

**TIMBERCITY 13KM BLACK HILL ROAD RACE  
FISH HOEK ATHLETIC CLUB  
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TERO	SIPHIWE	SATORI	28	M	SEN	1537	0:41:20
2	MALINGA	LEBU ELIOT	TEMP	29	M	SEN	T	0:49:22
3	MAPHUKATHI	SIHLE	NEDBANK WP	47	M	45	5548	0:51:02
4	HENDRICKS	GREGORY	SPARTAN	51	M	50	0198	0:51:08
5	GEORGE	COLIN	TOTALSPORTS VOB	52	M	50	2745	0:53:42
6	MANEVELDT	JASON	TEMP	26	M	SEN	T	0:56:50
7	THEUNISSEN	DYLAN	TEMP	26	M	SEN	T	0:56:58
8	SIMONS	GARY	NEDBANK WP	50	M	50	5557	0:57:36
9	POSTHUMUS-FOX	TANYA	NEDBANK WP	43	F	40	5606	0:58:00
10	JOHNSTON	KYLE	FISH HOEK	38	M	35	T	0:58:33
11	GIBSON	ANGUS	FISH HOEK	19	M	JUN	J20256	0:58:52
12	KANYONGO	OBERTINA	NEDBANK WP	56	F	55	5615	0:59:25
13	WILSON	TARA	TEMP	32	F	SEN	T	0:59:35
14	KOK	GERT	TEMP	40	M	40	T	0:59:37
15	ROSS	DANIEL	TOTALSPORTS VOB	55	M	55	3243	0:59:53
16	CARTER	SIMEON	TEMP	33	M	SEN	T	1:00:10
17	DU TOIT	MATTHEW	TEMP	17	M	JUN	T	1:00:21
18	LESLIE	JOHN	FISH HOEK	65	M	65		1:02:20
19	DAVIDSON	TERENCE	SPARTAN	50	M	50	0505	1:02:34
20	ROBERTSON	DARREN	TOTALSPORTS VOB	43	M	40	3055	1:02:56
21	MATIWANE	BUSISIWE	NEDBANK WP	48	F	45	5568	1:03:11
22	WOOD	MANDY	TEAM VITALITY	50	F	50	6964	1:03:20
23	WOOD	STEVEN	TEAM VITALITY	50	M	50	6965	1:03:23
24	WOLHUTER	CHRISTOPHER	TEMP	35	M	35	T	1:03:43
25	FORTUIN	RICARDO	RCS GUGS	43	M	40	11364	1:03:46
26	DE OLIVEIRA	JOSE	TOTALSPORTS VOB	49	M	45	2771	1:04:46
27	BURNS	JOANNE	TEMP	58	F	55	T	1:04:56
28	ROBINSON	LAUREN	FISH HOEK	33	F	SEN	8675	1:05:15
29	JOUBERT	JOZUA	BRACKENFELL	49	M	45	9674	1:05:20
30	DRUMMER	BRAD	TEMP	22	M	SEN	T	1:05:53
31	NO CARD		TEMP		M	SEN	T	1:06:01
32	JUDD	ERIC	PINELANDS	65	M	65	1158	1:06:02
33	ELTRINGHAM	PHILIP	TEMP	40	M	40	T	1:06:37
34	ELTRINGHAM	GINA	TEMP	35	F	35	T	1:06:37
35	MOOSA	ABDURAHMAN	CELTIC	62	M	60	0891	1:06:42
36	MEYER	JANET	EDGEMEAD	40	F	40	5000	1:06:54
37	MARTIN	LAUREN	EDGEMEAD	41	F	40	4848	1:08:27
38	BENJAMIN	SERGAJ	TEMP	37	M	35	1782	1:08:30
39	NEWTON	MEGAN	TEMP	21	F	SEN	T	1:08:31
40	KOOPMAN	SHIERAAJ	CARBINEERS WP	45	M	45	4546	1:08:57
41	LIELL-COCK	ZACHARIAS	TEMP	32	M	SEN	T	1:09:00
42	MAKOCHEKANWA	EVELYN	RCS GUGS	35	F	35	11139	1:09:12
43	MANUEL	CRAIG	SANDF WP	48	M	45	5314	1:09:45
44	MBINAMBINA	PATRIC	TEMP	44	M	40	9010	1:09:54
45	CLEOPHAS	HENRY	NEDBANK WP	75	M	75	5574	1:09:58
46	COBBLEDICK	GREGORY	KEARSNEY	22	M	SEN	1592	1:10:08
47	ALBERT	MEGAN	TOTALSPORTS VOB	28	F	SEN	3304	1:10:11
48	BLINK	MAYNE	TEMP	26	M	SEN	T	1:11:28
49	CLOETE	NATHALIE	TOTALSPORTS VOB	54	F	50	0442	1:11:52
50	VAN DER WALT	MARIE-LOUISE	HANGKLIP	48	F	45	1844 BOL	1:12:03
51	STOREY	AL	TEMP	55	M	55	T	1:12:03
52	BANDA	TONY	TEMP	43	M	40	T	1:12:26
53	RUBUSHE	VUYOKAZI	KHAYELITSHA	29	F	SEN	6290	1:12:41
54	HINE	MICHELLE	CARBINEERS WP	45	F	45	4958	1:12:46
55	BARTLETT	DENZIL	CARBINEERS WP	51	M	50	8907	1:12:47
56	PATTERSON	MANUELA	CENTURY CITY	63	F	60	4700	1:12:53
57	DAVIES	BRIAN	TEMP	54	M	50	T	1:13:05

58	LONGMAN	KAY	FISH HOEK	70	F	70	8565	1:13:31
59	DE FRANCHI	DAVIDE	TEMP	32	M	SEN	T	1:13:33
60	JOHL	SARAH	TOTALSPORTS VOB	66	F	65	2970	1:13:37
61	JOHL	ROLF	TOTALSPORTS VOB	65	M	65	2911	1:13:37
62	DREYER	MICHAEL	SPARTAN	67	M	65	0362	1:13:45
63	VERMEULEN	LYNN	FISH HOEK	56	F	55	8621	1:14:05
64	VAN VELZE	JACQUES	TEMP	32	M	SEN	T	1:14:12
65	NO RETURN		DURBAC		M	SEN		1:14:47
66	TOERIEN	FRANCOIS	CELTIC	56	M	55	9782	1:14:52
67	MUNYAKA	DENNIS	FAT CATS	42	M	40	13182	1:15:41
68	DISQUALIFIED		TEMP		M	SEN	T	1:15:47
69	VENTER	EMUEL	TEMP	31	M	SEN	T	1:16:02
70	STEYN	HENRIK	WHALERS	55	M	55	0373 BOL	1:16:28
71	WILSON	JOHN	TEMP	57	M	55	T	1:16:35
72	MOISEY	ADRIAN	SPARTAN	39	M	35	12085	1:16:42
73	VENTER	MARGO	TEMP	31	F	SEN	T	1:16:49
74	JOHNSTONE	CANDICE	TEMP	29	F	SEN	T	1:17:00
75	BOOT	JANA	TEMP	51	F	50	T	1:17:26
76	BADUZA	THANDO	TEMP	45	M	45	T	1:17:31
77	DE KLERK	ANDRE	TEMP	35	M	35	T	1:17:36
78	SWANEPOEL	KRISTEEN	TEMP	24	F	SEN	T	1:18:06
79	DRUMMER	CARL	TEMP	16	M	JUN	T	1:18:13
80	NO RETURN				M	SEN		1:18:38
81	BORNMAN	ANUZKA	EDGEHEAD	33	F	SEN	5152	1:18:49
82	BROWN	CHARLENE	EDGEHEAD	40	F	40	4683	1:18:49
83	PRETORIUS	MARTHA	NANTES	53	F	50	9226	1:18:59
84	DOYLE	COLIN	STRAND	64	M	60	3592	1:18:59
85	NAKUMBA	UNATHI	SPARTAN	19	F	JUN	J20004	1:19:05
86	ELS	CANDICE	TEAM VITALITY	45	F	45	7523	1:19:07
87	DANIEL-DURANDT	FRANCISCA	DURBAC	28	F	SEN	3970	1:20:00
88	GARCIA	SARA	TEMP	29	F	SEN	T	1:20:32
89	VAN ZYL	NATASCHA	HELDERBERG HARRIERS	56	F	55	7919	1:20:35
90	CASSIEM	MISHQUA	TEMP	28	F	SEN	T	1:20:37
91	EREFAAN		ARD	51	M	50	5672	1:20:40
92	NO RETURN		TEMP		M	SEN	T	1:20:43
93	NO RETURN		TEMP		F	SEN	T	1:20:44
94	FARQUHAR	KEENAN	TEMP	29	M	SEN	T	1:20:45
95	ADAMS	MICHAEL	SPARTAN	59	M	55	0224	1:21:39
96	SLINGER	MOGAMAT FAIEK	MP TITANS	56	M	55	13405	1:21:44
97	SCHOEMAN	LOURENS	TEMP	65	M	65	T	1:21:51
98	FORTUIN	DEAN	TEMP	28	M	SEN	T	1:21:59
99	CARIS	INGRID	TEMP	43	F	40	T	1:22:09
100	MACHADO	DAVID	TEMP	33	M	SEN	T	1:22:09
101	NO RETURN		TEMP		M	SEN	T	1:22:23
102	STUCK	KIM	TEMP	22	F	SEN	T	1:22:24
103	MOHR	LINDA	ORCA RUNNING ACADEMY	56	F	55		1:22:33
104	VERSTER	MAUREEN	EDGEHEAD	71	F	70	4665	1:22:38
105	ESTERHUYSE	SUZANNE	32GI SWD	22	F	SEN	1798 SWD	1:22:58
106	GREVE	DENISE	32GI SWD	57	F	55	1792 SWD	1:22:59
107	SHAM	MONIQUE	TEMP	40	F	40	T	1:22:59
108	MCDARBY	FLOR	TEMP	47	F	45	T	1:23:32
109	ABRAHAMS	SHANAAZ	MP TITANS	38	F	35	4570	1:23:33
110	RYKLIEF	ZOELFAH	MP TITANS	53	F	50	4572	1:23:34
111	DU PLESSIS	LISA	TEMP	52	F	50	T	1:23:39
112	MACHAPA	ROSEMARY	TEMP	47	F	45	T	1:23:40
113	KEAVENEY	JAMES	TEMP	39	M	35	T	1:23:46
114	WHEATON	SPENCER	CELTIC	47	M	45	0667	1:23:48
115	WATTERS	GRANT	TEMP	32	M	SEN	T	1:23:54
116	KUUN	AMANDA	TEAM VITALITY	57	F	55	7975	1:24:03
117	HUDSONBERG	GRANT	TEMP	46	M	45	T	1:24:13
118	NO RETURN		TEMP		F	SEN	T	1:24:17
119	NO RETURN		TEMP		M	SEN	T	1:24:18
120	KRETZMANN	JENNA	ALBANY RR	23	F	SEN	0653	1:24:35
121	KELLERMAN	MICHAELA	TEMP	25	F	SEN	T	1:24:37
122	ANDERS	ROBERT	TEMP	35	M	35	T	1:24:44

123	HARRIS	SEAN	PINELANDS	59	M	55	0964	1:24:50
124	DAIVDS	YUSUF	KENFAC	44	M	40	4343	1:24:53
125	ALLEN	LIEZL	TEMP	27	F	SEN	T	1:24:58
126	KOEN	KIRSTEN	TEMP	25	F	SEN	T	1:25:00
127	BEKKER	STACIE-LEE	TEMP	36	F	35	T	1:25:09
128	BEKKER	RYAN	FISH HOEK	41	M	40	1560	1:25:09
129	BONTHUYS	HEMARI	TEMP	35	F	35	T	1:25:14
130	ADAMS	NICOLE	TEMP	49	F	45	T	1:25:30
131	BUTTERS	GREG	TEMP	29	M	SEN	T	1:25:37
132	BAARD	CHRISTA	TEAM VITALITY	47	F	45	7037	1:25:50
133	MANHAMO	PLEASANCE	TEMP	43	F	40	T	1:26:11
134	JACOBS	NIHAAD	TOP FORM	30	F	SEN	10081	1:26:11
135	WHITE	ASHTON	SPARTAN	41	M	40	1880	1:26:21
136	NO RETURN		TEMP		M	SEN	T	1:26:23
137	KONICK	DEBBIE	SATORI	55	F	55	11544	1:26:46
138	LITTLEWOOD	GARTH	SATORI	67	M	65	11525	1:26:46
139	MOOSA	DEBORAH	CELTIC	53	F	50	0890	1:26:47
140	HUDSONBERG	SOMAYA	PICK 'n PAY	44	F	40	13307	1:26:48
141	EDMUNDS	JANE	TEMP	61	F	60	T	1:26:49
142	VAN VELZE	KATE	TEMP	31	F	SEN	T	1:27:07
143	OWEN	JUSTIN	TEMP	31	M	SEN	T	1:27:26
144	SCHEEPERS	ROSETTE	MP TITANS	56	F	55	4619	1:27:49
145	DISQUALIFIED		KUILS RIVER		M	SEN		1:27:59
146	STEYN	KENNY	TEMP	56	M	55	17186	1:28:23
147	LUDICK	CARA	FISH HOEK	31	F	SEN	5111	1:28:55
148	SMIT	ANJA	BRACKENFELL	42	F	40	8147	1:29:04
149	RIST	DELYSE	PINELANDS	61	F	60	0962	1:29:06
150	SCHEEPERS	TOPPIE	BRACKENFELL	52	M	50	8175	1:29:06
151	HARRIS	LEE-ANN	PINELANDS	56	F	55	0967	1:29:07
152	BAUGAARD	EUGENE	GOODWOOD HARRIERS	41	M	40	9786	1:29:08
153	BUSCH	CEDRIC	MP TITANS	69	M	65	4582	1:29:25
154	ZUNGU	MZWANDILE	WEST COAST	36	M	35	13100	1:29:27
155	ZIMMERMANN	VALENTINA	TEMP	26	F	SEN	T	1:29:29
156	ROHRER	RAOUL	TEMP	27	M	SEN	T	1:29:29
157	OLIVIER	ANGELIQUE	TOTALSPORTS VOB	40	F	40	3270	1:29:50
158	CROWDER	INGRID	EDGEMEAD	55	F	55	4921	1:30:01
159	ADONIS	RUE	EDGEMEAD	49	F	45	6996	1:30:11
160	PAULSEN	DEVON	TEMP	28	M	SEN	T	1:30:30
161	NAUDE	DINAH	TEMP	43	F	40	T	1:30:31
162	SPARG	PIXIE	CELTIC	79	F	75	0910	1:30:32
163	GANTER	RICH	TEMP	61	M	60	T	1:30:47
164	DU PLESSIS	HELEN	BRACKENFELL	71	F	70	8071	1:31:01
165	HENDERSON	COLIN	SPARTAN	51	M	50	0739	1:31:13
166	MARE	JOHAN	SPARTAN	56	M	55	2233	1:31:18
167	MAC	ANDRE	OMMIEDRAAI	42	M	40	12731	1:31:43
168	DAVIDS	KAREN	TOP FORM	45	F	45	10078	1:31:47
169	THEBUS	KAMI	OMMIEDRAAI	54	F	50	11492	1:31:50
170	PEDRO	KIRSTIE	TEMP	35	F	35	T	1:32:06
171	NO RETURN				M	SEN		1:32:15
172	JAFFER	SHANAAZ	OMMIEDRAAI	51	M	50	2554	1:32:15
173	HENRY	CHARLENE	TEMP	39	F	35	T	1:32:23
174	BURTON	CARMIN	CHAEI SPORTS & REC	51	F	50	5866	1:32:29
175	MPHUTHI	SIPHIWE	UCT	36	M	35	9758	1:32:51
176	BOTHMA	LIZELLE	EDGEMEAD	44	F	40	4895	1:32:56
177	JOHNSON	PAULA	EDGEMEAD	46	F	45	4640	1:33:03
178	POPPELSTONE	BRONSON	SPARTAN	48	M	45	0272	1:33:06
179	DELPORT	KAYLA	TEMP	21	F	SEN	T	1:33:16
180	JORDAAN	JONATHAN	SPARTAN	46	M	45	13858	1:33:19
181	BUCHANAN	KEN	HARFIELD	73	M	70	1423	1:33:37
182	SOLOMON	TARIQ	TEMP	31	M	SEN	T	1:33:53
183	NYIKA	SINOXOLO	TEAM VITALITY	30	F	SEN	6825	1:33:57
184	VAN DER MERWE	MELISSA	TEAM VITALITY	37	F	35	7308	1:34:12
185	LEVERTON	RUTH	PINELANDS	71	F	70	1052	1:34:19
186	SWART	BERNICE	TEMP	36	M	35	T	1:34:21
187	NO RETURN				F	SEN	T	1:34:40

