

**FOOD LOVER'S MARKET TEKKIE CHALLENGE 10KM
BATTLE OF THE SEXES
CAPE MULTISPORT AND JAN KRIEL
SATURDAY 02 SEPTEMBER 2023**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	TIMOTEUS	ANTHONY	NEDBANK WP	28	M	SEN	10947	0:30:05
2	AFRIKA	ANDRE	TYMEBANK LANGA	29	M	SEN	5582	0:30:53
3	SWARTZ	GODWIN	BOXER WP	31	M	SEN	9435	0:31:32
4	MPONGWANA	LUTHABO	TOTALSPORTS VOB	17	M	JUN	J20039	0:32:21
5	SOTYANTYA	NKOSIYETHU	BRACKENFELL	30	M	SEN	10891	0:32:24
6	WILDSCHUT	RIAAN	ATC	36	M	35	9983	0:32:36
7	BHEBHA	SIVE	TOTALSPORTS VOB	16	M	JUN	J20021	0:32:47
8	BLAUW	RICARDO	NEDBANK WP	41	M	40	5544	0:33:52
9	MUTANGO	GILBERT	CENTURY CITY	39	M	35		0:34:06
10	STEVENSON	DYLAN	TEMP	27	M	SEN	T26480	0:34:14
11	ADRIAANSE	AJ	EERSTERIVIER		M	SEN	10310	0:34:32
12	MWANENGENI	TSUNGAI	RCS GUGS	49	M	45	11138	0:35:08
13	LOUW	GIANO	EERSTERIVIER	18	M	JUN	J20466	0:35:18
14	DELO	AIDEN	EERSTERIVIER	31	M	SEN		0:36:38
15	AFRIKA	ZANDRE	UWC	18	M	JUN		0:36:49
16	SITARIKO	BETHA	AAC	26	F	SEN	12463	0:37:19
17	MACANDA	XOLILE	RCS GUGS	51	M	50	11347	0:38:09
18	XINIWE	ZINTLE	NEDBANK WP	36	F	35	5552	0:38:21
19	SCHUTTE	ROLANDI	NEDBANK WP	42	F	40	5599	0:38:32
20	STEENKAMP	NIKI	STELLENBOSCH	50	M	50		0:38:59
21	VAN WYK	CHRISTOF	MELKBOS	57	M	55	6789	0:39:11
22	PAULSE	CHARLES	EERSTERIVIER	45	M	45	10323	0:39:22
23	VAN ROOYEN	CHRISTO	BOXER WP	46	M	45	9446	0:39:26
24	MOYIKWA	PAMELLA	KHAYELITSHA	27	F	SEN	6314	0:39:36
25	FARMER	NICOLIN	SANDB WP	30	M	SEN		0:39:45
26	FATAAR	SHUAIB	BRIMSTONE ITHEKO	17	M	JUN	J20606	0:39:49
27		DANETTE	MURRAY & ROBERTS		F	SEN		0:39:54
28	NO RETURN		TEMP		M	SEN	T	0:39:57
29	AUSTIN	ANDREW	TEMP	41	M	40	T	0:40:15
30	JACOBS	MANDY-LEE	AAC	34	M	SEN	9587	0:40:36
31	KNOTT	GARETH	EDGEMEAD	41	M	40		0:40:55
32	LOTTER	HANNELIE	BOXER WP	40	F	40	9441	0:41:12
33	POSTHUMUS-FOX	TANYA	NEDBANK WP	42	F	40		0:41:52
34	TYOMETE	LUVU	CAPRICORN AC	26	M	SEN	P6786	0:42:00
35	PIETERSEN	DESMOND	SANDB WP	54	M	50	8855	0:42:02
36	AUSTIN	LISA-JO	DURBAC		F	SEN		0:42:05
37	ASKEW	DAVID	CELTIC	49	M	45	0690	0:42:10
38		CORBIN	TEMP	16	M	JUN	T	0:42:11
39	WOLFF	ALTA	STELLENBOSCH	35	F	35	2247 BOL	0:42:33
40	FATAAR	YASEEN	BRIMSTONE ITHEKO	16	M	JUN	J20607	0:42:38
41		BEVAN	METROPOLITAN	23	M	SEN	9334	0:42:39
42	SMIT	JOSHUA	MIDAS SPARTANS	28	M	SEN	13484	0:42:49
43	DAVIS-HANNIBAL	NEILL	TEMP	36	M	35	T	0:42:56
44	DAVIS-HANNIBAL	LINDSAY	DURBAC	38	F	35	3732	0:43:20

