

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	ORCA RUNNING ACADEMY	46	M	45	10972 KZN	2:07:58
2	LEWIN	BRANDON	CELTIC	28	M	SEN	13260	2:13:12
3	JUDASE	MALUSI	NEDBANK WP		M	SEN	11536	2:15:23
4	KOPOLO	VAKALISA	NEDBANK WP	47	M	45	56311	2:16:59
5	MLAMBA	YANGA	MANDELA PARK	36	M	35	11302	2:17:17
6	GADZIKWA	TAKUNDA	SPARTAN	24	M	SEN	2117	2:18:19
7	MKHWE	KHULILE	SPARTAN	24	M	SEN	2116	2:18:20
8	AZIZA	GERSHON	SPARTAN	23	M	SEN	4310	2:18:44
9	LANGE	SINETHEMBO	EDGEMEAD	33	M	SEN	4850	2:19:13
10	MAKWAKWA	PATRICK	SPARTAN	34	M	SEN	0602	2:23:14
11	SITCHEKE	GCOBANI	EASTERNS		M	SEN	7685	2:23:52
12	LELE	ZITHU	BELLVILLE	40	M	40	13924	2:24:11
13	ZITHULELE		NEDBANK WP	40	M	40	5542	2:26:08
14	BREAK	KYLE	TOTALSPORTS VOB	35	M	35	3273	2:26:58
15	NTSHONTSHE	LWANDO	MANDELA PARK	30	M	SEN	11813	2:27:29
16	TSHEWELA	BONARLE	EASTERNS	37	M	35	8687	2:28:08
17	STERK	NATALIE	STERK SPAN		F	SEN		2:28:44
18	CLAASSEN	ANENE	AAC	33	F	SEN	9590	2:39:34
19	NKANI	MSIMELELO	SAPS WP	34	M	SEN	5627	2:31:12
20	SOMCHIZA	CEBISA	LWANDLE	34	M	SEN	13452	2:32:42
21	DICKSON	ROGER	TOTALSPORTS VOB		M	50		2:33:24
22	NKOMO	METHUSELI	TOTALSPORTS VOB	38	M	35	3002	2:33:49
23	FLINT	RICHARD	TOTALSPORTS VOB	39	M	35	2904	2:34:09
24	MWANENGENI	TSUNGAI	RCS GUGS	50	M	50	11138	2:34:23
25	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	2:34:33
26	WEAVER	HANSLEY	NEDBANK WP	51	M	50	5556	2:34:55
27	SKOSANA	MOSES	CENTURY CITY	43	M	40	4752	2:36:33
28	BECKWITH	PETER	AAC	34	M	SEN	10226	2:39:00
29	TAGGE	GUIDO	TEMP	50	M	50	T	2:41:19
30	ALMEIDA	JOSE	EDGEMEAD	51	M	50	4995	2:41:40
31	BROERS	NEIL	AAC	42	M	40	9580	2:42:13
32	MIDDELKOOP	DION	BOXER AC	50	M	50	T	2:42:24
33	WALLEY	DANETTE	TEMP		F	SEN	T	2:42:25
34	LEASK	BRENDON	WEST COAST	39	M	35	3307	2:42:26
35	BLAUW	RICARDO	NEDBANK WP	42	M	40	5544	2:43:03
36	KLERCK	GRAEME	TOTALSPORTS VOB	51	M	50	0441	2:43:04
37	OCKHUIS	GARRON	EDGEMEAD	38	M	35	4880	2:44:04
38	OSMAN	SHERAAZ	EDGEMEAD	36	M	35	5015	2:44:05
39	BROWN	GARY	EDGEMEAD	41	M	40	4882	2:44:06
40	REES	KATE	32GI CG	46	F	45	T	2:44:07
41	MNGQIBISA	XOLISA	TYMEBANK LANGA	45	M	45	5381	2:44:21
42		CHARLES	CENTURY CITY	30	M	SEN	4801	2:44:31
43	CARIEM	YASEEN	BRIMSTONE ITHEKO	37	M	35	6467	2:45:33
44	NO RETURN				M	SEN		2:45:35
45	CHAFANA	NCEBA	MANDELA PARK	34	M	SEN	13872	2:45:42
46		EADIE	EASTERNS	43	M	40	13243	2:46:00
47	HANKIN	MARK	HARFIELD	34	M	SEN	1507	2:46:24
48	MEMANE	N	MANDELA PARK	48	M	45	11803	2:46:28
49	SMIT	MARETHA	NEDBANK WP	34	F	SEN	T	2:46:31
50	PLUYM	PIETER	TEMP	32	M	SEN	T	2:47:16
51	DE BEER	NIC	MURRAY & ROBERTS	50	M	50	0123	2:47:18
52	NO RETURN		TEMP		M	SEN	T	2:47:39
53	MASAMANE	APHELELE	MANDELA PARK	24	M	SEN		2:48:07
54		RAYMONDE	RCS GUGS	33	M	SEN	6203	2:48:34
55	GREIG	WILLIAM	RUN WALK 4 LIFE	43	M	40	5027	2:48:37
56	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45	3623	2:49:10

57	ENGELBRECHT	CHRISTIE	TEMP		F	SEN	T	2:49:17
58	PAWLEY	NICK	HARFIELD	34	M	SEN	T	2:49:42
59	NGINGI	XOLANI	RCS GUGS	41	M	40	6212	2:49:48
60	KUPFERBERG	MIKE	MELKBOS	37	M	35	12817	2:51:11
61	CAKETT	JENNA	HARFIELD	30	F	SEN	1447	2:52:35
62	ATKINSON	JULIAN	TEMP	31	M	SEN	T	2:52:36
63	CUNNAMA	DANIEL	HARFIELD	39	M	35	1501	2:52:37
64	SMIT	ANDREW	HARFIELD	43	M	40	1448	2:52:37
65	HOBBS	HAYDEN	CHAPPIES	47	M	45	3796 CGA	2:52:38
66	NO RETURN		EASTERNS		M	40		2:54:09
67	MBONBI	NKOSI	MANDELA PARK		M	SEN	11807	2:54:37
68	DAVIES	JOHN	ATC	53	M	50	1747	2:54:40
69	VISSER	DAWID	BELLVILLE	44	M	40		2:54:49
70	POTGIETER	LEANI	DURBAC	30	F	SEN	4130	2:55:49
71	PIENAAR	ETIENNE	TOTALSPORTS VOB	35	M	35	3014	2:57:20
72	J	BEKITHEMBA	METROPOLITAN	19	M	SEN	9311	2:57:47
73	GOVENDER	DARREN	PHOENIX	39	M	35	9410	2:59:28
74	NO CARD		TYMEBANK LANGA		M	SEN		2:59:46
75	VD BIJ	SIERD	FISH HOEK	35	M	35	8611	2:59:50
76	TSHDALADA	MANHLA	TYMEBANK LANGA	35	M	35	13022	3:00:12
77	DANIELS	PEZA	OMMIEDRAAI	40	M	40	13663	3:00:14
78	SALKINDER	RAEL	TOTALSPORTS VOB	44	M	40	3064	3:01:02
79	VIENINGS	MARLIZE	EDGEMEAD	48	F	45	5115	3:01:51
80	STARCK	SIMON	EDGEMEAD	35	M	35	5088	3:01:52
81	NJOKONULU	M	KHAYELITSHA		M	SEN	3004	3:02:52
82	FREEDMAN	MALCOLM	TOTALSPORTS VOB	46	M	45	2780	3:03:44
83		JEROME	MP TITANS	54	M	50	11431	3:04:09
84	ROUX	HELENE	TEMP	39	F	35	T	3:04:38
85	LAUE	GARY	WEST COAST	46	M	45	6685	3:04:47
86	THOMASON	RICHARD	HARFIELD	47	M	45	13962	3:05:33
87	HERHOLDT	JOSHUA	TEMP	30	M	SEN	T	3:06:12
88	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35	7898	3:06:14
89	NO RETURN		TEMP		F	SEN	T	3:06:14
90	KORCK	GREG	EDGEMEAD	41	M	40	5082	3:06:17
91	SILO	HAWARD	LWANDLE	38	M	35	13453	3:06:29
92	WHITEHEAD	CARLA	CENTURY CITY	39	F	35	4774	3:07:07
93	DARIUS	EBRAHIM	OMMIEDRAAI	62	M	60	2559	3:08:23
94	GABRIEL	SOLIEGH	KENFAC	38	M	35	4316	3:08:24
95	BYDAWELL	STEPHEN	32GI CG	33	M	SEN	T	3:08:28
96	AUSTIN	LISA-JO	DURBAC	39	F	35	3775	3:08:32
97	HANNIBAL	L DAVIS	DURBAC	38	F	35	3737	3:08:33
98	VAN DER NEST	INGE	DURBAC	31	F	SEN	4003	3:08:47
99	LUCAS	LORENZO	NEDBANK WP	61	M	60	10909	3:09:17
100	NO CARD				M	SEN		3:09:18
101	BEKKER	RENIER	BORN 2 RUN	40	M	40	8239	3:09:18
102	ISAACS	ASHLEY	TOTALSPORTS VOB	49	F	45	2951	3:09:53
103	MONGALE	TIRELO	MANONI	41	M	40	5463	3:10:00
104	WILLIAMS	ENRONECIA	MP TITANS	37	F	35	11426	3:10:07
105	DE GOEDE	DEWALD	CAPE MULTISPORT	43	M	40	2280	3:10:12
106	MNETHOZA	ZISIWE	IN TOUCH	40	F	40	9717	3:10:14
107	PENROSE	NICK	AAC	49	M	45	9485	3:10:14
108	VAZI	LUMKO	RCS GUGS	39	M	35	6129	3:10:49
109	WEBBER	GRANT	HARFIELD	44	M	40	14071	3:11:19
110	GEYER	MARISA	AAC	36	F	35	T	3:11:36
111	MUTAKWA	TANAKA	RCS GUGS	34	M	SEN	6154	3:12:00
112	WIEHAHN	ADRIAN	DURBAC	46	M	45		3:12:08
113	BLOM	COERT	SAPS WP	53	M	50	6290	3:12:42
114	JANISCH	MICHAEL	TOTALSPORTS VOB	55	M	55	2961	3:13:32
115	RAUTENBACH	GUSTAV	FISH HOEK	30	M	SEN	11613	3:13:55
116		JANINE	TEMP		F	SEN	T	3:14:32
117		JOSEPH	STRAND	41	M	40	12989	3:14:55
118	PAIZES	CONSTANTINOS	CELTIC	39	M	35	0763	3:15:13
119	WARES	USALIT	HARFIELD	37	M	35		3:15:13

120	NO RETURN		RUN ZONE		M	SEN		3:15:36
121	ZINN	MATTHEW	CELTIC	30	M	SEN	0825	3:16:06
122	DILLON	BLAINE	DURBAC	34	M	SEN	4018	3:16:22
123	BOOI	XOLISIWE	EDGEMEAD	39	F	35	5023	3:16:46
124	GROBLER	LISL	WEST COAST	47	F	45	2160	3:17:02
125	DALY	BRENDAN	FISH HOEK	42	M	40	0639	3:17:28
126	PLAATJIE	S	TEMP	51	M	50	T	3:19:04
127	CASSIEM	SHAFIEK	BRIMSTONE ITHEKO		M	60	13821	3:19:21
128	DANIELS	DEON	OMMIEDRAAI	43	M	40	2347	3:19:25
129	HOBMAIER	IRMI	AAC	34	F	SEN	T	3:19:26
130	WAGENHEIM	MARK	AAC	67	M	65	10188	3:19:27
131	PESKIN	LAMLA	SPARTAN	37	F	35	0262	3:19:36
132	GLOYNE	ROWEN	CARBINEERS WP	47	M	45	4529	3:19:48
133	STEYN	ANNMARIE	WHALERS	53	F	50	0376 BOL	3:20:27
134	NO CARD		TEMP		M	SEN	T	3:20:31
135	LEWIS	JUANITA	CARBINEERS WP	34	F	SEN	6115	3:20:40
136	BRINK	ELIZABETH	DURBAC	49	F	45	4020	3:20:49
137	MOLTI	FAROUK	ARD	40	M	40	5706	3:21:41
138	VENTER	DEWALD	WHALERS	37	M	35	0029 BOL	3:21:54
139	SNOW	GREG	DURBAC	61	M	60	4076	3:22:17
140	BRUWER	DANIE	CAPE MULTISPORT	44	M	40	2299	3:22:21
141	JANSEN	CHESLYN	EERSTERIVIER	41	M	40	10320	3:22:22
142	ISAACS	JODY ELTON	BRACKENFELL	48	M	45	8181	3:22:22
143	PAYNE	GARRON	BRACKENFELL	53	M	50	8081	3:22:25
144	DOWIE	CELESTE	HOUT BAY HARRIERS	33	F	SEN	1362	3:22:36
145	MATTHEWS	RIAAN	SPARTAN	51	M	50	0520#	3:22:47
146	COLLINS	MALCOLM	TOTALSPORTS VOB	58	M	55	2697	3:22:48
147	GEYER	FAIZA	CARBINEERS WP	40	F	40	4540	3:22:54
148	KNIPE	AASHIQ	EDGEMEAD	50	M	50	5049	3:22:59
149	DANI	FRANCIS	OMMIEDRAAI	36	M	35	13802	3:23:11
150	GILLILAND	RIANDA	AAC	39	F	35	14411	3:23:56
151	PARRING	MARLON	AAC	47	M	45	9468	3:23:58
152	KRUGER	MATTHEW	HOUT BAY HARRIERS	40	M	40	1361	3:25:45
153	MENTOR	JEROME	TOP FORM	54	M	50	10084	3:25:45
154	SCOTT	BRUCE	HARFIELD	51	M	50		3:26:12
155	NO RETURN		RUN ZONE		M	SEN		3:26:22
156	NO CARD		CELTIC		M	SEN		3:26:35
157	SMITH	LETITIA	CARBINEERS WP	53	F	50	4548	3:26:49
158	MATTHEWS	GRAHAM	AAC	43	M	40	12477	3:26:56
159	ARGUILE	JULIE	TOTALSPORTS VOB	56	F	55	2709	3:27:04
160	MGADA	PHILISWA	TOTALSPORTS VOB	40	M	40	2802	3:27:10
161	KWANDA		MANDELA PARK	46	M	45	11816	3:27:46
162	MATAMO	SIKHUMBULE	TEMP	37	M	35	T	3:27:46
163	COOPER	TYRAN	FISH HOEK	37	M	35	T	3:27:51
164	ALCOCK	TARYN	TOTALSPORTS VOB	32	F	SEN	0247	3:28:13
165	HIRSCH	MICHAEL	PICK 'n PAY	30	M	SEN	12517	3:28:13
166	JACOBS	MARMAAN	OMMIEDRAAI	41	M	SEN	9487	3:28:21
167	EBRAHIM		BRIMSTONE ITHEKO	53	M	50	11947	3:28:57
168	AFRICA	CARMELITA	EDGEMEAD	42	F	40	4990	3:29:08
169	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	3:29:09
170	NO RETURN				F	SEN		3:29:11
171	B	NWABISA	CHILLIE	36	M	35	11095	3:29:12
172	NO RETURN				F	SEN		3:29:15
173	JAFTHA	FRED	TEMP	45	M	45	T	3:29:26
174	VENTER	RYNO	TEMP	34	M	SEN	0941	3:29:27
175	WINCKWORTH	SUSAN	AAC	40	F	40	10210	3:29:34
176	ISAACS	AUBREY	TYMEBANK LANGA	60	M	60	5354	3:29:34
177	DAVIES	SIMON	ATC	42	M	40	5668	3:29:58
178	WILL	NANCY	PINELANDS	71	F	70	1252	3:30:32
179	ALLEN	WILLIAM	TEMP	39	M	35	T	3:30:37
180	WINTER	MATTHEW	TEMP	46	M	45	T	3:30:39
181	TUMELLO		TYMEBANK LANGA	39	M	35	11071	3:30:45
182	FRITZ	MALCOLM	EDGEMEAD	64	M	60	4876	3:31:10

183	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	3:31:11
184	DAVIDS	MOIRA	EDGEMEAD	44	F	40	4838	3:31:17
185	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	3:31:18
186	FOURIE	CARENE	STELLENBOSCH	38	F	35	0802 BOL	3:31:59
187	NEL	MELANIE	STELLENBOSCH	40	F	40	0832 BOL	3:32:00
188	GOUWS	FRANCOIS	EDGEMEAD	58	M	55	5200	3:32:09
189	CLOETE	PHILIP	CAPE MULTISPORT	44	M	40	12271	3:32:20
190	DE MONK	ROBDOG	TOTALSPORTS VOB	56	M	55	2873	3:32:29
191	VON SEIDEL	SHELLEY	TOTALSPORTS VOB	44	F	40	1099	3:32:48
192	MATENGA	TAKUDZWA	RCS GUGS	34	M	SEN	11164	3:32:50
193	NELUHENI	FULUFHELO	CHILLIE	23	F	SEN	6042	3:33:15
194	GOLA	SINALO	CHILLIE	36	M	35	6046	3:33:15
195	THABILE		CHILLIE	37	M	35	6085	3:33:16
196	LUVUYO		CHEETAHS	33	M	SEN	0103	3:33:17
197	MURRY	KELLY	TOTALSPORTS VOB	34	F	SEN		3:33:18
198	JANSEN	IZAAN	CLUB MYKONOS MULTISPORT	39	M	35	0920 BOL	3:33:21
199	NO RETURN		NEDBANK WP		F	SEN		3:33:41
200	ENGEL	CLINT	SPARTAN	40	M	40	12055	3:33:49
201	SNOWDEN	ANDREW	AAC	40	M	40	10217	3:34:13
202	ORRIE	ROLDAH	BRIMSTONE ITHEKO	50	F	50	3530	3:34:42
203	K	S	FAT CATS	37	F	35	13516	3:34:52
204	LUBBE	GREGSON	HOUT BAY HARRIERS		M	SEN		3:34:53
205	TORR	GREGORY	ATC	49	M	45	4407	3:35:19
206	MINNAAR	JEAN	PINELANDS	41	M	40		3:35:20
207	ALLEN	ASHLEY	TEMP	28	M	SEN	T	3:35:38
208	HANSEN	ADAM	FISH HOEK	36	M	35	T	3:35:41
209	TOBIN	TARA	CELTIC	29	F	SEN	0824	3:35:52
210	KOEN	PETER	TOTALSPORTS VOB	47	M	45	2989	3:35:55
211	NEDERSTIGT	DAPHNE	AAC	36	F	35	12478	3:35:59
212	GOLIATH	ANDREW	PINELANDS	55	M	55	9332	3:36:02
213	MAHARAJ	GAIL	SANDE WP	56	F	55	8800	3:36:12
214	NO RETURN		TOTALSPORTS VOB		M	SEN		3:36:42
215	DA SILVA	MOENIER	MATES	50	M	50	11683	3:37:07
216	HOUSDON	TRACYE	ATC	53	F	50	9994	3:37:10
217	NO CARD		OMMIEDRAAI		M	SEN		3:37:31
218	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:37:58
219	KESSELL	LIINDIE	ATC	38	F	35	1817	3:38:35
220	MCFALL	LARENZA	BELLVILLE	36	F	35	8362	3:38:35
221	SHERFODIEN	WAHIB	OMMIEDRAAI	51	M	50	11515	3:38:40
222	SAMAAI	JUNAID	OMMIEDRAAI	29	M	SEN	13068	3:38:50
223	GAMLA	ABDUL-ALEEM	BRIMSTONE ITHEKO	54	M	50	11966	3:38:51
224	MATYESHA	BUYISWA	LWANDLE		F	40	5412	3:38:58
225	ZADIE	FRANK	WELLINGTON	40	M	40	1423 BOL	3:39:24
226	AGHERDIEN	FIQREE	TOP FORM	41	M	40	10062	3:39:38
227	SILWANA	SEAN	RCS GUGS	50	M	50	6197	3:39:44
228	CHAPMAN	EMMA	TEMP	26	F	SEN	T	3:39:50
229	GORE	REBECCA	AAC	30	F	SEN	12497	3:40:00
230	CLOETE	ESTIE	CAPE MULTISPORT	44	F	40	12270	3:40:04
231	DOWNES	JANINE	MULTISPORT MANIACS	38	F	35	9307	3:40:08
232	MASHILA	DVIVHULUWANI	FARANANI	54	M	50	6630 AGN	3:40:17
233	VENABLES	RAYMOND	LANGEBAAAN STRANDLOPERS	73	M	70	1751 BOL	3:40:52
234	BURGER	GERRIT	BELLVILLE	43	M	40	13907	3:41:25
235	FRAZER	JAMES	BELLVILLE	54	M	50	5141	3:41:27
236	JAKOET	SULAIMAN	CENTRAL AC	36	M	35	3934	3:41:35
237	BUCKLOW	CHERYL	FISH HOEK	52	F	50	11620	3:41:36
238	NO RETURN		BRIMSTONE ITHEKO		M	SEN	T	3:42:17
239	SCOTT	CHARMAINE	TOTALSPORTS VOB	53	F	50	0781	3:42:20
240	PAYNE	KIRSTY	HOUT BAY HARRIERS	34	F	SEN	1360	3:42:21
241	VAN ZYL	ANNELIZE	LANGEBAAAN STRANDLOPERS	38	F	35	1718 BOL	3:42:23
242	WAINMAN	BARRY	AAC	60	M	60	10233	3:42:33
243	HILL	CLINTON	CARBINEERS WP	40	M	40	12148	3:42:44
244	HOFFMAN	CHANELLE	STRAND	52	F	50	3695	3:42:50
245	SMIT	ANGELIQUE	STRAND	45	F	45	3645	3:42:52

246	BROSENS	TANNO	TOTALSPORTS VOB	65	M	65	3200	3:43:16
247	GENSICKE	ANDREAS	PINELANDS	55	M	55	1268	3:43:40
248	SWART	LEZL	CELTIC	43	F	40	0881	3:43:42
249	MOUNTAIN	JOANNE	TEMP		F	SEN	T	3:43:44
250	PETERSEN	JOHN	SPARTAN	63	M	60	12062	3:43:44
251	IRVINE	TIMOTHY	WPCC	54	M	50	1024	3:43:50
252	KAY	DAVE	TEMP		M	SEN	T	3:43:59
253	SCHERMAN	AMANDA	LANGEBAAAN STRANDLOPERS	54	F	50	1791 BOL	3:44:35
254	DAVEY	JESSIE	SOUTH STRIDERS	59	F	55		3:45:06
255	JACOBS	ASHLEY	SOUTH STRIDERS	50	M	50	5849	3:45:07
256	BLOEMHOFF	LEHAN	SANDF FS	32	M	SEN	T	3:45:10
257	VAN DER MERWE	ROANNE	TEMP		F	SEN	T	3:45:19
258	ROSSOUW	IZAK	DURBAC	45	M	45	3812	3:45:21
259	CHIFAMBA	TERRENCE	CELTIC	36	M	35	0680	3:45:23
260	MOPP	RICHARD	BELLVILLE	51	M	50	8367	3:45:24
261	CLAZEN	LEE-ANN	STELLENBOSCH	35	F	35		3:45:53
262	WANA	SARAH	TEMP	35	F	35	T	3:46:02
263	CARINUS	GERHARDUS	BELLVILLE	39	M	35	8296	3:46:18
264	NO CARD		DURBAC		F	SEN		3:46:45
265	KOOYMAN	BEN	DURBAC	36	M	35	3840	3:46:45
266	MULLER	ANNE	EDGEMEAD	58	F	55	5035	3:46:54
267	MARTIN	KHATIB	OMMIEDRAAI	38	M	35	2406	3:47:01
268	MARTIN	ARDIEL	BRIMSTONE ITHEKO	48	M	45	6509	3:47:02
269	CARPENTER	EMMA	AAC	47	F	45	4004	3:47:08
270	DE JAGER	JETHRO	TEAM VITALITY	40	M	40	7149	3:47:20
271	PARKER	FAGHRY	ARD	36	M	35	3222	3:47:23
272	KARRIEM	RUWAYDA	ARD	45	F	45		3:47:23
273	NTSIKI		DURBAC	43	F	40	4141	3:47:29
274	DAVIDS	DEIDRE	KUILS RIVER	40	F	40	2599	3:47:35
275	HATTINGH	MARNUS	HANGKLIP	51	M	50	T	3:47:41
276	BROWN	ARNO	NEDBANK WP	56	M	55	5608	3:47:53
277	BEY	MICHELLE	ELTIC	52	F	50	0845	3:47:59
278	TRAUT	JENNIFER	HELDERBERG HARRIERS	34	F	SEN	8031	3:48:05
279	BACKSTROM	HENRIETTE	DURBAC	38	F	35	5=4118	3:48:11
280	CRAWFORD	CELESTE	CAPE MULTISPORT	47	F	45	1153	3:48:22
281	ER	SEBNEM	ATC	45	F	45	4406	3:48:28
282	CILLIERS	EUGENE	WEST COAST	54	M	50	1986	3:48:29
283	DANIELS	BIANCA	CARBINEERS WP	52	F	50	12147	3:48:53
284	PASK	LORIEN	TOTALSPORTS VOB	56	F	55	3029	3:48:58
285	MULAUDZI	MAANDA	BRIMSTONE ITHEKO	65	M	65	0590	3:49:01
286	TEMMERS	BERNIE	TYMEBANK LANGA	60	M	60	5344	3:49:33
287	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	3:49:35
288	BRITS	DIANE	SPARTAN	42	F	40	0131	3:50:00
289	MOLOISANE	THAPELO	RCS GUGS		M	SEN	11311	3:50:07
290	MUNEEB		OMMIEDRAAI	40	M	40	2391	3:50:08
291	CLAASSEN	JOHANN	32GI CG	44	M	40	23597 CGA	3:50:33
292	MEINTJES	GRAEME	RCS GUGS	52	M	50	11147	3:50:46
293	KALAM	ABDUL-MALIEK	RCS GUGS	50	M	50	11219	3:50:50
294	MATTHEWS	BEVAN	TEMP	36	M	35	T	3:51:07
295	CARPENTER	ALAN	CENTURY CITY	51	M	50	4805	3:51:08
296	KOOYMAN	ELIZMA	DURBAC	39	F	35	3841	3:51:14
297	DE BEER	THIAN	CAPE MULTISPORT	39	M	35		3:51:28
298	NELSON	REGARDT	CAPE MULTISPORT	43	M	40		3:51:29
299		NATASHA	FISH HOEK	50	F	50	11618	3:51:34
300	NYIKISA	SILLMELA	RCS GUGS	40	M	40	6192	3:51:42
301	BLOM	JOSUA	WHALERS	53	M	50	0362 BOL	3:51:54
302	GUNNELL	G	HELDERBERG HARRIERS	65	M	60	7960	3:52:09
303	COETZEE	MICHELLE	EDGEMEAD	42	F	40	4920	3:52:47
304	MORTIMER	KEVIN	SOMERSET STRIDERS	44	M	40	6395	3:53:01
305	DONDOLO	LINDANI	RCS GUGS	40	M	40	T	3:53:20
306	DOBIE	JORDAN	STELLENBOSCH	25	M	SEN	0845 BOL	3:53:30
307	KLAASE	HENNIE	SWARTLAND	64	M	60	0056 BOL	3:53:48
308		SHARIEF	BRIMSTONE ITHEKO	41	M	40	11932	3:54:19

309	DARIES	GAVIN	SPARTAN	55	M	55	0144	3:54:22
310	BESTER	SANDRA	LANGEBAAAN STRANDLOPERS	46	F	45	1710 BOL	3:54:23
311	VORSTER	LEONIE	LANGEBAAAN STRANDLOPERS	48	F	45	1754 BOL	3:54:27
312	LITTLE	KAREN	TOTALSPORTS VOB	64	F	60	3009	3:54:30
313	HARVEY	ELAINE	WPCC	49	F	45	4242	3:54:35
314	MERRYWEATHER	BRIAN	EDGEMEAD	70	M	70	4948	3:54:37
315	MULLER	BARRY	STRAND	56	M	55	3685	3:54:47
316	FRISBIE	SOPHIA	TEMP	32	F	SEN	T34277	3:55:03
317		DALE	NANTES	30	M	SEN	12609	3:55:30
318	BOEZAK	PERCIVAL	TEAM VITALITY	53	M	50	7016	3:55:34
319	RUDLING	MARK	EDGEMEAD	40	M	40	13237	3:55:35
320	DE JAGER	CELESTE	TEAM VITALITY	39	F	35	7150	3:55:39
321	JACOBS	DENZIL	PINELANDS	50	M	50	1007	3:55:49
322	MPONGO	L	KHAYELITSHA	53	M	50	6272	3:56:15
323	HINDMARCH	CATHERINE	PINELANDS	55	F	55	1303	3:56:18
324	ABRAHAMS	WALEED	OMMIEDRAAI	48	M	45	12730	3:56:46
325	MARSHALL	NICHOLAS	AAC	40	M	40	9496	3:56:51
326	NO CARD				M	SEN		3:56:51
327	PRICE	CRAIG	TOTALSPORTS VOB	45	M	45	3044	3:56:52
328	BEE	KERRY	AAC	49	F	45	3387	3:56:53
329	ADAMS	VERA	UWC	53	F	50	9102	3:56:53
330	NO RETURN		TEAM VITALITY		F	SEN		3:56:54
331	TARR	HELEN	HARFIELD	52	F	50	1452	3:57:13
332	ROZENBOOK	MARCO	TYGERBERG	54	M	50	12182	3:57:19
333	ORFFER-SMITH	MARINA	TEAM VITALITY	62	F	60	7242	3:57:29
334	MCCURRACH	B	TEMP	56	M	55	T45734	3:57:30
335	M	SIVUYILE	CHILLIE	43	M	40	6062	3:57:30
336	NGQOWEMLA	BETTY	CHILLIE	27	F	SEN	6034	3:57:39
337	WILLIAMS	KENNY	PINELANDS	74	M	70	1149	3:57:45
338	LAWSON	JESSICA	WEST COAST	36	F	35	2010	3:57:47
339		MAXWELL	MIDAS SPARTANS	37	M	35	6109	3:57:54
340	ADAMS	RALPH	PINELANDS	64	M	60	1150	3:58:13
341	GULER	MATHILDA	PINELANDS	44	F	40		3:58:15
342	MOLLER	JOLENE	TEMP	31	F	SEN	T	3:58:26
343	DU PLOOY	JACO	TEMP	47	M	45	T	3:58:29
344	ORMOND	NIGEL	FISH HOEK	52	M	50	T	3:58:29
345	FELLIES	HEYLEY	RCS GUGS	39	F	35	11222	3:58:35
346	RONAASEN	CATHERINE	CENTURY CITY	46	F	45	4702	3:58:45
347	BORWICK	STEVEN	CELTIC	46	M	45	0913	3:58:57
348	BROWN	ALISON	WEST COAST	57	F	55	2181	3:59:01
349	BINQELA	LULCHANYO	TEAM VITALITY	31	F	SEN	7214	3:59:02
350	LOUW	HANSIE	HERBALIFE	67	M	65	9022	3:59:03
351	LUBBE	DIRK	BELLVILLE	54	M	50	2365	3:59:03
352	HAUPT	TERRENCE	SOUTH STRIDERS	56	M	55	5850	3:59:04
353	GOVENDER	TEDDY	OMMIEDRAAI	54	M	50	2520	3:59:07
354	GOOSEN	MICHELLE	BRACKENFELL	42	F	40	8207	3:59:08
355	SMIT	SCHALK	STRAND	56	M	55	3656	3:59:09
356	NO CARD				M	SEN		3:59:13
357	FREDERICKS	LIONEL	EASTERNS	71	M	70	8716	3:59:25
358	FLINT	MARTIN	TOTALSPORTS VOB	50	M	50	2903	3:59:45
359	BREET	RUDEAN	DURBAC	47	F	45	4088	3:59:50
360	SMITH	ALISON	PINELANDS	47	F	45	1055	3:59:54
361	KRUGER	MARIUS	CAPITEC	49	M	45	1951 BOL	4:00:00
362	JANSEN	WENDY	EDGEMEAD	56	F	55	5080	4:00:05
363	NABEE	ZULPHA	BRIMSTONE ITHEKO	44	F	40	11718	4:00:18
364	KHATIEB	ZUNAID	BRIMSTONE ITHEKO	44	M	40	6660	4:00:19
365	VAN WYK	HENREHETTE	EDGEMEAD	60	F	60	5101	4:00:20
366	ROSSI	SHARON	SPARTAN	42	F	40	0283	4:00:42
367	MONGALE	LUTENDO	RCS GUGS	40	F	40	11943	4:01:05
368	DE MONK	ELYDIA	TOTALSPORTS VOB	57	F	55	0306	4:01:09
369	NAJJAAR	LEILAH	ARD	41	F	40	13670	4:01:11
370	WATERS	RAASAY	TOTALSPORTS VOB	44	F	40	3139	4:01:13
371	NEWBY	ROBYN	TOTALSPORTS VOB	33	F	SEN	3209	4:01:14

372	JOHAAR	ARMIEN	ARD	61	M	60	5700	4:01:18
373	MOLTI	AYESHA	ARD	39	F	35	5705	4:01:36
374	JONES	DAVID	BOKSBURG	53	M	50	4642 CGS	4:01:45
375	MARUCCHI	LEIGH-ANN	BOKSBURG	53	F	50	0809 CGA	4:01:49
376	LEWIN	ABDUL-MUIZH	ARD	43	M	40	5762	4:01:52
377	BEGG	SHAMEEMAH	ARD	44	F	40	5662	4:01:53
378	HANNAH	MICHAEL	WEST COAST	61	M	60	0962	4:02:43
379	OMAR	ABEEDA	BRIMSTONE ITHEKO	45	F	45	13756	4:02:44
380	RASANT	MENEZI	ILLEGIBLE		M	SEN	6342	4:02:53
381	ADAMS	ADIEL	ATLANTIS HARRIERS	57	M	55	9276	4:02:54
382	COETZEE	MARI	BRACKENFELL	49	F	45	8201	4:02:57
383	GRUNEWALD	ESTELLE	PARLIAMENT	52	F	50	9828	4:03:01
384	NEL	DEON	AAC	49	M	45	9566	4:03:12
385	GODWANA	MNCEDI	RCS GUGS	52	M	50	6133	4:03:21
386	MAVUME	ENATHI	MANDELA PARK	29	F	SEN	11817	4:03:59
387	OMAR	MUZ	BRIMSTONE ITHEKO	46	M	45	13755	4:04:27
388	NO RETURN		BRIMSTONE ITHEKO		M	SEN		4:04:27
389	ABRAHAMS	LEON	PINELANDS	58	M	55	1165	4:05:02
390	MARKEY	MELANIE	WEST COAST	45	F	45	0180	4:05:23
391	VAN WYK	BRIAN	EDGEMEAD	51	M	50	5051	4:05:39
392	RONNE	LEIGHTON	CELTIC	41	M	40	0867	4:05:57
393	SASMAN	LESTER	SPARTAN	42	M	40	0300	4:05:57
394	SMITH	DUSTIN	SPARTAN	40	M	40	0428	4:06:00
395	NO CARD		TEMP		F	SEN	T	4:06:05
396	ABRAHAMS	ISMAIL	OMMIEDRAAI	50	M	50	1523	4:06:06
397	PRINS	RUSSEL	ARD	49	M	45	5443	4:06:19
398	PARKER	NIKKI	CELTIC	45	F	45	0787	4:06:48
399	SLABBER	DEBRA	ATC	36	F	35		4:06:54
400	MALAN	PIETER	CAPE MULTISPORT	58	M	55	2303	4:07:14
401	GONSALVES	NADIA	AAC	49	F	45	10174	4:07:17
402	BERRIDGE	ELISHA	AAC	51	F	50	9459	4:07:18
403		SIYA	ILLEGIBLE	50	M	50	11811	4:07:19
404	DANIELS	FAHIEMA	OMMIEDRAAI	41	F	40	2557	4:07:26
405	ROSSOW	JULIAN	SPARTAN	56	M	55	03=284	4:07:28
406	SLABBER	JENNIE	CAPE MULTISPORT	41	F	40	0075	4:07:52
407	MZINYATI	FATIMA	WEST COAST	38	F	35	2085	4:07:56
408	MATLHARE	ZAMANGOMA	TEAM VITALITY GN	42	F	40	18172	4:07:56
409	BEARNE	JANINE	SPARTAN	50	F	50	2161	4:08:13
410	DU PLESSIS	ILONA	CENTURY CITY	34	F	SEN	4732	4:08:20
411	VS	NEVILLE	CENTURY CITY	42	M	40	4775	4:08:21
412	MULLER	JOWYK	CAPE MULTISPORT	40	M	40		4:08:25
413	ISAACS	QUINTON	OMMIEDRAAI	44	M	40	2341	4:08:48
414	LE ROUX	DUAYNE	TEMP		M	SEN	T	4:09:24
415	MAHTA	DAVID	EDGEMEAD	44	M	40	4994	4:09:25
416	ERRINGTON	SABRINA	ASICS	26	F	SEN	10571	4:09:25
417	ZOLEKA		STELLENBOSCH	40	F	40	0766 BOL	4:09:26
418	MUNODAWAFA	LEMUHANI	PINELANDS	39	M	35	1142	4:09:31
419	KRIEL	GLEN	DURBAC	64	M	60	3964	4:09:39
420	PITTENDRIGH	WAYNE	RUN WALK 4 LIFE	61	M	60	8682	4:09:43
421	WOEKE	ILANA	STRAND	50	F	50	3673	4:10:09
422	BUYS	KOBIE	STRAND	52	F	50	3677	4:10:09
423	DU PLOOY	LEZANE	WELLINGTON	37	F	35	1433 BOL	4:10:19
424	THOMAS	EVANGELIQUE	EDGEMEAD	28	F	SEN	5110	4:10:40
425	HYMNS	LIZ	AAC	52	F	50	10230	4:11:03
426	SLINGERS	PIETER	KUILS RIVER	51	M	50	12809	4:11:27
427	DYWILI	SIYA	TEAM VITALITY	43	M	40	7209	4:11:31
428	MOORE	CRYSTLE-LYNNE	KUILS RIVER	36	F	35	2616	4:11:52
429	ECKLETON	TREVOR	KUILS RIVER	33	M	SEN	2610	4:11:52
430	RORICH	DEBBIE	SPARTAN	52	F	50	0471	4:12:13
431	VAN TONDER	CLINTON	TEMP	47	M	45	T	4:12:24
432	REITZ	JULIE	EASTERNS	53	F	50	2711	4:12:46
433	DYANI-SAPULA	THEMBAKAZI	LWANDLE	38	F	35	5398	4:12:49
434	JIKELA	LUDWE	MANONI	54	M	50	5429	4:12:50

435	PRICE	EMMA	DURBAC	39	F	35	3824	4:12:52
436	HARRIES	SARAH	DURBAC	27	F	SEN	3831	4:12:52
437	GANGRAKAR	MUJEEB	BRIMSTONE ITHEKO	54	M	50	14070	4:13:11
438	MARTIN	DARNELL	PINELANDS	61	F	60	1105	4:13:14
439	BARNARD	RIAAN	CAPE MULTISPORT	45	M	45	12283	4:13:19
440	MARAIS	CHARL	TEMP	38	M	35	T	4:13:19
441	WILLIAMS	QUINTON	SPARTAN	48	M	45	0675	4:13:23
442	ROMAN	JUNE	CELTIC	56	F	55	0718	4:13:33
443	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	4:13:43
444	PRIOR	BEN	EDGEMEAD	55	M	55	5099	4:13:48
445	MOSES	MASOOD	ARD	32	M	SEN	5673	4:13:50
446	BRUYNS	DEAN	ARD	33	M	SEN	5697	4:13:50
447	GROBLER	FRANCOIS	HELDERBERG HARRIERS	49	M	45	7878	4:13:51
448	DOLO	MPUMELELO	CHILLIE	34	M	SEN	6070	4:13:51
449	RAVELLS	RYAN	ARD	41	M	40	5753	4:13:52
450	SCHUTTE	MONIQUE	DURBAC	35	F	35	3901	4:13:52
451	SMEDA	STEPHAN	TEAM VITALITY	45	M	45	7566	4:13:54
452	ALLIE	MARWAAN	CENTRAL AC	56	M	55	9619	4:13:56
453	WHITEHEAD	LINELLE	32GI SWD	43	F	40	1708 SWD	4:13:58
454	SANDS	CAROLINE	HOUT BAY HARRIERS	67	F	65	1410	4:13:59
455	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	59	F	55	1405	4:13:59
456	BOTTOMAN	LINDELO	REAL GIJIMAS	53	M	50	0819	4:14:23
457	EDWARDS	KERRY	PINELANDS	42	F	40	1008	4:14:28
458	MANDONDO	SINAZO	CHILLIE	40	M	40	6233	4:14:35
459	SMIT	ANDRE	STELLENBOSCH	47	M	45	0707 BOL	4:14:35
460	CERES	AMEEN	ARD	55	M	55	5739	4:14:41
461	EMERAN	ADNAAN	BRIMSTONE ITHEKO	58	M	55	6432	4:14:44
462	NGOBENI	LATASAH	NEDBANK WP	47	F	45	5558	4:14:49
463	MATHABATHE	MPHO	PARLIAMENT	46	M	45	9824	4:14:51
464	ABRAHAMS	PAUL	AAC	60	M	60	9572	4:14:52
465	WEIR	GAVIN	SPARTAN	51	M	50	0506	4:14:54
466	SWARTZ	SANDRA	PINELANDS	64	F	60	1259	4:15:07
467	BENADE	BIANCA	CENTURY CITY	34	F	SEN	4659	4:15:08
468	RALANE	DUMISA	TEAM VITALITY	39	M	35	7764	4:15:23
469	GUDLINDLU	DINILESIZWE	MANONI	40	M	40		4:15:28
470	GERBER	AMANDA	BELLVILLE	57	F	55	8474	4:15:42
471	HUMPHREYS	KAREN	WEST COAST	45	F	45	2023	4:16:02
472	JOUBERT	ERIKA	BRACKENFELL	40	F	40	7083	4:16:08
473	ABDURAGHMAAN		TOP FORM	39	M	35	13742	4:16:12
474	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	4:16:25
475	NONDALA	LUNGISWA	RCS GUGS	36	F	35	14568	4:16:41
476	WADE	SHAAFI	ARD	46	M	45	13117	4:16:45
477	NAGEL	BIANCA-LEIGH	CARBINEERS WP	44	F	40	4479	4:16:55
478	GOOSEN	JACKIE	DURBAC	62	F	60	3911	4:17:35
479	VISSER	TRUDIE	BORN 2 RUN	46	F	45	8229	4:17:40
480	OUWERKERK	VANESSA	EDGEMEAD	54	F	50	5060	4:17:43
481	GILLMER	DIANA	TEAM VITALITY	41	F	40	7018	4:17:46
482	TORR	ANDREW	FISH HOEK	65	M	65	11625	4:18:01
483	CAESAR	WARREN	EDGEMEAD	45	M	45	4917	4:18:05
484	GERTSE	MOGAMAT	BRIMSTONE ITHEKO	59	M	55	13079	4:18:48
485	PRETORIUS	PIA	CELTIC	51	F	50	0934	4:18:59
486	LAWLER	TERESA	CELTIC	43	F	40	0806	4:18:59
487	SWARTZ	GREGORY	TOTALSPORTS VOB	57	M	55	2783	4:19:35
488	GAY	LORNA	EDGEMEAD	56	F	55	5033	4:19:41
489	SMITH	WENDAL	PINELANDS	55	M	55	0968	4:19:46
490	MAHADEO	NIKARA	DURBAN	35	F	35	1486 KZN	4:20:15
491	KOTLER	RAFI	OLD EDS	39	M	35	19623 CGA	4:20:17
492	KHATIEB	FAYROZ	OMMIEDRAAI		M	SEN	2512	4:20:26
493	GENSICKE	RENATA	PINELANDS	50	F	50	1273	4:20:33
494	COZYN	AYESHA	OMMIEDRAAI	51	F	50	6766	4:20:46
495	NAIDOO	KELVINA	ARD	35	F	35	5741	4:21:07
496	KAPLAN	LARA	AAC	55	F	55	9544	4:21:10
497	MUJENI	TADIWA	TEMP	32	M	SEN	T	4:21:15

