

**FOOD LOVER'S MARKET TEKKIE CHALLENGE 21KM
CAPE MULTISPORT AND JAN KRIEL
SATURDAY 02 SEPTEMBER 2023**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	KAPTEIN	WILLIAM	TYMEBANK LANGA	31	M	SEN		1:11:17
2	CHIGARA	RABSON	EASTERNS KRAAIFONTEIN	44	M	40	13246	1:11:35
3	BALIE	RAYDON	TYMEBANK LANGA	28	M	SEN	5610	1:11:59
4	SIKHANYISO		EASTERNS KRAAIFONTEIN	24	M	SEN		1:12:59
5	NOBAKADA	LUKHANYO	KHAYELITSHA		M	SEN	6315	1:14:10
6	COETZEE	OSCAR	BRIMSTONE ITHEKO	40	M	40	6534	1:14:53
7	SAKWE	SIYA	NEDBANK WP	41	M	40	5541	1:17:05
8	MKHOSANA	BULELANI	KHAYELITSHA	40	M	40	6318	1:17:31
9	NKANI	MSIMELELO	NEDBANK WP	34	M	SEN	5627	1:18:27
10	SITSHEKE	GCOBANI	EASTERNS KRAAIFONTEIN		M	SEN	8685	1:20:49
11	ANRAHAMS	SHAWN	KUILS RIVER RC	53	M	50	2598	1:21:58
12	MARAIS	EBETH	32 GI SWD		F	SEN	1795 SWD	1:22:02
13	MTHUNZI	EDDIE	EASTERNS KRAAIFONTEIN	54	M	40	13243	1:22:09
14	BRUINERS	JASON	METROPOLITAN	27	M	SEN	9335	1:23:47
15	SEPTEMBER	JOHN	BRIMSTONE ITHEKO	57	M	55	6603	1:24:20
16	CLAASSEN	ANENE	AAC	33	F	SEN		1:24:22
17	SMIT	COBUS	TEMP	31	M	SEN	T	1:25:53
18	ROSS	KURT	STELLENBOSCH	31	M	SEN	0690 BOL	1:27:03
19	MPONTSHANE	NICHOLAS	NEDBANK WP	49	M	45		1:28:15
20	MIDDLEMOST	ELME	NEDBANK WP	44	F	40	5545	1:28:40
21	COOPER	ANDREW	NEDBANK WP	55	M	55	5625	1:28:59
22	KINLOCH	LINDA	BELLVILLE	46	F	45	11827	1:29:48
23	JACOBS	LLEWELLYN	CELTIC	37	M	35	0637	1:30:13
24	NHLEKO	MDUDUZI	NEDBANK WP	37	M	35	5550	1:30:49
25	SIGODI	UNATI	RCS GUGS	37	M	35		1:30:58
26	NO RETURN				M	SEN		1:31:16
27	COETZEE	ERIC	BELLVILLE	63	M	60	11838	1:31:34
28	GALANT	MERLIN	KENFAC	43	M	40	4349	1:31:44
29	WAGGIE	RIZA	PINELANDS	48	M	45		1:33:02
30	LEFEFA	PRESS M	RCS GUGS		M	SEN		1:33:10
31	HAYNES	RB	WEST COAST		M	40		1:33:29
32	JANSEN	ROWLAND	KUILS RIVER RC	61	M	60	2620	1:34:08
33	BRESLER	ANDRE	TYGERBERG	51	M	50	2222	1:34:45
34	RATOMBO	AUBREY	DURBAC	45	M	45	3929	1:34:53
35	WILLIAMS	FRANCOIS	TYGERBERG	55	M	55	2212	1:35:15
36	TSHABALALA	NHLANHLA	TYMEBANK LANGA	35	M	35	13202	1:35:42
37	KOKELA	L	SANDEF WP	41	M	40	8840	1:35:52
38		ERROL	TEMP	41	M	40	T4922	1:36:09
39	KOEN	LOUIS	BELLVILLE	48	M	45	4268	1:36:46
40	VIENINGS	MARLIZE	EDGEMEAD	47	F	45	5115	1:37:02
41	NAMATHE	THABISO	SANLAM	30	M	SEN	1551	1:37:34
42	GILLILAND	RIANDA	AAC	39	F	35	10197	1:37:37
43	PEPLER	ANDRE	WEST COAST	60	M	60	2070	1:37:37
44	WAGENHEIM	MARK	AAC	67	M	65	10188	1:37:45
45	TOERIEN	ETIENNE	CELTIC	17	M	JUN	J20816	1:38:05
46	NIEMANN	PIETER	HELDERBERG HARRIERS	39	M	35		1:38:22

47	ROSS	SEAN	TEMP	32	M	SEN	T	1:38:32
48	FORTUNE	TIMOTHY	SPARTAN	19	M	SEN	0482	1:38:44
49	JANSEN	IVAN	BELLVILLE	28	M	SEN	4883	1:39:13
50	WINDVOGEL	JOHN	ELSIES RIVER	35	M	35	4635	1:39:21