45	RUSSELL	BRENDAN	BELLVILLE	39	M	35	8386	0:43:42
46	WHITEBOOI	EM	SANDF WP	50	M	50	8866	0:44:05
47	NEWMAN	JADEN-TROY	BRIMSTONE ITHEKO	15	M	JUN	J20608	0:44:07
48	ISAACS	FAREED	BRIMSTONE ITHEKO	15	M	JUN	J20609	0:44:24
49	BRUINERS	HEIN	METROPOLITAN	50	M	50	9334	0:44:29
50	ISAACS	KEVIN	ELSIES RIVER	63	M	60	4636	0:44:44
51	MATIWANE	BUSISIWE	NEDBANK WP	48	F	45	5568	0:44:49
52	ROBERTS	MONIQUE	EDGEMEAD	41	F	40	5133	0:44:52
53	PEACOCK	MICHAEL	BELLVILLE	50	M	50		0:44:56
54	FARAO	PETER	SANLAM		M	50	1615	0:44:58
55	MULLER	JOHAN	DURBAC	41	M	40	4024	0:46:10
56	COPE	MARIUS	TEMP		M	50	T	0:46:14
57	KANYONGO	OBERTINA	NEDBANK WP	56	F	55	5615	0:46:16
58	DZIMIRI	TINASHE	CENTURY CITY	47	M	45	4755	0:46:19
59	STEYN	HERMANUS	DURBAC		M	40	2258	0:46:43
60	NO RETURN		TEMP		M	SEN	T	0:46:51
61	TUCKER	COLIN	TEAM VITALITY	35	M	35	6926	0:47:12
62	COETZEE	HUIBERT	TEMP		M	SEN	T	0:47:23
63	COETZEE	DEON	TEMP	39	M	35	T	0:47:24
64	WILLIAMS	ROB	WEST COAST	35	M	35	T25925	0:47:24
65		AUSTIN	TEMP	51	M	50	T	0:47:25
66	PENFOLD	JANN	DURBAC	46	F	45	3867	0:47:32
67	LEWIS	ZACHARIAN	SANLAM	14	M	JUN	J20011	0:47:52
68	JACOBS	DIVAN	TEMP	40	M	40	T26647	0:48:05
69	SMITH	ETHAN L	METROPOLITAN	27	M	SEN	9330	0:48:16
70	PARKINS	STEVEN	TYGERBERG	63	M	60	2239	0:48:25
71	BOOYENS	HANLIE	TEMP	49	F	45	T	0:48:27
72	LENTIN	KYLE	TEMP	24	M	SEN	T	0:48:31
73	MUTASA	DONALD	EASTENS KRAAIFONTEIN	43	M	40		0:48:34
74	ENGELBRECHT	ROMI	TEMP	30	F	SEN	3220	0:49:17
75	NO RETURN		TEMP		M	SEN	T	0:49:20
76	SAUNDERS	DAWN	HELDERBERG HARRIERS	60	F	60	7907	0:49:28
77	SMITH	GERAN	TEMP	42	M	40	T26534	0:49:53
78	BRUINTJIES	VIGEZ	TEMP	42	M	40	T26621	0:50:10
79	BRUINTJIES	DENVER	TEMP	45	M	45	T26622	0:50:10
80	JASON	MERVYN	TEMP	39	M	35	T	0:50:29
81	NO RETURN		TEMP		M	SEN	T	0:50:37
82	CIEVERTS	CLAUDIA	CELTIC	35	F	35	0722	0:50:42
83	NO RETURN		TEMP		M	SEN	T	0:50:51
84	NO CARD		TEMP		M	SEN	T	0:50:55
85	MALLINSON	JOHAN	TEMP	76	M	75	T	0:50:55
86	NO CARD		TEMP		M	SEN	T	0:50:57
87	NO CARD		TEMP		F	SEN	T	0:50:59
88	FORTUIN	DENZELL	DRDLR AC	47	M	45		0:51:06
89	V D HOUT	THYS	TEMP	39	M	35	3231	0:51:11
90	BRITS	WILLOUGHBY	MURRAY & ROBERTS	35	M	35		0:51:23
91	NO RETURN		TEMP		M	SEN	T	0:51:26
92	SILAWULE	XOLANI	AECI	23	M	SEN	T26523	0:51:29
93	FORTUIN	CHERYL	IN TOUCH	46	F	45	1695	0:51:29
94	DU TOIT	DIRK	HELDERBERG HARRIERS	61	M	60	8014	0:51:29
