

**FOOD LOVER'S MARKET TEKKIE CHALLENGE 16KM
CAPE MULTISPORT CLUB AND JAN KRIEL SCHOOL
SATURDAY 07 SEPTEMBER 2024**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TUNA	MANDLENKOSI	NEDBANK WP	29	M	SEN	7316	0:53:08
2	MOTMANE	JOSIAH	SATORI		M	SEN	1995	0:54:00
3	MADIKIZELA	SIBUSISO	RCS GUGS		M	SEN	7311	0:55:53
4	MUTANDIRO	GILBERT	CENTURY CITY		M	40		0:55:58
5	BLAUW	RICARDO	EDGEMEAD	42	M	40	7342	0:56:47
6	MATHA	SIYABONGA	EASTERNS	23	M	SEN	14301	0:56:54
7	CHIRENQWE	GEOFFE	EASTERNS	30	M	SEN	6367	0:57:56
8	MPUMELELO	WALSLA	EASTERNS	28	M	SEN	14303	0:59:19
9	MADAYA	SIYABONGA	CPUT	38	M	35	9402	1:00:31
10	LOUW	GIANO	EERSTERIVIER	19	M	JUN		1:01:46
11	SITSHEKE	GCOBANI	EASTERNS		M	SEN	6366	1:01:59
12		VUSUMZI	TYMEBANK LANGA	34	M	SEN	12693	1:02:06
13	SOMEMZA	COBISA	LWANDLE	33	M	SEN	7923	1:02:27
14	CALOTHI	GREG	NEDBANK WP	36	M	35	7273	1:02:45
15	MACANDA	XOLILE	RCS GUGS	52	M	50	3412	1:05:44
16	WALLEY	DANETTE	BOXER	36	F	35	0020	1:06:16
17	BRUINERS	JASON	TEAM VITALITY	28	M	SEN	12821	1:06:19
18	PAULSE	CHARLES	EERSTERIVIER	46	M	45	9080	1:07:12
19	NONZABA	ANELE	RCS GUGS	33	M	SEN	3206	1:07:20
20	RATOMBO	AUBREY	DURBAC	46	M	45	3928	1:07:33
21	FELEZA	ERIC	RCS GUGS	48	M	45	3106	1:07:42
22	DU PLESSIS	MADELE	EDGEMEAD	36	F	35	1700	1:07:43
23	REICHHARDT	ALBERTO	BRACKENFELL	35	M	35	4536	1:07:49
24	BLAAUW	RUBEN	ATLANTIS HARRIERS	53	M	50		1:08:03
25	MIDDLEMOST	ELME	NEDBANK WP	45	F	45	7278	1:08:18
26	CALLAGHAN	MATTHEW	BRACKENFELL	37	M	35	4329	1:08:43
27	WIEMANN	PIETER	HELDERBERG HARRIERS	40	M	40	6538	1:09:26
28	DU TOIT	MATTHEW	HELDERBERG HARRIERS	17	M	JUN		1:09:36
29	NCUBE	SIMISO	HELDERBERG HARRIERS		M	40		1:09:41
30	VENTER	NATHAN	MATIES	19	M	JUN	J40100 BOL	1:10:26
31	MORRISON	WESLEY	OMMIEDRAAI	39	M	35	5431	1:10:39
32	WINDVOGEL	JOHN	ELSIES RIVER	36	M	35	5177	1:11:11
33	POTGIETER	JOHN	HELDERBERG HARRIERS	37	M	35	6541	1:11:50
34	COLLINS	JARRYD	NEDBANK WP	36	M	35	7284	1:12:07
35	FEMELA	LUYANDA		37	M	35		1:13:38
36	BURGER	ELRETHA	BELLVILLE	35	F	35	6905	1:13:55
37	CIEVERTS	PAUL	PINELANDS	66	M	65	2300	1:14:06
38	MPUMLWANA	BABALO	DAC	49	M	45	8445	1:14:28
39	ADAMS	DANIEL	MP TITANS	37	M	35	12130	1:14:45
40	ISAACS	KEVIN	ELSIES RIVER	64	M	60	5173	1:14:51
41	WESSELS	JOHNNY	ZANDVLEI	62	M	60	8999	1:15:13
42	MSIBI	D	DURBAC	55	M	55		1:15:16
43	HWINUA	CLEOPAS	RUN ZONE	46	M	45	24482	1:15:31
44	DAVIS	LYNN	AAC	56	F	55	4644	1:16:43
45	CRAWFORD	LINDSAY	AAC	44	M	40	4807	1:17:01
46	NODSON	IMRAAN	TEMP		M	SEN	T4069	1:17:15
47	DAVIDS	CHAD OWEN	IN TOUCH	31	M	SEN	9840	1:17:16
48		GRAHAM	TEMP	26	M	SEN	T4281	1:17:16
49	BESTER	MEGAN	DURBAC	18	F	JUN	J40515	1:17:28

50	MENEZES	NEVILLE	DURBAC	41	M	40	3871	1:18:05
51	MAFIGO	ALROY	TEAM VITALITY		M	40	13459	1:18:21
52	BOESAK	DAWID	SANLAM	47	M	45	11816	1:18:32
53	WAGNER	JO	CAPE MULTISPORT	39	M	35	T8452	1:18:40
54	BARGER	JOHAN	TEMP	37	M	35	T6497	1:18:41
55	OSMAN	EBRAHIM	BRIMSTONE ITHEKO	55	M	55	0404	1:19:03
56	KARBARY	SADIKA	BRIMSTONE ITHEKO	48	F	45	0414	1:19:10
57	RHODA	ANTHONY	CAPRICORN	63	M	60		1:19:19
58	FRANKEN	JACO	DURBAC	53	M	50	3550	1:19:39
59	GORDON	LUCHEN	OMMIEDRAAI		M	SEN	14575	1:19:41