498	NO RETURN		SPARTAN		M	SEN		4:21:16
499	DAVIDS	GRETCHIN	OMMIEDRAAI	28	F	SEN	13051	4:21:17
500	JAPTHA	ANTHONY	BRACKENFELL	43	M	40	8155	4:21:45
501	BOSCH	DOUGLAS	AAC	48	M	45	10293	4:21:46
502	SAMAAI	NURAAAN	OMMIEDRAAI	35	F	35	11504	4:21:50
503	NO CARD		TEAM VITALITY		M	SEN		4:21:55
504	BREWER	SIRAJ	BRIMSTONE ITHEKO	47	M	45	6446	4:22:32
505	BRANSGROVE	KAYLA	TEMP	27	F	SEN	T	4:22:43
506	MCLEAN	AMANDA	CARBINEERS WP	51	F	50	4488	4:23:10
507	WA CIPAMBA	REBECCA	BELLVILLE	46	F	45	8430	4:23:25
508	HUGO	LIESEL	CELTIC	48	F	45	0681	4:23:31
509	MASIKATI	MALCOLM	WEST COAST	40	M	40	2131	4:24:01
510	ERICKSON	GRAEME	VIKING	53	M	50	8731	4:24:04
511	ALLIE	ZIREENA	BRIMSTONE ITHEKO	57	F	55	6591	4:24:07
512	CARIEM	AFROZ	BRIMSTONE ITHEKO	46	F	45	6584	4:24:07
513	BASSIER	SULAIMAN	BRIMSTONE ITHEKO	67	M	65	6573	4:24:09
514	LOUW	JANNEKE	DURBAC	40	F	40	4104	4:24:10
515	LE ROUX	CHRISNA	DURBAC	40	F	40	4103	4:24:11
516	FUTTER	CATHERINE	CELTIC	45	F	45	0811	4:24:19
517	MALAN	JEANNE	CAPE MULTISPORT	56	F	55	2404	4:24:20
518	DE KOCK	ANNATJIE	STRAND	63	F	60	3620	4:24:26
519	ROBINSON	AMY	EDGEMEAD	42	F	40	4963	4:24:31
520	KOEKMOER	TAMAR	TOTALSPORTS VOB	37	F	35	2954	4:24:41
521	MILLER	KAREN	VIKING	42	F	40	8727	4:25:14
522	VLADESCU	ESTER	HELDERBERG HARRIERS	54	F	50	7924	4:25:29
523	ADAMS	MICHAEL	PINELANDS	55	M	55	1222	4:25:41
524	JACOBS	ANTHEA	IN TOUCH	54	F	50	1740	4:25:50
525	VALENTINE	LUCRECIA	IN TOUCH	48	F	45	1724	4:25:50
526	HAWKES	ALICE	TEMP	33	F	SEN	T	4:26:00
527		TAARIQ		38	M	35	4288	4:26:19
528	GANGER	ANTHEA	TOP FORM	41	F	40	10077	4:26:19
529	SAMUELS	CLARISA	BRACKENFELL	46	F	45	8208	4:26:22
530	MEHL	BEVERLEY	TOP FORM	64	F	60	10064	4:26:54
531	BRANSGROVE	CRAIG	TEMP	58	M	55	T	4:26:56
532	MAKUPULA	ANDISIWE	TEMP	40	F	40	T	4:27:07
533	PETERS	RUSSEL	VIKING	51	M	50	8733	4:27:45
534	MCAZA	OLWETHU	RCS GUGS	38	F	35	6171	4:27:54
535	MUODAWAFA	MEMORY	RCS GUGS	38	F	35	6146	4:28:07
536	KLEINSMITH	SHEREEZE	BELLVILLE	41	F	40	8343	4:28:11
537	VAN NIEKERK	LEANRI	BELLVILLE	35	F	35	8459	4:28:12
538	JOHANNES	KEAN	BELLVILLE	40	M	40	8339	4:28:13
539	SCHOEMAN	FRANSIEN	BELLVILLE	39	F	35	8390	4:28:14
540	NORMAN	RICHARD	BELLVILLE	58	M	55	8374	4:28:14
541	FORBES	CLIVE	BELLVILLE	44	M	40	8321	4:28:15
542	ADAMS	BRENDAN	TEMP	54	F	50	T	4:28:36
543	VAN DYK	LOUISE	AAC	42	F	40	T	4:29:02
544	JOSEPH	ANZONIA	EDGEMEAD	53	F	50	5078	4:29:05
545	DAMON	LUCILLE	FORESTERS	64	F	60	12031	4:29:19
546	SPIES	ANSULAIN	TEMP	48	F	45	T	4:29:41
547	LAMB	KIM	EDGEMEAD	59	F	55	4854	4:29:45
548	NO CARD		RCS GUGS		M	SEN		4:30:07
549	PETERSEN	BRENT	WEST COAST	46	M	45	1995	4:30:07
550	MILLER	CHRISTINE	EDGEMEAD	61	F	60	5052	4:30:29
551	LAGUMA	CINDY	SPARTAN	44	F	40	0463	4:30:40
552		DENISE	SPARTAN	66	F	65	0599	4:30:42
553	MBASA	GUWA	RCS GUGS		M	SEN		4:31:50
554	MEHL	TANIA	WEST COAST	53	F	50	3255	4:32:06
555	HUMAN	ELMAR	AAC	31	M	SEN	12502	4:32:10
556	LE ROUX	ANSU	AAC	31	F	SEN	10164	4:32:11
557	COLLOP	EDDIE	SPARTAN	45	M	45	0137	4:32:23
558	NDLAMLA	SIBULELE	TEAM VITALITY	35	F	35	7378	4:32:24
559	MGEDEZI	NQOBILE	TEMP	27	M	SEN	T	4:32:28
560	OOSTHUIZEN	RIAAAN	BELLVILLE	55	M	55	8377	4:32:34

561	GIBSON	CONNIE	TEMP	56	F	55	8520	4:32:55
562	MNTONINZI	NONHLANHLA	METROPOLITAN	39	F	35	11810	4:32:58
563	FARAO	VALENCIA	LANGEBAAAN STRANDLOPERS	52	F	50	1779 BOL	4:33:26
564	PAPIER	LENEVE	RCS GUGS	35	F	35	11170	4:33:26
565	VISSER	LEON	TEAM VITALITY	54	M	50	6922	4:33:41
566	KHUZWAYO	S'THANDILE	CARBINEERS WP	44	F	40	4515	4:33:44
567	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	4:33:55
568	DUNCAN-SMITH	NICOLENE	TEAM VITALITY	48	F	45	7112	4:33:57
569	MUSHANGANYISI	PUMZA	PINELANDS	50	F	50	3830	4:33:57
570	SIYA		TYMEBANK LANGA	38	M	35	11069	4:34:04
571	MDUDLU	THEMBEWA	TYMEBANK LANGA		M	SEN	11319	4:34:04
572	VISSER	LOUISE	TEMP	61	F	60	T	4:34:31
573	STANDER	MARTHINUS	HILLCREST VILLAGERS	44	M	40	5335 KZN	4:34:31
574	KOTZE	ELIZMA	HARFIELD	55	F	55	1478	4:35:08
575	TYAKUME	ZUZKA	FAT CATS	46	F	45	5929	4:35:17
576	NO RETURN		SAPS WP		M	SEN		4:35:28
577	GODLOZA	MAXWELL	MANDELA PARK	60	M	60	11810	4:35:40
578	MOREIRA	ROBERTO CARLOS	LANGEBAAAN STRANDLOPERS	42	M	40	1786 BOL	4:35:46
579	MSHWELI	NOMASIXOLO	LWANDLE	37	F	35	5426	4:35:48
580		FATIMA	WALMERS	45	F	45	9063	4:36:09
581	ASMAL	REPAAI	WALMERS		M	SEN	9070	4:36:12
582	SMITH	JEFF	BRIMSTONE ITHEKO	78	M	75	11928	4:36:44
583	CONRADIE	D	TEMP	63	M	60	T34283	4:37:27
584	VAN DEN BERG	JO	BELLVILLE	43	F	40	8300	4:37:53
585	ENGLISH	GREG	RUN WALK 4 LIFE	53	M	50	8933	4:38:03
586	FRITS	DENEZE	EDGEMEAD	61	F	60	1801	4:38:12
587	BERGHARDIEN	M	RCS GUGS	64	M	60	6141	4:38:29
588	WISEMAN	LIZETTE	CLUB MYKONOS MULTISPORT	47	F	45	0899 BOL	4:38:34
589	KOTZE	NATASHIA	LANGEBAAAN STRANDLOPERS	43	F	40	1792 BOL	4:38:34
590	LAMPRECHT	ANNERIE	ARCELOR MITTAL	34	F	SEN	0914 BOL	4:38:35
591	HOLLINGTON	MIKE	RAC	66	M	65	5623 CGA	4:38:39
592	BRAND	DEON	BELLVILLE	50	M	50	8294	4:38:47
593	VISAGIE	NATALIE	NANTES	42	F	40	9242	4:38:49
594	THOMPSON	TOXY	TOP FORM	40	F	40	10079	4:38:49
595	AUGUST	CHANTAL	CARBINEERS WP	53	F	50	4527	4:38:49
596	SMITH	WILLIE	TEAM VITALITY	60	M	60	7245	4:38:58
597	SMITH	DION	AAC	57	M	55	10263	4:39:02
598	MYBURGH	ELYMI	STRAND	60	F	60	3684	4:39:06
599	STEENKAMP	THEO	BELLVILLE	69	M	65	9912	4:39:29
600	ILLEGIBLE	M	OXFORD STRIDERS	51	M	50	0992 BOR	4:40:03
601	KWEZI	M	CHILLIE	48	M	45	1294	4:40:06
602	LOUBSER	NICOLAAS	WEST COAST	62	M	60	1961	4:40:09
603	SCOTT	RUSHDA	KENFAC	42	M	40	4333	4:40:10
604	NO RETURN		TEAM VITALITY		F	SEN		4:40:29
605	BOQWANA	NOLWAZI	HOUT BAY HARRIERS	55	F	55	1392	4:40:35
606	M	GODREY	HEWAT	38	M	35		4:41:03
607	KALAM	MDUKA	SACS OBS	39	M	35	13331	4:41:22
608	OCTOBER	BERNICE	DURBAC	60	F	60	6522	4:41:26
609	DANIELS	FIRDOZE	ASICS	27	F	SEN	10381	4:41:39
610	FISCHER	JOPPIE	LANGEBAAAN STRANDLOPERS	58	M	55	1722 BOL	4:42:14
611	KWEYAMA	YANDISWA	SANDF WP	37	F	35	8814	4:42:35
612	BENNETT	PAUL	TEMP	53	M	50	T	4:42:40
613	LOUW	SOPHIA	BRACKENFELL	54	F	50	8117	4:43:16
614	HENDRIKSE	ELIZKA	BRACKENFELL	51	F	50	6184	4:43:17
615	SALIE	YUSUF	BRIMSTONE ITHEKO	43	M	40	13888	4:43:20
616	KAKAZA	AVU	CHILLIE		M	SEN	6060	4:44:05
617	HENDRICKS	MARLYN	BELLVILLE	46	M	45	9927	4:44:22
618	GREBE	RUSSELL	CELTIC	59	M	55	0720	4:44:24
619	SMIT	JACO	NEDBANK WP	37	M	35		4:44:25
620	ANOSI	TELEKE	HOLLYWOOD	40	F	40	12183 KZN	4:44:35
621	M	SIYA	TYMEBANK LANGA		M	SEN	11065	4:44:42
622	JOSEPHSON	JACQUI	WEST COAST	49	F	45	1879	4:44:43
623	MABASO	XOLANI	HOLLYWOOD	29	M	SEN	14902 KZN	4:44:52

624	STEYN	ETHLANE	LANGEBAAAN STRANDLOPERS	42	F	40	1747 BOL	4:44:56
625	BENN	PETER-JOHN	LANGEBAAAN STRANDLOPERS	41	M	40	10622 BOL	4:44:56
626	NO RETURN		TEMP		F	SEN	T	4:45:07
627	DIEDERICKS	VALESKE	TOTALSPORTS VOB	34	F	SEN	2882	4:45:24
628	FISHER	NATALIE	PINELANDS	54	F	50	1219	4:45:53
629	BECK	MELISSA	BELLVILLE	35	F	35	8287	4:46:57
630	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	4:47:10
631	DUN	LINDY	UCT	52	F	50	0974	4:47:12
632	PETERSEN	KASSABAIN	WEST COAST	53	F	50	2182	4:47:16
633	LAMONT	MATTHEW	SANDF WP	32	M	SEN	7737	4:47:57
634	ODENDAAL	CLIVE	TEMP	26	F	SEN	T	4:47:58
635	TYAKUME	THOZAMA	TYMEBAK LANGA	50	M	50	2986	4:48:52
636	GLADDEN	LESLEY-ANN	PINELANDS	42	F	40	0997	4:48:57
637	NO CARD		HARFIELD		M	SEN		4:49:17
638	EVEZARD	KIM	EDGEMEAD	40	F	40	4898	4:49:30
639	VAN SCHALKWYK	RICHARD	EDGEMEAD	44	M	40	5028	4:49:30
640	SIEBRITS	KRIGE	OMMIEDRAAI	56	M	55	2560	4:49:41
641	MARTENS	MONIQUE	WEST COAST	59	F	55	2005	4:49:46
642	SALVER	SHONA	SPARTAN	53	F	50	12080	4:49:49
643	DOWNS	LORNA	SPARTAN	47	F	45	0152	4:49:49
644	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	4:49:52
645	DANIELS	SERGIO	TOP FORM	50	M	50	10099	4:49:52
646	OSMAN	ZIYAAD	TEMP	38	M	35	T	4:50:00
647	KUPE	AYANDA	KHAYELITSHA		F	SEN	6326	4:50:05
648	MANUELS	DEBORAH	TOP FORM	36	F	35	10080	4:50:15
649	NO RETURN		RCS GUGS		F	SEN		4:50:43
650	STEMMET	WALEED	OMMIEDRAAI	50	M	50	2447	4:53:06
651	GOOCH	TRACY-ANNE	WEST COAST	48	F	45	2042	4:53:22
652	WHITE	ESMERELDA	PINELANDS	45	F	45	1329	4:53:51
653	MOHAMED	NEEZAAM	SACS OBS	46	M	45	4304	4:53:58
654	ROSCHER	ROBYN-LEIGH	HOUT BAY HARRIERS	42	F	40	1414	4:53:58
655	SCHWARTZ	TRACY	CENTURY CITY	51	F	50	4758	4:53:59
656	MAY	KELLY	MP TITANS	33	F	SEN	2897	4:56:07
657	MAY	MARLON	MP TITANS	39	M	35	2878	4:56:08
658	MAY	TAMSYN	MP TITANS	39	F	35	2877	4:56:19
659	CHONGO	BEZANT	BRIMSTONE ITHEKO	44	M	40	4376	4:56:33
660	SMITH	ALLISON	ARD	44	F	40	5722	4:56:36
661	GALETTA	THEO	PINELANDS	52	M	50	0971	4:56:52
662	KUBHEKA	REFILOE	PINELANDS	39	M	35	1284	4:57:21
663	FREDERICKS	BONITA	SPARTAN	50	F	50	0173	4:57:39
664	REISSENZAHN	GEORGE	PINELANDS	55	M	55	3368	4:58:06
665	GEQIWE	NIKIWE	LWANDLE	39	F	35		4:58:21
666	JANSEN	CARMEN	STRAND	40	F	40	3601	4:58:40
667	HENDRICKS	SHAHEED	OMMIEDRAAI	55	M	55	2401	4:59:07
668	BAILLIE-COOPER	FRANCOISE	SPARTAN	53	F	50	0551	4:59:59
669	CAMPHER	MARY	MIDAS SPARTANS	65	F	65	6553	5:00:00
670	NKOHLA	PATIENCE	KHAYELITSHA		F	SEN	6303	5:00:17
671	PILLAY	WINSTON	OMMIEDRAAI	59	M	55	11480	5:00:23
672	STAIN	KASHIEF	SACS OBS		M	SEN	13317	5:01:08
673		CHARL	TEMP	49	M	45	T	5:01:37
674	DE KLERK	LIZL	WEST COAST	47	F	45	2147	5:02:21
675	NOMBOA	XUGE	RCS GUGS	42	M	40	11350	5:02:55
676	OCTOBER	ZETHENA	RAVENSMEAD	54	F	50	5271	5:05:38
677	PHUNCU	BUYISIWE	FAT CATS	41	F	40	5943	5:07:24
678	GUMEDE	SIVE		36	M	35	10438	5:07:40
679	BAPELA	MOSHIBUDI	TEMP	41	F	40	T1225	5:09:31
680	THOBELA	CHWAYITA	RCS GUGS	27	F	SEN	11200	5:10:13
681	LEWIS	MICHELLE	BELLVILLE	49	F	45	9942	5:10:39
682	HARTOGH	DONIVAN	PINELANDS	52	M	50	0966	5:12:13
683	NO RETURN		RCS GUGS		M	SEN		5:13:49
684	KABELI	MODISE	PARLIAMENT	50	M	50	9836	5:15:14
685	WESTHUIZEN	KATHY	CARBINEERS WP	53	F	50	4502	5:18:27
686	VENA	VUYISILE	MANDELA PARK	63	M	60	11814	5:21:01

687	CHIMPEN	NORIS KARREN	EDGEMEAD	30	F	SEN	5096	5:21:55
688	MATUADI		TEMP	42	F	40	T	5:24:59
689	CAROLUS	MARJORIE	ARD	43	F	40	5676	5:26:31
690	JANSEN	RUDI	IN TOUCH	46	M	45	1708	5:28:55
691		WILLEM	TEMP	35	M	35	T	5:29:21
692	GIJA	MSIMELELO	TYMEBANK LANGA		M	SEN	11050	5:29:31
693	NIKA	NOMAWETHU	HOUT BAY HARRIERS	47	F	45	11460	5:34:54
694	NO RETURN		TEMP		M	SEN	T	5:35:28
695	GESWINT	CHERGE	ASICS	29	M	SEN	10382	5:36:42
696	MSOLO	SINDISWA	KHAYELITSHA	35	F	35	6355	5:40:33

SONIA HARLOCK

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**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	FURBER	RICHARD	TEMP	47	M	45	T	

SONIA HARLOCK

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**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

SONIA HARLOCK

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RESULTS

WOMENS RESULTS

QUEEN OF THE MOUNTAIN

1	{17}	NATALIE ANN	STERK	STERK SPAN	2-28-44
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OPEN WOMEN

1	(17)	NATALIE ANN	STERK	STERK SPAN	2-28-44
2	(18)	ANENE	CLAASSEN	AAC	2-29-34
3	(33)	DANETTE	WALLEY	TEMP	2-42-25

WOMEN 40 - 49 YEARS

1	(40)	KATE	REES	32 GI CG	2-44-07
2	(79)	MARILIZE	VIENINGS	EDGEMEAD	3-01-51
3	(106)	ZISIWE	MNETHOZA	IN TOUCH	3-10-14

WOMEN 50 – 59 YEARS

1	(157)	LETITIA	SMITH	CARBINEERS WP	3-26-49
2	(159)	JULIE	ARGUILE	TOTALSPORTS VOB	3-27-04
3	(202)	ROLDAH	ORRIE	BRIMSTONE ITHEKO	3-34-42

WOMEN 60 – 69 YEARS

1	(312)	KAREN	LITTLE	TOTALSPORTS VOB	3-54-50
2	(333)	MARINA	ORFFER-SMITH	TEAM VITALITY	3-57-39
3	(365)	HENREHETTE	VAN WYK	EDGEMEAD	4-00-29

WOMEN 70 YEARS +

1	(178)	NANCY	WILL	PINELANDS	3-30-32
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MENS RESULTS

KING OF THE MOUNTAIN

1	(3)	MALUSI	JUDASE	NEDBANK WP	3-15-23
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OPEN MEN

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(2)	BRANDON	LEWIN	CELTIC HARRIERS	2-13-12
3	(3)	MALUSI	JUDASE	NEDBANK WP	2-15-23

MEN 40 – 49 YEARS

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(4)	VAKALISA	KOPOLO	NEDBANK WP	2016-59
3	(12)	ZITHULELE	NOZIECRWE	BELLVILLE	2-24-11

MEN 50 – 59 YEARS

1	(21)	ROGER	DICKSON	TOTALSPORTS VOB	2-33-24
2	(24)	TSUNGAI	MWANENGENI	RCS GUGS	2-34-23
3	(25)	JOHN	SEPTEMBER	BRIMSTONE ITHEKO	2-34-33

MEN 60 – 69 YEARS

1	(93)	EBRAHIM	DARIUS	OMMIEDRAAI	3-08-23
2	(99)	LORENZO	LUCAS	NEDBANK WP	3-09-27

3	(127)	SHAFIEK	CASSIEM	BRIMSTONE ITHEKO	3-19-21
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MEN 70 YEARS +

1	(233)	RAYMOND	VENABLES	LANGEBAAAN STRANDLOOPERS	3-40-52
2	(314)	BRIAN	MERRYWEATHER	EDGEMEAD	3-54-37
3	(337)	KENNY	WILLIAMS	PINELANDS	3-57-45

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
WOMEN 70 – 74 YEARS	1
TOTAL WOMEN	<hr/> 296

MEN COUNT

SENIOR MEN	84
MEN 35 – 39 YEARS	57
MEN 40 – 44 YEARS	75
MEN 45 – 49 YEARS	48
MEN 50 – 54 YEARS	64
MEN 55 – 59 YEARS	36
MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

32 GI RC CG	3
32 GI RC SWD	1
Arecelor Mittal AC AVT	1
ARD AC	17
ASICS AC	3
Atlantic AC	29
Atlantic Triathlon Running Club	7
Atlantis Harriers AC	1
Bellville AC	23
Boksburg AC CG	2
Born 2 Run AC	2
Boxer AC	1
Brackenfell AC	10
Brimstone Itheke Sport AC	26
Cape Multisport	12
Capitec AC BOL	1
Carbineers WP	11
Celtic Harriers	17
Central Athletics	2
Century City AC	9
Chappies Running Club CG	1
Cheetahs AC CG	1
Chille RC WP	10
Club Mykonos Multisport BOL	2
Durban Runners KZN	1
Easterns Kraaifontein AC	6
Edgemead Runners	36
Eersterivier AC	1
ELTIC	1
Faranani AC GN	1
Fat Cats AC	3
Fish Hoek AC	10
Foresters Running Club	1
Hangklip AC BOL	1
Harfield Harriers	12
Helderberg Harriers	5
Herbalife AC	1
Hewat AC	1

Hillcrest Villagers AC KZN	1
Hollywood AC KZN	2
Hout Bay Harriers	9
illegible Club Names	2
In Touch Walk & Run	4
Kensington & Fractretton SAC	3
Khayelitsha AC	5
Kuils River Athletics	4
Langebaan Strandloopers	11
Lwandle AC	6
Mandela Park AC	10
Manoni AC WP	3
Melkbos AC	1
Metropolitan AC	2
Midas Spartans	2
Mitchell Plain Titans	5
Mountain & Trail Enthusiasts	1
Murray & Roberts AC	1
Multi Sport Maniacs	1
Nantes AC	2
Nedbank Running Club WP	12
Old Edwardians AC CG	1
Ommiedraai Friends AC	23
Orca Running Academy KZN	1
Oxford Striders BOR	1
Parliament AC	3
Phoenix AC	1
Pick'n Pay AC	1
Pinelands AC	28
RAC CG	1
Ravensmead AC	1
RCS Guguletu AC	26
Real Gijimas BOR	1
Run Walk For Life WP	3
Run Zone AC CG	2
SACS Alumni Running Club	3
SANDF AFS	1
SANDF WP	3
SAPS AC WP	3
Somerset Striders	1
Southern Striders	3
Spartan Harriers	26
Stellenbosch AC BOL	6

Sterk Span AC GN	1
Stragglers AC	1
Strand AC	10
Swartland AC BOL	2
Team Vitality GN	1
Team Vitality WP	16
Temporary Licensed Runners	52
Top Form AC	8
Totalsports VOB Running Club	31
Tygerberg AC	1
TymeBank Langa AC	11
UCT AC	1
UWC AC	1
Van Der Merwe & Robertson Durbanville AC	23
Viking AC	3
Walmers AC	2
Wellington AC BOL	2
West Coast AC	19
Whalers Runners BOL	3
WPCC	2
No Cards / No Returns	8
TOTAL RUNNERS	696

SPONSORS

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

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	ORCA RUNNING ACADEMY	46	M	45	10972 KZN	2:07:58
2	LEWIN	BRANDON	CELTIC	28	M	SEN	13260	2:13:12
3	JUDASE	MALUSI	NEDBANK WP		M	SEN	11536	2:15:23
4	KOPOLO	VAKALISA	NEDBANK WP	47	M	45	56311	2:16:59
5	MLAMBA	YANGA	MANDELA PARK	36	M	35	11302	2:17:17
6	GADZIKWA	TAKUNDA	SPARTAN	24	M	SEN	2117	2:18:19
7	MKHWE	KHULILE	SPARTAN	24	M	SEN	2116	2:18:20
8	AZIZA	GERSHON	SPARTAN	23	M	SEN	4310	2:18:44
9	LANGE	SINETHEMBO	EDGEMEAD	33	M	SEN	4850	2:19:13
10	MAKWAKWA	PATRICK	SPARTAN	34	M	SEN	0602	2:23:14
11	SITCHEKE	GCOBANI	EASTERNS		M	SEN	7685	2:23:52
12	LELE	ZITHU	BELLVILLE	40	M	40	13924	2:24:11
13	ZITHULELE		NEDBANK WP	40	M	40	5542	2:26:08
14	BREAK	KYLE	TOTALSPORTS VOB	35	M	35	3273	2:26:58
15	NTSHONTSHE	LWANDO	MANDELA PARK	30	M	SEN	11813	2:27:29
16	TSHEWELA	BONARLE	EASTERNS	37	M	35	8687	2:28:08
17	STERK	NATALIE	STERK SPAN		F	SEN		2:28:44
18	CLAASSEN	ANENE	AAC	33	F	SEN	9590	2:39:34
19	NKANI	MSIMELELO	SAPS WP	34	M	SEN	5627	2:31:12
20	SOMCHIZA	CEBISA	LWANDLE	34	M	SEN	13452	2:32:42
21	DICKSON	ROGER	TOTALSPORTS VOB		M	50		2:33:24
22	NKOMO	METHUSELI	TOTALSPORTS VOB	38	M	35	3002	2:33:49
23	FLINT	RICHARD	TOTALSPORTS VOB	39	M	35	2904	2:34:09
24	MWANENGENI	TSUNGAI	RCS GUGS	50	M	50	11138	2:34:23
25	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	2:34:33
26	WEAVER	HANSLEY	NEDBANK WP	51	M	50	5556	2:34:55
27	SKOSANA	MOSES	CENTURY CITY	43	M	40	4752	2:36:33
28	BECKWITH	PETER	AAC	34	M	SEN	10226	2:39:00
29	TAGGE	GUIDO	TEMP	50	M	50	T	2:41:19
30	ALMEIDA	JOSE	EDGEMEAD	51	M	50	4995	2:41:40
31	BROERS	NEIL	AAC	42	M	40	9580	2:42:13
32	MIDDELKOOP	DION	BOXER AC	50	M	50	T	2:42:24
33	WALLEY	DANETTE	TEMP		F	SEN	T	2:42:25
34	LEASK	BRENDON	WEST COAST	39	M	35	3307	2:42:26
35	BLAUW	RICARDO	NEDBANK WP	42	M	40	5544	2:43:03
36	KLERCK	GRAEME	TOTALSPORTS VOB	51	M	50	0441	2:43:04
37	OCKHUIS	GARRON	EDGEMEAD	38	M	35	4880	2:44:04
38	OSMAN	SHERAAZ	EDGEMEAD	36	M	35	5015	2:44:05
39	BROWN	GARY	EDGEMEAD	41	M	40	4882	2:44:06
40	REES	KATE	32GI CG	46	F	45	T	2:44:07
41	MNGQIBISA	XOLISA	TYMEBANK LANGA	45	M	45	5381	2:44:21
42		CHARLES	CENTURY CITY	30	M	SEN	4801	2:44:31
43	CARIEM	YASEEN	BRIMSTONE ITHEKO	37	M	35	6467	2:45:33
44	NO RETURN				M	SEN		2:45:35
45	CHAFANA	NCEBA	MANDELA PARK	34	M	SEN	13872	2:45:42
46		EADIE	EASTERNS	43	M	40	13243	2:46:00
47	HANKIN	MARK	HARFIELD	34	M	SEN	1507	2:46:24
48	MEMANE	N	MANDELA PARK	48	M	45	11803	2:46:28
49	SMIT	MARETHA	NEDBANK WP	34	F	SEN	T	2:46:31
50	PLUYM	PIETER	TEMP	32	M	SEN	T	2:47:16
51	DE BEER	NIC	MURRAY & ROBERTS	50	M	50	0123	2:47:18
52	NO RETURN		TEMP		M	SEN	T	2:47:39
53	MASAMANE	APHELELE	MANDELA PARK	24	M	SEN		2:48:07
54		RAYMONDE	RCS GUGS	33	M	SEN	6203	2:48:34
55	GREIG	WILLIAM	RUN WALK 4 LIFE	43	M	40	5027	2:48:37
56	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45	3623	2:49:10

57	ENGELBRECHT	CHRISTIE	TEMP		F	SEN	T	2:49:17
58	PAWLEY	NICK	HARFIELD	34	M	SEN	T	2:49:42
59	NGINGI	XOLANI	RCS GUGS	41	M	40	6212	2:49:48
60	KUPFERBERG	MIKE	MELKBOS	37	M	35	12817	2:51:11
61	CAKETT	JENNA	HARFIELD	30	F	SEN	1447	2:52:35
62	ATKINSON	JULIAN	TEMP	31	M	SEN	T	2:52:36
63	CUNNAMA	DANIEL	HARFIELD	39	M	35	1501	2:52:37
64	SMIT	ANDREW	HARFIELD	43	M	40	1448	2:52:37
65	HOBBS	HAYDEN	CHAPPIES	47	M	45	3796 CGA	2:52:38
66	NO RETURN		EASTERNS		M	40		2:54:09
67	MBONBI	NKOSI	MANDELA PARK		M	SEN	11807	2:54:37
68	DAVIES	JOHN	ATC	53	M	50	1747	2:54:40
69	VISSER	DAWID	BELLVILLE	44	M	40		2:54:49
70	POTGIETER	LEANI	DURBAC	30	F	SEN	4130	2:55:49
71	PIENAAR	ETIENNE	TOTALSPORTS VOB	35	M	35	3014	2:57:20
72	J	BEKITHEMBA	METROPOLITAN	19	M	SEN	9311	2:57:47
73	GOVENDER	DARREN	PHOENIX	39	M	35	9410	2:59:28
74	NO CARD		TYMEBANK LANGA		M	SEN		2:59:46
75	VD BIJ	SIERD	FISH HOEK	35	M	35	8611	2:59:50
76	TSHDALADA	MANHLA	TYMEBANK LANGA	35	M	35	13022	3:00:12
77	DANIELS	PEZA	OMMIEDRAAI	40	M	40	13663	3:00:14
78	SALKINDER	RAEL	TOTALSPORTS VOB	44	M	40	3064	3:01:02
79	VIENINGS	MARLIZE	EDGEMEAD	48	F	45	5115	3:01:51
80	STARCK	SIMON	EDGEMEAD	35	M	35	5088	3:01:52
81	NJOKONULU	M	KHAYELITSHA		M	SEN	3004	3:02:52
82	FREEDMAN	MALCOLM	TOTALSPORTS VOB	46	M	45	2780	3:03:44
83		JEROME	MP TITANS	54	M	50	11431	3:04:09
84	ROUX	HELENE	TEMP	39	F	35	T	3:04:38
85	LAUE	GARY	WEST COAST	46	M	45	6685	3:04:47
86	THOMASON	RICHARD	HARFIELD	47	M	45	13962	3:05:33
87	HERHOLDT	JOSHUA	TEMP	30	M	SEN	T	3:06:12
88	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35	7898	3:06:14
89	NO RETURN		TEMP		F	SEN	T	3:06:14
90	KORCK	GREG	EDGEMEAD	41	M	40	5082	3:06:17
91	SILO	HAWARD	LWANDLE	38	M	35	13453	3:06:29
92	WHITEHEAD	CARLA	CENTURY CITY	39	F	35	4774	3:07:07
93	DARIUS	EBRAHIM	OMMIEDRAAI	62	M	60	2559	3:08:23
94	GABRIEL	SOLIEGH	KENFAC	38	M	35	4316	3:08:24
95	BYDAWELL	STEPHEN	32GI CG	33	M	SEN	T	3:08:28
96	AUSTIN	LISA-JO	DURBAC	39	F	35	3775	3:08:32
97	HANNIBAL	L DAVIS	DURBAC	38	F	35	3737	3:08:33
98	VAN DER NEST	INGE	DURBAC	31	F	SEN	4003	3:08:47
99	LUCAS	LORENZO	NEDBANK WP	61	M	60	10909	3:09:17
100	NO CARD				M	SEN		3:09:18
101	BEKKER	RENIER	BORN 2 RUN	40	M	40	8239	3:09:18
102	ISAACS	ASHLEY	TOTALSPORTS VOB	49	F	45	2951	3:09:53
103	MONGALE	TIRELO	MANONI	41	M	40	5463	3:10:00
104	WILLIAMS	ENRONECIA	MP TITANS	37	F	35	11426	3:10:07
105	DE GOEDE	DEWALD	CAPE MULTISPORT	43	M	40	2280	3:10:12
106	MNETHOZA	ZISIWE	IN TOUCH	40	F	40	9717	3:10:14
107	PENROSE	NICK	AAC	49	M	45	9485	3:10:14
108	VAZI	LUMKO	RCS GUGS	39	M	35	6129	3:10:49
109	WEBBER	GRANT	HARFIELD	44	M	40	14071	3:11:19
110	GEYER	MARISA	AAC	36	F	35	T	3:11:36
111	MUTAKWA	TANAKA	RCS GUGS	34	M	SEN	6154	3:12:00
112	WIEHAHN	ADRIAN	DURBAC	46	M	45		3:12:08
113	BLOM	COERT	SAPS WP	53	M	50	6290	3:12:42
114	JANISCH	MICHAEL	TOTALSPORTS VOB	55	M	55	2961	3:13:32
115	RAUTENBACH	GUSTAV	FISH HOEK	30	M	SEN	11613	3:13:55
116		JANINE	TEMP		F	SEN	T	3:14:32
117		JOSEPH	STRAND	41	M	40	12989	3:14:55
118	PAIZES	CONSTANTINOS	CELTIC	39	M	35	0763	3:15:13
119	WARES	USALIT	HARFIELD	37	M	35		3:15:13

120	NO RETURN		RUN ZONE		M	SEN		3:15:36
121	ZINN	MATTHEW	CELTIC	30	M	SEN	0825	3:16:06
122	DILLON	BLAINE	DURBAC	34	M	SEN	4018	3:16:22
123	BOOI	XOLISIWE	EDGEMEAD	39	F	35	5023	3:16:46
124	GROBLER	LISL	WEST COAST	47	F	45	2160	3:17:02
125	DALY	BRENDAN	FISH HOEK	42	M	40	0639	3:17:28
126	PLAATJIE	S	TEMP	51	M	50	T	3:19:04
127	CASSIEM	SHAFIEK	BRIMSTONE ITHEKO		M	60	13821	3:19:21
128	DANIELS	DEON	OMMIEDRAAI	43	M	40	2347	3:19:25
129	HOBMAIER	IRMI	AAC	34	F	SEN	T	3:19:26
130	WAGENHEIM	MARK	AAC	67	M	65	10188	3:19:27
131	PESKIN	LAMLA	SPARTAN	37	F	35	0262	3:19:36
132	GLOYNE	ROWEN	CARBINEERS WP	47	M	45	4529	3:19:48
133	STEYN	ANNMARIE	WHALERS	53	F	50	0376 BOL	3:20:27
134	NO CARD		TEMP		M	SEN	T	3:20:31
135	LEWIS	JUANITA	CARBINEERS WP	34	F	SEN	6115	3:20:40
136	BRINK	ELIZABETH	DURBAC	49	F	45	4020	3:20:49
137	MOLTI	FAROUK	ARD	40	M	40	5706	3:21:41
138	VENTER	DEWALD	WHALERS	37	M	35	0029 BOL	3:21:54
139	SNOW	GREG	DURBAC	61	M	60	4076	3:22:17
140	BRUWER	DANIE	CAPE MULTISPORT	44	M	40	2299	3:22:21
141	JANSEN	CHESLYN	EERSTERIVIER	41	M	40	10320	3:22:22
142	ISAACS	JODY ELTON	BRACKENFELL	48	M	45	8181	3:22:22
143	PAYNE	GARRON	BRACKENFELL	53	M	50	8081	3:22:25
144	DOWIE	CELESTE	HOUT BAY HARRIERS	33	F	SEN	1362	3:22:36
145	MATTHEWS	RIAAN	SPARTAN	51	M	50	0520#	3:22:47
146	COLLINS	MALCOLM	TOTALSPORTS VOB	58	M	55	2697	3:22:48
147	GEYER	FAIZA	CARBINEERS WP	40	F	40	4540	3:22:54
148	KNIPE	AASHIQ	EDGEMEAD	50	M	50	5049	3:22:59
149	DANI	FRANCIS	OMMIEDRAAI	36	M	35	13802	3:23:11
150	GILLILAND	RIANDA	AAC	39	F	35	14411	3:23:56
151	PARRING	MARLON	AAC	47	M	45	9468	3:23:58
152	KRUGER	MATTHEW	HOUT BAY HARRIERS	40	M	40	1361	3:25:45
153	MENTOR	JEROME	TOP FORM	54	M	50	10084	3:25:45
154	SCOTT	BRUCE	HARFIELD	51	M	50		3:26:12
155	NO RETURN		RUN ZONE		M	SEN		3:26:22
156	NO CARD		CELTIC		M	SEN		3:26:35
157	SMITH	LETITIA	CARBINEERS WP	53	F	50	4548	3:26:49
158	MATTHEWS	GRAHAM	AAC	43	M	40	12477	3:26:56
159	ARGUILE	JULIE	TOTALSPORTS VOB	56	F	55	2709	3:27:04
160	MGADA	PHILISWA	TOTALSPORTS VOB	40	M	40	2802	3:27:10
161	KWANDA		MANDELA PARK	46	M	45	11816	3:27:46
162	MATAMO	SIKHUMBULE	TEMP	37	M	35	T	3:27:46
163	COOPER	TYRAN	FISH HOEK	37	M	35	T	3:27:51
164	ALCOCK	TARYN	TOTALSPORTS VOB	32	F	SEN	0247	3:28:13
165	HIRSCH	MICHAEL	PICK 'n PAY	30	M	SEN	12517	3:28:13
166	JACOBS	MARMAAN	OMMIEDRAAI	41	M	SEN	9487	3:28:21
167	EBRAHIM		BRIMSTONE ITHEKO	53	M	50	11947	3:28:57
168	AFRICA	CARMELITA	EDGEMEAD	42	F	40	4990	3:29:08
169	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	3:29:09
170	NO RETURN				F	SEN		3:29:11
171	B	NWABISA	CHILLIE	36	M	35	11095	3:29:12
172	NO RETURN				F	SEN		3:29:15
173	JAFTHA	FRED	TEMP	45	M	45	T	3:29:26
174	VENTER	RYNO	TEMP	34	M	SEN	0941	3:29:27
175	WINCKWORTH	SUSAN	AAC	40	F	40	10210	3:29:34
176	ISAACS	AUBREY	TYMEBANK LANGA	60	M	60	5354	3:29:34
177	DAVIES	SIMON	ATC	42	M	40	5668	3:29:58
178	WILL	NANCY	PINELANDS	71	F	70	1252	3:30:32
179	ALLEN	WILLIAM	TEMP	39	M	35	T	3:30:37
180	WINTER	MATTHEW	TEMP	46	M	45	T	3:30:39
181	TUMELLO		TYMEBANK LANGA	39	M	35	11071	3:30:45
182	FRITZ	MALCOLM	EDGEMEAD	64	M	60	4876	3:31:10

