

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
1	Judase	Malusi	Satori	Male	Senior	12307	00:56:10	1	1
2	Matothane	Josiah	Satori	Male	Senior	2309	01:00:08	2	2
3	Ngwemduna	Inge	Satori	Male	Senior	12308	01:02:08	3	3
4	Matusso	Gimo	Satori	Male	40-49	12302	01:02:40	4	1
5	Flint	Richard	Kway VOB	Male	Senior	719	01:04:49	5	4
6	Berling	Gareth	Kway VOB	Male	40-49	859	01:04:54	6	2
7	George	Colin	Kway VOB	Male	40-49	713	01:05:30	7	3
8	Mesham	Daniel	Kway VOB	Male	Senior	837	01:05:59	8	5
9	Banda	Harrison	Satori	Male	40-49	12321	01:07:29	9	4
10	Pikker	Mark	Kway VOB	Male	Senior	624	01:07:37	10	6
11	Feni	Madoda	Satori	Male	40-49	12279	01:09:08	11	5
12	Courts	Samuel	None	Male	Senior	Temp	01:09:17	12	7
13	Marateni	Melamu	SANDF	Male	Senior	7432	01:10:04	13	8
14	Hammond	Calvin	Nedbank	Male	Senior	2075	01:12:04	14	9
15	Wale	Dave	Fish Hoek	Male	40-49	6439	01:12:23	15	6
16	Mahlangu	Sibusaso	Edgemead	Male	Senior	5186	01:12:29	16	10
17	Warren		None	Male	Senior	Temp	01:12:32	17	11
18	Raghavjee	Yashin	Century City	Male	Senior	6122	01:12:37	18	12
19	Singano	Oswald	Satori	Male	40-49	12284	01:14:17	19	7
20	Badenhorst	Heinrich	Kway VOB	Male	50-59	817	01:14:51	20	1
21	Whitehead	Carla	Century City	Female	Senior	6116	01:14:56	1	13
22	Whitmill	Barry	None	Male	40-49	Temp	01:15:18	21	8
23	Dimopoulos	Costa	Kway VOB	Male	50-59	522	01:15:47	22	2
24	Courts	Jason	Celtic Harriers	Male	40-49	2201	01:16:09	23	9
25	Cronje	Lionel	Bellville	Male	Senior	12600	01:16:17	24	14
26	Van Houwelingen	Jana	AAC	Female	Senior	8404	01:16:19	2	15
27	Unknown			Unknown	Unknown		01:16:35	1	1
28	Chivell	Les	Fish Hoek	Male	60-69	6387	01:18:00	25	1
29	Procter	Andrew	Fish Hoek	Male	50-59	12230	01:18:11	26	3
30	Faulds	Morag	None	Female	Senior	Temp	01:18:20	3	16
31	Van Blerk	Joshua	Fish Hoek	Male	Senior	6865	01:18:28	27	17
32	Cabthi	Greg	Nedbank	Male	Senior	12091	01:18:49	28	18
33	Wisbeach	James	None	Male	50-59	Temp	01:18:53	29	4
34	Hamilton	Dain	Kway VOB	Female	50-59	674	01:18:57	4	5
35	Woodkard	A.	Carbineers	Male	40-49	8987	01:19:30	30	10
36	Hutchinson	Mark	Fish Hoek	Male	Senior	6406	01:19:53	31	19
37	Olivier	Jeremy	Fish Hoek	Male	40-49	6603	01:19:59	32	11
38	Hearne	Christopher	Fish Hoek	Male	Senior	Temp	01:20:25	33	20
39	Scheppel	Deon	Fish Hoek	Male	40-49	6490	01:21:10	34	12
40	Kalis	Mark	Celtic Harriers	Male	40-49	3740	01:21:33	35	13
41	Alexander	John	Kway VOB	Male	40-49	823	01:21:46	36	14
42	Calf	Richard	Kway VOB	Male	Senior	1409	01:21:53	37	21
43	Stubbs	Peter	None	Male	Senior	Temp	01:22:11	38	22
44	Atkins	Andy	None	Male	50-59	8177	01:22:58	39	6
45	Ross	Sean	Kway VOB	Male	Unknown	789	01:23:04	40	2
46	Misroll	Heimie	Pinelands	Male	40-49	4396	01:23:21	41	15
47	Joubert	Johann	Nedbank	Male	Senior	9137	01:23:48	42	23
48	Johnson	Timothy	None	Male	Junior	Temp	01:23:49	43	1
49	Fritz	M.	Edgemead	Male	60-69	5286	01:24:09	44	2
50	Meth	Jeffrey	None	Male	40-49	Temp	01:25:22	45	16
51	Baldwin	Mark	Fish Hoek	Male	60-69	6321	01:25:35	46	3
52	Pantland	Frank	Spartan Harriers	Male	Senior	1593	01:25:46	47	24
53	Ralphs	Etienne	Fish Hoek	Male	40-49	6340	01:26:42	48	17
54	Rivett	David	Celtic Harriers	Male	40-49	7502	01:26:50	49	18
55	Unknown	Siyabonga	SANDF	Male	Senior	16883	01:26:53	50	25
56	Groenewald	Petrus	Brackenfell	Male	Senior	9588	01:26:55	51	26
57	Blommaert	Ernest	None	Male	Senior	Temp	01:26:59	52	27
58	Sandler	Gary	RCS Gugs	Male	40-49	11494	01:27:01	53	19
59	Mgiba	George	SANDF	Male	Senior	16881	01:27:19	54	28
60	Visser	G.	Hout Bay Harriers	Male	50-59	6200	01:27:36	55	7
61	Andraos	Georgina	Kway VOB	Female	50-59	649	01:27:41	5	8
62	Courts	Ellie	Celtic Harriers	Female	40-49	7457	01:27:42	6	20
63	Witney	Blaise	None	Female	40-49	Temp	01:28:02	7	21
64	Korck	Greg	Spartan Harriers	Male	Senior	1500	01:28:06	56	29
65	Burgess	Marc	Harfield Harriers	Male	Senior	4899	01:28:14	57	30
66	Mathew	Steve	Harfield Harriers	Male	50-59	4890	01:28:17	58	9
67	Jones	Wayne	None	Male	Senior	Temp	01:28:22	59	31
68	Hattingh	Lisa	None	Female	40-49	Temp	01:28:28	8	22
69	Maree	Paul	None	Male	40-49	Temp	01:28:31	60	23
70	Sham	Robert	None	Male	Senior	Temp	01:28:38	61	32
71	Frieslich	Neville	Fish Hoek	Male	60-69	6369	01:28:39	62	4

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
72	Abrahams	Waheed	Central Athletics	Male	50-59	9153	01:28:57	63	10
73	Hendricks	Christopher	In Touch W&R	Male	Senior	8035	01:28:58	64	33
74	Snow	Greg	Durbanville AC	Male	50-59	2756	01:29:02	65	11
75	Frieslich	Quinton	Fish Hoek	Male	40-49	6489	01:29:16	66	24
76	Smith	David	Kway VOB	Male	50-59	1394	01:29:23	67	12
77	Fuller	Raymond	Kway VOB	Male	60-69	1150	01:29:41	68	5
78	Buhagiar	Andrew	Kway VOB	Male	40-49	961	01:29:54	69	25
79	Adams	Adiel	Atlantis Harriers	Male	50-59	10331	01:30:08	70	13
80	Ren	Weiguo	West Coast AC	Male	40-49	5789	01:30:40	71	26
81	Mitchell	Douglas	Pinelands	Male	50-59	4255	01:30:48	72	14
82	Wright	Mark	Kway VOB	Male	40-49	1269	01:30:53	73	27
83	Schneider	David	AAC	Male	50-59	8118	01:30:57	74	15
84	Jenkinson	T.	Melkbos	Female	50-59	9181	01:31:04	9	16
85	West	Jeremy	Open Box RC	Male	Senior	13504	01:31:11	75	34
86	Hoon	Schalk	Helderberg Harriers	Male	70-79	6921	01:31:19	76	1
87	Joubert	Schalk	Brackenfell	Male	Senior	9722	01:31:25	77	35
88	Mellor	Keith	Cape Multisport	Male	60-69	13550	01:31:28	78	6