95	HOFFMAN	CAREL	TEMP	64	M	60	T	0:52:05

96	SCHUBERT	LISA	BORN 2 RUN	53	F	50		0:52:11
97	WALDRON	NIGEL	TEMP	50	M	50	T26479	0:52:22
98	CUPIDO	CHARMAINE	NEDBANK WP	60	F	60	5590	0:52:45
99	BOOYSEN	STOFFEL	SANLAM	15	M	JUN	1675	0:52:46
100	KARABO		DRDLR AC	32	M	SEN	11402	0:52:53
101	NO RETURN		TEMP		M	SEN	T	0:53:01
102	SLIONGERS	PIETER	KUILS RIVER RC	51	M	50	12809	0:53:06
103	KOTZE	JUAN	TEMP	15	M	JUN	J	0:53:15
104	STEWART	JACQUES	TEMP	45	M	45	T	0:53:18
105	NO RETURN				M	SEN		0:53:20
106	HOWARD	OLGA	NEDBANK WP	65	F	65	5565	0:53:29
107	BLANK CARD		CAPRICORN AC		M	60		0:53:37
108	PIENAAR	LEE-ANNE	NEDBANK WP	46	F	45	5575	0:53:43
109	BARNARD	KATHERINE	TEAM VITALITY	49	F	45	6924	0:53:57
110	B	BILLY	CAPRICORN AC		M	JUN		0:54:04
111	SIBISI	ZAM	PARLIAMENT	43	M	40		0:54:10
112	NO RETURN				M	SEN		0:54:11
113	GOOSEN	MICHELLE	BRACKENFELL	41	F	40	8207	0:54:15
114	PONO	NOZIBELE	DRDLR AC	56	F	55		0:54:17
115	LEROY		TEMP	31	M	SEN	T	0:54:17
116		JOHANNES	TEMP	36	M	35	T3219	0:54:20
117	TRUTER	CIARA	DURBAC	19	F	JUN	J20998	0:54:22
118	DE WEE	CORNELIUS	TEMP	71	M	70	T	0:54:24
119	CROWSTER	REGANALD	TYGERBERG	60	M	60	2225	0:54:25
120	ZUMPH	MARCO	TEMP	52	M	50	T	0:54:26
121	SIKUNANA	NOROOI	NEDBANK WP		F	40		0:54:28
122	KANNEMEYER	DEWALD	TEMP	40	M	40	T	0:54:29
123	VAN SCHALKWYK	MARIUS	BRACKENFELL	62	M	60	8168	0:54:30
124	CHARTERS	BEV	TOTALSPORTS VOB	65	F	65	3167	0:54:42
125	PRETORIUS	ROELOF	TEMP		M	SEN	T	0:54:47
126	DOCKRALL	COLIN	TEMP	38	M	35	T	0:54:50
127	WARREN	DION	TEMP	57	M	55	T26545	0:54:57
128	MAZWI	THEMBA	KUILS RIVER RC	47	M	45		0:55:17
129	BAARD	JEAN-PIERRE	TEMP	52	M	50	T2882	0:55:37
130	PRESSLY	CRAIG	TEMP		M	40	T	0:55:45
131	VAN COLLER	R	PAARL	60	M	60	1166 BOL	0:55:46
132	VAN ZYL	NATASCHA	HELDERBERG HARRIERS	56	F	55	7919	0:55:49
133	KNAGGS	SAMANTHIA	WEST COAST	32	F	SEN	1991	0:56:01
134	DAVIDS	DEIDRE	KUILS RIVER RC	39	F	35	2599	0:56:15
135	BOPUTO	TAPIWA	IN TOUCH	39	M	35		0:56:21
136	KHANTI	KRENEUWE	SAPS WP		F	60		0:56:29
137	VAN DER WALT	JEANDRE	TEAM VITALITY	35	F	35	6841	0:56:30
138	LEWIS	XAVIER	KUILS RIVER RC	64	M	60	2600	0:56:32
139	CLOETE	MIECKE	TEMP	32	F	SEN	T	0:56:44
140	V D M	MICHAEL	TEMP		M	40	T	0:56:49
141	RODSETH	LOLLOS	DURBAC	63	F	60	3959	0:56:49
142	WALLERS	CARMEN	TEMP	23	F	SEN	T	0:56:49
143	GROVE	JUDITH	TYGERBERG	70	F	70	2210	0:56:54
144	BOWERS	DESLIN	KUILS RIVER RC	40	M	40		0:56:57
