

**RED HILL 42KM
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	MADIKIZELA	SIBUSISO	NEDBANK WP		M	SEN	5601	2:34:33
2	BONJESI	JIMMY	RCS GUGS	45	M	45	11140	2:35:28
3	MADALA	SIYABONGA	BOXER AC	38	M	35	3939	2:39:20
4	GEORGE	STEPHEN	CELTIC	40	M	40	0807	2:41:51
5	JOHNSON	GRANT	BEDFORDVIEW CC	43	M	40	3873 CGA	2:43:22
6	BUCKLOW	KYLE	FISH HOEK	33	M	SEN	8488	2:45:24
7	FARRELL	STEVE	TOTALSPORTS VOB	41	M	40	3237	2:48:14
8	GQIBILIZWE	LONWABO	NEDBANK WP	40	M	40	13514	2:49:21
9	SAKWE	SIYA	NEDBANK WP	42	M	40	5541	2:50:54
10	NO CARD		EDGEMEAD		M	SEN		2:51:45
11	VELLEM	SIMPHIWE	RCS GUGS	42	M	40	6245	2:52:05
12	ROBINSON	WILLIAM	HARFIELD	42	M	40	1492	2:52:14
13	JEULAND	MARC	ATC	44	M	40	13991	2:54:54
14	SPIES	ERWIN	STELLENBOSCH	45	M	45	6519 BOL	2:55:08
15	KGASWANE	THEBEETSILE	SANDB WP	35	M	35	8788	2:55:17
16	KENNEDY	ROHAN	AAC	43	M	40	12518	2:55:48
17	BOYANA	LUCA	CENTURY CITY	40	M	40	6113	2:57:20
18	THOMPSON	PAUL	BOXER AC	36	M	35	9449	2:57:21
19	PRINCE	CLINTON	EDGEMEAD	50	M	50	9326	2:58:09
20	GELDENHUIS	WERNER	CAPE MULTISPORT	48	M	45	2561	3:02:00
21	PAYA	IMRAN	RCS GUGS	46	M	45	11141	3:03:44
22	DE JAGER	NICOLAAS	CORR SERVICES WP	41	M	40	1243	3:06:33
23	BULLIVANT	MARK	RCS GUGS	41	M	40		3:06:59
24	CRANSWICK	MASON	TOTALSPORTS VOB	57	M	55	2740	3:09:08
25	NJOROGE	JOHNSON	BELLVILLE	45	M	45	8373	3:11:31
26	SEGONECO	THEMBILE	TYMEBANK LANGA	41	M	40	11058	3:11:54
27	VAN GINKEL	DAVE	FISH HOEK	50	M	50	8674	3:12:30
28	JANDICK	MELIKHAYA	RCS GUGS	39	M	35	6166	3:14:25
29	HOSEUS	BEN	HARFIELD	31	M	SEN	1514	3:15:13
30	HAMUZI	TAWANDACHA	RCS GUGS	45	M	45	6253	3:16:41
31	UNDERWOOD	TIM	TEMP	33	M	SEN	T	3:16:53
32	DU PLESSIS	MADELE	EDGEMEAD	35	F	35	5580	3:16:59
33	STEGMANN	DE WIT	DURBAC	43	M	40	4049	3:17:03
34	GILMOUR	DUNCAN	GROOT CONSTANTIA	47	M	45	6001	3:17:54
35	NZAYO	TSEFISO	RCS GUGS	39	M	35	6143	3:18:17
36	CRONJE	LIONEL	BRACKENFELL	42	M	40	8083	3:19:00
37	CALOTHI	GREG	NEDBANK WP	36	M	35	5611	3:19:03
38	STEENKAMP	NIKI	STELLENBOSCH	50	M	50	0530 BOL	3:19:07
39	BARNARD	ISEL	PHOBIANS	36	F	35		3:19:47
40	NO RETURN		NEDBANK WP		M	SEN		3:20:25
41	VAN ZYL	JOHAN	BELLVILLE	46	M	45	9915	3:20:36
42	CERKYN		BELLVILLE	33	M	SEN	9905	3:21:14
43	SWARTS	ANTHONY	BELLVILLE	32	M	SEN	7796	3:21:15
44	BOTHA	JP	BELLVILLE	29	M	SEN	9916	3:21:43
45	NAKASHIMA	KOJI	TEMP		M	SEN	T	3:22:11
46	SIGODI	UNATI	RCS GUGS	37	M	35	6216	3:22:20
47	NYAMUKA	EVERSON	MP TITANS	50	M	50	4599	3:23:15
48	MANUNGFALA	THOMANI	PARLIAMENT	46	M	45	9834	3:23:42
49	KOTZE	CRAIG	ATC	50	M	50	1808	3:23:52
50	BASSON	ALBIE	TEMP		M	SEN	T	3:24:26
51	CARLSON	MARK	AAC	53	M	50	9584	3:24:53
52	MIDDLEMOST	ELME	NEDBANK WP	45	F	45	5545	3:24:54
53	FREDERICKS	CLIVE	SPARTAN	49	M	45	0170	3:25:38
54	MANS	GERT	TEMP	35	M	35	T	3:25:39
55	DE SWARDT	AWIE	DURBAC	48	M	45	4055	3:25:58
56	MASHANDUDZE	EMMANUEL	SPARTAN	38	M	35	0237	3:26:22
57	HENDRIK		RAVENSMEAD	45	M	45	5309	3:27:11
58	TOYOSAKIE	KENTARO	RCS GUGS	39	M	35	5928	3:27:14

59	STEMMET	JOHAN	LANGEBERG	49	M	45	0520 SWD	3:27:32
60	DU TOIT	JAN	GOODWOOD HARRIERS	49	M	45	10425	3:27:53
61	MOHAMED	ASHRAF	OMMIEDRAAI		M	SEN	11500	3:27:55
62	CHEVALIER	ANTON	NEDBANK SWD	58	M	55	1148 SWD	3:28:11
63	SPENCE	ALISTER	DURBAC	51	M	50	4151	3:28:57
64	BLAAUW	THEMBISO	TEAM VITALITY	52	M	50	7172	3:29:32
65	GIVEN		ZANDVLEI	47	M	45	14036	3:29:51
66	STEYN	PAUL	STRAND	44	M	40	3636	3:29:57
67	CONRADIE	JACOBUS	PAARL	29	M	SEN	1115 BOL	3:30:02
68	KENMUIR	CRIAG	TOTALSPORTS VOB	47	M	45	2787	3:30:03
69	VAN DER WALT	PETER	TEMP	32	M	SEN	T	3:30:20
70	LEITH	DAVID	TEMP	32	M	SEN	T	3:30:25
71	HOPKINSON	ROBYN	WILD RUNNER	48	F	45	3586	3:30:27
72	VON MALTZAHN	NIKLAS	TOTALSPORTS VOB	35	M	35	3133	3:30:57
73	NO CARD		TEAM VITALITY		M	SEN		3:32:18
74	PIKKER	MARK	TOTALSPORTS VOB	40	M	40	1508	3:32:24
75	MARSHALL	JULIE	WILD RUNNER	47	F	45		3:33:19
76	NKUTHA	MFANO	TEAM VITALITY	47	M	45	7203	3:34:42
77	GROENEWALD	PETRUS	DURBAC	36	M	35	3877	3:34:49
78	CIEVERTS	HENRY	PINELANDS	65	M	65	1058	3:35:34
79	MUTSWANE	ITUMELENG	WEST COAST	31	M	SEN	2197	3:35:40
80	MABULU	NCEBA	RCS GUGS	34	M	SEN	6195	3:36:45
81	MWANGI	VINCENT	FAT CATS	45	M	45	5961	3:37:06
82	HALL	CANDYCE	CARBINEERS WP	39	F	35	4499	3:37:12
83	HOUWELINGEN	JANA	AAC	35	F	35	3543	3:37:38
84	GIWU	MZWANDILE	TEMP	45	M	45	1865	3:37:53
85	NO RETURN				M	SEN		3:38:04
86	KILANI	SIVUYILE	SANDF WP	37	M	35	9869	3:38:27
87	MALAN	CHARLES	WHALERS AC	54	M	50	0426 BOL	3:38:42
88	MAJIKIJELA	SIYABULELA	LWANDLE	38	M	35	5420	3:38:55
89	SWART	CHRISTO	CELTIC	37	M	35	0767	3:39:01
90	STANDER	JOHANNA	TEMP	55	F	55	T	3:39:25
91	KALIS	MARK	CELTIC	49	M	45	0895	3:39:54
92	M	HLONIPHILE	PARLIAMENT	42	M	40	9841	3:40:41
93	ANDERSON	JAMES	HELDERBERG HARRIERS	49	M	45	5664	3:40:57
94	BRAND	MORNE	DURBAC	38	M	35	4114	3:41:00
95	RATOMBO	AUBREY	DURBAC	45	M	45	3929	3:41:02
96	KOLNIK	JAKE	FISH HOEK	46	M	45	11617	3:41:05
97	BRESLER	ANDRE	TYGERBERG	51	M	50	2222	3:41:22
98	BUCKLOW	D	FISH HOEK	54	M	50	11619	3:41:36
99	KANNEMEYER	BRANDON	SPARTAN	29	M	SEN	0384	3:42:04
100	JONES	KYLIE	AAC	32	F	SEN	9524	3:42:40
101	HWINYA	CLEOPAS	RUN ZONE		M	SEN	24982 CGA	3:43:03
102	BANYARE	EBRAHIM	RCS GUGS	45	M	45	6209	3:43:05
103	MAREE	LIANA	STELLENBOSCH	46	F	45	0810 BOL	3:43:31
104	GRUNOW	PETER	DURBAC	36	M	35	13832	3:43:36
105	PICKLES		DURBAC	37	M	35	4261	3:44:23
106	LAURIE	MORNE	CAPE MULTISPORT	47	M	45	2277	3:44:23
107	BOTHA	KOSIE	CORR SERVICES WP	68	M	65	1870	3:44:49
108	RONDGANGER	STEPHEN	NEDBANK WP	46	M	45	5570	3:44:50
109	ILUNGA	CHRISTIAN	BELLVILLE	37	M	35	9939	3:45:08
110	LERM	MARTIN	CARBINEERS WP	43	M	40	4482	3:45:20
111	MANZINI	MOSES	IN TOUCH	36	M	35	12782	3:45:52
112	CELE	MARTIN	WEST COAST	44	M	40	2028	3:45:53
113	BOOT	JOHAN	TEMP	54	M	50	T	3:45:54
114	DAVEL	MARELLE	WHALERS AC	51	M	50	0409 BOL	3:45:58
115	VAN RENSBURG	CHRISTIAAN	DURBAC	50	M	50	3973	3:46:01
116	KOTZE	FRANCOIS	STELLENBOSCH	47	M	45	0685 BOL	3:46:12
117	RUSTIN	SYDNEY	SANDF WP	57	M	55	8843	3:46:15
118	JOSHUA	RANDALL	PHOENIX	49	M	45	9424	3:46:21
119	WOLDSON	EARL	TOTALSPORTS VOB	43	M	40	3233	3:46:38
120	NORTJE	MORNE	TEAM VITALITY	31	M	SEN	7505	3:46:50
121	MCGIBBON	DAVID	FISH HOEK	35	M	35	8575	3:47:08
122	PETSE	UVIWE	TEMP	48	M	45	17986	3:47:20
123	CLITZ	JANI	DURBAC	39	F	35	3839	3:47:49
124	TYRRELL	JAMES	MAVERICK	40	M	40		3:48:00