89	Joubert	Christo	Brackenfell	Male	Junior	20210	01:31:39	79	2
90	Bowman	Mark	Kway VOB	Male	50-59	172	01:32:02	80	17
91	Royal	Candice	Wild Runner	Female	Senior	513	01:32:07	10	36
92	Harvie	Michael	Kway VOB	Male	40-49	790	01:32:12	81	28
93	Mushanganyisi	Kanakana	Pinelands	Male	40-49	4310	01:32:14	82	29
94	Douglas	L.	SACS	Female	40-49	6266	01:32:17	11	30
95	Horn-Botha	Rudy	Kway VOB	Male	50-59	615	01:32:50	83	18
96	Wilkens	Blake	AAC	Male	70-79	15154	01:32:57	84	2
97	Strydom	Andre	Fish Hoek	Male	Senior	5102	01:33:27	85	37
98	Unknown	Andreas	None	Female	Senior	Temp	01:33:37	12	38
99	Lesch	Schalk	Durbanville AC	Male	Senior	14281	01:33:38	86	39
100	Massingham	Michael	None	Male	40-49	Temp	01:33:43	87	31
101	Vell		Kway VOB	Male	40-49	1233	01:34:08	88	32
102	Mcgrath	Alice	Fish Hoek	Female	Senior	6484	01:34:09	13	40
103	Gouws	Francois	Edgemead	Male	50-59	5400	01:34:13	89	19
104	Gluckman	Susan	Run/Walk for Life	Female	40-49	13708	01:34:15	14	33
105	Hall	Candyce	Carbineers	Female	Senior	9019	01:34:22	15	41
106	Sacks	Alexis	Carbineers	Female	50-59	8888	01:34:23	16	20
107	Roberts	Jonathan	Harfield Harriers	Male	Senior	4916	01:34:44	90	42
108	Chong	Peter	West Coast AC	Male	40-49	5609	01:34:54	91	34
109	Wheeler	Dave	Hout Bay Harriers	Male	60-69	6240	01:35:12	92	7
110	Bredenkamp	Cailey	Paarl AC	Female	50-59	215	01:35:18	17	21
111	Cornwell	Marc	None	Male	Unknown	Temp	01:35:22	93	3
112	Ebrahim	Mehboob	Brimstone Itheko	Male	Senior	3154	01:35:56	94	43
112	Emeran		Top Form	Male	50-59	4074	01:35:56	94	22
114	Crowder	Greg	Phoenix AC	Male	50-59	12436	01:36:02	96	23
115	Healy	Richard	Herbalife	Male	60-69	9559	01:36:07	97	8
116	Baldwin	Princess Kate	Carbineers	Female	Senior	9036	01:36:10	18	44
117	Grove	Carina	None	Female	40-49	Temp	01:36:16	19	35
118	Mulaudzi	Maanda	Brimstone Itheko	Male	Unknown		01:36:22	98	4
119	Holing	Clare	None	Female	Senior	Temp	01:36:27	20	45
120	Fisher	Matthew	None	Male	Senior	Temp	01:36:28	99	46
120	Tennant	Megan	ATC	Female	Senior	16977	01:36:28	21	46
122	Lane	Trish	Satori	Female	50-59	17012	01:36:48	22	24
123	Unknown			Unknown	Unknown		01:36:49	2	5
124	Clark	Bronwyn	Harfield Harriers	Female	Senior	4956	01:36:58	23	48
125	Lynn	Nathan	AAC	Male	Senior	8357	01:37:05	100	49
126	Bunn	Tracy	None	Female	50-59	Temp	01:37:08	24	25
127	Gensicke	Andreas	Pinelands	Male	50-59	4268	01:37:25	101	26
128	Malshe	Sidhartt		Male	Senior	Temp	01:37:31	102	50
129	Thomas	Stuart	Harfield Harriers	Male	Senior	4896	01:37:36	103	51
130	Milne	Andrew	None	Male	Senior	Temp	01:38:02	104	52
131	Louw	Dirk	None	Male	Senior	Temp	01:38:03	105	53
132	Milne	Alsion	None	Female	Senior	Temp	01:38:04	25	54
133	Wills	Guy	None	Male	Senior	Temp	01:38:06	106	55
134	Opie	Jessica	Wild Runner	Female	Senior	461	01:38:08	26	56
135	Arendse	Roger	RCS Gugs	Male	60-69	11899	01:38:12	107	9
136	Hoffman	Chanelie	Strand AC	Female	40-49	3100	01:38:25	27	36
137	Meleloe	Kelepile	West Coast AC	Unknown	40-49	5680	01:38:41	3	37
138	September	Chantal	Spartan Harriers	Female	Senior	1684	01:38:47	28	57
139	Wood	Bruce	West Coast AC	Male	Senior	5665	01:38:58	108	58
140	Wilcock	David	West Coast AC	Male	Senior	5666	01:38:59	109	59
141	Giloi	Heath	None	Male	Senior	Temp	01:39:01	110	60
142	Ing	Andy	None		Unknown	Temp	01:39:02	185	6

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143	Roper	Andrew	Fish Hoek	Male	Senior	Temp	01:39:03	111	61
144	Van Zyl	Brett	Harfield Harriers	Male	Senior	12831	01:39:05	112	62
145	Kelly	Sean	None	Male	Senior	Temp	01:39:06	113	63
146	Jagga	Craig	None	Male	Senior	Temp	01:39:13	114	64
147	Unknown	Natasha	None	Female	Unknown	Temp	01:39:17	29	7
148	Martin	Ashley	Born to Run	Male	Senior	13217	01:39:33	115	65
149	Jones	Erika	None	Female	Senior	Temp	01:39:36	30	66
150	Herbst	Marna	Fish Hoek	Female	40-49	6350	01:39:38	31	38
151	Jenkins	D.	Fish Hoek	Male	Senior	6569	01:39:39	116	67
152	Hill	Nicki	Carbineers	Female	Senior	8936	01:39:43	32	68
153	Unknown			Unknown	Unknown		01:39:48	4	8
154	Van Eck	Collette	Fish Hoek	Female	60-69	6319	01:39:49	33	10
155	Fourie	Deborah	Wild Runner	Female	Senior	Temp	01:39:55	34	69
156	King	N.	Wild Runner	Male	Senior	363	01:40:04	117	70
157	Smith	Sonia	Celtic Harriers	Female	60-69	3757	01:40:34	35	11
158	Unknown	Mervin	Celtic Harriers	Male	60-69	3754	01:40:37	118	12
159	Loubser	Nicolaas	West Coast AC	Male	Senior	5703	01:40:39	119	71
160	Retief	Wendy-Li	Fish Hoek	Female	Senior	6326	01:40:42	36	72
161	Crawford	Celeste	Kway VOB	Female	Senior	1353	01:40:51	37	73
162	Crawford	Rory	Kway VOB	Male	Senior	890	01:40:54	120	74
163	Jockwat	Sadika	Brimstone Itheko	Female	Senior	3372	01:41:21	38	75
164	Davids	Moira	Edgemead	Female	Senior	5451	01:41:31	39	76
165	Bresler	Tarynn	Edgemead	Female	Senior	5435	01:41:32	40	77
166	Thompson	Julia	None	Female	Senior	Temp	01:41:42	41	78
167	Unknown			Unknown	Unknown		01:41:44	5	9
168	Rowland	Chris	Chaeli S&R	Male	Senior	12185	01:41:49	121	79
169	Elias	Michael	Spartan Harriers	Male	Senior	1478	01:41:56	122	80
170	Unknown			Unknown	Unknown		01:42:53	6	10
171	Koopman	Shieraaj	Carbineers	Male	Senior	8956	01:43:08	123	81
172	Care	Gemma	None	Female	Senior	Temp	01:43:24	42	82
173	Wilson	John	None	Male	Senior	Temp	01:43:41	124	83