51	GROENEWALD	PETRUS	DURBAC	35	M	35	3788	1:39:29
52	GEERTS	EISE	BELLVILLE	67	M	65	8327	1:39:42
53	BOOI	XOLISIWE	EDGEMEAD	38	F	35	5023	1:39:43
54	OLIVIER	TINUS	GOODWOOD HARRIERS	46	M	45	9796	1:39:46
55	C	M	TEMP	27	M	SEN	T24025	1:39:47
56	GILLED	FRANK	WHALERS	65	M	65		1:40:33
57	BLANK CARD		BELLVILLE		M	40		1:40:40
58	COETZEE	DEON	ATC	48	M	45	9987	1:40:47
59	PHUMLANI		RCS GUGS	33	M	SEN	6206	1:41:14
60	ADONIS	DANIEL	MP TITANS	36	M	35	4596	1:41:41
61	DEELIE	ROCHEN	EASTERNS KRAAIFONTEIN	44	M	40	8700	1:41:44
62	KLAAS	LIYEMA	TEMP	23	M	SEN	T24609	1:41:45
63	DE JAGER	RIAAN	BELLVILLE	33	M	SEN	8298	1:42:34
64	UYS	ELMAR	BELLVILLE	33	M	SEN	8410	1:42:34
65	ISAACS	ISMAIL	OMMIEDRAAI	52	M	50	2346	1:43:45
66	OLIVIER	HANLO	TEMP	27	M	SEN	T	1:44:09
67	CHRISTIE	ANTONIE	PINELANDS	40	M	40		1:44:54
68	LEASK	LEONARD	RCS GUGS	60	M	60	61165	1:44:54
69	CIEVERTS	PAUL	PINELANDS	65	M	65	1058	1:44:55
70	MAQASHU	MONWABISI	TEAM VITALITY	40	M	40	7111	1:45:09
71	NO RETURN				M	SEN		1:45:09
72	THEMBANI		RCS GUGS	42	M	40		1:45:15
73	SASS	MARYKE	32 GI SWD	52	F	50	1703 SWD	1:45:30
74	GOUSSARD	PIERRE	DURBAC	56	M	55		1:45:36
75	OLIPHANT	LES	RCS GUGS	60	M	60	11212	1:45:42
76	MGANISA	RICHARD	OMMIEDRAAI	47	M	45		1:46:20
77	BLANK CARD				M	SEN		1:47:23
78	WILLIAMS	ANTOINETTE	TYGERBERG	51	F	50	2202	1:47:24
79	ZEEMAN	THEUNS	BELLVILLE	38	M	35	8434	1:47:30
80	CALLAGHAN	MATTHEW	BRACKENFELL	26	M	SEN	8195	1:47:33
81	CHONG	PETER	EDGEMEAD	44	M	40	4828	1:47:42
82	GROBBELAAR	REINHARDT	TEAM VITALITY	45	M	45	4915	1:47:48
83	DAVIS	LYNN	AAC	55	F	55		1:47:50
84	NO RETURN		TEMP		M	SEN	T	1:48:07
85	SALIE	TASNEEM	KENFAC	33	F	SEN	4331	1:48:18
86	SNYBEN	REAGAN	OMMIEDRAAI	29	M	SEN	13395	1:48:33
87	OSBORNE	EDGAR	BELLVILLE	45	M	45		1:48:45
88	OLIVIER	EBEN	BELLVILLE	45	M	45	8376	1:49:16
89	ADAMS	CHAD	MP TITANS	34	M	SEN	11428	1:49:17
90	GREEFF	RUAN	TEMP	38	M	35	T24600	1:49:18
91	PETERSEN	TAVON	STRAGGLERS	32	M	SEN	11551	1:49:18
92	WENTZEL	KAREN	DURBAC	47	F	45	3936	1:49:25
93	SMITH	CHANTEL	EASTERNS KRAAIFONTEIN	46	F	45	8696	1:49:34
94	NYIKISA	SILIMELA	RCS GUGS		M	40		1:49:37
95	KER	LUCY	BRIMSTONE ITHEKO	38	F	35	6485	1:49:38
96	DE KLERK	BEN	TYGERBERG	47	M	45	12180	1:49:45
97	BIRD	AKHONA	TEAM VITALITY	38	M	35	7029	1:50:34
98	BYKER	CARIKE	NEDBANK WP	35	F	35	5614	1:50:43

99		ILZE-MARIE	BELLVILLE	35	F	35	8379	1:50:59
100	NO CARD		DURBAC		M	SEN		1:51:11
101	TWINE	TREVOR	FISH HOEK	54	M	50	8608	1:51:29
102	BEZANA	SOLOMZI	BRACKENFELL		M	40		1:51:37
103	HORN	VIHAN	TEMP	18	M	JUN	T	1:51:39
104	NO CARD		KHAYELITSHA		M	SEN		1:51:45
105	SIGENU	MXOLI	RCS GUGS		M	50	6266	1:51:55
106	AUGUST	PETER-JOHN	TOTALSPORTS VOB	59	M	55	2798	1:52:19