188	LEWIN	AESHA	ARD	42	F	40	5671	1:34:41
189	WICHERS	ANENE	STRAND	30	F	SEN	3718	1:34:45
190	VUUREN	KAREN	DURBAC	31	F	SEN	3738	1:34:54
191	MOUTON	JUSTINE	TEMP	53	F	50	T	1:34:55
192	ALLIES	LAVONA	CARBINEERS WP	60	F	60	4692	1:34:58
193	COLLINS	JUDY	TEMP	69	F	65	T	1:35:14
194	KOEN	MICHAEL	TEMP	23	M	SEN	T	1:35:21
195	MABASO	REFILOE	SANDF WP	38	F	35	8803	1:35:29
196	JOUBERT	JENIKA	TEMP	24	F	SEN	T	1:35:31
197	MAHUNDI	VELISWA	OMMIEDRAAI	47	F	45	11516	1:35:41
198	MOSALA	SINAWO	TEMP	33	F	SEN	T	1:36:00
199	MATTHEWS	KAY-LEE	TEMP	36	F	35	T	1:36:09
200	SOKHELA	MONICA	HOUT BAY	26	F	SEN	T	1:36:12
201	PERRONE	ANTONIO	TEMP	19	M	SEN	T	1:36:15
202	NO RETURN		TEMP		M	SEN	T	1:36:19
203	VENTER	KARLIEN	CLUB MYKONOS MULTISPORT	32	F	SEN	0940 BOL	1:36:25
204	OBERMEYER	NIKKI	MIDAS SPARTANS	54	F	50	11976	1:36:49
205	NO RETURN		TEMP		M	SEN	T	1:36:53
206	HAMEEDULLA	ABDURRASHIED	PINELANDS	62	M	60	1297	1:36:58
207	BAARTZES	RAFEEQ	TEMP	34	M	SEN	T	1:37:01
208	CASE	WENDY	TEMP	55	F	55	T	1:37:03
209	MILLAR	TRACEY	TEMP	34	F	SEN	T	1:37:17
210	SUJEE	ZERAHN	TEMP	37	F	35	T	1:37:31
211	JAMES	SHARON	PINELANDS	64	F	60	1085	1:37:39
212	HAWKRIDGE	ANTHONY	TEMP	60	M	60	T	1:37:39
213	NOMBONGO		MANDELA PARK		M	SEN	11819	1:37:43
214	CENTANE	NOLUTANDO	HOUT BAY	43	F	40	2753	1:37:44
215	PARKER	HASEENAH	PICK 'n PAY	45	F	45	11002	1:37:45
216	WATTERS	LEE-ANN	TEMP	30	F	SEN	T	1:38:02
217	NO CARD		TEMP		F	SEN	T	1:39:18
218	NO CARD				M	SEN		1:39:25
219	KGOWANA	ROSEMARY	SANDF WP	35	F	35	8922	1:39:28
220	MNUKWA	N	MANDELA PARK	32	F	SEN	11805	1:39:41
221	TALIEP	GASANT	TEMP	60	M	60	T	1:39:49
222	BRUWER	LISE	TEAM VITALITY	25	F	SEN	7153	1:39:57
223	EGAN	JOHN	TOTALSPORTS VOB	61	M	60	0925	1:40:02
224	STROHMAN	MIKE	BELLVILLE	69	M	65	8402	1:40:35
225	GELDENHUYS	DONOVAN	TYGERBERG	56	M	55	1082	1:40:40
226	DUVENAGE	IRMA	TEMP	37	F	35	T	1:40:44
227	MANSOER		TEMP	52	M	50	T5672	1:40:45
228	DE OLIVEIRA	YOLANDI	TOTALSPORTS VOB	42	F	40	2772	1:40:48
229	ARRIES	CONRAD	TEMP	62	M	60	T	1:40:49
230	PETERSEN-ADAMS	RA-EESA	OMMIEDRAAI	49	F	45	2563	1:40:53
231	ABRAHAMAS	WAHIEBAH	OMMIEDRAAI	56	F	55	2459	1:40:53
232	SCHOUTEN	SHARON	TOTALSPORTS VOB	61	F	60	0595	1:41:03
233	VAN VUUREN	MARGE	TOTALSPORTS VOB	63	F	60	3124	1:41:05
234	PRINS	REBECCA	OMMIEDRAAI	52	F	50	2536	1:41:13
235	HOFFMAN	LYNDALL	CARBINEERS WP	37	F	35	4472	1:41:22
236	MAYS	ROBYN	TEMP	28	F	SEN	T	1:41:23
237	PETERSEN	OSCAR	WILD RUNNER	56	M	55	12336	1:41:23
238	ELTRINGHAM	RICHARD	TEMP	28	M	SEN	T	1:41:24
239	BLOM	KAYLA	TEMP	21	F	SEN	T	1:41:27
240	GILMOUR	TRISH	TOTALSPORTS VOB	62	F	60	2685	1:41:43
241	MACKRILL	BRONWEN	TOTALSPORTS VOB	61	F	60	0334	1:41:43
242	ROBERTS	FARYL	OMMIEDRAAI	46	F	45	1952	1:41:48
243	PEARCE	DE KLASSEN	CARBINEERS WP	44	F	40	4498	1:41:49
244	HARSON	KIRSTY	HARFIELD	33	F	SEN	1415	1:42:05
245	KRUGER	STEPHANIE	HARFIELD	55	F	55	T	1:42:07
246	MENTOR	CLAUDINE	TOP FORM		M	SEN	10083	1:42:12
247	ADAMS	PATRICIA	MIDAS SPARTANS	52	F	50	6100	1:42:14
248	NO CARD		TEMP		F	SEN	T	1:42:24
249	BACKEBERG	CONRAD	TEMP	65	M	65	T	1:42:31
250	SALIE	SARAH	BRIMSTONE ITHEKO	41	F	40		1:42:53
251	AUSTIN	MARY	MP TITANS	52	F	50	4568	1:43:33
252	BOTHA	SIMONE	TEMP	41	F	40	T	1:43:51

253	HIGGS	HELENA	HELDERBERG HARRIERS	51	F	50	7871	1:43:57
254	DICKSON	LANA	SPARTAN	49	F	45	0149	1:44:00
255	MANDERSON	SALLY	TEMP	52	F	50	T	1:44:15
256	PRINS	JARRED	EDGEMEAD		M	JUN		1:44:15
257	SMITH	MARSHALL JUNIOR	TEMP	42	M	40	T	1:44:31
258	HUTCHINSON	BEVERLEY	TEMP	54	F	50	T	1:44:58
259	WHITE	NATALIE	SPARTAN	45	F	45	T	1:44:59
260	MAARTENS	CHARLENE	EDGEMEAD	54	F	50	4954	1:45:14
261	THEBUS	JUDY	OMMIEDRAAI	63	F	60	11481	1:45:14
262	SEMOLI	BULELWA	DRDLR AC	44	F	40	11395	1:45:21
263	PARKER	NAWAAZ	PICK 'n PAY	43	M	40	11001	1:45:36
264	JOUBERT	SANRDA	BRACKENFELL	51	F	50	8114	1:45:55
265	BESTER	CARLA	BRACKENFELL	51	F	50	10757	1:45:56
266	KOLI	THOZAMA	RCS GUGS	64	F	60	11150	1:46:07
267	REYNEKE	ANTON	TEAM VITALITY	58	M	55	7109	1:46:12
268	HARRIS	SAMMY	CHAEI SPORTS & REC	64	M	60	9320	1:46:58
269	EBRAHIM	MOEGSIEN	BO-KAAP ATHLETICS	64	M	60	11978	1:46:59
270	JOHNSTON	KIRSTY	HARFIELD	37	F	35	1435	1:47:00
271	LE GRANGE	TOMWIN	TEMP	28	M	SEN	T	1:47:04
272	GROBLER	ANJE	TEMP	23	F	SEN	T	1:47:15
273	BELL	DAVID	TEMP	64	M	60	T	1:47:22
274	HENDRICKS	MERCIA	TOTALSPORTS VOB	64	F	60	2721	1:47:44
275	FULLER	JANE	TOTALSPORTS VOB	65	F	65	2684	1:47:45
276	PRINS	ANGELA	EDGEMEAD	51	F	50	4961	1:48:05
277	HARGREAVES	EARL	CELTIC	77	M	75	0879	1:48:14
278	SIPHOSKOSO	ZAKITHI ZWANE	TEMP	34	F	SEN	7508	1:49:02
279	MANUEL	MASHEE-AH	BRIMSTONE ITHEKO	20	F	SEN	6612	1:49:31
280	LEWIS	MARK	SANLAM	41	M	40	2234	1:50:36
281	DAVIDS	CHARLENE	SAPS WP	46	F	45	5536	1:51:14
282	BESTER	IVAN	MSA MULTISPORT	62	M	60	10124	1:51:36
283	BRINK		TOTALSPORTS VOB	62	F	60	2727	1:52:17
284	DE ARAUJO	BETINA	TOTALSPORTS VOB	53	F	50	0244	1:52:21
285	SCHULEMAN	GRANT	HELDERBERG HARRIERS	53	M	50	7840	1:52:24
286	LEWIS	NINA	MP TITANS	45	F	45	4581	1:52:27
287	OERSON	NICOLETTE	MP TITANS	57	F	55	4614	1:52:28
288	PIETERSE	RANDY	GOODWOOD HARRIERS	67	M	65	9770	1:52:31
289	ADENDORPH	MICHELLE	RAVENSMEAD	51	F	50	9998	1:52:37
290	NO RETURN		TEMP		F	SEN	T	1:52:54
291	MAPHOLI	MUKONDELELI	TEMP	41	M	40	T	1:53:15
292	TALIEP	SHAMEEMA	TEMP	35	F	35	T	1:53:42
293	STEENKAMP	SHARON	EDGEMEAD	50	F	50	4821	1:53:43
294	LUKHELE	SIBUSISO	DRDLR AC	34	M	SEN	1409	1:53:59
295	ISAACS	ADIEL	OMMIEDRAAI	39	M	35	2516	1:54:01
296	NO CARD		FISH HOEK		F	SEN		1:54:04
297	KGATI	BOTLHALE	RCS GUGS	36	F	35	6163	1:54:05
298	LEWIN-DARIES	BERNADETTE	SPARTAN	52	F	50	0227	1:54:08
299	NO RETURN		TEMP		F	SEN	T	1:54:13
300	WIESE	JUAN	CARBINEERS WP	46	M	45	4501	1:54:33
301	NO RETURN		TEMP		F	SEN	T	1:54:40
302	BUCKLEY	ALAN	TEMP	68	M	65	T	1:54:42
303	JOHNSTON-READ	BARBARA	AAC	65	F	65	10238	1:55:13
304	WYNGAARDT	DOREEN	CARBINEERS WP	59	F	55	4521	1:55:28
305	RENSBURG	SHAUN	CARBINEERS WP	58	M	55	8912	1:55:29
306	RENSBURG	KIM	CARBINEERS WP	28	F	SEN	4522	1:55:29
307	BRANK-JONKER	NELLIE	TEMP	52	F	50	T	1:55:49
308	NO CARD		TEMP		F	SEN	T	1:56:23
309	ABRAHAMS	TAARIQ	TEMP	30	M	SEN	T	1:57:13
310	MEDUPE	JACOB	TEMP	54	M	50	T	1:57:25
311	MENZE	THOBEKA	TEAM VITALITY CG	40	F	40	CGA	1:57:30
312	DARIES	ELEANORE	RAVENSMEAD	64	F	60	2950	1:57:40
313	BOTHA	RIENIE	RAVENSMEAD	64	F	60	12190	1:57:41
314	ERASMUS	NANA	TEMP	51	F	50	T	1:58:32
315	NIEUWENHUIS	TARIMA	CENTRAL AC	76	F	75	9628	1:58:53
316	AFRICA	GWENDOLINE	RAVENSMEAD	55	F	55	12188	1:59:11
317	GOLOTILE		WEST COAST	46	F	45	1935	1:59:30

318	ZOTWANA	NANA	TEMP	52	F	50	T	2:00:06
319	MKULA	ZEMVELO	TEMP	36	F	35	T	2:00:54
320	SMITH	CHERYL	CARBINEERS WP	51	F	50	4505	2:01:16
321	MHLONGO	THAKASILE	PINELANDS	30	F	SEN	1093	2:02:14
322	NAIDU	KAVESHIN	TEMP	37	M	35	T	2:02:22
323	HOFFMAN	CHANTAL	TEMP	35	F	35	T	2:02:54
324	SAINDON	URSHULA	TEMP	29	F	SEN	T	2:04:58
325	MCPHERSON	GLYNIS	TEMP	66	F	65	T	2:07:01
326	STOKOE	JOSHUA	TEMP	16	M	JUN	T	2:07:03
327	STOKOE	NICKI	TEMP	50	F	50	T	2:07:12
328	JATTIEM	ZAINAB	BRIMSTONE ITHEKO	42	F	40	7408	2:07:30
329	SEPTEMBER	SHEREEN	BRIMSTONE ITHEKO	53	F	50	4304	2:07:31
330	FRANS	MARK	TOTALSPORTS VOB	55	M	55	2877	2:08:10
331	RENSBURG	JACQUELINE	CARBINEERS WP	55	F	55	8212	2:08:40
332	DICK	RENE	TOTALSPORTS VOB	59	F	55	2680	2:08:47
333	MANUEL	MARIANNA	TOTALSPORTS VOB	50	F	50	2720	2:08:48
334	ISMAIL	NARIMA	WALMERS AC	57	F	55	9075	2:08:52
335	STEED	MEGAN	TEMP	35	F	35	T	2:09:04
336	RADEMEYER	CAROLIEN	BRACKENFELL	30	F	SEN	10754	2:09:05
337	MABOKO	MIKATEKO	TEMP	39	F	35	T	2:10:53
338	LEWIS	ANTHENETTE	SANLAM	41	F	40	1633	2:11:05
339	REBELO	PATRICIA	TEMP	71	F	70	T	2:11:05
340	CUBITT	TIM	CHAEI SPORTS & REC	68	M	65	5885	2:11:26
341	SWART	JAN	GOODWOOD HARRIERS	64	M	60	10447	2:11:27
342	MSUKU	FARAI	TEAM VITALITY	44	F	40	7273	2:11:37
343	BUYS	ANNELIZE	CHAEI SPORTS & REC	59	F	55	5871	2:11:40
344	THOMPSON	GLENN	BRIMSTONE ITHEKO	63	F	60	6618	2:12:02
345	ZIMMERMAN	ANTOINETTE	TEAM VITALITY	56	F	55	6897	2:12:36
346	LAMBERT	JUANITA	WHALERS	52	F	50	0448 BOL	02:12:37
347	NO RETURN		SPARTAN		F	SEN		2:26:02

**SONIA HARLOCK**

**Cell 083 354 6636**

**kevson@mweb.co.za**

# RESULTS

## WOMENS RESULTS

### OPEN WOMEN

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
3	(13)	TARA	WILSON	TEMP	0-59-35

### WOMEN 40 - 49 YEARS

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(21)	BUSISIWE	MATIWANE	NEDBANK WP	1-03-11
3	(36)	JANET	MEYER	EDGEMEAD	1-06-54

### WOMEN 50 – 59 YEARS

1	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
2	(22)	MANDY	WOOD	TEAM VITALITY	1-03-20
3	(27)	JOANE	BURNS	TEMP	1-04-55

### WOMEN 60 – 69 YEARS

1	(56)	MANUELA	PATTERSON	CENTURY CITY	1-12-53
2	(60)	SARAH	JOHL	TOTALSPORTS VOB	1-13-37
3	(149)	DELYSE	RIST	PINELANDS	1-28-06

### WOMEN 70 YEARS +

1	(58)	KAY	LONGMAN	FISH HOEK	1-13-31
2	(104)	MAUREEN	VERSTER	EDGEMEAD	1-22-38
3	(162)	PIXIE	SPARG	CELTIC HARRIERS	1-30-32

## MENS RESULTS

### JUNIOR MEN 15 – 19 YEARS

1	(11)	ANGUS	GIBSON	FISH HOEK	0-58-52
2	(256)	JARRED	PRINS	EDGEMEAD	1-44-15

### OPEN MEN

1	(1)	SIPHIWE	TERO	SATORI	0-41-20
2	(2)	LEBU	MALINGA	TEMP	0-49-22
3	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02

### MEN 40 – 49 YEARS

1	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02
2	(26)	JOSE	DE OLIVEIRA	TOTALSPORTS VOB	1-04-46
3	(40)	SHIERAAJ	KOOPMAN	CARBINEERS WP	1-08-47

**MEN 50 – 59 YEARS**

1	(4)	GREGORY	JHENDRICKS	SPARTAN HARRIERS	0-51-08
2	(5)	COLIN	GEORGE	TOTALSPORTS VOB	0-53-42
3	(8)	GARY	SIMONS	NEDBANK WP	0-57-36

**MEN 60 – 69 YEARS**

1	(18)	JOHN	LESLIE	FISH HOEK	1-02-20
2	(32)	ERIC	JUDD	PINELANDS	1-06-02
3	(35)	ΑΒΟΥΔΟΥΚΑΠΙΜΙ Α ΝΤ	MOOSA	CELTIC HARRIERS	1-06-42

**MEN 70 YEARS +**

1	(45)	HENRY	CLEOPHAS	NEDBANK WP	1-09-58
2	(277)	EARL	HARGREAVES	CELTIC HARRIERS	1-48-14



## **RUNNER COUNT**

### **WOMEN COUNT**

JUNIOR WOMEN	1
SENIOR WOMEN	55
WOMEN 35 – 39 YEARS	21
WOMEN 40 – 44 YEARS	23
WOMEN 45 – 49 YEARS	20
WOMEN 50 – 54 YEARS	33
WOMEN 55 – 59 YEARS	22
WOMEN 60 – 64 YEARS	16
WOMEN 65 – 69 YEARS	5
WOMEN 70 – 74 YEARS	5
WOMEN 75 – 79 YEARS	2
TOTAL WOMEN	<hr/> 203

### **MEN COUNT**

JUNIOR MEN	5
SENIOR MEN	43
MEN 35 – 39 YEARS	12
MEN 40 – 44 YEARS	16
MEN 45 – 49 YEARS	11
MEN 50 – 54 YEARS	14
MEN 55 – 59 YEARS	15
MEN 60 – 64 YEARS	13
MEN 65 – 69 YEARS	12
MEN 70 – 74 YEARS	1
MEN 75 – 79 YEARS	2
TOTAL MEN	<hr/> 144

## STATISTICS OF CLUB RUNNERS

32 GI RC SWD	2
Albany Road Runners EP	1
ARD AC	2
Atlantic AC	1
Bellville AC	1
Bo-Kaap Athletics	1
Brackenfell AC	7
Brimstone Itheko Sport AC	5
Carbineers WP	12
Celtic Harriers	6
Central Athletics	1
Century City AC	1
Chaeli Sports & Recreation Club	4
Club Mykonos Multisport BOL	1
Department of Rural Development and Land Reform AC	2
Edgemoor Runners	13
Fat Cats AC	1
Fish Hoek AC	9
Goodwood Harriers	3
Hangklip AC BOL	1
Harfield Harriers	4
Helderberg Harriers	3
Hout Bay Harriers	2
Kearsney Striders KZN	1
Kensington & Fractretton SAC	1
Khayelitsha AC	1
Kuils River Athletics	1
Mandela Park AC	2
Midas Spartans	2
Mitchell Plain Titans	8
MSA Multisport	1
Nantes AC	1
Nedbank Running Club WP	6
Ommiedraai Friends AC	10
Orca Running Acedmy KZN	1
Pick'n Pay AC	3
Pinelands AC	8
Ravensmead AC	4
RCS Guguletu AC	4
SANDF WP	3

Sanlam AC	2
SAPS AC WP	1
Satori AC	3
Spartan Harriers	15
Strand AC	2
Team Vitality CG	1
Team Vitality WP	11
Temporary Licensed Runners	131
Top Form AC	3
Totalsports VOB Running Club	22
Tygerberg AC	1
UCT AC	1
Van Der Merwe & Robertson Durbanville AC	3
Walmers AC	1
West Coast AC	2
Whalers Runners BOL	2
Wild Runner AC	1
No Cards / No Returns	5
<b>TOTAL RUNNERS</b>	<b>347</b>