125	VAN GRAAN	BILLY-JOE	FISH HOEK	41	M	40	T		3:48:03
126	AKERROYD	TRACEY	TEMP	47	F	45	0191		3:48:12
127	NTULI	JAPHET	CHILLIE	44	M	40	6026		3:48:23
128	GRUNOW	GUINIVERE	DURBAC	33	F	SEN	T		3:48:28
129	SCHALL	DOMINIK	TEMP	33	M	SEN	T		3:48:41
130	ATKINSON	CRAIG	MAVERICK	43	M	40	T		3:48:42
131	NO RETURN		TYGERBERG		M	50			3:48:52
132	DE VILLIERS	DANIE	KRUGERSDORP RR	54	M	50	4674 CGA		3:50:05
133	THABISO	NAMATHE			M	SEN	1354		3:50:35
134	BWERINOFA	TAFARA	GOODWOOD HARRIERS	40	M	40	6909		3:50:40
135	GOUSSARD	PIERRE	DURBAC	56	M	55	7950		3:50:49
136	NUKU	LISTER	MELKBOS	52	M	50	6783		3:50:54
137	VAN GRAAN	DONOVAN	FISH HOEK	38	M	35	1559		3:51:43
138	VAN DER WALT	LAUREN	DURBAC	36	F	35	3739		3:51:47
139	GAPIN-FREHEL	JEAN-MALO	TEMP	26	M	SEN	T		3:51:48
140	NXUMALO	SAKHILE	TYMEBANK LANGA	36	M	35	5345		3:51:51
141	BAILES	SHAYLA	MATES	31	F	SEN	11680		3:52:19
142	VAN ROOYEN	DEWET	TEMP	44	M	40	T		3:52:25
143	NOLLY	TAURIQ	CENTRAL AC	46	M	45	9614		3:53:17
144	DEMINGO	WILFRED	ARD	59	M	55	5677		3:53:43
145	SOLANI	SIZWA	RCS GUGS	46	M	45	11194		3:53:49
146	MOEN	HENK	PHOBIANS	53	M	50	2010 AGN		3:54:14
147	MGWEBI	MZUKISI	NEDBANK WP	44	M	40	5579		3:54:56
148	LOW	TIM	NEDBANK WP	54	M	50	5554		3:55:02
149	POTGIETER	JOHN	HELDERBERG HARRIERS	36	M	35	7904		3:55:14
150	FORTUNE	TIMOTHY	SPARTAN	20	M	SEN	0482		3:55:40
151	BENNETTS	VICTORIA	CARBINEERS WP	46	F	45	4528		3:55:48
152	NDUNA	SABA	CHILLIE	51	M	50	6083		3:56:02
153	DYASI	MZIMASI	RCS GUGS	52	M	50	11331		3:56:05
154	TENIL	PHUTT	RCS GUGS	56	M	55	6051		3:56:14
155	VAN WYK	JOHAN	TEMP	54	M	50	T		3:56:24
156		FELIX	TYMEBANK LANGA		M	SEN	11051		3:56:26
157	CRAWFORD	LINDSAY	PINELANDS	44	M	40	1144		3:57:05
158	NYONI	KUDAKWASHE	TEMP	42	M	40	T		3:57:14
159	FAGODIEN	EBRAHIM	ACSA	48	M	45	12317		3:57:43
160	MUNZHELELE	LUCAS	METROPOLITAN	39	M	35	9313		3:58:16
161	MAREGELE	SHAUN	PHOENIX	51	M	50	9389		3:58:41
162	SACKS	ALEXIS	CARBINEERS WP	54	F	50	4555		3:58:50
163	PETERSEN	LEE	TEMP	40	M	40	T		3:59:12
164	BEZUIDENHOUT	ELMARIE	DURBAC	41	F	40	3905		3:59:13
165	NO CARD		FAT CATS		M	SEN			3:59:15
166	COETZEE	WILLIE	WEST COAST	67	M	65	2156		3:59:44
167	DE KLERK	CARLA	ATC	30	F	SEN			3:59:46
168	VAN WYK	MADUNA	TYMEBANK LANGA	44	M	40	11033		3:59:59
169	DYANTYIS	MANDISI	RCS GUGS	40	M	40	6138		4:00:06
170	FLETCHER	RAE	TYMEBANK LANGA	42	F	40	5510		4:00:13
171	BARNARD	NICO	PHOBIANS	36	M	35			4:00:18
172	JANSE VAN RENSBURG	ESTELLE	DURBAC	33	F	SEN	3919		4:00:45
173	BEETON	WIAAN	STELLENBOSCH	36	M	35	0706 BOL		4:00:51
174	NOQHAMZA	MZUKISI	TSUTSUMANI AC	41	M	40	0076 CGA		4:00:52
175	NODIWA	SIPHO	WEST COAST	37	M	35	1865		4:01:07
176	NEPGEN	ARNO	AAC	40	M	40	8319		4:01:26
177	BOTHA	PIETER	HOUT BAY	34	M	SEN	1386		4:01:55
178	SWANSON	PAUL	TOTALSPORTS VOB	41	M	40			4:02:44
179	TENDANI		FAT CATS		M	SEN	5931		4:02:52
180	DZIIKE	SILAS	TEAM VITALITY	45	M	45	3354		4:03:01
181	CARSTENS	KAREN	DURBAC	41	F	40	3941		4:03:26
182	RAMOKOKA	TIMOTHY	TEAM VITALITY CG	30	M	SEN	21467 CGA		4:04:02
183	GORDON	IGHSAAN	OMMIEDRAAI	34	M	SEN	9507		4:04:03
184	ARENDSE	VALENTINO	SPARTAN	44	M	40	0488		4:04:14
185	BENADE	MICHELLE	MAVERICK	37	F	35	6892 CGA		4:05:21
186	BILLIMORE	GARETH	TEMP	45	M	45	0829		4:05:31
187	NO RETURN		TEMP		M	SEN	T		4:05:35
188	NO RETURN		CAPE MULTISPORT		M	SEN			4:05:45
189	MABINDE	BUSI	HOUT BAY	44	M	40	T45732		4:06:19
190	SAUNDERS	REGGIE	WALMERS	69	M	65	0522		4:06:19

