	HANSEN	INGE	3867	SENIOR	ATC MULTISPORT	
676	02:13:02	KANNEMEYER	EMLYN	0	SENIOR	NONE	
677	02:13:04	KANNEMEYER	CRYSTAL	0	SENIOR	NONE	
678	02:13:21	DIX	ANNELIZE	0	MASTER	NONE	
679	02:13:21	MANNE	VELMER	348	MASTER	CELTIC HARRIERS	
680	02:13:24	ESSEL	JANE	0	VETERAN	NONE	
681	02:13:28	VON FLOTOW	KIM	0	SENIOR	NONE	
682	02:13:29	MCFARLANE	WENDY	0	VETERAN	NONE	
683	02:14:04	STEVENSON	GRANT	2316	MASTER	PINELANDS A.C	
684	02:14:31	VOIGT	LYNETTE	6313	MASTER	MITCHELLS PLAIN TITANS	
685	02:14:36	MACSYMON	GRAEME	6222	GRAND MASTER	WP CRICKET CLUB	
686	02:15:01	ENGELBRECHT	MICHELE	0	VETERAN	NONE	
687	02:15:02	VENTER	COLETTE	0	VETERAN	NONE	
688	02:15:03	LAUDIEN	MICHELLE	0	VETERAN	NONE	
689	02:15:12	JACKSON-POOLE	RENE	3709	SENIOR	WEST COAST A.C	
690	02:15:13	POOLE	VICTOR	3708	SENIOR	WEST COAST A.C	
691	02:15:14	DICK	RENE	564	VETERAN	VARSIY OLD BOYS R.C	
692	02:15:28	DUNN	CHANDRA-JAY	2867	VETERAN	SPARTAN HARRIERS	
693	02:15:28	KIRBY	DAVE	3222	GREAT GRAND MASTER	SPARTAN HARRIERS	
694	02:16:07	SMIT	DANIELLE	7736	SENIOR	CENTURY CITY	
695	02:16:08	SEWELL	COLIN	7294	VETERAN	WEST COAST A.C	
696	02:16:10	MEYER	ALISON	3713	SENIOR	WEST COAST A.C	
697	02:16:11	MAJOLA	DANCIE	7274	SENIOR	WEST COAST A.C	
698	02:16:12	RANGWANI	WILLIAM	0	MASTER	NONE	
699	02:16:34	RADLEY	DANIELA	5029	VETERAN	EDGEMEAD RUNNERS	
700	02:17:10	BROCK	GRETA	181	VETERAN	CELTIC HARRIERS	
701	02:17:18	DIMAKATSO	MARGRET	2184	SENIOR	PINELANDS A.C	
702	02:17:46	BENNING	LOU-ANN	0	VETERAN	RUN\WALK FOR LIFE	





# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
703	02:17:47	JATTIEM	SHAHIDA	2018	VETERAN	ITHEKO SPORT A.C	
704	02:17:47	ABDULLATIEF	SHAHEED	9489	MASTER	ITHEKO SPORT A.C	
705	02:17:57	MURRAY	JENELLE	1388	VETERAN	EDGEMEAD RUNNERS	
706	02:17:58	HANSBY	WENDY	1519	SENIOR	EDGEMEAD RUNNERS	
707	02:18:09	MADIEHE	ABRAM	6262	VETERAN	RAVENSMEAD ATHLETIC CLUB	
708	02:18:37	TRANTRAAL	LAUREN	0	SENIOR	NONE	
709	02:19:05	HORN	SARLENE	0	VETERAN	NONE	
710	02:19:16	SALVAGE	STEPHANIE	0	SENIOR	NONE	
711	02:20:17	SALVAGE	HUGH	0	MASTER	NONE	
712	02:20:20	ABRAHAMS	AMAAL	1761	SENIOR	ITHEKO SPORT A.C	
713	02:20:21	MATTHEWS	TASNEEM	1631	SENIOR	ITHEKO A.C	
714	02:20:21	MOHAMED	NEEZAAM	1990	SENIOR	ITHEKO SPORT A.C	
715	02:20:21	KAMISH	INSAF	1898	SENIOR	ITHEKO SPORT A.C	
716	02:20:59	HAW	MICHAEL	0	MASTER	NONE	