60	JURIES	JP	WILD RUNNER		M	40	4541	1:19:41
61		MERVYN	WILD RUNNER	40	M	40	4576	1:19:42
62	JAPTHA	F	HOLLYWOOD	46	M	45		1:19:42
63	WILLIAMS	FRANCOIS	TYGERBERG	56	M	55	1972	1:19:47
64	PRETORIUS	DWAYNE	MAVERICK	43	M	40	26493 CGA	1:19:49
65		OAGENG	TEAM VITALITY	38	M	35	13606	1:19:51
66	WAGGIE	EBRAHIM	SANLAM	59	M	55	11793	1:20:13
67	CLAASSENS	GERALD	TEMP	50	M	50	4608	1:20:23
68	OMAR	MUZ	BRIMSTONE ITHEKO	47	M	45	0435	1:20:55
69	BALOYI	THULANI	MANONI	42	M	40	11497	1:20:56
70	SALIE	TASNEEM	KENFAC	34	F	SEN	6390	1:21:50
71	WILSON	JASON	TEMP	39	M	35	T	1:22:05
72	BRUINTJIES	DENVER	TEMP	46	M	45	T8461	1:22:06
73	NO CARD				M	SEN		1:22:13
74	MYBURGH	TRUDIE	DURBAC	27	F	SEN	13040	1:22:45
75	MUSHANGANYISI	KANAKANA	PINELANDS	49	M	45	2240	1:22:54
76	NTULI	RUSSEL	TEMP	54	M	50	T4066	1:22:55
77	ENGELBRECHT	ARNO	TEAM VITALITY	53	M	50		1:23:12
78	COETZEE	KEVIN	BRACKENFELL	51	M	50	4500	1:23:48
79	COETZEE	BIANCA	BELLVILLE	36	F	35	12481	1:23:49
80	DAVIDS	GRANT	TEMP	33	M	SEN	T8436	1:23:59
81	RADYN	STEPHANIE	STELLENBOSCH	36	F	35	4244 BOL	1:24:00
82	VAN WYK	BRIAN	EDGEMEAD	51	M	50	1771	1:24:01
83	ADAMS	ADIEL	ATLANTIS HARRIERS	58	M	55	7236	1:24:05
84	SMITH	ETHAN	IN TOUCH	28	M	SEN	9857	1:24:34
85	JACOBS	YAZEED	TEMP	34	M	SEN	T4268	1:24:42
86	MASHOLOGU	THABO	RCS GUGS		M	50		1:24:46
87	HENDRICKS	QUADE	TEMP	32	M	SEN	T6513	1:24:56
88	MITCHELL	WILLEM	EASTERNS		M	60		1:25:04
89	RHODE	ELISHA	TEAM VITALITY	32	M	SEN		1:25:06
90	KUMULO	J	SANDF	51	M	50	6288	1:25:10
91	MYBURGH	MARIUS	DURBAC	28	M	SEN	13039	1:25:15
92	GRIET	ZAKARIAN	MELKBOS		F	60	7031	1:25:35
93	SPECK	SIMON	CARBINEERS	61	M	60	5036	1:25:36
94	DE FREITAS	MAFALDA	BELLVILLE	49	F	45	6962	1:25:51
95	PEREIRA	JOQO	TEMP	25	M	SEN	T	1:25:58
96	WILLIAMS	ANTOINETTE	TYGERBERG	52	F	50	1971	1:26:00
97	MOUTON	LIZETH	TEMP	28	M	SEN	T	1:26:01
98	MAHACHI	LEO	HELDERBERG HARRIERS	29	M	SEN		1:26:18
99	CAMACHO	LIEZEL	BRACKENFELL	43	F	40	4380	1:26:27
100	OTTO	ILZE-MARIE	BELLVILLE	36	F	35	6796	1:26:34
101	VAN WYK	FRANKIE	TEMP	20	M	SEN	T	1:27:21
102	BADENHORST	JOHAN	STELLENBOSCH	51	M	50	0702 BOL	1:27:50
103	MARTIN	BRENT	CASUARINA	37	M	35	9633	1:28:12
104	MBAMBAZA	AMANDA	HELDERBERG HARRIERS	35	F	35	6640	1:28:14

105	ABDUROAF	MUHAMMAD	BRIMSTONE ITHEKO	45	M	45	9689	1:28:14
106		SAMORA	RCS GUGS	44	M	40		1:28:36
107	MATTHEWS	MEGAN	RUN WALK 4 LIFE	31	F	SEN		1:28:37
108	GEORGE	IAN	STRAND	58	M	55	3437	1:28:38
109	NEL	ARNO	DURBAC	43	M	40	3944	1:28:40
110	JURIES	VERUSCHKE	WILD RUNNER		F	40	4542	1:29:03
111	OCTOBER	JOHN	IN TOUCH	55	M	55		1:29:03
112	OHLSSON	ASHLEY	EDGE MEAD	39	M	35	1914	1:29:04
113	XABA	XOLANI	DRDLR	39	M	35	11665	1:29:05
114	JOUBERT	SCHALK	NEDBANK WP	25	M	SEN	7341	1:29:05
115	KARABO	M	DRDLR	33	M	SEN	11664	1:29:06
116	VANGILE	VUYISA	BELLVILLE	44	M	40	6879	1:29:22
117	ISAACS	DAVID	PINELANDS	53	M	50	2170	1:29:31
118	MARTIN	OWEN	EDGE MEAD	50	M	50	1811	1:29:31
119	NO RETURN				M	SEN		1:29:33
120	FOURIE	JEAN	TEMP	36	M	35	T	1:29:34
121	VAN JAARVELD	PETRO	KUILS RIVER	50	F	50	1545	1:29:40
122	M	REECE	TEMP	21	M	SEN	T8455	1:29:46
123	DU TOIT	BAREND	DURBAC	52	M	50	3920	1:29:49