107	LEUKES	THABIET	TOP FORM	58	M	55	13740	1:52:38
108	HE	KEVIN	RAVENSMEAD		M	SEN	12198	1:52:53
109	BOTHA	FRANCOIS	BELLVILLE	45	M	45		1:53:09
110	BLANK CARD				M	50		1:53:09
111	CRAWFORD	LINDSAY	PINELANDS	43	M	40		1:53:09
112	COOPER	MIGUEL	NEDBANK WP	23	M	SEN	5621	1:53:19
113	DU TOIT	BAREND	DURBAC	51	M	50	3909	1:53:24
114	NDLOVU	ANDILE	NEDBANK WP	43	M	40		1:53:37
115	NO CARD		SAPS WP		M	SEN		1:53:38
116	GOLDBERG	NADIA	BELLVILLE	39	F	35	4054	1:53:45
117	WITBOOI	WADE	TEMP	36	M	35	T	1:54:06
118	VAN REENEN	CLINTON	PINELANDS	43	M	40	1180	1:54:29
119	JAFTHA	FRED		45	M	45	4301	1:54:32
120	JACOBS	JOHANNES	CELTIC	70	M	70	0665	1:54:59
121	WILL	NANCY	PINELANDS	70	F	70	1252	1:55:19
122	V D WALT	NIKKI	TEMP		F	50	T	1:55:20
123	G	GERALD	TEMP	49	M	45	T	1:55:38
124	VAN DER MERWE	DANIE	STELLENBOSCH	55	M	55	0773 BOL	1:55:40
125	BARLOW	MIKAIL	TEMP	30	M	SEN	T	1:55:45
126	OCTOBER	JOHN	IN TOUCH	54	M	50	1720	1:55:47
127	GILES	TREVOR	DURBAC	53	M	50		1:56:11
128	HIRSCH	DAN	TEMP	54	M	50	T	1:56:15
129	NO CARD				M	SEN		1:56:25
130	GOLIATH	MEGAN	CARBINEERS WP	47	F	45	8126	1:56:41
131	NO CARD				F	SEN		1:56:43
132	HINE	MICHELLE	CARBINEERS WP	44	F	40	4491	1:56:44
133	WORSHIP	RICARDO	TEMP	49	M	45	T	1:56:44
134	NO RETURN		TEMP		M	SEN	T	1:56:45
135	BETHUEL	MASERAME	PARLIAMENT	44	M	40	9845	1:56:50
136	MITON	JOHN	CAPRICORN AC	32	M	SEN	11592	1:57:06
137	RUSHIN	SEAN	MIDAS SPARTANS	57	M	55	6114	1:57:10
138	DE OLIVEIRA	CHRIS	EDGEMEAD	53	M	50	4820	1:57:11
139	4VDM	ROANNE	DURBAC		F	40		1:57:15
140	NO RETURN		MELKBOS		M	SEN		1:57:19
141	FEYT	MANDY-LEE	DURBAC		F	40		1:57:23
142	THOMPSON	CHAD	TEMP	34	M	SEN	T	1:57:25
143	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	44	M	40	13750	1:57:39
144	JAPPIE	RIAAZ	OMMIEDRAAI	51	M	50	2408	1:57:44
145	BESTER	MEGAN	DURBAC	17	F	JUN		1:57:51
146	RAUBENHEIMER	FRANCOIS	TEMP	60	M	60	T	1:57:52
147	JACOBS	H	RCS GUGS	60	M	60		1:57:58
148	BOTHA	LOUISE	TEMP	53	F	50	T	1:58:02
149	COETZEE	KEVIN	BRACKENFELL	50	M	50	8200	1:58:33
150	MOBAZA	SIYABULELA	KHAYELITSHA	57	M	55	6359	1:58:44

151	POLO	NIWINE	BRACKENFELL	40	F	40	8203	1:58:45
152	SAWANT	GULAM	TEMP	43	M	40	T4233	1:58:50
153	COETZER	MARIEKE	DURBAC	47	F	45		1:58:55
154	DE KOCK	JOHANDIE	BELLVILLE	35	F	35	8301	1:59:04
155	MENYUKO	INNOCENTIA	CELTIC	48	F	45	0697	1:59:11
156	JURIES	VERUSCHKE	WILD RUNNER		F	40	11900	1:59:11
157	NO RETURN				M	SEN		1:59:12
158	GEORGE	IAN	STRAND	57	M	55	3659	1:59:12
159	NKAGIE	XOLISA	CELTIC	32	M	SEN	0692	1:59:12
160	GREEFF	JAN-WYNAND	BELLVILLE	43	M	40	8442	1:59:13
161	DAVIDS	CHAD OWEN	IN TOUCH	30	M	SEN	1691	1:59:13
162	NAKELI	MV	SANDF WP	43	M	40	8834	1:59:13