**SPONSORS**

**TIMBERCITY  
COCA-COLA PENINSULA BEVERAGES  
RUN CLEAN**

**TIMBERCITY 13KM BLACK HILL ROAD RACE  
FISH HOEK ATHLETIC CLUB  
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TERO	SIPHIWE	SATORI	28	M	SEN	1537	0:41:20
2	MALINGA	LEBU ELIOT	TEMP	29	M	SEN	T	0:49:22
3	MAPHUKATHI	SIHLE	NEDBANK WP	47	M	45	5548	0:51:02
4	HENDRICKS	GREGORY	SPARTAN	51	M	50	0198	0:51:08
5	GEORGE	COLIN	TOTALSPORTS VOB	52	M	50	2745	0:53:42
6	MANEVELDT	JASON	TEMP	26	M	SEN	T	0:56:50
7	THEUNISSEN	DYLAN	TEMP	26	M	SEN	T	0:56:58
8	SIMONS	GARY	NEDBANK WP	50	M	50	5557	0:57:36
9	POSTHUMUS-FOX	TANYA	NEDBANK WP	43	F	40	5606	0:58:00
10	JOHNSTON	KYLE	FISH HOEK	38	M	35	T	0:58:33
11	GIBSON	ANGUS	FISH HOEK	19	M	JUN	J20256	0:58:52
12	KANYONGO	OBERTINA	NEDBANK WP	56	F	55	5615	0:59:25
13	WILSON	TARA	TEMP	32	F	SEN	T	0:59:35
14	KOK	GERT	TEMP	40	M	40	T	0:59:37
15	ROSS	DANIEL	TOTALSPORTS VOB	55	M	55	3243	0:59:53
16	CARTER	SIMEON	TEMP	33	M	SEN	T	1:00:10
17	DU TOIT	MATTHEW	TEMP	17	M	JUN	T	1:00:21
18	LESLIE	JOHN	FISH HOEK	65	M	65		1:02:20
19	DAVIDSON	TERENCE	SPARTAN	50	M	50	0505	1:02:34
20	ROBERTSON	DARREN	TOTALSPORTS VOB	43	M	40	3055	1:02:56
21	MATIWANE	BUSISIWE	NEDBANK WP	48	F	45	5568	1:03:11
22	WOOD	MANDY	TEAM VITALITY	50	F	50	6964	1:03:20
23	WOOD	STEVEN	TEAM VITALITY	50	M	50	6965	1:03:23
24	WOLHUTER	CHRISTOPHER	TEMP	35	M	35	T	1:03:43
25	FORTUIN	RICARDO	RCS GUGS	43	M	40	11364	1:03:46
26	DE OLIVEIRA	JOSE	TOTALSPORTS VOB	49	M	45	2771	1:04:46
27	BURNS	JOANNE	TEMP	58	F	55	T	1:04:56
28	ROBINSON	LAUREN	FISH HOEK	33	F	SEN	8675	1:05:15
29	JOUBERT	JOZUA	BRACKENFELL	49	M	45	9674	1:05:20
30	DRUMMER	BRAD	TEMP	22	M	SEN	T	1:05:53
31	NO CARD		TEMP		M	SEN	T	1:06:01
32	JUDD	ERIC	PINELANDS	65	M	65	1158	1:06:02
33	ELTRINGHAM	PHILIP	TEMP	40	M	40	T	1:06:37
34	ELTRINGHAM	GINA	TEMP	35	F	35	T	1:06:37
35	MOOSA	ABDURAHMAN	CELTIC	62	M	60	0891	1:06:42
36	MEYER	JANET	EDGEMEAD	40	F	40	5000	1:06:54
37	MARTIN	LAUREN	EDGEMEAD	41	F	40	4848	1:08:27
38	BENJAMIN	SERGAI	TEMP	37	M	35	1782	1:08:30
39	NEWTON	MEGAN	TEMP	21	F	SEN	T	1:08:31
40	KOOPMAN	SHIERAAJ	CARBINEERS WP	45	M	45	4546	1:08:57
41	LIELL-COCK	ZACHARIAS	TEMP	32	M	SEN	T	1:09:00
42	MAKOCHEKANWA	EVELYN	RCS GUGS	35	F	35	11139	1:09:12
43	MANUEL	CRAIG	SANDF WP	48	M	45	5314	1:09:45
44	MBINAMBINA	PATRIC	TEMP	44	M	40	9010	1:09:54
45	CLEOPHAS	HENRY	NEDBANK WP	75	M	75	5574	1:09:58
46	COBBLEDICK	GREGORY	KEARSNEY	22	M	SEN	1592	1:10:08
47	ALBERT	MEGAN	TOTALSPORTS VOB	28	F	SEN	3304	1:10:11
48	BLINK	MAYNE	TEMP	26	M	SEN	T	1:11:28
49	CLOETE	NATHALIE	TOTALSPORTS VOB	54	F	50	0442	1:11:52
50	VAN DER WALT	MARIE-LOUISE	HANGKLIP	48	F	45	1844 BOL	1:12:03
51	STOREY	AL	TEMP	55	M	55	T	1:12:03
52	BANDA	TONY	TEMP	43	M	40	T	1:12:26
53	RUBUSHE	VUYOKAZI	KHAYELITSHA	29	F	SEN	6290	1:12:41
54	HINE	MICHELLE	CARBINEERS WP	45	F	45	4958	1:12:46
55	BARTLETT	DENZIL	CARBINEERS WP	51	M	50	8907	1:12:47
56	PATTERSON	MANUELA	CENTURY CITY	63	F	60	4700	1:12:53
57	DAVIES	BRIAN	TEMP	54	M	50	T	1:13:05

58	LONGMAN	KAY	FISH HOEK	70	F	70	8565	1:13:31
59	DE FRANCHI	DAVIDE	TEMP	32	M	SEN	T	1:13:33
60	JOHL	SARAH	TOTALSPORTS VOB	66	F	65	2970	1:13:37
61	JOHL	ROLF	TOTALSPORTS VOB	65	M	65	2911	1:13:37
62	DREYER	MICHAEL	SPARTAN	67	M	65	0362	1:13:45
63	VERMEULEN	LYNN	FISH HOEK	56	F	55	8621	1:14:05
64	VAN VELZE	JACQUES	TEMP	32	M	SEN	T	1:14:12
65	NO RETURN		DURBAC		M	SEN		1:14:47
66	TOERIEN	FRANCOIS	CELTIC	56	M	55	9782	1:14:52
67	MUNYAKA	DENNIS	FAT CATS	42	M	40	13182	1:15:41
68	DISQUALIFIED		TEMP		M	SEN	T	1:15:47
69	VENTER	EMUEL	TEMP	31	M	SEN	T	1:16:02
70	STEYN	HENRIK	WHALERS	55	M	55	0373 BOL	1:16:28
71	WILSON	JOHN	TEMP	57	M	55	T	1:16:35
72	MOISEY	ADRIAN	SPARTAN	39	M	35	12085	1:16:42
73	VENTER	MARGO	TEMP	31	F	SEN	T	1:16:49
74	JOHNSTONE	CANDICE	TEMP	29	F	SEN	T	1:17:00
75	BOOT	JANA	TEMP	51	F	50	T	1:17:26
76	BADUZA	THANDO	TEMP	45	M	45	T	1:17:31
77	DE KLERK	ANDRE	TEMP	35	M	35	T	1:17:36
78	SWANEPOEL	KRISTEEN	TEMP	24	F	SEN	T	1:18:06
79	DRUMMER	CARL	TEMP	16	M	JUN	T	1:18:13
80	NO RETURN				M	SEN		1:18:38
81	BORNMAN	ANUZKA	EDGEHEAD	33	F	SEN	5152	1:18:49
82	BROWN	CHARLENE	EDGEHEAD	40	F	40	4683	1:18:49
83	PRETORIUS	MARTHA	NANTES	53	F	50	9226	1:18:59
84	DOYLE	COLIN	STRAND	64	M	60	3592	1:18:59
85	NAKUMBA	UNATHI	SPARTAN	19	F	JUN	J20004	1:19:05
86	ELS	CANDICE	TEAM VITALITY	45	F	45	7523	1:19:07
87	DANIEL-DURANDT	FRANCISCA	DURBAC	28	F	SEN	3970	1:20:00
88	GARCIA	SARA	TEMP	29	F	SEN	T	1:20:32
89	VAN ZYL	NATASCHA	HELDERBERG HARRIERS	56	F	55	7919	1:20:35
90	CASSIEM	MISHQUA	TEMP	28	F	SEN	T	1:20:37
91	EREFAAN		ARD	51	M	50	5672	1:20:40
92	NO RETURN		TEMP		M	SEN	T	1:20:43
93	NO RETURN		TEMP		F	SEN	T	1:20:44
94	FARQUHAR	KEENAN	TEMP	29	M	SEN	T	1:20:45
95	ADAMS	MICHAEL	SPARTAN	59	M	55	0224	1:21:39
96	SLINGER	MOGAMAT FAIEK	MP TITANS	56	M	55	13405	1:21:44
97	SCHOEMAN	LOURENS	TEMP	65	M	65	T	1:21:51
98	FORTUIN	DEAN	TEMP	28	M	SEN	T	1:21:59
99	CARIS	INGRID	TEMP	43	F	40	T	1:22:09
100	MACHADO	DAVID	TEMP	33	M	SEN	T	1:22:09
101	NO RETURN		TEMP		M	SEN	T	1:22:23
102	STUCK	KIM	TEMP	22	F	SEN	T	1:22:24
103	MOHR	LINDA	ORCA RUNNING ACADEMY	56	F	55		1:22:33
104	VERSTER	MAUREEN	EDGEHEAD	71	F	70	4665	1:22:38
105	ESTERHUYSE	SUZANNE	32GI SWD	22	F	SEN	1798 SWD	1:22:58
106	GREVE	DENISE	32GI SWD	57	F	55	1792 SWD	1:22:59
107	SHAM	MONIQUE	TEMP	40	F	40	T	1:22:59
108	MCDARBY	FLOR	TEMP	47	F	45	T	1:23:32
109	ABRAHAMS	SHANAAZ	MP TITANS	38	F	35	4570	1:23:33
110	RYKLIEF	ZOELFAH	MP TITANS	53	F	50	4572	1:23:34
111	DU PLESSIS	LISA	TEMP	52	F	50	T	1:23:39
112	MACHAPA	ROSEMARY	TEMP	47	F	45	T	1:23:40
113	KEAVENEY	JAMES	TEMP	39	M	35	T	1:23:46
114	WHEATON	SPENCER	CELTIC	47	M	45	0667	1:23:48
115	WATTERS	GRANT	TEMP	32	M	SEN	T	1:23:54
116	KUUN	AMANDA	TEAM VITALITY	57	F	55	7975	1:24:03
117	HUDSONBERG	GRANT	TEMP	46	M	45	T	1:24:13
118	NO RETURN		TEMP		F	SEN	T	1:24:17
119	NO RETURN		TEMP		M	SEN	T	1:24:18
120	KRETZMANN	JENNA	ALBANY RR	23	F	SEN	0653	1:24:35
121	KELLERMAN	MICHAELA	TEMP	25	F	SEN	T	1:24:37
122	ANDERS	ROBERT	TEMP	35	M	35	T	1:24:44

123	HARRIS	SEAN	PINELANDS	59	M	55	0964	1:24:50
124	DAIVDS	YUSUF	KENFAC	44	M	40	4343	1:24:53
125	ALLEN	LIEZL	TEMP	27	F	SEN	T	1:24:58
126	KOEN	KIRSTEN	TEMP	25	F	SEN	T	1:25:00
127	BEKKER	STACIE-LEE	TEMP	36	F	35	T	1:25:09
128	BEKKER	RYAN	FISH HOEK	41	M	40	1560	1:25:09
129	BONTHUYS	HEMARI	TEMP	35	F	35	T	1:25:14
130	ADAMS	NICOLE	TEMP	49	F	45	T	1:25:30
131	BUTTERS	GREG	TEMP	29	M	SEN	T	1:25:37
132	BAARD	CHRISTA	TEAM VITALITY	47	F	45	7037	1:25:50
133	MANHAMO	PLEASANCE	TEMP	43	F	40	T	1:26:11
134	JACOBS	NIHAAD	TOP FORM	30	F	SEN	10081	1:26:11
135	WHITE	ASHTON	SPARTAN	41	M	40	1880	1:26:21
136	NO RETURN		TEMP		M	SEN	T	1:26:23
137	KONICK	DEBBIE	SATORI	55	F	55	11544	1:26:46
138	LITTLEWOOD	GARTH	SATORI	67	M	65	11525	1:26:46
139	MOOSA	DEBORAH	CELTIC	53	F	50	0890	1:26:47
140	HUDSONBERG	SOMAYA	PICK 'n PAY	44	F	40	13307	1:26:48
141	EDMUNDS	JANE	TEMP	61	F	60	T	1:26:49
142	VAN VELZE	KATE	TEMP	31	F	SEN	T	1:27:07
143	OWEN	JUSTIN	TEMP	31	M	SEN	T	1:27:26
144	SCHEEPERS	ROSETTE	MP TITANS	56	F	55	4619	1:27:49
145	DISQUALIFIED		KUILS RIVER		M	SEN		1:27:59
146	STEYN	KENNY	TEMP	56	M	55	17186	1:28:23
147	LUDICK	CARA	FISH HOEK	31	F	SEN	5111	1:28:55
148	SMIT	ANJA	BRACKENFELL	42	F	40	8147	1:29:04
149	RIST	DELYSE	PINELANDS	61	F	60	0962	1:29:06
150	SCHEEPERS	TOPPIE	BRACKENFELL	52	M	50	8175	1:29:06
151	HARRIS	LEE-ANN	PINELANDS	56	F	55	0967	1:29:07
152	BAUGAARD	EUGENE	GOODWOOD HARRIERS	41	M	40	9786	1:29:08
153	BUSCH	CEDRIC	MP TITANS	69	M	65	4582	1:29:25
154	ZUNGU	MZWANDILE	WEST COAST	36	M	35	13100	1:29:27
155	ZIMMERMANN	VALENTINA	TEMP	26	F	SEN	T	1:29:29
156	ROHRER	RAOUL	TEMP	27	M	SEN	T	1:29:29
157	OLIVIER	ANGELIQUE	TOTALSPORTS VOB	40	F	40	3270	1:29:50
158	CROWDER	INGRID	EDGEMEAD	55	F	55	4921	1:30:01
159	ADONIS	RUE	EDGEMEAD	49	F	45	6996	1:30:11
160	PAULSEN	DEVON	TEMP	28	M	SEN	T	1:30:30
161	NAUDE	DINAH	TEMP	43	F	40	T	1:30:31
162	SPARG	PIXIE	CELTIC	79	F	75	0910	1:30:32
163	GANTER	RICH	TEMP	61	M	60	T	1:30:47
164	DU PLESSIS	HELEN	BRACKENFELL	71	F	70	8071	1:31:01
165	HENDERSON	COLIN	SPARTAN	51	M	50	0739	1:31:13
166	MARE	JOHAN	SPARTAN	56	M	55	2233	1:31:18
167	MAC	ANDRE	OMMIEDRAAI	42	M	40	12731	1:31:43
168	DAVIDS	KAREN	TOP FORM	45	F	45	10078	1:31:47
169	THEBUS	KAMI	OMMIEDRAAI	54	F	50	11492	1:31:50
170	PEDRO	KIRSTIE	TEMP	35	F	35	T	1:32:06
171	NO RETURN				M	SEN		1:32:15
172	JAFFER	SHANAAZ	OMMIEDRAAI	51	M	50	2554	1:32:15
173	HENRY	CHARLENE	TEMP	39	F	35	T	1:32:23
174	BURTON	CARMIN	CHAEI SPORTS & REC	51	F	50	5866	1:32:29
175	MPHUTHI	SIPHIWE	UCT	36	M	35	9758	1:32:51
176	BOTHMA	LIZELLE	EDGEMEAD	44	F	40	4895	1:32:56
177	JOHNSON	PAULA	EDGEMEAD	46	F	45	4640	1:33:03
178	POPPELSTONE	BRONSON	SPARTAN	48	M	45	0272	1:33:06
179	DELPORT	KAYLA	TEMP	21	F	SEN	T	1:33:16
180	JORDAAN	JONATHAN	SPARTAN	46	M	45	13858	1:33:19
181	BUCHANAN	KEN	HARFIELD	73	M	70	1423	1:33:37
182	SOLOMON	TARIQ	TEMP	31	M	SEN	T	1:33:53
183	NYIKA	SINOXOLO	TEAM VITALITY	30	F	SEN	6825	1:33:57
184	VAN DER MERWE	MELISSA	TEAM VITALITY	37	F	35	7308	1:34:12
185	LEVERTON	RUTH	PINELANDS	71	F	70	1052	1:34:19
186	SWART	BERNICE	TEMP	36	M	35	T	1:34:21
187	NO RETURN				F	SEN	T	1:34:40