717	02:21:22	COETZEE	SUSAN	0	SENIOR	OLD MUTUAL A.C	
718	02:21:38	DARLINGTON	SUE	0	MASTER	NONE	
719	02:21:40	FORGAN	NICOLA	2171	SENIOR	FISH HOEK A.C	
720	02:21:47	LOB	MARIZA	3747	SENIOR	WEST COAST A.C	
721	02:21:48	CILLIERS	LISA	3688	SENIOR	WEST COAST A.C	
722	02:22:06	GITTENS	ANTON	0	SENIOR	NONE	
723	02:22:44	VAN ZYL	MARNA	5173	SENIOR	METROPOLITAN A.C	
724	02:23:00	CAIRNCROSS	BRONWIN	3689	VETERAN	WEST COAST A.C	
725	02:23:26	ROMBURGH	BERNADETTE	0	VETERAN	NONE	
726	02:23:28	WALSH	FRANK	0	VETERAN	VARSITY OLD BOYS R.C	
727	02:23:38	FIELLIES	MALCOLM	1528	SENIOR	OLD MUTUAL A.C	
728	02:23:40	FIELLIES	VANESSA	5980	SENIOR	NEW BALANCE MULTISPORT CLUB	
729	02:23:42	HAW	ELIZABETH	432	MASTER	PACERS EL	
730	02:24:03	CLARE-TALBOT	JODINE	0	SENIOR	NONE	
731	02:24:03	MARTHINUS	ELIZABETH	5469	VETERAN	WILDRUNNER A.C	
732	02:24:04	HANMER	ARLENE	5483	MASTER	WILDRUNNER A.C	
733	02:24:56	MARKS	MALCOLM	3707	MASTER	WEST COAST A.C	
734	02:24:57	SWART	JAN	4869	MASTER	FIT 2000	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
735	02:25:07	SALIE	WIDAAD	1982	SENIOR	ITHEKO SPORT A.C	
736	02:25:28	SELDON	RONNETT	0	VETERAN	NONE	
737	02:25:46	GERTSE	ADELA	1653	MASTER	ITHEKO SPORT A.C	
738	02:26:28	ZEEDERBERG	TANIA	2341	SENIOR	PINELANDS A.C	
739	02:26:41	FISH	THERESE	0	VETERAN	NONE	
740	02:26:46	JASSIEM	ASHRAF	0	SENIOR	ITHEKO SPORT A.C	
741	02:27:03	SLABBERT	LYNETTE	4041	MASTER	SOUTHERN STRIDERS A.C	
742	02:27:10	CONNOLLY	MARTIN	3701	GRAND MASTER	WEST COAST A.C	
743	02:27:12	DU PLOOY	BRENDA	14587	MASTER	NONE	
744	02:27:22	CUPIDO	MICHELLE	2246	VETERAN	PINELANDS A.C	
745	02:27:42	HENRICK	JACKIE	3957	MASTER	WILDRUNNER A.C	
746	02:27:46	KEEBLE-MERCUUR	PORTIA	0	VETERAN	NONE	
747	02:28:46	HARGREAVES	JEAN	2933	MASTER	SPARTAN HARRIERS	
748	02:29:00	TOYER	RAYAANAH	1731	SENIOR	ITHEKO A.C	
749	02:29:02	MIZON	RAYMUNDE	172	MASTER	CELTIC HARRIERS	
750	02:29:10	JOHN	MANTELL	14617	GREAT GRAND MASTER	WP CRICKET CLUB	
751	02:29:35	WILSON	MELANIE	0	MASTER	NONE	
752	02:29:49	BUYS	ANNELIZE	565	VETERAN	VARSITY OLD BOYS R.C	
753	02:30:16	ADAM	SADRUDDIN ADAM	9918	SENIOR	ITHEKO SPORT A.C	
754	02:30:29	BARRETT	GILL	0	MASTER	NONE	
755	02:30:29	COOMER	BRENDA	3991	MASTER	FISH HOEK A.C	
756	02:31:05	WRIGHT	KIM-MARIE	3902	SENIOR	FISH HOEK A.C	
757	02:31:24	VAUGHAN	MELANY	7342	SENIOR	WEST COAST A.C	