191	LARY	GARTH	SANDF WP	51	M	50	8838	4:06:38
192	JACOBS	NEVULE	FISH HOEK	43	M	40	11603	4:06:42
193	ROSS	KIAH	STRAND	27	F	SEN	T	4:06:45
194	PERSENTS	VALENTINO	MP TITANS	34	M	SEN	4625	4:06:56
195	MKHANDI	NLHANHLA	MORNINGSIDE COUNTRY CLUB	41	M	40	8650	4:07:16
196	RADEBE	PRINCE	KHAYELITSHA		M	SEN		4:07:30
197	JOUBERT	SCHALK	NEDBANK SWD	25	M	SEN	1369 SWD	4:07:40
198	NOMKUMBUSO		TYMEBANK LANGA	45	M	45	11051	4:07:50
199	ALEXANDER	LISA	STRAND	54	F	50	3692	4:08:01
200	MADLOLO	MBULELO	EDGEMEAD	43	M	40	4855	4:08:25
201	AUGUST	PETER-JOHN	TEAM VITALITY	59	M	55	2798	4:08:25
202	CERES	ISMAIL	OMMIEDRAAI	32	M	SEN	2531	4:08:27
203	MAKHOMO	SELBOURNE	IN TOUCH	50	M	50	12787	4:08:35
204	JONKER	DAVE	TOTALSPORTS VOB	45	M	45	2705	4:08:45
205	JOSEPHSON	MICHAEL	WEST COAST	55	M	55	2053	4:08:54
206	MOTHIBA	JACK	STELLENBOSCH	38	M	35	0567 BOL	4:08:55
207	MTSHA	MAXO	RCS GUGS	59	M	55	11281	4:08:59
208	CASE	SANDRA	TEMP	42	F	40	T	4:09:03
209	WAMAMBO	CLEOPHAS	CENTURY CITY	40	M	40	10687	4:09:12
210	DEELIE	ROCHEN	EASTERNS	44	M	40	8700	4:09:22
211	MULLIS	SHANE	WHALERS AC	34	M	SEN	0358 BOL	4:09:37
212	MAHARAGE	REECE	CELTIC	32	M	SEN	0674	4:09:57
213	COSTA	DIMOPOULOS			M	SEN	1058	4:10:00
214	SHANNON	CELINE	KEMPTON RR	45	F	45	7440 CGA	4:10:03
215	VLOTMAN	CHRISTO	WHALERS AC	42	M	40	0359 BOL	4:10:21
216	LOOS	BEN	CELTIC	45	M	45	0842	4:10:28
217	OLIVEIRA	JOSE LUIS	EDGEMEAD	48	M	45	4817	4:10:36
218		MARSHALL	HERBALIFE	57	M	55		4:10:42
219	TAYLOR	LAURA	STRAND	41	F	40	4682	4:11:23
220	GRIMBEEK	JACQUES	STRAND	54	M	50	3722	4:11:24
221		ALISTAIR	TEMP	41	M	40	T45735	4:11:29
222	SELOWE	DUMISANE	EVANDER	41	M	40	0966 MPU	4:11:35
223	NDZENDZE	BABALO	TEAM VITALITY	29	M	SEN	7134	4:11:50
224	GUNMDED	FREEDOM	UCT	54	M	50	9742	4:11:52
225	NIEMANN	MICHAEL	ATC	41	M	40	1234	4:11:59
226	MISROLL	JACKIE	PINELANDS	54	F	50	1069	4:12:04
227	MCLEOD	MICHAEL	WEST COAST	51	M	50	2016	4:12:13
228	JOOSTE	THEO	TEMP	25	M	SEN	T34270	4:12:18
229	REDMAN	JADE	PINETOWN & DISTRICTS	34	F	SEN	1084 KZN	4:12:37
230	BRAND	EDWARD	TEMP	47	M	45	T	4:12:47
231	FARNDSELL	ANDREW	DURBAC	49	M	45	3774	4:12:49
232	WOOD	BRUCE	WEST COAST	54	M	50	1888	4:12:53
233	LOURENS	RIAAAN	STRAND	47	M	45	12103	4:13:10
234	ORPAHN	EARLYDAWN	SANDF WP	39	F	35	8845	4:13:25
235	SIMS	NICHOLAS	TEMP	38	M	35	T	4:13:30
236	STEYN	LOZAAN	TEMP	36	F	35	T	4:13:58
237	OBREE	NICHOLAS	TOTALSPORTS VOB	43	M	40	3013	4:14:07
238	BOTHA	JESSE	TEAM VITALITY	24	M	SEN	6837	4:14:12
239	COETZER	LARISSA	DURBAC	44	F	40	3820	4:14:25
240	JONKER	KRISTIAN	BELLVILLE	27	M	SEN	8444	4:14:35
241	BUHAGIAN	ANDREW	TOTALSPORTS VOB	48	M	45	3185	4:14:41
242	GEDDIE	ALLAN	CARBINEERS WP	50	M	50	16471	4:14:47
243	ADAMS	MATTHEW	TEMP	28	M	SEN	T	4:15:04
244	OSMAN	EBRAHIM	BRIMSTONE ITHEKO	54	M	50	6566	4:15:32
245	KADWA	KHATIJA	BRIMSTONE ITHEKO	46	F	45	6576	4:15:34
246	SALIE	MAAHIR	OMMIEDRAAI	37	M	35	2408	4:15:35
247	DOMINGO	MARIAM	BRIMSTONE ITHEKO	41	F	40	6578	4:15:36
248	ABDULLAH	N	BRIMSTONE ITHEKO	41	M	40	13559	4:15:37
249	JACOBS	ISGAK	BRIMSTONE ITHEKO	55	M	55	6568	4:15:38
250	KARBARY	SADIKA	BRIMSTONE ITHEKO	48	F	45	6577	4:15:38
251	MOLOKA	[HUTI	BAYETE MULTISPORT	38	M	35	0429 SWD	4:15:39
252	GERBER	JOHAN	SANLAM	43	M	40	1678	4:16:08
253	MASINGI	VINCENT	PARLIAMENT	40	M	40	9855	4:16:09
254	KANENGONI	LUCIA	GOODWOOD HARRIERS	70	F	70	12628	4:16:43
255	DU PLOOY	ROELOF	TEMP	40	M	40	T	4:17:50
256	MAY	CARL	MP TITANS	36	M	35	11420	4:17:55

257	VAN DER KOLF	GIDEON	STELLENBOSCH	35	M	35	0684 BOL	4:18:12
258	LOOTS	JAN	DURBAC	50	M	50	4150	4:18:18
259	NO RETURN		TEMP		M	SEN	T	4:18:21
260	NIENABER	IAN	WEST COAST	36	M	35	2177	4:18:22
261	VAN TONDER	CHANTA	TEAM VITALITY	27	F	SEN	6888	4:18:22
262	NIENABER	RYAN	WEST COAST	40	M	40	2172	4:18:23
263	MPENDULO	MAGAGULA	WEST COAST	31	M	SEN	1852	4:18:30
264	MILLARD	GAVIN	STRAND	55	M	55	3622	4:18:53
265	SIMS	RANDALL	CELTIC	40	M	40	0716	4:19:12
266	BANGO	LIZO	RCS GUGS	46	M	45	11177	4:19:24
267	STEVENS	MARK	BENONI NORTHERNS	37	M	35	14426 CGA	4:19:42
268	NOTTINGHAM	GUY	FITNESS FROM AFRICA	67	M	65	1956 CGA	4:20:00
269	ALLIES	JOHN	CARBINEERS WP	62	M	60		4:20:15
270	NEWBERT	CAROLINE	CELTIC	47	F	45	0625	4:20:21
271	NEETHLING	TANIA	CELTIC	50	F	50	0650	4:20:22
272	RAUBENHEIMER	MATT	CARBINEERS WP	36	M	35	4481	4:20:25
273	FEYT	MANDY-LEE	DURBAC	43	F	40	3803	4:20:26
274	OCTOBER	GEORGE	DURBAC	61	M	60	6521	4:20:29
275	KIRCHING	KEVIN	AAC	43	M	40	12436	4:20:39
276	CHONG	PETER	EDGEMEAD	45	M	45	4828	4:20:40
277	KITCHING	NATHAN	AAC	39	M	35	10291	4:20:41
278	DE OLIVEIRA	CHRIS	EDGEMEAD	54	M	50	4820	4:20:46
279	BALKWILL	CAROLINE	AAC	50	F	50	9460	4:20:55
280	LANGA	ZINTLE	NEDBANK WP	43	F	40	13513	4:21:07
281	NGONO	SIMTHEMBILE	CORR SERVICES WP	43	M	40	10507	4:21:29
282	MAWMAN	MARK	TEMP	47	M	45	T	4:21:30
283	DOUGLAS	WARREN	TEMP	47	M	45	T	4:21:31
284	MALEFO	THEMBINKOSI GIVEN	TEMP	30	M	SEN	T	4:21:32
285	CALLAGHNA	MATTHEW	BRACKENFELL	26	M	SEN	8195	4:21:34
286	CRAIG	GAVIN	SOUTH STRIDERS	52	M	50	5828	4:21:41
287	MOLAHLOE	PERVICAL	BRACKENFELL	39	M	35	10899	4:21:53
288	VAN WYK	AZANNE	CAPE MULTISPORT	49	F	45	8849	4:22:38
289	ROGERS	LORRAINE	DURBAC	64	F	60	3759	4:22:44
290	FREELAND-HUGHES	LEE ANNE	MELKBOS	33	F	SEN	2826	4:23:00
291	DU TOIT	MADELEINE	DURBAC	45	F	45	4040	4:23:08
292	JANSEN	ROWLAND	KUILS RIVER	61	M	60	2620	4:23:09
293	SANGO	TAWANDA	TYMEBANK LANGA	41	M	40	5364	4:23:44
294	SMITH	TYRRELL	DURBAC	34	M	SEN	3864	4:24:01
295	DE KLERK	KEVIN	WEST COAST	46	M	45	2146	4:24:10
296	BLAIKIE	SHAUN	FISH HOEK	42	M	40	T	4:24:11
297	PADAYACHEE	NAZEEM	TOTALSPORTS VOB	35	M	35	3025	4:24:12
298	SKEPE	SINEBONGO	STELLENBOSCH	36	M	35	0770 BOL	4:24:12
299	HOLMES	SHAUN	TEAM VITALITY CG	43	M	40		4:24:34
300	WILLIAMS	ANTOINETTE	TYGERBERG	52	F	50	4240	4:24:35
301	WILLEMSE	DEAN	BELLVILLE	46	M	45		4:24:47
302	DUVENAGE	ANDUS	PAARL	42	M	40	1190 BOL	4:25:05
303	BOOIS	JEANE-PIERRE	CLUB MYKONOS MULTISPORT	43	M	40	0873 BOL	4:25:26
304	BRAND	JOHANNES	UPINGTON	66	M	65	0113 NWC	4:25:35
305	MACHINE	DAVID	WEST COAST	42	M	40	2169	4:25:40
306	NO RETURN		CHILLIE		M	SEN		4:25:57
307	SELBY		CHILLIE	43	M	40	6067	4:26:03
308	THIART	PHUMLANI	CHILLIE	44	M	40	6024	4:26:04
309	TORR	STUART	ATC	43	M	40	9979	4:26:08
310	KLEINSMITH	ANDRE	SANDB WP	63	M	60	8830	4:26:21
311	SAMUELS	LEIGHTON	SPARTAN	47	M	45	13855	4:26:42
312	SMITH	MICHAEL	DURBAC	54	M	50	6504	4:27:00
313	SAHD	MONTY	BELLVILLE	41	M	40	8387	4:27:02
314	DISQUALIFIED		TEAM VITALITY	37	M	35	7160	4:27:09
315	LEWIES		CORR SERVICES WP	63	M	60	4280	4:27:10
316	SMITH	JP	BELLVILLE	38	M	35	9936	4:27:16
317	MKOYIYA	PUMEZA	RCS GUGS	44	F	40	11193	4:27:21
318	URISOHN	VINODA	OMMIEDRAAI	49	F	45	2456	4:27:23
319	GABA	LUNGA	TEMP	39	M	35	T	4:27:35
320	DE WAAL	TANIA	CARBINEERS WP	54	F	50	4469	4:27:35
321	VAN BLOMMESTEIN	JOHAN	TEMP	42	M	40	T	4:27:37
322	DISQUALIFIED		RCS GUGS	42	M	40	17196	4:27:47