124	GUNNELL	GREGORY	PINELANDS	66	M	65	2203	1:29:51
125	ROSSOUW	RONEL	STRAND	63	F	60		1:29:56
126	JEKEQA	XOLANI	BRACKENFELL	50	M	50	4381	1:30:17
127	FERREIRA	JACQUES	ATC	42	M	40	5100	1:30:18
128	SCHEEPERS	GERRIT	TEMP	24	M	SEN	T	1:30:36
129	VAN DUIVENBODEN	ELIZMA	BELLVILLE		F	50		1:30:39
130	DE VILLIERS	JACO	BELLVILLE	41	M	40		1:30:39
131	VAN DUIVENBOADEN	DIRK	BELLVILLE		M	50		1:30:39
132	NO RETURN		TEMP		M	SEN	T	1:30:43
133	SMIT	NICOLET	STELLENBOSCH	39	F	35	0692 BOL	1:30:45
134	OLIVIER	REED	TEMP	64	M	60	T	1:30:49
135	MTONGANA	SIPHESANDE	TEAM VITALITY	35	F	35	10600	1:31:10
136	LANGEVELD	KEVIN	BRACKENFELL	35	M	35	4353	1:31:15
137	ADAMS	RALPH	PINELANDS	65	M	65	2064	1:31:34
138	VD MERWE	DANIE	STELLENBOSCH	56	M	55	0773 BOL	1:31:35
139	WITBOOI	WADE	SANLAM	37	M	35	11696	1:31:51
140	BOOIS	JP	CLUB MYKONOS MULTISORT	42	M	40	0873 BOL	1:32:05
141	MAMILA	DAVID	EDGE MEAD	45	M	45		1:32:16
142	DE VILLIERS	DORE	TEMP	29	F	SEN	T8417	1:32:35
143	VAN HEERDEN	NINA	DURBAC	31	F	SEN	3937	1:32:37
144	MARAIS	EUGENE	EDGE MEAD	53	M	50	12146	1:32:40
145	VISSER	LEON	TEAM VITALITY	54	M	50	10200	1:32:50
146	ELLIOTT	BEN	TEMP	22	M	SEN	T4138	1:32:53
147	ENGLISH	GREGORY	RUN WALK 4 LIFE	54	M	50	9343	1:32:55
148	PRETORIUS	ANNEKE	TEMP	32	F	SEN	T4254	1:32:58
149	JAKOET	QASIM	WALMERS		M	40	5147	1:33:02
150	WILSON	GAVIN	TEMP	39	M	35	4089	1:33:02
151	MICHAELS	LYLE	KUILS RIVER	34	M	SEN	1530	1:33:15
152	JAMIESON	ANDREW	RUN WALK 4 LIFE	52	M	50	5500	1:33:17
153	BADENHORST	LIZETTE	STELLENBOSCH	55	F	55	0704 BOL	1:33:22
154	CONRADIE	KURT	WELLINGTON		M	60		1:33:24
155	DE DONCKER	TARRYN	BRACKENFELL	38	F	35		1:33:26
156	DE WET	PAUL	TEMP	52	M	50	T4082	1:33:35
157	WIERCX	DENHAM	DURBAC	36	M	35	3960	1:33:35
158	BESTER	ARNE	DURBAC	34	F	SEN	4019	1:33:38
159	COETZEE	MARIUS	SANDF	41	M	40	6031	1:34:03

160	AZER	DAVID	STELLENBOSCH	52	M	50	0788 BOL	1:34:04
161	NO CARD		TEMP		M	SEN	T	1:34:08
162	STOMAN	MC	CAPE MULTISPORT	28	M	SEN	2484	1:34:08
163	DU PLESSIS	JOHAN	CAPE MULTISPORT	27	M	SEN		1:34:09
164	MERRYWEATHER	BRIAN	EDGEMEAD	71	M	70	1953	1:34:10
165	SMIT	TIAN	TEMP	26	M	SEN	T	1:34:10
166	COETZEE	MARI	BRACKENFELL	50	F	50	4400	1:34:17
167	VAN DER WALT	JEANDRE	TEAM VITALITY	36	F	35	12824	1:34:22
168	VAN SCHALKWYK	DEON	DURBAC	44	M	40	3950	1:35:15
169	BAME	TANITE	TEMP	26	M	SEN	T	1:35:20
170	NHOSE	MAEDO	DRDLR	52	M	50	11657	1:35:20
171	STOMAN	NICOLENE	CAPE MULTISPORT	25	F	SEN	2485	1:35:21
172	KARRIEM	SHAHIED	TEAM VITALITY	44	M	40	13517	1:35:29
173		CHARL	TEMP	23	M	SEN	T6545	1:35:30
174	ABBAS	MUMTAZ	ARD	40	F	40	12077	1:35:36
175	FORTUNE	FASEEGH	TOP FORM	38	M	35	8480	1:35:40
176	VAN ZYL	LOUISE	PAARL	56	F	55		1:35:42
177	KOTZE	ETNA	STRAND	49	F	45		1:35:43
178	MEYER	ROWENA	MP TITANS	53	F	50	10878	1:35:45
179	GOLIATH	MEGAN	BRACKENFELL	48	F	45	4426	1:35:56
180	APRL	NIKLAAS	MP TITANS	72	M	70	12147	1:36:01
181	SMITH	ALISON	PINELANDS	47	F	45	2055	1:36:01
182	PIETERS	HANNES	SWARTLAND	58	M	55	0024 BOL	1:36:08
183	JOUBERT	ERIKA	BRACKENFELL	40	F	40	4424	1:36:13
184	BREEDT	RENETTE	BELLVILLE	64	F	60	4464	1:36:52
185	CROUS	JACOBUS	BRACKENFELL	42	M	40	4515	1:36:53