183	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	3:31:11
184	DAVIDS	MOIRA	EDGEMEAD	44	F	40	4838	3:31:17
185	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	3:31:18
186	FOURIE	CARENE	STELLENBOSCH	38	F	35	0802 BOL	3:31:59
187	NEL	MELANIE	STELLENBOSCH	40	F	40	0832 BOL	3:32:00
188	GOUWS	FRANCOIS	EDGEMEAD	58	M	55	5200	3:32:09
189	CLOETE	PHILIP	CAPE MULTISPORT	44	M	40	12271	3:32:20
190	DE MONK	ROBDOG	TOTALSPORTS VOB	56	M	55	2873	3:32:29
191	VON SEIDEL	SHELLEY	TOTALSPORTS VOB	44	F	40	1099	3:32:48
192	MATENGA	TAKUDZWA	RCS GUGS	34	M	SEN	11164	3:32:50
193	NELUHENI	FULUFHELO	CHILLIE	23	F	SEN	6042	3:33:15
194	GOLA	SINALO	CHILLIE	36	M	35	6046	3:33:15
195	THABILE		CHILLIE	37	M	35	6085	3:33:16
196	LUVUYO		CHEETAHS	33	M	SEN	0103	3:33:17
197	MURRY	KELLY	TOTALSPORTS VOB	34	F	SEN		3:33:18
198	JANSEN	IZAAN	CLUB MYKONOS MULTISPORT	39	M	35	0920 BOL	3:33:21
199	NO RETURN		NEDBANK WP		F	SEN		3:33:41
200	ENGEL	CLINT	SPARTAN	40	M	40	12055	3:33:49
201	SNOWDEN	ANDREW	AAC	40	M	40	10217	3:34:13
202	ORRIE	ROLDAH	BRIMSTONE ITHEKO	50	F	50	3530	3:34:42
203	K	S	FAT CATS	37	F	35	13516	3:34:52
204	LUBBE	GREGSON	HOUT BAY HARRIERS		M	SEN		3:34:53
205	TORR	GREGORY	ATC	49	M	45	4407	3:35:19
206	MINNAAR	JEAN	PINELANDS	41	M	40		3:35:20
207	ALLEN	ASHLEY	TEMP	28	M	SEN	T	3:35:38
208	HANSEN	ADAM	FISH HOEK	36	M	35	T	3:35:41
209	TOBIN	TARA	CELTIC	29	F	SEN	0824	3:35:52
210	KOEN	PETER	TOTALSPORTS VOB	47	M	45	2989	3:35:55
211	NEDERSTIGT	DAPHNE	AAC	36	F	35	12478	3:35:59
212	GOLIATH	ANDREW	PINELANDS	55	M	55	9332	3:36:02
213	MAHARAJ	GAIL	SANDE WP	56	F	55	8800	3:36:12
214	NO RETURN		TOTALSPORTS VOB		M	SEN		3:36:42
215	DA SILVA	MOENIER	MATES	50	M	50	11683	3:37:07
216	HOUSDON	TRACYE	ATC	53	F	50	9994	3:37:10
217	NO CARD		OMMIEDRAAI		M	SEN		3:37:31
218	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:37:58
219	KESSELL	LIINDIE	ATC	38	F	35	1817	3:38:35
220	MCFALL	LARENZA	BELLVILLE	36	F	35	8362	3:38:35
221	SHERFODIEN	WAHIB	OMMIEDRAAI	51	M	50	11515	3:38:40
222	SAMAAI	JUNAID	OMMIEDRAAI	29	M	SEN	13068	3:38:50
223	GAMLA	ABDUL-ALEEM	BRIMSTONE ITHEKO	54	M	50	11966	3:38:51
224	MATYESHA	BUYISWA	LWANDLE		F	40	5412	3:38:58
225	ZADIE	FRANK	WELLINGTON	40	M	40	1423 BOL	3:39:24
226	AGHERDIEN	FIQREE	TOP FORM	41	M	40	10062	3:39:38
227	SILWANA	SEAN	RCS GUGS	50	M	50	6197	3:39:44
228	CHAPMAN	EMMA	TEMP	26	F	SEN	T	3:39:50
229	GORE	REBECCA	AAC	30	F	SEN	12497	3:40:00
230	CLOETE	ESTIE	CAPE MULTISPORT	44	F	40	12270	3:40:04
231	DOWNES	JANINE	MULTISPORT MANIACS	38	F	35	9307	3:40:08
232	MASHILA	DVIVHULUWANI	FARANANI	54	M	50	6630 AGN	3:40:17
233	VENABLES	RAYMOND	LANGEBAAAN STRANDLOPERS	73	M	70	1751 BOL	3:40:52
234	BURGER	GERRIT	BELLVILLE	43	M	40	13907	3:41:25
235	FRAZER	JAMES	BELLVILLE	54	M	50	5141	3:41:27
236	JAKOET	SULAIMAN	CENTRAL AC	36	M	35	3934	3:41:35
237	BUCKLOW	CHERYL	FISH HOEK	52	F	50	11620	3:41:36
238	NO RETURN		BRIMSTONE ITHEKO		M	SEN	T	3:42:17
239	SCOTT	CHARMAINE	TOTALSPORTS VOB	53	F	50	0781	3:42:20
240	PAYNE	KIRSTY	HOUT BAY HARRIERS	34	F	SEN	1360	3:42:21
241	VAN ZYL	ANNELIZE	LANGEBAAAN STRANDLOPERS	38	F	35	1718 BOL	3:42:23
242	WAINMAN	BARRY	AAC	60	M	60	10233	3:42:33
243	HILL	CLINTON	CARBINEERS WP	40	M	40	12148	3:42:44
244	HOFFMAN	CHANELLE	STRAND	52	F	50	3695	3:42:50
245	SMIT	ANGELIQUE	STRAND	45	F	45	3645	3:42:52

246	BROSENS	TANNO	TOTALSPORTS VOB	65	M	65	3200	3:43:16
247	GENSICKE	ANDREAS	PINELANDS	55	M	55	1268	3:43:40
248	SWART	LEZL	CELTIC	43	F	40	0881	3:43:42
249	MOUNTAIN	JOANNE	TEMP		F	SEN	T	3:43:44
250	PETERSEN	JOHN	SPARTAN	63	M	60	12062	3:43:44
251	IRVINE	TIMOTHY	WPCC	54	M	50	1024	3:43:50
252	KAY	DAVE	TEMP		M	SEN	T	3:43:59
253	SCHERMAN	AMANDA	LANGEBAAAN STRANDLOPERS	54	F	50	1791 BOL	3:44:35
254	DAVEY	JESSIE	SOUTH STRIDERS	59	F	55		3:45:06
255	JACOBS	ASHLEY	SOUTH STRIDERS	50	M	50	5849	3:45:07
256	BLOEMHOFF	LEHAN	SANDF FS	32	M	SEN	T	3:45:10
257	VAN DER MERWE	ROANNE	TEMP		F	SEN	T	3:45:19
258	ROSSOUW	IZAK	DURBAC	45	M	45	3812	3:45:21
259	CHIFAMBA	TERRENCE	CELTIC	36	M	35	0680	3:45:23
260	MOPP	RICHARD	BELLVILLE	51	M	50	8367	3:45:24
261	CLAZEN	LEE-ANN	STELLENBOSCH	35	F	35		3:45:53
262	WANA	SARAH	TEMP	35	F	35	T	3:46:02
263	CARINUS	GERHARDUS	BELLVILLE	39	M	35	8296	3:46:18
264	NO CARD		DURBAC		F	SEN		3:46:45
265	KOOYMAN	BEN	DURBAC	36	M	35	3840	3:46:45
266	MULLER	ANNE	EDGEMEAD	58	F	55	5035	3:46:54
267	MARTIN	KHATIB	OMMIEDRAAI	38	M	35	2406	3:47:01
268	MARTIN	ARDIEL	BRIMSTONE ITHEKO	48	M	45	6509	3:47:02
269	CARPENTER	EMMA	AAC	47	F	45	4004	3:47:08
270	DE JAGER	JETHRO	TEAM VITALITY	40	M	40	7149	3:47:20
271	PARKER	FAGHRY	ARD	36	M	35	3222	3:47:23
272	KARRIEM	RUWAYDA	ARD	45	F	45		3:47:23
273	NTSIKI		DURBAC	43	F	40	4141	3:47:29
274	DAVIDS	DEIDRE	KUILS RIVER	40	F	40	2599	3:47:35
275	HATTINGH	MARNUS	HANGKLIP	51	M	50	T	3:47:41
276	BROWN	ARNO	NEDBANK WP	56	M	55	5608	3:47:53
277	BEY	MICHELLE	ELTIC	52	F	50	0845	3:47:59
278	TRAUT	JENNIFER	HELDERBERG HARRIERS	34	F	SEN	8031	3:48:05
279	BACKSTROM	HENRIETTE	DURBAC	38	F	35	5=4118	3:48:11
280	CRAWFORD	CELESTE	CAPE MULTISPORT	47	F	45	1153	3:48:22
281	ER	SEBNEM	ATC	45	F	45	4406	3:48:28
282	CILLIERS	EUGENE	WEST COAST	54	M	50	1986	3:48:29
283	DANIELS	BIANCA	CARBINEERS WP	52	F	50	12147	3:48:53
284	PASK	LORIEN	TOTALSPORTS VOB	56	F	55	3029	3:48:58
285	MULAUDZI	MAANDA	BRIMSTONE ITHEKO	65	M	65	0590	3:49:01
286	TEMMERS	BERNIE	TYMEBANK LANGA	60	M	60	5344	3:49:33
287	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	3:49:35
288	BRITS	DIANE	SPARTAN	42	F	40	0131	3:50:00
289	MOLOISANE	THAPELO	RCS GUGS		M	SEN	11311	3:50:07
290	MUNEEB		OMMIEDRAAI	40	M	40	2391	3:50:08
291	CLAASSEN	JOHANN	32GI CG	44	M	40	23597 CGA	3:50:33
292	MEINTJES	GRAEME	RCS GUGS	52	M	50	11147	3:50:46
293	KALAM	ABDUL-MALIEK	RCS GUGS	50	M	50	11219	3:50:50
294	MATTHEWS	BEVAN	TEMP	36	M	35	T	3:51:07
295	CARPENTER	ALAN	CENTURY CITY	51	M	50	4805	3:51:08
296	KOOYMAN	ELIZMA	DURBAC	39	F	35	3841	3:51:14
297	DE BEER	THIAN	CAPE MULTISPORT	39	M	35		3:51:28
298	NELSON	REGARDT	CAPE MULTISPORT	43	M	40		3:51:29
299		NATASHA	FISH HOEK	50	F	50	11618	3:51:34
300	NYIKISA	SILLMELA	RCS GUGS	40	M	40	6192	3:51:42
301	BLOM	JOSUA	WHALERS	53	M	50	0362 BOL	3:51:54
302	GUNNELL	G	HELDERBERG HARRIERS	65	M	60	7960	3:52:09
303	COETZEE	MICHELLE	EDGEMEAD	42	F	40	4920	3:52:47
304	MORTIMER	KEVIN	SOMERSET STRIDERS	44	M	40	6395	3:53:01
305	DONDOLO	LINDANI	RCS GUGS	40	M	40	T	3:53:20
306	DOBIE	JORDAN	STELLENBOSCH	25	M	SEN	0845 BOL	3:53:30
307	KLAASE	HENNIE	SWARTLAND	64	M	60	0056 BOL	3:53:48
308		SHARIEF	BRIMSTONE ITHEKO	41	M	40	11932	3:54:19

309	DARIES	GAVIN	SPARTAN	55	M	55	0144	3:54:22
310	BESTER	SANDRA	LANGEBAAAN STRANDLOPERS	46	F	45	1710 BOL	3:54:23
311	VORSTER	LEONIE	LANGEBAAAN STRANDLOPERS	48	F	45	1754 BOL	3:54:27
312	LITTLE	KAREN	TOTALSPORTS VOB	64	F	60	3009	3:54:30
313	HARVEY	ELAINE	WPCC	49	F	45	4242	3:54:35
314	MERRYWEATHER	BRIAN	EDGEMEAD	70	M	70	4948	3:54:37
315	MULLER	BARRY	STRAND	56	M	55	3685	3:54:47
316	FRISBIE	SOPHIA	TEMP	32	F	SEN	T34277	3:55:03
317		DALE	NANTES	30	M	SEN	12609	3:55:30
318	BOEZAK	PERCIVAL	TEAM VITALITY	53	M	50	7016	3:55:34
319	RUDLING	MARK	EDGEMEAD	40	M	40	13237	3:55:35
320	DE JAGER	CELESTE	TEAM VITALITY	39	F	35	7150	3:55:39
321	JACOBS	DENZIL	PINELANDS	50	M	50	1007	3:55:49
322	MPONGO	L	KHAYELITSHA	53	M	50	6272	3:56:15
323	HINDMARCH	CATHERINE	PINELANDS	55	F	55	1303	3:56:18
324	ABRAHAMS	WALEED	OMMIEDRAAI	48	M	45	12730	3:56:46
325	MARSHALL	NICHOLAS	AAC	40	M	40	9496	3:56:51
326	NO CARD				M	SEN		3:56:51
327	PRICE	CRAIG	TOTALSPORTS VOB	45	M	45	3044	3:56:52
328	BEE	KERRY	AAC	49	F	45	3387	3:56:53
329	ADAMS	VERA	UWC	53	F	50	9102	3:56:53
330	NO RETURN		TEAM VITALITY		F	SEN		3:56:54
331	TARR	HELEN	HARFIELD	52	F	50	1452	3:57:13
332	ROZENBOOK	MARCO	TYGERBERG	54	M	50	12182	3:57:19
333	ORFFER-SMITH	MARINA	TEAM VITALITY	62	F	60	7242	3:57:29
334	MCCURRACH	B	TEMP	56	M	55	T45734	3:57:30
335	M	SIVUYILE	CHILLIE	43	M	40	6062	3:57:30
336	NGQOWEMLA	BETTY	CHILLIE	27	F	SEN	6034	3:57:39
337	WILLIAMS	KENNY	PINELANDS	74	M	70	1149	3:57:45
338	LAWSON	JESSICA	WEST COAST	36	F	35	2010	3:57:47
339		MAXWELL	MIDAS SPARTANS	37	M	35	6109	3:57:54
340	ADAMS	RALPH	PINELANDS	64	M	60	1150	3:58:13
341	GULER	MATHILDA	PINELANDS	44	F	40		3:58:15
342	MOLLER	JOLENE	TEMP	31	F	SEN	T	3:58:26
343	DU PLOOY	JACO	TEMP	47	M	45	T	3:58:29
344	ORMOND	NIGEL	FISH HOEK	52	M	50	T	3:58:29
345	FELLIES	HEYLEY	RCS GUGS	39	F	35	11222	3:58:35
346	RONAASEN	CATHERINE	CENTURY CITY	46	F	45	4702	3:58:45
347	BORWICK	STEVEN	CELTIC	46	M	45	0913	3:58:57
348	BROWN	ALISON	WEST COAST	57	F	55	2181	3:59:01
349	BINQELA	LULCHANYO	TEAM VITALITY	31	F	SEN	7214	3:59:02
350	LOUW	HANSIE	HERBALIFE	67	M	65	9022	3:59:03
351	LUBBE	DIRK	BELLVILLE	54	M	50	2365	3:59:03
352	HAUPT	TERRENCE	SOUTH STRIDERS	56	M	55	5850	3:59:04
353	GOVENDER	TEDDY	OMMIEDRAAI	54	M	50	2520	3:59:07
354	GOOSEN	MICHELLE	BRACKENFELL	42	F	40	8207	3:59:08
355	SMIT	SCHALK	STRAND	56	M	55	3656	3:59:09
356	NO CARD				M	SEN		3:59:13
357	FREDERICKS	LIONEL	EASTERNS	71	M	70	8716	3:59:25
358	FLINT	MARTIN	TOTALSPORTS VOB	50	M	50	2903	3:59:45
359	BREET	RUDEAN	DURBAC	47	F	45	4088	3:59:50
360	SMITH	ALISON	PINELANDS	47	F	45	1055	3:59:54
361	KRUGER	MARIUS	CAPITEC	49	M	45	1951 BOL	4:00:00
362	JANSEN	WENDY	EDGEMEAD	56	F	55	5080	4:00:05
363	NABEE	ZULPHA	BRIMSTONE ITHEKO	44	F	40	11718	4:00:18
364	KHATIEB	ZUNAID	BRIMSTONE ITHEKO	44	M	40	6660	4:00:19
365	VAN WYK	HENREHETTE	EDGEMEAD	60	F	60	5101	4:00:20
366	ROSSI	SHARON	SPARTAN	42	F	40	0283	4:00:42
367	MONGALE	LUTENDO	RCS GUGS	40	F	40	11943	4:01:05
368	DE MONK	ELYDIA	TOTALSPORTS VOB	57	F	55	0306	4:01:09
369	NAJJAAR	LEILAH	ARD	41	F	40	13670	4:01:11
370	WATERS	RAASAY	TOTALSPORTS VOB	44	F	40	3139	4:01:13
371	NEWBY	ROBYN	TOTALSPORTS VOB	33	F	SEN	3209	4:01:14

372	JOHAAR	ARMIEN	ARD	61	M	60	5700	4:01:18
373	MOLTI	AYESHA	ARD	39	F	35	5705	4:01:36
374	JONES	DAVID	BOKSBURG	53	M	50	4642 CGS	4:01:45
375	MARUCCHI	LEIGH-ANN	BOKSBURG	53	F	50	0809 CGA	4:01:49
376	LEWIN	ABDUL-MUIZH	ARD	43	M	40	5762	4:01:52
377	BEGG	SHAMEEMAH	ARD	44	F	40	5662	4:01:53
378	HANNAH	MICHAEL	WEST COAST	61	M	60	0962	4:02:43
379	OMAR	ABEEDA	BRIMSTONE ITHEKO	45	F	45	13756	4:02:44
380	RASANT	MENEZI	ILLEGIBLE		M	SEN	6342	4:02:53
381	ADAMS	ADIEL	ATLANTIS HARRIERS	57	M	55	9276	4:02:54
382	COETZEE	MARI	BRACKENFELL	49	F	45	8201	4:02:57
383	GRUNEWALD	ESTELLE	PARLIAMENT	52	F	50	9828	4:03:01
384	NEL	DEON	AAC	49	M	45	9566	4:03:12
385	GODWANA	MNCEDI	RCS GUGS	52	M	50	6133	4:03:21
386	MAVUME	ENATHI	MANDELA PARK	29	F	SEN	11817	4:03:59
387	OMAR	MUZ	BRIMSTONE ITHEKO	46	M	45	13755	4:04:27
388	NO RETURN		BRIMSTONE ITHEKO		M	SEN		4:04:27
389	ABRAHAMS	LEON	PINELANDS	58	M	55	1165	4:05:02
390	MARKEY	MELANIE	WEST COAST	45	F	45	0180	4:05:23
391	VAN WYK	BRIAN	EDGEMEAD	51	M	50	5051	4:05:39
392	RONNE	LEIGHTON	CELTIC	41	M	40	0867	4:05:57
393	SASMAN	LESTER	SPARTAN	42	M	40	0300	4:05:57
394	SMITH	DUSTIN	SPARTAN	40	M	40	0428	4:06:00
395	NO CARD		TEMP		F	SEN	T	4:06:05
396	ABRAHAMS	ISMAIL	OMMIEDRAAI	50	M	50	1523	4:06:06
397	PRINS	RUSSEL	ARD	49	M	45	5443	4:06:19
398	PARKER	NIKKI	CELTIC	45	F	45	0787	4:06:48
399	SLABBER	DEBRA	ATC	36	F	35		4:06:54
400	MALAN	PIETER	CAPE MULTISPORT	58	M	55	2303	4:07:14
401	GONSALVES	NADIA	AAC	49	F	45	10174	4:07:17
402	BERRIDGE	ELISHA	AAC	51	F	50	9459	4:07:18
403		SIYA	ILLEGIBLE	50	M	50	11811	4:07:19
404	DANIELS	FAHIEMA	OMMIEDRAAI	41	F	40	2557	4:07:26
405	ROSSOW	JULIAN	SPARTAN	56	M	55	03=284	4:07:28
406	SLABBER	JENNIE	CAPE MULTISPORT	41	F	40	0075	4:07:52
407	MZINYATI	FATIMA	WEST COAST	38	F	35	2085	4:07:56
408	MATLHARE	ZAMANGOMA	TEAM VITALITY GN	42	F	40	18172	4:07:56
409	BEARNE	JANINE	SPARTAN	50	F	50	2161	4:08:13
410	DU PLESSIS	ILONA	CENTURY CITY	34	F	SEN	4732	4:08:20
411	VS	NEVILLE	CENTURY CITY	42	M	40	4775	4:08:21
412	MULLER	JOWYK	CAPE MULTISPORT	40	M	40		4:08:25
413	ISAACS	QUINTON	OMMIEDRAAI	44	M	40	2341	4:08:48
414	LE ROUX	DUAYNE	TEMP		M	SEN	T	4:09:24
415	MAHTA	DAVID	EDGEMEAD	44	M	40	4994	4:09:25
416	ERRINGTON	SABRINA	ASICS	26	F	SEN	10571	4:09:25
417	ZOLEKA		STELLENBOSCH	40	F	40	0766 BOL	4:09:26
418	MUNODAWAFA	LEMUHANI	PINELANDS	39	M	35	1142	4:09:31
419	KRIEL	GLEN	DURBAC	64	M	60	3964	4:09:39
420	PITTENDRIGH	WAYNE	RUN WALK 4 LIFE	61	M	60	8682	4:09:43
421	WOEKE	ILANA	STRAND	50	F	50	3673	4:10:09
422	BUYS	KOBIE	STRAND	52	F	50	3677	4:10:09
423	DU PLOOY	LEZANE	WELLINGTON	37	F	35	1433 BOL	4:10:19
424	THOMAS	EVANGELIQUE	EDGEMEAD	28	F	SEN	5110	4:10:40
425	HYMNS	LIZ	AAC	52	F	50	10230	4:11:03
426	SLINGERS	PIETER	KUILS RIVER	51	M	50	12809	4:11:27
427	DYWILI	SIYA	TEAM VITALITY	43	M	40	7209	4:11:31
428	MOORE	CRYSTLE-LYNNE	KUILS RIVER	36	F	35	2616	4:11:52
429	ECKLETON	TREVOR	KUILS RIVER	33	M	SEN	2610	4:11:52
430	RORICH	DEBBIE	SPARTAN	52	F	50	0471	4:12:13
431	VAN TONDER	CLINTON	TEMP	47	M	45	T	4:12:24
432	REITZ	JULIE	EASTERNS	53	F	50	2711	4:12:46
433	DYANI-SAPULA	THEMBAKAZI	LWANDLE	38	F	35	5398	4:12:49
434	JIKELA	LUDWE	MANONI	54	M	50	5429	4:12:50

435	PRICE	EMMA	DURBAC	39	F	35	3824	4:12:52
436	HARRIES	SARAH	DURBAC	27	F	SEN	3831	4:12:52
437	GANGRAKAR	MUJEEB	BRIMSTONE ITHEKO	54	M	50	14070	4:13:11
438	MARTIN	DARNELL	PINELANDS	61	F	60	1105	4:13:14
439	BARNARD	RIAAN	CAPE MULTISPORT	45	M	45	12283	4:13:19
440	MARAIS	CHARL	TEMP	38	M	35	T	4:13:19
441	WILLIAMS	QUINTON	SPARTAN	48	M	45	0675	4:13:23
442	ROMAN	JUNE	CELTIC	56	F	55	0718	4:13:33
443	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	4:13:43
444	PRIOR	BEN	EDGEMEAD	55	M	55	5099	4:13:48
445	MOSES	MASOOD	ARD	32	M	SEN	5673	4:13:50
446	BRUYNS	DEAN	ARD	33	M	SEN	5697	4:13:50
447	GROBLER	FRANCOIS	HELDERBERG HARRIERS	49	M	45	7878	4:13:51
448	DOLO	MPUMELELO	CHILLIE	34	M	SEN	6070	4:13:51
449	RAVELLS	RYAN	ARD	41	M	40	5753	4:13:52
450	SCHUTTE	MONIQUE	DURBAC	35	F	35	3901	4:13:52
451	SMEDA	STEPHAN	TEAM VITALITY	45	M	45	7566	4:13:54
452	ALLIE	MARWAAN	CENTRAL AC	56	M	55	9619	4:13:56
453	WHITEHEAD	LINELLE	32GI SWD	43	F	40	1708 SWD	4:13:58
454	SANDS	CAROLINE	HOUT BAY HARRIERS	67	F	65	1410	4:13:59
455	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	59	F	55	1405	4:13:59
456	BOTTOMAN	LINDELO	REAL GIJIMAS	53	M	50	0819	4:14:23
457	EDWARDS	KERRY	PINELANDS	42	F	40	1008	4:14:28
458	MANDONDO	SINAZO	CHILLIE	40	M	40	6233	4:14:35
459	SMIT	ANDRE	STELLENBOSCH	47	M	45	0707 BOL	4:14:35
460	CERES	AMEEN	ARD	55	M	55	5739	4:14:41
461	EMERAN	ADNAAN	BRIMSTONE ITHEKO	58	M	55	6432	4:14:44
462	NGOBENI	LATASAH	NEDBANK WP	47	F	45	5558	4:14:49
463	MATHABATHE	MPHO	PARLIAMENT	46	M	45	9824	4:14:51
464	ABRAHAMS	PAUL	AAC	60	M	60	9572	4:14:52
465	WEIR	GAVIN	SPARTAN	51	M	50	0506	4:14:54
466	SWARTZ	SANDRA	PINELANDS	64	F	60	1259	4:15:07
467	BENADE	BIANCA	CENTURY CITY	34	F	SEN	4659	4:15:08
468	RALANE	DUMISA	TEAM VITALITY	39	M	35	7764	4:15:23
469	GUDLINDLU	DINILESIZWE	MANONI	40	M	40		4:15:28
470	GERBER	AMANDA	BELLVILLE	57	F	55	8474	4:15:42
471	HUMPHREYS	KAREN	WEST COAST	45	F	45	2023	4:16:02
472	JOUBERT	ERIKA	BRACKENFELL	40	F	40	7083	4:16:08
473	ABDURAGHMAAN		TOP FORM	39	M	35	13742	4:16:12
474	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	4:16:25
475	NONDALA	LUNGISWA	RCS GUGS	36	F	35	14568	4:16:41
476	WADE	SHAAFI	ARD	46	M	45	13117	4:16:45
477	NAGEL	BIANCA-LEIGH	CARBINEERS WP	44	F	40	4479	4:16:55
478	GOOSEN	JACKIE	DURBAC	62	F	60	3911	4:17:35
479	VISSER	TRUDIE	BORN 2 RUN	46	F	45	8229	4:17:40
480	OUWERKERK	VANESSA	EDGEMEAD	54	F	50	5060	4:17:43
481	GILLMER	DIANA	TEAM VITALITY	41	F	40	7018	4:17:46
482	TORR	ANDREW	FISH HOEK	65	M	65	11625	4:18:01
483	CAESAR	WARREN	EDGEMEAD	45	M	45	4917	4:18:05
484	GERTSE	MOGAMAT	BRIMSTONE ITHEKO	59	M	55	13079	4:18:48
485	PRETORIUS	PIA	CELTIC	51	F	50	0934	4:18:59
486	LAWLER	TERESA	CELTIC	43	F	40	0806	4:18:59
487	SWARTZ	GREGORY	TOTALSPORTS VOB	57	M	55	2783	4:19:35
488	GAY	LORNA	EDGEMEAD	56	F	55	5033	4:19:41
489	SMITH	WENDAL	PINELANDS	55	M	55	0968	4:19:46
490	MAHADEO	NIKARA	DURBAN	35	F	35	1486 KZN	4:20:15
491	KOTLER	RAFI	OLD EDS	39	M	35	19623 CGA	4:20:17
492	KHATIEB	FAYROZ	OMMIEDRAAI		M	SEN	2512	4:20:26
493	GENSICKE	RENATA	PINELANDS	50	F	50	1273	4:20:33
494	COZYN	AYESHA	OMMIEDRAAI	51	F	50	6766	4:20:46
495	NAIDOO	KELVINA	ARD	35	F	35	5741	4:21:07
496	KAPLAN	LARA	AAC	55	F	55	9544	4:21:10
497	MUJENI	TADIWA	TEMP	32	M	SEN	T	4:21:15

498	NO RETURN		SPARTAN		M	SEN		4:21:16
499	DAVIDS	GRETCHIN	OMMIEDRAAI	28	F	SEN	13051	4:21:17
500	JAPTHA	ANTHONY	BRACKENFELL	43	M	40	8155	4:21:45
501	BOSCH	DOUGLAS	AAC	48	M	45	10293	4:21:46
502	SAMAAI	NURAAAN	OMMIEDRAAI	35	F	35	11504	4:21:50
503	NO CARD		TEAM VITALITY		M	SEN		4:21:55
504	BREWER	SIRAJ	BRIMSTONE ITHEKO	47	M	45	6446	4:22:32
505	BRANSGROVE	KAYLA	TEMP	27	F	SEN	T	4:22:43
506	MCLEAN	AMANDA	CARBINEERS WP	51	F	50	4488	4:23:10
507	WA CIPAMBA	REBECCA	BELLVILLE	46	F	45	8430	4:23:25
508	HUGO	LIESEL	CELTIC	48	F	45	0681	4:23:31
509	MASIKATI	MALCOLM	WEST COAST	40	M	40	2131	4:24:01
510	ERICKSON	GRAEME	VIKING	53	M	50	8731	4:24:04
511	ALLIE	ZIREENA	BRIMSTONE ITHEKO	57	F	55	6591	4:24:07
512	CARIEM	AFROZ	BRIMSTONE ITHEKO	46	F	45	6584	4:24:07
513	BASSIER	SULAIMAN	BRIMSTONE ITHEKO	67	M	65	6573	4:24:09
514	LOUW	JANNEKE	DURBAC	40	F	40	4104	4:24:10
515	LE ROUX	CHRISNA	DURBAC	40	F	40	4103	4:24:11
516	FUTTER	CATHERINE	CELTIC	45	F	45	0811	4:24:19
517	MALAN	JEANNE	CAPE MULTISPORT	56	F	55	2404	4:24:20
518	DE KOCK	ANNATJIE	STRAND	63	F	60	3620	4:24:26
519	ROBINSON	AMY	EDGEMEAD	42	F	40	4963	4:24:31
520	KOEKMOER	TAMAR	TOTALSPORTS VOB	37	F	35	2954	4:24:41
521	MILLER	KAREN	VIKING	42	F	40	8727	4:25:14
522	VLADESCU	ESTER	HELDERBERG HARRIERS	54	F	50	7924	4:25:29
523	ADAMS	MICHAEL	PINELANDS	55	M	55	1222	4:25:41
524	JACOBS	ANTHEA	IN TOUCH	54	F	50	1740	4:25:50
525	VALENTINE	LUCRECIA	IN TOUCH	48	F	45	1724	4:25:50
526	HAWKES	ALICE	TEMP	33	F	SEN	T	4:26:00
527		TAARIQ		38	M	35	4288	4:26:19
528	GANGER	ANTHEA	TOP FORM	41	F	40	10077	4:26:19
529	SAMUELS	CLARISA	BRACKENFELL	46	F	45	8208	4:26:22
530	MEHL	BEVERLEY	TOP FORM	64	F	60	10064	4:26:54
531	BRANSGROVE	CRAIG	TEMP	58	M	55	T	4:26:56
532	MAKUPULA	ANDISIWE	TEMP	40	F	40	T	4:27:07
533	PETERS	RUSSEL	VIKING	51	M	50	8733	4:27:45
534	MCAZA	OLWETHU	RCS GUGS	38	F	35	6171	4:27:54
535	MUODAWAFA	MEMORY	RCS GUGS	38	F	35	6146	4:28:07
536	KLEINSMITH	SHEREEZE	BELLVILLE	41	F	40	8343	4:28:11
537	VAN NIEKERK	LEANRI	BELLVILLE	35	F	35	8459	4:28:12
538	JOHANNES	KEAN	BELLVILLE	40	M	40	8339	4:28:13
539	SCHOEMAN	FRANSIEN	BELLVILLE	39	F	35	8390	4:28:14
540	NORMAN	RICHARD	BELLVILLE	58	M	55	8374	4:28:14
541	FORBES	CLIVE	BELLVILLE	44	M	40	8321	4:28:15
542	ADAMS	BRENDAN	TEMP	54	F	50	T	4:28:36
543	VAN DYK	LOUISE	AAC	42	F	40	T	4:29:02
544	JOSEPH	ANZONIA	EDGEMEAD	53	F	50	5078	4:29:05
545	DAMON	LUCILLE	FORESTERS	64	F	60	12031	4:29:19
546	SPIES	ANSULAIN	TEMP	48	F	45	T	4:29:41
547	LAMB	KIM	EDGEMEAD	59	F	55	4854	4:29:45
548	NO CARD		RCS GUGS		M	SEN		4:30:07
549	PETERSEN	BRENT	WEST COAST	46	M	45	1995	4:30:07
550	MILLER	CHRISTINE	EDGEMEAD	61	F	60	5052	4:30:29
551	LAGUMA	CINDY	SPARTAN	44	F	40	0463	4:30:40
552		DENISE	SPARTAN	66	F	65	0599	4:30:42
553	MBASA	GUWA	RCS GUGS		M	SEN		4:31:50
554	MEHL	TANIA	WEST COAST	53	F	50	3255	4:32:06
555	HUMAN	ELMAR	AAC	31	M	SEN	12502	4:32:10
556	LE ROUX	ANSU	AAC	31	F	SEN	10164	4:32:11
557	COLLOP	EDDIE	SPARTAN	45	M	45	0137	4:32:23
558	NDLAMLA	SIBULELE	TEAM VITALITY	35	F	35	7378	4:32:24
559	MGEDEZI	NQOBILE	TEMP	27	M	SEN	T	4:32:28
560	OOSTHUIZEN	RIAAAN	BELLVILLE	55	M	55	8377	4:32:34

561	GIBSON	CONNIE	TEMP	56	F	55	8520	4:32:55
562	MNTONINZI	NONHLANHLA	METROPOLITAN	39	F	35	11810	4:32:58
563	FARAO	VALENCIA	LANGEBAAAN STRANDLOPERS	52	F	50	1779 BOL	4:33:26
564	PAPIER	LENEVE	RCS GUGS	35	F	35	11170	4:33:26
565	VISSER	LEON	TEAM VITALITY	54	M	50	6922	4:33:41
566	KHUZWAYO	S'THANDILE	CARBINEERS WP	44	F	40	4515	4:33:44
567	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	4:33:55
568	DUNCAN-SMITH	NICOLENE	TEAM VITALITY	48	F	45	7112	4:33:57
569	MUSHANGANYISI	PUMZA	PINELANDS	50	F	50	3830	4:33:57
570	SIYA		TYMEBANK LANGA	38	M	35	11069	4:34:04
571	MDUDLU	THEMBEWA	TYMEBANK LANGA		M	SEN	11319	4:34:04
572	VISSER	LOUISE	TEMP	61	F	60	T	4:34:31
573	STANDER	MARTHINUS	HILLCREST VILLAGERS	44	M	40	5335 KZN	4:34:31
574	KOTZE	ELIZMA	HARFIELD	55	F	55	1478	4:35:08
575	TYAKUME	ZUZKA	FAT CATS	46	F	45	5929	4:35:17
576	NO RETURN		SAPS WP		M	SEN		4:35:28
577	GODLOZA	MAXWELL	MANDELA PARK	60	M	60	11810	4:35:40
578	MOREIRA	ROBERTO CARLOS	LANGEBAAAN STRANDLOPERS	42	M	40	1786 BOL	4:35:46
579	MSHWELI	NOMASIXOLO	LWANDLE	37	F	35	5426	4:35:48
580		FATIMA	WALMERS	45	F	45	9063	4:36:09
581	ASMAL	REPAAI	WALMERS		M	SEN	9070	4:36:12
582	SMITH	JEFF	BRIMSTONE ITHEKO	78	M	75	11928	4:36:44
583	CONRADIE	D	TEMP	63	M	60	T34283	4:37:27
584	VAN DEN BERG	JO	BELLVILLE	43	F	40	8300	4:37:53
585	ENGLISH	GREG	RUN WALK 4 LIFE	53	M	50	8933	4:38:03
586	FRITS	DENEZE	EDGEMEAD	61	F	60	1801	4:38:12
587	BERGHARDIEN	M	RCS GUGS	64	M	60	6141	4:38:29
588	WISEMAN	LIZETTE	CLUB MYKONOS MULTISPORT	47	F	45	0899 BOL	4:38:34
589	KOTZE	NATASHIA	LANGEBAAAN STRANDLOPERS	43	F	40	1792 BOL	4:38:34
590	LAMPRECHT	ANNERIE	ARCELOR MITTAL	34	F	SEN	0914 BOL	4:38:35
591	HOLLINGTON	MIKE	RAC	66	M	65	5623 CGA	4:38:39
592	BRAND	DEON	BELLVILLE	50	M	50	8294	4:38:47
593	VISAGIE	NATALIE	NANTES	42	F	40	9242	4:38:49
594	THOMPSON	TOXY	TOP FORM	40	F	40	10079	4:38:49
595	AUGUST	CHANTAL	CARBINEERS WP	53	F	50	4527	4:38:49
596	SMITH	WILLIE	TEAM VITALITY	60	M	60	7245	4:38:58
597	SMITH	DION	AAC	57	M	55	10263	4:39:02
598	MYBURGH	ELYMI	STRAND	60	F	60	3684	4:39:06
599	STEENKAMP	THEO	BELLVILLE	69	M	65	9912	4:39:29
600	ILLEGIBLE	M	OXFORD STRIDERS	51	M	50	0992 BOR	4:40:03
601	KWEZI	M	CHILLIE	48	M	45	1294	4:40:06
602	LOUBSER	NICOLAAS	WEST COAST	62	M	60	1961	4:40:09
603	SCOTT	RUSHDA	KENFAC	42	M	40	4333	4:40:10
604	NO RETURN		TEAM VITALITY		F	SEN		4:40:29
605	BOQWANA	NOLWAZI	HOUT BAY HARRIERS	55	F	55	1392	4:40:35
606	M	GODREY	HEWAT	38	M	35		4:41:03
607	KALAM	MDUKA	SACS OBS	39	M	35	13331	4:41:22
608	OCTOBER	BERNICE	DURBAC	60	F	60	6522	4:41:26
609	DANIELS	FIRDOZE	ASICS	27	F	SEN	10381	4:41:39
610	FISCHER	JOPPIE	LANGEBAAAN STRANDLOPERS	58	M	55	1722 BOL	4:42:14
611	KWEYAMA	YANDISWA	SANDF WP	37	F	35	8814	4:42:35
612	BENNETT	PAUL	TEMP	53	M	50	T	4:42:40
613	LOUW	SOPHIA	BRACKENFELL	54	F	50	8117	4:43:16
614	HENDRIKSE	ELIZKA	BRACKENFELL	51	F	50	6184	4:43:17
615	SALIE	YUSUF	BRIMSTONE ITHEKO	43	M	40	13888	4:43:20
616	KAKAZA	AVU	CHILLIE		M	SEN	6060	4:44:05
617	HENDRICKS	MARLYN	BELLVILLE	46	M	45	9927	4:44:22
618	GREBE	RUSSELL	CELTIC	59	M	55	0720	4:44:24
619	SMIT	JACO	NEDBANK WP	37	M	35		4:44:25
620	ANOSI	TELEKE	HOLLYWOOD	40	F	40	12183 KZN	4:44:35
621	M	SIYA	TYMEBANK LANGA		M	SEN	11065	4:44:42
622	JOSEPHSON	JACQUI	WEST COAST	49	F	45	1879	4:44:43
623	MABASO	XOLANI	HOLLYWOOD	29	M	SEN	14902 KZN	4:44:52

624	STEYN	ETHLANE	LANGEBAAAN STRANDLOPERS	42	F	40	1747 BOL	4:44:56
625	BENN	PETER-JOHN	LANGEBAAAN STRANDLOPERS	41	M	40	10622 BOL	4:44:56
626	NO RETURN		TEMP		F	SEN	T	4:45:07
627	DIEDERICKS	VALESKE	TOTALSPORTS VOB	34	F	SEN	2882	4:45:24
628	FISHER	NATALIE	PINELANDS	54	F	50	1219	4:45:53
629	BECK	MELISSA	BELLVILLE	35	F	35	8287	4:46:57
630	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	4:47:10
631	DUN	LINDY	UCT	52	F	50	0974	4:47:12
632	PETERSEN	KASSABAIN	WEST COAST	53	F	50	2182	4:47:16
633	LAMONT	MATTHEW	SANDF WP	32	M	SEN	7737	4:47:57
634	ODENDAAL	CLIVE	TEMP	26	F	SEN	T	4:47:58
635	TYAKUME	THOZAMA	TYMEBAK LANGA	50	M	50	2986	4:48:52
636	GLADDEN	LESLEY-ANN	PINELANDS	42	F	40	0997	4:48:57
637	NO CARD		HARFIELD		M	SEN		4:49:17
638	EVEZARD	KIM	EDGEMEAD	40	F	40	4898	4:49:30
639	VAN SCHALKWYK	RICHARD	EDGEMEAD	44	M	40	5028	4:49:30
640	SIEBRITS	KRIGE	OMMIEDRAAI	56	M	55	2560	4:49:41
641	MARTENS	MONIQUE	WEST COAST	59	F	55	2005	4:49:46
642	SALVER	SHONA	SPARTAN	53	F	50	12080	4:49:49
643	DOWNES	LORNA	SPARTAN	47	F	45	0152	4:49:49
644	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	4:49:52
645	DANIELS	SERGIO	TOP FORM	50	M	50	10099	4:49:52
646	OSMAN	ZIYAAD	TEMP	38	M	35	T	4:50:00
647	KUPE	AYANDA	KHAYELITSHA		F	SEN	6326	4:50:05
648	MANUELS	DEBORAH	TOP FORM	36	F	35	10080	4:50:15
649	NO RETURN		RCS GUGS		F	SEN		4:50:43
650	STEMMET	WALEED	OMMIEDRAAI	50	M	50	2447	4:53:06
651	GOOCH	TRACY-ANNE	WEST COAST	48	F	45	2042	4:53:22
652	WHITE	ESMERELDA	PINELANDS	45	F	45	1329	4:53:51
653	MOHAMED	NEEZAAM	SACS OBS	46	M	45	4304	4:53:58
654	ROSCHER	ROBYN-LEIGH	HOUT BAY HARRIERS	42	F	40	1414	4:53:58
655	SCHWARTZ	TRACY	CENTURY CITY	51	F	50	4758	4:53:59
656	MAY	KELLY	MP TITANS	33	F	SEN	2897	4:56:07
657	MAY	MARLON	MP TITANS	39	M	35	2878	4:56:08
658	MAY	TAMSYN	MP TITANS	39	F	35	2877	4:56:19
659	CHONGO	BEZANT	BRIMSTONE ITHEKO	44	M	40	4376	4:56:33
660	SMITH	ALLISON	ARD	44	F	40	5722	4:56:36
661	GALETTA	THEO	PINELANDS	52	M	50	0971	4:56:52
662	KUBHEKA	REFILOE	PINELANDS	39	M	35	1284	4:57:21
663	FREDERICKS	BONITA	SPARTAN	50	F	50	0173	4:57:39
664	REISSENZAHN	GEORGE	PINELANDS	55	M	55	3368	4:58:06
665	GEQIWE	NIKIWE	LWANDLE	39	F	35		4:58:21
666	JANSEN	CARMEN	STRAND	40	F	40	3601	4:58:40
667	HENDRICKS	SHAHEED	OMMIEDRAAI	55	M	55	2401	4:59:07
668	BAILLIE-COOPER	FRANCOISE	SPARTAN	53	F	50	0551	4:59:59
669	CAMPHER	MARY	MIDAS SPARTANS	65	F	65	6553	5:00:00
670	NKOHLA	PATIENCE	KHAYELITSHA		F	SEN	6303	5:00:17
671	PILLAY	WINSTON	OMMIEDRAAI	59	M	55	11480	5:00:23
672	STAIN	KASHIEF	SACS OBS		M	SEN	13317	5:01:08
673		CHARL	TEMP	49	M	45	T	5:01:37
674	DE KLERK	LIZL	WEST COAST	47	F	45	2147	5:02:21
675	NOMBOA	XUGE	RCS GUGS	42	M	40	11350	5:02:55
676	OCTOBER	ZETHENA	RAVENSMEAD	54	F	50	5271	5:05:38
677	PHUNCU	BUYISIWE	FAT CATS	41	F	40	5943	5:07:24
678	GUMEDE	SIVE		36	M	35	10438	5:07:40
679	BAPELA	MOSHIBUDI	TEMP	41	F	40	T1225	5:09:31
680	THOBELA	CHWAYITA	RCS GUGS	27	F	SEN	11200	5:10:13
681	LEWIS	MICHELLE	BELLVILLE	49	F	45	9942	5:10:39
682	HARTOGH	DONIVAN	PINELANDS	52	M	50	0966	5:12:13
683	NO RETURN		RCS GUGS		M	SEN		5:13:49
684	KABELI	MODISE	PARLIAMENT	50	M	50	9836	5:15:14
685	WESTHUIZEN	KATHY	CARBINEERS WP	53	F	50	4502	5:18:27
686	VENA	VUYISILE	MANDELA PARK	63	M	60	11814	5:21:01