758	02:31:25	ANDERSON	SHELDENE	117	SENIOR	MELKBOS ATHLETICS CLUB	
759	02:33:04	PARK	LEE	2300	VETERAN	CELTIC HARRIERS	
760	02:33:05	OTT	MARIAN	2299	SENIOR	PINELANDS A.C	
761	02:33:28	SLABBERT	ANDRE	4042	MASTER	SOUTHERN STRIDERS A.C	
762	02:33:57	MARKS	NADEEMA	2167	VETERAN	PINELANDS A.C	
763	02:35:53	SMITH	MERCIA	2345	VETERAN	PINELANDS A.C	
764	02:37:13	SMITH	SHIRLEY	0	SENIOR	NONE	
765	02:37:14		NO RACE CARD	0			NO RACE CARD
766	02:37:22	ABDULLATIEF	NADIEMA	2019	MASTER	ITHEKO SPORT A.C	



# 2012 Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
767	02:37:23	SELLER	HELEN	7326	MASTER	WEST COAST A.C	
768	02:37:24	WILCOCK	DAVID	3737	SENIOR	WEST COAST A.C	
769	02:50:40	MILLS	TRACY	0	SENIOR	NONE	
770	02:51:12	NELSON	HANTIE	3566	VETERAN	BELLVILLE A.C	
771	02:52:40	DANIELS	COLLEEN	0	MASTER	SPARTAN HARRIERS	
772	02:53:30	DAWSON	FRANK	7412	MASTER	IN TOUCH A.C	
773	02:53:45	KETTLEWELL	CHARLOTTE	51	GRAND MASTER	VARSITY OLD BOYS R.C	



# 2012 Helper's Results



POS.	TIME	LAST NAME	FIRST NAME	LICENCE	AGE CATEGORY	CLUB	STATUS
1	01:34:45	KEMP	MARK	0	VETERAN	SATORI A.C	HELPER'S RUN
2	01:34:50	BALMAN	GRAHAM	0	VETERAN	SATORI A.C	HELPER'S RUN
3	01:34:57	STEEL	ANN	0	SENIOR	SATORI A.C	HELPER'S RUN
4	01:34:58	TOLSMA	MARK	0	MASTER	SATORI A.C	HELPER'S RUN
5	01:42:23	BALMAN	CHARISSA	0	VETERAN	SATORI A.C	HELPER'S RUN
6	01:42:23	HARWOOD	JOHAN	0	SENIOR	FISH HOEK A.C	HELPER'S RUN
7	01:44:33	LITTLEWOOD	GARTH	0	MASTER	SATORI A.C	HELPER'S RUN
8	01:07:26	FRANCIS	DAVID	0	SENIOR	SATORI A.C	HELPER'S RUN
9	01:57:28	KRUGER	KEVIN	0	VETERAN	SATORI A.C	HELPER'S RUN
10	01:57:51	PETERS	ANNELINE	0	VETERAN	SATORI A.C	HELPER'S RUN
11	01:58:29	HODGKINSON	MICHELLE	0	SENIOR	SATORI A.C	HELPER'S RUN
12	01:58:29	KENDALL	SANDRA	0	VETERAN	SATORI A.C	HELPER'S RUN
13	01:58:39	BOSMAN	ESTELLE	0	VETERAN	SATORI A.C	HELPER'S RUN
14	01:58:39	VAN DEN BERG	PAUL	0	VETERAN	SATORI A.C	HELPER'S RUN
15	01:59:02	FULFORD	LORNA	0	VETERAN	SATORI A.C	HELPER'S RUN
16	01:59:35	FARHAM	CRAIG	0	MASTER	SATORI A.C	HELPER'S RUN
17	01:59:40	BELL	KIRSTEN	0	SENIOR	SATORI A.C	HELPER'S RUN
18	02:00:32	COOPER	TIM	0	VETERAN	SATORI A.C	HELPER'S RUN
19	02:00:32	HEPPE	TINA	0	SENIOR	FISH HOEK A.C	HELPER'S RUN
20	02:05:58	FARHAM	BRIDGET	0	MASTER	SATORI A.C	HELPER'S RUN
21	02:05:58	LOYDELL	JAQUELINE	0	MASTER	SATORI A.C	HELPER'S RUN