323	KERAAN	WESHAAM	OMMIEDRAAI	41	M	40	8567	4:27:50
324	MARIPANE	CASWELL	MANONG	45	M	45	2490 LIM	4:27:52
325	FICK	THIAN	SANLAM	40	M	40	1586	4:28:11
326	MANDUNDU	BONGANI	MP TITANS		M	SEN	4573	4:28:16
327	MSCOMI	NONKHOLO	RCS GUGS	44	M	40	11156	4:28:21
328	BLOMMETJIE	ZHAMEEM	TEMP	25	M	SEN	T	4:28:25
329	SHOKO	AUBREY	RCS GUGS	50	M	50	11300	4:28:32
330	LOMAX	GAVIN	WEST COAST	47	M	45	3206	4:28:51
331	NGCOBO	MZOKHONA	SANDF WP	35	M	35	8894	4:28:59
332		DESMOND	TEMP	54	M	50	T	4:29:06
333		NELSON	RCS GUGS	39	M	35	11189	4:29:11
334	CHAFANZA	SIBONGILE	CELTIC	36	F	35	0953	4:29:12
335	NO RETURN				M	SEN		4:29:24
336	LEMONO	JEANETTE	TOTALSPORTS VOB	59	F	55	2999	4:29:27
337	RISI	CRAIG	BELLVILLE	42	M	40	1388	4:29:32
338	MALI	KUKHANYILE	RCS GUGS	28	M	SEN	11217	4:29:48
339	NEL	HELMA	WELLINGTON	51	F	50	1477 SWD	4:29:50
340	DISQUALIFIED		SANDF WP	35	M	35	8919	4:29:56
341	NUNNS	CRAIG	DURBAC	49	M	45	3756	4:30:01
342	RITTERSHAUS	AXEL	AAC	53	M	50	8310	4:30:23
343	SMEDA	GRAEME	EDGEMEAD	48	M	45	5098	4:30:26
344	CHERRY	RYAN	TEMP	36	M	35	T34281	4:30:33
345	VAN BREDA	MARK	CELTIC	50	M	50	3680	4:30:50
346	LEMORE	NADINE	MP TITANS	39	F	35	4561	4:30:51
347	POTGIETER	RACHEL	SOMERSET STRIDERS	40	F	40	9135	4:31:00
348	SLATER	NEIL	SOMERSET STRIDERS	46	M	45	8584	4:31:01
349	MATJUDA	DONALD	RCS GUGS	45	M	45	6188	4:31:06
350	RAWRAWAY	DAVID	OMMIEDRAAI	56	M	55	11505	4:31:07
351	JOUBERT	ZANRA	NEDBANK WP	38	F	35	13507	4:31:11
352	KASSEL	KLAUS	WEST COAST	72	M	70	2051	4:31:12
353	WILCOCK	DAVID	WEST COAST	50	M	50	1973	4:31:13
354	HOFFMANN	LE ROUX	DURBAC	38	M	35	11842	4:31:14
355	DYWILL	SIMPLICITY	TEMP	34	M	SEN	T	4:31:16
356	SPAMER	TANJA	NEDBANK WP	54	F	50	10921	4:31:17
357	NO RETURN		TEMP		M	SEN	T	4:31:24
358	LITTLE	LAURIN	HELDERBERG HARRIERS	42	F	40	7953	4:31:27
359	K	ADILE	TEAM VITALITY	46	M	45	7021	4:31:35
360	MUSHANGANYISI	KANAKANA	PINELANDS	48	M	45	1091	4:31:36
361	CURRY	BRETT	SPARTAN	34	M	SEN	0353	4:31:40
362	BLACKWELL	GUY	WEST COAST	44	M	40	1901	4:31:44
363	SMIT	HELANE	CLUB MYKONOS MULTISPORT	59	F	55	0946 BOL	4:31:57
364	BESTER	NERINA	CLUB MYKONOS MULTISPORT	44	F	40	0968 BOL	4:31:57
365	BEUKES	CISKA	DURBAC	49	F	45	3874	4:31:58
366	LIUTA	KANTE	TEMP	37	M	35	T	4:31:59
367		FADIEL	MP TITANS	52	M	50	11430	4:32:11
368	JACOBS	QUINTON	MP TITANS	49	M	45	4610	4:32:12
369	JONES	SAMMIE	MP TITANS	66	M	65	4595	4:32:13
370	NO CARD				M	SEN		4:32:15
371	MOORE	VIBEKE	TEMP	47	F	45	T	4:32:15
372	TERRELL	NICKIE	MELKBOS	45	M	45	6782	4:32:16
373	GELDENHUIS	LESTER	IN TOUCH	51	M	50	7182	4:32:17
374	DE ANDRADE	DIEGO	EDGEMEAD	29	M	SEN	4879	4:32:18
375	AKEROYD	RICHARD	HARFIELD	48	M	45	1451	4:32:18
376	ORRIE	ASHRAF	BRIMSTONE ITHEKO	55	M	55	6520	4:32:19
377	BROWN	JOHN	SANDF WP	65	M	65	8841	4:32:20
378	WYNGAARD	LAURENTIUS	SPARTAN	51	M	50	0328	4:32:39
379	DE	HERMANUS	ILLEGIBLE		M	SEN	5689	4:32:41
380	DLODLO	GCINIKAYA	PINELANDS	49	M	45	0974	4:32:47
381	NDUDE	LULU	PINELANDS	39	F	35	1185	4:32:58
382	MITCHELL	CHRIS	WHALERS AC	41	M	40	0385 BOL	4:33:03
383	CASE	DAVID	HANGKLIP	44	M	40	17509 BOL	4:33:25
384	VAN NIEKERK	LIZETTE	TEMP	41	F	40	T	4:33:26
385	DISQUALIFIED		RCS GUGS	45	M	45	11134	4:33:53
386	MORKEL	CHRIS	BELLVILLE	45	M	45	8360	4:34:04
387	BLANK CARD				M	SEN		4:34:16
388	NO RETURN				M	SEN		4:34:25