687	CHIMPEN	NORIS KARREN	EDGEMEAD	30	F	SEN	5096	5:21:55
688	MATUADI		TEMP	42	F	40	T	5:24:59
689	CAROLUS	MARJORIE	ARD	43	F	40	5676	5:26:31
690	JANSEN	RUDI	IN TOUCH	46	M	45	1708	5:28:55
691		WILLEM	TEMP	35	M	35	T	5:29:21
692	GIJA	MSIMELELO	TYMEBANK LANGA		M	SEN	11050	5:29:31
693	NIKA	NOMAWETHU	HOUT BAY HARRIERS	47	F	45	11460	5:34:54
694	NO RETURN		TEMP		M	SEN	T	5:35:28
695	GESWINT	CHERGE	ASICS	29	M	SEN	10382	5:36:42
696	MSOLO	SINDISWA	KHAYELITSHA	35	F	35	6355	5:40:33

SONIA HARLOCK

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**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	FURBER	RICHARD	TEMP	47	M	45	T	

SONIA HARLOCK

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**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

SONIA HARLOCK

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RESULTS

WOMENS RESULTS

QUEEN OF THE MOUNTAIN

1	{17}	NATALIE ANN	STERK	STERK SPAN	2-28-44
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OPEN WOMEN

1	(17)	NATALIE ANN	STERK	STERK SPAN	2-28-44
2	(18)	ANENE	CLAASSEN	AAC	2-29-34
3	(33)	DANETTE	WALLEY	TEMP	2-42-25

WOMEN 40 - 49 YEARS

1	(40)	KATE	REES	32 GI CG	2-44-07
2	(79)	MARILIZE	VIENINGS	EDGEMEAD	3-01-51
3	(106)	ZISIWE	MNETHOZA	IN TOUCH	3-10-14

WOMEN 50 – 59 YEARS

1	(157)	LETITIA	SMITH	CARBINEERS WP	3-26-49
2	(159)	JULIE	ARGUILE	TOTALSPORTS VOB	3-27-04
3	(202)	ROLDAH	ORRIE	BRIMSTONE ITHEKO	3-34-42

WOMEN 60 – 69 YEARS

1	(312)	KAREN	LITTLE	TOTALSPORTS VOB	3-54-50
2	(333)	MARINA	ORFFER-SMITH	TEAM VITALITY	3-57-39
3	(365)	HENREHETTE	VAN WYK	EDGEMEAD	4-00-29

WOMEN 70 YEARS +

1	(178)	NANCY	WILL	PINELANDS	3-30-32
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MENS RESULTS

KING OF THE MOUNTAIN

1	(3)	MALUSI	JUDASE	NEDBANK WP	3-15-23
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OPEN MEN

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(2)	BRANDON	LEWIN	CELTIC HARRIERS	2-13-12
3	(3)	MALUSI	JUDASE	NEDBANK WP	2-15-23

MEN 40 – 49 YEARS

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(4)	VAKALISA	KOPOLO	NEDBANK WP	2016-59
3	(12)	ZITHULELE	NOZIECRWE	BELLVILLE	2-24-11

MEN 50 – 59 YEARS

1	(21)	ROGER	DICKSON	TOTALSPORTS VOB	2-33-24
2	(24)	TSUNGAI	MWANENGENI	RCS GUGS	2-34-23
3	(25)	JOHN	SEPTEMBER	BRIMSTONE ITHEKO	2-34-33

MEN 60 – 69 YEARS

1	(93)	EBRAHIM	DARIUS	OMMIEDRAAI	3-08-23
2	(99)	LORENZO	LUCAS	NEDBANK WP	3-09-27

3	(127)	SHAFIEK	CASSIEM	BRIMSTONE ITHEKO	3-19-21
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MEN 70 YEARS +

1	(233)	RAYMOND	VENABLES	LANGEBAAAN STRANDLOOPERS	3-40-52
2	(314)	BRIAN	MERRYWEATHER	EDGEMEAD	3-54-37
3	(337)	KENNY	WILLIAMS	PINELANDS	3-57-45

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
WOMEN 70 – 74 YEARS	1
TOTAL WOMEN	<hr/> 296

MEN COUNT

SENIOR MEN	84
MEN 35 – 39 YEARS	57
MEN 40 – 44 YEARS	75
MEN 45 – 49 YEARS	48
MEN 50 – 54 YEARS	64
MEN 55 – 59 YEARS	36
MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

32 GI RC CG	3
32 GI RC SWD	1
Arecelor Mittal AC AVT	1
ARD AC	17
ASICS AC	3
Atlantic AC	29
Atlantic Triathlon Running Club	7
Atlantis Harriers AC	1
Bellville AC	23
Boksburg AC CG	2
Born 2 Run AC	2
Boxer AC	1
Brackenfell AC	10
Brimstone Itheke Sport AC	26
Cape Multisport	12
Capitec AC BOL	1
Carbineers WP	11
Celtic Harriers	17
Central Athletics	2
Century City AC	9
Chappies Running Club CG	1
Cheetahs AC CG	1
Chille RC WP	10
Club Mykonos Multisport BOL	2
Durban Runners KZN	1
Easterns Kraaifontein AC	6
Edgemead Runners	36
Eersterivier AC	1
ELTIC	1
Faranani AC GN	1
Fat Cats AC	3
Fish Hoek AC	10
Foresters Running Club	1
Hangklip AC BOL	1
Harfield Harriers	12
Helderberg Harriers	5
Herbalife AC	1
Hewat AC	1

Hillcrest Villagers AC KZN	1
Hollywood AC KZN	2
Hout Bay Harriers	9
illegible Club Names	2
In Touch Walk & Run	4
Kensington & Fractreton SAC	3
Khayelitsha AC	5
Kuils River Athletics	4
Langebaan Strandloopers	11
Lwandle AC	6
Mandela Park AC	10
Manoni AC WP	3
Melkbos AC	1
Metropolitan AC	2
Midas Spartans	2
Mitchell Plain Titans	5
Mountain & Trail Enthusiasts	1
Murray & Roberts AC	1
Multi Sport Maniacs	1
Nantes AC	2
Nedbank Running Club WP	12
Old Edwardians AC CG	1
Ommiedraai Friends AC	23
Orca Running Academy KZN	1
Oxford Striders BOR	1
Parliament AC	3
Phoenix AC	1
Pick'n Pay AC	1
Pinelands AC	28
RAC CG	1
Ravensmead AC	1
RCS Guguletu AC	26
Real Gijimas BOR	1
Run Walk For Life WP	3
Run Zone AC CG	2
SACS Alumni Running Club	3
SANDF AFS	1
SANDF WP	3
SAPS AC WP	3
Somerset Striders	1
Southern Striders	3
Spartan Harriers	26
Stellenbosch AC BOL	6

Sterk Span AC GN	1
Stragglers AC	1
Strand AC	10
Swartland AC BOL	2
Team Vitality GN	1
Team Vitality WP	16
Temporary Licensed Runners	52
Top Form AC	8
Totalsports VOB Running Club	31
Tygerberg AC	1
TymeBank Langa AC	11
UCT AC	1
UWC AC	1
Van Der Merwe & Robertson Durbanville AC	23
Viking AC	3
Walmers AC	2
Wellington AC BOL	2
West Coast AC	19
Whalers Runners BOL	3
WPCC	2
No Cards / No Returns	8
TOTAL RUNNERS	696

SPONSORS

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

**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

SONIA HARLOCK

Cell 083 354 6636

kevson@mweb.co.za

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	ORCA RUNNING ACADEMY	46	M	45	10972 KZN	2:07:58
2	LEWIN	BRANDON	CELTIC	28	M	SEN	13260	2:13:12
3	JUDASE	MALUSI	NEDBANK WP		M	SEN	11536	2:15:23
4	KOPOLO	VAKALISA	NEDBANK WP	47	M	45	56311	2:16:59
5	MLAMBA	YANGA	MANDELA PARK	36	M	35	11302	2:17:17
6	GADZIKWA	TAKUNDA	SPARTAN	24	M	SEN	2117	2:18:19
7	MKHWE	KHULILE	SPARTAN	24	M	SEN	2116	2:18:20
8	AZIZA	GERSHON	SPARTAN	23	M	SEN	4310	2:18:44
9	LANGE	SINETHEMBO	EDGEMEAD	33	M	SEN	4850	2:19:13
10	MAKWAKWA	PATRICK	SPARTAN	34	M	SEN	0602	2:23:14
11	SITCHEKE	GCOBANI	EASTERNS		M	SEN	7685	2:23:52
12	LELE	ZITHU	BELLVILLE	40	M	40	13924	2:24:11
13	ZITHULELE		NEDBANK WP	40	M	40	5542	2:26:08
14	BREAK	KYLE	TOTALSPORTS VOB	35	M	35	3273	2:26:58
15	NTSHONTSHE	LWANDO	MANDELA PARK	30	M	SEN	11813	2:27:29
16	TSHEWELA	BONARLE	EASTERNS	37	M	35	8687	2:28:08
17	STERK	NATALIE	STERK SPAN		F	SEN		2:28:44
18	CLAASSEN	ANENE	AAC	33	F	SEN	9590	2:39:34
19	NKANI	MSIMELELO	SAPS WP	34	M	SEN	5627	2:31:12
20	SOMCHIZA	CEBISA	LWANDLE	34	M	SEN	13452	2:32:42
21	DICKSON	ROGER	TOTALSPORTS VOB		M	50		2:33:24
22	NKOMO	METHUSELI	TOTALSPORTS VOB	38	M	35	3002	2:33:49
23	FLINT	RICHARD	TOTALSPORTS VOB	39	M	35	2904	2:34:09
24	MWANENGENI	TSUNGAI	RCS GUGS	50	M	50	11138	2:34:23
25	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	2:34:33
26	WEAVER	HANSLEY	NEDBANK WP	51	M	50	5556	2:34:55
27	SKOSANA	MOSES	CENTURY CITY	43	M	40	4752	2:36:33
28	BECKWITH	PETER	AAC	34	M	SEN	10226	2:39:00
29	TAGGE	GUIDO	TEMP	50	M	50	T	2:41:19
30	ALMEIDA	JOSE	EDGEMEAD	51	M	50	4995	2:41:40
31	BROERS	NEIL	AAC	42	M	40	9580	2:42:13
32	MIDDELKOOP	DION	BOXER AC	50	M	50	T	2:42:24
33	WALLEY	DANETTE	TEMP		F	SEN	T	2:42:25
34	LEASK	BRENDON	WEST COAST	39	M	35	3307	2:42:26
35	BLAUW	RICARDO	NEDBANK WP	42	M	40	5544	2:43:03
36	KLERCK	GRAEME	TOTALSPORTS VOB	51	M	50	0441	2:43:04
37	OCKHUIS	GARRON	EDGEMEAD	38	M	35	4880	2:44:04
38	OSMAN	SHERAAZ	EDGEMEAD	36	M	35	5015	2:44:05
39	BROWN	GARY	EDGEMEAD	41	M	40	4882	2:44:06
40	REES	KATE	32GI CG	46	F	45	T	2:44:07
41	MNGQIBISA	XOLISA	TYMEBANK LANGA	45	M	45	5381	2:44:21
42		CHARLES	CENTURY CITY	30	M	SEN	4801	2:44:31
43	CARIEM	YASEEN	BRIMSTONE ITHEKO	37	M	35	6467	2:45:33
44	NO RETURN				M	SEN		2:45:35
45	CHAFANA	NCEBA	MANDELA PARK	34	M	SEN	13872	2:45:42
46		EADIE	EASTERNS	43	M	40	13243	2:46:00
47	HANKIN	MARK	HARFIELD	34	M	SEN	1507	2:46:24
48	MEMANE	N	MANDELA PARK	48	M	45	11803	2:46:28
49	SMIT	MARETHA	NEDBANK WP	34	F	SEN	T	2:46:31
50	PLUYM	PIETER	TEMP	32	M	SEN	T	2:47:16
51	DE BEER	NIC	MURRAY & ROBERTS	50	M	50	0123	2:47:18
52	NO RETURN		TEMP		M	SEN	T	2:47:39
53	MASAMANE	APHELELE	MANDELA PARK	24	M	SEN		2:48:07
54		RAYMONDE	RCS GUGS	33	M	SEN	6203	2:48:34
55	GREIG	WILLIAM	RUN WALK 4 LIFE	43	M	40	5027	2:48:37
56	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45	3623	2:49:10

57	ENGELBRECHT	CHRISTIE	TEMP		F	SEN	T	2:49:17
58	PAWLEY	NICK	HARFIELD	34	M	SEN	T	2:49:42
59	NGINGI	XOLANI	RCS GUGS	41	M	40	6212	2:49:48
60	KUPFERBERG	MIKE	MELKBOS	37	M	35	12817	2:51:11
61	CAKETT	JENNA	HARFIELD	30	F	SEN	1447	2:52:35
62	ATKINSON	JULIAN	TEMP	31	M	SEN	T	2:52:36
63	CUNNAMA	DANIEL	HARFIELD	39	M	35	1501	2:52:37
64	SMIT	ANDREW	HARFIELD	43	M	40	1448	2:52:37
65	HOBBS	HAYDEN	CHAPPIES	47	M	45	3796 CGA	2:52:38
66	NO RETURN		EASTERNS		M	40		2:54:09
67	MBONBI	NKOSI	MANDELA PARK		M	SEN	11807	2:54:37
68	DAVIES	JOHN	ATC	53	M	50	1747	2:54:40
69	VISSER	DAWID	BELLVILLE	44	M	40		2:54:49
70	POTGIETER	LEANI	DURBAC	30	F	SEN	4130	2:55:49
71	PIENAAR	ETIENNE	TOTALSPORTS VOB	35	M	35	3014	2:57:20
72	J	BEKITHEMBA	METROPOLITAN	19	M	SEN	9311	2:57:47
73	GOVENDER	DARREN	PHOENIX	39	M	35	9410	2:59:28
74	NO CARD		TYMEBANK LANGA		M	SEN		2:59:46
75	VD BIJ	SIERD	FISH HOEK	35	M	35	8611	2:59:50
76	TSHDALADA	MANHLA	TYMEBANK LANGA	35	M	35	13022	3:00:12
77	DANIELS	PEZA	OMMIEDRAAI	40	M	40	13663	3:00:14
78	SALKINDER	RAEL	TOTALSPORTS VOB	44	M	40	3064	3:01:02
79	VIENINGS	MARLIZE	EDGEMEAD	48	F	45	5115	3:01:51
80	STARCK	SIMON	EDGEMEAD	35	M	35	5088	3:01:52
81	NJOKONULU	M	KHAYELITSHA		M	SEN	3004	3:02:52
82	FREEDMAN	MALCOLM	TOTALSPORTS VOB	46	M	45	2780	3:03:44
83		JEROME	MP TITANS	54	M	50	11431	3:04:09
84	ROUX	HELENE	TEMP	39	F	35	T	3:04:38
85	LAUE	GARY	WEST COAST	46	M	45	6685	3:04:47
86	THOMASON	RICHARD	HARFIELD	47	M	45	13962	3:05:33
87	HERHOLDT	JOSHUA	TEMP	30	M	SEN	T	3:06:12
88	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35	7898	3:06:14
89	NO RETURN		TEMP		F	SEN	T	3:06:14
90	KORCK	GREG	EDGEMEAD	41	M	40	5082	3:06:17
91	SILO	HAWARD	LWANDLE	38	M	35	13453	3:06:29
92	WHITEHEAD	CARLA	CENTURY CITY	39	F	35	4774	3:07:07
93	DARIUS	EBRAHIM	OMMIEDRAAI	62	M	60	2559	3:08:23
94	GABRIEL	SOLIEGH	KENFAC	38	M	35	4316	3:08:24
95	BYDAWELL	STEPHEN	32GI CG	33	M	SEN	T	3:08:28
96	AUSTIN	LISA-JO	DURBAC	39	F	35	3775	3:08:32
97	HANNIBAL	L DAVIS	DURBAC	38	F	35	3737	3:08:33
98	VAN DER NEST	INGE	DURBAC	31	F	SEN	4003	3:08:47
99	LUCAS	LORENZO	NEDBANK WP	61	M	60	10909	3:09:17
100	NO CARD				M	SEN		3:09:18
101	BEKKER	RENIER	BORN 2 RUN	40	M	40	8239	3:09:18
102	ISAACS	ASHLEY	TOTALSPORTS VOB	49	F	45	2951	3:09:53
103	MONGALE	TIRELO	MANONI	41	M	40	5463	3:10:00
104	WILLIAMS	ENRONECIA	MP TITANS	37	F	35	11426	3:10:07
105	DE GOEDE	DEWALD	CAPE MULTISPORT	43	M	40	2280	3:10:12
106	MNETHOZA	ZISIWE	IN TOUCH	40	F	40	9717	3:10:14
107	PENROSE	NICK	AAC	49	M	45	9485	3:10:14
108	VAZI	LUMKO	RCS GUGS	39	M	35	6129	3:10:49
109	WEBBER	GRANT	HARFIELD	44	M	40	14071	3:11:19
110	GEYER	MARISA	AAC	36	F	35	T	3:11:36
111	MUTAKWA	TANAKA	RCS GUGS	34	M	SEN	6154	3:12:00
112	WIEHAHN	ADRIAN	DURBAC	46	M	45		3:12:08
113	BLOM	COERT	SAPS WP	53	M	50	6290	3:12:42
114	JANISCH	MICHAEL	TOTALSPORTS VOB	55	M	55	2961	3:13:32
115	RAUTENBACH	GUSTAV	FISH HOEK	30	M	SEN	11613	3:13:55
116		JANINE	TEMP		F	SEN	T	3:14:32
117		JOSEPH	STRAND	41	M	40	12989	3:14:55
118	PAIZES	CONSTANTINOS	CELTIC	39	M	35	0763	3:15:13
119	WARES	USALIT	HARFIELD	37	M	35		3:15:13

120	NO RETURN		RUN ZONE		M	SEN		3:15:36
121	ZINN	MATTHEW	CELTIC	30	M	SEN	0825	3:16:06
122	DILLON	BLAINE	DURBAC	34	M	SEN	4018	3:16:22
123	BOOI	XOLISIWE	EDGEMEAD	39	F	35	5023	3:16:46
124	GROBLER	LISL	WEST COAST	47	F	45	2160	3:17:02
125	DALY	BRENDAN	FISH HOEK	42	M	40	0639	3:17:28
126	PLAATJIE	S	TEMP	51	M	50	T	3:19:04
127	CASSIEM	SHAFIEK	BRIMSTONE ITHEKO		M	60	13821	3:19:21
128	DANIELS	DEON	OMMIEDRAAI	43	M	40	2347	3:19:25
129	HOBMAIER	IRMI	AAC	34	F	SEN	T	3:19:26
130	WAGENHEIM	MARK	AAC	67	M	65	10188	3:19:27
131	PESKIN	LAMLA	SPARTAN	37	F	35	0262	3:19:36
132	GLOYNE	ROWEN	CARBINEERS WP	47	M	45	4529	3:19:48
133	STEYN	ANNMARIE	WHALERS	53	F	50	0376 BOL	3:20:27
134	NO CARD		TEMP		M	SEN	T	3:20:31
135	LEWIS	JUANITA	CARBINEERS WP	34	F	SEN	6115	3:20:40
136	BRINK	ELIZABETH	DURBAC	49	F	45	4020	3:20:49
137	MOLTI	FAROUK	ARD	40	M	40	5706	3:21:41
138	VENTER	DEWALD	WHALERS	37	M	35	0029 BOL	3:21:54
139	SNOW	GREG	DURBAC	61	M	60	4076	3:22:17
140	BRUWER	DANIE	CAPE MULTISPORT	44	M	40	2299	3:22:21
141	JANSEN	CHESLYN	EERSTERIVIER	41	M	40	10320	3:22:22
142	ISAACS	JODY ELTON	BRACKENFELL	48	M	45	8181	3:22:22
143	PAYNE	GARRON	BRACKENFELL	53	M	50	8081	3:22:25
144	DOWIE	CELESTE	HOUT BAY HARRIERS	33	F	SEN	1362	3:22:36
145	MATTHEWS	RIAAN	SPARTAN	51	M	50	0520#	3:22:47
146	COLLINS	MALCOLM	TOTALSPORTS VOB	58	M	55	2697	3:22:48
147	GEYER	FAIZA	CARBINEERS WP	40	F	40	4540	3:22:54
148	KNIPE	AASHIQ	EDGEMEAD	50	M	50	5049	3:22:59
149	DANI	FRANCIS	OMMIEDRAAI	36	M	35	13802	3:23:11
150	GILLILAND	RIANDA	AAC	39	F	35	14411	3:23:56
151	PARRING	MARLON	AAC	47	M	45	9468	3:23:58
152	KRUGER	MATTHEW	HOUT BAY HARRIERS	40	M	40	1361	3:25:45
153	MENTOR	JEROME	TOP FORM	54	M	50	10084	3:25:45
154	SCOTT	BRUCE	HARFIELD	51	M	50		3:26:12
155	NO RETURN		RUN ZONE		M	SEN		3:26:22
156	NO CARD		CELTIC		M	SEN		3:26:35
157	SMITH	LETITIA	CARBINEERS WP	53	F	50	4548	3:26:49
158	MATTHEWS	GRAHAM	AAC	43	M	40	12477	3:26:56
159	ARGUILE	JULIE	TOTALSPORTS VOB	56	F	55	2709	3:27:04
160	MGADA	PHILISWA	TOTALSPORTS VOB	40	M	40	2802	3:27:10
161	KWANDA		MANDELA PARK	46	M	45	11816	3:27:46
162	MATAMO	SIKHUMBULE	TEMP	37	M	35	T	3:27:46
163	COOPER	TYRAN	FISH HOEK	37	M	35	T	3:27:51
164	ALCOCK	TARYN	TOTALSPORTS VOB	32	F	SEN	0247	3:28:13
165	HIRSCH	MICHAEL	PICK 'n PAY	30	M	SEN	12517	3:28:13
166	JACOBS	MARMAAN	OMMIEDRAAI	41	M	SEN	9487	3:28:21
167	EBRAHIM		BRIMSTONE ITHEKO	53	M	50	11947	3:28:57
168	AFRICA	CARMELITA	EDGEMEAD	42	F	40	4990	3:29:08
169	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	3:29:09
170	NO RETURN				F	SEN		3:29:11
171	B	NWABISA	CHILLIE	36	M	35	11095	3:29:12
172	NO RETURN				F	SEN		3:29:15
173	JAFTHA	FRED	TEMP	45	M	45	T	3:29:26
174	VENTER	RYNO	TEMP	34	M	SEN	0941	3:29:27
175	WINCKWORTH	SUSAN	AAC	40	F	40	10210	3:29:34
176	ISAACS	AUBREY	TYMEBANK LANGA	60	M	60	5354	3:29:34
177	DAVIES	SIMON	ATC	42	M	40	5668	3:29:58
178	WILL	NANCY	PINELANDS	71	F	70	1252	3:30:32
179	ALLEN	WILLIAM	TEMP	39	M	35	T	3:30:37
180	WINTER	MATTHEW	TEMP	46	M	45	T	3:30:39
181	TUMELLO		TYMEBANK LANGA	39	M	35	11071	3:30:45
182	FRITZ	MALCOLM	EDGEMEAD	64	M	60	4876	3:31:10

183	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	3:31:11
184	DAVIDS	MOIRA	EDGEMEAD	44	F	40	4838	3:31:17
185	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	3:31:18
186	FOURIE	CARENE	STELLENBOSCH	38	F	35	0802 BOL	3:31:59
187	NEL	MELANIE	STELLENBOSCH	40	F	40	0832 BOL	3:32:00
188	GOUWS	FRANCOIS	EDGEMEAD	58	M	55	5200	3:32:09
189	CLOETE	PHILIP	CAPE MULTISPORT	44	M	40	12271	3:32:20
190	DE MONK	ROBDOG	TOTALSPORTS VOB	56	M	55	2873	3:32:29
191	VON SEIDEL	SHELLEY	TOTALSPORTS VOB	44	F	40	1099	3:32:48
192	MATENGA	TAKUDZWA	RCS GUGS	34	M	SEN	11164	3:32:50
193	NELUHENI	FULUFHELO	CHILLIE	23	F	SEN	6042	3:33:15
194	GOLA	SINALO	CHILLIE	36	M	35	6046	3:33:15
195	THABILE		CHILLIE	37	M	35	6085	3:33:16
196	LUVUYO		CHEETAHS	33	M	SEN	0103	3:33:17
197	MURRY	KELLY	TOTALSPORTS VOB	34	F	SEN		3:33:18
198	JANSEN	IZAAN	CLUB MYKONOS MULTISPORT	39	M	35	0920 BOL	3:33:21
199	NO RETURN		NEDBANK WP		F	SEN		3:33:41
200	ENGEL	CLINT	SPARTAN	40	M	40	12055	3:33:49
201	SNOWDEN	ANDREW	AAC	40	M	40	10217	3:34:13
202	ORRIE	ROLDAH	BRIMSTONE ITHEKO	50	F	50	3530	3:34:42
203	K	S	FAT CATS	37	F	35	13516	3:34:52
204	LUBBE	GREGSON	HOUT BAY HARRIERS		M	SEN		3:34:53
205	TORR	GREGORY	ATC	49	M	45	4407	3:35:19
206	MINNAAR	JEAN	PINELANDS	41	M	40		3:35:20
207	ALLEN	ASHLEY	TEMP	28	M	SEN	T	3:35:38
208	HANSEN	ADAM	FISH HOEK	36	M	35	T	3:35:41
209	TOBIN	TARA	CELTIC	29	F	SEN	0824	3:35:52
210	KOEN	PETER	TOTALSPORTS VOB	47	M	45	2989	3:35:55
211	NEDERSTIGT	DAPHNE	AAC	36	F	35	12478	3:35:59
212	GOLIATH	ANDREW	PINELANDS	55	M	55	9332	3:36:02
213	MAHARAJ	GAIL	SANDE WP	56	F	55	8800	3:36:12
214	NO RETURN		TOTALSPORTS VOB		M	SEN		3:36:42
215	DA SILVA	MOENIER	MATES	50	M	50	11683	3:37:07
216	HOUSDON	TRACYE	ATC	53	F	50	9994	3:37:10
217	NO CARD		OMMIEDRAAI		M	SEN		3:37:31
218	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:37:58
219	KESSELL	LIINDIE	ATC	38	F	35	1817	3:38:35
220	MCFALL	LARENZA	BELLVILLE	36	F	35	8362	3:38:35
221	SHERFODIEN	WAHIB	OMMIEDRAAI	51	M	50	11515	3:38:40
222	SAMAAI	JUNAID	OMMIEDRAAI	29	M	SEN	13068	3:38:50
223	GAMLA	ABDUL-ALEEM	BRIMSTONE ITHEKO	54	M	50	11966	3:38:51
224	MATYESHA	BUYISWA	LWANDLE		F	40	5412	3:38:58
225	ZADIE	FRANK	WELLINGTON	40	M	40	1423 BOL	3:39:24
226	AGHERDIEN	FIQREE	TOP FORM	41	M	40	10062	3:39:38
227	SILWANA	SEAN	RCS GUGS	50	M	50	6197	3:39:44
228	CHAPMAN	EMMA	TEMP	26	F	SEN	T	3:39:50
229	GORE	REBECCA	AAC	30	F	SEN	12497	3:40:00
230	CLOETE	ESTIE	CAPE MULTISPORT	44	F	40	12270	3:40:04
231	DOWNES	JANINE	MULTISPORT MANIACS	38	F	35	9307	3:40:08
232	MASHILA	DVIVHULUWANI	FARANANI	54	M	50	6630 AGN	3:40:17
233	VENABLES	RAYMOND	LANGEBAAAN STRANDLOPERS	73	M	70	1751 BOL	3:40:52
234	BURGER	GERRIT	BELLVILLE	43	M	40	13907	3:41:25
235	FRAZER	JAMES	BELLVILLE	54	M	50	5141	3:41:27
236	JAKOET	SULAIMAN	CENTRAL AC	36	M	35	3934	3:41:35
237	BUCKLOW	CHERYL	FISH HOEK	52	F	50	11620	3:41:36
238	NO RETURN		BRIMSTONE ITHEKO		M	SEN	T	3:42:17
239	SCOTT	CHARMAINE	TOTALSPORTS VOB	53	F	50	0781	3:42:20
240	PAYNE	KIRSTY	HOUT BAY HARRIERS	34	F	SEN	1360	3:42:21
241	VAN ZYL	ANNELIZE	LANGEBAAAN STRANDLOPERS	38	F	35	1718 BOL	3:42:23
242	WAINMAN	BARRY	AAC	60	M	60	10233	3:42:33
243	HILL	CLINTON	CARBINEERS WP	40	M	40	12148	3:42:44
244	HOFFMAN	CHANELLE	STRAND	52	F	50	3695	3:42:50
245	SMIT	ANGELIQUE	STRAND	45	F	45	3645	3:42:52

246	BROSENS	TANNO	TOTALSPORTS VOB	65	M	65	3200	3:43:16
247	GENSICKE	ANDREAS	PINELANDS	55	M	55	1268	3:43:40
248	SWART	LEZL	CELTIC	43	F	40	0881	3:43:42
249	MOUNTAIN	JOANNE	TEMP		F	SEN	T	3:43:44
250	PETERSEN	JOHN	SPARTAN	63	M	60	12062	3:43:44
251	IRVINE	TIMOTHY	WPCC	54	M	50	1024	3:43:50
252	KAY	DAVE	TEMP		M	SEN	T	3:43:59
253	SCHERMAN	AMANDA	LANGEBAAAN STRANDLOPERS	54	F	50	1791 BOL	3:44:35
254	DAVEY	JESSIE	SOUTH STRIDERS	59	F	55		3:45:06
255	JACOBS	ASHLEY	SOUTH STRIDERS	50	M	50	5849	3:45:07
256	BLOEMHOFF	LEHAN	SANDF FS	32	M	SEN	T	3:45:10
257	VAN DER MERWE	ROANNE	TEMP		F	SEN	T	3:45:19
258	ROSSOUW	IZAK	DURBAC	45	M	45	3812	3:45:21
259	CHIFAMBA	TERRENCE	CELTIC	36	M	35	0680	3:45:23
260	MOPP	RICHARD	BELLVILLE	51	M	50	8367	3:45:24
261	CLAZEN	LEE-ANN	STELLENBOSCH	35	F	35		3:45:53
262	WANA	SARAH	TEMP	35	F	35	T	3:46:02
263	CARINUS	GERHARDUS	BELLVILLE	39	M	35	8296	3:46:18
264	NO CARD		DURBAC		F	SEN		3:46:45
265	KOOYMAN	BEN	DURBAC	36	M	35	3840	3:46:45
266	MULLER	ANNE	EDGEMEAD	58	F	55	5035	3:46:54
267	MARTIN	KHATIB	OMMIEDRAAI	38	M	35	2406	3:47:01
268	MARTIN	ARDIEL	BRIMSTONE ITHEKO	48	M	45	6509	3:47:02
269	CARPENTER	EMMA	AAC	47	F	45	4004	3:47:08
270	DE JAGER	JETHRO	TEAM VITALITY	40	M	40	7149	3:47:20
271	PARKER	FAGHRY	ARD	36	M	35	3222	3:47:23
272	KARRIEM	RUWAYDA	ARD	45	F	45		3:47:23
273	NTSIKI		DURBAC	43	F	40	4141	3:47:29
274	DAVIDS	DEIDRE	KUILS RIVER	40	F	40	2599	3:47:35
275	HATTINGH	MARNUS	HANGKLIP	51	M	50	T	3:47:41
276	BROWN	ARNO	NEDBANK WP	56	M	55	5608	3:47:53
277	BEY	MICHELLE	ELTIC	52	F	50	0845	3:47:59
278	TRAUT	JENNIFER	HELDERBERG HARRIERS	34	F	SEN	8031	3:48:05
279	BACKSTROM	HENRIETTE	DURBAC	38	F	35	5=4118	3:48:11
280	CRAWFORD	CELESTE	CAPE MULTISPORT	47	F	45	1153	3:48:22
281	ER	SEBNEM	ATC	45	F	45	4406	3:48:28
282	CILLIERS	EUGENE	WEST COAST	54	M	50	1986	3:48:29
283	DANIELS	BIANCA	CARBINEERS WP	52	F	50	12147	3:48:53
284	PASK	LORIEN	TOTALSPORTS VOB	56	F	55	3029	3:48:58
285	MULAUDZI	MAANDA	BRIMSTONE ITHEKO	65	M	65	0590	3:49:01
286	TEMMERS	BERNIE	TYMEBANK LANGA	60	M	60	5344	3:49:33
287	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	3:49:35
288	BRITS	DIANE	SPARTAN	42	F	40	0131	3:50:00
289	MOLOISANE	THAPELO	RCS GUGS		M	SEN	11311	3:50:07
290	MUNEEB		OMMIEDRAAI	40	M	40	2391	3:50:08
291	CLAASSEN	JOHANN	32GI CG	44	M	40	23597 CGA	3:50:33
292	MEINTJES	GRAEME	RCS GUGS	52	M	50	11147	3:50:46
293	KALAM	ABDUL-MALIEK	RCS GUGS	50	M	50	11219	3:50:50
294	MATTHEWS	BEVAN	TEMP	36	M	35	T	3:51:07
295	CARPENTER	ALAN	CENTURY CITY	51	M	50	4805	3:51:08
296	KOOYMAN	ELIZMA	DURBAC	39	F	35	3841	3:51:14
297	DE BEER	THIAN	CAPE MULTISPORT	39	M	35		3:51:28
298	NELSON	REGARDT	CAPE MULTISPORT	43	M	40		3:51:29
299		NATASHA	FISH HOEK	50	F	50	11618	3:51:34
300	NYIKISA	SILLMELA	RCS GUGS	40	M	40	6192	3:51:42
301	BLOM	JOSUA	WHALERS	53	M	50	0362 BOL	3:51:54
302	GUNNELL	G	HELDERBERG HARRIERS	65	M	60	7960	3:52:09
303	COETZEE	MICHELLE	EDGEMEAD	42	F	40	4920	3:52:47
304	MORTIMER	KEVIN	SOMERSET STRIDERS	44	M	40	6395	3:53:01
305	DONDOLO	LINDANI	RCS GUGS	40	M	40	T	3:53:20
306	DOBIE	JORDAN	STELLENBOSCH	25	M	SEN	0845 BOL	3:53:30
307	KLAASE	HENNIE	SWARTLAND	64	M	60	0056 BOL	3:53:48
308		SHARIEF	BRIMSTONE ITHEKO	41	M	40	11932	3:54:19

309	DARIES	GAVIN	SPARTAN	55	M	55	0144	3:54:22
310	BESTER	SANDRA	LANGEBAAAN STRANDLOPERS	46	F	45	1710 BOL	3:54:23
311	VORSTER	LEONIE	LANGEBAAAN STRANDLOPERS	48	F	45	1754 BOL	3:54:27
312	LITTLE	KAREN	TOTALSPORTS VOB	64	F	60	3009	3:54:30
313	HARVEY	ELAINE	WPCC	49	F	45	4242	3:54:35
314	MERRYWEATHER	BRIAN	EDGEMEAD	70	M	70	4948	3:54:37
315	MULLER	BARRY	STRAND	56	M	55	3685	3:54:47
316	FRISBIE	SOPHIA	TEMP	32	F	SEN	T34277	3:55:03
317		DALE	NANTES	30	M	SEN	12609	3:55:30
318	BOEZAK	PERCIVAL	TEAM VITALITY	53	M	50	7016	3:55:34
319	RUDLING	MARK	EDGEMEAD	40	M	40	13237	3:55:35
320	DE JAGER	CELESTE	TEAM VITALITY	39	F	35	7150	3:55:39
321	JACOBS	DENZIL	PINELANDS	50	M	50	1007	3:55:49
322	MPONGO	L	KHAYELITSHA	53	M	50	6272	3:56:15
323	HINDMARCH	CATHERINE	PINELANDS	55	F	55	1303	3:56:18
324	ABRAHAMS	WALEED	OMMIEDRAAI	48	M	45	12730	3:56:46
325	MARSHALL	NICHOLAS	AAC	40	M	40	9496	3:56:51
326	NO CARD				M	SEN		3:56:51
327	PRICE	CRAIG	TOTALSPORTS VOB	45	M	45	3044	3:56:52
328	BEE	KERRY	AAC	49	F	45	3387	3:56:53
329	ADAMS	VERA	UWC	53	F	50	9102	3:56:53
330	NO RETURN		TEAM VITALITY		F	SEN		3:56:54
331	TARR	HELEN	HARFIELD	52	F	50	1452	3:57:13
332	ROZENBOOK	MARCO	TYGERBERG	54	M	50	12182	3:57:19
333	ORFFER-SMITH	MARINA	TEAM VITALITY	62	F	60	7242	3:57:29
334	MCCURRACH	B	TEMP	56	M	55	T45734	3:57:30
335	M	SIVUYILE	CHILLIE	43	M	40	6062	3:57:30
336	NGQOWEMLA	BETTY	CHILLIE	27	F	SEN	6034	3:57:39
337	WILLIAMS	KENNY	PINELANDS	74	M	70	1149	3:57:45
338	LAWSON	JESSICA	WEST COAST	36	F	35	2010	3:57:47
339		MAXWELL	MIDAS SPARTANS	37	M	35	6109	3:57:54
340	ADAMS	RALPH	PINELANDS	64	M	60	1150	3:58:13
341	GULER	MATHILDA	PINELANDS	44	F	40		3:58:15
342	MOLLER	JOLENE	TEMP	31	F	SEN	T	3:58:26
343	DU PLOOY	JACO	TEMP	47	M	45	T	3:58:29
344	ORMOND	NIGEL	FISH HOEK	52	M	50	T	3:58:29
345	FELLIES	HEYLEY	RCS GUGS	39	F	35	11222	3:58:35
346	RONAASEN	CATHERINE	CENTURY CITY	46	F	45	4702	3:58:45
347	BORWICK	STEVEN	CELTIC	46	M	45	0913	3:58:57
348	BROWN	ALISON	WEST COAST	57	F	55	2181	3:59:01
349	BINQELA	LULCHANYO	TEAM VITALITY	31	F	SEN	7214	3:59:02
350	LOUW	HANSIE	HERBALIFE	67	M	65	9022	3:59:03
351	LUBBE	DIRK	BELLVILLE	54	M	50	2365	3:59:03
352	HAUPT	TERRENCE	SOUTH STRIDERS	56	M	55	5850	3:59:04
353	GOVENDER	TEDDY	OMMIEDRAAI	54	M	50	2520	3:59:07
354	GOOSEN	MICHELLE	BRACKENFELL	42	F	40	8207	3:59:08
355	SMIT	SCHALK	STRAND	56	M	55	3656	3:59:09
356	NO CARD				M	SEN		3:59:13
357	FREDERICKS	LIONEL	EASTERNS	71	M	70	8716	3:59:25
358	FLINT	MARTIN	TOTALSPORTS VOB	50	M	50	2903	3:59:45
359	BREET	RUDEAN	DURBAC	47	F	45	4088	3:59:50
360	SMITH	ALISON	PINELANDS	47	F	45	1055	3:59:54
361	KRUGER	MARIUS	CAPITEC	49	M	45	1951 BOL	4:00:00
362	JANSEN	WENDY	EDGEMEAD	56	F	55	5080	4:00:05
363	NABEE	ZULPHA	BRIMSTONE ITHEKO	44	F	40	11718	4:00:18
364	KHATIEB	ZUNAID	BRIMSTONE ITHEKO	44	M	40	6660	4:00:19
365	VAN WYK	HENREHETTE	EDGEMEAD	60	F	60	5101	4:00:20
366	ROSSI	SHARON	SPARTAN	42	F	40	0283	4:00:42
367	MONGALE	LUTENDO	RCS GUGS	40	F	40	11943	4:01:05
368	DE MONK	ELYDIA	TOTALSPORTS VOB	57	F	55	0306	4:01:09
369	NAJJAAR	LEILAH	ARD	41	F	40	13670	4:01:11
370	WATERS	RAASAY	TOTALSPORTS VOB	44	F	40	3139	4:01:13
371	NEWBY	ROBYN	TOTALSPORTS VOB	33	F	SEN	3209	4:01:14