174	Wilson	Tara	None	Female	Senior	Temp	01:43:47	43	84
175	Schiffer	Horst	Fish Hoek	Male	70-79	6471	01:43:52	125	3
176	Mitchell	Steve	Fish Hoek	Male	Senior	6461	01:43:53	126	85
177	Smit	Lizl	None	Female	Senior	Temp	01:44:03	44	86
178	Hirst	Penni	None	Female	Senior	Temp	01:44:04	45	87
178	Speedy	Rob	None	Male	Senior	Temp	01:44:04	127	87
180	Hishin	Guy	Fish Hoek	Male	Senior	5663	01:44:06	128	89
181	Ker	Lucy	Brimstone Itheko	Female	Senior	3199	01:44:10	46	90
182	Abduroaf	Muhammad	Brimstone Itheko	Male	40-49	3198	01:44:11	129	39
183	Parker	Ebrahim	Brimstone Itheko	Male	Senior	3499	01:44:13	130	91
184	Sandi	Fundiswa	Ravensmead	Female	Senior	10020	01:44:37	47	92
185	Cupido	Charmaine	Nedbank	Female	60-69	2263	01:44:38	48	13
186	Boender	Melanie	Spartan Harriers	Female	40-49	1770	01:45:07	49	40
187	Tarr	Helen	Harfield Harriers	Female	40-49	4939	01:45:09	50	41
188	Boender	Ronny	Spartan Harriers	Male	40-49	1550	01:45:11	131	42
189	Brewer	Amanda	None	Female	Senior	Temp	01:45:57	51	93
190	Thomas	Malcolm	Goodwood	Male	40-49	6623	01:46:03	132	43
191	Naidoo	Sydlyn	Goodwood	Male	Senior	6742	01:46:04	133	94
192	Williams	Zaid	Goodwood	Male	Senior	6620	01:46:06	134	95
193	Hoflinger	Lisa	None	Female	Senior	Temp	01:46:11	52	96
194	Pienaar	Heather	Pinelands	Female	Senior		01:46:13	53	97
195	Grey	Matthew	None	Male	Senior	Temp	01:46:14	135	98
196	Grey	J	None	Unknown	Senior	Temp	01:46:16	7	99
197	John	Christine	Kway VOB	Female	40-49	1437	01:46:18	54	44
198	Grobler	Paula-Jo	West Coast AC	Female	40-49	5911	01:46:21	55	45
199	Naude	Thelma	West Coast AC	Female	50-59	5898	01:46:22	56	27
200	Altern	Jillian	Fish Hoek	Female	50-59	6356	01:46:26	57	28
201	De Lange	Charn	Edgemead	Female	40-49	15387	01:46:29	58	46
202	White	Lisa	Wild Runner	Female	50-59	370	01:46:31	59	29
203	Bloomer	Wendy	Harfield Harriers	Female	Senior	4940	01:46:37	60	100
204	Muller	Anne	Edgemead	Female	50-59	5218	01:46:43	61	30
205	Springer	Aubrey	Spartan Harriers	Male	60-69	1781	01:46:50	136	14
206	Springer	Dawn	Spartan Harriers	Female	50-59	1782	01:46:51	62	31
207	Joubert	Rob	Foresters	Male	70-79	7615	01:47:01	137	4
208	Dippenaar	Nadine	None	Female	Senior	Temp	01:47:10	63	101
209	Green	Ronan	Run/Walk for Life	Male	Junior	20278	01:47:13	138	3
210	Harris	Gary	Metropolitan	Male	50-59	12515	01:47:15	139	32
211	Knoetzen	Bjorn	Run/Walk for Life	Male	Senior	12450	01:47:18	140	102
212	Sugden	Chris	Satori	Male	40-49	12305	01:47:28	141	47
213	Holmes	Samanthia	West Coast AC	Female	Senior	5821	01:47:31	64	103

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214	Knaggs	Richard	West Coast AC	Male	50-59	5820	01:47:32	142	33
215	Unknown		Kway VOB	Unknown	Unknown		01:47:41	8	11
216	Harris	Olga	Metropolitan	Female	Senior	11868	01:47:42	65	104
217	Diedericks	Paul	Kway VOB	Male	Senior	797	01:47:44	143	105
218	Goodwin	Bruce	None	Male	50-59	Temp	01:47:51	144	34
219	Page	Mandy	Goodwood	Female	Senior	6745	01:47:59	66	106
220	Unknown			Unknown	Unknown		01:48:06	9	12
221	Peffer	Sean	Kway VOB	Male	Senior	1256	01:48:11	145	107
222	Unknown			Unknown	Unknown		01:48:14	10	13
223	Harris	Andrew	Harfield Harriers	Male	Senior	12834	01:48:16	146	108
224	Mainaakae	Matumelo	Carbineers	Male	Senior	8867	01:48:22	147	109
225	Jacobs	Traviss	Southern Striders	Male	40-49	16033	01:48:26	148	48
226	Adams	Amien	Central Athletics	Female	60-69	9165	01:48:32	67	15
227	Van Staden	Rene	Brackenfell	Female	Senior	9640	01:48:34	68	110
228	Du Toit	Barend	Brackenfell	Male	40-49	9810	01:48:36	149	49
229	Gilchrist	John	Kway VOB	Male	40-49	877	01:48:37	150	50
230	Merkle	Annemarie	None	Female	60-69	Temp	01:48:40	69	16
231	Beckett	James	Kway VOB	Male	60-69	625	01:48:41	151	17
232	Strachan	Craig	Kway VOB	Male	40-49	631	01:48:43	152	51
233	Els	Lourens	Team Vitality	Male	Senior		01:48:53	153	111
234	Hayes	Adrian	Fish Hoek	Male	Senior	6448	01:49:01	154	112
235	Kent	Rob	Edgemead	Male	50-59	5367	01:49:02	155	35
236	Matthis	Farnaz	Fish Hoek	Male	40-49	6438	01:49:09	156	52
237	Davel	Jacob	Spartan Harriers	Male	50-59	1901	01:49:12	157	36
238	Raffaelli	Sandy	Spartan Harriers	Female	40-49	1555	01:49:13	70	53
239	Vass	Matthew	AAC	Male	Senior	8109	01:49:22	158	113
240	Badenhorst	Naomi	Kway VOB	Female	50-59	819	01:49:27	71	37
241	Adams	Nicole	Spartan Harriers	Female	40-49	1242	01:49:38	72	54
242	Waller	Delene	Pinelands	Female	60-69	4459	01:49:56	73	18
243	Byrne	Tony	Run/Walk for Life	Male	60-69	11319	01:50:19	159	19
244	Wyngaard	Samantha	Run/Walk for Life	Female	40-49	10986	01:50:22	74	55
245	Briton	Anthony	None	Male	50-59	Temp	01:50:31	160	38
245	Smith	Julian	Pinelands	Male	Senior	4458	01:50:31	160	114
247	Jutzen	Brevin	Goodwood	Male	Senior	6700	01:50:37	162	115
248	Unknown			Unknown	Unknown		01:50:41	11	14
249	Goodwin	Wanita	None	Male	40-49	Temp	01:50:51	163	56
250	Kulkarni	Mayuresh	Kway VOB	Female	Senior	1447	01:51:17	75	116
251	Hornby	Genevieve	None	Female	Senior	Temp	01:51:29	76	117
252	Titus	Jackie	None	Female	Senior	Temp	01:51:32	77	118
253	Harlock	Sonia	Fish Hoek	Female	50-59	6367	01:51:36	78	39
254	Steyn	Christiaan	Tygerberg	Male	40-49	5544	01:51:39	164	57
255	Wiehahn	Marlaine	Celtic Harriers	Female	60-69	3690	01:51:48	79	20
256	Rivett	Liz	Celtic Harriers	Female	40-49	3784	01:51:49	80	58