389	FLUX	TOM	FISH HOEK	32	M	SEN	8654	4:34:39
390	KLEVE	ADEN	TEMP	32	M	SEN	T	4:34:40
391	SOLOMONS	RONALD	VIKING	47	M	45	8725	4:34:41
392	MAPINGIRE	KUDZAI	WEST COAST	37	M	35	2115	4:34:45
393	NTEZO	LUVU	DURBAC	41	M	40	4017	4:34:51
394	HELLMANN	GARETH	WEST COAST	46	M	45	1900	4:35:04
395	MATSAPOLA	PHASWANE	TEMP	33	M	SEN	T	4:35:14
396	JANSE VAN RENSBURG	PIERRE	CENTURY CITY	42	M	40	4725	4:35:15
397	SITHOLE	ANSTEY	STRAND	33	F	SEN	12983	4:35:16
398	DLANGAPUNDI	PATRICK	NEDBANK WP	67	M	65	10981	4:35:17
399	NO RETURN		CARBINEERS WP		F	50		4:35:21
400	BOTHMA	CANDICE	CENTURY CITY	39	F	35	3612	4:35:22
401	WICHERS	JANDRE	STRAND	34	M	SEN	3717	4:35:28
402	WHELPTON	SAM	TEMP	38	F	35	T	4:35:35
403	DUNN	ROBERT	TOTALSPORTS VOB	56	M	55	3285	4:35:45
404	SIGENU	MXOLI	RCS GUGS	54	M	50	6266	4:35:51
405	FOUCHE	JANINE	BELLVILLE	54	F	50	8323	4:35:52
406	SMIT-STEMMET	MICHELLE	BELLVILLE	41	F	40	8394	4:36:01
407	OLIVIER	ZANDER	BELLVILLE	41	M	40	11829	4:36:02
408	MAY	JAFTA	HOUT BAY	43	F	40	1363	4:36:03
409	HAVENGA	KAREN	TEMP	50	F	50	T	4:36:10
410	VAN BREDA	SHIRNEL	CELTIC	42	F	40	0866	4:36:30
411	DAVEY	MEG	NEDBANK WP	53	F	50	0171	4:36:33
412	NHOSE	MAEDO	DRDLR AC	51	M	50	11397	4:36:47
413	SAKIELDIEN	MOENIR	CELTIC	48	M	45	0944	4:36:48
414	NO RETURN				M	SEN		4:36:52
415	RIPSOLD	TRSIUS	EDGEMEAD	33	M	SEN	4927	4:37:33
416	DISQUALIFIED		STELLENBOSCH	23	M	SEN	0821 BOL	4:37:59
417		KENNETH	CELTIC	62	M	60	T34282	4:38:10
418	MAHLANGU	DUMISANI	TEAM VITALITY	34	M	SEN	7173	4:38:11
419	WHITEHEAD	LEE-ANN	BELLVILLE	31	F	SEN	8282	4:38:20
420	DU TOIT	BAREND	DURBAC	51	M	50	3909	4:38:25
421	JARDIM	JOSHUA	TEMP	26	M	SEN	T	4:38:39
422	BLACK	MARISSA	NEDBANK WP	45	F	45	1439	4:38:40
423	NTJE	TEBOHO	SPARTAN	52	M	50	0509	4:38:54
424	MAFHARA	AWELANI	WEST COAST	33	M	SEN	1945	4:38:56
425	DU PLOOY	SJ	DURBAC	41	M	40	3992	4:39:13
426	CONRAD	BRYAN	TEMP	48	M	45	T	4:39:14
427	NO RETURN		NEDBANK WP		M	SEN		4:39:15
428	BAHEJAH		WILD RUNNER	43	M	40	12332	4:39:32
429	DANYSZ	OSCAR	HARFIELD	30	M	SEN	1417	4:39:42
430	DU TOIT	FRANNOIS	HARFIELD	34	M	SEN	1432	4:39:43
431	BOENDER	RONNY	HARFIELD	49	M	45	1460	4:39:44
432		JEFFREY	RAVENSMEAD	52	M	50	5287	4:40:03
433	VAN STADEN	RENE	DURBAC	36	F	35	0390	4:40:20
434	RABIN	SIRAAJ	BRIMSTONE ITHEKO	49	M	45	6574	4:40:23
435	SALIE	SIRAJ	BRIMSTONE ITHEKO	51	M	50	15222	4:40:25
436	PADIACHY	VIBERT	STELLENBOSCH	32	M	SEN	0820 BOL	4:40:26
437	MINNIE	SHANE	CAPE MULTISPORT	48	M	45	11667	4:40:31
438	STIMIE	JOHANN	STELLENBOSCH	51	M	50	0668 BOL	4:41:16
439	CRUYWAGEN	MIKE	STELLENBOSCH	40	M	40	0666 BOL	4:41:17
440	SANNEBERG	SHIREEN	OMMIEDRAAI	49	F	45	2394	4:41:25
441	KNOZA	NELLY	CELTIC	52	F	50	0901	4:41:28
442	BUTTERS	RODNEY	BORN 2 RUN	61	M	60	8232	4:41:39
443	ELS	RENIER	DURBAC	40	M	40		4:41:46
444	BURGER	JOHANNES	CAPE MULTISPORT	43	M	40	2241	4:41:48
445	JOUBERT	NADIA	TEMP	45	F	45	T	4:41:53
446	FORTUNE	RONALD	SPARTAN	57	M	55	0477	4:41:58
447	LE ROUX-JACOBS	DONNA	CELTIC	39	F	35	0927	4:42:03
448		ANTONIO	PHOENIX		M	SEN		4:42:03
449	KHATIEB	SEDIQA	TEMP		F	SEN	T	4:42:04
450	BALFOUR	KEVIN	WPCC	61	M	60	4274	4:42:05
451	APRIL	NIKLAAS	MP TITANS	72	M	70	11452	4:42:15
452	NO RETURN		FISH HOEK		M	SEN		4:42:17
453	MARRS	ETHAN	TEMP	30	M	SEN	T	4:42:48
454	SANDI	RUNDISWA	RAVENSMEAD	43	F	40	5310	4:43:05

455	WESSELS	PETER	FISH HOEK	53	M	50		4:43:11
456	SCHULLER	RENE	PICK 'n PAY		F	SEN	12290	4:43:12
457	BRAND	TERTIA	STRAND	44	F	40	4727	4:43:13
458	MEIRING	SUSAN	SPARTAN	44	F	40	0402	4:43:15
459	VAMVAKAS	NICHOLAS	CHAEI SPORT & REC	61	M	60	5863	4:43:16
460	OCTOBER	JOHN	IN TOUCH	54	M	50	1720	4:43:31
461	ROSSOUW	RONEL	TEMP	63	F	60	T	4:43:50
462	MPUMA	BOMIKAZI	CELTIC	49	F	45	0614	4:43:55
463	NDLELE	SANDISWA	CELTIC	41	M	40	0661	4:43:57
464	CLOETE	ERIC	ELSIES RIVER	66	M	65	7445	4:44:03
465		FORTUNE	RAVENSMEAD	66	M	65	12195	4:44:04
466	DAVIDS	CHAD	IN TOUCH	31	M	SEN	1691	4:44:05
467	GEORGE	IAN	STRAND	58	M	55	3659	4:44:16
468	COWLIN	JOHN	TEMP	44	M	40	T	4:44:25
469	COWLIN	SONJA	TOTALSPORTS VOB	44	F	40	T	4:44:26
470	MUTANGADURA	TAPIWA	TEAM VITALITY	40	M	40	7237	4:44:33
471	MASHINI	SIBONGILE	CHILLIE	47	F	45	6051	4:44:37
472	MOUTON	LIZAAAN	BELLVILLE	32	F	SEN	8281	4:44:39
473	MOCHE	SERETSE	BELLVILLE	51	M	50	8364	4:44:42
474	CHAMPION	RICHARD	SACS OBS	43	M	40	T	4:44:44
475	NO RETURN				M	SEN		4:44:46
476	WEBSTER	KEITH	FISH HOEK	69	M	65	8626	4:44:46
477	WEBSTER	MARTIN	TEMP	72	M	70	T	4:44:49
478	HENDRICKS	EDWINA	ARD	53	F	50	5682	4:44:53
479	OLIVIER	EBEN	BELLVILLE	45	M	45	8376	4:44:54
480	KGATI	TEBOGO	RCS GUGS	40	M	40	6164	4:45:00
481	CIPAMBA	PAUL WA	BELLVILLE	51	M	50	8429	4:45:01
482	MAFFA	BETTY	TEMP	50	F	50	T	4:45:02
483	LEWIS	MUFEEDA	PICK 'n PAY	50	F	50	6231	4:45:03
484	ALEXANDER	ELTON	HEWAT	46	M	45	4424	4:45:04
485	NELL	EVAN	ARD	46	M	45	5644	4:45:05
486	FLORIS	DENNIS	CELTIC	59	M	55	0894	4:45:05
487	ORBAN	VERONIQUE	TEMP		F	SEN	T	4:46:10
488	LOUW	EDWARD	MP TITANS	62	M	60	4533	4:46:32
489	NGQAKAZA	LULAMA	ADVENTIST	50	M	50	12705	4:46:38
490	MULLIGAN	CECIL	STRAND	38	M	35	3599	4:46:46
491	GINYA	ANELE	PARLIAMENT		M	SEN	9859	4:46:58
492	POOL	ANNE	STRAND	62	F	60	3705	4:47:12
493	NO CARD				M	SEN		4:47:13
494	TSHIKHUDO	NDIVHUWO	PINELANDS	44	M	40		4:47:20
495	MOSHIGA	PATRICK	RCS GUGS	63	M	60	6222	4:47:22
496	NEL	COENIE	DURBAC	43	M	40	1108	4:47:24
497	STEWEE	JOHN	AAC	57	M	55	10187	4:47:29
498	BARRETT	MARK	CAPE MULTISPORT	50	M	50	15003	4:47:30
499	DISQUALIFIED		CENTURY CITY	41	M	40	4753	4:47:34
500	ACHILLES	GRANT	EDGEMEAD	52	M	50	5024	4:47:41
501	RATSAKA	PULANA	SANDF WP	35	F	35	8895	4:47:43
502	GLOECK	DIETER	TOTALSPORTS VOB	67	M	65	2916	4:47:57
503	KRUGER	NATASHA	SANLAM	50	F	50	1644	4:47:59
504	VAN ZYL-BRIERS	SUNELLE	BELLVILLE	41	F	40	9924	4:47:59
505	CROMHOUT	AMANDA	TOTALSPORTS VOB	53	F	50	0535	4:48:03
506	BEUKES	FLORICIUS	GROOT CONSTANTIA	53	M	50	9696	4:48:04
507	VAN DEN BERG	LIEZE	ACSA	47	F	45	T	4:48:05
508	PIENAAR	EUTRICHA	TEMP	42	F	40	T	4:48:05
509	STELLENBOOM	ANEQUE	TEMP	39	M	35	T	4:48:07
510	BRAND	THERESA	BELLVILLE	50	F	50	8296	4:48:13
511	VAN DER WESTHUIZEN	LOUISE	TEMP	32	F	SEN	5240	4:48:14
512	LOUBSER	JOHANNES	BRACKENFELL	32	M	SEN	8094	4:48:14
513	MARTIN	OWEN	EDGEMEAD	49	M	45	5211	4:48:17
514	ELS	BABETTE	DURBAC	40	F	40	T	4:48:18
515	GITHAIGA	JENNIFER	CELTIC	40	F	40	0905	4:48:19
516	HOEDEMAKER	CLINTON	TOTALSPORTS VOB	39	M	35	3181	4:48:20
517	VAN DER WESTHUIZEN	WIETSE	ASICS	66	M	65	5222	4:48:20
518	FOURIE	KARLIEN	MELKBOS	42	F	40	2794	4:48:21
519	VAN DER SCHYF	GAWIE	MELKBOS	47	M	45	14973	4:48:21
520	MYBURGH	MARIAAN	MELKBOS	44	F	40	6755	4:48:22