372	JOHAAR	ARMIEN	ARD	61	M	60	5700	4:01:18
373	MOLTI	AYESHA	ARD	39	F	35	5705	4:01:36
374	JONES	DAVID	BOKSBURG	53	M	50	4642 CGS	4:01:45
375	MARUCCHI	LEIGH-ANN	BOKSBURG	53	F	50	0809 CGA	4:01:49
376	LEWIN	ABDUL-MUIZH	ARD	43	M	40	5762	4:01:52
377	BEGG	SHAMEEMAH	ARD	44	F	40	5662	4:01:53
378	HANNAH	MICHAEL	WEST COAST	61	M	60	0962	4:02:43
379	OMAR	ABEEDA	BRIMSTONE ITHEKO	45	F	45	13756	4:02:44
380	RASANT	MENEZI	ILLEGIBLE		M	SEN	6342	4:02:53
381	ADAMS	ADIEL	ATLANTIS HARRIERS	57	M	55	9276	4:02:54
382	COETZEE	MARI	BRACKENFELL	49	F	45	8201	4:02:57
383	GRUNEWALD	ESTELLE	PARLIAMENT	52	F	50	9828	4:03:01
384	NEL	DEON	AAC	49	M	45	9566	4:03:12
385	GODWANA	MNCEDI	RCS GUGS	52	M	50	6133	4:03:21
386	MAVUME	ENATHI	MANDELA PARK	29	F	SEN	11817	4:03:59
387	OMAR	MUZ	BRIMSTONE ITHEKO	46	M	45	13755	4:04:27
388	NO RETURN		BRIMSTONE ITHEKO		M	SEN		4:04:27
389	ABRAHAMS	LEON	PINELANDS	58	M	55	1165	4:05:02
390	MARKEY	MELANIE	WEST COAST	45	F	45	0180	4:05:23
391	VAN WYK	BRIAN	EDGEMEAD	51	M	50	5051	4:05:39
392	RONNE	LEIGHTON	CELTIC	41	M	40	0867	4:05:57
393	SASMAN	LESTER	SPARTAN	42	M	40	0300	4:05:57
394	SMITH	DUSTIN	SPARTAN	40	M	40	0428	4:06:00
395	NO CARD		TEMP		F	SEN	T	4:06:05
396	ABRAHAMS	ISMAIL	OMMIEDRAAI	50	M	50	1523	4:06:06
397	PRINS	RUSSEL	ARD	49	M	45	5443	4:06:19
398	PARKER	NIKKI	CELTIC	45	F	45	0787	4:06:48
399	SLABBER	DEBRA	ATC	36	F	35		4:06:54
400	MALAN	PIETER	CAPE MULTISPORT	58	M	55	2303	4:07:14
401	GONSALVES	NADIA	AAC	49	F	45	10174	4:07:17
402	BERRIDGE	ELISHA	AAC	51	F	50	9459	4:07:18
403		SIYA	ILLEGIBLE	50	M	50	11811	4:07:19
404	DANIELS	FAHIEMA	OMMIEDRAAI	41	F	40	2557	4:07:26
405	ROSSOW	JULIAN	SPARTAN	56	M	55	03=284	4:07:28
406	SLABBER	JENNIE	CAPE MULTISPORT	41	F	40	0075	4:07:52
407	MZINYATI	FATIMA	WEST COAST	38	F	35	2085	4:07:56
408	MATLHARE	ZAMANGOMA	TEAM VITALITY GN	42	F	40	18172	4:07:56
409	BEARNE	JANINE	SPARTAN	50	F	50	2161	4:08:13
410	DU PLESSIS	ILONA	CENTURY CITY	34	F	SEN	4732	4:08:20
411	VS	NEVILLE	CENTURY CITY	42	M	40	4775	4:08:21
412	MULLER	JOWYK	CAPE MULTISPORT	40	M	40		4:08:25
413	ISAACS	QUINTON	OMMIEDRAAI	44	M	40	2341	4:08:48
414	LE ROUX	DUAYNE	TEMP		M	SEN	T	4:09:24
415	MAHTA	DAVID	EDGEMEAD	44	M	40	4994	4:09:25
416	ERRINGTON	SABRINA	ASICS	26	F	SEN	10571	4:09:25
417	ZOLEKA		STELLENBOSCH	40	F	40	0766 BOL	4:09:26
418	MUNODAWAFA	LEMUHANI	PINELANDS	39	M	35	1142	4:09:31
419	KRIEL	GLEN	DURBAC	64	M	60	3964	4:09:39
420	PITTENDRIGH	WAYNE	RUN WALK 4 LIFE	61	M	60	8682	4:09:43
421	WOEKE	ILANA	STRAND	50	F	50	3673	4:10:09
422	BUYS	KOBIE	STRAND	52	F	50	3677	4:10:09
423	DU PLOOY	LEZANE	WELLINGTON	37	F	35	1433 BOL	4:10:19
424	THOMAS	EVANGELIQUE	EDGEMEAD	28	F	SEN	5110	4:10:40
425	HYMNS	LIZ	AAC	52	F	50	10230	4:11:03
426	SLINGERS	PIETER	KUILS RIVER	51	M	50	12809	4:11:27
427	DYWILI	SIYA	TEAM VITALITY	43	M	40	7209	4:11:31
428	MOORE	CRYSTLE-LYNNE	KUILS RIVER	36	F	35	2616	4:11:52
429	ECKLETON	TREVOR	KUILS RIVER	33	M	SEN	2610	4:11:52
430	RORICH	DEBBIE	SPARTAN	52	F	50	0471	4:12:13
431	VAN TONDER	CLINTON	TEMP	47	M	45	T	4:12:24
432	REITZ	JULIE	EASTERNS	53	F	50	2711	4:12:46
433	DYANI-SAPULA	THEMBAKAZI	LWANDLE	38	F	35	5398	4:12:49
434	JIKELA	LUDWE	MANONI	54	M	50	5429	4:12:50

435	PRICE	EMMA	DURBAC	39	F	35	3824	4:12:52
436	HARRIES	SARAH	DURBAC	27	F	SEN	3831	4:12:52
437	GANGRAKAR	MUJEEB	BRIMSTONE ITHEKO	54	M	50	14070	4:13:11
438	MARTIN	DARNELL	PINELANDS	61	F	60	1105	4:13:14
439	BARNARD	RIAN	CAPE MULTISPORT	45	M	45	12283	4:13:19
440	MARAIS	CHARL	TEMP	38	M	35	T	4:13:19
441	WILLIAMS	QUINTON	SPARTAN	48	M	45	0675	4:13:23
442	ROMAN	JUNE	CELTIC	56	F	55	0718	4:13:33
443	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	4:13:43
444	PRIOR	BEN	EDGEMEAD	55	M	55	5099	4:13:48
445	MOSES	MASOOD	ARD	32	M	SEN	5673	4:13:50
446	BRUYNS	DEAN	ARD	33	M	SEN	5697	4:13:50
447	GROBLER	FRANCOIS	HELDERBERG HARRIERS	49	M	45	7878	4:13:51
448	DOLO	MPUMELELO	CHILLIE	34	M	SEN	6070	4:13:51
449	RAVELLS	RYAN	ARD	41	M	40	5753	4:13:52
450	SCHUTTE	MONIQUE	DURBAC	35	F	35	3901	4:13:52
451	SMEDA	STEPHAN	TEAM VITALITY	45	M	45	7566	4:13:54
452	ALLIE	MARWAAN	CENTRAL AC	56	M	55	9619	4:13:56
453	WHITEHEAD	LINELLE	32GI SWD	43	F	40	1708 SWD	4:13:58
454	SANDS	CAROLINE	HOUT BAY HARRIERS	67	F	65	1410	4:13:59
455	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	59	F	55	1405	4:13:59
456	BOTTOMAN	LINDELO	REAL GIJIMAS	53	M	50	0819	4:14:23
457	EDWARDS	KERRY	PINELANDS	42	F	40	1008	4:14:28
458	MANDONDO	SINAZO	CHILLIE	40	M	40	6233	4:14:35
459	SMIT	ANDRE	STELLENBOSCH	47	M	45	0707 BOL	4:14:35
460	CERES	AMEEN	ARD	55	M	55	5739	4:14:41
461	EMERAN	ADNAAN	BRIMSTONE ITHEKO	58	M	55	6432	4:14:44
462	NGOBENI	LATASAH	NEDBANK WP	47	F	45	5558	4:14:49
463	MATHABATHE	MPHO	PARLIAMENT	46	M	45	9824	4:14:51
464	ABRAHAMS	PAUL	AAC	60	M	60	9572	4:14:52
465	WEIR	GAVIN	SPARTAN	51	M	50	0506	4:14:54
466	SWARTZ	SANDRA	PINELANDS	64	F	60	1259	4:15:07
467	BENADE	BIANCA	CENTURY CITY	34	F	SEN	4659	4:15:08
468	RALANE	DUMISA	TEAM VITALITY	39	M	35	7764	4:15:23
469	GUDLINDLU	DINILESIZWE	MANONI	40	M	40		4:15:28
470	GERBER	AMANDA	BELLVILLE	57	F	55	8474	4:15:42
471	HUMPHREYS	KAREN	WEST COAST	45	F	45	2023	4:16:02
472	JOUBERT	ERIKA	BRACKENFELL	40	F	40	7083	4:16:08
473	ABDURAGHMAAN		TOP FORM	39	M	35	13742	4:16:12
474	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	4:16:25
475	NONDALA	LUNGISWA	RCS GUGS	36	F	35	14568	4:16:41
476	WADE	SHAAFI	ARD	46	M	45	13117	4:16:45
477	NAGEL	BIANCA-LEIGH	CARBINEERS WP	44	F	40	4479	4:16:55
478	GOOSEN	JACKIE	DURBAC	62	F	60	3911	4:17:35
479	VISSER	TRUDIE	BORN 2 RUN	46	F	45	8229	4:17:40
480	OUWERKERK	VANESSA	EDGEMEAD	54	F	50	5060	4:17:43
481	GILLMER	DIANA	TEAM VITALITY	41	F	40	7018	4:17:46
482	TORR	ANDREW	FISH HOEK	65	M	65	11625	4:18:01
483	CAESAR	WARREN	EDGEMEAD	45	M	45	4917	4:18:05
484	GERTSE	MOGAMAT	BRIMSTONE ITHEKO	59	M	55	13079	4:18:48
485	PRETORIUS	PIA	CELTIC	51	F	50	0934	4:18:59
486	LAWLER	TERESA	CELTIC	43	F	40	0806	4:18:59
487	SWARTZ	GREGORY	TOTALSPORTS VOB	57	M	55	2783	4:19:35
488	GAY	LORNA	EDGEMEAD	56	F	55	5033	4:19:41
489	SMITH	WENDAL	PINELANDS	55	M	55	0968	4:19:46
490	MAHADEO	NIKARA	DURBAN	35	F	35	1486 KZN	4:20:15
491	KOTLER	RAFI	OLD EDS	39	M	35	19623 CGA	4:20:17
492	KHATIEB	FAYROZ	OMMIEDRAAI		M	SEN	2512	4:20:26
493	GENSICKE	RENATA	PINELANDS	50	F	50	1273	4:20:33
494	COZYN	AYESHA	OMMIEDRAAI	51	F	50	6766	4:20:46
495	NAIDOO	KELVINA	ARD	35	F	35	5741	4:21:07
496	KAPLAN	LARA	AAC	55	F	55	9544	4:21:10
497	MUJENI	TADIWA	TEMP	32	M	SEN	T	4:21:15

498	NO RETURN		SPARTAN		M	SEN		4:21:16
499	DAVIDS	GRETCHIN	OMMIEDRAAI	28	F	SEN	13051	4:21:17
500	JAPTHA	ANTHONY	BRACKENFELL	43	M	40	8155	4:21:45
501	BOSCH	DOUGLAS	AAC	48	M	45	10293	4:21:46
502	SAMAAI	NURAAAN	OMMIEDRAAI	35	F	35	11504	4:21:50
503	NO CARD		TEAM VITALITY		M	SEN		4:21:55
504	BREWER	SIRAJ	BRIMSTONE ITHEKO	47	M	45	6446	4:22:32
505	BRANSGROVE	KAYLA	TEMP	27	F	SEN	T	4:22:43
506	MCLEAN	AMANDA	CARBINEERS WP	51	F	50	4488	4:23:10
507	WA CIPAMBA	REBECCA	BELLVILLE	46	F	45	8430	4:23:25
508	HUGO	LIESEL	CELTIC	48	F	45	0681	4:23:31
509	MASIKATI	MALCOLM	WEST COAST	40	M	40	2131	4:24:01
510	ERICKSON	GRAEME	VIKING	53	M	50	8731	4:24:04
511	ALLIE	ZIREENA	BRIMSTONE ITHEKO	57	F	55	6591	4:24:07
512	CARIEM	AFROZ	BRIMSTONE ITHEKO	46	F	45	6584	4:24:07
513	BASSIER	SULAIMAN	BRIMSTONE ITHEKO	67	M	65	6573	4:24:09
514	LOUW	JANNEKE	DURBAC	40	F	40	4104	4:24:10
515	LE ROUX	CHRISNA	DURBAC	40	F	40	4103	4:24:11
516	FUTTER	CATHERINE	CELTIC	45	F	45	0811	4:24:19
517	MALAN	JEANNE	CAPE MULTISPORT	56	F	55	2404	4:24:20
518	DE KOCK	ANNATJIE	STRAND	63	F	60	3620	4:24:26
519	ROBINSON	AMY	EDGEMEAD	42	F	40	4963	4:24:31
520	KOEKMOER	TAMAR	TOTALSPORTS VOB	37	F	35	2954	4:24:41
521	MILLER	KAREN	VIKING	42	F	40	8727	4:25:14
522	VLADESCU	ESTER	HELDERBERG HARRIERS	54	F	50	7924	4:25:29
523	ADAMS	MICHAEL	PINELANDS	55	M	55	1222	4:25:41
524	JACOBS	ANTHEA	IN TOUCH	54	F	50	1740	4:25:50
525	VALENTINE	LUCRECIA	IN TOUCH	48	F	45	1724	4:25:50
526	HAWKES	ALICE	TEMP	33	F	SEN	T	4:26:00
527		TAARIQ		38	M	35	4288	4:26:19
528	GANGER	ANTHEA	TOP FORM	41	F	40	10077	4:26:19
529	SAMUELS	CLARISA	BRACKENFELL	46	F	45	8208	4:26:22
530	MEHL	BEVERLEY	TOP FORM	64	F	60	10064	4:26:54
531	BRANSGROVE	CRAIG	TEMP	58	M	55	T	4:26:56
532	MAKUPULA	ANDISIWE	TEMP	40	F	40	T	4:27:07
533	PETERS	RUSSEL	VIKING	51	M	50	8733	4:27:45
534	MCAZA	OLWETHU	RCS GUGS	38	F	35	6171	4:27:54
535	MUODAWAFA	MEMORY	RCS GUGS	38	F	35	6146	4:28:07
536	KLEINSMITH	SHEREEZE	BELLVILLE	41	F	40	8343	4:28:11
537	VAN NIEKERK	LEANRI	BELLVILLE	35	F	35	8459	4:28:12
538	JOHANNES	KEAN	BELLVILLE	40	M	40	8339	4:28:13
539	SCHOEMAN	FRANSIEN	BELLVILLE	39	F	35	8390	4:28:14
540	NORMAN	RICHARD	BELLVILLE	58	M	55	8374	4:28:14
541	FORBES	CLIVE	BELLVILLE	44	M	40	8321	4:28:15
542	ADAMS	BRENDAN	TEMP	54	F	50	T	4:28:36
543	VAN DYK	LOUISE	AAC	42	F	40	T	4:29:02
544	JOSEPH	ANZONIA	EDGEMEAD	53	F	50	5078	4:29:05
545	DAMON	LUCILLE	FORESTERS	64	F	60	12031	4:29:19
546	SPIES	ANSULAIN	TEMP	48	F	45	T	4:29:41
547	LAMB	KIM	EDGEMEAD	59	F	55	4854	4:29:45
548	NO CARD		RCS GUGS		M	SEN		4:30:07
549	PETERSEN	BRENT	WEST COAST	46	M	45	1995	4:30:07
550	MILLER	CHRISTINE	EDGEMEAD	61	F	60	5052	4:30:29
551	LAGUMA	CINDY	SPARTAN	44	F	40	0463	4:30:40
552		DENISE	SPARTAN	66	F	65	0599	4:30:42
553	MBASA	GUWA	RCS GUGS		M	SEN		4:31:50
554	MEHL	TANIA	WEST COAST	53	F	50	3255	4:32:06
555	HUMAN	ELMAR	AAC	31	M	SEN	12502	4:32:10
556	LE ROUX	ANSU	AAC	31	F	SEN	10164	4:32:11
557	COLLOP	EDDIE	SPARTAN	45	M	45	0137	4:32:23
558	NDLAMLA	SIBULELE	TEAM VITALITY	35	F	35	7378	4:32:24
559	MGEDEZI	NQOBILE	TEMP	27	M	SEN	T	4:32:28
560	OOSTHUIZEN	RIAAN	BELLVILLE	55	M	55	8377	4:32:34

561	GIBSON	CONNIE	TEMP	56	F	55	8520	4:32:55
562	MNTONINZI	NONHLANHLA	METROPOLITAN	39	F	35	11810	4:32:58
563	FARAO	VALENCIA	LANGEBAAAN STRANDLOPERS	52	F	50	1779 BOL	4:33:26
564	PAPIER	LENEVE	RCS GUGS	35	F	35	11170	4:33:26
565	VISSER	LEON	TEAM VITALITY	54	M	50	6922	4:33:41
566	KHUZWAYO	S'THANDILE	CARBINEERS WP	44	F	40	4515	4:33:44
567	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	4:33:55
568	DUNCAN-SMITH	NICOLENE	TEAM VITALITY	48	F	45	7112	4:33:57
569	MUSHANGANYISI	PUMZA	PINELANDS	50	F	50	3830	4:33:57
570	SIYA		TYMEBANK LANGA	38	M	35	11069	4:34:04
571	MDUDLU	THEMBEWA	TYMEBANK LANGA		M	SEN	11319	4:34:04
572	VISSER	LOUISE	TEMP	61	F	60	T	4:34:31
573	STANDER	MARTHINUS	HILLCREST VILLAGERS	44	M	40	5335 KZN	4:34:31
574	KOTZE	ELIZMA	HARFIELD	55	F	55	1478	4:35:08
575	TYAKUME	ZUZKA	FAT CATS	46	F	45	5929	4:35:17
576	NO RETURN		SAPS WP		M	SEN		4:35:28
577	GODLOZA	MAXWELL	MANDELA PARK	60	M	60	11810	4:35:40
578	MOREIRA	ROBERTO CARLOS	LANGEBAAAN STRANDLOPERS	42	M	40	1786 BOL	4:35:46
579	MSHWELI	NOMASIXOLO	LWANDLE	37	F	35	5426	4:35:48
580		FATIMA	WALMERS	45	F	45	9063	4:36:09
581	ASMAL	REPAAI	WALMERS		M	SEN	9070	4:36:12
582	SMITH	JEFF	BRIMSTONE ITHEKO	78	M	75	11928	4:36:44
583	CONRADIE	D	TEMP	63	M	60	T34283	4:37:27
584	VAN DEN BERG	JO	BELLVILLE	43	F	40	8300	4:37:53
585	ENGLISH	GREG	RUN WALK 4 LIFE	53	M	50	8933	4:38:03
586	FRITS	DENEZE	EDGEMEAD	61	F	60	1801	4:38:12
587	BERGHARDIEN	M	RCS GUGS	64	M	60	6141	4:38:29
588	WISEMAN	LIZETTE	CLUB MYKONOS MULTISPORT	47	F	45	0899 BOL	4:38:34
589	KOTZE	NATASHIA	LANGEBAAAN STRANDLOPERS	43	F	40	1792 BOL	4:38:34
590	LAMPRECHT	ANNERIE	ARCELOR MITTAL	34	F	SEN	0914 BOL	4:38:35
591	HOLLINGTON	MIKE	RAC	66	M	65	5623 CGA	4:38:39
592	BRAND	DEON	BELLVILLE	50	M	50	8294	4:38:47
593	VISAGIE	NATALIE	NANTES	42	F	40	9242	4:38:49
594	THOMPSON	TOXY	TOP FORM	40	F	40	10079	4:38:49
595	AUGUST	CHANTAL	CARBINEERS WP	53	F	50	4527	4:38:49
596	SMITH	WILLIE	TEAM VITALITY	60	M	60	7245	4:38:58
597	SMITH	DION	AAC	57	M	55	10263	4:39:02
598	MYBURGH	ELYMI	STRAND	60	F	60	3684	4:39:06
599	STEENKAMP	THEO	BELLVILLE	69	M	65	9912	4:39:29
600	ILLEGIBLE	M	OXFORD STRIDERS	51	M	50	0992 BOR	4:40:03
601	KWEZI	M	CHILLIE	48	M	45	1294	4:40:06
602	LOUBSER	NICOLAAS	WEST COAST	62	M	60	1961	4:40:09
603	SCOTT	RUSHDA	KENFAC	42	M	40	4333	4:40:10
604	NO RETURN		TEAM VITALITY		F	SEN		4:40:29
605	BOQWANA	NOLWAZI	HOUT BAY HARRIERS	55	F	55	1392	4:40:35
606	M	GODREY	HEWAT	38	M	35		4:41:03
607	KALAM	MDUKA	SACS OBS	39	M	35	13331	4:41:22
608	OCTOBER	BERNICE	DURBAC	60	F	60	6522	4:41:26
609	DANIELS	FIRDOZE	ASICS	27	F	SEN	10381	4:41:39
610	FISCHER	JOPPIE	LANGEBAAAN STRANDLOPERS	58	M	55	1722 BOL	4:42:14
611	KWEYAMA	YANDISWA	SANDF WP	37	F	35	8814	4:42:35
612	BENNETT	PAUL	TEMP	53	M	50	T	4:42:40
613	LOUW	SOPHIA	BRACKENFELL	54	F	50	8117	4:43:16
614	HENDRIKSE	ELIZKA	BRACKENFELL	51	F	50	6184	4:43:17
615	SALIE	YUSUF	BRIMSTONE ITHEKO	43	M	40	13888	4:43:20
616	KAKAZA	AVU	CHILLIE		M	SEN	6060	4:44:05
617	HENDRICKS	MARLYN	BELLVILLE	46	M	45	9927	4:44:22
618	GREBE	RUSSELL	CELTIC	59	M	55	0720	4:44:24
619	SMIT	JACO	NEDBANK WP	37	M	35		4:44:25
620	ANOSI	TELEKE	HOLLYWOOD	40	F	40	12183 KZN	4:44:35
621	M	SIYA	TYMEBANK LANGA		M	SEN	11065	4:44:42
622	JOSEPHSON	JACQUI	WEST COAST	49	F	45	1879	4:44:43
623	MABASO	XOLANI	HOLLYWOOD	29	M	SEN	14902 KZN	4:44:52

624	STEYN	ETHLANE	LANGEBAAAN STRANDLOPERS	42	F	40	1747 BOL	4:44:56
625	BENN	PETER-JOHN	LANGEBAAAN STRANDLOPERS	41	M	40	10622 BOL	4:44:56
626	NO RETURN		TEMP		F	SEN	T	4:45:07
627	DIEDERICKS	VALESKE	TOTALSPORTS VOB	34	F	SEN	2882	4:45:24
628	FISHER	NATALIE	PINELANDS	54	F	50	1219	4:45:53
629	BECK	MELISSA	BELLVILLE	35	F	35	8287	4:46:57
630	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	4:47:10
631	DUN	LINDY	UCT	52	F	50	0974	4:47:12
632	PETERSEN	KASSABAIN	WEST COAST	53	F	50	2182	4:47:16
633	LAMONT	MATTHEW	SANDF WP	32	M	SEN	7737	4:47:57
634	ODENDAAL	CLIVE	TEMP	26	F	SEN	T	4:47:58
635	TYAKUME	THOZAMA	TYMEBAK LANGA	50	M	50	2986	4:48:52
636	GLADDEN	LESLEY-ANN	PINELANDS	42	F	40	0997	4:48:57
637	NO CARD		HARFIELD		M	SEN		4:49:17
638	EVEZARD	KIM	EDGEMEAD	40	F	40	4898	4:49:30
639	VAN SCHALKWYK	RICHARD	EDGEMEAD	44	M	40	5028	4:49:30
640	SIEBRITS	KRIGE	OMMIEDRAAI	56	M	55	2560	4:49:41
641	MARTENS	MONIQUE	WEST COAST	59	F	55	2005	4:49:46
642	SALVER	SHONA	SPARTAN	53	F	50	12080	4:49:49
643	DOWNS	LORNA	SPARTAN	47	F	45	0152	4:49:49
644	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	4:49:52
645	DANIELS	SERGIO	TOP FORM	50	M	50	10099	4:49:52
646	OSMAN	ZIYAAD	TEMP	38	M	35	T	4:50:00
647	KUPE	AYANDA	KHAYELITSHA		F	SEN	6326	4:50:05
648	MANUELS	DEBORAH	TOP FORM	36	F	35	10080	4:50:15
649	NO RETURN		RCS GUGS		F	SEN		4:50:43
650	STEMMET	WALEED	OMMIEDRAAI	50	M	50	2447	4:53:06
651	GOOCH	TRACY-ANNE	WEST COAST	48	F	45	2042	4:53:22
652	WHITE	ESMERELDA	PINELANDS	45	F	45	1329	4:53:51
653	MOHAMED	NEEZAAM	SACS OBS	46	M	45	4304	4:53:58
654	ROSCHER	ROBYN-LEIGH	HOUT BAY HARRIERS	42	F	40	1414	4:53:58
655	SCHWARTZ	TRACY	CENTURY CITY	51	F	50	4758	4:53:59
656	MAY	KELLY	MP TITANS	33	F	SEN	2897	4:56:07
657	MAY	MARLON	MP TITANS	39	M	35	2878	4:56:08
658	MAY	TAMSYN	MP TITANS	39	F	35	2877	4:56:19
659	CHONGO	BEZANT	BRIMSTONE ITHEKO	44	M	40	4376	4:56:33
660	SMITH	ALLISON	ARD	44	F	40	5722	4:56:36
661	GALETTA	THEO	PINELANDS	52	M	50	0971	4:56:52
662	KUBHEKA	REFILOE	PINELANDS	39	M	35	1284	4:57:21
663	FREDERICKS	BONITA	SPARTAN	50	F	50	0173	4:57:39
664	REISSENZAHN	GEORGE	PINELANDS	55	M	55	3368	4:58:06
665	GEQIWE	NIKIWE	LWANDLE	39	F	35		4:58:21
666	JANSEN	CARMEN	STRAND	40	F	40	3601	4:58:40
667	HENDRICKS	SHAHEED	OMMIEDRAAI	55	M	55	2401	4:59:07
668	BAILLIE-COOPER	FRANCOISE	SPARTAN	53	F	50	0551	4:59:59
669	CAMPHER	MARY	MIDAS SPARTANS	65	F	65	6553	5:00:00
670	NKOHLA	PATIENCE	KHAYELITSHA		F	SEN	6303	5:00:17
671	PILLAY	WINSTON	OMMIEDRAAI	59	M	55	11480	5:00:23
672	STAIN	KASHIEF	SACS OBS		M	SEN	13317	5:01:08
673		CHARL	TEMP	49	M	45	T	5:01:37
674	DE KLERK	LIZL	WEST COAST	47	F	45	2147	5:02:21
675	NOMBOA	XUGE	RCS GUGS	42	M	40	11350	5:02:55
676	OCTOBER	ZETHENA	RAVENSMEAD	54	F	50	5271	5:05:38
677	PHUNCU	BUYISIWE	FAT CATS	41	F	40	5943	5:07:24
678	GUMEDE	SIVE		36	M	35	10438	5:07:40
679	BAPELA	MOSHIBUDI	TEMP	41	F	40	T1225	5:09:31
680	THOBELA	CHWAYITA	RCS GUGS	27	F	SEN	11200	5:10:13
681	LEWIS	MICHELLE	BELLVILLE	49	F	45	9942	5:10:39
682	HARTOGH	DONIVAN	PINELANDS	52	M	50	0966	5:12:13
683	NO RETURN		RCS GUGS		M	SEN		5:13:49
684	KABELI	MODISE	PARLIAMENT	50	M	50	9836	5:15:14
685	WESTHUIZEN	KATHY	CARBINEERS WP	53	F	50	4502	5:18:27
686	VENA	VUYISILE	MANDELA PARK	63	M	60	11814	5:21:01

687	CHIMPEN	NORIS KARREN	EDGEMEAD	30	F	SEN	5096	5:21:55
688	MATUADI		TEMP	42	F	40	T	5:24:59
689	CAROLUS	MARJORIE	ARD	43	F	40	5676	5:26:31
690	JANSEN	RUDI	IN TOUCH	46	M	45	1708	5:28:55
691		WILLEM	TEMP	35	M	35	T	5:29:21
692	GIJA	MSIMELELO	TYMEBANK LANGA		M	SEN	11050	5:29:31
693	NIKA	NOMAWETHU	HOUT BAY HARRIERS	47	F	45	11460	5:34:54
694	NO RETURN		TEMP		M	SEN	T	5:35:28
695	GESWINT	CHERGE	ASICS	29	M	SEN	10382	5:36:42
696	MSOLO	SINDISWA	KHAYELITSHA	35	F	35	6355	5:40:33

SONIA HARLOCK

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**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	FURBER	RICHARD	TEMP	47	M	45	T	

SONIA HARLOCK

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**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

SONIA HARLOCK

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RESULTS

WOMENS RESULTS

QUEEN OF THE MOUNTAIN

1	{17}	NATALIE ANN	STERK	STERK SPAN	2-28-44
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OPEN WOMEN

1	(17)	NATALIE ANN	STERK	STERK SPAN	2-28-44
2	(18)	ANENE	CLAASSEN	AAC	2-29-34
3	(33)	DANETTE	WALLEY	TEMP	2-42-25

WOMEN 40 - 49 YEARS

1	(40)	KATE	REES	32 GI CG	2-44-07
2	(79)	MARILIZE	VIENINGS	EDGEMEAD	3-01-51
3	(106)	ZISIWE	MNETHOZA	IN TOUCH	3-10-14

WOMEN 50 – 59 YEARS

1	(157)	LETITIA	SMITH	CARBINEERS WP	3-26-49
2	(159)	JULIE	ARGUILE	TOTALSPORTS VOB	3-27-04
3	(202)	ROLDAH	ORRIE	BRIMSTONE ITHEKO	3-34-42

WOMEN 60 – 69 YEARS

1	(312)	KAREN	LITTLE	TOTALSPORTS VOB	3-54-50
2	(333)	MARINA	ORFFER-SMITH	TEAM VITALITY	3-57-39
3	(365)	HENREHETTE	VAN WYK	EDGEMEAD	4-00-29

WOMEN 70 YEARS +

1	(178)	NANCY	WILL	PINELANDS	3-30-32
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MENS RESULTS

KING OF THE MOUNTAIN

1	(3)	MALUSI	JUDASE	NEDBANK WP	3-15-23
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OPEN MEN

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(2)	BRANDON	LEWIN	CELTIC HARRIERS	2-13-12
3	(3)	MALUSI	JUDASE	NEDBANK WP	2-15-23

MEN 40 – 49 YEARS

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(4)	VAKALISA	KOPOLO	NEDBANK WP	2016-59
3	(12)	ZITHULELE	NOZIECRWE	BELLVILLE	2-24-11

MEN 50 – 59 YEARS

1	(21)	ROGER	DICKSON	TOTALSPORTS VOB	2-33-24
2	(24)	TSUNGAI	MWANENGENI	RCS GUGS	2-34-23
3	(25)	JOHN	SEPTEMBER	BRIMSTONE ITHEKO	2-34-33

MEN 60 – 69 YEARS

1	(93)	EBRAHIM	DARIUS	OMMIEDRAAI	3-08-23
2	(99)	LORENZO	LUCAS	NEDBANK WP	3-09-27

3	(127)	SHAFIEK	CASSIEM	BRIMSTONE ITHEKO	3-19-21
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MEN 70 YEARS +

1	(233)	RAYMOND	VENABLES	LANGEBAAAN STRANDLOOPERS	3-40-52
2	(314)	BRIAN	MERRYWEATHER	EDGEMEAD	3-54-37
3	(337)	KENNY	WILLIAMS	PINELANDS	3-57-45

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
WOMEN 70 – 74 YEARS	1
TOTAL WOMEN	<hr/> 296

MEN COUNT

SENIOR MEN	84
MEN 35 – 39 YEARS	57
MEN 40 – 44 YEARS	75
MEN 45 – 49 YEARS	48
MEN 50 – 54 YEARS	64
MEN 55 – 59 YEARS	36
MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

32 GI RC CG	3
32 GI RC SWD	1
Arecelor Mittal AC AVT	1
ARD AC	17
ASICS AC	3
Atlantic AC	29
Atlantic Triathlon Running Club	7
Atlantis Harriers AC	1
Bellville AC	23
Boksburg AC CG	2
Born 2 Run AC	2
Boxer AC	1
Brackenfell AC	10
Brimstone Itheke Sport AC	26
Cape Multisport	12
Capitec AC BOL	1
Carbineers WP	11
Celtic Harriers	17
Central Athletics	2
Century City AC	9
Chappies Running Club CG	1
Cheetahs AC CG	1
Chille RC WP	10
Club Mykonos Multisport BOL	2
Durban Runners KZN	1
Easterns Kraaifontein AC	6
Edgemead Runners	36
Eersterivier AC	1
ELTIC	1
Faranani AC GN	1
Fat Cats AC	3
Fish Hoek AC	10
Foresters Running Club	1
Hangklip AC BOL	1
Harfield Harriers	12
Helderberg Harriers	5
Herbalife AC	1
Hewat AC	1

Hillcrest Villagers AC KZN	1
Hollywood AC KZN	2
Hout Bay Harriers	9
illegible Club Names	2
In Touch Walk & Run	4
Kensington & Fractretton SAC	3
Khayelitsha AC	5
Kuils River Athletics	4
Langebaan Strandloopers	11
Lwandle AC	6
Mandela Park AC	10
Manoni AC WP	3
Melkbos AC	1
Metropolitan AC	2
Midas Spartans	2
Mitchell Plain Titans	5
Mountain & Trail Enthusiasts	1
Murray & Roberts AC	1
Multi Sport Maniacs	1
Nantes AC	2
Nedbank Running Club WP	12
Old Edwardians AC CG	1
Ommiedraai Friends AC	23
Orca Running Academy KZN	1
Oxford Striders BOR	1
Parliament AC	3
Phoenix AC	1
Pick'n Pay AC	1
Pinelands AC	28
RAC CG	1
Ravensmead AC	1
RCS Guguletu AC	26
Real Gijimas BOR	1
Run Walk For Life WP	3
Run Zone AC CG	2
SACS Alumni Running Club	3
SANDF AFS	1
SANDF WP	3
SAPS AC WP	3
Somerset Striders	1
Southern Striders	3
Spartan Harriers	26
Stellenbosch AC BOL	6

Sterk Span AC GN	1
Stragglers AC	1
Strand AC	10
Swartland AC BOL	2
Team Vitality GN	1
Team Vitality WP	16
Temporary Licensed Runners	52
Top Form AC	8
Totalsports VOB Running Club	31
Tygerberg AC	1
TymeBank Langa AC	11
UCT AC	1
UWC AC	1
Van Der Merwe & Robertson Durbanville AC	23
Viking AC	3
Walmers AC	2
Wellington AC BOL	2
West Coast AC	19
Whalers Runners BOL	3
WPCC	2
No Cards / No Returns	8
TOTAL RUNNERS	696

SPONSORS

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

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
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MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	ORCA RUNNING ACADEMY	46	M	45	10972 KZN	2:07:58
2	LEWIN	BRANDON	CELTIC	28	M	SEN	13260	2:13:12
3	JUDASE	MALUSI	NEDBANK WP		M	SEN	11536	2:15:23
4	KOPOLO	VAKALISA	NEDBANK WP	47	M	45	56311	2:16:59
5	MLAMBA	YANGA	MANDELA PARK	36	M	35	11302	2:17:17
6	GADZIKWA	TAKUNDA	SPARTAN	24	M	SEN	2117	2:18:19
7	MKHWE	KHULILE	SPARTAN	24	M	SEN	2116	2:18:20
8	AZIZA	GERSHON	SPARTAN	23	M	SEN	4310	2:18:44
9	LANGE	SINETHEMBO	EDGEMEAD	33	M	SEN	4850	2:19:13
10	MAKWAKWA	PATRICK	SPARTAN	34	M	SEN	0602	2:23:14
11	SITCHEKE	GCOBANI	EASTERNS		M	SEN	7685	2:23:52
12	LELE	ZITHU	BELLVILLE	40	M	40	13924	2:24:11
13	ZITHULELE		NEDBANK WP	40	M	40	5542	2:26:08
14	BREAK	KYLE	TOTALSPORTS VOB	35	M	35	3273	2:26:58
15	NTSHONTSHE	LWANDO	MANDELA PARK	30	M	SEN	11813	2:27:29
16	TSHEWELA	BONARLE	EASTERNS	37	M	35	8687	2:28:08
17	STERK	NATALIE	STERK SPAN		F	SEN		2:28:44
18	CLAASSEN	ANENE	AAC	33	F	SEN	9590	2:39:34
19	NKANI	MSIMELELO	SAPS WP	34	M	SEN	5627	2:31:12
20	SOMCHIZA	CEBISA	LWANDLE	34	M	SEN	13452	2:32:42
21	DICKSON	ROGER	TOTALSPORTS VOB		M	50		2:33:24
22	NKOMO	METHUSELI	TOTALSPORTS VOB	38	M	35	3002	2:33:49
23	FLINT	RICHARD	TOTALSPORTS VOB	39	M	35	2904	2:34:09
24	MWANENGENI	TSUNGAI	RCS GUGS	50	M	50	11138	2:34:23
25	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	2:34:33
26	WEAVER	HANSLEY	NEDBANK WP	51	M	50	5556	2:34:55
27	SKOSANA	MOSES	CENTURY CITY	43	M	40	4752	2:36:33
28	BECKWITH	PETER	AAC	34	M	SEN	10226	2:39:00
29	TAGGE	GUIDO	TEMP	50	M	50	T	2:41:19
30	ALMEIDA	JOSE	EDGEMEAD	51	M	50	4995	2:41:40
31	BROERS	NEIL	AAC	42	M	40	9580	2:42:13
32	MIDDELKOOP	DION	BOXER AC	50	M	50	T	2:42:24
33	WALLEY	DANETTE	TEMP		F	SEN	T	2:42:25
34	LEASK	BRENDON	WEST COAST	39	M	35	3307	2:42:26
35	BLAUW	RICARDO	NEDBANK WP	42	M	40	5544	2:43:03
36	KLERCK	GRAEME	TOTALSPORTS VOB	51	M	50	0441	2:43:04
37	OCKHUIS	GARRON	EDGEMEAD	38	M	35	4880	2:44:04
38	OSMAN	SHERAAZ	EDGEMEAD	36	M	35	5015	2:44:05
39	BROWN	GARY	EDGEMEAD	41	M	40	4882	2:44:06
40	REES	KATE	32GI CG	46	F	45	T	2:44:07
41	MNGQIBISA	XOLISA	TYMEBANK LANGA	45	M	45	5381	2:44:21
42		CHARLES	CENTURY CITY	30	M	SEN	4801	2:44:31
43	CARIEM	YASEEN	BRIMSTONE ITHEKO	37	M	35	6467	2:45:33
44	NO RETURN				M	SEN		2:45:35
45	CHAFANA	NCEBA	MANDELA PARK	34	M	SEN	13872	2:45:42
46		EADIE	EASTERNS	43	M	40	13243	2:46:00
47	HANKIN	MARK	HARFIELD	34	M	SEN	1507	2:46:24
48	MEMANE	N	MANDELA PARK	48	M	45	11803	2:46:28
49	SMIT	MARETHA	NEDBANK WP	34	F	SEN	T	2:46:31
50	PLUYM	PIETER	TEMP	32	M	SEN	T	2:47:16
51	DE BEER	NIC	MURRAY & ROBERTS	50	M	50	0123	2:47:18
52	NO RETURN		TEMP		M	SEN	T	2:47:39
53	MASAMANE	APHELELE	MANDELA PARK	24	M	SEN		2:48:07
54		RAYMONDE	RCS GUGS	33	M	SEN	6203	2:48:34
55	GREIG	WILLIAM	RUN WALK 4 LIFE	43	M	40	5027	2:48:37
56	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45	3623	2:49:10

57	ENGELBRECHT	CHRISTIE	TEMP		F	SEN	T	2:49:17
58	PAWLEY	NICK	HARFIELD	34	M	SEN	T	2:49:42
59	NGINGI	XOLANI	RCS GUGS	41	M	40	6212	2:49:48
60	KUPFERBERG	MIKE	MELKBOS	37	M	35	12817	2:51:11
61	CAKETT	JENNA	HARFIELD	30	F	SEN	1447	2:52:35
62	ATKINSON	JULIAN	TEMP	31	M	SEN	T	2:52:36
63	CUNNAMA	DANIEL	HARFIELD	39	M	35	1501	2:52:37
64	SMIT	ANDREW	HARFIELD	43	M	40	1448	2:52:37
65	HOBBS	HAYDEN	CHAPPIES	47	M	45	3796 CGA	2:52:38
66	NO RETURN		EASTERNS		M	40		2:54:09
67	MBONBI	NKOSI	MANDELA PARK		M	SEN	11807	2:54:37
68	DAVIES	JOHN	ATC	53	M	50	1747	2:54:40
69	VISSER	DAWID	BELLVILLE	44	M	40		2:54:49
70	POTGIETER	LEANI	DURBAC	30	F	SEN	4130	2:55:49
71	PIENAAR	ETIENNE	TOTALSPORTS VOB	35	M	35	3014	2:57:20
72	J	BEKITHEMBA	METROPOLITAN	19	M	SEN	9311	2:57:47
73	GOVENDER	DARREN	PHOENIX	39	M	35	9410	2:59:28
74	NO CARD		TYMEBANK LANGA		M	SEN		2:59:46
75	VD BIJ	SIERD	FISH HOEK	35	M	35	8611	2:59:50
76	TSHDALADA	MANHLA	TYMEBANK LANGA	35	M	35	13022	3:00:12
77	DANIELS	PEZA	OMMIEDRAAI	40	M	40	13663	3:00:14
78	SALKINDER	RAEL	TOTALSPORTS VOB	44	M	40	3064	3:01:02
79	VIENINGS	MARLIZE	EDGEMEAD	48	F	45	5115	3:01:51
80	STARCK	SIMON	EDGEMEAD	35	M	35	5088	3:01:52
81	NJOKONULU	M	KHAYELITSHA		M	SEN	3004	3:02:52
82	FREEDMAN	MALCOLM	TOTALSPORTS VOB	46	M	45	2780	3:03:44
83		JEROME	MP TITANS	54	M	50	11431	3:04:09
84	ROUX	HELENE	TEMP	39	F	35	T	3:04:38
85	LAUE	GARY	WEST COAST	46	M	45	6685	3:04:47
86	THOMASON	RICHARD	HARFIELD	47	M	45	13962	3:05:33
87	HERHOLDT	JOSHUA	TEMP	30	M	SEN	T	3:06:12
88	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35	7898	3:06:14
89	NO RETURN		TEMP		F	SEN	T	3:06:14
90	KORCK	GREG	EDGEMEAD	41	M	40	5082	3:06:17
91	SILO	HAWARD	LWANDLE	38	M	35	13453	3:06:29
92	WHITEHEAD	CARLA	CENTURY CITY	39	F	35	4774	3:07:07
93	DARIUS	EBRAHIM	OMMIEDRAAI	62	M	60	2559	3:08:23
94	GABRIEL	SOLIEGH	KENFAC	38	M	35	4316	3:08:24
95	BYDAWELL	STEPHEN	32GI CG	33	M	SEN	T	3:08:28
96	AUSTIN	LISA-JO	DURBAC	39	F	35	3775	3:08:32
97	HANNIBAL	L DAVIS	DURBAC	38	F	35	3737	3:08:33
98	VAN DER NEST	INGE	DURBAC	31	F	SEN	4003	3:08:47
99	LUCAS	LORENZO	NEDBANK WP	61	M	60	10909	3:09:17
100	NO CARD				M	SEN		3:09:18
101	BEKKER	RENIER	BORN 2 RUN	40	M	40	8239	3:09:18
102	ISAACS	ASHLEY	TOTALSPORTS VOB	49	F	45	2951	3:09:53
103	MONGALE	TIRELO	MANONI	41	M	40	5463	3:10:00
104	WILLIAMS	ENRONECIA	MP TITANS	37	F	35	11426	3:10:07
105	DE GOEDE	DEWALD	CAPE MULTISPORT	43	M	40	2280	3:10:12
106	MNETHOZA	ZISIWE	IN TOUCH	40	F	40	9717	3:10:14
107	PENROSE	NICK	AAC	49	M	45	9485	3:10:14
108	VAZI	LUMKO	RCS GUGS	39	M	35	6129	3:10:49
109	WEBBER	GRANT	HARFIELD	44	M	40	14071	3:11:19
110	GEYER	MARISA	AAC	36	F	35	T	3:11:36
111	MUTAKWA	TANAKA	RCS GUGS	34	M	SEN	6154	3:12:00
112	WIEHAHN	ADRIAN	DURBAC	46	M	45		3:12:08
113	BLOM	COERT	SAPS WP	53	M	50	6290	3:12:42
114	JANISCH	MICHAEL	TOTALSPORTS VOB	55	M	55	2961	3:13:32
115	RAUTENBACH	GUSTAV	FISH HOEK	30	M	SEN	11613	3:13:55
116		JANINE	TEMP		F	SEN	T	3:14:32
117		JOSEPH	STRAND	41	M	40	12989	3:14:55
118	PAIZES	CONSTANTINOS	CELTIC	39	M	35	0763	3:15:13
119	WARES	USALIT	HARFIELD	37	M	35		3:15:13