256	Hutton	Barbara	Celtic Harriers	Female	60-69	3684	01:51:49	80	21
258	Bey	Michelle	Celtic Harriers	Female	40-49	8726	01:51:50	82	59
259	Unknown	Bradley	Kway VOB	Male	Senior	812	01:51:53	165	119
260	Isaacs	Faizel	KenFac	Male	40-49	4795	01:51:57	166	60
261	Salie	Faheem	PicknPay	Male	40-49	14477	01:51:59	167	61
262	Steyn	Francois	None	Male	60-69	Temp	01:52:12	168	22
262	Wessels	Annette	None	Female	Senior	Temp	01:52:12	83	120
264	Aebischer	Rolf	Celtic Harriers	Male	60-69	14344	01:52:13	169	23
265	Bennett	Peter	Edgemead	Male	40-49	5475	01:52:14	170	62
266	Ngqongwa	Solethu	Sanlam	Male	Senior	13804	01:52:15	171	121
267	Unknown	Glenda	WP Titans	Female	50-59	11142	01:52:34	84	40
268	Cahill	Nicole	None	Female	40-49	Temp	01:52:48	85	63
269	Van Niekerk	Annelize	Fish Hoek	Female	40-49	6479	01:52:55	86	64
270	Naude	Clifford	West Coast AC	Male	50-59	5779	01:52:59	172	41
271	Gilmour	Trish	Kway VOB	Female	50-59	655	01:53:02	87	42
272	Fritz	D.	Edgemead	Female	50-59	5287	01:53:21	88	43
273	Imrie	Helen	None	Female	Senior	Temp	01:53:25	89	122
274	Imrie	Peter	None	Male	40-49	Temp	01:53:26	173	65
275	Cornish	Justin	None	Male	40-49	Temp	01:53:32	174	66
276	Rist	Delyse	Pinelands	Female	50-59	4162	01:53:44	90	44
277	Gensicke	Renata	Pinelands	Female	40-49	4273	01:53:45	91	67
278	Kearns	Paul	Kway VOB	Male	50-59	1004	01:53:48	175	45
279	Nupen	Julia	Kway VOB	Female	40-49	1057	01:53:51	92	68
280	Walsh	Lauren	Kway VOB	Female	40-49	807	01:53:52	93	69
281	Walsh	Dawn	None	Female	40-49	Temp	01:53:57	94	70
282	Jansche Van Rensburg	Chris	Goodwood	Male	50-59	6666	01:53:59	176	46
283	Van Zyl	Surina	Goodwood	Female	40-49	6665	01:54:00	95	71
284	Heynecke	Jennifer	Hout Bay Harriers	Female	50-59	6244	01:54:02	96	47

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
285	Davids	Greg	None	Male	50-59	Temp	01:54:35	177	48
286	Sham	Kirstin	None	Female	Senior	Temp	01:54:44	97	123
287	Petersen	Wayne	Kway VOB	Male	50-59	733	01:54:49	178	49
288	Redelinghuys	Shelley	None	Female	40-49	Temp	01:54:51	98	72
289	Da Silva	Jenny	Metropolitan	Female	50-59	12492	01:54:54	99	50
290	Sham	Monique	None	Female	Senior	Temp	01:55:04	100	124
291	Smidt	Heidi-Anne	Carbineers	Female	40-49	8947	01:55:16	101	73
292	Henry	Gavin	Carbineers	Male	50-59	8937	01:55:18	179	51
293	Davis	Bronwyn	Fish Hoek	Female	40-49	6377	01:55:23	102	74
294	Ball	Mikaela	Fish Hoek	Female	Senior	6344	01:55:24	103	125
295	Van Noordwyk	Steyn	Tygerberg	Male	60-69	5587	01:55:28	180	24
296	Theron	Danie	Brackenfell	Male	60-69	9766	01:55:31	181	25
297	Francis-Pope	Rebecca	None	Female	Senior	Temp	01:55:48	104	126
298	Duplessis	Lisa	None	Female	40-49	Temp	01:55:51	105	75
299	Pelston	Warren	Spartan Harriers	Male	40-49	1894	01:56:02	182	76
300	Unknown	Theresa	Fish Hoek	Female	40-49	6353	01:56:06	106	77
301	Floris	W.	Celtic Harriers	Female	50-59	14377	01:56:07	107	52
302	Floris	Dennis	Celtic Harriers	Male	50-59	14378	01:56:08	183	53
303	Molosi	Sibulele	Kway VOB	Female	40-49	1180	01:56:13	108	78
304	Nel	Venita	Goodwood	Female	40-49	6649	01:56:16	109	79
305	Jonathan	Sandra	Kway VOB	Female	50-59	1088	01:56:31	110	54
306	Samba	Kouthar	Brimstone ltheko	Female	Senior	3585	01:56:32	111	127
307	Beckett	Jana	Kway VOB	Female	50-59	626	01:56:42	112	55
308	Unknown			Unknown	Unknown		01:56:47	12	15
309	Adonis	Jimmy	RCS Gugs	Male	60-69	11445	01:56:51	184	26
310	Rodhiran	Sujitra	Edgemead	Female	40-49	5208	01:56:55	113	80

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
311	Unknown	Anita	Durbanville AC	Female	50-59	2610	01:56:59	114	56
312	Theunissen	Magedie	Top Form	Male	60-69	4000	01:57:11	185	27
313	Banderker	Ayoub	Central Athletics	Male	40-49	9117	01:57:14	186	81
314	Mostert	Ilse	AAC	Female	40-49	8280	01:57:19	115	82
315	Rossouw	Veronique	Fish Hoek	Female	40-49	6427	01:57:26	116	83
316	Unknown	Bruce	Fish Hoek	Male	70-79	6364	01:57:27	187	5
317	Matube	Molebatsi	Retail Capital Langa	Male	Senior	9543	01:57:28	188	128
318	Marks	Rachel	AAC	Female	40-49	8187	01:57:34	117	84
319	Vermaak	Marie	UCT	Female	Senior	10443	01:57:41	118	129
320	Brittain	Nicole	UCT	Female	Senior	10574	01:57:42	119	130
321	Joan	Lily	Pinelands	Female	40-49	4154	01:57:43	120	85
322	Schouten	Megan	Kway VOB	Female	Senior	1012	01:57:47	121	131
323	Van Der Vyver	Johann	AAC	Male	40-49	5602	01:57:52	189	86
324	Cunningham	Jane	Run/Walk for Life	Female	50-59	6434	01:57:55	122	57
325	Lincoln	Zoe	None	Female	Senior	Temp	01:58:29	123	132
326	Lotter	Rikki		Male	Unknown		01:58:30	190	16
327	Osman	Mohamed	Top Form	Male	60-69	3966	01:58:35	191	28
328	Van Der Westhuizen	Jean	Sanlam	Female	Senior	16854	01:58:45	124	133
329	Hibberd	Christine	Fish Hoek	Female	60-69	6385	01:59:00	125	29
330	Le Roux	Amanda	None	Female	60-69	5873	01:59:06	126	30
331	Jones	Renaldo	Tygerberg	Male	Senior	5575	01:59:14	192	134
332	Sonemann	Lester	None	Male	50-59	Temp	01:59:18	193	58
333	Dalrymple	Dehlia	Celtic Harriers	Female	40-49	3669	01:59:19	127	87
334	Frieslaar	Nicola	Spartan Harriers	Female	40-49	1544	01:59:36	128	88
335	Unknown	Furnell	Fish Hoek	Male	Senior	6417	01:59:41	194	135
336	Gush	Tim	None	Male	40-49	Temp	01:59:53	195	89
336	Williams	Anne	PicknPay	Female	60-69	12648	01:59:53	129	31
338	Spagnoletti	Adam	None	Male	40-49	Temp	01:59:58	196	90