188	LEWIN	AESHA	ARD	42	F	40	5671	1:34:41
189	WICHERS	ANENE	STRAND	30	F	SEN	3718	1:34:45
190	VUUREN	KAREN	DURBAC	31	F	SEN	3738	1:34:54
191	MOUTON	JUSTINE	TEMP	53	F	50	T	1:34:55
192	ALLIES	LAVONA	CARBINEERS WP	60	F	60	4692	1:34:58
193	COLLINS	JUDY	TEMP	69	F	65	T	1:35:14
194	KOEN	MICHAEL	TEMP	23	M	SEN	T	1:35:21
195	MABASO	REFILOE	SANDF WP	38	F	35	8803	1:35:29
196	JOUBERT	JENIKA	TEMP	24	F	SEN	T	1:35:31
197	MAHUNDI	VELISWA	OMMIEDRAAI	47	F	45	11516	1:35:41
198	MOSALA	SINAWO	TEMP	33	F	SEN	T	1:36:00
199	MATTHEWS	KAY-LEE	TEMP	36	F	35	T	1:36:09
200	SOKHELA	MONICA	HOUT BAY	26	F	SEN	T	1:36:12
201	PERRONE	ANTONIO	TEMP	19	M	SEN	T	1:36:15
202	NO RETURN		TEMP		M	SEN	T	1:36:19
203	VENTER	KARLIEN	CLUB MYKONOS MULTISPORT	32	F	SEN	0940 BOL	1:36:25
204	OBERMEYER	NIKKI	MIDAS SPARTANS	54	F	50	11976	1:36:49
205	NO RETURN		TEMP		M	SEN	T	1:36:53
206	HAMEEDULLA	ABDURRASHIED	PINELANDS	62	M	60	1297	1:36:58
207	BAARTZES	RAFEEQ	TEMP	34	M	SEN	T	1:37:01
208	CASE	WENDY	TEMP	55	F	55	T	1:37:03
209	MILLAR	TRACEY	TEMP	34	F	SEN	T	1:37:17
210	SUJEE	ZERAHN	TEMP	37	F	35	T	1:37:31
211	JAMES	SHARON	PINELANDS	64	F	60	1085	1:37:39
212	HAWKRIDGE	ANTHONY	TEMP	60	M	60	T	1:37:39
213	NOMBONGO		MANDELA PARK		M	SEN	11819	1:37:43
214	CENTANE	NOLUTANDO	HOUT BAY	43	F	40	2753	1:37:44
215	PARKER	HASEENAH	PICK 'n PAY	45	F	45	11002	1:37:45
216	WATTERS	LEE-ANN	TEMP	30	F	SEN	T	1:38:02
217	NO CARD		TEMP		F	SEN	T	1:39:18
218	NO CARD				M	SEN		1:39:25
219	KGOWANA	ROSEMARY	SANDF WP	35	F	35	8922	1:39:28
220	MNUKWA	N	MANDELA PARK	32	F	SEN	11805	1:39:41
221	TALIEP	GASANT	TEMP	60	M	60	T	1:39:49
222	BRUWER	LISE	TEAM VITALITY	25	F	SEN	7153	1:39:57
223	EGAN	JOHN	TOTALSPORTS VOB	61	M	60	0925	1:40:02
224	STROHMAN	MIKE	BELLVILLE	69	M	65	8402	1:40:35
225	GELDENHUYS	DONOVAN	TYGERBERG	56	M	55	1082	1:40:40
226	DUVENAGE	IRMA	TEMP	37	F	35	T	1:40:44
227	MANSOER		TEMP	52	M	50	T5672	1:40:45
228	DE OLIVEIRA	YOLANDI	TOTALSPORTS VOB	42	F	40	2772	1:40:48
229	ARRIES	CONRAD	TEMP	62	M	60	T	1:40:49
230	PETERSEN-ADAMS	RA-EESA	OMMIEDRAAI	49	F	45	2563	1:40:53
231	ABRAHAMAS	WAHIEBAH	OMMIEDRAAI	56	F	55	2459	1:40:53
232	SCHOUTEN	SHARON	TOTALSPORTS VOB	61	F	60	0595	1:41:03
233	VAN VUUREN	MARGE	TOTALSPORTS VOB	63	F	60	3124	1:41:05
234	PRINS	REBECCA	OMMIEDRAAI	52	F	50	2536	1:41:13
235	HOFFMAN	LYNDALL	CARBINEERS WP	37	F	35	4472	1:41:22
236	MAYS	ROBYN	TEMP	28	F	SEN	T	1:41:23
237	PETERSEN	OSCAR	WILD RUNNER	56	M	55	12336	1:41:23
238	ELTRINGHAM	RICHARD	TEMP	28	M	SEN	T	1:41:24
239	BLOM	KAYLA	TEMP	21	F	SEN	T	1:41:27
240	GILMOUR	TRISH	TOTALSPORTS VOB	62	F	60	2685	1:41:43
241	MACKRILL	BRONWEN	TOTALSPORTS VOB	61	F	60	0334	1:41:43
242	ROBERTS	FARYL	OMMIEDRAAI	46	F	45	1952	1:41:48
243	PEARCE	DE KLASSEN	CARBINEERS WP	44	F	40	4498	1:41:49
244	HARSON	KIRSTY	HARFIELD	33	F	SEN	1415	1:42:05
245	KRUGER	STEPHANIE	HARFIELD	55	F	55	T	1:42:07
246	MENTOR	CLAUDINE	TOP FORM		M	SEN	10083	1:42:12
247	ADAMS	PATRICIA	MIDAS SPARTANS	52	F	50	6100	1:42:14
248	NO CARD		TEMP		F	SEN	T	1:42:24
249	BACKEBERG	CONRAD	TEMP	65	M	65	T	1:42:31
250	SALIE	SARAH	BRIMSTONE ITHEKO	41	F	40		1:42:53
251	AUSTIN	MARY	MP TITANS	52	F	50	4568	1:43:33
252	BOTHA	SIMONE	TEMP	41	F	40	T	1:43:51



253	HIGGS	HELENA	HELDERBERG HARRIERS	51	F	50	7871	1:43:57
254	DICKSON	LANA	SPARTAN	49	F	45	0149	1:44:00
255	MANDERSON	SALLY	TEMP	52	F	50	T	1:44:15
256	PRINS	JARRED	EDGEMEAD		M	JUN		1:44:15
257	SMITH	MARSHALL JUNIOR	TEMP	42	M	40	T	1:44:31
258	HUTCHINSON	BEVERLEY	TEMP	54	F	50	T	1:44:58
259	WHITE	NATALIE	SPARTAN	45	F	45	T	1:44:59
260	MAARTENS	CHARLENE	EDGEMEAD	54	F	50	4954	1:45:14
261	THEBUS	JUDY	OMMIEDRAAI	63	F	60	11481	1:45:14
262	SEMOLI	BULELWA	DRDLR AC	44	F	40	11395	1:45:21
263	PARKER	NAWAAZ	PICK 'n PAY	43	M	40	11001	1:45:36
264	JOUBERT	SANRDA	BRACKENFELL	51	F	50	8114	1:45:55
265	BESTER	CARLA	BRACKENFELL	51	F	50	10757	1:45:56
266	KOLI	THOZAMA	RCS GUGS	64	F	60	11150	1:46:07
267	REYNEKE	ANTON	TEAM VITALITY	58	M	55	7109	1:46:12
268	HARRIS	SAMMY	CHAEI SPORTS & REC	64	M	60	9320	1:46:58
269	EBRAHIM	MOEGSIEN	BO-KAAP ATHLETICS	64	M	60	11978	1:46:59
270	JOHNSTON	KIRSTY	HARFIELD	37	F	35	1435	1:47:00
271	LE GRANGE	TOMWIN	TEMP	28	M	SEN	T	1:47:04
272	GROBLER	ANJE	TEMP	23	F	SEN	T	1:47:15
273	BELL	DAVID	TEMP	64	M	60	T	1:47:22
274	HENDRICKS	MERCIA	TOTALSPORTS VOB	64	F	60	2721	1:47:44
275	FULLER	JANE	TOTALSPORTS VOB	65	F	65	2684	1:47:45
276	PRINS	ANGELA	EDGEMEAD	51	F	50	4961	1:48:05
277	HARGREAVES	EARL	CELTIC	77	M	75	0879	1:48:14
278	SIPHOSKOSO	ZAKITHI ZWANE	TEMP	34	F	SEN	7508	1:49:02
279	MANUEL	MASHEE-AH	BRIMSTONE ITHEKO	20	F	SEN	6612	1:49:31
280	LEWIS	MARK	SANLAM	41	M	40	2234	1:50:36
281	DAVIDS	CHARLENE	SAPS WP	46	F	45	5536	1:51:14
282	BESTER	IVAN	MSA MULTISPORT	62	M	60	10124	1:51:36
283	BRINK		TOTALSPORTS VOB	62	F	60	2727	1:52:17
284	DE ARAUJO	BETINA	TOTALSPORTS VOB	53	F	50	0244	1:52:21
285	SCHULEMAN	GRANT	HELDERBERG HARRIERS	53	M	50	7840	1:52:24
286	LEWIS	NINA	MP TITANS	45	F	45	4581	1:52:27
287	OERSON	NICOLETTE	MP TITANS	57	F	55	4614	1:52:28
288	PIETERSE	RANDY	GOODWOOD HARRIERS	67	M	65	9770	1:52:31
289	ADENDORPH	MICHELLE	RAVENSMEAD	51	F	50	9998	1:52:37
290	NO RETURN		TEMP		F	SEN	T	1:52:54
291	MAPHOLI	MUKONDELELI	TEMP	41	M	40	T	1:53:15
292	TALIEP	SHAMEEMA	TEMP	35	F	35	T	1:53:42
293	STEENKAMP	SHARON	EDGEMEAD	50	F	50	4821	1:53:43
294	LUKHELE	SIBUSISO	DRDLR AC	34	M	SEN	1409	1:53:59
295	ISAACS	ADIEL	OMMIEDRAAI	39	M	35	2516	1:54:01
296	NO CARD		FISH HOEK		F	SEN		1:54:04
297	KGATI	BOTLHALE	RCS GUGS	36	F	35	6163	1:54:05
298	LEWIN-DARIES	BERNADETTE	SPARTAN	52	F	50	0227	1:54:08
299	NO RETURN		TEMP		F	SEN	T	1:54:13
300	WIESE	JUAN	CARBINEERS WP	46	M	45	4501	1:54:33
301	NO RETURN		TEMP		F	SEN	T	1:54:40
302	BUCKLEY	ALAN	TEMP	68	M	65	T	1:54:42
303	JOHNSTON-READ	BARBARA	AAC	65	F	65	10238	1:55:13
304	WYNGAARDT	DOREEN	CARBINEERS WP	59	F	55	4521	1:55:28
305	RENSBURG	SHAUN	CARBINEERS WP	58	M	55	8912	1:55:29
306	RENSBURG	KIM	CARBINEERS WP	28	F	SEN	4522	1:55:29
307	BRANK-JONKER	NELLIE	TEMP	52	F	50	T	1:55:49
308	NO CARD		TEMP		F	SEN	T	1:56:23
309	ABRAHAMS	TAARIQ	TEMP	30	M	SEN	T	1:57:13
310	MEDUPE	JACOB	TEMP	54	M	50	T	1:57:25
311	MENZE	THOBEKA	TEAM VITALITY CG	40	F	40	CGA	1:57:30
312	DARIES	ELEANORE	RAVENSMEAD	64	F	60	2950	1:57:40
313	BOTHA	RIENIE	RAVENSMEAD	64	F	60	12190	1:57:41
314	ERASMUS	NANA	TEMP	51	F	50	T	1:58:32
315	NIEUWENHUIS	TARIMA	CENTRAL AC	76	F	75	9628	1:58:53
316	AFRICA	GWENDOLINE	RAVENSMEAD	55	F	55	12188	1:59:11
317	GOLOTILE		WEST COAST	46	F	45	1935	1:59:30

318	ZOTWANA	NANA	TEMP	52	F	50	T	2:00:06
319	MKULA	ZEMVELO	TEMP	36	F	35	T	2:00:54
320	SMITH	CHERYL	CARBINEERS WP	51	F	50	4505	2:01:16
321	MHLONGO	THAKASILE	PINELANDS	30	F	SEN	1093	2:02:14
322	NAIDU	KAVESHIN	TEMP	37	M	35	T	2:02:22
323	HOFFMAN	CHANTAL	TEMP	35	F	35	T	2:02:54
324	SAINDON	URSHULA	TEMP	29	F	SEN	T	2:04:58
325	MCPHERSON	GLYNIS	TEMP	66	F	65	T	2:07:01
326	STOKOE	JOSHUA	TEMP	16	M	JUN	T	2:07:03
327	STOKOE	NICKI	TEMP	50	F	50	T	2:07:12
328	JATTIEM	ZAINAB	BRIMSTONE ITHEKO	42	F	40	7408	2:07:30
329	SEPTEMBER	SHEREEN	BRIMSTONE ITHEKO	53	F	50	4304	2:07:31
330	FRANS	MARK	TOTALSPORTS VOB	55	M	55	2877	2:08:10
331	RENSBURG	JACQUELINE	CARBINEERS WP	55	F	55	8212	2:08:40
332	DICK	RENE	TOTALSPORTS VOB	59	F	55	2680	2:08:47
333	MANUEL	MARIANNA	TOTALSPORTS VOB	50	F	50	2720	2:08:48
334	ISMAIL	NARIMA	WALMERS AC	57	F	55	9075	2:08:52
335	STEED	MEGAN	TEMP	35	F	35	T	2:09:04
336	RADEMEYER	CAROLIEN	BRACKENFELL	30	F	SEN	10754	2:09:05
337	MABOKO	MIKATEKO	TEMP	39	F	35	T	2:10:53
338	LEWIS	ANTHENETTE	SANLAM	41	F	40	1633	2:11:05
339	REBELO	PATRICIA	TEMP	71	F	70	T	2:11:05
340	CUBITT	TIM	CHAELI SPORTS & REC	68	M	65	5885	2:11:26
341	SWART	JAN	GOODWOOD HARRIERS	64	M	60	10447	2:11:27
342	MSUKU	FARAI	TEAM VITALITY	44	F	40	7273	2:11:37
343	BUYS	ANNELIZE	CHAELI SPORTS & REC	59	F	55	5871	2:11:40
344	THOMPSON	GLENN	BRIMSTONE ITHEKO	63	F	60	6618	2:12:02
345	ZIMMERMAN	ANTOINETTE	TEAM VITALITY	56	F	55	6897	2:12:36
346	LAMBERT	JUANITA	WHALERS	52	F	50	0448 BOL	02:12:37
347	NO RETURN		SPARTAN		F	SEN		2:26:02

**SONIA HARLOCK**

**Cell 083 354 6636**

**kevson@mweb.co.za**

# RESULTS

## WOMENS RESULTS

### OPEN WOMEN

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
3	(13)	TARA	WILSON	TEMP	0-59-35

### WOMEN 40 - 49 YEARS

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(21)	BUSISIWE	MATIWANE	NEDBANK WP	1-03-11
3	(36)	JANET	MEYER	EDGEMEAD	1-06-54

### WOMEN 50 – 59 YEARS

1	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
2	(22)	MANDY	WOOD	TEAM VITALITY	1-03-20
3	(27)	JOANE	BURNS	TEMP	1-04-55

### WOMEN 60 – 69 YEARS

1	(56)	MANUELA	PATTERSON	CENTURY CITY	1-12-53
2	(60)	SARAH	JOHL	TOTALSPORTS VOB	1-13-37
3	(149)	DELYSE	RIST	PINELANDS	1-28-06

### WOMEN 70 YEARS +

1	(58)	KAY	LONGMAN	FISH HOEK	1-13-31
2	(104)	MAUREEN	VERSTER	EDGEMEAD	1-22-38
3	(162)	PIXIE	SPARG	CELTIC HARRIERS	1-30-32

## MENS RESULTS

### JUNIOR MEN 15 – 19 YEARS

1	(11)	ANGUS	GIBSON	FISH HOEK	0-58-52
2	(256)	JARRED	PRINS	EDGEMEAD	1-44-15

### OPEN MEN

1	(1)	SIPHIWE	TERO	SATORI	0-41-20
2	(2)	LEBU	MALINGA	TEMP	0-49-22
3	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02

### MEN 40 – 49 YEARS

1	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02
2	(26)	JOSE	DE OLIVEIRA	TOTALSPORTS VOB	1-04-46
3	(40)	SHIERAAJ	KOOPMAN	CARBINEERS WP	1-08-47

**MEN 50 – 59 YEARS**

1	(4)	GREGORY	JHENDRICKS	SPARTAN HARRIERS	0-51-08
2	(5)	COLIN	GEORGE	TOTALSPORTS VOB	0-53-42
3	(8)	GARY	SIMONS	NEDBANK WP	0-57-36

**MEN 60 – 69 YEARS**

1	(18)	JOHN	LESLIE	FISH HOEK	1-02-20
2	(32)	ERIC	JUDD	PINELANDS	1-06-02
3	(35)	ΑΒΟΥΔΟΥΚΑΠΙΜΙ Α ΝΤ	MOOSA	CELTIC HARRIERS	1-06-42

**MEN 70 YEARS +**

1	(45)	HENRY	CLEOPHAS	NEDBANK WP	1-09-58
2	(277)	EARL	HARGREAVES	CELTIC HARRIERS	1-48-14

## **RUNNER COUNT**

### **WOMEN COUNT**

JUNIOR WOMEN	1
SENIOR WOMEN	55
WOMEN 35 – 39 YEARS	21
WOMEN 40 – 44 YEARS	23
WOMEN 45 – 49 YEARS	20
WOMEN 50 – 54 YEARS	33
WOMEN 55 – 59 YEARS	22
WOMEN 60 – 64 YEARS	16
WOMEN 65 – 69 YEARS	5
WOMEN 70 – 74 YEARS	5
WOMEN 75 – 79 YEARS	2
TOTAL WOMEN	<hr/> 203

### **MEN COUNT**

JUNIOR MEN	5
SENIOR MEN	43
MEN 35 – 39 YEARS	12
MEN 40 – 44 YEARS	16
MEN 45 – 49 YEARS	11
MEN 50 – 54 YEARS	14
MEN 55 – 59 YEARS	15
MEN 60 – 64 YEARS	13
MEN 65 – 69 YEARS	12
MEN 70 – 74 YEARS	1
MEN 75 – 79 YEARS	2
TOTAL MEN	<hr/> 144

## STATISTICS OF CLUB RUNNERS

32 GI RC SWD	2
Albany Road Runners EP	1
ARD AC	2
Atlantic AC	1
Bellville AC	1
Bo-Kaap Athletics	1
Brackenfell AC	7
Brimstone Itheko Sport AC	5
Carbineers WP	12
Celtic Harriers	6
Central Athletics	1
Century City AC	1
Chaeli Sports & Recreation Club	4
Club Mykonos Multisport BOL	1
Department of Rural Development and Land Reform AC	2
Edgemoor Runners	13
Fat Cats AC	1
Fish Hoek AC	9
Goodwood Harriers	3
Hangklip AC BOL	1
Harfield Harriers	4
Helderberg Harriers	3
Hout Bay Harriers	2
Kearsney Striders KZN	1
Kensington & Fractretton SAC	1
Khayelitsha AC	1
Kuils River Athletics	1
Mandela Park AC	2
Midas Spartans	2
Mitchell Plain Titans	8
MSA Multisport	1
Nantes AC	1
Nedbank Running Club WP	6
Ommiedraai Friends AC	10
Orca Running Acedmy KZN	1
Pick'n Pay AC	3
Pinelands AC	8
Ravensmead AC	4
RCS Guguletu AC	4
SANDF WP	3

Sanlam AC	2
SAPS AC WP	1
Satori AC	3
Spartan Harriers	15
Strand AC	2
Team Vitality CG	1
Team Vitality WP	11
Temporary Licensed Runners	131
Top Form AC	3
Totalsports VOB Running Club	22
Tygerberg AC	1
UCT AC	1
Van Der Merwe & Robertson Durbanville AC	3
Walmers AC	1
West Coast AC	2
Whalers Runners BOL	2
Wild Runner AC	1
No Cards / No Returns	5
<b>TOTAL RUNNERS</b>	<b>347</b>

**SPONSORS**

**TIMBERCITY  
COCA-COLA PENINSULA BEVERAGES  
RUN CLEAN**



## **RUNNER COUNT**

### **WOMEN COUNT**

JUNIOR WOMEN	1
SENIOR WOMEN	55
WOMEN 35 – 39 YEARS	21
WOMEN 40 – 44 YEARS	23
WOMEN 45 – 49 YEARS	20
WOMEN 50 – 54 YEARS	33
WOMEN 55 – 59 YEARS	22
WOMEN 60 – 64 YEARS	16
WOMEN 65 – 69 YEARS	5
WOMEN 70 – 74 YEARS	5
WOMEN 75 – 79 YEARS	2
TOTAL WOMEN	<hr/> 203