120	NO RETURN		RUN ZONE		M	SEN		3:15:36
121	ZINN	MATTHEW	CELTIC	30	M	SEN	0825	3:16:06
122	DILLON	BLAINE	DURBAC	34	M	SEN	4018	3:16:22
123	BOOI	XOLISIWE	EDGEMEAD	39	F	35	5023	3:16:46
124	GROBLER	LISL	WEST COAST	47	F	45	2160	3:17:02
125	DALY	BRENDAN	FISH HOEK	42	M	40	0639	3:17:28
126	PLAATJIE	S	TEMP	51	M	50	T	3:19:04
127	CASSIEM	SHAFIEK	BRIMSTONE ITHEKO		M	60	13821	3:19:21
128	DANIELS	DEON	OMMIEDRAAI	43	M	40	2347	3:19:25
129	HOBMAIER	IRMI	AAC	34	F	SEN	T	3:19:26
130	WAGENHEIM	MARK	AAC	67	M	65	10188	3:19:27
131	PESKIN	LAMLA	SPARTAN	37	F	35	0262	3:19:36
132	GLOYNE	ROWEN	CARBINEERS WP	47	M	45	4529	3:19:48
133	STEYN	ANNMARIE	WHALERS	53	F	50	0376 BOL	3:20:27
134	NO CARD		TEMP		M	SEN	T	3:20:31
135	LEWIS	JUANITA	CARBINEERS WP	34	F	SEN	6115	3:20:40
136	BRINK	ELIZABETH	DURBAC	49	F	45	4020	3:20:49
137	MOLTI	FAROUK	ARD	40	M	40	5706	3:21:41
138	VENTER	DEWALD	WHALERS	37	M	35	0029 BOL	3:21:54
139	SNOW	GREG	DURBAC	61	M	60	4076	3:22:17
140	BRUWER	DANIE	CAPE MULTISPORT	44	M	40	2299	3:22:21
141	JANSEN	CHESLYN	EERSTERIVIER	41	M	40	10320	3:22:22
142	ISAACS	JODY ELTON	BRACKENFELL	48	M	45	8181	3:22:22
143	PAYNE	GARRON	BRACKENFELL	53	M	50	8081	3:22:25
144	DOWIE	CELESTE	HOUT BAY HARRIERS	33	F	SEN	1362	3:22:36
145	MATTHEWS	RIAAN	SPARTAN	51	M	50	0520#	3:22:47
146	COLLINS	MALCOLM	TOTALSPORTS VOB	58	M	55	2697	3:22:48
147	GEYER	FAIZA	CARBINEERS WP	40	F	40	4540	3:22:54
148	KNIPE	AASHIQ	EDGEMEAD	50	M	50	5049	3:22:59
149	DANI	FRANCIS	OMMIEDRAAI	36	M	35	13802	3:23:11
150	GILLILAND	RIANDA	AAC	39	F	35	14411	3:23:56
151	PARRING	MARLON	AAC	47	M	45	9468	3:23:58
152	KRUGER	MATTHEW	HOUT BAY HARRIERS	40	M	40	1361	3:25:45
153	MENTOR	JEROME	TOP FORM	54	M	50	10084	3:25:45
154	SCOTT	BRUCE	HARFIELD	51	M	50		3:26:12
155	NO RETURN		RUN ZONE		M	SEN		3:26:22
156	NO CARD		CELTIC		M	SEN		3:26:35
157	SMITH	LETITIA	CARBINEERS WP	53	F	50	4548	3:26:49
158	MATTHEWS	GRAHAM	AAC	43	M	40	12477	3:26:56
159	ARGUILE	JULIE	TOTALSPORTS VOB	56	F	55	2709	3:27:04
160	MGADA	PHILISWA	TOTALSPORTS VOB	40	M	40	2802	3:27:10
161	KWANDA		MANDELA PARK	46	M	45	11816	3:27:46
162	MATAMO	SIKHUMBULE	TEMP	37	M	35	T	3:27:46
163	COOPER	TYRAN	FISH HOEK	37	M	35	T	3:27:51
164	ALCOCK	TARYN	TOTALSPORTS VOB	32	F	SEN	0247	3:28:13
165	HIRSCH	MICHAEL	PICK 'n PAY	30	M	SEN	12517	3:28:13
166	JACOBS	MARMAAN	OMMIEDRAAI	41	M	SEN	9487	3:28:21
167	EBRAHIM		BRIMSTONE ITHEKO	53	M	50	11947	3:28:57
168	AFRICA	CARMELITA	EDGEMEAD	42	F	40	4990	3:29:08
169	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	3:29:09
170	NO RETURN				F	SEN		3:29:11
171	B	NWABISA	CHILLIE	36	M	35	11095	3:29:12
172	NO RETURN				F	SEN		3:29:15
173	JAFTHA	FRED	TEMP	45	M	45	T	3:29:26
174	VENTER	RYNO	TEMP	34	M	SEN	0941	3:29:27
175	WINCKWORTH	SUSAN	AAC	40	F	40	10210	3:29:34
176	ISAACS	AUBREY	TYMEBANK LANGA	60	M	60	5354	3:29:34
177	DAVIES	SIMON	ATC	42	M	40	5668	3:29:58
178	WILL	NANCY	PINELANDS	71	F	70	1252	3:30:32
179	ALLEN	WILLIAM	TEMP	39	M	35	T	3:30:37
180	WINTER	MATTHEW	TEMP	46	M	45	T	3:30:39
181	TUMELLO		TYMEBANK LANGA	39	M	35	11071	3:30:45
182	FRITZ	MALCOLM	EDGEMEAD	64	M	60	4876	3:31:10

183	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	3:31:11
184	DAVIDS	MOIRA	EDGEMEAD	44	F	40	4838	3:31:17
185	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	3:31:18
186	FOURIE	CARENE	STELLENBOSCH	38	F	35	0802 BOL	3:31:59
187	NEL	MELANIE	STELLENBOSCH	40	F	40	0832 BOL	3:32:00
188	GOUWS	FRANCOIS	EDGEMEAD	58	M	55	5200	3:32:09
189	CLOETE	PHILIP	CAPE MULTISPORT	44	M	40	12271	3:32:20
190	DE MONK	ROBDOG	TOTALSPORTS VOB	56	M	55	2873	3:32:29
191	VON SEIDEL	SHELLEY	TOTALSPORTS VOB	44	F	40	1099	3:32:48
192	MATENGA	TAKUDZWA	RCS GUGS	34	M	SEN	11164	3:32:50
193	NELUHENI	FULUFHELO	CHILLIE	23	F	SEN	6042	3:33:15
194	GOLA	SINALO	CHILLIE	36	M	35	6046	3:33:15
195	THABILE		CHILLIE	37	M	35	6085	3:33:16
196	LUVUYO		CHEETAHS	33	M	SEN	0103	3:33:17
197	MURRY	KELLY	TOTALSPORTS VOB	34	F	SEN		3:33:18
198	JANSEN	IZAAN	CLUB MYKONOS MULTISPORT	39	M	35	0920 BOL	3:33:21
199	NO RETURN		NEDBANK WP		F	SEN		3:33:41
200	ENGEL	CLINT	SPARTAN	40	M	40	12055	3:33:49
201	SNOWDEN	ANDREW	AAC	40	M	40	10217	3:34:13
202	ORRIE	ROLDAH	BRIMSTONE ITHEKO	50	F	50	3530	3:34:42
203	K	S	FAT CATS	37	F	35	13516	3:34:52
204	LUBBE	GREGSON	HOUT BAY HARRIERS		M	SEN		3:34:53
205	TORR	GREGORY	ATC	49	M	45	4407	3:35:19
206	MINNAAR	JEAN	PINELANDS	41	M	40		3:35:20
207	ALLEN	ASHLEY	TEMP	28	M	SEN	T	3:35:38
208	HANSEN	ADAM	FISH HOEK	36	M	35	T	3:35:41
209	TOBIN	TARA	CELTIC	29	F	SEN	0824	3:35:52
210	KOEN	PETER	TOTALSPORTS VOB	47	M	45	2989	3:35:55
211	NEDERSTIGT	DAPHNE	AAC	36	F	35	12478	3:35:59
212	GOLIATH	ANDREW	PINELANDS	55	M	55	9332	3:36:02
213	MAHARAJ	GAIL	SANDE WP	56	F	55	8800	3:36:12
214	NO RETURN		TOTALSPORTS VOB		M	SEN		3:36:42
215	DA SILVA	MOENIER	MATES	50	M	50	11683	3:37:07
216	HOUSDON	TRACYE	ATC	53	F	50	9994	3:37:10
217	NO CARD		OMMIEDRAAI		M	SEN		3:37:31
218	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:37:58
219	KESSELL	LIINDIE	ATC	38	F	35	1817	3:38:35
220	MCFALL	LARENZA	BELLVILLE	36	F	35	8362	3:38:35
221	SHERFODIEN	WAHIB	OMMIEDRAAI	51	M	50	11515	3:38:40
222	SAMAAI	JUNAID	OMMIEDRAAI	29	M	SEN	13068	3:38:50
223	GAMLA	ABDUL-ALEEM	BRIMSTONE ITHEKO	54	M	50	11966	3:38:51
224	MATYESHA	BUYISWA	LWANDLE		F	40	5412	3:38:58
225	ZADIE	FRANK	WELLINGTON	40	M	40	1423 BOL	3:39:24
226	AGHERDIEN	FIQREE	TOP FORM	41	M	40	10062	3:39:38
227	SILWANA	SEAN	RCS GUGS	50	M	50	6197	3:39:44
228	CHAPMAN	EMMA	TEMP	26	F	SEN	T	3:39:50
229	GORE	REBECCA	AAC	30	F	SEN	12497	3:40:00
230	CLOETE	ESTIE	CAPE MULTISPORT	44	F	40	12270	3:40:04
231	DOWNES	JANINE	MULTISPORT MANIACS	38	F	35	9307	3:40:08
232	MASHILA	DVIVHULUWANI	FARANANI	54	M	50	6630 AGN	3:40:17
233	VENABLES	RAYMOND	LANGEBAAAN STRANDLOPERS	73	M	70	1751 BOL	3:40:52
234	BURGER	GERRIT	BELLVILLE	43	M	40	13907	3:41:25
235	FRAZER	JAMES	BELLVILLE	54	M	50	5141	3:41:27
236	JAKOET	SULAIMAN	CENTRAL AC	36	M	35	3934	3:41:35
237	BUCKLOW	CHERYL	FISH HOEK	52	F	50	11620	3:41:36
238	NO RETURN		BRIMSTONE ITHEKO		M	SEN	T	3:42:17
239	SCOTT	CHARMAINE	TOTALSPORTS VOB	53	F	50	0781	3:42:20
240	PAYNE	KIRSTY	HOUT BAY HARRIERS	34	F	SEN	1360	3:42:21
241	VAN ZYL	ANNELIZE	LANGEBAAAN STRANDLOPERS	38	F	35	1718 BOL	3:42:23
242	WAINMAN	BARRY	AAC	60	M	60	10233	3:42:33
243	HILL	CLINTON	CARBINEERS WP	40	M	40	12148	3:42:44
244	HOFFMAN	CHANELLE	STRAND	52	F	50	3695	3:42:50
245	SMIT	ANGELIQUE	STRAND	45	F	45	3645	3:42:52

246	BROSENS	TANNO	TOTALSPORTS VOB	65	M	65	3200	3:43:16
247	GENSICKE	ANDREAS	PINELANDS	55	M	55	1268	3:43:40
248	SWART	LEZL	CELTIC	43	F	40	0881	3:43:42
249	MOUNTAIN	JOANNE	TEMP		F	SEN	T	3:43:44
250	PETERSEN	JOHN	SPARTAN	63	M	60	12062	3:43:44
251	IRVINE	TIMOTHY	WPCC	54	M	50	1024	3:43:50
252	KAY	DAVE	TEMP		M	SEN	T	3:43:59
253	SCHERMAN	AMANDA	LANGEBAAAN STRANDLOPERS	54	F	50	1791 BOL	3:44:35
254	DAVEY	JESSIE	SOUTH STRIDERS	59	F	55		3:45:06
255	JACOBS	ASHLEY	SOUTH STRIDERS	50	M	50	5849	3:45:07
256	BLOEMHOFF	LEHAN	SANDF FS	32	M	SEN	T	3:45:10
257	VAN DER MERWE	ROANNE	TEMP		F	SEN	T	3:45:19
258	ROSSOUW	IZAK	DURBAC	45	M	45	3812	3:45:21
259	CHIFAMBA	TERRENCE	CELTIC	36	M	35	0680	3:45:23
260	MOPP	RICHARD	BELLVILLE	51	M	50	8367	3:45:24
261	CLAZEN	LEE-ANN	STELLENBOSCH	35	F	35		3:45:53
262	WANA	SARAH	TEMP	35	F	35	T	3:46:02
263	CARINUS	GERHARDUS	BELLVILLE	39	M	35	8296	3:46:18
264	NO CARD		DURBAC		F	SEN		3:46:45
265	KOOYMAN	BEN	DURBAC	36	M	35	3840	3:46:45
266	MULLER	ANNE	EDGEMEAD	58	F	55	5035	3:46:54
267	MARTIN	KHATIB	OMMIEDRAAI	38	M	35	2406	3:47:01
268	MARTIN	ARDIEL	BRIMSTONE ITHEKO	48	M	45	6509	3:47:02
269	CARPENTER	EMMA	AAC	47	F	45	4004	3:47:08
270	DE JAGER	JETHRO	TEAM VITALITY	40	M	40	7149	3:47:20
271	PARKER	FAGHRY	ARD	36	M	35	3222	3:47:23
272	KARRIEM	RUWAYDA	ARD	45	F	45		3:47:23
273	NTSIKI		DURBAC	43	F	40	4141	3:47:29
274	DAVIDS	DEIDRE	KUILS RIVER	40	F	40	2599	3:47:35
275	HATTINGH	MARNUS	HANGKLIP	51	M	50	T	3:47:41
276	BROWN	ARNO	NEDBANK WP	56	M	55	5608	3:47:53
277	BEY	MICHELLE	ELTIC	52	F	50	0845	3:47:59
278	TRAUT	JENNIFER	HELDERBERG HARRIERS	34	F	SEN	8031	3:48:05
279	BACKSTROM	HENRIETTE	DURBAC	38	F	35	5=4118	3:48:11
280	CRAWFORD	CELESTE	CAPE MULTISPORT	47	F	45	1153	3:48:22
281	ER	SEBNEM	ATC	45	F	45	4406	3:48:28
282	CILLIERS	EUGENE	WEST COAST	54	M	50	1986	3:48:29
283	DANIELS	BIANCA	CARBINEERS WP	52	F	50	12147	3:48:53
284	PASK	LORIEN	TOTALSPORTS VOB	56	F	55	3029	3:48:58
285	MULAUDZI	MAANDA	BRIMSTONE ITHEKO	65	M	65	0590	3:49:01
286	TEMMERS	BERNIE	TYMEBANK LANGA	60	M	60	5344	3:49:33
287	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	3:49:35
288	BRITS	DIANE	SPARTAN	42	F	40	0131	3:50:00
289	MOLOISANE	THAPELO	RCS GUGS		M	SEN	11311	3:50:07
290	MUNEEB		OMMIEDRAAI	40	M	40	2391	3:50:08
291	CLAASSEN	JOHANN	32GI CG	44	M	40	23597 CGA	3:50:33
292	MEINTJES	GRAEME	RCS GUGS	52	M	50	11147	3:50:46
293	KALAM	ABDUL-MALIEK	RCS GUGS	50	M	50	11219	3:50:50
294	MATTHEWS	BEVAN	TEMP	36	M	35	T	3:51:07
295	CARPENTER	ALAN	CENTURY CITY	51	M	50	4805	3:51:08
296	KOOYMAN	ELIZMA	DURBAC	39	F	35	3841	3:51:14
297	DE BEER	THIAN	CAPE MULTISPORT	39	M	35		3:51:28
298	NELSON	REGARDT	CAPE MULTISPORT	43	M	40		3:51:29
299		NATASHA	FISH HOEK	50	F	50	11618	3:51:34
300	NYIKISA	SILLMELA	RCS GUGS	40	M	40	6192	3:51:42
301	BLOM	JOSUA	WHALERS	53	M	50	0362 BOL	3:51:54
302	GUNNELL	G	HELDERBERG HARRIERS	65	M	60	7960	3:52:09
303	COETZEE	MICHELLE	EDGEMEAD	42	F	40	4920	3:52:47
304	MORTIMER	KEVIN	SOMERSET STRIDERS	44	M	40	6395	3:53:01
305	DONDOLO	LINDANI	RCS GUGS	40	M	40	T	3:53:20
306	DOBIE	JORDAN	STELLENBOSCH	25	M	SEN	0845 BOL	3:53:30
307	KLAASE	HENNIE	SWARTLAND	64	M	60	0056 BOL	3:53:48
308		SHARIEF	BRIMSTONE ITHEKO	41	M	40	11932	3:54:19

309	DARIES	GAVIN	SPARTAN	55	M	55	0144	3:54:22
310	BESTER	SANDRA	LANGEBAAAN STRANDLOPERS	46	F	45	1710 BOL	3:54:23
311	VORSTER	LEONIE	LANGEBAAAN STRANDLOPERS	48	F	45	1754 BOL	3:54:27
312	LITTLE	KAREN	TOTALSPORTS VOB	64	F	60	3009	3:54:30
313	HARVEY	ELAINE	WPCC	49	F	45	4242	3:54:35
314	MERRYWEATHER	BRIAN	EDGEMEAD	70	M	70	4948	3:54:37
315	MULLER	BARRY	STRAND	56	M	55	3685	3:54:47
316	FRISBIE	SOPHIA	TEMP	32	F	SEN	T34277	3:55:03
317		DALE	NANTES	30	M	SEN	12609	3:55:30
318	BOEZAK	PERCIVAL	TEAM VITALITY	53	M	50	7016	3:55:34
319	RUDLING	MARK	EDGEMEAD	40	M	40	13237	3:55:35
320	DE JAGER	CELESTE	TEAM VITALITY	39	F	35	7150	3:55:39
321	JACOBS	DENZIL	PINELANDS	50	M	50	1007	3:55:49
322	MPONGO	L	KHAYELITSHA	53	M	50	6272	3:56:15
323	HINDMARCH	CATHERINE	PINELANDS	55	F	55	1303	3:56:18
324	ABRAHAMS	WALEED	OMMIEDRAAI	48	M	45	12730	3:56:46
325	MARSHALL	NICHOLAS	AAC	40	M	40	9496	3:56:51
326	NO CARD				M	SEN		3:56:51
327	PRICE	CRAIG	TOTALSPORTS VOB	45	M	45	3044	3:56:52
328	BEE	KERRY	AAC	49	F	45	3387	3:56:53
329	ADAMS	VERA	UWC	53	F	50	9102	3:56:53
330	NO RETURN		TEAM VITALITY		F	SEN		3:56:54
331	TARR	HELEN	HARFIELD	52	F	50	1452	3:57:13
332	ROZENBOOK	MARCO	TYGERBERG	54	M	50	12182	3:57:19
333	ORFFER-SMITH	MARINA	TEAM VITALITY	62	F	60	7242	3:57:29
334	MCCURRACH	B	TEMP	56	M	55	T45734	3:57:30
335	M	SIVUYILE	CHILLIE	43	M	40	6062	3:57:30
336	NGQOWEMLA	BETTY	CHILLIE	27	F	SEN	6034	3:57:39
337	WILLIAMS	KENNY	PINELANDS	74	M	70	1149	3:57:45
338	LAWSON	JESSICA	WEST COAST	36	F	35	2010	3:57:47
339		MAXWELL	MIDAS SPARTANS	37	M	35	6109	3:57:54
340	ADAMS	RALPH	PINELANDS	64	M	60	1150	3:58:13
341	GULER	MATHILDA	PINELANDS	44	F	40		3:58:15
342	MOLLER	JOLENE	TEMP	31	F	SEN	T	3:58:26
343	DU PLOOY	JACO	TEMP	47	M	45	T	3:58:29
344	ORMOND	NIGEL	FISH HOEK	52	M	50	T	3:58:29
345	FELLIES	HEYLEY	RCS GUGS	39	F	35	11222	3:58:35
346	RONAASEN	CATHERINE	CENTURY CITY	46	F	45	4702	3:58:45
347	BORWICK	STEVEN	CELTIC	46	M	45	0913	3:58:57
348	BROWN	ALISON	WEST COAST	57	F	55	2181	3:59:01
349	BINQELA	LULCHANYO	TEAM VITALITY	31	F	SEN	7214	3:59:02
350	LOUW	HANSIE	HERBALIFE	67	M	65	9022	3:59:03
351	LUBBE	DIRK	BELLVILLE	54	M	50	2365	3:59:03
352	HAUPT	TERRENCE	SOUTH STRIDERS	56	M	55	5850	3:59:04
353	GOVENDER	TEDDY	OMMIEDRAAI	54	M	50	2520	3:59:07
354	GOOSEN	MICHELLE	BRACKENFELL	42	F	40	8207	3:59:08
355	SMIT	SCHALK	STRAND	56	M	55	3656	3:59:09
356	NO CARD				M	SEN		3:59:13
357	FREDERICKS	LIONEL	EASTERNS	71	M	70	8716	3:59:25
358	FLINT	MARTIN	TOTALSPORTS VOB	50	M	50	2903	3:59:45
359	BREET	RUDEAN	DURBAC	47	F	45	4088	3:59:50
360	SMITH	ALISON	PINELANDS	47	F	45	1055	3:59:54
361	KRUGER	MARIUS	CAPITEC	49	M	45	1951 BOL	4:00:00
362	JANSEN	WENDY	EDGEMEAD	56	F	55	5080	4:00:05
363	NABEE	ZULPHA	BRIMSTONE ITHEKO	44	F	40	11718	4:00:18
364	KHATIEB	ZUNAID	BRIMSTONE ITHEKO	44	M	40	6660	4:00:19
365	VAN WYK	HENREHETTE	EDGEMEAD	60	F	60	5101	4:00:20
366	ROSSI	SHARON	SPARTAN	42	F	40	0283	4:00:42
367	MONGALE	LUTENDO	RCS GUGS	40	F	40	11943	4:01:05
368	DE MONK	ELYDIA	TOTALSPORTS VOB	57	F	55	0306	4:01:09
369	NAJJAAR	LEILAH	ARD	41	F	40	13670	4:01:11
370	WATERS	RAASAY	TOTALSPORTS VOB	44	F	40	3139	4:01:13
371	NEWBY	ROBYN	TOTALSPORTS VOB	33	F	SEN	3209	4:01:14

372	JOHAAR	ARMIEN	ARD	61	M	60	5700	4:01:18
373	MOLTI	AYESHA	ARD	39	F	35	5705	4:01:36
374	JONES	DAVID	BOKSBURG	53	M	50	4642 CGS	4:01:45
375	MARUCCHI	LEIGH-ANN	BOKSBURG	53	F	50	0809 CGA	4:01:49
376	LEWIN	ABDUL-MUIZH	ARD	43	M	40	5762	4:01:52
377	BEGG	SHAMEEMAH	ARD	44	F	40	5662	4:01:53
378	HANNAH	MICHAEL	WEST COAST	61	M	60	0962	4:02:43
379	OMAR	ABEEDA	BRIMSTONE ITHEKO	45	F	45	13756	4:02:44
380	RASANT	MENEZI	ILLEGIBLE		M	SEN	6342	4:02:53
381	ADAMS	ADIEL	ATLANTIS HARRIERS	57	M	55	9276	4:02:54
382	COETZEE	MARI	BRACKENFELL	49	F	45	8201	4:02:57
383	GRUNEWALD	ESTELLE	PARLIAMENT	52	F	50	9828	4:03:01
384	NEL	DEON	AAC	49	M	45	9566	4:03:12
385	GODWANA	MNCEDI	RCS GUGS	52	M	50	6133	4:03:21
386	MAVUME	ENATHI	MANDELA PARK	29	F	SEN	11817	4:03:59
387	OMAR	MUZ	BRIMSTONE ITHEKO	46	M	45	13755	4:04:27
388	NO RETURN		BRIMSTONE ITHEKO		M	SEN		4:04:27
389	ABRAHAMS	LEON	PINELANDS	58	M	55	1165	4:05:02
390	MARKEY	MELANIE	WEST COAST	45	F	45	0180	4:05:23
391	VAN WYK	BRIAN	EDGEMEAD	51	M	50	5051	4:05:39
392	RONNE	LEIGHTON	CELTIC	41	M	40	0867	4:05:57
393	SASMAN	LESTER	SPARTAN	42	M	40	0300	4:05:57
394	SMITH	DUSTIN	SPARTAN	40	M	40	0428	4:06:00
395	NO CARD		TEMP		F	SEN	T	4:06:05
396	ABRAHAMS	ISMAIL	OMMIEDRAAI	50	M	50	1523	4:06:06
397	PRINS	RUSSEL	ARD	49	M	45	5443	4:06:19
398	PARKER	NIKKI	CELTIC	45	F	45	0787	4:06:48
399	SLABBER	DEBRA	ATC	36	F	35		4:06:54
400	MALAN	PIETER	CAPE MULTISPORT	58	M	55	2303	4:07:14
401	GONSALVES	NADIA	AAC	49	F	45	10174	4:07:17
402	BERRIDGE	ELISHA	AAC	51	F	50	9459	4:07:18
403		SIYA	ILLEGIBLE	50	M	50	11811	4:07:19
404	DANIELS	FAHIEMA	OMMIEDRAAI	41	F	40	2557	4:07:26
405	ROSSOW	JULIAN	SPARTAN	56	M	55	03=284	4:07:28
406	SLABBER	JENNIE	CAPE MULTISPORT	41	F	40	0075	4:07:52
407	MZINYATI	FATIMA	WEST COAST	38	F	35	2085	4:07:56
408	MATLHARE	ZAMANGOMA	TEAM VITALITY GN	42	F	40	18172	4:07:56
409	BEARNE	JANINE	SPARTAN	50	F	50	2161	4:08:13
410	DU PLESSIS	ILONA	CENTURY CITY	34	F	SEN	4732	4:08:20
411	VS	NEVILLE	CENTURY CITY	42	M	40	4775	4:08:21
412	MULLER	JOWYK	CAPE MULTISPORT	40	M	40		4:08:25
413	ISAACS	QUINTON	OMMIEDRAAI	44	M	40	2341	4:08:48
414	LE ROUX	DUAYNE	TEMP		M	SEN	T	4:09:24
415	MAHTA	DAVID	EDGEMEAD	44	M	40	4994	4:09:25
416	ERRINGTON	SABRINA	ASICS	26	F	SEN	10571	4:09:25
417	ZOLEKA		STELLENBOSCH	40	F	40	0766 BOL	4:09:26
418	MUNODAWAFA	LEMUHANI	PINELANDS	39	M	35	1142	4:09:31
419	KRIEL	GLEN	DURBAC	64	M	60	3964	4:09:39
420	PITTENDRIGH	WAYNE	RUN WALK 4 LIFE	61	M	60	8682	4:09:43
421	WOEKE	ILANA	STRAND	50	F	50	3673	4:10:09
422	BUYS	KOBIE	STRAND	52	F	50	3677	4:10:09
423	DU PLOOY	LEZANE	WELLINGTON	37	F	35	1433 BOL	4:10:19
424	THOMAS	EVANGELIQUE	EDGEMEAD	28	F	SEN	5110	4:10:40
425	HYMNS	LIZ	AAC	52	F	50	10230	4:11:03
426	SLINGERS	PIETER	KUILS RIVER	51	M	50	12809	4:11:27
427	DYWILI	SIYA	TEAM VITALITY	43	M	40	7209	4:11:31
428	MOORE	CRYSTLE-LYNNE	KUILS RIVER	36	F	35	2616	4:11:52
429	ECKLETON	TREVOR	KUILS RIVER	33	M	SEN	2610	4:11:52
430	RORICH	DEBBIE	SPARTAN	52	F	50	0471	4:12:13
431	VAN TONDER	CLINTON	TEMP	47	M	45	T	4:12:24
432	REITZ	JULIE	EASTERNS	53	F	50	2711	4:12:46
433	DYANI-SAPULA	THEMBAKAZI	LWANDLE	38	F	35	5398	4:12:49
434	JIKELA	LUDWE	MANONI	54	M	50	5429	4:12:50

435	PRICE	EMMA	DURBAC	39	F	35	3824	4:12:52
436	HARRIES	SARAH	DURBAC	27	F	SEN	3831	4:12:52
437	GANGRAKAR	MUJEEB	BRIMSTONE ITHEKO	54	M	50	14070	4:13:11
438	MARTIN	DARNELL	PINELANDS	61	F	60	1105	4:13:14
439	BARNARD	RIAAN	CAPE MULTISPORT	45	M	45	12283	4:13:19
440	MARAIS	CHARL	TEMP	38	M	35	T	4:13:19
441	WILLIAMS	QUINTON	SPARTAN	48	M	45	0675	4:13:23
442	ROMAN	JUNE	CELTIC	56	F	55	0718	4:13:33
443	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	4:13:43
444	PRIOR	BEN	EDGEMEAD	55	M	55	5099	4:13:48
445	MOSES	MASOOD	ARD	32	M	SEN	5673	4:13:50
446	BRUYNS	DEAN	ARD	33	M	SEN	5697	4:13:50
447	GROBLER	FRANCOIS	HELDERBERG HARRIERS	49	M	45	7878	4:13:51
448	DOLO	MPUMELELO	CHILLIE	34	M	SEN	6070	4:13:51
449	RAVELLS	RYAN	ARD	41	M	40	5753	4:13:52
450	SCHUTTE	MONIQUE	DURBAC	35	F	35	3901	4:13:52
451	SMEDA	STEPHAN	TEAM VITALITY	45	M	45	7566	4:13:54
452	ALLIE	MARWAAN	CENTRAL AC	56	M	55	9619	4:13:56
453	WHITEHEAD	LINELLE	32GI SWD	43	F	40	1708 SWD	4:13:58
454	SANDS	CAROLINE	HOUT BAY HARRIERS	67	F	65	1410	4:13:59
455	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	59	F	55	1405	4:13:59
456	BOTTOMAN	LINDELO	REAL GIJIMAS	53	M	50	0819	4:14:23
457	EDWARDS	KERRY	PINELANDS	42	F	40	1008	4:14:28
458	MANDONDO	SINAZO	CHILLIE	40	M	40	6233	4:14:35
459	SMIT	ANDRE	STELLENBOSCH	47	M	45	0707 BOL	4:14:35
460	CERES	AMEEN	ARD	55	M	55	5739	4:14:41
461	EMERAN	ADNAAN	BRIMSTONE ITHEKO	58	M	55	6432	4:14:44
462	NGOBENI	LATASAH	NEDBANK WP	47	F	45	5558	4:14:49
463	MATHABATHE	MPHO	PARLIAMENT	46	M	45	9824	4:14:51
464	ABRAHAMS	PAUL	AAC	60	M	60	9572	4:14:52
465	WEIR	GAVIN	SPARTAN	51	M	50	0506	4:14:54
466	SWARTZ	SANDRA	PINELANDS	64	F	60	1259	4:15:07
467	BENADE	BIANCA	CENTURY CITY	34	F	SEN	4659	4:15:08
468	RALANE	DUMISA	TEAM VITALITY	39	M	35	7764	4:15:23
469	GUDLINDLU	DINILESIZWE	MANONI	40	M	40		4:15:28
470	GERBER	AMANDA	BELLVILLE	57	F	55	8474	4:15:42
471	HUMPHREYS	KAREN	WEST COAST	45	F	45	2023	4:16:02
472	JOUBERT	ERIKA	BRACKENFELL	40	F	40	7083	4:16:08
473	ABDURAGHMAAN		TOP FORM	39	M	35	13742	4:16:12
474	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	4:16:25
475	NONDALA	LUNGISWA	RCS GUGS	36	F	35	14568	4:16:41
476	WADE	SHAAFI	ARD	46	M	45	13117	4:16:45
477	NAGEL	BIANCA-LEIGH	CARBINEERS WP	44	F	40	4479	4:16:55
478	GOOSEN	JACKIE	DURBAC	62	F	60	3911	4:17:35
479	VISSER	TRUDIE	BORN 2 RUN	46	F	45	8229	4:17:40
480	OUWERKERK	VANESSA	EDGEMEAD	54	F	50	5060	4:17:43
481	GILLMER	DIANA	TEAM VITALITY	41	F	40	7018	4:17:46
482	TORR	ANDREW	FISH HOEK	65	M	65	11625	4:18:01
483	CAESAR	WARREN	EDGEMEAD	45	M	45	4917	4:18:05
484	GERTSE	MOGAMAT	BRIMSTONE ITHEKO	59	M	55	13079	4:18:48
485	PRETORIUS	PIA	CELTIC	51	F	50	0934	4:18:59
486	LAWLER	TERESA	CELTIC	43	F	40	0806	4:18:59
487	SWARTZ	GREGORY	TOTALSPORTS VOB	57	M	55	2783	4:19:35
488	GAY	LORNA	EDGEMEAD	56	F	55	5033	4:19:41
489	SMITH	WENDAL	PINELANDS	55	M	55	0968	4:19:46
490	MAHADEO	NIKARA	DURBAN	35	F	35	1486 KZN	4:20:15
491	KOTLER	RAFI	OLD EDS	39	M	35	19623 CGA	4:20:17
492	KHATIEB	FAYROZ	OMMIEDRAAI		M	SEN	2512	4:20:26
493	GENSICKE	RENATA	PINELANDS	50	F	50	1273	4:20:33
494	COZYN	AYESHA	OMMIEDRAAI	51	F	50	6766	4:20:46
495	NAIDOO	KELVINA	ARD	35	F	35	5741	4:21:07
496	KAPLAN	LARA	AAC	55	F	55	9544	4:21:10
497	MUJENI	TADIWA	TEMP	32	M	SEN	T	4:21:15

498	NO RETURN		SPARTAN		M	SEN		4:21:16
499	DAVIDS	GRETCHIN	OMMIEDRAAI	28	F	SEN	13051	4:21:17
500	JAPTHA	ANTHONY	BRACKENFELL	43	M	40	8155	4:21:45
501	BOSCH	DOUGLAS	AAC	48	M	45	10293	4:21:46
502	SAMAAI	NURAAAN	OMMIEDRAAI	35	F	35	11504	4:21:50
503	NO CARD		TEAM VITALITY		M	SEN		4:21:55
504	BREWER	SIRAJ	BRIMSTONE ITHEKO	47	M	45	6446	4:22:32
505	BRANSGROVE	KAYLA	TEMP	27	F	SEN	T	4:22:43
506	MCLEAN	AMANDA	CARBINEERS WP	51	F	50	4488	4:23:10
507	WA CIPAMBA	REBECCA	BELLVILLE	46	F	45	8430	4:23:25
508	HUGO	LIESEL	CELTIC	48	F	45	0681	4:23:31
509	MASIKATI	MALCOLM	WEST COAST	40	M	40	2131	4:24:01
510	ERICKSON	GRAEME	VIKING	53	M	50	8731	4:24:04
511	ALLIE	ZIREENA	BRIMSTONE ITHEKO	57	F	55	6591	4:24:07
512	CARIEM	AFROZ	BRIMSTONE ITHEKO	46	F	45	6584	4:24:07
513	BASSIER	SULAIMAN	BRIMSTONE ITHEKO	67	M	65	6573	4:24:09
514	LOUW	JANNEKE	DURBAC	40	F	40	4104	4:24:10
515	LE ROUX	CHRISNA	DURBAC	40	F	40	4103	4:24:11
516	FUTTER	CATHERINE	CELTIC	45	F	45	0811	4:24:19
517	MALAN	JEANNE	CAPE MULTISPORT	56	F	55	2404	4:24:20
518	DE KOCK	ANNATJIE	STRAND	63	F	60	3620	4:24:26
519	ROBINSON	AMY	EDGEMEAD	42	F	40	4963	4:24:31
520	KOEKMOER	TAMAR	TOTALSPORTS VOB	37	F	35	2954	4:24:41
521	MILLER	KAREN	VIKING	42	F	40	8727	4:25:14
522	VLADESCU	ESTER	HELDERBERG HARRIERS	54	F	50	7924	4:25:29
523	ADAMS	MICHAEL	PINELANDS	55	M	55	1222	4:25:41
524	JACOBS	ANTHEA	IN TOUCH	54	F	50	1740	4:25:50
525	VALENTINE	LUCRECIA	IN TOUCH	48	F	45	1724	4:25:50
526	HAWKES	ALICE	TEMP	33	F	SEN	T	4:26:00
527		TAARIQ		38	M	35	4288	4:26:19
528	GANGER	ANTHEA	TOP FORM	41	F	40	10077	4:26:19
529	SAMUELS	CLARISA	BRACKENFELL	46	F	45	8208	4:26:22
530	MEHL	BEVERLEY	TOP FORM	64	F	60	10064	4:26:54
531	BRANSGROVE	CRAIG	TEMP	58	M	55	T	4:26:56
532	MAKUPULA	ANDISIWE	TEMP	40	F	40	T	4:27:07
533	PETERS	RUSSEL	VIKING	51	M	50	8733	4:27:45
534	MCAZA	OLWETHU	RCS GUGS	38	F	35	6171	4:27:54
535	MUODAWAFA	MEMORY	RCS GUGS	38	F	35	6146	4:28:07
536	KLEINSMITH	SHEREEZE	BELLVILLE	41	F	40	8343	4:28:11
537	VAN NIEKERK	LEANRI	BELLVILLE	35	F	35	8459	4:28:12
538	JOHANNES	KEAN	BELLVILLE	40	M	40	8339	4:28:13
539	SCHOEMAN	FRANSIEN	BELLVILLE	39	F	35	8390	4:28:14
540	NORMAN	RICHARD	BELLVILLE	58	M	55	8374	4:28:14
541	FORBES	CLIVE	BELLVILLE	44	M	40	8321	4:28:15
542	ADAMS	BRENDAN	TEMP	54	F	50	T	4:28:36
543	VAN DYK	LOUISE	AAC	42	F	40	T	4:29:02
544	JOSEPH	ANZONIA	EDGEMEAD	53	F	50	5078	4:29:05
545	DAMON	LUCILLE	FORESTERS	64	F	60	12031	4:29:19
546	SPIES	ANSULAIN	TEMP	48	F	45	T	4:29:41
547	LAMB	KIM	EDGEMEAD	59	F	55	4854	4:29:45
548	NO CARD		RCS GUGS		M	SEN		4:30:07
549	PETERSEN	BRENT	WEST COAST	46	M	45	1995	4:30:07
550	MILLER	CHRISTINE	EDGEMEAD	61	F	60	5052	4:30:29
551	LAGUMA	CINDY	SPARTAN	44	F	40	0463	4:30:40
552		DENISE	SPARTAN	66	F	65	0599	4:30:42
553	MBASA	GUWA	RCS GUGS		M	SEN		4:31:50
554	MEHL	TANIA	WEST COAST	53	F	50	3255	4:32:06
555	HUMAN	ELMAR	AAC	31	M	SEN	12502	4:32:10
556	LE ROUX	ANSU	AAC	31	F	SEN	10164	4:32:11
557	COLLOP	EDDIE	SPARTAN	45	M	45	0137	4:32:23
558	NDLAMLA	SIBULELE	TEAM VITALITY	35	F	35	7378	4:32:24
559	MGEDEZI	NQOBILE	TEMP	27	M	SEN	T	4:32:28
560	OOSTHUIZEN	RIAAAN	BELLVILLE	55	M	55	8377	4:32:34

561	GIBSON	CONNIE	TEMP	56	F	55	8520	4:32:55
562	MNTONINZI	NONHLANHLA	METROPOLITAN	39	F	35	11810	4:32:58
563	FARAO	VALENCIA	LANGEBAAAN STRANDLOPERS	52	F	50	1779 BOL	4:33:26
564	PAPIER	LENEVE	RCS GUGS	35	F	35	11170	4:33:26
565	VISSER	LEON	TEAM VITALITY	54	M	50	6922	4:33:41
566	KHUZWAYO	S'THANDILE	CARBINEERS WP	44	F	40	4515	4:33:44
567	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	4:33:55
568	DUNCAN-SMITH	NICOLENE	TEAM VITALITY	48	F	45	7112	4:33:57
569	MUSHANGANYISI	PUMZA	PINELANDS	50	F	50	3830	4:33:57
570	SIYA		TYMEBANK LANGA	38	M	35	11069	4:34:04
571	MDUDLU	THEMBEWA	TYMEBANK LANGA		M	SEN	11319	4:34:04
572	VISSER	LOUISE	TEMP	61	F	60	T	4:34:31
573	STANDER	MARTHINUS	HILLCREST VILLAGERS	44	M	40	5335 KZN	4:34:31
574	KOTZE	ELIZMA	HARFIELD	55	F	55	1478	4:35:08
575	TYAKUME	ZUZKA	FAT CATS	46	F	45	5929	4:35:17
576	NO RETURN		SAPS WP		M	SEN		4:35:28
577	GODLOZA	MAXWELL	MANDELA PARK	60	M	60	11810	4:35:40
578	MOREIRA	ROBERTO CARLOS	LANGEBAAAN STRANDLOPERS	42	M	40	1786 BOL	4:35:46
579	MSHWELI	NOMASIXOLO	LWANDLE	37	F	35	5426	4:35:48
580		FATIMA	WALMERS	45	F	45	9063	4:36:09
581	ASMAL	REPAAI	WALMERS		M	SEN	9070	4:36:12
582	SMITH	JEFF	BRIMSTONE ITHEKO	78	M	75	11928	4:36:44
583	CONRADIE	D	TEMP	63	M	60	T34283	4:37:27
584	VAN DEN BERG	JO	BELLVILLE	43	F	40	8300	4:37:53
585	ENGLISH	GREG	RUN WALK 4 LIFE	53	M	50	8933	4:38:03
586	FRITS	DENEZE	EDGEMEAD	61	F	60	1801	4:38:12
587	BERGHARDIEN	M	RCS GUGS	64	M	60	6141	4:38:29
588	WISEMAN	LIZETTE	CLUB MYKONOS MULTISPORT	47	F	45	0899 BOL	4:38:34
589	KOTZE	NATASHIA	LANGEBAAAN STRANDLOPERS	43	F	40	1792 BOL	4:38:34
590	LAMPRECHT	ANNERIE	ARCELOR MITTAL	34	F	SEN	0914 BOL	4:38:35
591	HOLLINGTON	MIKE	RAC	66	M	65	5623 CGA	4:38:39
592	BRAND	DEON	BELLVILLE	50	M	50	8294	4:38:47
593	VISAGIE	NATALIE	NANTES	42	F	40	9242	4:38:49
594	THOMPSON	TOXY	TOP FORM	40	F	40	10079	4:38:49
595	AUGUST	CHANTAL	CARBINEERS WP	53	F	50	4527	4:38:49
596	SMITH	WILLIE	TEAM VITALITY	60	M	60	7245	4:38:58
597	SMITH	DION	AAC	57	M	55	10263	4:39:02
598	MYBURGH	ELYMI	STRAND	60	F	60	3684	4:39:06
599	STEENKAMP	THEO	BELLVILLE	69	M	65	9912	4:39:29
600	ILLEGIBLE	M	OXFORD STRIDERS	51	M	50	0992 BOR	4:40:03
601	KWEZI	M	CHILLIE	48	M	45	1294	4:40:06
602	LOUBSER	NICOLAAS	WEST COAST	62	M	60	1961	4:40:09
603	SCOTT	RUSHDA	KENFAC	42	M	40	4333	4:40:10
604	NO RETURN		TEAM VITALITY		F	SEN		4:40:29
605	BOQWANA	NOLWAZI	HOUT BAY HARRIERS	55	F	55	1392	4:40:35
606	M	GODREY	HEWAT	38	M	35		4:41:03
607	KALAM	MDUKA	SACS OBS	39	M	35	13331	4:41:22
608	OCTOBER	BERNICE	DURBAC	60	F	60	6522	4:41:26
609	DANIELS	FIRDOZE	ASICS	27	F	SEN	10381	4:41:39
610	FISCHER	JOPPIE	LANGEBAAAN STRANDLOPERS	58	M	55	1722 BOL	4:42:14
611	KWEYAMA	YANDISWA	SANDF WP	37	F	35	8814	4:42:35
612	BENNETT	PAUL	TEMP	53	M	50	T	4:42:40
613	LOUW	SOPHIA	BRACKENFELL	54	F	50	8117	4:43:16
614	HENDRIKSE	ELIZKA	BRACKENFELL	51	F	50	6184	4:43:17
615	SALIE	YUSUF	BRIMSTONE ITHEKO	43	M	40	13888	4:43:20
616	KAKAZA	AVU	CHILLIE		M	SEN	6060	4:44:05
617	HENDRICKS	MARLYN	BELLVILLE	46	M	45	9927	4:44:22
618	GREBE	RUSSELL	CELTIC	59	M	55	0720	4:44:24
619	SMIT	JACO	NEDBANK WP	37	M	35		4:44:25
620	ANOSI	TELEKE	HOLLYWOOD	40	F	40	12183 KZN	4:44:35
621	M	SIYA	TYMEBANK LANGA		M	SEN	11065	4:44:42
622	JOSEPHSON	JACQUI	WEST COAST	49	F	45	1879	4:44:43
623	MABASO	XOLANI	HOLLYWOOD	29	M	SEN	14902 KZN	4:44:52