339	Aspeling	Chelsea	Celtic Harriers	Female	Senior	3705	02:00:04	130	136
340	Swartz	Samdia	Pinelands	Female	60-69	4280	02:00:05	131	32
341	Roberts	Maryke	WPCC	Female	Senior	12076	02:00:06	132	137

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
342	Fellows	Ryan	None	Male	Junior	Temp	02:00:19	197	4
343	Fellows	Edwin	None	Male	Senior	Temp	02:00:21	198	138
344	Horn-Botha	Deborah	Kway VOB	Female	50-59	637	02:00:30	133	59
345	Sithole	Nokukhanya	Sanlam	Female	Senior	13803	02:00:55	134	139
346	Warrington	Ingrid	Edgemead	Female	50-59	5478	02:00:56	135	60
347	Warrington	Mark	Edgemead	Male	60-69	2792	02:00:57	199	33
348	Booyesen	Bridget	Harfield Harriers	Female	40-49	12829	02:01:15	136	91
349	Barnes	Lee	Cape Multisport	Female	40-49	12630	02:01:22	137	92
350	Petersen	Shauna	Carbineers	Female	40-49	8946	02:01:33	138	93
351	Ebrahim	Reza	ARD Athletic Club	Male	50-59	10726	02:01:35	200	61
352	Unknown	Mandy	None	Female	40-49	10989	02:01:36	139	94
353	Felton	Liesl	Spartan Harriers	Female	40-49	1722	02:01:37	140	95
353	Brouckaert	Sharron	Spartan Harriers	Female	50-59	1969	02:01:37	140	62
355	Hendricks	Moegammad	RCS Gugs	Male	50-59	11710	02:01:39	201	63
356	Eadie	Ian	My Training Day	Male	60-69	9312	02:01:46	202	34
357	Unknown	Robert	Century City	Male	50-59	Temp	02:02:22	203	64
358	Larkin	Sandi	Fish Hoek	Female	50-59	6361	02:02:38	142	65
359	Kelsey	Santie	Somerset Striders	Female	60-69	10605	02:02:56	143	35
360	Sefora	Mado	Parliament	Male	40-49	12220	02:03:01	204	96
361	Leverton	Ruth	Pinelands	Female	60-69	4452	02:03:10	144	36
362	Hill	Heather	Pinelands	Female	40-49	4477	02:03:11	145	97
363	Peters	Anneline	None	Female	50-59	Temp	02:03:12	146	66
364	Shield	Mariana	West Coast AC	Female	60-69	5717	02:03:13	147	37
365	Van Niekerk	Theunis	None	Male	40-49	Temp	02:03:39	205	98
366	Bropley	Erica	Kway VOB	Female	40-49	945	02:03:41	148	99
367	Aspeling	Ian	Celtic Harriers	Male	60-69	7336	02:03:43	206	38
368	Unknown		West Coast AC	Unknown	60-69		02:03:48	13	39
369	Malherbe	Deborah	None	Female	40-49	Temp	02:04:02	149	100
370	Unknown	Philip	None	Male	40-49	Temp	02:04:03	207	101
371	Hine	Michelle	Durbanville AC	Female	40-49	2596	02:04:20	150	102
372	Sikutshwa	Likho	Pinelands	Female	Senior	4509	02:04:42	151	140
373	Masehela	Tlou	Pinelands	Male	Senior	4426	02:04:47	208	141
374	Brandon	Zita	West Coast AC	Female	50-59	5888	02:04:50	152	67
375	Palermo	Gian	West Coast AC	Male	50-59	5728	02:04:57	209	68
376	Knight	Sarah	None	Female	Senior	Temp	02:04:58	153	142
377	Davidse	Judith	Pinelands	Female	Senior	4181	02:05:02	154	143
378	Smith	Alison	Pinelands	Female	40-49	4155	02:05:19	155	103
379	Hensley	Glenda	None	Female	50-59	Temp	02:05:20	156	69
380	Benade	Patrick	None	Male	50-59	Temp	02:05:24	210	70
381	Jonathan	Trish	Spartan Harriers	Female	40-49	1589	02:05:26	157	104
382	Eyers	Margaux	Carbineers	Female	40-49	8924	02:05:35	158	105
383	Ebden	Tiffany	Carbineers	Female	40-49	8923	02:05:55	159	106
384	Isaacs	Zubayr	KenFac	Male	Junior	20473	02:05:57	211	5
385	Smith	Wendal	Pinelands	Male	50-59	4168	02:06:08	212	71
386	Isaacs	Lameez	KenFac	Female	40-49	4796	02:06:12	160	107
387	Brock	Greta	Celtic Harriers	Female	50-59	3793	02:06:14	161	72
388	Stephens	Lucrecia	Century City	Female	40-49	6040	02:06:16	162	108
389	Mendes	Erica	West Coast AC	Female	50-59	5866	02:06:39	163	73
390	Gous	Alida	Durbanville AC	Female	40-49	2635	02:06:42	164	109
391	Botha	Graham	Hout Bay Harriers	Male	60-69	6166	02:06:59	213	40
392	Janson	Graham	None	Male	50-59	Temp	02:07:02	214	74
393	Diener	Michele	Kway VOB	Female	60-69	715	02:07:06	165	41
394	Unknown			Unknown	Unknown		02:07:07	14	17
395	Martin	Darnell	Pinelands	Male	50-59	4427	02:07:12	215	75
396	Tuck	Lauren	Wild Runner	Female	Senior	414	02:07:14	166	144
397	Richard	Elizabeth	Fish Hoek	Female	40-49	5046	02:07:16	167	110
398	Richard	Karl	Fish Hoek	Male	40-49	5047	02:07:17	216	111
399	Salmoen	Susan	None	Female	Unknown	Temp	02:07:19	168	18
400	Tomlinson	Roy	Spartan Harriers	Male	70-79	10718	02:07:43	217	6
401	Mclean	Amanda	Carbineers	Female	40-49	8972	02:07:44	169	112
402	Sardien	Kashief	Ommiedraai	Male	60-69	8551	02:07:48	218	42
403	Booley	Ohnah	Ommiedraai	Female	Senior	8498	02:07:50	170	145
404	Arendse	Roger	Spartan Harriers	Male	50-59	1816	02:07:51	219	76
405	Pettenburger	Breda	West Coast AC	Female	40-49	5628	02:08:06	171	113
406	Steenkamp	Isabel	West Coast AC	Female	50-59	5692	02:08:07	172	77
407	Collins	Yolanda	None	Female	40-49	Temp	02:08:08	173	114
407	Rahim	Mushtaq	Top Form	Male	50-59	3965	02:08:08	220	78
409	Harris	Barbara	Harfield Harriers	Female	40-49	12833	02:08:20	174	115
410	Mason	Kathryn	Harfield Harriers	Female	40-49	13335	02:08:24	175	116
411	Schulenburg	Liesel	Kway VOB	Female	40-49	1346	02:08:25	176	117
412	Maartens	Charlene	Edgemead	Female	50-59	11343	02:08:53	177	79

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
413	Korck	Casey	Spartan Harriers	Female	Senior	1501	02:09:13	178	146
414	Williams	Cathy	Fish Hoek	Female	50-59	6352	02:09:23	179	80
415	Ramon	G.	None	Female	40-49	Temp	02:09:44	180	118
416	Unknown			Unknown	Unknown		02:09:45	15	19
417	Motlekar	Ruchana	Nantes	Female	Senior	12779	02:09:54	181	147
418	Cozyn	Fareed	Ommiedraai	Male	40-49	8460	02:10:11	221	119