### **MEN COUNT**

JUNIOR MEN	5
SENIOR MEN	43
MEN 35 – 39 YEARS	12
MEN 40 – 44 YEARS	16
MEN 45 – 49 YEARS	11
MEN 50 – 54 YEARS	14
MEN 55 – 59 YEARS	15
MEN 60 – 64 YEARS	13
MEN 65 – 69 YEARS	12
MEN 70 – 74 YEARS	1
MEN 75 – 79 YEARS	2
TOTAL MEN	<hr/> 144

**TIMBERCITY 13KM BLACK HILL ROAD RACE  
FISH HOEK ATHLETIC CLUB  
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TERO	SIPHIWE	SATORI	28	M	SEN	1537	0:41:20
2	MALINGA	LEBU ELIOT	TEMP	29	M	SEN	T	0:49:22
3	MAPHUKATHI	SIHLE	NEDBANK WP	47	M	45	5548	0:51:02
4	HENDRICKS	GREGORY	SPARTAN	51	M	50	0198	0:51:08
5	GEORGE	COLIN	TOTALSPORTS VOB	52	M	50	2745	0:53:42
6	MANEVELDT	JASON	TEMP	26	M	SEN	T	0:56:50
7	THEUNISSEN	DYLAN	TEMP	26	M	SEN	T	0:56:58
8	SIMONS	GARY	NEDBANK WP	50	M	50	5557	0:57:36
9	POSTHUMUS-FOX	TANYA	NEDBANK WP	43	F	40	5606	0:58:00
10	JOHNSTON	KYLE	FISH HOEK	38	M	35	T	0:58:33
11	GIBSON	ANGUS	FISH HOEK	19	M	JUN	J20256	0:58:52
12	KANYONGO	OBERTINA	NEDBANK WP	56	F	55	5615	0:59:25
13	WILSON	TARA	TEMP	32	F	SEN	T	0:59:35
14	KOK	GERT	TEMP	40	M	40	T	0:59:37
15	ROSS	DANIEL	TOTALSPORTS VOB	55	M	55	3243	0:59:53
16	CARTER	SIMEON	TEMP	33	M	SEN	T	1:00:10
17	DU TOIT	MATTHEW	TEMP	17	M	JUN	T	1:00:21
18	LESLIE	JOHN	FISH HOEK	65	M	65		1:02:20
19	DAVIDSON	TERENCE	SPARTAN	50	M	50	0505	1:02:34
20	ROBERTSON	DARRIN	TOTALSPORTS VOB	43	M	40	3055	1:02:56
21	MATIWANE	BUSISIWE	NEDBANK WP	48	F	45	5568	1:03:11
22	WOOD	MANDY	TEAM VITALITY	50	F	50	6964	1:03:20
23	WOOD	STEVEN	TEAM VITALITY	50	M	50	6965	1:03:23
24	WOLHUTER	CHRISTOPHER	TEMP	35	M	35	T	1:03:43
25	FORTUIN	RICARDO	RCS GUGS	43	M	40	11364	1:03:46
26	DE OLIVEIRA	JOSE	TOTALSPORTS VOB	49	M	45	2771	1:04:46
27	BURNS	JOANNE	TEMP	58	F	55	T	1:04:56
28	ROBINSON	LAUREN	FISH HOEK	33	F	SEN	8675	1:05:15
29	JOUBERT	JOZUA	BRACKENFELL	49	M	45	9674	1:05:20
30	DRUMMER	BRAD	TEMP	22	M	SEN	T	1:05:53
31	NO CARD		TEMP		M	SEN	T	1:06:01
32	JUDD	ERIC	PINELANDS	65	M	65	1158	1:06:02
33	ELTRINGHAM	PHILIP	TEMP	40	M	40	T	1:06:37
34	ELTRINGHAM	GINA	TEMP	35	F	35	T	1:06:37
35	MOOSA	ABDURAHMAN	CELTIC	62	M	60	0891	1:06:42
36	MEYER	JANET	EDGEMEAD	40	F	40	5000	1:06:54
37	MARTIN	LAUREN	EDGEMEAD	41	F	40	4848	1:08:27
38	BENJAMIN	SERGAI	TEMP	37	M	35	1782	1:08:30
39	NEWTON	MEGAN	TEMP	21	F	SEN	T	1:08:31
40	KOOPMAN	SHIERAAJ	CARBINEERS WP	45	M	45	4546	1:08:57
41	LIELL-COCK	ZACHARIAS	TEMP	32	M	SEN	T	1:09:00
42	MAKOCHEKANWA	EVELYN	RCS GUGS	35	F	35	11139	1:09:12
43	MANUEL	CRAIG	SANDB WP	48	M	45	5314	1:09:45
44	MBINAMBINA	PATRIC	TEMP	44	M	40	9010	1:09:54
45	CLEOPHAS	HENRY	NEDBANK WP	75	M	75	5574	1:09:58
46	COBBLEDICK	GREGORY	KEARSNEY	22	M	SEN	1592	1:10:08
47	ALBERT	MEGAN	TOTALSPORTS VOB	28	F	SEN	3304	1:10:11
48	BLINK	MAYNE	TEMP	26	M	SEN	T	1:11:28
49	CLOETE	NATHALIE	TOTALSPORTS VOB	54	F	50	0442	1:11:52
50	VAN DER WALT	MARIE-LOUISE	HANGKLIP	48	F	45	1844 BOL	1:12:03
51	STOREY	AL	TEMP	55	M	55	T	1:12:03
52	BANDA	TONY	TEMP	43	M	40	T	1:12:26
53	RUBUSHE	VUYOKAZI	KHAYELITSHA	29	F	SEN	6290	1:12:41
54	HINE	MICHELLE	CARBINEERS WP	45	F	45	4958	1:12:46
55	BARTLETT	DENZIL	CARBINEERS WP	51	M	50	8907	1:12:47
56	PATTERSON	MANUELA	CENTURY CITY	63	F	60	4700	1:12:53
57	DAVIES	BRIAN	TEMP	54	M	50	T	1:13:05

58	LONGMAN	KAY	FISH HOEK	70	F	70	8565	1:13:31
59	DE FRANCHI	DAVIDE	TEMP	32	M	SEN	T	1:13:33
60	JOHL	SARAH	TOTALSPORTS VOB	66	F	65	2970	1:13:37
61	JOHL	ROLF	TOTALSPORTS VOB	65	M	65	2911	1:13:37
62	DREYER	MICHAEL	SPARTAN	67	M	65	0362	1:13:45
63	VERMEULEN	LYNN	FISH HOEK	56	F	55	8621	1:14:05
64	VAN VELZE	JACQUES	TEMP	32	M	SEN	T	1:14:12
65	NO RETURN		DURBAC		M	SEN		1:14:47
66	TOERIEN	FRANCOIS	CELTIC	56	M	55	9782	1:14:52
67	MUNYAKA	DENNIS	FAT CATS	42	M	40	13182	1:15:41
68	DISQUALIFIED		TEMP		M	SEN	T	1:15:47
69	VENTER	EMUEL	TEMP	31	M	SEN	T	1:16:02
70	STEYN	HENRIK	WHALERS	55	M	55	0373 BOL	1:16:28
71	WILSON	JOHN	TEMP	57	M	55	T	1:16:35
72	MOISEY	ADRIAN	SPARTAN	39	M	35	12085	1:16:42
73	VENTER	MARGO	TEMP	31	F	SEN	T	1:16:49
74	JOHNSTONE	CANDICE	TEMP	29	F	SEN	T	1:17:00
75	BOOT	JANA	TEMP	51	F	50	T	1:17:26
76	BADUZA	THANDO	TEMP	45	M	45	T	1:17:31
77	DE KLERK	ANDRE	TEMP	35	M	35	T	1:17:36
78	SWANEPOEL	KRISTEEN	TEMP	24	F	SEN	T	1:18:06
79	DRUMMER	CARL	TEMP	16	M	JUN	T	1:18:13
80	NO RETURN				M	SEN		1:18:38
81	BORNMAN	ANUZKA	EDGEHEAD	33	F	SEN	5152	1:18:49
82	BROWN	CHARLENE	EDGEHEAD	40	F	40	4683	1:18:49
83	PRETORIUS	MARTHA	NANTES	53	F	50	9226	1:18:59
84	DOYLE	COLIN	STRAND	64	M	60	3592	1:18:59
85	NAKUMBA	UNATHI	SPARTAN	19	F	JUN	J20004	1:19:05
86	ELS	CANDICE	TEAM VITALITY	45	F	45	7523	1:19:07
87	DANIEL-DURANDT	FRANCISCA	DURBAC	28	F	SEN	3970	1:20:00
88	GARCIA	SARA	TEMP	29	F	SEN	T	1:20:32
89	VAN ZYL	NATASCHA	HELDERBERG HARRIERS	56	F	55	7919	1:20:35
90	CASSIEM	MISHQUA	TEMP	28	F	SEN	T	1:20:37
91	EREFAAN		ARD	51	M	50	5672	1:20:40
92	NO RETURN		TEMP		M	SEN	T	1:20:43
93	NO RETURN		TEMP		F	SEN	T	1:20:44
94	FARQUHAR	KEENAN	TEMP	29	M	SEN	T	1:20:45
95	ADAMS	MICHAEL	SPARTAN	59	M	55	0224	1:21:39
96	SLINGER	MOGAMAT FAIEK	MP TITANS	56	M	55	13405	1:21:44
97	SCHOEMAN	LOURENS	TEMP	65	M	65	T	1:21:51
98	FORTUIN	DEAN	TEMP	28	M	SEN	T	1:21:59
99	CARIS	INGRID	TEMP	43	F	40	T	1:22:09
100	MACHADO	DAVID	TEMP	33	M	SEN	T	1:22:09
101	NO RETURN		TEMP		M	SEN	T	1:22:23
102	STUCK	KIM	TEMP	22	F	SEN	T	1:22:24
103	MOHR	LINDA	ORCA RUNNING ACADEMY	56	F	55		1:22:33
104	VERSTER	MAUREEN	EDGEHEAD	71	F	70	4665	1:22:38
105	ESTERHUYSE	SUZANNE	32GI SWD	22	F	SEN	1798 SWD	1:22:58
106	GREVE	DENISE	32GI SWD	57	F	55	1792 SWD	1:22:59
107	SHAM	MONIQUE	TEMP	40	F	40	T	1:22:59
108	MCDARBY	FLOR	TEMP	47	F	45	T	1:23:32
109	ABRAHAMS	SHANAAZ	MP TITANS	38	F	35	4570	1:23:33
110	RYKLIEF	ZOELFAH	MP TITANS	53	F	50	4572	1:23:34
111	DU PLESSIS	LISA	TEMP	52	F	50	T	1:23:39
112	MACHAPA	ROSEMARY	TEMP	47	F	45	T	1:23:40
113	KEAVENEY	JAMES	TEMP	39	M	35	T	1:23:46
114	WHEATON	SPENCER	CELTIC	47	M	45	0667	1:23:48
115	WATTERS	GRANT	TEMP	32	M	SEN	T	1:23:54
116	KUUN	AMANDA	TEAM VITALITY	57	F	55	7975	1:24:03
117	HUDSONBERG	GRANT	TEMP	46	M	45	T	1:24:13
118	NO RETURN		TEMP		F	SEN	T	1:24:17
119	NO RETURN		TEMP		M	SEN	T	1:24:18
120	KRETZMANN	JENNA	ALBANY RR	23	F	SEN	0653	1:24:35
121	KELLERMAN	MICHAELA	TEMP	25	F	SEN	T	1:24:37
122	ANDERS	ROBERT	TEMP	35	M	35	T	1:24:44

123	HARRIS	SEAN	PINELANDS	59	M	55	0964	1:24:50
124	DAIVDS	YUSUF	KENFAC	44	M	40	4343	1:24:53
125	ALLEN	LIEZL	TEMP	27	F	SEN	T	1:24:58
126	KOEN	KIRSTEN	TEMP	25	F	SEN	T	1:25:00
127	BEKKER	STACIE-LEE	TEMP	36	F	35	T	1:25:09
128	BEKKER	RYAN	FISH HOEK	41	M	40	1560	1:25:09
129	BONTHUYS	HEMARI	TEMP	35	F	35	T	1:25:14
130	ADAMS	NICOLE	TEMP	49	F	45	T	1:25:30
131	BUTTERS	GREG	TEMP	29	M	SEN	T	1:25:37
132	BAARD	CHRISTA	TEAM VITALITY	47	F	45	7037	1:25:50
133	MANHAMO	PLEASANCE	TEMP	43	F	40	T	1:26:11
134	JACOBS	NIHAAD	TOP FORM	30	F	SEN	10081	1:26:11
135	WHITE	ASHTON	SPARTAN	41	M	40	1880	1:26:21
136	NO RETURN		TEMP		M	SEN	T	1:26:23
137	KONICK	DEBBIE	SATORI	55	F	55	11544	1:26:46
138	LITTLEWOOD	GARTH	SATORI	67	M	65	11525	1:26:46
139	MOOSA	DEBORAH	CELTIC	53	F	50	0890	1:26:47
140	HUDSONBERG	SOMAYA	PICK 'n PAY	44	F	40	13307	1:26:48
141	EDMUNDS	JANE	TEMP	61	F	60	T	1:26:49
142	VAN VELZE	KATE	TEMP	31	F	SEN	T	1:27:07
143	OWEN	JUSTIN	TEMP	31	M	SEN	T	1:27:26
144	SCHEEPERS	ROSETTE	MP TITANS	56	F	55	4619	1:27:49
145	DISQUALIFIED		KUILS RIVER		M	SEN		1:27:59
146	STEYN	KENNY	TEMP	56	M	55	17186	1:28:23
147	LUDICK	CARA	FISH HOEK	31	F	SEN	5111	1:28:55
148	SMIT	ANJA	BRACKENFELL	42	F	40	8147	1:29:04
149	RIST	DELYSE	PINELANDS	61	F	60	0962	1:29:06
150	SCHEEPERS	TOPPIE	BRACKENFELL	52	M	50	8175	1:29:06
151	HARRIS	LEE-ANN	PINELANDS	56	F	55	0967	1:29:07
152	BAUGAARD	EUGENE	GOODWOOD HARRIERS	41	M	40	9786	1:29:08
153	BUSCH	CEDRIC	MP TITANS	69	M	65	4582	1:29:25
154	ZUNGU	MZWANDILE	WEST COAST	36	M	35	13100	1:29:27
155	ZIMMERMANN	VALENTINA	TEMP	26	F	SEN	T	1:29:29
156	ROHRER	RAOUL	TEMP	27	M	SEN	T	1:29:29
157	OLIVIER	ANGELIQUE	TOTALSPORTS VOB	40	F	40	3270	1:29:50
158	CROWDER	INGRID	EDGEMEAD	55	F	55	4921	1:30:01
159	ADONIS	RUE	EDGEMEAD	49	F	45	6996	1:30:11
160	PAULSEN	DEVON	TEMP	28	M	SEN	T	1:30:30
161	NAUDE	DINAH	TEMP	43	F	40	T	1:30:31
162	SPARG	PIXIE	CELTIC	79	F	75	0910	1:30:32
163	GANTER	RICH	TEMP	61	M	60	T	1:30:47
164	DU PLESSIS	HELEN	BRACKENFELL	71	F	70	8071	1:31:01
165	HENDERSON	COLIN	SPARTAN	51	M	50	0739	1:31:13
166	MARE	JOHAN	SPARTAN	56	M	55	2233	1:31:18
167	MAC	ANDRE	OMMIEDRAAI	42	M	40	12731	1:31:43
168	DAVIDS	KAREN	TOP FORM	45	F	45	10078	1:31:47
169	THEBUS	KAMI	OMMIEDRAAI	54	F	50	11492	1:31:50
170	PEDRO	KIRSTIE	TEMP	35	F	35	T	1:32:06
171	NO RETURN				M	SEN		1:32:15
172	JAFFER	SHANAAZ	OMMIEDRAAI	51	M	50	2554	1:32:15
173	HENRY	CHARLENE	TEMP	39	F	35	T	1:32:23
174	BURTON	CARMIN	CHAEI SPORTS & REC	51	F	50	5866	1:32:29
175	MPHUTHI	SIPHIWE	UCT	36	M	35	9758	1:32:51
176	BOTHMA	LIZELLE	EDGEMEAD	44	F	40	4895	1:32:56
177	JOHNSON	PAULA	EDGEMEAD	46	F	45	4640	1:33:03
178	POPPELSTONE	BRONSON	SPARTAN	48	M	45	0272	1:33:06
179	DELPORT	KAYLA	TEMP	21	F	SEN	T	1:33:16
180	JORDAAN	JONATHAN	SPARTAN	46	M	45	13858	1:33:19
181	BUCHANAN	KEN	HARFIELD	73	M	70	1423	1:33:37
182	SOLOMON	TARIQ	TEMP	31	M	SEN	T	1:33:53
183	NYIKA	SINOXOLO	TEAM VITALITY	30	F	SEN	6825	1:33:57
184	VAN DER MERWE	MELISSA	TEAM VITALITY	37	F	35	7308	1:34:12
185	LEVERTON	RUTH	PINELANDS	71	F	70	1052	1:34:19
186	SWART	BERNICE	TEMP	36	M	35	T	1:34:21
187	NO RETURN				F	SEN	T	1:34:40