521	ATKINSON	ASHLEY	PAARL	47	M	45	1449 BOL	4:48:23
522	XABA	XOLANI	DRDLR AC	39	M	35	11399	4:48:24
523	ADAM	CHRISTOPHER	TEMP	35	M	35	T	4:48:25
524	NO RETURN				M	SEN		4:48:26
525	CARELSE	GRANT	PICK 'n PAY	48	M	45	11236	4:48:27
526	TSHALI	PRECIOUS	RCS GUGS	34	F	SEN	6239	4:48:29
527	SIBANGO	KOSIPHILZE	RCS GUGS	36	M	35	11222	4:48:30
528	NO RETURN				M	SEN		4:48:33
529	MAARTEN	MATLAGOLA	PARLIAMENT	44	M	40	9845	4:48:34
530	GWEBU	JOSHUA	TYMEBANK LANGA	36	M	35	11078	4:48:35
531	ABRAHAMS	JOY	SPARTAN	58	F	55	0555	4:48:37
532	NO RETURN				F	SEN		4:48:40
533	RUST	NATALIE	CAPE MULTISPORT	46	F	45	T	4:48:41
534	NO CARD				M	SEN		4:48:44
535	DAVIDS	RASHEEDA	KENFAC	39	F	35		4:48:52
536	MOWLANA	YUSUF	KENFAC	40	M	40	4334	4:48:55
537	LIPPERT	ZUBEIDA	CELTIC	60	F	60	0810	4:48:59
538	KANOUNI	YOUSSEF	PARLIAMENT	50	M	50	9857	4:49:01
539	MAGUBANE	THABISO	TEAM VITALITY	48	M	45	7088	4:49:05
540	JOSEPH	WAHEED	IN TOUCH	36	M	35	1721	4:49:10
541	GREYLING	SURITA	BOKSBURG	49	F	45		4:49:51
542	HIGGS	GEORGE	HELDERBERG HARRIERS	55	M	55	7875	4:49:55
543	VERSTER	SERVAAS	STELLENBOSCH	47	M	45	0708 BOL	4:49:59
544	H	CHRISTOPHER	CORR SERVICES WP	44	M	40	1042	4:50:14
545	NAIDOO	MAURICE	CLUB MYKONOS MULTISPORT	57	M	55	0949 BOL	4:50:23
546	CROWDER	GREGORY	PHOENIX	63	M	60	9408	4:50:44
547		DORETH	MELKBOS	35	M	35	1897	4:51:05
548	NO CARD				M	SEN		4:51:08
549		RIDEWAAN	MP TITANS	34	M	SEN	11450	4:51:41
550	MC	ANITA	DURBAC	57	F	55	3943	4:51:41
551	THOMAS	ALANA	TEAM VITALITY	45	F	45	5134	4:51:47
552		DEMITRI	VIKING	58	M	55	10731	4:51:48
553	LYNERS	BRANDON	RCS GUGS	42	M	40	6250	4:51:49
554	H	ZULFIKAR	DURBAC	46	M	45	3904	4:51:49
555	CORDINER	ALASTAIR	TEMP	26	M	SEN	T	4:51:53
556		YIWE	FAT CATS	39	F	35	2288	4:51:55
557	STANDAAR	NATALIE	TEAM VITALITY	47	F	35	6936	4:52:02
558	MASSYN	KOBUS	STRAND	45	M	45	3657	4:52:03
559	BAYNES	KERRY	STRAND	40	F	40	12986	4:52:04
560	FERREIRA	JACQUES	ATC	41	M	40	14013	4:52:06
561	PIENAAR	CELIA	STRAND	63	F	60	3600	4:52:07
562	MTSHWANGE	SIBEN	FAT CATS	41	M	40	6944	4:52:14
563	LUND	TANYA	PINELANDS	50	F	50	1073	4:52:15
564	MATHEBULA	THEMBANI	FAT CATS	44	M	40	19434	4:52:19
565	G	THANDO	CHILLIE	47	F	45	6054	4:52:19
566	NTSWAYI	SIPHOSETHU	RCS GUGS	32	F	SEN	6167	4:52:20
567	LUCAS	GAVIN	IN TOUCH	62	M	60	1723	4:52:24
568	NHLEKO		TYMEBANK LANGA	48	M	45	11070	4:52:42
569	SMIT	TIFFANY	ASICS	35	F	35	T	4:52:55
570	NO RETURN				M	SEN		4:52:59
571	DISQUALIFIED		BELLVILLE	25	M	SEN	9948	4:53:00
572	NO RETURN				M	SEN		4:53:02
573	MHIZHA	JUSTICE	CELTIC	41	M	40	0671	4:53:14
574	MANUNGUFALA	THELMA	CENTURY CITY	35	F	35	13080	4:53:31
575	MAGENGELEBE	PHUMLA	TYMEBANK LANGA	40	M	40	5375	4:53:34
576	VINGER	SEBALO	NEDBANK WP	47	M	45	11029	4:53:35
577		WASFIE	KENFAC	50	M	50	4320	4:53:38
578	JANSSONIUS	SHELLEY	MELKBOS	48	F	45	6747	4:53:39
579	MBONO	BABALO	TEMP	36	M	35	T	4:54:00
580	LE ROUX	FAROUK	PICK 'n PAY	59	M	55	10990	4:54:43
581	SEHLABELA	PHILLIP	DRDLR AC	36	M	35	11390	4:54:53
582	MIDDLETON	WINSTON	IN TOUCH	69	M	65	1734	4:54:53
583	TEBELE	PITSO	TEMP	39	M	35	T	4:55:21
584	K	MADODA	RCS GUGS	30	M	SEN	11323	4:55:50
585		RUBY	CENTURY CITY		F	SEN	4248	4:55:54
586	NDABENI	ZINA	TEAM VITALITY	39	F	35	6990	4:55:55