186		BEN	EDGEMEAD	55	M	55	1668	1:37:04
187	JOHNSTONE	CANDICE	EDGEMEAD	29	F	SEN	1876	1:37:05
188		GREGORY	TEMP	45	M	45	T8431	1:37:10
189	NO CARD		TEMP		M	SEN	T	1:37:17
190	NO RETURN		TEMP		M	SEN	T	1:37:49
191	MOSES	ANTHONY	NANTES	56	M	55	10038	1:38:04
192	NO CARD		TEMP		M	SEN	T	1:38:07
193	NO CARD		TEMP		F	SEN	T	1:38:08
194	MORTON	ANDREW	RUN WALK 4 LIFE		M	50		1:38:12
195	KWAMALO	BOAGANI	CHILLIE	40	M	40		1:38:17
196	PHURARHATHO	EUGENE	MANONI	37	M	35	11539	1:38:33
197	MAHLALELA	CHRIS	TEMP	34	M	SEN	T8454	1:38:40
198	KNAGGS	SAMANTHIA	WEST COAST	33	F	SEN	5733	1:39:09
199	FREDERICKS	LIONEL	EASTERNS	72	M	70	6372	1:39:11
200	MASUHLO	KEKELETSO	RCS GUGS		M	40		1:39:19
201	COZYN	AYESHA	OMMIEDRAAI	51	F	50	5399	1:39:19
202	SMITH	NICKY	EDGEMEAD	44	F	40	1769	1:39:22
203	HEWITT	EMMA	TEMP	22	F	SEN	T4274	1:39:23
204	ZARON	ZARAH	RUN WALK 4 LIFE	36	F	35	4092	1:39:24
205	GEYA	LINDANI	RCS GUGS	48	M	45	3236	1:39:25
206	ERASMUS	TANYA	BRACKENFELL	47	F	45	4347	1:39:26
207	LAKER	HEINRICH	TEMP	29	M	SEN	T8408	1:39:30
208	NO RETURN				F	SEN		1:39:37
209	NGOZO	THANDI	TEMP	48	M	45	T4165	1:39:37
210	MATLWE	ZAMANGOMA	TEAM VITALITY	43	F	40	10209	1:39:38
211	MPILWENHLE		GOODWOOD HARRIERS	28	F	SEN	5985	1:39:39
212	MAREGELE	SHAUN	PHOENIX	51	M	50	9946	1:39:39
213	TWINE	ZANDER	DURBAC	32	M	SEN	3622	1:39:40

214	VAN DER WESTHUIZEN	ZANDRI	TUKS	45	F	45	1000 AGN	1:39:45
215	NEL	ANIKA	IN TOUCH	34	F	SEN	9815	1:39:51
216	JOUBERT	MIA	TEMP	23	F	SEN	T4293	1:40:00
217	LEIBRANDT	TAMMY	EERSTERIVIER	36	F	35		1:40:04
218	RUTHULA	LOYISO	RCS GUGS		M	40	3100	1:40:05
219	MUSHANGANYISI	PUMZA	PINELANDS		F	50	2250	1:40:09
220	NO RETURN				M	SEN		1:40:12
221	MALAN	FRANCOIS	TEMP	32	M	SEN	T8410	1:40:27
222	BRINK	RICHELLE	TEMP	29	F	SEN	T6530	1:40:29
223	SMITH	SONIA	CELTIC	66	F	65	2867	1:40:31
224	WRIGHT	TRACY	TEAM VITALITY	39	F	35	10311	1:40:43
225	ADAMS	ALISANE	KUILS RIVER	38	F	35	1505	1:40:52
226	BRITS	M	GOODWOOD HARRIERS	50	F	50	9314	1:40:59
227	BUZANI	THULISILE	TEMP	34	F	SEN	T	1:41:06
228		CARMEN	TEMP	24	F	SEN	T	1:41:24
229	NO CARD		TEMP		F	SEN	T	1:41:25
230		ANZEL	TEMP	24	M	SEN	T	1:41:25
231	SMITH	MERVIN	CELTIC		M	70	2870	1:41:31
232	MCHERMAN	ADRIAN	WEST COAST	54	M	50	5736	1:41:49
233	JAPTHA	ANTHONY	BRACKENFELL		M	40	4345	1:41:49
234	DE BEER	TREZINHA	DURBAC	57	F	55	3750	1:42:01
235	TROM	LOMSO	KHAYELITSHA	35	M	35	13206	1:42:32
236	JULIES	EDGAR	PINELANDS	48	M	45	2451	1:42:38
237	VAN ZYL	TAMRYN	CENTURY CITY		F	SEN		1:42:39
238	TAYLOR	SIMONE	TEMP	38	F	35	T6533	1:42:40
239	NO RETURN				F	SEN		1:42:42
240	GUBESA	ZWELETHU	TYMEBANK LANGA	42	M	40	4673	1:42:45
241	V D WESTHUIZEN	LEROUX	BRACKENFELL		M	60		1:42:45
242	ISAS	TANIA	TEAM VITALITY	56	F	55	10419	1:42:54
243	KRUGER	NATASHA	SANLAM	50	F	50	11744	1:42:54
244	MAHARAGE	RODNEY	CELTIC		M	60	2600	1:43:08
245	JOOSTE	CYNTHIA	BRACKENFELL	55	F	55	4341	1:43:18
246	MARRA	CARLO	RCS GUGS	42	M	40	3028	1:43:18
247	JAFFER	SHANAAZ	OMMIEDRAAI	52	F	50	5361	1:43:20
248	NO RETURN		OMMIEDRAAI		M	SEN		1:43:20
249	NO RETURN		TEMP		F	SEN	T	1:43:31
250	KLASSEN	DALE	CENTURY CITY	42	M	40	7743	1:43:33