419	Phillips	Kurt	Spartan Harriers	Male	Senior	1719	02:10:12	222	148
420	Schouten	Sharon	Kway VOB	Female	50-59	1010	02:10:43	182	81
421	De Wet	Caroline	Southern Striders	Female	50-59	9059	02:10:47	183	82
422	Lucani	Liza	Chaelli S&R	Female	40-49	12178	02:11:08	184	120
423	Hendricks	Shafiqah	Ommiedraai	Female	50-59	8538	02:11:18	185	83
424	Cunningham	Craig	Kway VOB	Male	50-59	847	02:11:32	223	84
425	Jordaan	Theresa	Kway VOB	Female	60-69	550	02:11:42	186	43
426	Cronje	Anthony	Kway VOB	Male	60-69	1234	02:11:55	224	44
427	Green	Cheryl	Run/Walk for Life	Female	40-49	12055	02:11:56	187	121
428	Cozyn	Ayesha	Ommiedraai	Female	40-49	6766	02:12:09	188	122
429	Beytell	Elsa	None	Female	40-49	Temp	02:12:16	189	123
430	Reinders	Samantha	None	Female	40-49	Temp	02:12:44	190	124
431	Yasin	Anver	Top Form	Male	60-69	3954	02:12:45	225	45
432	O'Conner	Steven	West Coast AC	Male	Senior	5633	02:12:52	226	149
433	Lategan	Jill	Goodwood	Female	40-49	6647	02:12:53	191	125
434	Kluyts	M.	West Coast AC	Female	50-59	5722	02:13:13	192	85
435	Readman	Chris	AAC	Male	70-79	8111	02:13:23	227	7
436	Swanson	Elmarie	Fish Hoek	Female	Senior	6308	02:13:34	193	150
437	Ball	Anthea	Fish Hoek	Female	40-49	6466	02:13:40	194	126
438	Alexander	Bernadette	Mitchell's Plain Titans	Female	50-59	11130	02:13:41	195	86
439	Stacey	Neal	Fish Hoek	Male	60-69	6566	02:13:54	228	46
440	Visser	Arno	None	Male	Senior	Temp	02:13:56	229	151
441	De Beer	Jacoline	None	Female	Senior	Temp	02:13:57	196	152
442	Roman	Kevin	Celtic Harriers	Male	50-59	3772	02:14:01	230	87
443	Louther	Lucille	Celtic Harriers	Female	50-59	3811	02:14:02	197	88
444	Roman	June	Celtic Harriers	Female	50-59	3771	02:14:03	198	89
445	Swart	Lieze	None	Female	40-49	Temp	02:14:27	199	127
446	Van De Merwe	Theo	Fish Hoek	Male	70-79	6332	02:14:36	231	8
447	Unknown	Chaldene	Pinelands	Female	Unknown	4395	02:14:43	200	20
448	Dunn	Siobhan	Spartan Harriers	Female	Junior	20372	02:15:21	201	6
449	Louw-Shang	Liam	Carbineers	Male	Senior	9042	02:15:23	232	153
450	Klaassen	Neels	Goodwood	Male	50-59	6607	02:15:56	233	90
451	Klaassen	Charlotte	Goodwood	Female	50-59	6608	02:16:04	202	91
452	Nagel	Bianca-Leigh	Carbineers	Female	40-49	9040	02:16:26	203	128
453	Bartlett	Denzil	Carbineers	Male	40-49	8907	02:16:27	234	129
454	Marra	Carlo	RCS Gugs	Male	Senior	11565	02:16:39	235	154
455	Steenkamp	Sharon	West Coast AC	Female	40-49	5711	02:17:27	204	130
456	De Oliveira	Chris	Edgemead	Male	40-49	5187	02:17:28	236	131
457	Botha	Suzy	Spartan Harriers	Female	40-49	1824	02:18:02	205	132
458	De Araujo	Betina	Kway VOB	Female	40-49	906	02:18:07	206	133
459	Ohlson	Julian	Century City	Male	60-69	6038	02:18:15	237	47
460	Motshebi	Sam	Team Vitality	Male	40-49	Temp	02:18:32	238	134
461	Unknown	Somaya	PicknPay	Female	50-59	2647	02:18:40	207	92
462	Theron	Ziska	Brackenfell	Female	60-69	9762	02:18:54	208	48
463	Louw	Sophia	Brackenfell	Female	40-49	9769	02:18:55	209	135
464	Swart	Patricia	Pinelands	Female	Senior	4264	02:19:03	210	155
465	Molomo-Mphephu	Cillia	Top Form	Female	40-49	4020	02:19:21	211	136
466	Russell	Timna	None	Female	Senior	Temp	02:19:22	212	156
467	Russell	John	None	Male	50-59	Temp	02:19:23	239	93
468	Davids	Sean	Carbineers	Male	40-49	8973	02:19:55	240	137
469	Abrahams	Shanaaz	Brimstone Itheko	Female	50-59	14512	02:20:31	213	94
470	Lane	Amanda	Satori	Female	40-49	Temp	02:20:36	214	138
470	Unknown			Unknown	Unknown		02:20:36	16	21
472	Geldenhuys	Gerrit	Sanlam	Male	40-49	4691	02:20:54	241	139
473	Rogers	Lucelle	Ommiedraai	Female	50-59	8634	02:21:00	215	95
474	Lewis	Maria	Ommiedraai	Female	60-69	8525	02:21:01	216	49
475	Fourie	Elizabeth	Brackenfell	Female	Junior	20209	02:21:05	217	7
476	Joubert	Sandra	Brackenfell	Female	40-49	9747	02:21:06	218	140
477	Kamies	Zulpha	Central Athletics	Female	Senior	Temp	02:21:15	219	157
477	Kamies	Anwar	Central Athletics	Male	50-59	6261	02:21:15	242	96
479	Unknown	Edward	Fish Hoek	Male	Unknown	6416	02:21:34	243	22
480	Isaacs	Mogamed	Ommiedraai	Male	Senior	8523	02:22:09	244	158
481	Isaacs	Ruhshana	Ommiedraai	Female	Senior	8524	02:22:12	220	159
482	Dick	Rene	Kway VOB	Female	50-59	664	02:22:16	221	97
483	Reyneke	Charlene	Spartan Harriers	Female	40-49	1790	02:22:28	222	141



Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
484	Evans	Mike	Kway VOB	Male	50-59	1306	02:22:32	245	98
485	Rogers	Clarence	Ommiedraai	Male	50-59	8635	02:22:35	246	99
486	Hood	Sandra	Kway VOB	Female	50-59	669	02:22:46	223	100
487	Orpen-Lyall	Wendy	None	Female	40-49	Temp	02:23:10	224	142
488	Hartman	Cathy	None	Female	40-49	1138	02:23:12	225	143
489	Parker	Miranda	Spartan Harriers	Female	50-59	1574	02:23:21	226	101
490	Hassa	Rholda	Brimstone Itheko	Female	50-59	3324	02:24:14	227	102
491	Thompson	Michelle	None	Female	50-59	Temp	02:24:15	228	103
492	Joubert	Nadia	None	Female	Senior	Temp	02:24:39	229	160
493	Galli	Mike	West Coast AC	Male	50-59	15710	02:24:42	247	104
494	Goldschmidt	Chris	Celtic Harriers	Male	60-69	105	02:24:56	248	50
495	Thomas	Evangelique	Edgemead	Female	Senior	5310	02:25:18	230	161
496	Thomas	Devon	Edgemead	Male	Senior	5364	02:25:19	249	162
497	Steyn	Marita	None	Female	60-69	Temp	02:27:00	231	51
498	Hartley	Yushri	Ommiedraai	Male	50-59	8640	02:27:22	250	105
499	Petersen	Cheryl	Spartan Harriers	Female	60-69	1760	02:27:25	232	52