587	MOOLMAN	ADRI	STELLENBOSCH	35	F	35	0644 BOL	4:56:05
588	KLEIN	FRANSCINE	MP TITANS	49	F	45	4575	4:56:40
589	WILLEMSE	YOLDANDE	MP TITANS	43	F	40	4618	4:56:41
590	KLEIN	BRADLEY	MP TITANS	49	M	45	4574	4:56:44
591	DAVIDS	DONOVAN	MP TITANS	43	M	40	4611	4:56:45
592	FISCHER	JUDY	IN TOUCH	48	F	45	1725	4:56:45
593	LEWIS	RUDOLPH	MP TITANS	68	M	65	4603	4:56:54
594	GININDZA	JOSEPH	TEMP		M	SEN	T	4:56:58
595	MAYILA	MPHUMEZI	PARLIAMENT	49	M	45	9847	4:57:02
596	LEONG	CHERELLE	TOTALSPORTS VOB	49	F	45		4:57:09
597	TORDIFFE	STANLEY	TEMP		M	SEN	T	4:57:13
598	KING	MICHAEL	WEST COAST	35	M	35		4:57:17
599	MEYER	ROWENA	MP TITANS	53	F	50	0031	4:57:21
600	HOVING	CLAIRE	TEMP	46	F	45	T	4:57:21
601		RICHARD	RCS GUGS	51	M	50		4:57:27
602	ANDRIES	PATRICK	EDGEMEAD	49	M	45	5111	4:57:33
603	GACHTER	ARTHUR	TEMP	53	M	50	T	4:57:42
604	VAN ZILLA	CAROLINE	BELLVILLE	50	F	50	8423	4:57:45
605	VAN RENSBURG	QUINTUS	BELLVILLE	55	M	55	8355	4:57:45
606	BOTHA	FRANCOIS	BELLVILLE	45	M	45	8463	4:57:45
607	SIGILA	SARIEWE	RCS GUGS	48	M	45	6220	4:57:46
608	MAINAADAE	MATUMELO	TEAM VITALITY	42	F	40	6923	4:57:46
609	HERRON	RAYMOND	BELLVILLE	42	M	40	1111	4:57:47
610	ISMAIL	CARRIEM	WALMERS	57	M	55	9044	4:57:47
611	HANSLO	FRANK	BELLVILLE	51	M	50	11835	4:57:48
612	BERGH	THEA	TEMP	38	F	35	T	4:57:50
613	NTOZAKE	NORONTIE	RCS GUGS	35	M	35	6228	4:57:59
614	FINEGAN	STEVEN	PINELANDS	44	M	40	1204	4:58:09
615	NO CARD				M	SEN		4:58:19
616	KEMP	CHRISTIEN	WELLINGTON	41	F	40	1429 SWD	4:58:19
617	NANEVELA	ZOLA	CHILLIE	40	F	40	1257	4:58:20
618	BROUCKAERT	SHARRON	SPARTAN	54	F	50	0341	4:58:22
619	CHANNING	DERRY	WEST COAST	47	M	45		4:58:27
620	CROWSTER	REGANALD	TYGERBERG	61	M	60	2225	4:58:41
621	ROSEMAN	ERIC	TOTALSPORTS VOB	58	M	55	3057	4:58:42
622		MKLULULI	TEMP	44	M	40	T	4:58:54
623	WILLIAMS	ANNE	PICK 'n PAY	67	F	65	11008	4:59:07
624	KOTZE	CHRISTIAAN			M	SEN		4:59:18
625	MARINI	RIC	RAC	69	M	65	0350 CGA	4:59:19
626	SASSMAN	GARY	SPARTAN	41	M	40	12079	4:59:44
627	JOUBERT	CRAIG	DURBAC	46	M	45	3935	4:59:49
628	PARKAR	ZOHRA	OMMIEDRAAI	52	F	50	2428	5:00:01
629	FIDALGO	MARCO	TEMP	50	M	50	T	5:00:05
630	JENKINS	SIMON	DURBAC		M	SEN		5:00:18
631	LOURENS	ELOUISE	BELLVILLE	23	F	SEN	8445	5:00:25
632	TAYLOR	MICHELLE	EDGEMEAD	55	F	55	5055	5:00:29
633	SPIRES	SHAUN	EDGEMEAD	43	M	40	4852	5:00:37
634	ALLWORTH	HENRY	WINGATE RR	56	M	55	6792 AGN	5:00:41
635	HENRY	NELIA	WEST COAST	43	F	40	1862	5:00:57
636	NO RETURN		DURBAC		M	SEN		5:00:57
637	VAN SCHOOR	MEGAN	PINELANDS	34	F	SEN	1634	5:01:22
638	NO RETURN				M	SEN		5:01:30
639	TSHILENGE	HENRY	EDGEMEAD	46	M	45	5153	5:01:40
640	LEVITT	GAIL	TEMP	48	F	45	T	5:02:21
641	TSHINGILA	HOMBA	CHILLIE	34	M	SEN	13015	5:02:24
642	JEDAAR	NIEZAAM	BELLVILLE	39	F	35	8337	5:03:00
643	FANAMPE	RONNIE	RCS GUGS	55	M	55	6440	5:03:17
644	DISQUALIFIED		TEAM VITALITY	33	M	SEN	7806	5:04:16
645	MOLOABI	MOABALOSO	PARLIAMENT	40	M	40	9840	5:04:17
646	MAKWELA	MPHO	PARLIAMENT	46	M	45	9821	5:04:58
647	SEDEMAN	COLLIN	AAC	60	M	60	9568	5:04:59
648	LOMBARD	HELEN	WEST COAST	57	F	55	1966	5:05:06
649	MATHESE	JONATHAN	MP TITANS	47	M	45	4593	5:05:11
650	YIDLANI	MZUKISENI	DURBAC	40	M	40	3968	5:05:14
651	CARDOZA	ROGER	WILD RUNNER	41	M	40	11903	5:05:19
652	NO RETURN				M	SEN		5:05:28

653	THOMPSON	TRACY	STRAND	54	F	50	3613	5:06:21
654	ELIAS	ROCHELLE	OMMIEDRAAI	54	F	50	2585	5:06:30
655	MZIMKULU	OLENA	SACS OBS	37	F	35	8997	5:06:43
656	NGQONGWA	SOLETHU	TEMP	43	M	40	T	5:06:49
657	NO RETURN		STRAND		M	SEN		5:06:53
658	SANDER	JANETTE	STRAND	47	F	45	3612	5:06:54
659	MASHANDA	PRECIOUS	GOODWOOD HARRIERS	40	F	40	10418	5:07:24
660	NO RETURN		TEMP		M	SEN	T	5:07:30
661	RADEMEYER	LOUISE	RUN WALK 4 LIFE	54	F	50	8937	5:08:03
662	SMITH	GREGG	TOTALSPORTS VOB	65	M	65	3087	5:08:04
663	MORERWA	KARABO	TEMP	29	M	SEN	T	5:09:25
664	SIHLUKU	MTHOBISI	TYMEBANK LANGA	53	M	50	5358	5:10:08
665	BOTMA	ANNELIZE	ASICS	48	F	45	10378	5:10:19
666	DE VILLIERS	RIAAAN	DURBAC	48	M	45	4229	5:10:20
667	BULL	PEETER	ILLEGIBLE	59	M	55	4502	5:11:22
668	NO RETURN				F	SEN		5:11:53
669	CLASSEN	RUSHDA	MP TITANS	50	M	50	4558	5:11:54
670	NO RETURN				F	SEN		5:11:55
671	VAN DER WESTHUIZEN	PETRO	WHALERS AC	46	F	45	0368 BOL	5:11:56
672	TURWANA	LUYANDA	FAT CATS	31	M	SEN	5930	5:12:58
673	WYMERS	DES	PHOENIX	54	F	50	9406	5:13:41
674	SEFORA	MADO	PARLIAMENT	56	F	55	9850	5:14:00
675	G	NOKUTHULA	RCS GUGS	35	F	35	6217	5:14:26
676	TREGONNING	RUSHDAH	HEWAT	49	F	45	4406	5:14:28
677	OLCKERS	EMMARENTIA	TEMP	36	F	35	T	5:14:52
678	ADAMS	DUANE	OMMIEDRAAI	52	M	50	2540	5:15:31
679	JAFFER	MUHSIEN	OMMIEDRAAI	53	M	50	2554	5:15:34
680	MARTIN	GERALD	ARD	69	M	65	9309	5:15:50
681	VAN WYK	MELITIA	BELLVILLE	42	F	40	8455	5:15:51
682	VANGILE	VUYISA	BELLVILLE	44	F	40	9952	5:15:52
683		MICHAEL	TOTALSPORTS VOB		M	SEN	2717	5:15:54
684	ZENZILE	LINDA	CHILLIE	48	F	45	6049	5:16:41
685	MANGONA	ANNELISA	CHILLIE	39	F	35	17804	5:17:55
686	MNGUNI	CETSHWAYO	CHILLIE	40	M	40	6068	5:18:01
687	MSUMZA	NOMANINZI	CHILLIE	40	F	40	6045	5:18:04
688	WILLIAMS	NEIL	RANDBURG HARRIERS	45	M	45	5730 CGA	5:18:31
689	DISQUALIFIED		TEMP	54	M	50	T	5:18:58
690	CLARENCE	JAN	BELLVILLE	50	M	50	2456	5:19:25
691	SMITH	BRADLEY	STRAGGLERS	37	M	35	11548	5:19:27
692	KATUTA	CHILAMBE	TEMP	45	M	45	T	5:20:02
693	MCUNUKELWA	TITA	KHAYELITSHA	44	F	40	6325	5:20:40
694	MALLICK	ASHRAF	KENFAC	46	M	45	4877	5:20:56
695	SELEKA	ASHLEY	RCS GUGS		M	SEN	11290	5:21:20
696	GRIFFITHS	LYNOLD	MP TITANS	59	M	55	4563	5:21:52
697	PRETORIUS	SCHALK	CHAPPIES	36	M	35	4104 CGA	5:22:22
698	NO RETURN				M	SEN		5:23:04
699	ASHWORTH	L	STRAND	77	M	75	3624	5:23:24
700	SIMPSON	SEAN	WPCC	40	M	40	0460	5:24:38
701	HURD	WARREN	CELTIC	53	M	50	0709	5:24:39
702	RUTHULA	LOYISO	RCS GUGS		M	SEN	6200	5:25:10
703	DISQUALIFIED		TEMP	42	F	40	T	5:25:13
704	NO RETURN		TEMP		M	SEN	T	5:25:31
705	NO RETURN		TEMP		M	SEN	T	5:25:32
706	MARAIS	GEMMA	DURBAC	40	F	40	3855	5:25:38
707	NO CARD				M	SEN		5:25:42
708	NIELIMMELMAN	NIEL	TEMP	38	M	35	T	5:25:50
709	MOSTERT	CHERYL	ZANDVLEI	40	F	40	14024	5:26:08
710	MCLEAN	IVAN	ZANDVLEI	59	M	55	14040	5:26:12
711	NO CARD		DURBAC		M	SEN		5:27:24
712	NO RETURN		TEMP		M	SEN	T	5:27:29
713	WILLIAMS	DONALD	PMMC	58	M	55	4858 AGN	5:27:45
714	DA SILVA	JENNY	ARD	63	F	60	9315	5:28:20
715	NO CARD		TEMP		M	SEN	T	5:28:52
716	HAROON	FAIZEL	OMMIEDRAAI	50	M	50	13055	5:28:53
717	HORNE	NEIL	RCS GUGS	51	M	50	6462	5:29:08
718	DE POELA	KAREL	DURBAC	55	M	55	4021	5:29:39