251	VISSER	CHANTAL	TEMP	38	F	35	T4078	1:43:40
252	LEWIS	MEGAN	TEMP	34	F	SEN	T6540	1:43:41
253	BULCRAIG	A	TEMP	61	M	60	T4130	1:44:01
254	GOOSEN	JACKIE	DURBAC	62	F	60	4000	1:44:05
255	NO RETURN		TEMP		M	SEN	T	1:44:27
256	MHAMBHI	LUNDI	SANDF	49	M	45	6021	1:44:32
257	DE LEEUW	JANE	BRACKENFELL	39	F	35	4478	1:44:33
258		WENDY	BRACKENFELL		F	40		1:44:34
259	MISHQUA		TEMP		F	SEN	T8643	1:44:34
260	DE KOCK	JOHANDIE	TEMP	36	F	35	T4367	1:44:41
261	BRITS	MARILIZE	TEMP	38	F	35	T	1:44:52
262	FRITZ	JULIE	EASTERNS	54	F	50	6352	1:44:57
263	ROBBERTZE	RENE	HELDERBERG HARRIERS	49	F	45	6545	1:44:59
264		JUSTIN	TEMP		M	SEN	T8464	1:45:03
265	JUMETH	ARTHUR	TEAM VITALITY	49	M	45	10563	1:45:05
266	NO RETURN				M	SEN		1:45:20
267	EMUTHETA	MEIKHASANE	TEAM VITALITY	39	F	35		1:45:20

268	RYMER	SUE	TEAM VITALITY	72	F	70		1:45:21
269	ROOIFONTEIN	TIMOTHY	TEMP	17	M	JUN	T	1:45:24
270	SAMEER		NANTES	39	M	35	10610	1:45:24
271	FALDIEN		NANTES	37	M	35	10013	1:45:25
272	MOORE	CRYSTLE-LYNNE	KUILS RIVER	37	F	35	1533	1:45:30
273	ECKLETON	TREVOR	KUILS RIVER	54	M	50	1513	1:45:31
274	TAYLOR	MICHELLE	EDGEMEAD	55	F	55	1681	1:45:32
275	NO NAME		TEMP		M	SEN	T4330	1:45:41
276	DE BEER	SHENA	DURBAC	31	F	SEN	3760	1:45:45
277	PRETORIUS	JANINE	NEDBANK SWD	54	F	50	1391 SWD	1:45:55
278	FRONEMAN	HEINRICH	TEMP	36	M	35	T	1:46:04
279	CLOETE	CLAYTON	EDGEMEAD	24	M	SEN	1813	1:46:08
280	WILLIAMS	MICHAEL	PINELANDS	43	M	40	2407	1:46:08
281	NO CARD		DURBAC		M	SEN		1:46:11
282	READER	BELICIA	RUN WALK 4 LIFE	25	F	SEN		1:46:13
283	MATTHEWS	L	RUN WALK 4 LIFE	64	F	60	8625	1:47:01
284		ANNESTASIA	TEAM VITALITY	35	F	35		1:47:03
285	ROUX	ANDRE	DURBAC	58	M	55	3949	1:47:08
286	ADONIS	JIMMY	RCS GUGS	71	M	70	2824	1:47:10
287	SITOIYI	ZANDISILE	MANONI	38	M	35	11537	1:47:14
288	HARTZENBERG	ADRIAN	TEMP	32	M	SEN	T6496	1:47:18
289		GRANTHAM	TEMP		M	SEN	T	1:47:34
290	LOUW	MANAT	TEMP		F	SEN	T8432	1:47:39
291	NDLOVU	DUMISANI	TEMP	38	M	35	T8439	1:47:53
292	DAVIDS	NICO	SANDF	64	M	60	6055	1:47:55
293	MURPHY	PAUL	CARBINEERS	60	M	60	4996	1:48:00
294	MCAPUKISI	NTYATYI	CHILLIE	46	F	45	8222	1:48:18
295	VISAGIE	CHRISTEL	STERK SPAN AC	41	F	40	7886 AGN	1:48:24
296	NO RETURN		TEMP		F	SEN	T	1:48:34
297	MOLLER	CHRISTINE	SOMERSET STRIDERS	28	F	SEN	7174	1:48:41
298	DRAMAT	TANYA	TEMP	37	F	35	T4217	1:48:42
299		LELO	IN TOUCH	36	M	35		1:48:48
300	MENEZES	HEIDI	DURBAC	39	F	35		1:48:51
301	GOLDING	ANNA-MAY	TOTALSPORTS VOB	50	F	50	1112	1:49:02
302	GOLDING	JULIAN	TOTALSPORTS VOB	53	M	50	1111	1:49:03
303		DELLA REESE	PINELANDS	47	F	45	2247	1:49:08
304	BOWER	MARIA	TEMP		F	40	T	1:49:09
305	JENKIN	S	DURBAC	48	M	45	3918	1:49:26
306	NEL	HERMIEN	DURBAC		F	40		1:49:29
307	PAULSE	TAMZYN	STRAND	20	F	SEN	3510	1:49:29
308	CARSTENS	KAREN	DURBAC	42	F	40	3642	1:49:30
309		YOLANDA	DURBAC	47	F	45	3793	1:49:34
310	ANDRIES	PATRICK	EDGEMEAD	50	M	50	1774	1:49:34
311	MBINI	SIMOLY	ILLEGIBLE		M	SEN		1:49:35
312	CUPIDO	RENEE	BRIMSTONE ITHEKO	50	F	50	9690	1:49:35
313	DAVIDS	ILLSE	TEMP		F	SEN	4081	1:49:36
314	ADONIS	RUE	EDGEMEAD	49	F	45	1719	1:49:41
315	DE VRIES	ANNEKE	BELLVILLE	45	F	45		1:49:43
316	THYS	ILSE	STRAND	42	F	40		1:49:44