500	Egan	John	Kway VOB	Male	50-59	925	02:27:38	251	106
501	Hewavisenti	Shantalie	AAC	Female	Senior	13480	02:28:24	233	163
502	Rathbone	Rayne	None	Female	Senior	Temp	02:28:47	234	164
502	Nolly	Nafeesa	Central Athletics	Female	Senior	9179	02:28:47	234	164
504	Nolly	Tauriq	Central Athletics	Male	Senior	9178	02:28:48	252	166
505	West	Charlene	None	Female	Senior	Temp	02:29:05	236	167
506	Kakaza	Avu	Durbanville AC	Male	Senior	2493	02:29:36	253	168
507	James	Laura	Spartan Harriers	Female	40-49	1717	02:29:41	237	144
508	Ryan	Anthea	Spartan Harriers	Female	50-59	1621	02:29:42	238	107
509	Meyer	Simone	Old Mutual	Female	40-49	275	02:29:46	239	145
510	Crowder	Berence	Phoenix AC	Female	50-59	12435	02:30:00	240	108
511	Wymers	Destarte	Phoenix AC	Female	40-49	12411	02:30:01	241	146
512	Schwartz	Barry	Fit2000	Male	70-79	4973	02:30:16	254	9
513	Neethling	Marius	Bellville	Male	40-49	5060	02:31:51	255	147
514	Le Roux	Ilze	Bellville	Female	40-49	5062	02:31:52	242	148
515	Unknown	Terri-Lee	Durbanville AC	Female	Senior	14267	02:32:41	243	169
516	Arendse	Peter	Pinelands	Male	50-59	4367	02:32:42	256	109
517	Cloete	Phillipa	Pinelands	Female	50-59	4266	02:33:10	244	110
518	Snyman	Lee-Ann	Carbineers	Female	Senior	8943	02:33:13	245	170
519	Rensburg	Kim	None	Female	Senior	Temp	02:33:14	246	171
519	Alexander	Wesley	Carbineers	Male	40-49	8954	02:33:14	257	149
521	Chilwan	Nadeem	Carbineers	Male	40-49	8877	02:33:15	258	150
521	Alexander	Simone	Carbineers	Female	Senior	8955	02:33:15	247	172
523	Snyman	Shandre	Carbineers	Female	Senior	8944	02:33:16	248	173
524	Mohammed	Fawwaz	Brimstone Itheko	Male	Senior	15904	02:33:51	259	174
525	Cogill	Richard	Spartan Harriers	Male	60-69	1952	02:34:01	260	53
526	Du Toit	Karen	Sanlam	Female	50-59	4670	02:34:07	249	111
527	Feldman	Nazeemah	Spartan Harriers	Female	60-69	1856	02:34:23	250	54
528	Africa	Cicelia	Spartan Harriers	Female	50-59	2018	02:34:24	251	112
529	Kriel	Zughriyah	Hewatt	Female	40-49	8055	02:34:42	252	151
530	James	Pam	Spartan Harriers	Female	60-69	1957	02:34:46	253	55
531	Dunn	Cj	Spartan Harriers	Male	50-59	1967	02:34:47	261	113
532	Mort	Hannah	Kway VOB	Female	Senior	1065	02:35:29	254	175
533	Vermaak	Sonja	Run/Walk for Life	Female	50-59	15791	02:35:53	255	114
534	Harris	Lee-Ann	Pinelands	Female	50-59	4467	02:35:54	256	115
535	Rhodes	Belinda	Pinelands	Female	40-49	4343	02:35:55	257	152
536	Smith	Teri	Kway VOB	Female	50-59	1196	02:36:13	258	116
537	Rensburg	Shaun	Carbineers	Male	50-59	8912	02:36:17	262	117
538	Quinlan	Shirley	None	Female	60-69	Temp	02:36:20	259	56
538	Joubert	P.	None	Female	60-69	Temp	02:36:20	259	56
540	Tomlinson	Gillian	None	Female	50-59	Temp	02:36:35	261	118
541	Szymanowski	Penny	Run/Walk for Life	Female	60-69	10067	02:37:35	262	58
542	Darie	E.	Ravensmead	Female	50-59	9985	02:37:42	263	119
543	Cupido	Kim	Carbineers	Female	40-49	9016	02:37:51	264	153
544	Fortune	Lindsay	Top Form	Female	60-69	2484	02:37:52	265	59
545	Omar	Cashiefa	Brimstone Itheko	Female	40-49	3207	02:37:57	266	154
546	Dollie	Anees	None	Male	Senior	Temp	02:38:02	263	176
547	Cupido	Michelle	Celtic Harriers	Female	50-59	3951	02:38:23	267	120
548	Unknown	Faiza	Top Form	Female	50-59	4073	02:38:42	268	121
549	Hargreaves	Jean	Spartan Harriers	Female	60-69	1483	02:39:26	269	60
550	Berntzen	Annatjie	Goodwood	Female	70-79	6642	02:39:41	270	10
551	Fuller	Jane	Kway VOB	Female	60-69	1149	02:40:21	271	61
552	Fuller	Bronwyn	None	Female	Senior	Temp	02:40:22	272	177
553	Miller	Gavin	Cape Multisport	Male	50-59	7463	02:40:33	264	122
554	Miller	Trudi	Cape Multisport	Female	50-59	7464	02:40:34	273	123

Position	Last Name	First Name	Club	Gender	Age Category	ASA Licence	Time	Position (Gender)	Position (Age Group)
555	Mcewan	Leena	Spartan Harriers	Female	40-49	1977	02:41:39	274	155
555	Radue	Lynn	Spartan Harriers	Female	50-59	1666	02:41:39	274	124
557	Freddy	Beverley	Brimstone Itheko	Female	50-59	3634	02:42:26	276	125
558	Unknown	Paul	Brimstone Itheko	Male	50-59	3272	02:42:28	265	126
559	Matube	Nthabiseng	Retail Capital Langa	Female	Senior	9542	02:45:13	277	178
560	Aproskie	Jackie	Spartan Harriers	Female	40-49	1975	02:48:02	278	156
561	Hansen	Carol-Ann	Spartan Harriers	Female	50-59	1585	02:48:03	279	127
562	Shore	Catherine	Pinelands	Female	40-49	13933	02:48:46	280	157
563	Rautenbach	Chantel	Pinelands	Female	40-49	3909	02:48:48	281	158
564	Woodward	Ilse	Carbineers	Female	Senior	8986	02:48:49	282	179
564	Carstens	Barbara	Spartan Harriers	Female	40-49	1712	02:48:49	282	159
566	Duarte	Pamela	Pinelands	Female	40-49	4409	02:48:55	284	160
567	Buys	Annelize	Kway VOB	Female	50-59	656	02:49:00	285	128
568	Cloete	Pierre	Pinelands	Male	60-69	4251	02:49:25	266	62
569	Priestley	Veronica	Spartan Harriers	Female	50-59	1560	02:49:40	286	129
570	Arendse	Rinalda	Spartan Harriers	Female	50-59	1817	02:49:41	287	130
571	Unknown	Gaopalelwe	West Coast AC	Female	Senior	16643	02:49:56	288	180
572	Orr	Deirdre	Ravensmead	Female	50-59	9977	02:50:30	289	131
573	Smith	Mercia	Pinelands	Female	50-59	95	02:50:38	290	132
574	Horwitz	Monique	None	Female	Senior	Temp	02:53:22	291	181
575	Jackson	Zaida	Carbineers	Male	40-49	8854	02:53:23	267	161
576	Low-Shang	Lee	Carbineers	Male	40-49	9041	02:53:41	268	162