163	MOFOLO	MAROURO	TYMEBANK LANGA	38	M	35	11048	1:59:13
164	VINGER	SEBALO	TYMEBANK LANGA	46	M	45	11029	1:59:14
165	RAMOKAE	MPHO	SAPS WP	42	M	40	12642	1:59:14
166	MEHLO	SIPHELELE	TYMEBANK LANGA	37	M	35	11114	1:59:14
167	BESTER	ARNE	DURBAC	33	F	SEN		1:59:15
168	CLEOPHAS	HENRY	NEDBANK WP	74	M	70	5574	1:59:15
169	DAVIDS	G	OMMIEDRAAI	28	F	SEN	13051	1:59:16
170	KGAFELA	TEBOGO	SANDF WP	36	M	35	0882	1:59:19
171	MALI	KUHANYILE	RCS GUGS	27	M	SEN	11217	1:59:24
172	RHODA	ANTHONY	CAPRICORN AC	62	M	60		1:59:27
173	RAMALIBA	GUMANI	CENTURY CITY		M	SEN	4743	1:59:33
174	MABIDI	VNDEVHANI	TEAM VITALITY	44	M	40	7042	1:59:34
175	TYE	ANTHONY	TEMP		M	40	T	1:59:37
176	FRITZ	JULIE	EASTERNS KRAAIFONTEIN		F	50	8711	1:59:41
177	RHODA	JAMIEL	OMMIEDRAAI	48	M	45		1:59:43
178	THERON	JOHAN	TEMP	41	M	50	T	1:59:46
179	VAN ZYL	L	TEMP	55	F	55	T	1:59:54
180	NO RETURN				M	SEN		1:59:58
181	FUNIGELO	ZUKISANI	TEMP	34	M	SEN	T	1:59:58
182		LUSANDA	PINELANDS	39	F	35	1185	1:59:59
183	NEL	TAMSYN	TEMP	38	F	35	T	2:00:02
184	JAPPIE	MIRIAM	OMMIEDRAAI	49	F	45	2407	2:00:16
185	JANSEN	SUZAAN	BELLVILLE	23	F	SEN	4884	2:00:19
186	AZER	DAVID	STELLENBOSCH	51	M	50	0788 BOL	2:00:26
187	BALOYI	MKATEKO	RCS GUGS	42	M	40		2:00:41
188	PEARCE	BRANDON	OMMIEDRAAI	48	M	45	2392	2:00:48
189	BESTER	RACHELLE	STELLENBOSCH	35	F	35	0681 BOL	2:00:55
190	WAN WYK	BRIAN	EDGEMead	50	M	50	5051	2:01:04
191	GWE	THANDO	CHILLIE RC	46	M	45	6054	2:01:09
192	WEEDER	OWEN	SANLAM	61	M	60	1614	2:02:09
193	SIKHAKHANA	L	SAPS WP	42	M	40	5533	2:02:42
194	PAPIER	LENEVER	RCS GUGS	35	F	35	11170	2:02:44
195	TOERIEN	FRANCOIS	CELTIC	56	M	55	0782	2:03:04
196	V STADEN	RENE	DURBAC	36	F	35	3910	2:03:24
197	MSOMI	NOLUKHOLO	RCS GUGS	40	F	40	11156	2:03:24
198	MHLOPHE	MASOI	BELLVILLE	30	M	SEN	8363	2:03:36
199	TIRO	TSHOLO	TEMP	42	F	40	T	2:03:41
200	NGCELWANE	SONWABO	RCS GUGS		F	SEN		2:03:45
201	KHOZA	NELLY	CELTIC		F	50	0901	2:03:47
202	FORTUNE	R	SPARTAN	56	M	55	0477	2:03:52

203	VAN ROOY	RIKUS	TEMP	47	M	45	4228	2:03:55
204	THERON	ADRI	RUN WALK 4 LIFE		M	60	8762	2:04:09
205	VERMEULEN	MORGAN	KUILS RIVER RC		M	50		2:04:09
206	MOORE	CRYSTLE-LYNNE	KUILS RIVER RC	36	F	35	2616	2:04:10
207	NO CARD				M	SEN		2:04:10
208	ECKLETON	TREVOR	KUILS RIVER RC	53	M	50	2610	2:04:10
209	THOMAS	DAVE	TEMP		M	50	T	2:04:11
210	NO RETURN				M	SEN		2:04:11
211	NO RETURN		BRACKENFELL		M	SEN		2:04:11
212	LOOTS	JANE	DURBAC	50	M	50	4150	2:04:20
213	PEARCE	WILMA	OMMIEDRAAI	49	F	45	2393	2:04:52
214	BARTLETT	DENZIL	CARBINEERS WP	51	M	50	4492	2:04:53
215	S	OSCAR	SANDF WP	50	M	50		2:05:52
216	SANNEBERG	SHIREEN	OMMIEDRAAI	48	F	45	2349	2:05:58
217		REED	TEMP	63	M	60	T	2:06:20
218	TIRELO		MANONI	40	M	40	5963	2:06:33