317	VOLSCHENK	MARCELLE	TEMP	45	F	45	T	1:49:45
318	NO RETURN		CHILLIE		F	SEN		1:49:46
319	ENGELKE	DOUGIE	RUN WALK 4 LIFE	66	M	65	9099	1:49:48
320	NO RETURN				F	SEN		1:49:52
321	BOOI	LIKHOMA	TEMP	37	F	35	T	1:49:59
322	MURRY	MICHELE	EDGEMEAD	62	F	60		1:50:03

323	JANSEN	SANDRA	TOP FORM	54	F	50	8495	1:50:10
324	GALETTA	THEO	PINELANDS	53	M	50	2371	1:50:15
325	HUGO	UNITHA	TEMP	53	F	50	T	1:50:21
326	PULKER	JEFF	RUN WALK 4 LIFE	69	M	65	5503	1:50:22
327	C	DELORES	EDGEMEAD	50	F	50	1812	1:50:30
328	JOHNSON	TOM	CAPE MULTISPORT	69	M	65	8392	1:50:31
329	NDEMKA	YOLA	RESBANK	39	F	35	14155	1:50:35
330	SITHOLE	BRISCO	TYMEBANK LANGA	46	M	45	12716	1:50:36
331	TIPPENS	ROBERT	ATLANTIS HARRIERS	58	M	55	4598	1:50:44
332	NOLOYISO		CHILLIE	45	F	45	8237	1:51:06
333		NICOLENE	BRACKENFELL	47	F	45	4447	1:51:09
334	MYBURGH	ELYMI	STRAND	61	F	60	3332	1:51:26
335	GELDERBLOM	GERT	STRAND	75	M	75	3320	1:51:27
336	HANS	LOIS	ABSA	39	F	35	17137 AGN	1:51:38
337	VAN ROOYEN	KLIPIES	STRAND	70	F	70	3337	1:51:49
338	HERMANUS	LANCE	TEMP	21	M	SEN	4163	1:51:54
339	TOWNSEND	BARBARA	SOMERSET STRIDERS	58	F	55	12313	1:51:56
340	VAN EYSEN	TANYA	BRACKENFELL	44	F	40	4417	1:52:01
341	MEYERING	RIKA	BRACKENFELL	41	F	40	4418	1:52:02
342	KELLETT	MIKE	WEST COAST	51	M	50	5675	1:52:13
343	BADI	LUBABALO	KHAYELITSHA	40	M	40	8181	1:52:20
344	VERMEULEN	ANDRE	SANLAM	36	M	35	11794	1:52:42
345	CILLIERS	F	TEMP	58	M	55	T8459	1:53:11
346	MILLER	CHRISTINE	EDGEMEAD	61	F	60	1808	1:53:17
347	HARTOGH	DONOVAN	PINELANDS	53	M	50	2271	1:53:19
348	KELLAND	CHARL	PINELANDS	49	M	45	2456	1:53:19
349	STENVERT	ANNIKA	TEMP	23	F	SEN	T	1:53:20
350	LOUBSER	HANNO	BRACKENFELL	32	M	SEN	4508	1:53:21
351		RUSSELL	PINELANDS	39	M	35	2296	1:53:27
352	HERMANUS	HERCHELLE	TEMP	37	M	35	T6537	1:53:28
353	MCCARTHY	ROCHELLE	BRACKENFELL	61	F	60	4460	1:53:35
354	VAN WYK	WILMA	BRACKENFELL	43	F	40		1:53:36
355	NO RETURN				F	SEN		1:53:55
356	DE SALSA	MICHAELA	TEMP	28	F	SEN	T6517	1:54:00
357	VAN STADEN	RENE	DURBAC	37	F	35	3910	1:54:16
358	VISSER	TRUDIE	BORN 2 RUN	46	F	45	7887	1:54:17
359	RUSHIN	SEAN	TEMP		M	50	T	1:54:26
360	NO RETURN				M	SEN		1:54:28
361	DANIELS	FIRDOZE	ASICS	28	F	SEN	4135	1:54:29
362	GONCALVES	TARA	GOODWOOD HARRIERS	36	F	35		1:54:38
363	VAN WYK	AMALIA	EDGEMEAD	27	F	SEN	1697	1:54:38
364	BOTTOMAN	ZANDILE	DRDLR		F	SEN		1:54:54
365	JAMIESON	CHERYL	RUN WALK 4 LIFE	45	F	45	5055	1:54:55
366	DE POELA	KAREL	DURBAC	56	M	55	3693	1:54:59
367	BOOYSEN	LIEZL	BELLVILLE	48	F	45	6860	1:55:06
368	THERON	K	BRACKENFELL	56	F	55	4456	1:55:08
369	CARTER	TONY	EDGEMEAD		M	50	1968	1:55:22
370	CARTER	RETHA	DURBAC		F	50	3712	1:55:22
371	DE KOK	FAAIEZ	TEMP		M	40	T	1:55:44
372	MDINGANA	ASANDA MLANDU	TEMP	30	F	SEN	T	1:56:31
373		JULIA	TEMP	40	F	40	T	1:56:38
374	SHORE	CATHERINE	PINELANDS	53	F	50	2070	1:56:39
375	DU PLESSIS	MELANY	PINELANDS	53	F	50	2221	1:56:40
376	DREYER	NICOLE	TEMP	26	F	SEN	T	1:56:44
377	FOOKWE	MICHELLE	CARBINEERS	56	F	55	5030	1:57:04

378	MOLELEKO	MOLEFI	SANDF	37	M	35	6100	1:57:11
379	NO CARD		TEMP		M	SEN	T	1:57:15
380	MALAN	ROSSOUW	TEMP	52	M	50	T	1:57:20