188	LEWIN	AESHA	ARD	42	F	40	5671	1:34:41
189	WICHERS	ANENE	STRAND	30	F	SEN	3718	1:34:45
190	VUUREN	KAREN	DURBAC	31	F	SEN	3738	1:34:54
191	MOUTON	JUSTINE	TEMP	53	F	50	T	1:34:55
192	ALLIES	LAVONA	CARBINEERS WP	60	F	60	4692	1:34:58
193	COLLINS	JUDY	TEMP	69	F	65	T	1:35:14
194	KOEN	MICHAEL	TEMP	23	M	SEN	T	1:35:21
195	MABASO	REFILOE	SANDF WP	38	F	35	8803	1:35:29
196	JOUBERT	JENIKA	TEMP	24	F	SEN	T	1:35:31
197	MAHUNDI	VELISWA	OMMIEDRAAI	47	F	45	11516	1:35:41
198	MOSALA	SINAWO	TEMP	33	F	SEN	T	1:36:00
199	MATTHEWS	KAY-LEE	TEMP	36	F	35	T	1:36:09
200	SOKHELA	MONICA	HOUT BAY	26	F	SEN	T	1:36:12
201	PERRONE	ANTONIO	TEMP	19	M	SEN	T	1:36:15
202	NO RETURN		TEMP		M	SEN	T	1:36:19
203	VENTER	KARLIEN	CLUB MYKONOS MULTISPORT	32	F	SEN	0940 BOL	1:36:25
204	OBERMEYER	NIKKI	MIDAS SPARTANS	54	F	50	11976	1:36:49
205	NO RETURN		TEMP		M	SEN	T	1:36:53
206	HAMEEDULLA	ABDURRASHIED	PINELANDS	62	M	60	1297	1:36:58
207	BAARTZES	RAFEEQ	TEMP	34	M	SEN	T	1:37:01
208	CASE	WENDY	TEMP	55	F	55	T	1:37:03
209	MILLAR	TRACEY	TEMP	34	F	SEN	T	1:37:17
210	SUJEE	ZERAHN	TEMP	37	F	35	T	1:37:31
211	JAMES	SHARON	PINELANDS	64	F	60	1085	1:37:39
212	HAWKRIDGE	ANTHONY	TEMP	60	M	60	T	1:37:39
213	NOMBONGO		MANDELA PARK		M	SEN	11819	1:37:43
214	CENTANE	NOLUTANDO	HOUT BAY	43	F	40	2753	1:37:44
215	PARKER	HASEENAH	PICK 'n PAY	45	F	45	11002	1:37:45
216	WATTERS	LEE-ANN	TEMP	30	F	SEN	T	1:38:02
217	NO CARD		TEMP		F	SEN	T	1:39:18
218	NO CARD				M	SEN		1:39:25
219	KGOWANA	ROSEMARY	SANDF WP	35	F	35	8922	1:39:28
220	MNUKWA	N	MANDELA PARK	32	F	SEN	11805	1:39:41
221	TALIEP	GASANT	TEMP	60	M	60	T	1:39:49
222	BRUWER	LISE	TEAM VITALITY	25	F	SEN	7153	1:39:57
223	EGAN	JOHN	TOTALSPORTS VOB	61	M	60	0925	1:40:02
224	STROHMAN	MIKE	BELLVILLE	69	M	65	8402	1:40:35
225	GELDENHUYS	DONOVAN	TYGERBERG	56	M	55	1082	1:40:40
226	DUVENAGE	IRMA	TEMP	37	F	35	T	1:40:44
227	MANSOER		TEMP	52	M	50	T5672	1:40:45
228	DE OLIVEIRA	YOLANDI	TOTALSPORTS VOB	42	F	40	2772	1:40:48
229	ARRIES	CONRAD	TEMP	62	M	60	T	1:40:49
230	PETERSEN-ADAMS	RA-EESA	OMMIEDRAAI	49	F	45	2563	1:40:53
231	ABRAHAMAS	WAHIEBAH	OMMIEDRAAI	56	F	55	2459	1:40:53
232	SCHOUTEN	SHARON	TOTALSPORTS VOB	61	F	60	0595	1:41:03
233	VAN VUUREN	MARGE	TOTALSPORTS VOB	63	F	60	3124	1:41:05
234	PRINS	REBECCA	OMMIEDRAAI	52	F	50	2536	1:41:13
235	HOFFMAN	LYNDALL	CARBINEERS WP	37	F	35	4472	1:41:22
236	MAYS	ROBYN	TEMP	28	F	SEN	T	1:41:23
237	PETERSEN	OSCAR	WILD RUNNER	56	M	55	12336	1:41:23
238	ELTRINGHAM	RICHARD	TEMP	28	M	SEN	T	1:41:24
239	BLOM	KAYLA	TEMP	21	F	SEN	T	1:41:27
240	GILMOUR	TRISH	TOTALSPORTS VOB	62	F	60	2685	1:41:43
241	MACKRILL	BRONWEN	TOTALSPORTS VOB	61	F	60	0334	1:41:43
242	ROBERTS	FARYL	OMMIEDRAAI	46	F	45	1952	1:41:48
243	PEARCE	DE KLASSEN	CARBINEERS WP	44	F	40	4498	1:41:49
244	HARSON	KIRSTY	HARFIELD	33	F	SEN	1415	1:42:05
245	KRUGER	STEPHANIE	HARFIELD	55	F	55	T	1:42:07
246	MENTOR	CLAUDINE	TOP FORM		M	SEN	10083	1:42:12
247	ADAMS	PATRICIA	MIDAS SPARTANS	52	F	50	6100	1:42:14
248	NO CARD		TEMP		F	SEN	T	1:42:24
249	BACKEBERG	CONRAD	TEMP	65	M	65	T	1:42:31
250	SALIE	SARAH	BRIMSTONE ITHEKO	41	F	40		1:42:53
251	AUSTIN	MARY	MP TITANS	52	F	50	4568	1:43:33
252	BOTHA	SIMONE	TEMP	41	F	40	T	1:43:51

253	HIGGS	HELENA	HELDERBERG HARRIERS	51	F	50	7871	1:43:57
254	DICKSON	LANA	SPARTAN	49	F	45	0149	1:44:00
255	MANDERSON	SALLY	TEMP	52	F	50	T	1:44:15
256	PRINS	JARRED	EDGEMEAD		M	JUN		1:44:15
257	SMITH	MARSHALL JUNIOR	TEMP	42	M	40	T	1:44:31
258	HUTCHINSON	BEVERLEY	TEMP	54	F	50	T	1:44:58
259	WHITE	NATALIE	SPARTAN	45	F	45	T	1:44:59
260	MAARTENS	CHARLENE	EDGEMEAD	54	F	50	4954	1:45:14
261	THEBUS	JUDY	OMMIEDRAAI	63	F	60	11481	1:45:14
262	SEMOLI	BULELWA	DRDLR AC	44	F	40	11395	1:45:21
263	PARKER	NAWAAZ	PICK 'n PAY	43	M	40	11001	1:45:36
264	JOUBERT	SANRDA	BRACKENFELL	51	F	50	8114	1:45:55
265	BESTER	CARLA	BRACKENFELL	51	F	50	10757	1:45:56
266	KOLI	THOZAMA	RCS GUGS	64	F	60	11150	1:46:07
267	REYNEKE	ANTON	TEAM VITALITY	58	M	55	7109	1:46:12
268	HARRIS	SAMMY	CHAEI SPORTS & REC	64	M	60	9320	1:46:58
269	EBRAHIM	MOEGSIEN	BO-KAAP ATHLETICS	64	M	60	11978	1:46:59
270	JOHNSTON	KIRSTY	HARFIELD	37	F	35	1435	1:47:00
271	LE GRANGE	TOMWIN	TEMP	28	M	SEN	T	1:47:04
272	GROBLER	ANJE	TEMP	23	F	SEN	T	1:47:15
273	BELL	DAVID	TEMP	64	M	60	T	1:47:22
274	HENDRICKS	MERCIA	TOTALSPORTS VOB	64	F	60	2721	1:47:44
275	FULLER	JANE	TOTALSPORTS VOB	65	F	65	2684	1:47:45
276	PRINS	ANGELA	EDGEMEAD	51	F	50	4961	1:48:05
277	HARGREAVES	EARL	CELTIC	77	M	75	0879	1:48:14
278	SIPHOSKOSO	ZAKITHI ZWANE	TEMP	34	F	SEN	7508	1:49:02
279	MANUEL	MASHEE-AH	BRIMSTONE ITHEKO	20	F	SEN	6612	1:49:31
280	LEWIS	MARK	SANLAM	41	M	40	2234	1:50:36
281	DAVIDS	CHARLENE	SAPS WP	46	F	45	5536	1:51:14
282	BESTER	IVAN	MSA MULTISPORT	62	M	60	10124	1:51:36
283	BRINK		TOTALSPORTS VOB	62	F	60	2727	1:52:17
284	DE ARAUJO	BETINA	TOTALSPORTS VOB	53	F	50	0244	1:52:21
285	SCHULEMAN	GRANT	HELDERBERG HARRIERS	53	M	50	7840	1:52:24
286	LEWIS	NINA	MP TITANS	45	F	45	4581	1:52:27
287	OERSON	NICOLETTE	MP TITANS	57	F	55	4614	1:52:28
288	PIETERSE	RANDY	GOODWOOD HARRIERS	67	M	65	9770	1:52:31
289	ADENDORPH	MICHELLE	RAVENSMEAD	51	F	50	9998	1:52:37
290	NO RETURN		TEMP		F	SEN	T	1:52:54
291	MAPHOLI	MUKONDELELI	TEMP	41	M	40	T	1:53:15
292	TALIEP	SHAMEEMA	TEMP	35	F	35	T	1:53:42
293	STEENKAMP	SHARON	EDGEMEAD	50	F	50	4821	1:53:43
294	LUKHELE	SIBUSISO	DRDLR AC	34	M	SEN	1409	1:53:59
295	ISAACS	ADIEL	OMMIEDRAAI	39	M	35	2516	1:54:01
296	NO CARD		FISH HOEK		F	SEN		1:54:04
297	KGATI	BOTLHALE	RCS GUGS	36	F	35	6163	1:54:05
298	LEWIN-DARIES	BERNADETTE	SPARTAN	52	F	50	0227	1:54:08
299	NO RETURN		TEMP		F	SEN	T	1:54:13
300	WIESE	JUAN	CARBINEERS WP	46	M	45	4501	1:54:33
301	NO RETURN		TEMP		F	SEN	T	1:54:40
302	BUCKLEY	ALAN	TEMP	68	M	65	T	1:54:42
303	JOHNSTON-READ	BARBARA	AAC	65	F	65	10238	1:55:13
304	WYNGAARDT	DOREEN	CARBINEERS WP	59	F	55	4521	1:55:28
305	RENSBURG	SHAUN	CARBINEERS WP	58	M	55	8912	1:55:29
306	RENSBURG	KIM	CARBINEERS WP	28	F	SEN	4522	1:55:29
307	BRANK-JONKER	NELLIE	TEMP	52	F	50	T	1:55:49
308	NO CARD		TEMP		F	SEN	T	1:56:23
309	ABRAHAMS	TAARIQ	TEMP	30	M	SEN	T	1:57:13
310	MEDUPE	JACOB	TEMP	54	M	50	T	1:57:25
311	MENZE	THOBEKA	TEAM VITALITY CG	40	F	40	CGA	1:57:30
312	DARIES	ELEANORE	RAVENSMEAD	64	F	60	2950	1:57:40
313	BOTHA	RIENIE	RAVENSMEAD	64	F	60	12190	1:57:41
314	ERASMUS	NANA	TEMP	51	F	50	T	1:58:32
315	NIEUWENHUIS	TARIMA	CENTRAL AC	76	F	75	9628	1:58:53
316	AFRICA	GWENDOLINE	RAVENSMEAD	55	F	55	12188	1:59:11
317	GOLOTILE		WEST COAST	46	F	45	1935	1:59:30

318	ZOTWANA	NANA	TEMP	52	F	50	T	2:00:06
319	MKULA	ZEMVELO	TEMP	36	F	35	T	2:00:54
320	SMITH	CHERYL	CARBINEERS WP	51	F	50	4505	2:01:16
321	MHLONGO	THAKASILE	PINELANDS	30	F	SEN	1093	2:02:14
322	NAIDU	KAVESHIN	TEMP	37	M	35	T	2:02:22
323	HOFFMAN	CHANTAL	TEMP	35	F	35	T	2:02:54
324	SAINDON	URSHULA	TEMP	29	F	SEN	T	2:04:58
325	MCPHERSON	GLYNIS	TEMP	66	F	65	T	2:07:01
326	STOKOE	JOSHUA	TEMP	16	M	JUN	T	2:07:03
327	STOKOE	NICKI	TEMP	50	F	50	T	2:07:12
328	JATTIEM	ZAINAB	BRIMSTONE ITHEKO	42	F	40	7408	2:07:30
329	SEPTEMBER	SHEREEN	BRIMSTONE ITHEKO	53	F	50	4304	2:07:31
330	FRANS	MARK	TOTALSPORTS VOB	55	M	55	2877	2:08:10
331	RENSBURG	JACQUELINE	CARBINEERS WP	55	F	55	8212	2:08:40
332	DICK	RENE	TOTALSPORTS VOB	59	F	55	2680	2:08:47
333	MANUEL	MARIANNA	TOTALSPORTS VOB	50	F	50	2720	2:08:48
334	ISMAIL	NARIMA	WALMERS AC	57	F	55	9075	2:08:52
335	STEED	MEGAN	TEMP	35	F	35	T	2:09:04
336	RADEMEYER	CAROLIEN	BRACKENFELL	30	F	SEN	10754	2:09:05
337	MABOKO	MIKATEKO	TEMP	39	F	35	T	2:10:53
338	LEWIS	ANTHENETTE	SANLAM	41	F	40	1633	2:11:05
339	REBELO	PATRICIA	TEMP	71	F	70	T	2:11:05
340	CUBITT	TIM	CHAELI SPORTS & REC	68	M	65	5885	2:11:26
341	SWART	JAN	GOODWOOD HARRIERS	64	M	60	10447	2:11:27
342	MSUKU	FARAI	TEAM VITALITY	44	F	40	7273	2:11:37
343	BUYS	ANNELIZE	CHAELI SPORTS & REC	59	F	55	5871	2:11:40
344	THOMPSON	GLENN	BRIMSTONE ITHEKO	63	F	60	6618	2:12:02
345	ZIMMERMAN	ANTOINETTE	TEAM VITALITY	56	F	55	6897	2:12:36
346	LAMBERT	JUANITA	WHALERS	52	F	50	0448 BOL	02:12:37
347	NO RETURN		SPARTAN		F	SEN		2:26:02

**SONIA HARLOCK**

**Cell 083 354 6636**

**kevson@mweb.co.za**

# RESULTS

## WOMENS RESULTS

### OPEN WOMEN

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
3	(13)	TARA	WILSON	TEMP	0-59-35

### WOMEN 40 - 49 YEARS

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(21)	BUSISIWE	MATIWANE	NEDBANK WP	1-03-11
3	(36)	JANET	MEYER	EDGEMEAD	1-06-54

### WOMEN 50 – 59 YEARS

1	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
2	(22)	MANDY	WOOD	TEAM VITALITY	1-03-20
3	(27)	JOANE	BURNS	TEMP	1-04-55

### WOMEN 60 – 69 YEARS

1	(56)	MANUELA	PATTERSON	CENTURY CITY	1-12-53
2	(60)	SARAH	JOHL	TOTALSPORTS VOB	1-13-37
3	(149)	DELYSE	RIST	PINELANDS	1-28-06

### WOMEN 70 YEARS +

1	(58)	KAY	LONGMAN	FISH HOEK	1-13-31
2	(104)	MAUREEN	VERSTER	EDGEMEAD	1-22-38
3	(162)	PIXIE	SPARG	CELTIC HARRIERS	1-30-32

## MENS RESULTS

### JUNIOR MEN 15 – 19 YEARS

1	(11)	ANGUS	GIBSON	FISH HOEK	0-58-52
2	(256)	JARRED	PRINS	EDGEMEAD	1-44-15

### OPEN MEN

1	(1)	SIPHIWE	TERO	SATORI	0-41-20
2	(2)	LEBU	MALINGA	TEMP	0-49-22
3	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02

### MEN 40 – 49 YEARS

1	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02
2	(26)	JOSE	DE OLIVEIRA	TOTALSPORTS VOB	1-04-46
3	(40)	SHIERAAJ	KOOPMAN	CARBINEERS WP	1-08-47



**MEN 50 – 59 YEARS**

1	(4)	GREGORY	JHENDRICKS	SPARTAN HARRIERS	0-51-08
2	(5)	COLIN	GEORGE	TOTALSPORTS VOB	0-53-42
3	(8)	GARY	SIMONS	NEDBANK WP	0-57-36

**MEN 60 – 69 YEARS**

1	(18)	JOHN	LESLIE	FISH HOEK	1-02-20
2	(32)	ERIC	JUDD	PINELANDS	1-06-02
3	(35)	ΑΒΟΥΔΟΥΚΑΠΙΜΙ Α Ν Τ	MOOSA	CELTIC HARRIERS	1-06-42

**MEN 70 YEARS +**

1	(45)	HENRY	CLEOPHAS	NEDBANK WP	1-09-58
2	(277)	EARL	HARGREAVES	CELTIC HARRIERS	1-48-14

# **RUNNER COUNT**

## **WOMEN COUNT**

JUNIOR WOMEN	1
SENIOR WOMEN	55
WOMEN 35 – 39 YEARS	21
WOMEN 40 – 44 YEARS	23
WOMEN 45 – 49 YEARS	20
WOMEN 50 – 54 YEARS	33
WOMEN 55 – 59 YEARS	22
WOMEN 60 – 64 YEARS	16
WOMEN 65 – 69 YEARS	5
WOMEN 70 – 74 YEARS	5
WOMEN 75 – 79 YEARS	2
TOTAL WOMEN	<hr/> 203

## **MEN COUNT**

JUNIOR MEN	5
SENIOR MEN	43
MEN 35 – 39 YEARS	12
MEN 40 – 44 YEARS	16
MEN 45 – 49 YEARS	11
MEN 50 – 54 YEARS	14
MEN 55 – 59 YEARS	15
MEN 60 – 64 YEARS	13
MEN 65 – 69 YEARS	12
MEN 70 – 74 YEARS	1
MEN 75 – 79 YEARS	2
TOTAL MEN	<hr/> 144

## STATISTICS OF CLUB RUNNERS

32 GI RC SWD	2
Albany Road Runners EP	1
ARD AC	2
Atlantic AC	1
Bellville AC	1
Bo-Kaap Athletics	1
Brackenfell AC	7
Brimstone Itheko Sport AC	5
Carbineers WP	12
Celtic Harriers	6
Central Athletics	1
Century City AC	1
Chaeli Sports & Recreation Club	4
Club Mykonos Multisport BOL	1
Department of Rural Development and Land Reform AC	2
Edgemoor Runners	13
Fat Cats AC	1
Fish Hoek AC	9
Goodwood Harriers	3
Hangklip AC BOL	1
Harfield Harriers	4
Helderberg Harriers	3
Hout Bay Harriers	2
Kearsney Striders KZN	1
Kensington & Fractretton SAC	1
Khayelitsha AC	1
Kuils River Athletics	1
Mandela Park AC	2
Midas Spartans	2
Mitchell Plain Titans	8
MSA Multisport	1
Nantes AC	1
Nedbank Running Club WP	6
Ommiedraai Friends AC	10
Orca Running Acedmy KZN	1
Pick'n Pay AC	3
Pinelands AC	8
Ravensmead AC	4
RCS Guguletu AC	4
SANDF WP	3

Sanlam AC	2
SAPS AC WP	1
Satori AC	3
Spartan Harriers	15
Strand AC	2
Team Vitality CG	1
Team Vitality WP	11
Temporary Licensed Runners	131
Top Form AC	3
Totalsports VOB Running Club	22
Tygerberg AC	1
UCT AC	1
Van Der Merwe & Robertson Durbanville AC	3
Walmers AC	1
West Coast AC	2
Whalers Runners BOL	2
Wild Runner AC	1
No Cards / No Returns	5
<b>TOTAL RUNNERS</b>	<b>347</b>