624	STEYN	ETHLANE	LANGEBAAAN STRANDLOPERS	42	F	40	1747 BOL	4:44:56
625	BENN	PETER-JOHN	LANGEBAAAN STRANDLOPERS	41	M	40	10622 BOL	4:44:56
626	NO RETURN		TEMP		F	SEN	T	4:45:07
627	DIEDERICKS	VALESKE	TOTALSPORTS VOB	34	F	SEN	2882	4:45:24
628	FISHER	NATALIE	PINELANDS	54	F	50	1219	4:45:53
629	BECK	MELISSA	BELLVILLE	35	F	35	8287	4:46:57
630	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	4:47:10
631	DUN	LINDY	UCT	52	F	50	0974	4:47:12
632	PETERSEN	KASSABAIN	WEST COAST	53	F	50	2182	4:47:16
633	LAMONT	MATTHEW	SANDF WP	32	M	SEN	7737	4:47:57
634	ODENDAAL	CLIVE	TEMP	26	F	SEN	T	4:47:58
635	TYAKUME	THOZAMA	TYMEBAK LANGA	50	M	50	2986	4:48:52
636	GLADDEN	LESLEY-ANN	PINELANDS	42	F	40	0997	4:48:57
637	NO CARD		HARFIELD		M	SEN		4:49:17
638	EVEZARD	KIM	EDGEMEAD	40	F	40	4898	4:49:30
639	VAN SCHALKWYK	RICHARD	EDGEMEAD	44	M	40	5028	4:49:30
640	SIEBRITS	KRIGE	OMMIEDRAAI	56	M	55	2560	4:49:41
641	MARTENS	MONIQUE	WEST COAST	59	F	55	2005	4:49:46
642	SALVER	SHONA	SPARTAN	53	F	50	12080	4:49:49
643	DOWNES	LORNA	SPARTAN	47	F	45	0152	4:49:49
644	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	4:49:52
645	DANIELS	SERGIO	TOP FORM	50	M	50	10099	4:49:52
646	OSMAN	ZIYAAD	TEMP	38	M	35	T	4:50:00
647	KUPE	AYANDA	KHAYELITSHA		F	SEN	6326	4:50:05
648	MANUELS	DEBORAH	TOP FORM	36	F	35	10080	4:50:15
649	NO RETURN		RCS GUGS		F	SEN		4:50:43
650	STEMMET	WALEED	OMMIEDRAAI	50	M	50	2447	4:53:06
651	GOOCH	TRACY-ANNE	WEST COAST	48	F	45	2042	4:53:22
652	WHITE	ESMERELDA	PINELANDS	45	F	45	1329	4:53:51
653	MOHAMED	NEEZAAM	SACS OBS	46	M	45	4304	4:53:58
654	ROSCHER	ROBYN-LEIGH	HOUT BAY HARRIERS	42	F	40	1414	4:53:58
655	SCHWARTZ	TRACY	CENTURY CITY	51	F	50	4758	4:53:59
656	MAY	KELLY	MP TITANS	33	F	SEN	2897	4:56:07
657	MAY	MARLON	MP TITANS	39	M	35	2878	4:56:08
658	MAY	TAMSYN	MP TITANS	39	F	35	2877	4:56:19
659	CHONGO	BEZANT	BRIMSTONE ITHEKO	44	M	40	4376	4:56:33
660	SMITH	ALLISON	ARD	44	F	40	5722	4:56:36
661	GALETTA	THEO	PINELANDS	52	M	50	0971	4:56:52
662	KUBHEKA	REFILOE	PINELANDS	39	M	35	1284	4:57:21
663	FREDERICKS	BONITA	SPARTAN	50	F	50	0173	4:57:39
664	REISSENZAHN	GEORGE	PINELANDS	55	M	55	3368	4:58:06
665	GEQIWE	NIKIWE	LWANDLE	39	F	35		4:58:21
666	JANSEN	CARMEN	STRAND	40	F	40	3601	4:58:40
667	HENDRICKS	SHAHEED	OMMIEDRAAI	55	M	55	2401	4:59:07
668	BAILLIE-COOPER	FRANCOISE	SPARTAN	53	F	50	0551	4:59:59
669	CAMPHER	MARY	MIDAS SPARTANS	65	F	65	6553	5:00:00
670	NKOHLA	PATIENCE	KHAYELITSHA		F	SEN	6303	5:00:17
671	PILLAY	WINSTON	OMMIEDRAAI	59	M	55	11480	5:00:23
672	STAIN	KASHIEF	SACS OBS		M	SEN	13317	5:01:08
673		CHARL	TEMP	49	M	45	T	5:01:37
674	DE KLERK	LIZL	WEST COAST	47	F	45	2147	5:02:21
675	NOMBOA	XUGE	RCS GUGS	42	M	40	11350	5:02:55
676	OCTOBER	ZETHENA	RAVENSMEAD	54	F	50	5271	5:05:38
677	PHUNCU	BUYISIWE	FAT CATS	41	F	40	5943	5:07:24
678	GUMEDE	SIVE		36	M	35	10438	5:07:40
679	BAPELA	MOSHIBUDI	TEMP	41	F	40	T1225	5:09:31
680	THOBELA	CHWAYITA	RCS GUGS	27	F	SEN	11200	5:10:13
681	LEWIS	MICHELLE	BELLVILLE	49	F	45	9942	5:10:39
682	HARTOGH	DONIVAN	PINELANDS	52	M	50	0966	5:12:13
683	NO RETURN		RCS GUGS		M	SEN		5:13:49
684	KABELI	MODISE	PARLIAMENT	50	M	50	9836	5:15:14
685	WESTHUIZEN	KATHY	CARBINEERS WP	53	F	50	4502	5:18:27
686	VENA	VUYISILE	MANDELA PARK	63	M	60	11814	5:21:01

687	CHIMPEN	NORIS KARREN	EDGEMEAD	30	F	SEN	5096	5:21:55
688	MATUADI		TEMP	42	F	40	T	5:24:59
689	CAROLUS	MARJORIE	ARD	43	F	40	5676	5:26:31
690	JANSEN	RUDI	IN TOUCH	46	M	45	1708	5:28:55
691		WILLEM	TEMP	35	M	35	T	5:29:21
692	GIJA	MSIMELELO	TYMEBANK LANGA		M	SEN	11050	5:29:31
693	NIKA	NOMAWETHU	HOUT BAY HARRIERS	47	F	45	11460	5:34:54
694	NO RETURN		TEMP		M	SEN	T	5:35:28
695	GESWINT	CHERGE	ASICS	29	M	SEN	10382	5:36:42
696	MSOLO	SINDISWA	KHAYELITSHA	35	F	35	6355	5:40:33

SONIA HARLOCK

Cell 083 354 6636

kevson@mweb.co.za

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	FURBER	RICHARD	TEMP	47	M	45	T	

SONIA HARLOCK

Cell 083 354 6636

kevson@mweb.co.za

**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

SONIA HARLOCK

Cell 083 354 6636

kevson@mweb.co.za

RESULTS

WOMENS RESULTS

QUEEN OF THE MOUNTAIN

1	{17}	NATALIE ANN	STERK	STERK SPAN	2-28-44
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OPEN WOMEN

1	(17)	NATALIE ANN	STERK	STERK SPAN	2-28-44
2	(18)	ANENE	CLAASSEN	AAC	2-29-34
3	(33)	DANETTE	WALLEY	TEMP	2-42-25

WOMEN 40 - 49 YEARS

1	(40)	KATE	REES	32 GI CG	2-44-07
2	(79)	MARILIZE	VIENINGS	EDGEMEAD	3-01-51
3	(106)	ZISIWE	MNETHOZA	IN TOUCH	3-10-14

WOMEN 50 – 59 YEARS

1	(157)	LETITIA	SMITH	CARBINEERS WP	3-26-49
2	(159)	JULIE	ARGUILE	TOTALSPORTS VOB	3-27-04
3	(202)	ROLDAH	ORRIE	BRIMSTONE ITHEKO	3-34-42

WOMEN 60 – 69 YEARS

1	(312)	KAREN	LITTLE	TOTALSPORTS VOB	3-54-50
2	(333)	MARINA	ORFFER-SMITH	TEAM VITALITY	3-57-39
3	(365)	HENREHETTE	VAN WYK	EDGEMEAD	4-00-29

WOMEN 70 YEARS +

1	(178)	NANCY	WILL	PINELANDS	3-30-32
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MENS RESULTS

KING OF THE MOUNTAIN

1	(3)	MALUSI	JUDASE	NEDBANK WP	3-15-23
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OPEN MEN

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(2)	BRANDON	LEWIN	CELTIC HARRIERS	2-13-12
3	(3)	MALUSI	JUDASE	NEDBANK WP	2-15-23

MEN 40 – 49 YEARS

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(4)	VAKALISA	KOPOLO	NEDBANK WP	2016-59
3	(12)	ZITHULELE	NOZIECRWE	BELLVILLE	2-24-11

MEN 50 – 59 YEARS

1	(21)	ROGER	DICKSON	TOTALSPORTS VOB	2-33-24
2	(24)	TSUNGAI	MWANENGENI	RCS GUGS	2-34-23
3	(25)	JOHN	SEPTEMBER	BRIMSTONE ITHEKO	2-34-33

MEN 60 – 69 YEARS

1	(93)	EBRAHIM	DARIUS	OMMIEDRAAI	3-08-23
2	(99)	LORENZO	LUCAS	NEDBANK WP	3-09-27

3	(127)	SHAFIEK	CASSIEM	BRIMSTONE ITHEKO	3-19-21
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MEN 70 YEARS +

1	(233)	RAYMOND	VENABLES	LANGEBAAAN STRANDLOOPERS	3-40-52
2	(314)	BRIAN	MERRYWEATHER	EDGEMEAD	3-54-37
3	(337)	KENNY	WILLIAMS	PINELANDS	3-57-45

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
WOMEN 70 – 74 YEARS	1
TOTAL WOMEN	<hr/> 296

MEN COUNT

SENIOR MEN	84
MEN 35 – 39 YEARS	57
MEN 40 – 44 YEARS	75
MEN 45 – 49 YEARS	48
MEN 50 – 54 YEARS	64
MEN 55 – 59 YEARS	36
MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

32 GI RC CG	3
32 GI RC SWD	1
Arecelor Mittal AC AVT	1
ARD AC	17
ASICS AC	3
Atlantic AC	29
Atlantic Triathlon Running Club	7
Atlantis Harriers AC	1
Bellville AC	23
Boksburg AC CG	2
Born 2 Run AC	2
Boxer AC	1
Brackenfell AC	10
Brimstone Itheke Sport AC	26
Cape Multisport	12
Capitec AC BOL	1
Carbineers WP	11
Celtic Harriers	17
Central Athletics	2
Century City AC	9
Chappies Running Club CG	1
Cheetahs AC CG	1
Chille RC WP	10
Club Mykonos Multisport BOL	2
Durban Runners KZN	1
Easterns Kraaifontein AC	6
Edgemead Runners	36
Eersterivier AC	1
ELTIC	1
Faranani AC GN	1
Fat Cats AC	3
Fish Hoek AC	10
Foresters Running Club	1
Hangklip AC BOL	1
Harfield Harriers	12
Helderberg Harriers	5
Herbalife AC	1
Hewat AC	1

Hillcrest Villagers AC KZN	1
Hollywood AC KZN	2
Hout Bay Harriers	9
illegible Club Names	2
In Touch Walk & Run	4
Kensington & Fractreton SAC	3
Khayelitsha AC	5
Kuils River Athletics	4
Langebaan Strandloopers	11
Lwandle AC	6
Mandela Park AC	10
Manoni AC WP	3
Melkbos AC	1
Metropolitan AC	2
Midas Spartans	2
Mitchell Plain Titans	5
Mountain & Trail Enthusiasts	1
Murray & Roberts AC	1
Multi Sport Maniacs	1
Nantes AC	2
Nedbank Running Club WP	12
Old Edwardians AC CG	1
Ommiedraai Friends AC	23
Orca Running Academy KZN	1
Oxford Striders BOR	1
Parliament AC	3
Phoenix AC	1
Pick'n Pay AC	1
Pinelands AC	28
RAC CG	1
Ravensmead AC	1
RCS Guguletu AC	26
Real Gijimas BOR	1
Run Walk For Life WP	3
Run Zone AC CG	2
SACS Alumni Running Club	3
SANDF AFS	1
SANDF WP	3
SAPS AC WP	3
Somerset Striders	1
Southern Striders	3
Spartan Harriers	26
Stellenbosch AC BOL	6

Sterk Span AC GN	1
Stragglers AC	1
Strand AC	10
Swartland AC BOL	2
Team Vitality GN	1
Team Vitality WP	16
Temporary Licensed Runners	52
Top Form AC	8
Totalsports VOB Running Club	31
Tygerberg AC	1
TymeBank Langa AC	11
UCT AC	1
UWC AC	1
Van Der Merwe & Robertson Durbanville AC	23
Viking AC	3
Walmers AC	2
Wellington AC BOL	2
West Coast AC	19
Whalers Runners BOL	3
WPCC	2
No Cards / No Returns	8
TOTAL RUNNERS	696

SPONSORS

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

**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	ORCA RUNNING ACADEMY	46	M	45	10972 KZN	2:07:58
2	LEWIN	BRANDON	CELTIC	28	M	SEN	13260	2:13:12
3	JUDASE	MALUSI	NEDBANK WP		M	SEN	11536	2:15:23
4	KOPOLO	VAKALISA	NEDBANK WP	47	M	45	56311	2:16:59
5	MLAMBA	YANGA	MANDELA PARK	36	M	35	11302	2:17:17
6	GADZIKWA	TAKUNDA	SPARTAN	24	M	SEN	2117	2:18:19
7	MKHWE	KHULILE	SPARTAN	24	M	SEN	2116	2:18:20
8	AZIZA	GERSHON	SPARTAN	23	M	SEN	4310	2:18:44
9	LANGE	SINETHEMBO	EDGEMEAD	33	M	SEN	4850	2:19:13
10	MAKWAKWA	PATRICK	SPARTAN	34	M	SEN	0602	2:23:14
11	SITCHEKE	GCOBANI	EASTERNS		M	SEN	7685	2:23:52
12	LELE	ZITHU	BELLVILLE	40	M	40	13924	2:24:11
13	ZITHULELE		NEDBANK WP	40	M	40	5542	2:26:08
14	BREAK	KYLE	TOTALSPORTS VOB	35	M	35	3273	2:26:58
15	NTSHONTSHE	LWANDO	MANDELA PARK	30	M	SEN	11813	2:27:29
16	TSHEWELA	BONARLE	EASTERNS	37	M	35	8687	2:28:08
17	STERK	NATALIE	STERK SPAN		F	SEN		2:28:44
18	CLAASSEN	ANENE	AAC	33	F	SEN	9590	2:39:34
19	NKANI	MSIMELELO	SAPS WP	34	M	SEN	5627	2:31:12
20	SOMCHIZA	CEBISA	LWANDLE	34	M	SEN	13452	2:32:42
21	DICKSON	ROGER	TOTALSPORTS VOB		M	50		2:33:24
22	NKOMO	METHUSELI	TOTALSPORTS VOB	38	M	35	3002	2:33:49
23	FLINT	RICHARD	TOTALSPORTS VOB	39	M	35	2904	2:34:09
24	MWANENGENI	TSUNGAI	RCS GUGS	50	M	50	11138	2:34:23
25	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	2:34:33
26	WEAVER	HANSLEY	NEDBANK WP	51	M	50	5556	2:34:55
27	SKOSANA	MOSES	CENTURY CITY	43	M	40	4752	2:36:33
28	BECKWITH	PETER	AAC	34	M	SEN	10226	2:39:00
29	TAGGE	GUIDO	TEMP	50	M	50	T	2:41:19
30	ALMEIDA	JOSE	EDGEMEAD	51	M	50	4995	2:41:40
31	BROERS	NEIL	AAC	42	M	40	9580	2:42:13
32	MIDDELKOOP	DION	BOXER AC	50	M	50	T	2:42:24
33	WALLEY	DANETTE	TEMP		F	SEN	T	2:42:25
34	LEASK	BRENDON	WEST COAST	39	M	35	3307	2:42:26
35	BLAUW	RICARDO	NEDBANK WP	42	M	40	5544	2:43:03
36	KLERCK	GRAEME	TOTALSPORTS VOB	51	M	50	0441	2:43:04
37	OCKHUIS	GARRON	EDGEMEAD	38	M	35	4880	2:44:04
38	OSMAN	SHERAAZ	EDGEMEAD	36	M	35	5015	2:44:05
39	BROWN	GARY	EDGEMEAD	41	M	40	4882	2:44:06
40	REES	KATE	32GI CG	46	F	45	T	2:44:07
41	MNGQIBISA	XOLISA	TYMEBANK LANGA	45	M	45	5381	2:44:21
42		CHARLES	CENTURY CITY	30	M	SEN	4801	2:44:31
43	CARIEM	YASEEN	BRIMSTONE ITHEKO	37	M	35	6467	2:45:33
44	NO RETURN				M	SEN		2:45:35
45	CHAFANA	NCEBA	MANDELA PARK	34	M	SEN	13872	2:45:42
46		EADIE	EASTERNS	43	M	40	13243	2:46:00
47	HANKIN	MARK	HARFIELD	34	M	SEN	1507	2:46:24
48	MEMANE	N	MANDELA PARK	48	M	45	11803	2:46:28
49	SMIT	MARETHA	NEDBANK WP	34	F	SEN	T	2:46:31
50	PLUYM	PIETER	TEMP	32	M	SEN	T	2:47:16
51	DE BEER	NIC	MURRAY & ROBERTS	50	M	50	0123	2:47:18
52	NO RETURN		TEMP		M	SEN	T	2:47:39
53	MASAMANE	APHELELE	MANDELA PARK	24	M	SEN		2:48:07
54		RAYMONDE	RCS GUGS	33	M	SEN	6203	2:48:34
55	GREIG	WILLIAM	RUN WALK 4 LIFE	43	M	40	5027	2:48:37
56	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45	3623	2:49:10

57	ENGELBRECHT	CHRISTIE	TEMP		F	SEN	T	2:49:17
58	PAWLEY	NICK	HARFIELD	34	M	SEN	T	2:49:42
59	NGINGI	XOLANI	RCS GUGS	41	M	40	6212	2:49:48
60	KUPFERBERG	MIKE	MELKBOS	37	M	35	12817	2:51:11
61	CAKETT	JENNA	HARFIELD	30	F	SEN	1447	2:52:35
62	ATKINSON	JULIAN	TEMP	31	M	SEN	T	2:52:36
63	CUNNAMA	DANIEL	HARFIELD	39	M	35	1501	2:52:37
64	SMIT	ANDREW	HARFIELD	43	M	40	1448	2:52:37
65	HOBBS	HAYDEN	CHAPPIES	47	M	45	3796 CGA	2:52:38
66	NO RETURN		EASTERNS		M	40		2:54:09
67	MBONBI	NKOSI	MANDELA PARK		M	SEN	11807	2:54:37
68	DAVIES	JOHN	ATC	53	M	50	1747	2:54:40
69	VISSER	DAWID	BELLVILLE	44	M	40		2:54:49
70	POTGIETER	LEANI	DURBAC	30	F	SEN	4130	2:55:49
71	PIENAAR	ETIENNE	TOTALSPORTS VOB	35	M	35	3014	2:57:20
72	J	BEKITHEMBA	METROPOLITAN	19	M	SEN	9311	2:57:47
73	GOVENDER	DARREN	PHOENIX	39	M	35	9410	2:59:28
74	NO CARD		TYMEBANK LANGA		M	SEN		2:59:46
75	VD BIJ	SIERD	FISH HOEK	35	M	35	8611	2:59:50
76	TSHDALADA	MANHLA	TYMEBANK LANGA	35	M	35	13022	3:00:12
77	DANIELS	PEZA	OMMIEDRAAI	40	M	40	13663	3:00:14
78	SALKINDER	RAEL	TOTALSPORTS VOB	44	M	40	3064	3:01:02
79	VIENINGS	MARLIZE	EDGEMEAD	48	F	45	5115	3:01:51
80	STARCK	SIMON	EDGEMEAD	35	M	35	5088	3:01:52
81	NJOKONULU	M	KHAYELITSHA		M	SEN	3004	3:02:52
82	FREEDMAN	MALCOLM	TOTALSPORTS VOB	46	M	45	2780	3:03:44
83		JEROME	MP TITANS	54	M	50	11431	3:04:09
84	ROUX	HELENE	TEMP	39	F	35	T	3:04:38
85	LAUE	GARY	WEST COAST	46	M	45	6685	3:04:47
86	THOMASON	RICHARD	HARFIELD	47	M	45	13962	3:05:33
87	HERHOLDT	JOSHUA	TEMP	30	M	SEN	T	3:06:12
88	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35	7898	3:06:14
89	NO RETURN		TEMP		F	SEN	T	3:06:14
90	KORCK	GREG	EDGEMEAD	41	M	40	5082	3:06:17
91	SILO	HAWARD	LWANDLE	38	M	35	13453	3:06:29
92	WHITEHEAD	CARLA	CENTURY CITY	39	F	35	4774	3:07:07
93	DARIUS	EBRAHIM	OMMIEDRAAI	62	M	60	2559	3:08:23
94	GABRIEL	SOLIEGH	KENFAC	38	M	35	4316	3:08:24
95	BYDAWELL	STEPHEN	32GI CG	33	M	SEN	T	3:08:28
96	AUSTIN	LISA-JO	DURBAC	39	F	35	3775	3:08:32
97	HANNIBAL	L DAVIS	DURBAC	38	F	35	3737	3:08:33
98	VAN DER NEST	INGE	DURBAC	31	F	SEN	4003	3:08:47
99	LUCAS	LORENZO	NEDBANK WP	61	M	60	10909	3:09:17
100	NO CARD				M	SEN		3:09:18
101	BEKKER	RENIER	BORN 2 RUN	40	M	40	8239	3:09:18
102	ISAACS	ASHLEY	TOTALSPORTS VOB	49	F	45	2951	3:09:53
103	MONGALE	TIRELO	MANONI	41	M	40	5463	3:10:00
104	WILLIAMS	ENRONECIA	MP TITANS	37	F	35	11426	3:10:07
105	DE GOEDE	DEWALD	CAPE MULTISPORT	43	M	40	2280	3:10:12
106	MNETHOZA	ZISIWE	IN TOUCH	40	F	40	9717	3:10:14
107	PENROSE	NICK	AAC	49	M	45	9485	3:10:14
108	VAZI	LUMKO	RCS GUGS	39	M	35	6129	3:10:49
109	WEBBER	GRANT	HARFIELD	44	M	40	14071	3:11:19
110	GEYER	MARISA	AAC	36	F	35	T	3:11:36
111	MUTAKWA	TANAKA	RCS GUGS	34	M	SEN	6154	3:12:00
112	WIEHAHN	ADRIAN	DURBAC	46	M	45		3:12:08
113	BLOM	COERT	SAPS WP	53	M	50	6290	3:12:42
114	JANISCH	MICHAEL	TOTALSPORTS VOB	55	M	55	2961	3:13:32
115	RAUTENBACH	GUSTAV	FISH HOEK	30	M	SEN	11613	3:13:55
116		JANINE	TEMP		F	SEN	T	3:14:32
117		JOSEPH	STRAND	41	M	40	12989	3:14:55
118	PAIZES	CONSTANTINOS	CELTIC	39	M	35	0763	3:15:13
119	WARES	USALIT	HARFIELD	37	M	35		3:15:13

120	NO RETURN		RUN ZONE		M	SEN		3:15:36
121	ZINN	MATTHEW	CELTIC	30	M	SEN	0825	3:16:06
122	DILLON	BLAINE	DURBAC	34	M	SEN	4018	3:16:22
123	BOOI	XOLISIWE	EDGEMEAD	39	F	35	5023	3:16:46
124	GROBLER	LISL	WEST COAST	47	F	45	2160	3:17:02
125	DALY	BRENDAN	FISH HOEK	42	M	40	0639	3:17:28
126	PLAATJIE	S	TEMP	51	M	50	T	3:19:04
127	CASSIEM	SHAFIEK	BRIMSTONE ITHEKO		M	60	13821	3:19:21
128	DANIELS	DEON	OMMIEDRAAI	43	M	40	2347	3:19:25
129	HOBMAIER	IRMI	AAC	34	F	SEN	T	3:19:26
130	WAGENHEIM	MARK	AAC	67	M	65	10188	3:19:27
131	PESKIN	LAMLA	SPARTAN	37	F	35	0262	3:19:36
132	GLOYNE	ROWEN	CARBINEERS WP	47	M	45	4529	3:19:48
133	STEYN	ANNMARIE	WHALERS	53	F	50	0376 BOL	3:20:27
134	NO CARD		TEMP		M	SEN	T	3:20:31
135	LEWIS	JUANITA	CARBINEERS WP	34	F	SEN	6115	3:20:40
136	BRINK	ELIZABETH	DURBAC	49	F	45	4020	3:20:49
137	MOLTI	FAROUK	ARD	40	M	40	5706	3:21:41
138	VENTER	DEWALD	WHALERS	37	M	35	0029 BOL	3:21:54
139	SNOW	GREG	DURBAC	61	M	60	4076	3:22:17
140	BRUWER	DANIE	CAPE MULTISPORT	44	M	40	2299	3:22:21
141	JANSEN	CHESLYN	EERSTERIVIER	41	M	40	10320	3:22:22
142	ISAACS	JODY ELTON	BRACKENFELL	48	M	45	8181	3:22:22
143	PAYNE	GARRON	BRACKENFELL	53	M	50	8081	3:22:25
144	DOWIE	CELESTE	HOUT BAY HARRIERS	33	F	SEN	1362	3:22:36
145	MATTHEWS	RIAAN	SPARTAN	51	M	50	0520#	3:22:47
146	COLLINS	MALCOLM	TOTALSPORTS VOB	58	M	55	2697	3:22:48
147	GEYER	FAIZA	CARBINEERS WP	40	F	40	4540	3:22:54
148	KNIPE	AASHIQ	EDGEMEAD	50	M	50	5049	3:22:59
149	DANI	FRANCIS	OMMIEDRAAI	36	M	35	13802	3:23:11
150	GILLILAND	RIANDA	AAC	39	F	35	14411	3:23:56
151	PARRING	MARLON	AAC	47	M	45	9468	3:23:58
152	KRUGER	MATTHEW	HOUT BAY HARRIERS	40	M	40	1361	3:25:45
153	MENTOR	JEROME	TOP FORM	54	M	50	10084	3:25:45
154	SCOTT	BRUCE	HARFIELD	51	M	50		3:26:12
155	NO RETURN		RUN ZONE		M	SEN		3:26:22
156	NO CARD		CELTIC		M	SEN		3:26:35
157	SMITH	LETITIA	CARBINEERS WP	53	F	50	4548	3:26:49
158	MATTHEWS	GRAHAM	AAC	43	M	40	12477	3:26:56
159	ARGUILE	JULIE	TOTALSPORTS VOB	56	F	55	2709	3:27:04
160	MGADA	PHILISWA	TOTALSPORTS VOB	40	M	40	2802	3:27:10
161	KWANDA		MANDELA PARK	46	M	45	11816	3:27:46
162	MATAMO	SIKHUMBULE	TEMP	37	M	35	T	3:27:46
163	COOPER	TYRAN	FISH HOEK	37	M	35	T	3:27:51
164	ALCOCK	TARYN	TOTALSPORTS VOB	32	F	SEN	0247	3:28:13
165	HIRSCH	MICHAEL	PICK 'n PAY	30	M	SEN	12517	3:28:13
166	JACOBS	MARMAAN	OMMIEDRAAI	41	M	SEN	9487	3:28:21
167	EBRAHIM		BRIMSTONE ITHEKO	53	M	50	11947	3:28:57
168	AFRICA	CARMELITA	EDGEMEAD	42	F	40	4990	3:29:08
169	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	3:29:09
170	NO RETURN				F	SEN		3:29:11
171	B	NWABISA	CHILLIE	36	M	35	11095	3:29:12
172	NO RETURN				F	SEN		3:29:15
173	JAFTHA	FRED	TEMP	45	M	45	T	3:29:26
174	VENTER	RYNO	TEMP	34	M	SEN	0941	3:29:27
175	WINCKWORTH	SUSAN	AAC	40	F	40	10210	3:29:34
176	ISAACS	AUBREY	TYMEBANK LANGA	60	M	60	5354	3:29:34
177	DAVIES	SIMON	ATC	42	M	40	5668	3:29:58
178	WILL	NANCY	PINELANDS	71	F	70	1252	3:30:32
179	ALLEN	WILLIAM	TEMP	39	M	35	T	3:30:37
180	WINTER	MATTHEW	TEMP	46	M	45	T	3:30:39
181	TUMELLO		TYMEBANK LANGA	39	M	35	11071	3:30:45
182	FRITZ	MALCOLM	EDGEMEAD	64	M	60	4876	3:31:10

183	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	3:31:11
184	DAVIDS	MOIRA	EDGEMEAD	44	F	40	4838	3:31:17
185	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	3:31:18
186	FOURIE	CARENE	STELLENBOSCH	38	F	35	0802 BOL	3:31:59
187	NEL	MELANIE	STELLENBOSCH	40	F	40	0832 BOL	3:32:00
188	GOUWS	FRANCOIS	EDGEMEAD	58	M	55	5200	3:32:09
189	CLOETE	PHILIP	CAPE MULTISPORT	44	M	40	12271	3:32:20
190	DE MONK	ROBDOG	TOTALSPORTS VOB	56	M	55	2873	3:32:29
191	VON SEIDEL	SHELLEY	TOTALSPORTS VOB	44	F	40	1099	3:32:48
192	MATENGA	TAKUDZWA	RCS GUGS	34	M	SEN	11164	3:32:50
193	NELUHENI	FULUFHELO	CHILLIE	23	F	SEN	6042	3:33:15
194	GOLA	SINALO	CHILLIE	36	M	35	6046	3:33:15
195	THABILE		CHILLIE	37	M	35	6085	3:33:16
196	LUVUYO		CHEETAHS	33	M	SEN	0103	3:33:17
197	MURRY	KELLY	TOTALSPORTS VOB	34	F	SEN		3:33:18
198	JANSEN	IZAAN	CLUB MYKONOS MULTISPORT	39	M	35	0920 BOL	3:33:21
199	NO RETURN		NEDBANK WP		F	SEN		3:33:41
200	ENGEL	CLINT	SPARTAN	40	M	40	12055	3:33:49
201	SNOWDEN	ANDREW	AAC	40	M	40	10217	3:34:13
202	ORRIE	ROLDAH	BRIMSTONE ITHEKO	50	F	50	3530	3:34:42
203	K	S	FAT CATS	37	F	35	13516	3:34:52
204	LUBBE	GREGSON	HOUT BAY HARRIERS		M	SEN		3:34:53
205	TORR	GREGORY	ATC	49	M	45	4407	3:35:19
206	MINNAAR	JEAN	PINELANDS	41	M	40		3:35:20
207	ALLEN	ASHLEY	TEMP	28	M	SEN	T	3:35:38
208	HANSEN	ADAM	FISH HOEK	36	M	35	T	3:35:41
209	TOBIN	TARA	CELTIC	29	F	SEN	0824	3:35:52
210	KOEN	PETER	TOTALSPORTS VOB	47	M	45	2989	3:35:55
211	NEDERSTIGT	DAPHNE	AAC	36	F	35	12478	3:35:59
212	GOLIATH	ANDREW	PINELANDS	55	M	55	9332	3:36:02
213	MAHARAJ	GAIL	SANDE WP	56	F	55	8800	3:36:12
214	NO RETURN		TOTALSPORTS VOB		M	SEN		3:36:42
215	DA SILVA	MOENIER	MATES	50	M	50	11683	3:37:07
216	HOUSDON	TRACYE	ATC	53	F	50	9994	3:37:10
217	NO CARD		OMMIEDRAAI		M	SEN		3:37:31
218	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:37:58
219	KESSELL	LIINDIE	ATC	38	F	35	1817	3:38:35
220	MCFALL	LARENZA	BELLVILLE	36	F	35	8362	3:38:35
221	SHERFODIEN	WAHIB	OMMIEDRAAI	51	M	50	11515	3:38:40
222	SAMAAI	JUNAID	OMMIEDRAAI	29	M	SEN	13068	3:38:50
223	GAMLA	ABDUL-ALEEM	BRIMSTONE ITHEKO	54	M	50	11966	3:38:51
224	MATYESHA	BUYISWA	LWANDLE		F	40	5412	3:38:58
225	ZADIE	FRANK	WELLINGTON	40	M	40	1423 BOL	3:39:24
226	AGHERDIEN	FIQREE	TOP FORM	41	M	40	10062	3:39:38
227	SILWANA	SEAN	RCS GUGS	50	M	50	6197	3:39:44
228	CHAPMAN	EMMA	TEMP	26	F	SEN	T	3:39:50
229	GORE	REBECCA	AAC	30	F	SEN	12497	3:40:00
230	CLOETE	ESTIE	CAPE MULTISPORT	44	F	40	12270	3:40:04
231	DOWNES	JANINE	MULTISPORT MANIACS	38	F	35	9307	3:40:08
232	MASHILA	DVIVHULUWANI	FARANANI	54	M	50	6630 AGN	3:40:17
233	VENABLES	RAYMOND	LANGEBAAAN STRANDLOPERS	73	M	70	1751 BOL	3:40:52
234	BURGER	GERRIT	BELLVILLE	43	M	40	13907	3:41:25
235	FRAZER	JAMES	BELLVILLE	54	M	50	5141	3:41:27
236	JAKOET	SULAIMAN	CENTRAL AC	36	M	35	3934	3:41:35
237	BUCKLOW	CHERYL	FISH HOEK	52	F	50	11620	3:41:36
238	NO RETURN		BRIMSTONE ITHEKO		M	SEN	T	3:42:17
239	SCOTT	CHARMAINE	TOTALSPORTS VOB	53	F	50	0781	3:42:20
240	PAYNE	KIRSTY	HOUT BAY HARRIERS	34	F	SEN	1360	3:42:21
241	VAN ZYL	ANNELIZE	LANGEBAAAN STRANDLOPERS	38	F	35	1718 BOL	3:42:23
242	WAINMAN	BARRY	AAC	60	M	60	10233	3:42:33
243	HILL	CLINTON	CARBINEERS WP	40	M	40	12148	3:42:44
244	HOFFMAN	CHANELLE	STRAND	52	F	50	3695	3:42:50
245	SMIT	ANGELIQUE	STRAND	45	F	45	3645	3:42:52

246	BROSENS	TANNO	TOTALSPORTS VOB	65	M	65	3200	3:43:16
247	GENSICKE	ANDREAS	PINELANDS	55	M	55	1268	3:43:40
248	SWART	LEZL	CELTIC	43	F	40	0881	3:43:42
249	MOUNTAIN	JOANNE	TEMP		F	SEN	T	3:43:44
250	PETERSEN	JOHN	SPARTAN	63	M	60	12062	3:43:44
251	IRVINE	TIMOTHY	WPCC	54	M	50	1024	3:43:50
252	KAY	DAVE	TEMP		M	SEN	T	3:43:59
253	SCHERMAN	AMANDA	LANGEBAAAN STRANDLOPERS	54	F	50	1791 BOL	3:44:35
254	DAVEY	JESSIE	SOUTH STRIDERS	59	F	55		3:45:06
255	JACOBS	ASHLEY	SOUTH STRIDERS	50	M	50	5849	3:45:07
256	BLOEMHOFF	LEHAN	SANDF FS	32	M	SEN	T	3:45:10
257	VAN DER MERWE	ROANNE	TEMP		F	SEN	T	3:45:19
258	ROSSOUW	IZAK	DURBAC	45	M	45	3812	3:45:21
259	CHIFAMBA	TERRENCE	CELTIC	36	M	35	0680	3:45:23
260	MOPP	RICHARD	BELLVILLE	51	M	50	8367	3:45:24
261	CLAZEN	LEE-ANN	STELLENBOSCH	35	F	35		3:45:53
262	WANA	SARAH	TEMP	35	F	35	T	3:46:02
263	CARINUS	GERHARDUS	BELLVILLE	39	M	35	8296	3:46:18
264	NO CARD		DURBAC		F	SEN		3:46:45
265	KOOYMAN	BEN	DURBAC	36	M	35	3840	3:46:45
266	MULLER	ANNE	EDGEMEAD	58	F	55	5035	3:46:54
267	MARTIN	KHATIB	OMMIEDRAAI	38	M	35	2406	3:47:01
268	MARTIN	ARDIEL	BRIMSTONE ITHEKO	48	M	45	6509	3:47:02
269	CARPENTER	EMMA	AAC	47	F	45	4004	3:47:08
270	DE JAGER	JETHRO	TEAM VITALITY	40	M	40	7149	3:47:20
271	PARKER	FAGHRY	ARD	36	M	35	3222	3:47:23
272	KARRIEM	RUWAYDA	ARD	45	F	45		3:47:23
273	NTSIKI		DURBAC	43	F	40	4141	3:47:29
274	DAVIDS	DEIDRE	KUILS RIVER	40	F	40	2599	3:47:35
275	HATTINGH	MARNUS	HANGKLIP	51	M	50	T	3:47:41
276	BROWN	ARNO	NEDBANK WP	56	M	55	5608	3:47:53
277	BEY	MICHELLE	ELTIC	52	F	50	0845	3:47:59
278	TRAUT	JENNIFER	HELDERBERG HARRIERS	34	F	SEN	8031	3:48:05
279	BACKSTROM	HENRIETTE	DURBAC	38	F	35	5=4118	3:48:11
280	CRAWFORD	CELESTE	CAPE MULTISPORT	47	F	45	1153	3:48:22
281	ER	SEBNEM	ATC	45	F	45	4406	3:48:28
282	CILLIERS	EUGENE	WEST COAST	54	M	50	1986	3:48:29
283	DANIELS	BIANCA	CARBINEERS WP	52	F	50	12147	3:48:53
284	PASK	LORIEN	TOTALSPORTS VOB	56	F	55	3029	3:48:58
285	MULAUDZI	MAANDA	BRIMSTONE ITHEKO	65	M	65	0590	3:49:01
286	TEMMERS	BERNIE	TYMEBANK LANGA	60	M	60	5344	3:49:33
287	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	3:49:35
288	BRITS	DIANE	SPARTAN	42	F	40	0131	3:50:00
289	MOLOISANE	THAPELO	RCS GUGS		M	SEN	11311	3:50:07
290	MUNEEB		OMMIEDRAAI	40	M	40	2391	3:50:08
291	CLAASSEN	JOHANN	32GI CG	44	M	40	23597 CGA	3:50:33
292	MEINTJES	GRAEME	RCS GUGS	52	M	50	11147	3:50:46
293	KALAM	ABDUL-MALIEK	RCS GUGS	50	M	50	11219	3:50:50
294	MATTHEWS	BEVAN	TEMP	36	M	35	T	3:51:07
295	CARPENTER	ALAN	CENTURY CITY	51	M	50	4805	3:51:08
296	KOOYMAN	ELIZMA	DURBAC	39	F	35	3841	3:51:14
297	DE BEER	THIAN	CAPE MULTISPORT	39	M	35		3:51:28
298	NELSON	REGARDT	CAPE MULTISPORT	43	M	40		3:51:29
299		NATASHA	FISH HOEK	50	F	50	11618	3:51:34
300	NYIKISA	SILLMELA	RCS GUGS	40	M	40	6192	3:51:42
301	BLOM	JOSUA	WHALERS	53	M	50	0362 BOL	3:51:54
302	GUNNELL	G	HELDERBERG HARRIERS	65	M	60	7960	3:52:09
303	COETZEE	MICHELLE	EDGEMEAD	42	F	40	4920	3:52:47
304	MORTIMER	KEVIN	SOMERSET STRIDERS	44	M	40	6395	3:53:01
305	DONDOLO	LINDANI	RCS GUGS	40	M	40	T	3:53:20
306	DOBIE	JORDAN	STELLENBOSCH	25	M	SEN	0845 BOL	3:53:30
307	KLAASE	HENNIE	SWARTLAND	64	M	60	0056 BOL	3:53:48
308		SHARIEF	BRIMSTONE ITHEKO	41	M	40	11932	3:54:19