381	VENTER	CARIN	STRAND	60	F	60	14323	1:57:31
382	WILLIAMSON	N	SAVAGES	70	M	70	0060 KZN	1:57:32
383	NO CARD		TEAM VITALITY		M	SEN		1:57:33
384	GASTILE	NOSI	CHILLIE	40	F	40	8236	1:57:50
385	NO CARD				F	SEN		1:57:53
386	FANIE	MIRIAM	PICK 'n PAY	42	F	40	9045	1:57:54
387	ELLIOTT	LYNN	BELLVILLE	54	F	50	4135	1:57:59
388	FARIEL	ADAM	TEAM VITALITY	32	M	SEN	10658	1:58:01
389	LOUW	CHANTELLE	DURBAC	38	F	35	3986	1:58:19
390	BARNARD	CHANTELLE	DURBAC	40	F	40	3870	1:58:21
391	MGABADELI	NOMBULELO	DURBAC	31	F	SEN	3879	1:58:49
392	VAN DEN HEEVER	COLETTE	EDGEMEAD		F	40		1:58:51
393	VAN DEN HEEVER	WILLEM	EDGEMEAD	43	M	40		1:58:51
394	SOLOMON	TARIQ	BRIMSTONE ITHEKO	31	M	SEN		1:58:57
395	SYLVESTER	DAVID	CAPRICORN	68	M	65		1:58:58
396	MCAPUI	LIZO	TEMP	30	M	SEN	T8458	1:59:00
397	HORNE	NEIL	RCS GUGS	52	M	50		1:59:32
398	NOKUKHANYA		TEMP	42	F	40	T8406	1:59:39
399	JAMES	MARLENE	PINELANDS	80	F	80	2044	1:59:40
400	YONELISANI		TEAM VITALITY	30	F	SEN	10374	1:59:47
401	SMIT	ANJA	BRACKENFELL	43	F	40	4481	1:59:50
402	PAYNE	CHAD	TEMP	31	M	SEN	T	2:00:11
403		LINDY	TEMP	38	F	35	T	2:00:32
404	VAN ZYL	SARLI	BELLVILLE	35	F	35		2:00:41
405	DLORA	CWENGA	RCS GUGS	29	F	SEN	2935	2:00:44
406	CHIPERE	EVERTON	RCS GUGS	46	M	45		2:00:51
407	VAN ZYL	CARL	STRAND	67	M	65	3513	2:00:54
408	MAKOELA	MATAPA	AECI	39	F	35	3928 CGA	2:01:15
409	VAN ZYL	ALETTA	STRAND	66	F	65	3514	2:01:31
410	DU PLESSIS	HENRY	PINELANDS	58	M	55	2223	2:01:41
411	RIST	DELYSE	PINELANDS	62	F	60	2062	2:01:43
412	HARRIS	LEE-ANN	PINELANDS	57	F	55	2267	2:01:44
413	CUTSHWA	ATHANDILE	KUILS RIVER	29	F	SEN	1559	2:01:45
414	MATHEWSON	JO-MARI	BELLVILLE	37	F	35	6980	2:01:53
415	ELY	TASNEEM	ARD	34	F	SEN	14119	2:02:05
416	KOCK	JANINO	ARD	37	M	35	14120	2:02:06
417	NDZWANE	N	TEMP	43	F	40	T	2:02:44
418	JONES	LEE-ANNE	BRACKENFELL	42	F	40		2:03:26
419	LEWIN	AEESHA	ARD	42	F	40	4246	2:03:49
420	MOKHETHI	MPHO	TEAM VITALITY	27	F	SEN	4215	2:04:05
421	WILLIAMS	SAMUEL	CAPRICORN		M	50		2:04:21
422	PHILANDER	WHITNEY	BRACKENFELL	37	F	35		2:04:22
423	DARVALL	EDWARD	BRACKENFELL	61	M	60	4436	2:04:32
424	DARVALL	KAT	BRACKENFELL	55	F	55	4437	2:04:33
425	SWART	PATRICIA	PINELANDS	33	F	SEN	2091	2:04:40
426	MPALO	NOMZAMO	RCS GUGS	41	F	40	4242	2:05:05
427	VERMEULEN	WILHELM	IN TOUCH	36	M	35	4855	2:05:12
428	KUNENE	NTULHUKO	TEAM VITALITY	35	M	35	10456	2:05:45
429	NO RETURN				F	SEN		2:05:45
430	DYONASE	YOLANDA	RESBANK	33	F	SEN	14145	2:06:17
431	BOOYSEN	CYNTHIA	RCS GUGS	65	F	65	3133	2:06:40
432		BERTUS	BELLVILLE	56	M	55	6979	2:06:47

433	DE JONGE	LOUISE	DURBAC	58	F	55		2:07:04
434	VAN GIJSEN	HANEL	TEMP	46	F	45	T8473	2:07:07
435	VERMEULEN	CHRIS	STRAND	66	M	65	3483	2:07:26
436	TRUEMAN	JEREMY	TEMP	43	M	40	T	2:07:36
437		SIOBHAN	TEMP	24	F	SEN	T	2:07:39
438	SMIT	PAT	BRACKENFELL	68	F	65	4482	2:07:44
439	KLAASSEN	CHARLOTTE	GOODWOOD HARRIERS	63	F	60	5939	2:07:54
440	STRIPP	ERNEST	TEMP	45	M	45	T	2:08:24
441	AAKAFAAR		BRIMSTONE ITHEKO	58	M	55	0278	2:08:30
442	SPANN	NEIL	HELDERBERG HARRIERS	65	M	65	6502	2:08:37
443	FOUCHEE	CECELIA	PINELANDS	65	F	65	2352	2:08:44
444	SHA	AYESHA	GOODWOOD HARRIERS	45	F	45	5967	2:08:51