**SPONSORS**

**TIMBERCITY  
COCA-COLA PENINSULA BEVERAGES  
RUN CLEAN**

**TIMBERCITY 13KM BLACK HILL ROAD RACE  
FISH HOEK ATHLETIC CLUB  
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TERO	SIPHIWE	SATORI	28	M	SEN	1537	0:41:20
2	MALINGA	LEBU ELIOT	TEMP	29	M	SEN	T	0:49:22
3	MAPHUKATHI	SIHLE	NEDBANK WP	47	M	45	5548	0:51:02
4	HENDRICKS	GREGORY	SPARTAN	51	M	50	0198	0:51:08
5	GEORGE	COLIN	TOTALSPORTS VOB	52	M	50	2745	0:53:42
6	MANEVELDT	JASON	TEMP	26	M	SEN	T	0:56:50
7	THEUNISSEN	DYLAN	TEMP	26	M	SEN	T	0:56:58
8	SIMONS	GARY	NEDBANK WP	50	M	50	5557	0:57:36
9	POSTHUMUS-FOX	TANYA	NEDBANK WP	43	F	40	5606	0:58:00
10	JOHNSTON	KYLE	FISH HOEK	38	M	35	T	0:58:33
11	GIBSON	ANGUS	FISH HOEK	19	M	JUN	J20256	0:58:52
12	KANYONGO	OBERTINA	NEDBANK WP	56	F	55	5615	0:59:25
13	WILSON	TARA	TEMP	32	F	SEN	T	0:59:35
14	KOK	GERT	TEMP	40	M	40	T	0:59:37
15	ROSS	DANIEL	TOTALSPORTS VOB	55	M	55	3243	0:59:53
16	CARTER	SIMEON	TEMP	33	M	SEN	T	1:00:10
17	DU TOIT	MATTHEW	TEMP	17	M	JUN	T	1:00:21
18	LESLIE	JOHN	FISH HOEK	65	M	65		1:02:20
19	DAVIDSON	TERENCE	SPARTAN	50	M	50	0505	1:02:34
20	ROBERTSON	DARREN	TOTALSPORTS VOB	43	M	40	3055	1:02:56
21	MATIWANE	BUSISIWE	NEDBANK WP	48	F	45	5568	1:03:11
22	WOOD	MANDY	TEAM VITALITY	50	F	50	6964	1:03:20
23	WOOD	STEVEN	TEAM VITALITY	50	M	50	6965	1:03:23
24	WOLHUTER	CHRISTOPHER	TEMP	35	M	35	T	1:03:43
25	FORTUIN	RICARDO	RCS GUGS	43	M	40	11364	1:03:46
26	DE OLIVEIRA	JOSE	TOTALSPORTS VOB	49	M	45	2771	1:04:46
27	BURNS	JOANNE	TEMP	58	F	55	T	1:04:56
28	ROBINSON	LAUREN	FISH HOEK	33	F	SEN	8675	1:05:15
29	JOUBERT	JOZUA	BRACKENFELL	49	M	45	9674	1:05:20
30	DRUMMER	BRAD	TEMP	22	M	SEN	T	1:05:53
31	NO CARD		TEMP		M	SEN	T	1:06:01
32	JUDD	ERIC	PINELANDS	65	M	65	1158	1:06:02
33	ELTRINGHAM	PHILIP	TEMP	40	M	40	T	1:06:37
34	ELTRINGHAM	GINA	TEMP	35	F	35	T	1:06:37
35	MOOSA	ABDURAHMAN	CELTIC	62	M	60	0891	1:06:42
36	MEYER	JANET	EDGEMEAD	40	F	40	5000	1:06:54
37	MARTIN	LAUREN	EDGEMEAD	41	F	40	4848	1:08:27
38	BENJAMIN	SERGAI	TEMP	37	M	35	1782	1:08:30
39	NEWTON	MEGAN	TEMP	21	F	SEN	T	1:08:31
40	KOOPMAN	SHIERAAJ	CARBINEERS WP	45	M	45	4546	1:08:57
41	LIELL-COCK	ZACHARIAS	TEMP	32	M	SEN	T	1:09:00
42	MAKOCHEKANWA	EVELYN	RCS GUGS	35	F	35	11139	1:09:12
43	MANUEL	CRAIG	SANDF WP	48	M	45	5314	1:09:45
44	MBINAMBINA	PATRIC	TEMP	44	M	40	9010	1:09:54
45	CLEOPHAS	HENRY	NEDBANK WP	75	M	75	5574	1:09:58
46	COBBLEDICK	GREGORY	KEARSNEY	22	M	SEN	1592	1:10:08
47	ALBERT	MEGAN	TOTALSPORTS VOB	28	F	SEN	3304	1:10:11
48	BLINK	MAYNE	TEMP	26	M	SEN	T	1:11:28
49	CLOETE	NATHALIE	TOTALSPORTS VOB	54	F	50	0442	1:11:52
50	VAN DER WALT	MARIE-LOUISE	HANGKLIP	48	F	45	1844 BOL	1:12:03
51	STOREY	AL	TEMP	55	M	55	T	1:12:03
52	BANDA	TONY	TEMP	43	M	40	T	1:12:26
53	RUBUSHE	VUYOKAZI	KHAYELITSHA	29	F	SEN	6290	1:12:41
54	HINE	MICHELLE	CARBINEERS WP	45	F	45	4958	1:12:46
55	BARTLETT	DENZIL	CARBINEERS WP	51	M	50	8907	1:12:47
56	PATTERSON	MANUELA	CENTURY CITY	63	F	60	4700	1:12:53
57	DAVIES	BRIAN	TEMP	54	M	50	T	1:13:05

58	LONGMAN	KAY	FISH HOEK	70	F	70	8565	1:13:31
59	DE FRANCHI	DAVIDE	TEMP	32	M	SEN	T	1:13:33
60	JOHL	SARAH	TOTALSPORTS VOB	66	F	65	2970	1:13:37
61	JOHL	ROLF	TOTALSPORTS VOB	65	M	65	2911	1:13:37
62	DREYER	MICHAEL	SPARTAN	67	M	65	0362	1:13:45
63	VERMEULEN	LYNN	FISH HOEK	56	F	55	8621	1:14:05
64	VAN VELZE	JACQUES	TEMP	32	M	SEN	T	1:14:12
65	NO RETURN		DURBAC		M	SEN		1:14:47
66	TOERIEN	FRANCOIS	CELTIC	56	M	55	9782	1:14:52
67	MUNYAKA	DENNIS	FAT CATS	42	M	40	13182	1:15:41
68	DISQUALIFIED		TEMP		M	SEN	T	1:15:47
69	VENTER	EMUEL	TEMP	31	M	SEN	T	1:16:02
70	STEYN	HENRIK	WHALERS	55	M	55	0373 BOL	1:16:28
71	WILSON	JOHN	TEMP	57	M	55	T	1:16:35
72	MOISEY	ADRIAN	SPARTAN	39	M	35	12085	1:16:42
73	VENTER	MARGO	TEMP	31	F	SEN	T	1:16:49
74	JOHNSTONE	CANDICE	TEMP	29	F	SEN	T	1:17:00
75	BOOT	JANA	TEMP	51	F	50	T	1:17:26
76	BADUZA	THANDO	TEMP	45	M	45	T	1:17:31
77	DE KLERK	ANDRE	TEMP	35	M	35	T	1:17:36
78	SWANEPOEL	KRISTEEN	TEMP	24	F	SEN	T	1:18:06
79	DRUMMER	CARL	TEMP	16	M	JUN	T	1:18:13
80	NO RETURN				M	SEN		1:18:38
81	BORNMAN	ANUZKA	EDGE MEAD	33	F	SEN	5152	1:18:49
82	BROWN	CHARLENE	EDGE MEAD	40	F	40	4683	1:18:49
83	PRETORIUS	MARTHA	NANTES	53	F	50	9226	1:18:59
84	DOYLE	COLIN	STRAND	64	M	60	3592	1:18:59
85	NAKUMBA	UNATHI	SPARTAN	19	F	JUN	J20004	1:19:05
86	ELS	CANDICE	TEAM VITALITY	45	F	45	7523	1:19:07
87	DANIEL-DURANDT	FRANCISCA	DURBAC	28	F	SEN	3970	1:20:00
88	GARCIA	SARA	TEMP	29	F	SEN	T	1:20:32
89	VAN ZYL	NATASCHA	HELDERBERG HARRIERS	56	F	55	7919	1:20:35
90	CASSIEM	MISHQUA	TEMP	28	F	SEN	T	1:20:37
91	EREFAAN		ARD	51	M	50	5672	1:20:40
92	NO RETURN		TEMP		M	SEN	T	1:20:43
93	NO RETURN		TEMP		F	SEN	T	1:20:44
94	FARQUHAR	KEENAN	TEMP	29	M	SEN	T	1:20:45
95	ADAMS	MICHAEL	SPARTAN	59	M	55	0224	1:21:39
96	SLINGER	MOGAMAT FAIEK	MP TITANS	56	M	55	13405	1:21:44
97	SCHOEMAN	LOURENS	TEMP	65	M	65	T	1:21:51
98	FORTUIN	DEAN	TEMP	28	M	SEN	T	1:21:59
99	CARIS	INGRID	TEMP	43	F	40	T	1:22:09
100	MACHADO	DAVID	TEMP	33	M	SEN	T	1:22:09
101	NO RETURN		TEMP		M	SEN	T	1:22:23
102	STUCK	KIM	TEMP	22	F	SEN	T	1:22:24
103	MOHR	LINDA	ORCA RUNNING ACADEMY	56	F	55		1:22:33
104	VERSTER	MAUREEN	EDGE MEAD	71	F	70	4665	1:22:38
105	ESTERHUYSE	SUZANNE	32GI SWD	22	F	SEN	1798 SWD	1:22:58
106	GREVE	DENISE	32GI SWD	57	F	55	1792 SWD	1:22:59
107	SHAM	MONIQUE	TEMP	40	F	40	T	1:22:59
108	MCDARBY	FLOR	TEMP	47	F	45	T	1:23:32
109	ABRAHAMS	SHANAAZ	MP TITANS	38	F	35	4570	1:23:33
110	RYKLIEF	ZOELFAH	MP TITANS	53	F	50	4572	1:23:34
111	DU PLESSIS	LISA	TEMP	52	F	50	T	1:23:39
112	MACHAPA	ROSEMARY	TEMP	47	F	45	T	1:23:40
113	KEAVENEY	JAMES	TEMP	39	M	35	T	1:23:46
114	WHEATON	SPENCER	CELTIC	47	M	45	0667	1:23:48
115	WATTERS	GRANT	TEMP	32	M	SEN	T	1:23:54
116	KUUN	AMANDA	TEAM VITALITY	57	F	55	7975	1:24:03
117	HUDSONBERG	GRANT	TEMP	46	M	45	T	1:24:13
118	NO RETURN		TEMP		F	SEN	T	1:24:17
119	NO RETURN		TEMP		M	SEN	T	1:24:18
120	KRETZMANN	JENNA	ALBANY RR	23	F	SEN	0653	1:24:35
121	KELLERMAN	MICHAELA	TEMP	25	F	SEN	T	1:24:37
122	ANDERS	ROBERT	TEMP	35	M	35	T	1:24:44

123	HARRIS	SEAN	PINELANDS	59	M	55	0964	1:24:50
124	DAIVDS	YUSUF	KENFAC	44	M	40	4343	1:24:53
125	ALLEN	LIEZL	TEMP	27	F	SEN	T	1:24:58
126	KOEN	KIRSTEN	TEMP	25	F	SEN	T	1:25:00
127	BEKKER	STACIE-LEE	TEMP	36	F	35	T	1:25:09
128	BEKKER	RYAN	FISH HOEK	41	M	40	1560	1:25:09
129	BONTHUYS	HEMARI	TEMP	35	F	35	T	1:25:14
130	ADAMS	NICOLE	TEMP	49	F	45	T	1:25:30
131	BUTTERS	GREG	TEMP	29	M	SEN	T	1:25:37
132	BAARD	CHRISTA	TEAM VITALITY	47	F	45	7037	1:25:50
133	MANHAMO	PLEASANCE	TEMP	43	F	40	T	1:26:11
134	JACOBS	NIHAAD	TOP FORM	30	F	SEN	10081	1:26:11
135	WHITE	ASHTON	SPARTAN	41	M	40	1880	1:26:21
136	NO RETURN		TEMP		M	SEN	T	1:26:23
137	KONICK	DEBBIE	SATORI	55	F	55	11544	1:26:46
138	LITTLEWOOD	GARTH	SATORI	67	M	65	11525	1:26:46
139	MOOSA	DEBORAH	CELTIC	53	F	50	0890	1:26:47
140	HUDSONBERG	SOMAYA	PICK 'n PAY	44	F	40	13307	1:26:48
141	EDMUNDS	JANE	TEMP	61	F	60	T	1:26:49
142	VAN VELZE	KATE	TEMP	31	F	SEN	T	1:27:07
143	OWEN	JUSTIN	TEMP	31	M	SEN	T	1:27:26
144	SCHEEPERS	ROSETTE	MP TITANS	56	F	55	4619	1:27:49
145	DISQUALIFIED		KUILS RIVER		M	SEN		1:27:59
146	STEYN	KENNY	TEMP	56	M	55	17186	1:28:23
147	LUDICK	CARA	FISH HOEK	31	F	SEN	5111	1:28:55
148	SMIT	ANJA	BRACKENFELL	42	F	40	8147	1:29:04
149	RIST	DELYSE	PINELANDS	61	F	60	0962	1:29:06
150	SCHEEPERS	TOPPIE	BRACKENFELL	52	M	50	8175	1:29:06
151	HARRIS	LEE-ANN	PINELANDS	56	F	55	0967	1:29:07
152	BAUGAARD	EUGENE	GOODWOOD HARRIERS	41	M	40	9786	1:29:08
153	BUSCH	CEDRIC	MP TITANS	69	M	65	4582	1:29:25
154	ZUNGU	MZWANDILE	WEST COAST	36	M	35	13100	1:29:27
155	ZIMMERMANN	VALENTINA	TEMP	26	F	SEN	T	1:29:29
156	ROHRER	RAOUL	TEMP	27	M	SEN	T	1:29:29
157	OLIVIER	ANGELIQUE	TOTALSPORTS VOB	40	F	40	3270	1:29:50
158	CROWDER	INGRID	EDGEMEAD	55	F	55	4921	1:30:01
159	ADONIS	RUE	EDGEMEAD	49	F	45	6996	1:30:11
160	PAULSEN	DEVON	TEMP	28	M	SEN	T	1:30:30
161	NAUDE	DINAH	TEMP	43	F	40	T	1:30:31
162	SPARG	PIXIE	CELTIC	79	F	75	0910	1:30:32
163	GANTER	RICH	TEMP	61	M	60	T	1:30:47
164	DU PLESSIS	HELEN	BRACKENFELL	71	F	70	8071	1:31:01
165	HENDERSON	COLIN	SPARTAN	51	M	50	0739	1:31:13
166	MARE	JOHAN	SPARTAN	56	M	55	2233	1:31:18
167	MAC	ANDRE	OMMIEDRAAI	42	M	40	12731	1:31:43
168	DAVIDS	KAREN	TOP FORM	45	F	45	10078	1:31:47
169	THEBUS	KAMI	OMMIEDRAAI	54	F	50	11492	1:31:50
170	PEDRO	KIRSTIE	TEMP	35	F	35	T	1:32:06
171	NO RETURN				M	SEN		1:32:15
172	JAFFER	SHANAAZ	OMMIEDRAAI	51	M	50	2554	1:32:15
173	HENRY	CHARLENE	TEMP	39	F	35	T	1:32:23
174	BURTON	CARMIN	CHAEI SPORTS & REC	51	F	50	5866	1:32:29
175	MPHUTHI	SIPHIWE	UCT	36	M	35	9758	1:32:51
176	BOTHMA	LIZELLE	EDGEMEAD	44	F	40	4895	1:32:56
177	JOHNSON	PAULA	EDGEMEAD	46	F	45	4640	1:33:03
178	POPPELSTONE	BRONSON	SPARTAN	48	M	45	0272	1:33:06
179	DELPORT	KAYLA	TEMP	21	F	SEN	T	1:33:16
180	JORDAAN	JONATHAN	SPARTAN	46	M	45	13858	1:33:19
181	BUCHANAN	KEN	HARFIELD	73	M	70	1423	1:33:37
182	SOLOMON	TARIQ	TEMP	31	M	SEN	T	1:33:53
183	NYIKA	SINOXOLO	TEAM VITALITY	30	F	SEN	6825	1:33:57
184	VAN DER MERWE	MELISSA	TEAM VITALITY	37	F	35	7308	1:34:12
185	LEVERTON	RUTH	PINELANDS	71	F	70	1052	1:34:19
186	SWART	BERNICE	TEMP	36	M	35	T	1:34:21
187	NO RETURN				F	SEN	T	1:34:40