309	DARIES	GAVIN	SPARTAN	55	M	55	0144	3:54:22
310	BESTER	SANDRA	LANGEBAAN STRANDLOPERS	46	F	45	1710 BOL	3:54:23
311	VORSTER	LEONIE	LANGEBAAN STRANDLOPERS	48	F	45	1754 BOL	3:54:27
312	LITTLE	KAREN	TOTALSPORTS VOB	64	F	60	3009	3:54:30
313	HARVEY	ELAINE	WPCC	49	F	45	4242	3:54:35
314	MERRYWEATHER	BRIAN	EDGEMEAD	70	M	70	4948	3:54:37
315	MULLER	BARRY	STRAND	56	M	55	3685	3:54:47
316	FRISBIE	SOPHIA	TEMP	32	F	SEN	T34277	3:55:03
317		DALE	NANTES	30	M	SEN	12609	3:55:30
318	BOEZAK	PERCIVAL	TEAM VITALITY	53	M	50	7016	3:55:34
319	RUDLING	MARK	EDGEMEAD	40	M	40	13237	3:55:35
320	DE JAGER	CELESTE	TEAM VITALITY	39	F	35	7150	3:55:39
321	JACOBS	DENZIL	PINELANDS	50	M	50	1007	3:55:49
322	MPONGO	L	KHAYELITSHA	53	M	50	6272	3:56:15
323	HINDMARCH	CATHERINE	PINELANDS	55	F	55	1303	3:56:18
324	ABRAHAMS	WALEED	OMMIEDRAAI	48	M	45	12730	3:56:46
325	MARSHALL	NICHOLAS	AAC	40	M	40	9496	3:56:51
326	NO CARD				M	SEN		3:56:51
327	PRICE	CRAIG	TOTALSPORTS VOB	45	M	45	3044	3:56:52
328	BEE	KERRY	AAC	49	F	45	3387	3:56:53
329	ADAMS	VERA	UWC	53	F	50	9102	3:56:53
330	NO RETURN		TEAM VITALITY		F	SEN		3:56:54
331	TARR	HELEN	HARFIELD	52	F	50	1452	3:57:13
332	ROZENBOOK	MARCO	TYGERBERG	54	M	50	12182	3:57:19
333	ORFFER-SMITH	MARINA	TEAM VITALITY	62	F	60	7242	3:57:29
334	MCCURRACH	B	TEMP	56	M	55	T45734	3:57:30
335	M	SIVUYILE	CHILLIE	43	M	40	6062	3:57:30
336	NGQOWEMLA	BETTY	CHILLIE	27	F	SEN	6034	3:57:39
337	WILLIAMS	KENNY	PINELANDS	74	M	70	1149	3:57:45
338	LAWSON	JESSICA	WEST COAST	36	F	35	2010	3:57:47
339		MAXWELL	MIDAS SPARTANS	37	M	35	6109	3:57:54
340	ADAMS	RALPH	PINELANDS	64	M	60	1150	3:58:13
341	GULER	MATHILDA	PINELANDS	44	F	40		3:58:15
342	MOLLER	JOLENE	TEMP	31	F	SEN	T	3:58:26
343	DU PLOOY	JACO	TEMP	47	M	45	T	3:58:29
344	ORMOND	NIGEL	FISH HOEK	52	M	50	T	3:58:29
345	FELLIES	HEYLEY	RCS GUGS	39	F	35	11222	3:58:35
346	RONAASEN	CATHERINE	CENTURY CITY	46	F	45	4702	3:58:45
347	BORWICK	STEVEN	CELTIC	46	M	45	0913	3:58:57
348	BROWN	ALISON	WEST COAST	57	F	55	2181	3:59:01
349	BINQELA	LULCHANYO	TEAM VITALITY	31	F	SEN	7214	3:59:02
350	LOUW	HANSIE	HERBALIFE	67	M	65	9022	3:59:03
351	LUBBE	DIRK	BELLVILLE	54	M	50	2365	3:59:03
352	HAUPT	TERRENCE	SOUTH STRIDERS	56	M	55	5850	3:59:04
353	GOVENDER	TEDDY	OMMIEDRAAI	54	M	50	2520	3:59:07
354	GOOSEN	MICHELLE	BRACKENFELL	42	F	40	8207	3:59:08
355	SMIT	SCHALK	STRAND	56	M	55	3656	3:59:09
356	NO CARD				M	SEN		3:59:13
357	FREDERICKS	LIONEL	EASTERNS	71	M	70	8716	3:59:25
358	FLINT	MARTIN	TOTALSPORTS VOB	50	M	50	2903	3:59:45
359	BREET	RUDEAN	DURBAC	47	F	45	4088	3:59:50
360	SMITH	ALISON	PINELANDS	47	F	45	1055	3:59:54
361	KRUGER	MARIUS	CAPITEC	49	M	45	1951 BOL	4:00:00
362	JANSEN	WENDY	EDGEMEAD	56	F	55	5080	4:00:05
363	NABEE	ZULPHA	BRIMSTONE ITHEKO	44	F	40	11718	4:00:18
364	KHATIEB	ZUNAID	BRIMSTONE ITHEKO	44	M	40	6660	4:00:19
365	VAN WYK	HENREHETTE	EDGEMEAD	60	F	60	5101	4:00:20
366	ROSSI	SHARON	SPARTAN	42	F	40	0283	4:00:42
367	MONGALE	LUTENDO	RCS GUGS	40	F	40	11943	4:01:05
368	DE MONK	ELYDIA	TOTALSPORTS VOB	57	F	55	0306	4:01:09
369	NAJJAAR	LEILAH	ARD	41	F	40	13670	4:01:11
370	WATERS	RAASAY	TOTALSPORTS VOB	44	F	40	3139	4:01:13
371	NEWBY	ROBYN	TOTALSPORTS VOB	33	F	SEN	3209	4:01:14

372	JOHAAR	ARMIEN	ARD	61	M	60	5700	4:01:18
373	MOLTI	AYESHA	ARD	39	F	35	5705	4:01:36
374	JONES	DAVID	BOKSBURG	53	M	50	4642 CGS	4:01:45
375	MARUCCHI	LEIGH-ANN	BOKSBURG	53	F	50	0809 CGA	4:01:49
376	LEWIN	ABDUL-MUIZH	ARD	43	M	40	5762	4:01:52
377	BEGG	SHAMEEMAH	ARD	44	F	40	5662	4:01:53
378	HANNAH	MICHAEL	WEST COAST	61	M	60	0962	4:02:43
379	OMAR	ABEEDA	BRIMSTONE ITHEKO	45	F	45	13756	4:02:44
380	RASANT	MENEZI	ILLEGIBLE		M	SEN	6342	4:02:53
381	ADAMS	ADIEL	ATLANTIS HARRIERS	57	M	55	9276	4:02:54
382	COETZEE	MARI	BRACKENFELL	49	F	45	8201	4:02:57
383	GRUNEWALD	ESTELLE	PARLIAMENT	52	F	50	9828	4:03:01
384	NEL	DEON	AAC	49	M	45	9566	4:03:12
385	GODWANA	MNCEDI	RCS GUGS	52	M	50	6133	4:03:21
386	MAVUME	ENATHI	MANDELA PARK	29	F	SEN	11817	4:03:59
387	OMAR	MUZ	BRIMSTONE ITHEKO	46	M	45	13755	4:04:27
388	NO RETURN		BRIMSTONE ITHEKO		M	SEN		4:04:27
389	ABRAHAMS	LEON	PINELANDS	58	M	55	1165	4:05:02
390	MARKEY	MELANIE	WEST COAST	45	F	45	0180	4:05:23
391	VAN WYK	BRIAN	EDGEMEAD	51	M	50	5051	4:05:39
392	RONNE	LEIGHTON	CELTIC	41	M	40	0867	4:05:57
393	SASMAN	LESTER	SPARTAN	42	M	40	0300	4:05:57
394	SMITH	DUSTIN	SPARTAN	40	M	40	0428	4:06:00
395	NO CARD		TEMP		F	SEN	T	4:06:05
396	ABRAHAMS	ISMAIL	OMMIEDRAAI	50	M	50	1523	4:06:06
397	PRINS	RUSSEL	ARD	49	M	45	5443	4:06:19
398	PARKER	NIKKI	CELTIC	45	F	45	0787	4:06:48
399	SLABBER	DEBRA	ATC	36	F	35		4:06:54
400	MALAN	PIETER	CAPE MULTISPORT	58	M	55	2303	4:07:14
401	GONSALVES	NADIA	AAC	49	F	45	10174	4:07:17
402	BERRIDGE	ELISHA	AAC	51	F	50	9459	4:07:18
403		SIYA	ILLEGIBLE	50	M	50	11811	4:07:19
404	DANIELS	FAHIEMA	OMMIEDRAAI	41	F	40	2557	4:07:26
405	ROSSOW	JULIAN	SPARTAN	56	M	55	03=284	4:07:28
406	SLABBER	JENNIE	CAPE MULTISPORT	41	F	40	0075	4:07:52
407	MZINYATI	FATIMA	WEST COAST	38	F	35	2085	4:07:56
408	MATLHARE	ZAMANGOMA	TEAM VITALITY GN	42	F	40	18172	4:07:56
409	BEARNE	JANINE	SPARTAN	50	F	50	2161	4:08:13
410	DU PLESSIS	ILONA	CENTURY CITY	34	F	SEN	4732	4:08:20
411	VS	NEVILLE	CENTURY CITY	42	M	40	4775	4:08:21
412	MULLER	JOWYK	CAPE MULTISPORT	40	M	40		4:08:25
413	ISAACS	QUINTON	OMMIEDRAAI	44	M	40	2341	4:08:48
414	LE ROUX	DUAYNE	TEMP		M	SEN	T	4:09:24
415	MAHTA	DAVID	EDGEMEAD	44	M	40	4994	4:09:25
416	ERRINGTON	SABRINA	ASICS	26	F	SEN	10571	4:09:25
417	ZOLEKA		STELLENBOSCH	40	F	40	0766 BOL	4:09:26
418	MUNODAWAFA	LEMUHANI	PINELANDS	39	M	35	1142	4:09:31
419	KRIEL	GLEN	DURBAC	64	M	60	3964	4:09:39
420	PITTENDRIGH	WAYNE	RUN WALK 4 LIFE	61	M	60	8682	4:09:43
421	WOEKE	ILANA	STRAND	50	F	50	3673	4:10:09
422	BUYS	KOBIE	STRAND	52	F	50	3677	4:10:09
423	DU PLOOY	LEZANE	WELLINGTON	37	F	35	1433 BOL	4:10:19
424	THOMAS	EVANGELIQUE	EDGEMEAD	28	F	SEN	5110	4:10:40
425	HYMNS	LIZ	AAC	52	F	50	10230	4:11:03
426	SLINGERS	PIETER	KUILS RIVER	51	M	50	12809	4:11:27
427	DYWILI	SIYA	TEAM VITALITY	43	M	40	7209	4:11:31
428	MOORE	CRYSTLE-LYNNE	KUILS RIVER	36	F	35	2616	4:11:52
429	ECKLETON	TREVOR	KUILS RIVER	33	M	SEN	2610	4:11:52
430	RORICH	DEBBIE	SPARTAN	52	F	50	0471	4:12:13
431	VAN TONDER	CLINTON	TEMP	47	M	45	T	4:12:24
432	REITZ	JULIE	EASTERNS	53	F	50	2711	4:12:46
433	DYANI-SAPULA	THEMBAKAZI	LWANDLE	38	F	35	5398	4:12:49
434	JIKELA	LUDWE	MANONI	54	M	50	5429	4:12:50

435	PRICE	EMMA	DURBAC	39	F	35	3824	4:12:52
436	HARRIES	SARAH	DURBAC	27	F	SEN	3831	4:12:52
437	GANGRAKAR	MUJEEB	BRIMSTONE ITHEKO	54	M	50	14070	4:13:11
438	MARTIN	DARNELL	PINELANDS	61	F	60	1105	4:13:14
439	BARNARD	RIAAN	CAPE MULTISPORT	45	M	45	12283	4:13:19
440	MARAIS	CHARL	TEMP	38	M	35	T	4:13:19
441	WILLIAMS	QUINTON	SPARTAN	48	M	45	0675	4:13:23
442	ROMAN	JUNE	CELTIC	56	F	55	0718	4:13:33
443	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	4:13:43
444	PRIOR	BEN	EDGEMEAD	55	M	55	5099	4:13:48
445	MOSES	MASOOD	ARD	32	M	SEN	5673	4:13:50
446	BRUYNS	DEAN	ARD	33	M	SEN	5697	4:13:50
447	GROBLER	FRANCOIS	HELDERBERG HARRIERS	49	M	45	7878	4:13:51
448	DOLO	MPUMELELO	CHILLIE	34	M	SEN	6070	4:13:51
449	RAVELLS	RYAN	ARD	41	M	40	5753	4:13:52
450	SCHUTTE	MONIQUE	DURBAC	35	F	35	3901	4:13:52
451	SMEDA	STEPHAN	TEAM VITALITY	45	M	45	7566	4:13:54
452	ALLIE	MARWAAN	CENTRAL AC	56	M	55	9619	4:13:56
453	WHITEHEAD	LINELLE	32GI SWD	43	F	40	1708 SWD	4:13:58
454	SANDS	CAROLINE	HOUT BAY HARRIERS	67	F	65	1410	4:13:59
455	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	59	F	55	1405	4:13:59
456	BOTTOMAN	LINDELO	REAL GIJIMAS	53	M	50	0819	4:14:23
457	EDWARDS	KERRY	PINELANDS	42	F	40	1008	4:14:28
458	MANDONDO	SINAZO	CHILLIE	40	M	40	6233	4:14:35
459	SMIT	ANDRE	STELLENBOSCH	47	M	45	0707 BOL	4:14:35
460	CERES	AMEEN	ARD	55	M	55	5739	4:14:41
461	EMERAN	ADNAAN	BRIMSTONE ITHEKO	58	M	55	6432	4:14:44
462	NGOBENI	LATASAH	NEDBANK WP	47	F	45	5558	4:14:49
463	MATHABATHE	MPHO	PARLIAMENT	46	M	45	9824	4:14:51
464	ABRAHAMS	PAUL	AAC	60	M	60	9572	4:14:52
465	WEIR	GAVIN	SPARTAN	51	M	50	0506	4:14:54
466	SWARTZ	SANDRA	PINELANDS	64	F	60	1259	4:15:07
467	BENADE	BIANCA	CENTURY CITY	34	F	SEN	4659	4:15:08
468	RALANE	DUMISA	TEAM VITALITY	39	M	35	7764	4:15:23
469	GUDLINDLU	DINILESIZWE	MANONI	40	M	40		4:15:28
470	GERBER	AMANDA	BELLVILLE	57	F	55	8474	4:15:42
471	HUMPHREYS	KAREN	WEST COAST	45	F	45	2023	4:16:02
472	JOUBERT	ERIKA	BRACKENFELL	40	F	40	7083	4:16:08
473	ABDURAGHMAAN		TOP FORM	39	M	35	13742	4:16:12
474	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	4:16:25
475	NONDALA	LUNGISWA	RCS GUGS	36	F	35	14568	4:16:41
476	WADE	SHAAFI	ARD	46	M	45	13117	4:16:45
477	NAGEL	BIANCA-LEIGH	CARBINEERS WP	44	F	40	4479	4:16:55
478	GOOSEN	JACKIE	DURBAC	62	F	60	3911	4:17:35
479	VISSER	TRUDIE	BORN 2 RUN	46	F	45	8229	4:17:40
480	OUWERKERK	VANESSA	EDGEMEAD	54	F	50	5060	4:17:43
481	GILLMER	DIANA	TEAM VITALITY	41	F	40	7018	4:17:46
482	TORR	ANDREW	FISH HOEK	65	M	65	11625	4:18:01
483	CAESAR	WARREN	EDGEMEAD	45	M	45	4917	4:18:05
484	GERTSE	MOGAMAT	BRIMSTONE ITHEKO	59	M	55	13079	4:18:48
485	PRETORIUS	PIA	CELTIC	51	F	50	0934	4:18:59
486	LAWLER	TERESA	CELTIC	43	F	40	0806	4:18:59
487	SWARTZ	GREGORY	TOTALSPORTS VOB	57	M	55	2783	4:19:35
488	GAY	LORNA	EDGEMEAD	56	F	55	5033	4:19:41
489	SMITH	WENDAL	PINELANDS	55	M	55	0968	4:19:46
490	MAHADEO	NIKARA	DURBAN	35	F	35	1486 KZN	4:20:15
491	KOTLER	RAFI	OLD EDS	39	M	35	19623 CGA	4:20:17
492	KHATIEB	FAYROZ	OMMIEDRAAI		M	SEN	2512	4:20:26
493	GENSICKE	RENATA	PINELANDS	50	F	50	1273	4:20:33
494	COZYN	AYESHA	OMMIEDRAAI	51	F	50	6766	4:20:46
495	NAIDOO	KELVINA	ARD	35	F	35	5741	4:21:07
496	KAPLAN	LARA	AAC	55	F	55	9544	4:21:10
497	MUJENI	TADIWA	TEMP	32	M	SEN	T	4:21:15

498	NO RETURN		SPARTAN		M	SEN		4:21:16
499	DAVIDS	GRETCHIN	OMMIEDRAAI	28	F	SEN	13051	4:21:17
500	JAPTHA	ANTHONY	BRACKENFELL	43	M	40	8155	4:21:45
501	BOSCH	DOUGLAS	AAC	48	M	45	10293	4:21:46
502	SAMAAI	NURAAAN	OMMIEDRAAI	35	F	35	11504	4:21:50
503	NO CARD		TEAM VITALITY		M	SEN		4:21:55
504	BREWER	SIRAJ	BRIMSTONE ITHEKO	47	M	45	6446	4:22:32
505	BRANSGROVE	KAYLA	TEMP	27	F	SEN	T	4:22:43
506	MCLEAN	AMANDA	CARBINEERS WP	51	F	50	4488	4:23:10
507	WA CIPAMBA	REBECCA	BELLVILLE	46	F	45	8430	4:23:25
508	HUGO	LIESEL	CELTIC	48	F	45	0681	4:23:31
509	MASIKATI	MALCOLM	WEST COAST	40	M	40	2131	4:24:01
510	ERICKSON	GRAEME	VIKING	53	M	50	8731	4:24:04
511	ALLIE	ZIREENA	BRIMSTONE ITHEKO	57	F	55	6591	4:24:07
512	CARIEM	AFROZ	BRIMSTONE ITHEKO	46	F	45	6584	4:24:07
513	BASSIER	SULAIMAN	BRIMSTONE ITHEKO	67	M	65	6573	4:24:09
514	LOUW	JANNEKE	DURBAC	40	F	40	4104	4:24:10
515	LE ROUX	CHRISNA	DURBAC	40	F	40	4103	4:24:11
516	FUTTER	CATHERINE	CELTIC	45	F	45	0811	4:24:19
517	MALAN	JEANNE	CAPE MULTISPORT	56	F	55	2404	4:24:20
518	DE KOCK	ANNATJIE	STRAND	63	F	60	3620	4:24:26
519	ROBINSON	AMY	EDGEMEAD	42	F	40	4963	4:24:31
520	KOEKMOER	TAMAR	TOTALSPORTS VOB	37	F	35	2954	4:24:41
521	MILLER	KAREN	VIKING	42	F	40	8727	4:25:14
522	VLADESCU	ESTER	HELDERBERG HARRIERS	54	F	50	7924	4:25:29
523	ADAMS	MICHAEL	PINELANDS	55	M	55	1222	4:25:41
524	JACOBS	ANTHEA	IN TOUCH	54	F	50	1740	4:25:50
525	VALENTINE	LUCRECIA	IN TOUCH	48	F	45	1724	4:25:50
526	HAWKES	ALICE	TEMP	33	F	SEN	T	4:26:00
527		TAARIQ		38	M	35	4288	4:26:19
528	GANGER	ANTHEA	TOP FORM	41	F	40	10077	4:26:19
529	SAMUELS	CLARISA	BRACKENFELL	46	F	45	8208	4:26:22
530	MEHL	BEVERLEY	TOP FORM	64	F	60	10064	4:26:54
531	BRANSGROVE	CRAIG	TEMP	58	M	55	T	4:26:56
532	MAKUPULA	ANDISIWE	TEMP	40	F	40	T	4:27:07
533	PETERS	RUSSEL	VIKING	51	M	50	8733	4:27:45
534	MCAZA	OLWETHU	RCS GUGS	38	F	35	6171	4:27:54
535	MUODAWAFA	MEMORY	RCS GUGS	38	F	35	6146	4:28:07
536	KLEINSMITH	SHEREEZE	BELLVILLE	41	F	40	8343	4:28:11
537	VAN NIEKERK	LEANRI	BELLVILLE	35	F	35	8459	4:28:12
538	JOHANNES	KEAN	BELLVILLE	40	M	40	8339	4:28:13
539	SCHOEMAN	FRANSIEN	BELLVILLE	39	F	35	8390	4:28:14
540	NORMAN	RICHARD	BELLVILLE	58	M	55	8374	4:28:14
541	FORBES	CLIVE	BELLVILLE	44	M	40	8321	4:28:15
542	ADAMS	BRENDAN	TEMP	54	F	50	T	4:28:36
543	VAN DYK	LOUISE	AAC	42	F	40	T	4:29:02
544	JOSEPH	ANZONIA	EDGEMEAD	53	F	50	5078	4:29:05
545	DAMON	LUCILLE	FORESTERS	64	F	60	12031	4:29:19
546	SPIES	ANSULAIN	TEMP	48	F	45	T	4:29:41
547	LAMB	KIM	EDGEMEAD	59	F	55	4854	4:29:45
548	NO CARD		RCS GUGS		M	SEN		4:30:07
549	PETERSEN	BRENT	WEST COAST	46	M	45	1995	4:30:07
550	MILLER	CHRISTINE	EDGEMEAD	61	F	60	5052	4:30:29
551	LAGUMA	CINDY	SPARTAN	44	F	40	0463	4:30:40
552		DENISE	SPARTAN	66	F	65	0599	4:30:42
553	MBASA	GUWA	RCS GUGS		M	SEN		4:31:50
554	MEHL	TANIA	WEST COAST	53	F	50	3255	4:32:06
555	HUMAN	ELMAR	AAC	31	M	SEN	12502	4:32:10
556	LE ROUX	ANSU	AAC	31	F	SEN	10164	4:32:11
557	COLLOP	EDDIE	SPARTAN	45	M	45	0137	4:32:23
558	NDLAMLA	SIBULELE	TEAM VITALITY	35	F	35	7378	4:32:24
559	MGEDEZI	NQOBILE	TEMP	27	M	SEN	T	4:32:28
560	OOSTHUIZEN	RIAAN	BELLVILLE	55	M	55	8377	4:32:34

561	GIBSON	CONNIE	TEMP	56	F	55	8520	4:32:55
562	MNTONINZI	NONHLANHLA	METROPOLITAN	39	F	35	11810	4:32:58
563	FARAO	VALENCIA	LANGEBAAAN STRANDLOPERS	52	F	50	1779 BOL	4:33:26
564	PAPIER	LENEVE	RCS GUGS	35	F	35	11170	4:33:26
565	VISSER	LEON	TEAM VITALITY	54	M	50	6922	4:33:41
566	KHUZWAYO	S'THANDILE	CARBINEERS WP	44	F	40	4515	4:33:44
567	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	4:33:55
568	DUNCAN-SMITH	NICOLENE	TEAM VITALITY	48	F	45	7112	4:33:57
569	MUSHANGANYISI	PUMZA	PINELANDS	50	F	50	3830	4:33:57
570	SIYA		TYMEBANK LANGA	38	M	35	11069	4:34:04
571	MDUDLU	THEMBEWA	TYMEBANK LANGA		M	SEN	11319	4:34:04
572	VISSER	LOUISE	TEMP	61	F	60	T	4:34:31
573	STANDER	MARTHINUS	HILLCREST VILLAGERS	44	M	40	5335 KZN	4:34:31
574	KOTZE	ELIZMA	HARFIELD	55	F	55	1478	4:35:08
575	TYAKUME	ZUZKA	FAT CATS	46	F	45	5929	4:35:17
576	NO RETURN		SAPS WP		M	SEN		4:35:28
577	GODLOZA	MAXWELL	MANDELA PARK	60	M	60	11810	4:35:40
578	MOREIRA	ROBERTO CARLOS	LANGEBAAAN STRANDLOPERS	42	M	40	1786 BOL	4:35:46
579	MSHWELI	NOMASIXOLO	LWANDLE	37	F	35	5426	4:35:48
580		FATIMA	WALMERS	45	F	45	9063	4:36:09
581	ASMAL	REPAAI	WALMERS		M	SEN	9070	4:36:12
582	SMITH	JEFF	BRIMSTONE ITHEKO	78	M	75	11928	4:36:44
583	CONRADIE	D	TEMP	63	M	60	T34283	4:37:27
584	VAN DEN BERG	JO	BELLVILLE	43	F	40	8300	4:37:53
585	ENGLISH	GREG	RUN WALK 4 LIFE	53	M	50	8933	4:38:03
586	FRITS	DENEZE	EDGEMEAD	61	F	60	1801	4:38:12
587	BERGHARDIEN	M	RCS GUGS	64	M	60	6141	4:38:29
588	WISEMAN	LIZETTE	CLUB MYKONOS MULTISPORT	47	F	45	0899 BOL	4:38:34
589	KOTZE	NATASHIA	LANGEBAAAN STRANDLOPERS	43	F	40	1792 BOL	4:38:34
590	LAMPRECHT	ANNERIE	ARCELOR MITTAL	34	F	SEN	0914 BOL	4:38:35
591	HOLLINGTON	MIKE	RAC	66	M	65	5623 CGA	4:38:39
592	BRAND	DEON	BELLVILLE	50	M	50	8294	4:38:47
593	VISAGIE	NATALIE	NANTES	42	F	40	9242	4:38:49
594	THOMPSON	TOXY	TOP FORM	40	F	40	10079	4:38:49
595	AUGUST	CHANTAL	CARBINEERS WP	53	F	50	4527	4:38:49
596	SMITH	WILLIE	TEAM VITALITY	60	M	60	7245	4:38:58
597	SMITH	DION	AAC	57	M	55	10263	4:39:02
598	MYBURGH	ELYMI	STRAND	60	F	60	3684	4:39:06
599	STEENKAMP	THEO	BELLVILLE	69	M	65	9912	4:39:29
600	ILLEGIBLE	M	OXFORD STRIDERS	51	M	50	0992 BOR	4:40:03
601	KWEZI	M	CHILLIE	48	M	45	1294	4:40:06
602	LOUBSER	NICOLAAS	WEST COAST	62	M	60	1961	4:40:09
603	SCOTT	RUSHDA	KENFAC	42	M	40	4333	4:40:10
604	NO RETURN		TEAM VITALITY		F	SEN		4:40:29
605	BOQWANA	NOLWAZI	HOUT BAY HARRIERS	55	F	55	1392	4:40:35
606	M	GODREY	HEWAT	38	M	35		4:41:03
607	KALAM	MDUKA	SACS OBS	39	M	35	13331	4:41:22
608	OCTOBER	BERNICE	DURBAC	60	F	60	6522	4:41:26
609	DANIELS	FIRDOZE	ASICS	27	F	SEN	10381	4:41:39
610	FISCHER	JOPPIE	LANGEBAAAN STRANDLOPERS	58	M	55	1722 BOL	4:42:14
611	KWEYAMA	YANDISWA	SANDF WP	37	F	35	8814	4:42:35
612	BENNETT	PAUL	TEMP	53	M	50	T	4:42:40
613	LOUW	SOPHIA	BRACKENFELL	54	F	50	8117	4:43:16
614	HENDRIKSE	ELIZKA	BRACKENFELL	51	F	50	6184	4:43:17
615	SALIE	YUSUF	BRIMSTONE ITHEKO	43	M	40	13888	4:43:20
616	KAKAZA	AVU	CHILLIE		M	SEN	6060	4:44:05
617	HENDRICKS	MARLYN	BELLVILLE	46	M	45	9927	4:44:22
618	GREBE	RUSSELL	CELTIC	59	M	55	0720	4:44:24
619	SMIT	JACO	NEDBANK WP	37	M	35		4:44:25
620	ANOSI	TELEKE	HOLLYWOOD	40	F	40	12183 KZN	4:44:35
621	M	SIYA	TYMEBANK LANGA		M	SEN	11065	4:44:42
622	JOSEPHSON	JACQUI	WEST COAST	49	F	45	1879	4:44:43
623	MABASO	XOLANI	HOLLYWOOD	29	M	SEN	14902 KZN	4:44:52

624	STEYN	ETHLANE	LANGEBAAAN STRANDLOPERS	42	F	40	1747 BOL	4:44:56
625	BENN	PETER-JOHN	LANGEBAAAN STRANDLOPERS	41	M	40	10622 BOL	4:44:56
626	NO RETURN		TEMP		F	SEN	T	4:45:07
627	DIEDERICKS	VALESKE	TOTALSPORTS VOB	34	F	SEN	2882	4:45:24
628	FISHER	NATALIE	PINELANDS	54	F	50	1219	4:45:53
629	BECK	MELISSA	BELLVILLE	35	F	35	8287	4:46:57
630	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	4:47:10
631	DUN	LINDY	UCT	52	F	50	0974	4:47:12
632	PETERSEN	KASSABAIN	WEST COAST	53	F	50	2182	4:47:16
633	LAMONT	MATTHEW	SANDF WP	32	M	SEN	7737	4:47:57
634	ODENDAAL	CLIVE	TEMP	26	F	SEN	T	4:47:58
635	TYAKUME	THOZAMA	TYMEBAK LANGA	50	M	50	2986	4:48:52
636	GLADDEN	LESLEY-ANN	PINELANDS	42	F	40	0997	4:48:57
637	NO CARD		HARFIELD		M	SEN		4:49:17
638	EVEZARD	KIM	EDGEMEAD	40	F	40	4898	4:49:30
639	VAN SCHALKWYK	RICHARD	EDGEMEAD	44	M	40	5028	4:49:30
640	SIEBRITS	KRIGE	OMMIEDRAAI	56	M	55	2560	4:49:41
641	MARTENS	MONIQUE	WEST COAST	59	F	55	2005	4:49:46
642	SALVER	SHONA	SPARTAN	53	F	50	12080	4:49:49
643	DOWNES	LORNA	SPARTAN	47	F	45	0152	4:49:49
644	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	4:49:52
645	DANIELS	SERGIO	TOP FORM	50	M	50	10099	4:49:52
646	OSMAN	ZIYAAD	TEMP	38	M	35	T	4:50:00
647	KUPE	AYANDA	KHAYELITSHA		F	SEN	6326	4:50:05
648	MANUELS	DEBORAH	TOP FORM	36	F	35	10080	4:50:15
649	NO RETURN		RCS GUGS		F	SEN		4:50:43
650	STEMMET	WALEED	OMMIEDRAAI	50	M	50	2447	4:53:06
651	GOOCH	TRACY-ANNE	WEST COAST	48	F	45	2042	4:53:22
652	WHITE	ESMERELDA	PINELANDS	45	F	45	1329	4:53:51
653	MOHAMED	NEEZAAM	SACS OBS	46	M	45	4304	4:53:58
654	ROSCHER	ROBYN-LEIGH	HOUT BAY HARRIERS	42	F	40	1414	4:53:58
655	SCHWARTZ	TRACY	CENTURY CITY	51	F	50	4758	4:53:59
656	MAY	KELLY	MP TITANS	33	F	SEN	2897	4:56:07
657	MAY	MARLON	MP TITANS	39	M	35	2878	4:56:08
658	MAY	TAMSYN	MP TITANS	39	F	35	2877	4:56:19
659	CHONGO	BEZANT	BRIMSTONE ITHEKO	44	M	40	4376	4:56:33
660	SMITH	ALLISON	ARD	44	F	40	5722	4:56:36
661	GALETTA	THEO	PINELANDS	52	M	50	0971	4:56:52
662	KUBHEKA	REFILOE	PINELANDS	39	M	35	1284	4:57:21
663	FREDERICKS	BONITA	SPARTAN	50	F	50	0173	4:57:39
664	REISSENZAHN	GEORGE	PINELANDS	55	M	55	3368	4:58:06
665	GEQIWE	NIKIWE	LWANDLE	39	F	35		4:58:21
666	JANSEN	CARMEN	STRAND	40	F	40	3601	4:58:40
667	HENDRICKS	SHAHEED	OMMIEDRAAI	55	M	55	2401	4:59:07
668	BAILLIE-COOPER	FRANCOISE	SPARTAN	53	F	50	0551	4:59:59
669	CAMPHER	MARY	MIDAS SPARTANS	65	F	65	6553	5:00:00
670	NKOHLA	PATIENCE	KHAYELITSHA		F	SEN	6303	5:00:17
671	PILLAY	WINSTON	OMMIEDRAAI	59	M	55	11480	5:00:23
672	STAIN	KASHIEF	SACS OBS		M	SEN	13317	5:01:08
673		CHARL	TEMP	49	M	45	T	5:01:37
674	DE KLERK	LIZL	WEST COAST	47	F	45	2147	5:02:21
675	NOMBOA	XUGE	RCS GUGS	42	M	40	11350	5:02:55
676	OCTOBER	ZETHENA	RAVENSMEAD	54	F	50	5271	5:05:38
677	PHUNCU	BUYISIWE	FAT CATS	41	F	40	5943	5:07:24
678	GUMEDE	SIVE		36	M	35	10438	5:07:40
679	BAPELA	MOSHIBUDI	TEMP	41	F	40	T1225	5:09:31
680	THOBELA	CHWAYITA	RCS GUGS	27	F	SEN	11200	5:10:13
681	LEWIS	MICHELLE	BELLVILLE	49	F	45	9942	5:10:39
682	HARTOGH	DONIVAN	PINELANDS	52	M	50	0966	5:12:13
683	NO RETURN		RCS GUGS		M	SEN		5:13:49
684	KABELI	MODISE	PARLIAMENT	50	M	50	9836	5:15:14
685	WESTHUIZEN	KATHY	CARBINEERS WP	53	F	50	4502	5:18:27
686	VENA	VUYISILE	MANDELA PARK	63	M	60	11814	5:21:01

687	CHIMPEN	NORIS KARREN	EDGEMEAD	30	F	SEN	5096	5:21:55
688	MATUADI		TEMP	42	F	40	T	5:24:59
689	CAROLUS	MARJORIE	ARD	43	F	40	5676	5:26:31
690	JANSEN	RUDI	IN TOUCH	46	M	45	1708	5:28:55
691		WILLEM	TEMP	35	M	35	T	5:29:21
692	GIJA	MSIMELELO	TYMEBANK LANGA		M	SEN	11050	5:29:31
693	NIKA	NOMAWETHU	HOUT BAY HARRIERS	47	F	45	11460	5:34:54
694	NO RETURN		TEMP		M	SEN	T	5:35:28
695	GESWINT	CHERGE	ASICS	29	M	SEN	10382	5:36:42
696	MSOLO	SINDISWA	KHAYELITSHA	35	F	35	6355	5:40:33

SONIA HARLOCK

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**TIMBERCITY 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
CARDS NOT IN A SACHET
SATURDAY 27 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
	FURBER	RICHARD	TEMP	47	M	45	T	

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**RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
SUNDAY 14 JANUARY 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	T	3:53:32
2	MACKINTOSH	RUSSEL	FISH HOEK	57	M	55	8568	3:54:43
3	FERNANDEZ	LISA	FISH HOEK	53	F	50	T	3:54:44
4	HERBST	MARNA	FISH HOEK	47	F	45	8535	4:02:48
5	ALTERN	SEAN	FISH HOEK	38	M	35	8651	4:04:44
6	COETZER	SHANI	FISH HOEK	46	F	45	8532	4:09:45
7	STRYDOM	VERONIQUE	FISH HOEK	50	F	50	8592	4:12:31
8	HAYES	STEPHEN	FISH HOEK	43	M	40	8531	4:12:47
9	SPIES	RENATE	FISH HOEK	42	F	40	8650	4:14:35
10	COOPER	BEAUMONT	FISH HOEK	70	M	70	8667	4:28:13
11	COPELAND	DEBBIE	FISH HOEK	45	F	45	8498	4:45:48
12	WEBB	AIMEE	FISH HOEK	35	F	35	8625	4:45:59

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RESULTS

WOMENS RESULTS

QUEEN OF THE MOUNTAIN

1	{17}	NATALIE ANN	STERK	STERK SPAN	2-28-44
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OPEN WOMEN

1	(17)	NATALIE ANN	STERK	STERK SPAN	2-28-44
2	(18)	ANENE	CLAASSEN	AAC	2-29-34
3	(33)	DANETTE	WALLEY	TEMP	2-42-25

WOMEN 40 - 49 YEARS

1	(40)	KATE	REES	32 GI CG	2-44-07
2	(79)	MARILIZE	VIENINGS	EDGEMEAD	3-01-51
3	(106)	ZISIWE	MNETHOZA	IN TOUCH	3-10-14

WOMEN 50 – 59 YEARS

1	(157)	LETITIA	SMITH	CARBINEERS WP	3-26-49
2	(159)	JULIE	ARGUILE	TOTALSPORTS VOB	3-27-04
3	(202)	ROLDAH	ORRIE	BRIMSTONE ITHEKO	3-34-42

WOMEN 60 – 69 YEARS

1	(312)	KAREN	LITTLE	TOTALSPORTS VOB	3-54-50
2	(333)	MARINA	ORFFER-SMITH	TEAM VITALITY	3-57-39
3	(365)	HENREHETTE	VAN WYK	EDGEMEAD	4-00-29

WOMEN 70 YEARS +

1	(178)	NANCY	WILL	PINELANDS	3-30-32
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MENS RESULTS

KING OF THE MOUNTAIN

1	(3)	MALUSI	JUDASE	NEDBANK WP	3-15-23
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OPEN MEN

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(2)	BRANDON	LEWIN	CELTIC HARRIERS	2-13-12
3	(3)	MALUSI	JUDASE	NEDBANK WP	2-15-23

MEN 40 – 49 YEARS

1	(1)	MTHANDAZO	QHINA	ORCA RUNNING ACADEMY	2-07-58
2	(4)	VAKALISA	KOPOLO	NEDBANK WP	2016-59
3	(12)	ZITHULELE	NOZIECRWE	BELLVILLE	2-24-11

MEN 50 – 59 YEARS

1	(21)	ROGER	DICKSON	TOTALSPORTS VOB	2-33-24
2	(24)	TSUNGAI	MWANENGENI	RCS GUGS	2-34-23
3	(25)	JOHN	SEPTEMBER	BRIMSTONE ITHEKO	2-34-33

MEN 60 – 69 YEARS

1	(93)	EBRAHIM	DARIUS	OMMIEDRAAI	3-08-23
2	(99)	LORENZO	LUCAS	NEDBANK WP	3-09-27

3	(127)	SHAFIEK	CASSIEM	BRIMSTONE ITHEKO	3-19-21
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MEN 70 YEARS +

1	(233)	RAYMOND	VENABLES	LANGEBAAAN STRANDLOOPERS	3-40-52
2	(314)	BRIAN	MERRYWEATHER	EDGEMEAD	3-54-37
3	(337)	KENNY	WILLIAMS	PINELANDS	3-57-45

RUNNER COUNT

WOMEN COUNT

SENIOR WOMEN	57
WOMEN 35 – 39 YEARS	51
WOMEN 40 – 44 YEARS	58
WOMEN 45 – 49 YEARS	44
WOMEN 50 – 54 YEARS	47
WOMEN 55 – 59 YEARS	21
WOMEN 60 – 64 YEARS	14
WOMEN 65 – 69 YEARS	3
WOMEN 70 – 74 YEARS	1
TOTAL WOMEN	<hr/> 296

MEN COUNT

SENIOR MEN	84
MEN 35 – 39 YEARS	57
MEN 40 – 44 YEARS	75
MEN 45 – 49 YEARS	48
MEN 50 – 54 YEARS	64
MEN 55 – 59 YEARS	36
MEN 60 – 64 YEARS	23
MEN 65 – 69 YEARS	8
MEN 70 – 74 YEARS	4
MEN 75 – 79 YEARS	1
TOTAL MEN	<hr/> 400

STATISTICS OF CLUB RUNNERS

(Excluding Marshals Race)

32 GI RC CG	3
32 GI RC SWD	1
Arecelor Mittal AC AVT	1
ARD AC	17
ASICS AC	3
Atlantic AC	29
Atlantic Triathlon Running Club	7
Atlantis Harriers AC	1
Bellville AC	23
Boksburg AC CG	2
Born 2 Run AC	2
Boxer AC	1
Brackenfell AC	10
Brimstone Itheke Sport AC	26
Cape Multisport	12
Capitec AC BOL	1
Carbineers WP	11
Celtic Harriers	17
Central Athletics	2
Century City AC	9
Chappies Running Club CG	1
Cheetahs AC CG	1
Chille RC WP	10
Club Mykonos Multisport BOL	2
Durban Runners KZN	1
Easterns Kraaifontein AC	6
Edgemead Runners	36
Eersterivier AC	1
ELTIC	1
Faranani AC GN	1
Fat Cats AC	3
Fish Hoek AC	10
Foresters Running Club	1
Hangklip AC BOL	1
Harfield Harriers	12
Helderberg Harriers	5
Herbalife AC	1
Hewat AC	1

Hillcrest Villagers AC KZN	1
Hollywood AC KZN	2
Hout Bay Harriers	9
illegible Club Names	2
In Touch Walk & Run	4
Kensington & Fractreton SAC	3
Khayelitsha AC	5
Kuils River Athletics	4
Langebaan Strandloopers	11
Lwandle AC	6
Mandela Park AC	10
Manoni AC WP	3
Melkbos AC	1
Metropolitan AC	2
Midas Spartans	2
Mitchell Plain Titans	5
Mountain & Trail Enthusiasts	1
Murray & Roberts AC	1
Multi Sport Maniacs	1
Nantes AC	2
Nedbank Running Club WP	12
Old Edwardians AC CG	1
Ommiedraai Friends AC	23
Orca Running Academy KZN	1
Oxford Striders BOR	1
Parliament AC	3
Phoenix AC	1
Pick'n Pay AC	1
Pinelands AC	28
RAC CG	1
Ravensmead AC	1
RCS Guguletu AC	26
Real Gijimas BOR	1
Run Walk For Life WP	3
Run Zone AC CG	2
SACS Alumni Running Club	3
SANDF AFS	1
SANDF WP	3
SAPS AC WP	3
Somerset Striders	1
Southern Striders	3
Spartan Harriers	26
Stellenbosch AC BOL	6

Sterk Span AC GN	1
Stragglers AC	1
Strand AC	10
Swartland AC BOL	2
Team Vitality GN	1
Team Vitality WP	16
Temporary Licensed Runners	52
Top Form AC	8
Totalsports VOB Running Club	31
Tygerberg AC	1
TymeBank Langa AC	11
UCT AC	1
UWC AC	1
Van Der Merwe & Robertson Durbanville AC	23
Viking AC	3
Walmers AC	2
Wellington AC BOL	2
West Coast AC	19
Whalers Runners BOL	3
WPCC	2
No Cards / No Returns	8
TOTAL RUNNERS	696

SPONSORS

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