

TIMBERCITY RED HILL 36KM CLASSIC
FISH HOEK ATHLETIC CLUB
HELPERS RUN
SUNDAY 12 JANUARY 2025



POS	SURNAME	NAME	CLUB	AGE	GENDER	CAT	LIC No	TIME
1	MACKINTOSH	MICHAEL	FISH HOEK	26	M	SEN	8796	2:54:35
2	BUCKLOW	DAVID	FISH HOEK	55	M	55		3:19:32
3	BUCKLOW	CHERYL	FISH HOEK	53	F	50		3:26:13
4	DALY	BRENDAN	FISH HOEK	43	M	40	8661	3:27:27
5	GLUCKMAN	SUSAN	RUN WALK 4 LIFE	53	F	50	10072	3:29:37
6	VAN STRAATEN	ELIZABETH	FISH HOEK	33	F	SEN	8848	3:30:14
7	PROCTOR	ANDREW	FISH HOEK	57	M	55	8736	3:37:45
8	FERNANDEZ	LISA	FISH HOEK	53	F	50	8676	3:39:54
9	BENADE	PATRICK	FISH HOEK	64	M	60	8638	3:47:25
10	MACKINTOSH	RUSSELL	FISH HOEK	58	M	55	8725	3:55:00
11	HARVEY	GLENN	FISH HOEK	62	M	60	8840	3:58:44
12	CLARKE	JC	FISH HOEK	34	M	SEN	8653	3:58:54
13	DE CARTERET-MARTIN	DIANNE	FISH HOEK	63	F	60	8663	4:02:58
14	HENDERSON	GAVIN	FISH HOEK	55	M	55	8695	4:04:25
15	TWINE	TREVOR	FISH HOEK	55	M	55	8757	4:04:27
16	ROSSOUW	VERONIQUE	FISH HOEK	51	F	50	8742	4:06:48
17	WITTE	LEON	FISH HOEK	57	M	55	8776	4:09:14
18	TUCK	LAUREN	FISH HOEK	40	F	40	8756	4:11:29
19	DAVIS	BRONWYN	FISH HOEK	47	F	45	8677	4:11:33
20	LANE	TRISH	FISH HOEK	60	F	60		4:11:34
21	IMRIE	PETER	FISH HOEK	45	M	45	8697	4:14:15
22	HOGG	GARY	FISH HOEK	44	M	40		4:18:55
23	CLARKE	JACKY	FISH HOEK	35	F	35	8652	4:27:06
24	HAYES	ADRIAN	FISH HOEK	41	M	40	8693	4:27:07
25	ANGOVE	NOELINE	FISH HOEK	45	F	45	8814	4:39:19
26	BENDER	DOMINIQUE	FISH HOEK	44	F	40	8639	4:41:29
27	COETZER	SHANI	FISH HOEK	47	F	45	8694	4:44:06
28	VAN NIEKERK	ANNELIZE	FISH HOEK	45	F	45	8761	4:44:06
29	WENNBERG	CATRIN	FISH HOEK	54	F	50	8846	4:47:17
30	PARSRAMAN	THERESA	FISH HOEK	54	F	50	8820	4:47:35
31	MESTERN	CAROL	FISH HOEK	45	F	45	8730	5:00:26
32	BYRNE	TONY	FISH HOEK	66	M	65	8648	05:04:44
33	PEDRO	KIRSTIE	FISH HOEK	36	F	35	13697	5:08:09
34	EISERMAN	DOROTHY	FISH HOEK	47	F	45	8673	5:32:14
35	FRESWICK JACOBS	KAREN	FISH HOEK	54	F	50	8699	5:32:22
36	JACOBS	MARK	FISH HOEK	55	M	55	8700	5:32:25