219	MONGALE	LULENDO	CHILLIE RC	39	F	35	6030	2:06:34
220	FARAI	TIVAKUDZE	CENTURY CITY	40	M	40	4760	2:06:49
221	BROWN	AVRIL	STRAND	52	F	50	3595	2:06:52
222	DE KOCK	ANNATJIE	STRAND	62	F	60		2:06:53
223	NO RETURN				F	SEN		2:07:26
224	GWADA	JOSPHAT	BELLVILLE	41	M	40	13450	2:07:27
225	SAVILLE	GRANT	TEMP	51	M	50	T24033	2:07:30
226	BREDENHAM	TINA	DURBAC	43	F	40	1071	2:07:41
227	MARAIS	FRANS	BRACKENFELL	65	M	65	8206	2:08:00
228	JEKEQA	YOLANI	BRACKENFELL	49	M	45	8140	2:08:19
229	BADENHORST	JOHAN	STELLENBOSCH	50	M	50	0702 BOL	2:08:33
230	LUBBE	DIRK	BELLVILLE	54	M	50	8358	2:08:33
231	HAUGHT	WERNER	TEMP	40	M	40	T	2:08:41
232	SIHLUKU	MC	TYMEBANK LANGA		M	50	5358	2:08:45
233	MOABALOSO	R	PARLIAMENT	39	M	35	9840	2:08:47
234	NEL	ANIKA	IN TOUCH	33	F	SEN	1733	2:08:50
235	KUMNIE	J	SANDF WP	51	M	50	8839	2:08:51
236	NTULI	QHAWE	DRDLR AC	43	M	40	11370	2:08:57
237	VAN SCHALKWYK	DEON	DURBAC	43	M	40		2:08:58
238	MOSHGA	PATRICK	RCS GUGS	63	M	60	6222	2:09:09
239	LOUW	HANSIE	HERBALIFE	66	M	65	9022	2:09:41
240	BOTHA	THEA	BRACKENFELL	63	F	60	8202	2:09:42
241	MUSELLU	TERENC	PARLIAMENT	50	M	50		2:10:05
242	ISAS	TANIA	TEAM VITALITY	55	F	55	7758	2:10:10
243	KRUGER	NATASHA	SANLAM	49	F	45	1644	2:10:11
244	BADENHORST	LIZETTE	STELLENBOSCH	54	F	50	0704 BOL	2:10:13
245	SULEIMAN	KAMIL	BRIMSTONE ITHEKO	42	M	40	6706	2:11:14
246	GEUSTYN	MARTIN	BELLVILLE	59	M	55	8329	2:11:15
247	MBEBE	SINAXO	MANONI	38	F	35	5447	2:11:18
248	YNOLU		CENTURY CITY	47	F	45	4766	2:11:26
249	COETZEE	MARI	BRACKENFELL	49	F	45	8201	2:11:32
250	GOOSEN	JACKIE	DURBAC	61	F	60	3711	2:11:35
251	LWANDLE	YANGA	FAT CATS	30	M	SEN	5995	2:12:03
252	CUPIDO	RENEE	BRIMSTONE ITHEKO	49	F	45		2:12:17
253	SMITH	ALISON	PINELANDS	46	F	45	1055	2:12:22
254	HILL	HEATHER	PINELANDS	46	F	45	1077	2:12:23

255	DE DONCKER	TARRYN	BRACKENFELL	37	F	35		2:12:32
256	WRIGHT	ANDREW	TEMP	47	M	45	T	1:12:27
257	HENDRICKS	AYESHA	PINELANDS	47	F	45		2:13:24
258	MORGAN	CINDY	TEMP	39	F	35	T	2:13:39
259	NO RETURN		TEMP		M	SEN	T	2:14:01
260	JANSEN	JIMMY	PINELANDS	55	M	55	0977	2:14:04
261	NO RETURN		TEMP		F	SEN	T	2:14:04
262	NO RETURN		TEMP		F	SEN	T	2:14:04
263	NO RETURN		NANTES		M	SEN		2:14:16
264	NO CARD				M	SEN		2:14:32
265	DE BEER	TREZINHA	DURBAC	56	F	55	3750	2:14:32
266	JURIES	JP	WILD RUNNER	39	M	35	11901	2:14:32
267	ANDRIES	PATRICK	EDGE MEAD	49	M	45	5111	2:14:32
268	WIESE	BENNIE	BELLVILLE	58	M	55		2:14:33
269	NO CARD				M	SEN		2:14:34
270	MKINEEK	XHANTI	RCS GUGS	43	M	40		2:14:34
271	TREGONNING	RUSHDAH	HEWAT	48	F	45	4406	2:14:35
272	MBANA	EDWIN XOLILE	KHAYELITSHA		M	40	6293	2:14:35
273		GAVIN	IN TOUCH	61	M	60	1723	2:14:35
274	NO CARD				M	SEN		2:14:36