445	KLAASSEN	NEELS	GOODWOOD HARRIERS	64	M	60	5940	2:08:52
446	DLODLO	ZOLA	PINELANDS	39	F	35		2:09:18
447	NO CARD				M	SEN		2:09:20
448	MANDLAKAZI	NOMVUZO	TEMP	41	F	40	4167	2:09:25
449	WIESE	JUAN	CARBINEERS	46	M	45	11177	2:09:43
450	MILLAR	JESSICA	DURBAC	29	F	SEN	3619	2:09:48
451	SCHEEPERS	MARY ANN	STRAND	60	F	60	3484	2:09:53
452	AROSI	ZOLISA	TEAM VITALITY	39	M	35	12926	2:10:38
453	DEARHAM	ROAN	OMMIEDRAAI	33	M	SEN	5216	2:10:51
454	MOTLOUNG	THABO	PICK 'n PAY		M	40	9044	2:11:13
455	DE VILLIERS	TERI	TEMP	30	F	SEN	T	2:11:29
456	MUNAKANDABA	CONSTANDIOUS	EDGEMEAD	43	M	40	1733	2:11:30
457	ARENDS	TIFNY	TEAM VITALITY	35	F	35	10384	2:12:22
458	HEUVEL	JESSE	OMMIEDRAAI	30	M	SEN	5320	2:13:13
459	COGILL	RICHARD	OLYMPIC SPARTAN HARRIERS	72	M	70	0752	2:13:18
460	WOUDA	ELMARI	TEAM VITALITY	44	F	40	13466	2:14:07
461	SIBULELE		MANONI	37	F	35	11509	2:14:09
462	VENTER	FRANCISKA	RUN WALK 4 LIFE	54	F	50	5484	2:14:12
463	DA SILVA	NICOLE	RUN WALK 4 LIFE	39	F	35		2:14:16
464		TOBEKA	IN TOUCH		F	60	9796	2:14:19
465	MAGQABI	SINOVUYO	TEMP		F	SEN	T	2:14:47
466	MANYAAPELD	LORRAINE	RESBANK		F	50	14160	2:14:51
467	NO RETURN				F	SEN		2:15:30
468	NO CARD				F	SEN		2:15:32
469	GHAZI ASGAR	BABAK	KUILS RIVER	45	M	45	11551	2:15:33
470	JAMES	KAARE	PINELANDS	81	M	80	2043	2:15:44
471	CHIPERE	NELIA	RCS GUGS	38	F	35		2:16:35
472	ELKIN	SHERRYL	HELDERBERG HARRIERS	59	F	55	6501	2:16:40
473	LUKROZO	FIYANDE	TEAM VITALITY		F	SEN		2:16:53
474	PHUMZILE		CENTURY CITY	35	F	35		2:16:54
475	AKERMON	BIANCA	TEMP	32	F	SEN	T	2:17:20
476	PINDOYI	AMANDA	MANONI	40	F	40	11527	2:17:35
477	BOUCHER	TERRI-LEE	CELTIC	34	F	SEN	2877	2:18:13
478	NOUTIMBEK	WIUMEN	TEMP	41	M	40	T8422	2:18:26
479	DAVIS	FUAD	DURBAC	53	M	50	13055	2:19:26
480	NOMNIKAO		TEMP	33	F	SEN	T	2:19:28
481	STELLENBOOM	FALDELAH	OMMIEDRAAI	67	F	65	12230	2:19:29
482	NO RETURN				F	SEN		2:19:31
483	PUMZA		CHILLIE	39	F	35	2491	2:20:17
484	VAN WYK	MANDY	DURBAC	42	F	40	3882	2:20:26
485	MTHOMBO	NYAMEKE	TEAM VITALITY		F	40	12945	2:20:59
486	CLOETE	AYSHA	HEWAT	65	F	65	8864	2:22:13

487	CLOETE	RASHID	HEWAT	67	M	65	8863	2:22:14
488	REDDY	NIRVANA	HELDERBERG HARRIERS	53	F	50	6139	2:24:26
489	MILES	JESSICA	TEMP	46	F	45	4714	2:25:05
490	NO CARD		TEMP		F	SEN		2:25:10
491	MAARMAN	MARGARET	OMMIEDRAAI	56	F	55	5368	2:25:24
492	BUCK	MARIE-LOUISE	IN TOUCH	52	F	50	9830	2:26:53
493	SHAW	PATRICIA	RUN WALK 4 LIFE	71	F	70	9179	2:26:54
494	WILLIAMS	GAVIN HARDRES	RUN WALK 4 LIFE	80	M	80	8620	2:26:55
495	KGABO		EERSTERIVIER	37	F	35	13937	2:27:16
496	SHIHAAM		CAPRICORN	49	F	45	4676	2:30:19
497	BLANK CARD		TEMP		F	SEN	T4088	2:30:31
498	DAVIES	CHRYSTAL	TEMP	35	F	35	T4493	2:33:44
499	SMITH	CHERYL	CARBINEERS	51	F	50	5014	2:35:36
500	CRAMER	TRACY	TEMP	40	F	40	T8474	2:36:09
501	ARENDSE	PETER	PINELANDS	57	M	55	2067	2:36:52
502	PILKINGTON	KEITH	RUN WALK 4 LIFE	51	M	50	9181	2:38:43
503	JORDAAN	LEANNE	TEMP		F	SEN	T4037	2:39:54
504	SWART	JAN	GOODWOOD HARRIERS	65	M	65	5974	2:40:16
505		ELISA	TEMP	60	F	60	T4129	2:42:36
506	KAFAAR	RAZIA	PARLIAMENT	53	F	50	12050	2:46:53

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