577	Mohamed-Fakier	Zarina	Brimstone Itheko	Female	40-49	3176	03:00:09	292	163
578	Rhodes	Aqeelah	Brimstone Itheko	Female	40-49	9970	03:01:49	293	164
579	Naran-Smith	Veena	Pinelands	Female	Senior	4186	03:08:10	294	182
580	Szymanowski	Janek	Cape Multisport	Male	70-79	7567	03:09:04	269	11
DNQ	Faulds	Jim							
DNS	Alexander	Taley							
DNS	Allie	Jalal							
DNS	Allie	Sumayah							
DNS	Antel	Katherine							
DNS	Aspeling	Amy							
DNS	Baker	Zaakiyah							
DNS	Ballard	Harry							
DNS	Barnard	Michelle							
DNS	Barodien	Mastura							
DNS	Barodien	Shaheema							
DNS	Bekker	Ryan							
DNS	Bele	Busi							
DNS	Bennetts	Victoria							
DNS	Berner	Gerrie							
DNS	Berning	Gareth							
DNS	Bester	Marc							
DNS	Booyesen	Ronald							
DNS	Botes	Cornelle							
DNS	Botha	Courtney							
DNS	Brooks	Nicole							
DNS	Brown	Bryony							
DNS	Bryans	Shaun							
DNS	Burton	Carmin							
DNS	Casey	Georgie							
DNS	Casey	Liz							
DNS	Cassiem	Shameema							
DNS	Cillie	Janneke							
DNS	Crowson	Paul							
DNS	Cubitt	Tim							
DNS	Damerell	Rob							
DNS	Daniels	Felicity							
DNS	Delpport	Juanita							
DNS	Du Plessis	Jan							
DNS	Du Toit	Barend							
DNS	Du Toit	Marilize							
DNS	Du Toit	Nicky							
DNS	Du Toit	Somaya							
DNS	Erasmus	Bianca							
DNS	Farrand	Hanneke							
DNS	February	Craig							
DNS	Ferreira	Erhyn							
DNS	Fourie	Kaleo							
DNS	Freedman	Malcolm							
DNS	Freitas Dos Santos	Auren							

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DNS	Freitas Dos Santos	Marlie							
DNS	Furter	Lauren							
DNS	Futter	Catherine							
DNS	Gamiel dien	Fuzlan							
DNS	Geldenhuis	Annelize							
DNS	Gensicke	Jonas							
DNS	Going	Tracy							
DNS	Gomes	Angela							
DNS	Greeff	Caspar							
DNS	Greeff	Nadia							
DNS	Griego	Eugene							
DNS	Hayes	Stephen							
DNS	Hendricks	Erin							
DNS	Hendricks	Owen							
DNS	Higgo	Brigit							
DNS	Hishin	Catherine							
DNS	Hishin	Hannah							
DNS	Hodson	Leighshe							
DNS	Hoffman	Alexandra							
DNS	Holmes	Celeste							
DNS	Hooper	Nicola							
DNS	Horne	Robert							
DNS	Howard	Judy							
DNS	Huang	Hsin-Chi							
DNS	Hugo	Alexander							
DNS	Hutchings	Eleanor							
DNS	Jacobs	Andre							
DNS	Jansen	Wendy							
DNS	Jansen	Wendy							
DNS	Jekot	Marta							
DNS	Jennings	Mike							
DNS	Joynt	Adele							
DNS	Jukuda	Nenekazi							
DNS	Kamish	Insaf							
DNS	Kelsey	Austin							
DNS	Keynel	Robert							
DNS	King	Suzanne							
DNS	Kirby	Allouise							
DNS	Kituri	Peter							
DNS	Knight	Hilary							
DNS	Koch	Gill							
DNS	Lambarey	Mujeeb							
DNS	Lamont	Frank							
DNS	Lamont	Matthew							
DNS	Langenhoven	William							
DNS	Laubscher	Michael							
DNS	Le Borgne	Vanessa							
DNS	Le Grange	Stephen							
DNS	Le Roux	Chrisna							
DNS	Levey	Nat							
DNS	Levin	Mitch							
DNS	Lewin	Abdul-Muizh							
DNS	Linssen	Janine							
DNS	Lubbe	Gregson							
DNS	Lubbe	Jo							
DNS	Makanjee	Anjana							
DNS	Mallon	Linda							
DNS	Mancktelow	St.John							
DNS	Masalesa	Mmule							
DNS	Matushe	Nozuko							
DNS	Mazzolini	Terrance							
DNS	Mccann	Andrew							
DNS	Mcconnell	Susan							
DNS	Meeter	Feyo							
DNS	Middlemost	Elme							
DNS	Miles	Eddie							
DNS	Mnguni	Cetshwayo							
DNS	Moloabi	Moabaloso							
DNS	Moodley	Sumanthra							
DNS	Mort	Randolph							
DNS	Muller	Glenn							

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DNS	Munro	Elanie							
DNS	Munroe	Lance							
DNS	Murry	Michele							
DNS	Naidoo	Natasha							
DNS	Ndhluni	Aaron							
DNS	Negami	Atsuko							
DNS	Neveling	Kelly							
DNS	Nortje	Anita							
DNS	Oâ€™Connor	Susan							
DNS	Park-Ross	Iain							
DNS	Pask	Lorien							
DNS	Pienaar	Aaminah							
DNS	Pienaar	Jihaad							
DNS	Pinkham	Colin							
DNS	Quinlan	Mark							
DNS	Ravenscroft	Faye							
DNS	Rensburg	Jacqueline							
DNS	Rijnsburger	Yvette							
DNS	Rivera	Jane							
DNS	Robinson	Joy							
DNS	Ronganger	Stephen							
DNS	Rorich	Debbie							
DNS	Rupare	Sally							
DNS	Rysbergen	Sulani							
DNS	Samsodien	Erfaan							
DNS	Sargeant	Warren							
DNS	Scorgie (Marais)	Sarshen							
DNS	Shaw	Janet							
DNS	Sihluku	Mthobisi							
DNS	Smit	Andrew							
DNS	Smit	Sonja							
DNS	Smith	Camilla							
DNS	Smith	Gregg							
DNS	Smith	Richard							
DNS	Sunday	Junaid							
DNS	Souma	Chamiela							
DNS	Spies	Conrad							
DNS	Spies	Lindi							
DNS	Stokes	Ashley							
DNS	Stroebel	Anne-Marie							
DNS	Sukha	Veena							
DNS	Swanepoel	Ellen							
DNS	Swart	Jan							
DNS	Sykes	Beth							
DNS	Taylor	Michelle							
DNS	Thebus	Kami							
DNS	Theron	Danie							
DNS	Theron	Jayson							
DNS	Theunissen	Bea							
DNS	Urisohn	Vinoda							
DNS	Van Der Merwe	Laurette							
DNS	Van Der Sand	Heinrich							
DNS	Van Der Westhuizen	Kathy							
DNS	Van Heerden	Hans							
DNS	Van Niekerk	Adelina							
DNS	Van Reenen	Brent							
DNS	Van Zyl	Michelle							
DNS	Visser	Gerard							
DNS	Visser	Louise							
DNS	Visser	Nicole							
DNS	Von Schumann	Richard							
DNS	Welgemoed	Jacques							
DNS	Wessels	Dino							
DNS	Whitbread	Trish							
DNS	Whitmill	Barry							
DNS	Wishart	Leigh							
DNS	Witz	Carol							
DNS	Zimmerman	Debbie							