275	NO CARD				F	SEN		2:14:37
276	CLOETE	NIKKI	TEMP	30	F	SEN	T24028	2:14:37
277	DENULER	MARC	TEMP	45	M	45	T	2:14:38
278	KOTZE	HENRY	TEMP	27	M	SEN	T	2:14:39
279	BLANK CARD				M	40		2:14:40
280	VANGALE	VUYISO	BELLVILLE	43	M	40	9952	2:14:41
281	MHIZHA	JUSTICE	CELTIC	41	M	40	0671	2:14:45
282	BROCK	NICOLE	PINELANDS	51	F	50		2:14:58
283	NO CARD				M	SEN		2:15:00
284	MAYHAULLHA	MULALO	FARANANI AC		M	SEN	6621 AGN	2:15:01
285	MUTANDWA	TANDAI	TEMP	37	M	35	T	2:15:24
286	NO RETURN		TEMP		M	SEN	T	2:15:28
287	W	BETTY	CHILLIE RC	27	F	SEN	6034	2:15:28
288	GRUNDLING	KAREN	SANLAM	54	F	50	1624	2:15:32
289	LAWRENCE	LUYNN	SANLAM	53	F	50	1556	2:15:32
290	JUMETH	ARTHUR	TEAM VITALITY	49	M	45		2:15:51
291	GEYA	LINDANI	RCS GUGS	47	M	45	11322	2:16:35
292	SMITH	WENDAL	PINELANDS	55	M	55	0968	2:16:51
293	DE POELA	KAREL	DURBAC		M	50		2:16:55
294	MARTION	ASHLEY	BORN 2 RUN		M	50		2:17:08
295	ULADESCU	ESTER	HELDERBERG HARRIERS	53	F	50	7924	2:17:12
296	V D HEUVEL	C	STRAND	61	M	60	3643	2:17:13
297	PAPIER	ADAM	OMMIEDRAAI	60	M	60	2483	2:17:43
298	WILLIAMS	NEIL	RANDBURG HARRIERS		M	40		2:18:09
299	NO CARD		TEMP		M	SEN	T	2:18:10
300	FISCHER	NATALIE	PINELANDS	54	F	50	1219	2:18:15
301	NO CARD				F	SEN		2:18:18
302	KRIEL	ASHLEY	STELLENBOSCH	27	F	SEN	0819 BOL	2:18:18
303	MATHEWS	LESLEY	RUN WALK 4 LIFE	63	F	60	5911	2:18:20
304	PHAVAL	MPHUMZENI	RCS GUGS		M	40		2:18:25
305	HALDANE	LISA	TEMP	45	F	45	T	2:18:34
306	COETZEE	CYNTIA	BRACKENFELL	59	F	55	8151	2:19:08

307	KALPEE	ROXY	CENTURY CITY	70	M	70		2:19:24
308	THOMPSON	TRACY	STRAND	53	F	50	3613	2:19:44
309	SANDER	JANETTE	STRAND	46	F	45	3612	2:19:45
310	NO CARD				F	SEN		2:20:35
311	NGCOFE	LUNCEDO	DRDLR AC		M	40		2:20:58
312	DYWIBIA	MALIBONGWE	UWC	40	M	40	13021	2:21:13
313	ECKLETON	JAMES	TOTALSPORTS VOB	58	M	55	2893	2:21:17
314	LAUBSCHER	B	TEMP	70	F	70	T	2:22:10
315	GOOCH	TRACY-ANNE	WEST COAST	47	F	45	2042	2:22:20
316	MARALACK	DONOVAN	TEMP	50	M	50	T	2:22:55
317	MPENGESI	SIMPHIWE	TYMEBANK LANGA	40	M	40	13175	2:22:57
318	MUSARURWA	H	WEST COAST	48	M	45	2002	2:23:38
319	MYBURGH	ELYNI	STRAND	60	F	60	3684	2:23:49
320	DEALE	YOLANDA	DURBAC	46	F	45		2:23:52
321	DE VILLIERS	DELI	TEMP	37	F	35	T25499	2:23:52
322	MILHATU	GINA	TEAM VITALITY	26	M	SEN	7045	2:23:57
323	BUNN	BUSISIWE	RCS GUGS	38	F	35	6218	2:23:59
324	UYS	ANCHEN	BELLVILLE	34	F	SEN	8411	2:24:10
325	CLARENCE	JUAN	BELLVILLE	52	M	50	8456	2:24:43
326	ELS	MELINDA	BELLVILLE	52	F	50		2:24:44
327	NOLOYISO	C	CHILLIE RC	44	F	40	6020	2:25:16
328	LOURENS	NICOLENE	BRACKENFELL	46	F	45	8145	2:25:45
329	LAKEY	HEIN	KUILS RIVER RC	53	M	50	2626	2:25:56
330	MAMOTHELA	MAKHASANE	TEAM VITALITY	38	F	35	7755	2:26:08