719	MSUKU	KEN	TEAM VITALITY	45	M	45	7272	5:29:44
720	LOURENS	AMELIA	WEST COAST	48	F	45	1912	5:29:48
721	WESSELS	DINO	TOP FORM	51	M	50	71117	5:29:52
722	ABRAHAMS	MOGAMAT	DURBAC	38	M	35	3862	5:30:00
723	BRINK	SAMANTHA	WILD RUNNER	45	F	45	1978	5:30:16
724	KARJIEKER	SHAKEEL	BRIMSTONE ITHEKO	41	M	40	13082	5:31:12
725	RYLAND	RUSHDI	TEMP	42	M	40	T	5:35:29
726	NO RETURN		TEMP		M	SEN	T	5:36:53
727	TAYLOR	PETER	CELTIC	66	M	65	0638	5:39:49
728	BOTHMA	ANDRE	CENTURY CITY	40	M	40	9165	5:39:55
729	DARIES	LYNDON	RAVENSMEAD	38	M	35	12200	5:41:09
730	SMITH	C	STRAGGLERS	27	F	SEN	4553	5:41:19
731	GABUZA	KWAZIKWAKHE	RCS GUGS	43	M	40	6181	5:41:34
732	IHSAAN		OMMIEDRAAI	66	M	65	2532	5:42:56
733	KHAN	EBRAHIM	BRIMSTONE ITHEKO	57	M	55	13800	5:43:58
734	OLIVANT	LOIS	BOKSBURG	57	F	55	20834 CGA	5:44:03
735	SONANDZI	VOOX	KHAYELITSHA		M	SEN	6360	5:45:05
736	NO RETURN		KHAYELITSHA		M	SEN		5:45:53

SONIA HARLOCK

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**RED HILL 42KM
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	KHUMALO	BONGANI	CHILLIE	40	M	40	6043	
	REISSENZAHN	INGE	TEMP	52	F	50	T	
	FOURIE	JACO	FISH HOEK	43	M	40	1582	
	STANDER	MICO	TEMP	36	M	35	T	
	WILLIAMS	FRANCOIS	TYGERBERG	55	M	55	2212	
		MANSU	TEMP	45	M	45	T56065	

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**RED HILL 42KM
FISH HOEK ATHLETIC CLUB
MARSHALS RACE
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	CLOETE	MATTHEW	FISH HOEK	38	M	35	8494	3:53:07
2	HUTCHINSON	MARK	FISH HOEK	40	M	40	8540	4:01:37
3	PROCTOR	ANDREW	FISH HOEK	56	M	55	8587	4:06:16
4	FRIESLICH	QUINTON	FISH HOEK	47	M	45	8514	4:07:28
5	KLOOPERS	BRONWYN	FISH HOEK	42	F	40	8552	4:08:16
6	STRYDOM	ANDRE	FISH HOEK	42	M	40	11609	4:25:17
7	GREEFF	LAMBERT	FISH HOEK	30	M	SEN	8522	4:28:58
8	RUSHWORTH	ANDREW	FISH HOEK	47	M	45	8593	4:33:42
9	HENDERSON	GAVIN	FISH HOEK	54	M	50	8533	4:35:10
10	NATHAN	ERIC	FISH HOEK		M	SEN	11608	4:57:50
11	RETIEF	WENDY-LI	FISH HOEK	45	F	45	11614	5:15:25
12	MARKUS	JUSTIN	FISH HOEK	46	M	45	4115	5:15:26
13	HEALY	RICHARD	HERBALIFE	66	M	65	9030	5:31:39

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RESULTS

WOMENS RESULTS

OPEN WOMEN

1	(32)	MADELE	DU PLESSIS	EDGEMEAD	3-16-59
2	(39)	ISEL	BARNARD	PHOBIANS	3-19-47
3	(52)	ELME	MIDDLEMOST	NEDBANK WP	3-24-54

WOMEN 40 - 49 YEARS

1	(52)	ELME	MIDDLEMOST	NEDBANK WP	3-24-54
2	(71)	ROBYN	HOPKINSON	WILD RUNNER	3-30-27
3	(75)	JULIE	MARSHALL	WILD RUNNER	3-33-19

WOMEN 50 – 59 YEARS

1	(90)	JOHANNA	STANDER	TEMP	3-39-25
2	(162)	ALEXIS	SACKS	CARBINEERS WP	3-58-50
3	(199)	LISA	ALEXANDER	STRAND	4-08-01

WOMEN 60 – 69 YEARS

1	(289)	LORRAINE	ROGERS	DURBAC	4-22-44
2	(461)	RONEL	ROUSSOUW	STRAND	4-43-50
3	(623)	ANNE	WILLIAMS	PICK N PAY	4-59-07

MS RESULTS

OPEN MEN

1	(1)	SIBUSISO	MADIKIZELA	NEDBANK WP	2-34-33
2	(2)	JIMMY	BONJESI	RCS GUGS	2-35-38
3	(3)	SIYABONGA	MADALA	BOXER	2-39-20

MEN 40 – 49 YEARS

1	(2)	JIMMY	BONJESI	RCS GUGS	2-35-28
2	(5)	GRANT	JOHNSON	BEDFORDVIEW	2-43-22
3	(8)	LONWABO	GQIBILIZWE	NEDBANK WP	2-49-21

MEN 50 – 59 YEARS

1	(19)	QUINTON	PRINCE	EDGEMEAD	2-58-09
2	(24)	MASON	CRANSWICK	TOTALSPORTS VOB	3-09-08
3	(38)	NIKI	STEENKAMP	STELLENBOSCH	3-19-07

MEN 60 – 69 YEARS

1	(78)	HENRY	CIEVERTS	PINELANDS	3-35-34
2	(107)	KOSIE	BOTHA	CORRECTIONAL	3-44-49
3	(166)	WILLIE	COETZEE	SERVICES DU WEST COAST	3-59-44

MEN 70 YEARS +

1	(352)	KLAUS	KASSEL	WEST COAST	4-31-12
2	(451)	NIKLAAS	APRIL	MP TITANS	4-42-15
3	(477)	MARTIN	WEBSTER	TEMP	4-44-46

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	25
WOMEN 35 – 39 YEARS	31
WOMEN 40 – 44 YEARS	41
WOMEN 45 – 49 YEARS	38
WOMEN 50 – 54 YEARS	29
WOMEN 55 – 59 YEARS	9
WOMEN 60 – 64 YEARS	6
WOMEN 65 – 69 YEARS	1
WOMEN 70 – 74 YEARS	<u>1</u>
TOTAL WOMEN	181

MEN COUNT

SENIOR MEN	123
MEN 35 – 39 YEARS	70
MEN 40 – 44 YEARS	116
MEN 45 – 49 YEARS	98
MEN 50 – 54 YEARS	74
MEN 55 – 59 YEARS	34
MEN 60 – 64 YEARS	16
MEN 65 – 69 YEARS	20
MEN 70 – 74 YEARS	3
MEN 75 – 79 YEARS	<u>1</u>
TOTAL MEN	555

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

ACSA Running Club	2
Adventist AC	1
ARD AC	5
ASICS AC	3
Atlantic AC	11
Atlantic Triathlon Running Club	6
Bayete Multisport Academy SWD	1
Bedfordview CC CG	1
Bellville AC	33
Benoni Northerns AC CG	1
Boksburg AC CG	2
Born 2 Run AC	1
Boxer AC	2
Brackenfell AC	4
Brimstone Itheko Sport AC	11
Cape Multisport	8
Carbineers WP	9
Celtic Harriers	23
Central Athletics	1
Century City AC	8
Chaeli Sports & Recreation Club	1
Chappies Running Club CG	1
Chille RC WP	13
Club Mykonos Multisport BOL	4
Correctional Services AC	5
Department of Rural Development and Land Reform AC	3
Easterns Kraaifontein AC	1
Edgemead Runners	16
Elsies River AC	1
Evander AC MPU	1
Fat Cats AC	7
Fish Hoek AC	13
Fitness from Africa CG	1
Goodwood Harriers	4
Groot Constantia AC	2
Hangklip AC BOL	1
Harfield Harriers	6
Helderberg Harriers	4

Herbalife AC	1
Hewat AC	2
Hout Bay Harriers	3
Illegible Club Names	2
In Touch Walk & Run	9
Kempton Road Runners CG	1
Kensington & Fractretton SAC	4
Khayelitsha AC	4
Krugersdorp Road Runners CG	1
Kuils River Athletics	1
Langeberg AC SWD	1
Lwandle AC	1
Manong AC LIM	1
Maverick AC CG	3
Melkbos AC	8
Metropolitan AC	1
Mitchell Plain Titans	20
Morningside Country Club Road Runners CG	1
Mountain & Trail Enthusiasts	1
Nedbank Running Club SWD	2
Nedbank Running Club WP	17
Ommiedraai Friends AC	14
Paarl AC BOL	3
Parliament AC	10
Phobians GN	3
Phoenix AC	5
Pick'n Pay AC	5
Pinelands AC	10
Pinetown & Districts AC KZN	1
Pretoria Military Marathon Club AGN	1
RAC CG	1
Randburg Harriers CG	1
Ravensmead AC	5
RCS Guguletu AC	42
Run Walk For Life CG	1
Run Walk For Life WP	2
Run Zone AC CG	1
SANDF WP	10
Sanlam AC	3
Somerset Striders	2
Southern Striders	1
Spartan Harriers	14
Stellenbosch AC BOL	14

Stragglers AC	2
Strand AC	20
Team Vitality CG	2
Team Vitality WP	20
Temporary Licensed Runners	84
Top Form AC	1
Totalsports VOB Running Club	21
Tsutumani AC CG	1
Tygerberg AC	4
TymeBank Langa AC	11
UCT AC	1
Uppington Harriers NWC	1
Van Der Merwe & Robertson Durbanville AC	46
Viking AC	2
Walmers AC	2
Wellington AC BOL	2
West Coast AC	24
Whalers Runners BOL	6
Wild Runner AC	5
Wingate Road Runners GN	1
WPCC	2
Zandvlei AC	3
No Cards / No Returns	25
TOTAL RUNNERS	736

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