188	LEWIN	AESHA	ARD	42	F	40	5671	1:34:41
189	WICHERS	ANENE	STRAND	30	F	SEN	3718	1:34:45
190	VUUREN	KAREN	DURBAC	31	F	SEN	3738	1:34:54
191	MOUTON	JUSTINE	TEMP	53	F	50	T	1:34:55
192	ALLIES	LAVONA	CARBINEERS WP	60	F	60	4692	1:34:58
193	COLLINS	JUDY	TEMP	69	F	65	T	1:35:14
194	KOEN	MICHAEL	TEMP	23	M	SEN	T	1:35:21
195	MABASO	REFILOE	SANDF WP	38	F	35	8803	1:35:29
196	JOUBERT	JENIKA	TEMP	24	F	SEN	T	1:35:31
197	MAHUNDI	VELISWA	OMMIEDRAAI	47	F	45	11516	1:35:41
198	MOSALA	SINAWO	TEMP	33	F	SEN	T	1:36:00
199	MATTHEWS	KAY-LEE	TEMP	36	F	35	T	1:36:09
200	SOKHELA	MONICA	HOUT BAY	26	F	SEN	T	1:36:12
201	PERRONE	ANTONIO	TEMP	19	M	SEN	T	1:36:15
202	NO RETURN		TEMP		M	SEN	T	1:36:19
203	VENTER	KARLIEN	CLUB MYKONOS MULTISPORT	32	F	SEN	0940 BOL	1:36:25
204	OBERMEYER	NIKKI	MIDAS SPARTANS	54	F	50	11976	1:36:49
205	NO RETURN		TEMP		M	SEN	T	1:36:53
206	HAMEEDULLA	ABDURRASHIED	PINELANDS	62	M	60	1297	1:36:58
207	BAARTZES	RAFEEQ	TEMP	34	M	SEN	T	1:37:01
208	CASE	WENDY	TEMP	55	F	55	T	1:37:03
209	MILLAR	TRACEY	TEMP	34	F	SEN	T	1:37:17
210	SUJEE	ZERAHN	TEMP	37	F	35	T	1:37:31
211	JAMES	SHARON	PINELANDS	64	F	60	1085	1:37:39
212	HAWKRIDGE	ANTHONY	TEMP	60	M	60	T	1:37:39
213	NOMBONGO		MANDELA PARK		M	SEN	11819	1:37:43
214	CENTANE	NOLUTANDO	HOUT BAY	43	F	40	2753	1:37:44
215	PARKER	HASEENAH	PICK 'n PAY	45	F	45	11002	1:37:45
216	WATTERS	LEE-ANN	TEMP	30	F	SEN	T	1:38:02
217	NO CARD		TEMP		F	SEN	T	1:39:18
218	NO CARD				M	SEN		1:39:25
219	KGOWANA	ROSEMARY	SANDF WP	35	F	35	8922	1:39:28
220	MNUKWA	N	MANDELA PARK	32	F	SEN	11805	1:39:41
221	TALIEP	GASANT	TEMP	60	M	60	T	1:39:49
222	BRUWER	LISE	TEAM VITALITY	25	F	SEN	7153	1:39:57
223	EGAN	JOHN	TOTALSPORTS VOB	61	M	60	0925	1:40:02
224	STROHMAN	MIKE	BELLVILLE	69	M	65	8402	1:40:35
225	GELDENHUYS	DONOVAN	TYGERBERG	56	M	55	1082	1:40:40
226	DUVENAGE	IRMA	TEMP	37	F	35	T	1:40:44
227	MANSOER		TEMP	52	M	50	T5672	1:40:45
228	DE OLIVEIRA	YOLANDI	TOTALSPORTS VOB	42	F	40	2772	1:40:48
229	ARRIES	CONRAD	TEMP	62	M	60	T	1:40:49
230	PETERSEN-ADAMS	RA-EESA	OMMIEDRAAI	49	F	45	2563	1:40:53
231	ABRAHAMAS	WAHIEBAH	OMMIEDRAAI	56	F	55	2459	1:40:53
232	SCHOUTEN	SHARON	TOTALSPORTS VOB	61	F	60	0595	1:41:03
233	VAN VUUREN	MARGE	TOTALSPORTS VOB	63	F	60	3124	1:41:05
234	PRINS	REBECCA	OMMIEDRAAI	52	F	50	2536	1:41:13
235	HOFFMAN	LYNDALL	CARBINEERS WP	37	F	35	4472	1:41:22
236	MAYS	ROBYN	TEMP	28	F	SEN	T	1:41:23
237	PETERSEN	OSCAR	WILD RUNNER	56	M	55	12336	1:41:23
238	ELTRINGHAM	RICHARD	TEMP	28	M	SEN	T	1:41:24
239	BLOM	KAYLA	TEMP	21	F	SEN	T	1:41:27
240	GILMOUR	TRISH	TOTALSPORTS VOB	62	F	60	2685	1:41:43
241	MACKRILL	BRONWEN	TOTALSPORTS VOB	61	F	60	0334	1:41:43
242	ROBERTS	FARYL	OMMIEDRAAI	46	F	45	1952	1:41:48
243	PEARCE	DE KLASSEN	CARBINEERS WP	44	F	40	4498	1:41:49
244	HARSON	KIRSTY	HARFIELD	33	F	SEN	1415	1:42:05
245	KRUGER	STEPHANIE	HARFIELD	55	F	55	T	1:42:07
246	MENTOR	CLAUDINE	TOP FORM		M	SEN	10083	1:42:12
247	ADAMS	PATRICIA	MIDAS SPARTANS	52	F	50	6100	1:42:14
248	NO CARD		TEMP		F	SEN	T	1:42:24
249	BACKEBERG	CONRAD	TEMP	65	M	65	T	1:42:31
250	SALIE	SARAH	BRIMSTONE ITHEKO	41	F	40		1:42:53
251	AUSTIN	MARY	MP TITANS	52	F	50	4568	1:43:33
252	BOTHA	SIMONE	TEMP	41	F	40	T	1:43:51

253	HIGGS	HELENA	HELDERBERG HARRIERS	51	F	50	7871	1:43:57
254	DICKSON	LANA	SPARTAN	49	F	45	0149	1:44:00
255	MANDERSON	SALLY	TEMP	52	F	50	T	1:44:15
256	PRINS	JARRED	EDGEMEAD		M	JUN		1:44:15
257	SMITH	MARSHALL JUNIOR	TEMP	42	M	40	T	1:44:31
258	HUTCHINSON	BEVERLEY	TEMP	54	F	50	T	1:44:58
259	WHITE	NATALIE	SPARTAN	45	F	45	T	1:44:59
260	MAARTENS	CHARLENE	EDGEMEAD	54	F	50	4954	1:45:14
261	THEBUS	JUDY	OMMIEDRAAI	63	F	60	11481	1:45:14
262	SEMOLI	BULELWA	DRDLR AC	44	F	40	11395	1:45:21
263	PARKER	NAWAAZ	PICK 'n PAY	43	M	40	11001	1:45:36
264	JOUBERT	SANRDA	BRACKENFELL	51	F	50	8114	1:45:55
265	BESTER	CARLA	BRACKENFELL	51	F	50	10757	1:45:56
266	KOLI	THOZAMA	RCS GUGS	64	F	60	11150	1:46:07
267	REYNEKE	ANTON	TEAM VITALITY	58	M	55	7109	1:46:12
268	HARRIS	SAMMY	CHAEI SPORTS & REC	64	M	60	9320	1:46:58
269	EBRAHIM	MOEGSIEN	BO-KAAP ATHLETICS	64	M	60	11978	1:46:59
270	JOHNSTON	KIRSTY	HARFIELD	37	F	35	1435	1:47:00
271	LE GRANGE	TOMWIN	TEMP	28	M	SEN	T	1:47:04
272	GROBLER	ANJE	TEMP	23	F	SEN	T	1:47:15
273	BELL	DAVID	TEMP	64	M	60	T	1:47:22
274	HENDRICKS	MERCIA	TOTALSPORTS VOB	64	F	60	2721	1:47:44
275	FULLER	JANE	TOTALSPORTS VOB	65	F	65	2684	1:47:45
276	PRINS	ANGELA	EDGEMEAD	51	F	50	4961	1:48:05
277	HARGREAVES	EARL	CELTIC	77	M	75	0879	1:48:14
278	SIPHOSKOSO	ZAKITHI ZWANE	TEMP	34	F	SEN	7508	1:49:02
279	MANUEL	MASHEE-AH	BRIMSTONE ITHEKO	20	F	SEN	6612	1:49:31
280	LEWIS	MARK	SANLAM	41	M	40	2234	1:50:36
281	DAVIDS	CHARLENE	SAPS WP	46	F	45	5536	1:51:14
282	BESTER	IVAN	MSA MULTISPORT	62	M	60	10124	1:51:36
283	BRINK		TOTALSPORTS VOB	62	F	60	2727	1:52:17
284	DE ARAUJO	BETINA	TOTALSPORTS VOB	53	F	50	0244	1:52:21
285	SCHULEMAN	GRANT	HELDERBERG HARRIERS	53	M	50	7840	1:52:24
286	LEWIS	NINA	MP TITANS	45	F	45	4581	1:52:27
287	OERSON	NICOLETTE	MP TITANS	57	F	55	4614	1:52:28
288	PIETERSE	RANDY	GOODWOOD HARRIERS	67	M	65	9770	1:52:31
289	ADENDORPH	MICHELLE	RAVENSMEAD	51	F	50	9998	1:52:37
290	NO RETURN		TEMP		F	SEN	T	1:52:54
291	MAPHOLI	MUKONDELELI	TEMP	41	M	40	T	1:53:15
292	TALIEP	SHAMEEMA	TEMP	35	F	35	T	1:53:42
293	STEENKAMP	SHARON	EDGEMEAD	50	F	50	4821	1:53:43
294	LUKHELE	SIBUSISO	DRDLR AC	34	M	SEN	1409	1:53:59
295	ISAACS	ADIEL	OMMIEDRAAI	39	M	35	2516	1:54:01
296	NO CARD		FISH HOEK		F	SEN		1:54:04
297	KGATI	BOTLHALE	RCS GUGS	36	F	35	6163	1:54:05
298	LEWIN-DARIES	BERNADETTE	SPARTAN	52	F	50	0227	1:54:08
299	NO RETURN		TEMP		F	SEN	T	1:54:13
300	WIESE	JUAN	CARBINEERS WP	46	M	45	4501	1:54:33
301	NO RETURN		TEMP		F	SEN	T	1:54:40
302	BUCKLEY	ALAN	TEMP	68	M	65	T	1:54:42
303	JOHNSTON-READ	BARBARA	AAC	65	F	65	10238	1:55:13
304	WYNGAARDT	DOREEN	CARBINEERS WP	59	F	55	4521	1:55:28
305	RENSBURG	SHAUN	CARBINEERS WP	58	M	55	8912	1:55:29
306	RENSBURG	KIM	CARBINEERS WP	28	F	SEN	4522	1:55:29
307	BRANK-JONKER	NELLIE	TEMP	52	F	50	T	1:55:49
308	NO CARD		TEMP		F	SEN	T	1:56:23
309	ABRAHAMS	TAARIQ	TEMP	30	M	SEN	T	1:57:13
310	MEDUPE	JACOB	TEMP	54	M	50	T	1:57:25
311	MENZE	THOBEKA	TEAM VITALITY CG	40	F	40	CGA	1:57:30
312	DARIES	ELEANORE	RAVENSMEAD	64	F	60	2950	1:57:40
313	BOTHA	RIENIE	RAVENSMEAD	64	F	60	12190	1:57:41
314	ERASMUS	NANA	TEMP	51	F	50	T	1:58:32
315	NIEUWENHUIS	TARIMA	CENTRAL AC	76	F	75	9628	1:58:53
316	AFRICA	GWENDOLINE	RAVENSMEAD	55	F	55	12188	1:59:11
317	GOLOTILE		WEST COAST	46	F	45	1935	1:59:30

318	ZOTWANA	NANA	TEMP	52	F	50	T	2:00:06
319	MKULA	ZEMVELO	TEMP	36	F	35	T	2:00:54
320	SMITH	CHERYL	CARBINEERS WP	51	F	50	4505	2:01:16
321	MHLONGO	THAKASILE	PINELANDS	30	F	SEN	1093	2:02:14
322	NAIDU	KAVESHIN	TEMP	37	M	35	T	2:02:22
323	HOFFMAN	CHANTAL	TEMP	35	F	35	T	2:02:54
324	SAINDON	URSHULA	TEMP	29	F	SEN	T	2:04:58
325	MCPHERSON	GLYNIS	TEMP	66	F	65	T	2:07:01
326	STOKOE	JOSHUA	TEMP	16	M	JUN	T	2:07:03
327	STOKOE	NICKI	TEMP	50	F	50	T	2:07:12
328	JATTIEM	ZAINAB	BRIMSTONE ITHEKO	42	F	40	7408	2:07:30
329	SEPTEMBER	SHEREEN	BRIMSTONE ITHEKO	53	F	50	4304	2:07:31
330	FRANS	MARK	TOTALSPORTS VOB	55	M	55	2877	2:08:10
331	RENSBURG	JACQUELINE	CARBINEERS WP	55	F	55	8212	2:08:40
332	DICK	RENE	TOTALSPORTS VOB	59	F	55	2680	2:08:47
333	MANUEL	MARIANNA	TOTALSPORTS VOB	50	F	50	2720	2:08:48
334	ISMAIL	NARIMA	WALMERS AC	57	F	55	9075	2:08:52
335	STEED	MEGAN	TEMP	35	F	35	T	2:09:04
336	RADEMEYER	CAROLIEN	BRACKENFELL	30	F	SEN	10754	2:09:05
337	MABOKO	MIKATEKO	TEMP	39	F	35	T	2:10:53
338	LEWIS	ANTHENETTE	SANLAM	41	F	40	1633	2:11:05
339	REBELO	PATRICIA	TEMP	71	F	70	T	2:11:05
340	CUBITT	TIM	CHAEI SPORTS & REC	68	M	65	5885	2:11:26
341	SWART	JAN	GOODWOOD HARRIERS	64	M	60	10447	2:11:27
342	MSUKU	FARAI	TEAM VITALITY	44	F	40	7273	2:11:37
343	BUYS	ANNELIZE	CHAEI SPORTS & REC	59	F	55	5871	2:11:40
344	THOMPSON	GLENN	BRIMSTONE ITHEKO	63	F	60	6618	2:12:02
345	ZIMMERMAN	ANTOINETTE	TEAM VITALITY	56	F	55	6897	2:12:36
346	LAMBERT	JUANITA	WHALERS	52	F	50	0448 BOL	02:12:37
347	NO RETURN		SPARTAN		F	SEN		2:26:02

**SONIA HARLOCK**

**Cell 083 354 6636**

**kevson@mweb.co.za**

# RESULTS

## WOMENS RESULTS

### OPEN WOMEN

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
3	(13)	TARA	WILSON	TEMP	0-59-35

### WOMEN 40 - 49 YEARS

1	(9)	TANYA	POSTHUMUS-FOX	NEDBANK WP	0-58-00
2	(21)	BUSISIWE	MATIWANE	NEDBANK WP	1-03-11
3	(36)	JANET	MEYER	EDGEMEAD	1-06-54

### WOMEN 50 – 59 YEARS

1	(12)	OBERTINA	KANYONGO	NEDBANK WP	0-59-25
2	(22)	MANDY	WOOD	TEAM VITALITY	1-03-20
3	(27)	JOANE	BURNS	TEMP	1-04-55

### WOMEN 60 – 69 YEARS

1	(56)	MANUELA	PATTERSON	CENTURY CITY	1-12-53
2	(60)	SARAH	JOHL	TOTALSPORTS VOB	1-13-37
3	(149)	DELYSE	RIST	PINELANDS	1-28-06

### WOMEN 70 YEARS +

1	(58)	KAY	LONGMAN	FISH HOEK	1-13-31
2	(104)	MAUREEN	VERSTER	EDGEMEAD	1-22-38
3	(162)	PIXIE	SPARG	CELTIC HARRIERS	1-30-32

## MENS RESULTS

### JUNIOR MEN 15 – 19 YEARS

1	(11)	ANGUS	GIBSON	FISH HOEK	0-58-52
2	(256)	JARRED	PRINS	EDGEMEAD	1-44-15

### OPEN MEN

1	(1)	SIPHIWE	TERO	SATORI	0-41-20
2	(2)	LEBU	MALINGA	TEMP	0-49-22
3	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02

### MEN 40 – 49 YEARS

1	(3)	SIHLE	MAPHUKATHI	NEDBANK WP	0-51-02
2	(26)	JOSE	DE OLIVEIRA	TOTALSPORTS VOB	1-04-46
3	(40)	SHIERAAJ	KOOPMAN	CARBINEERS WP	1-08-47

**MEN 50 – 59 YEARS**

1	(4)	GREGORY	JHENDRICKS	SPARTAN HARRIERS	0-51-08
2	(5)	COLIN	GEORGE	TOTALSPORTS VOB	0-53-42
3	(8)	GARY	SIMONS	NEDBANK WP	0-57-36

**MEN 60 – 69 YEARS**

1	(18)	JOHN	LESLIE	FISH HOEK	1-02-20
2	(32)	ERIC	JUDD	PINELANDS	1-06-02
3	(35)	ΑΒΟΥΔΟΥΚΑΠΙΜΙ Α ΝΤ	MOOSA	CELTIC HARRIERS	1-06-42

**MEN 70 YEARS +**

1	(45)	HENRY	CLEOPHAS	NEDBANK WP	1-09-58
2	(277)	EARL	HARGREAVES	CELTIC HARRIERS	1-48-14

## **RUNNER COUNT**

### **WOMEN COUNT**

JUNIOR WOMEN	1
SENIOR WOMEN	55
WOMEN 35 – 39 YEARS	21
WOMEN 40 – 44 YEARS	23
WOMEN 45 – 49 YEARS	20
WOMEN 50 – 54 YEARS	33
WOMEN 55 – 59 YEARS	22
WOMEN 60 – 64 YEARS	16
WOMEN 65 – 69 YEARS	5
WOMEN 70 – 74 YEARS	5
WOMEN 75 – 79 YEARS	2
TOTAL WOMEN	<hr/> 203

### **MEN COUNT**

JUNIOR MEN	5
SENIOR MEN	43
MEN 35 – 39 YEARS	12
MEN 40 – 44 YEARS	16
MEN 45 – 49 YEARS	11
MEN 50 – 54 YEARS	14
MEN 55 – 59 YEARS	15
MEN 60 – 64 YEARS	13
MEN 65 – 69 YEARS	12
MEN 70 – 74 YEARS	1
MEN 75 – 79 YEARS	2
TOTAL MEN	<hr/> 144

## STATISTICS OF CLUB RUNNERS

32 GI RC SWD	2
Albany Road Runners EP	1
ARD AC	2
Atlantic AC	1
Bellville AC	1
Bo-Kaap Athletics	1
Brackenfell AC	7
Brimstone Itheko Sport AC	5
Carbineers WP	12
Celtic Harriers	6
Central Athletics	1
Century City AC	1
Chaeli Sports & Recreation Club	4
Club Mykonos Multisport BOL	1
Department of Rural Development and Land Reform AC	2
Edgemoor Runners	13
Fat Cats AC	1
Fish Hoek AC	9
Goodwood Harriers	3
Hangklip AC BOL	1
Harfield Harriers	4
Helderberg Harriers	3
Hout Bay Harriers	2
Kearsney Striders KZN	1
Kensington & Fractretton SAC	1
Khayelitsha AC	1
Kuils River Athletics	1
Mandela Park AC	2
Midas Spartans	2
Mitchell Plain Titans	8
MSA Multisport	1
Nantes AC	1
Nedbank Running Club WP	6
Ommiedraai Friends AC	10
Orca Running Acedmy KZN	1
Pick'n Pay AC	3
Pinelands AC	8
Ravensmead AC	4
RCS Guguletu AC	4
SANDF WP	3

Sanlam AC	2
SAPS AC WP	1
Satori AC	3
Spartan Harriers	15
Strand AC	2
Team Vitality CG	1
Team Vitality WP	11
Temporary Licensed Runners	131
Top Form AC	3
Totalsports VOB Running Club	22
Tygerberg AC	1
UCT AC	1
Van Der Merwe & Robertson Durbanville AC	3
Walmers AC	1
West Coast AC	2
Whalers Runners BOL	2
Wild Runner AC	1
No Cards / No Returns	5
<b>TOTAL RUNNERS</b>	<b>347</b>



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