331	DU PLESSIS	JANNIE	TEMP	54	M	50	T	2:26:14
332	HARRIS	SEAN	PINELANDS	59	M	55	0964	2:26:29
333	NORTON	LEA	RCS GUGS	67	F	65	11214	2:26:40
334	NO CARD				F	SEN		2:26:44
335	THYS	ILSE	STRAND	41	F	40		2:26:46
336	RIST	DELYSE	PINELANDS	61	F	60	0962	2:26:49
337	HARRIS	LEE-ANN	PINELANDS	56	F	55	0967	2:26:51
338	HASSAYN	ABDUL	CARBINEERS WP	53	M	50	4534	2:27:16
339	DE VOS	ANDRE	BELLVILLE	45	M	45		2:27:16
340	SISU	ASIPHE	RCS GUGS		F	SEN		2:27:20
341	LOUW	SOPHIA	BRACKENFELL	53	F	50	8117	2:27:24
342	NDZUBE	THOBILE	RCS GUGS	53	M	50	6139	2:28:09
343	GOOCH	NICK	TEMP	48	M	45	T	2:28:24
344	HENDRIKSE	ELIZKA	BRACKENFELL	53	F	50	8164	2:28:33
345	NO CARD		TEMP		F	SEN	T	2:29:20
346	DE LANGE	MICHELLE	BRACKENFELL	57	F	55	8134	2:29:32
347	MURPHY	PAUL	CARBINEERS WP	59	M	55	4406	2:29:34
348	JAPPIE	TASHMEEN	TEMP	41	F	40	T	2:29:45
349	LOURENS	BRENT	TEAM VITALITY	28	M	SEN	7785	2:29:51
350	JONES	JO	EDGEMEAD	50	F	50	5044	2:30:00
351	BRYON	TRACY	EDGEMEAD	52	F	50	5071	2:30:00
352	SIPUKA	NICHOLAS	AECI	39	M	35		2:30:15
353	PULKER	JEFF	RUN WALK 4 LIFE	68	M	65	4356	2:30:22
354	MSOLO	SINDISWA	KHAYELITSHA	34	F	SEN	6355	2:30:22
355	FORTUNE	TATUM	SPARTAN	27	F	SEN	0365	2:30:39
356	SIMON	DX	KUILS RIVER RC	59	M	55	2614	2:30:49
357	VISSER	LEON	TEAM VITALITY	53	M	50	6922	2:31:11
358	VISSER	TRUDIE	BORN 2 RUN	45	F	45	8229	2:31:11

359	SPARG	PIXIE	CELTIC	78	F	75	0910	2:31:34
360	COMBRINK	CAYLIEGH	DURBAC	28	F	SEN	3876	2:31:52
361	ADAMS	ROZAAN	BRIMSTONE ITHEKO	45	F	45	4294	2:32:21
362	NGIDI	NKOSNATHI	TEMP	37	M	35	T	2:33:12
363	MOYO	MANDLENKOSI	PINELANDS	45	M	45	0978	2:34:29
364	JOHNSON	TOM	CAPE MULTISPORT	68	M	65	2295	2:34:59
365	MALAN	ROSSOUW	TEMP	50	M	50	T24001	2:35:16
366	VAN ROOYEN	ERIKA	EDGEMEAD	61	F	60	4999	2:35:27
367	JANUARI	LODEWYK	RAVENSMEAD	50	M	50	12149	2:35:32
368	NO CARD				F	SEN		2:35:36
369	VAN ROOYEN	CHRIS	EDGEMEAD	65	M	65	4888	2:36:26
370	MOERT	AADIELAH	PAARL		F	50	0332 BOL	2:36:28
371	NO RETURN		ADVENTIST AC		M	SEN		2:36:39
372	NO RETURN		ADVENTIST AC		M	SEN		2:36:40
373	BONISILE	NANDWE	KHAYELITSHA	39	F	35		2:36:47
374	INISO		TEAM VITALITY	41	F	40	7394	2:36:53
375	BRITS	MARILYE	TEMP	37	F	35	T4157	2:37:06
376	DE JANGE	LOUISE	TEMP	57	F	55	T24596	2:37:30
377	NONLUMBYZO		TYMEBANK LANGA		F	40		2:38:07
378	ILLEGIBLE		RCS GUGS	46	F	45	6151	2:38:17
379		RALPH	STRAND	45	M	45	12129	2:38:21
380	VAN WYK	JOLENE	TEMP	38	F	35	T24586	2:39:32
381	SWART	PATRICIA	PINELANDS	32	F	SEN	0991	2:39:33
382		VICTORIA	STRAGGLERS		F	40	11549	2:39:48
383	SAMSODIEN	ERFAAN	OMMIEDRAAI	42	M	40	2588	2:41:35
384	NO CARD		TEMP		F	SEN	T	2:41:45
385	SOLOMON	TARZQ	TEMP	30	M	SEN	T24010	2:41:51
386	CLOETE	SIDDIQAH	ARD	40	F	40	5667	2:42:17
387	SYLVESTER	DAVID	CAPRICORN AC	66	M	65	11585	2:43:58
388	SAMUELS	J	HEWAT	55	F	55	4411	2:44:07
389	A		PAARL	54	M	50	1131 BOL	2:44:24
390	SAMUELS	BRIAN	PINELANDS	61	M	60	1214	2:44:27
391	CLOETE	RASHID	HEWAT	66	M	65	4948	2:44:32
392	SEBOTHORNA	DIMAKATSO	OMMIEDRAAI	37	F	35	11489	2:44:35
393	KGWADI	IPELENG	FAT CATS		F	SEN	5938	2:44:35
394	ROOS	JODIE	VIKING AC	38	F	35	10727	2:44:44
395	MOJERI	CO	TEAM VITALITY		F	40		2:45:59
396	FRIZLAR	YUSRY	BRIMSTONE ITHEKO	65	M	65	6665	2:46:00
397	MNUKWA	NOLUSIZO	MANDELA PARK AC	32	F	SEN	11805	2:46:02
398	ESAU	ANNABELLE	OMMIEDRAAI	60	F	60		2:46:49
399	BABAIWAN		RCS GUGS	36	F	35	6257	2:46:49
400	MATHEWS	JO-MARI	BELLVILLE	36	F	35	11831	2:47:13
401	NDZWANE	N	TEAM VITALITY		F	40		2:48:02
402	VAN WYK	WILMA	STELLENBOSCH		F	40		2:48:13
403	LIBBIE	EDWARD	TOP FORM	63	M	60	10104	2:49:21
404	VERMEULEN	WILHELM	IN TOUCH	35	M	35	1728	2:49:28
405	VERMEULEN	ANDRE	SANLAM	35	M	35	1652	2:49:29
406	BLANK CARD		RCS GUGS		F	SEN		2:49:52
407	VERMAAK	SONJA	RUN WALK 4 LIFE	54	F	50	4386	2:50:25
408	GIJA	MSIMELELO	TYMEBANK LANGA	48	M	45	11050	2:51:38
409	TICHMANN	PAUL	CAPRICORN AC	64	M	60	T24603	2:51:57
410	NDYALFUANO	NONNY	ADVENTIST AC	44	F	40		2:52:35

411	VAN WYK	FELICITY	DURBAC	32	F	SEN	3891	2:53:58
412	NO CARD				F	SEN		2:53:59
413	NO RETURN		AAC		M	SEN		2:54:00
414	BEKKER	ANNATJIE	BORN 2 RUN	51	F	50	8240	2:54:01
415	CROCKER	CARON	EDGEMEAD	49	F	45	5027	2:55:11
416	SMIT-HARTOGH	LIVERNE	BELLVILLE		F	SEN		2:56:42
417	NOMBONGO		MANDELA PARK AC		F	40		2:56:48
418	WIESE	JUAN	CARBINEERS WP	45	M	45	4501	2:58:06
419	FERREIRA	HANNELIE	STELLENBOSCH		F	40	0671 BOL	2:58:09
420	NO RETURN		TEMP		F	SEN	T	2:58:55
421	NO CARD		TEMP		F	SEN	T	2:58:56
422	NO RETURN		TEMP		M	SEN	T	2:59:16
423	NO RETURN		TEMP		M	SEN	T	2:59:17
424	MLOTSHWA	NICHOLAS	NANTES	43	M	40	9256	3:00:25
425	JACKSON	MIRANDA	MIDAS SPARTANS	59	F	55	9250	3:00:29
426	JACKSON	SHINICE	NANTES	30	F	SEN	9252	3:00:29
427	STEVENS	DILLAN	NANTES	30	M	SEN	9253	3:00:29
428	NTOAHAE	TSHEPISO	PARLIAMENT	43	F	40	9832	3:01:23
429	NKOSI	NONHLANHLA	CENTURY CITY	39	F	35	4745	3:03:22
430	FERREIRA	MARIUS	STELLENBOSCH		M	50		3:03:27
431	VILJOEN	HENNIE	BRACKENFELL	50	M	50	10810	3:05:53
432	KASIBE	ANDISWA	RCS GUGS		F	40		3:07:15
433	DE DONCKER	AMY	TEAM VITALITY	24	F	SEN	7366	3:07:17
434	ALEXANDER	JANINE	OMMIEDRAAI	33	F	SEN		3:09:44
435	PILKINGTON	KEITH	RUN WALK 4 LIFE	50	F	50	5906	3:10:54
436	ARENDSE	PETER	PINELANDS	56	M	55	1267	3:16:06
437	NO RETURN		SAPS WP		F	SEN		3:18:16
438	VAN WYK	NATASHA	CAPE MULTISPORT	54	F	50	4649	3:18:38
439	SWART	JAN	GOODWOOD HARRIERS	64	M	60	14470	3:18:39