145	NUTTELL	NINO	TEMP	30	M	SEN	T2570	0:57:14
146	VAN WYK	WILLIE	BRACKENFELL	75	M	75	8074	0:57:19

147	MAXWELL	GRANT	TEMP	32	M	SEN	T	0:57:22
148	NO RETURN		DURBAC		F	SEN		0:57:32
149	MOUTON	MARISA	TEMP	35	F	35	T25895	0:57:36
150	ORTELL	MARVIN	TEAM VITALITY	49	M	45		0:57:38
151	KRUGER	CARINE	TEMP	62	F	60	T	0:57:39
152	BREEDT	RENETTE	BELLVILLE	63	F	60	8163	0:57:40
153	VERSTER	MAUREEN	CENTURY CITY	71	F	70	4665	0:57:45
154	DU PREEZ	ALMARIE	TEMP	40	F	40	T26562	0:57:50
155	MARX	LOUIS	TEMP	40	M	40	T	0:57:54
156	ZUMPT	MEIKE	TEMP	51	F	50	T	0:58:00
157	ROTHMAN	BRIAN	BRACKENFELL	70	M	70	10823	0:58:09
158		MARTIN	TEMP	49	M	45	T26560	0:58:13
159	SMIT	KIM	TEMP		F	SEN	T26632	0:58:18
160	SMITH	ADRIAN	TEMP	29	M	SEN	T	0:58:23
161	DOCKALL	CHANTELLE	TEMP	36	F	35	T26557	0:58:33
162	NAUDE	KEAGAN	TEMP	26	M	SEN	T26572	0:58:37
163	GELDENHUYS	ANNELIZE	TEAM VITALITY	52	F	50	8152	0:58:45
164	MCLACHLAN	INGE	TEMP	41	F	40	T	0:59:02
165		FRANCOIS	TEMP	28	M	SEN	T26638	0:59:03
166	NO CARD		TEMP		F	SEN	T	0:59:03
167	HENDRICKS	MICHAEL	EDGEMEAD	62	M	60	4873	0:59:06
168	BAADJIES	RYAN	TEMP		M	SEN	T4945	0:59:10
169	NO CARD				M	SEN		0:59:17
170	NO CARD		TEMP		M	SEN	T	0:59:33
171	DU PLESSIS	ANGELIQUE	TEMP	43	F	40	T	0:59:34
172	NO CARD		TEMP		M	SEN	T	0:59:34
173	HORNE	NEIL	RCS GUGS	51	M	50	6264	0:59:40
174	NO RETURN		TEMP		F	SEN	T	0:59:43
175	RYMER	SUE	TEAM VITALITY	71	F	70		0:59:51
176	ADONIS	JIMMY	RCS GUGS	70	M	70	11155	1:00:10
177	LONGWE	JULIA	CAPRICORN AC	19	F	JUN	J20555	1:00:29
178	SWART	LEILANI	BELLVILLE	47	F	45	11836	1:00:40
179	GRANGER	CHRISTELLE	DURBAC	37	F	35	2157	1:00:44
180	NO RETURN		TEMP		F	SEN	T	1:00:44
181	BURGGRAADT	SURETHA	BRACKENFELL	54	F	50		1:00:55
182	NO RETURN		TEMP		F	SEN	T	1:01:30
183	NO RETURN		TEMP		M	SEN	T	1:01:35
184	HANEKOM	CANDI	TEAM VITALITY	35	F	35		1:01:36
185	VAN DER MERWE	JOEPIE	CAPE MULTISPORT	43	M	40	2313	1:01:38
186	BOOYSEN	CEDRIC	RAVENSMEAD	66	M	65	5277	1:01:39
187	ROWE	ANGELIQUE	EDGEMEAD	41	F	40		1:01:41
188	WILLIAMS	NOEL	TEMP	57	M	55	T26594	1:01:42
189		DUMISANI	TEMP	37	M	35	T25882	1:01:42
190		RIYAAN	TEMP	28	M	SEN	T26645	1:01:50
191	FRANKLIN	NEIL	AECI		M	50	T	1:01:52
192	NKABAN	PHUMZILE	SAPS WP	39	F	35	5531	1:01:54
193	HOUGH	LIANA	KUILS RIVER RC	47	F	45		1:02:04
194	RUSHIN	TAMARA	MIDAS SPARTANS	60	F	60	6113	1:02:10
195	KEET	JADE	VIKINGS	34	M	SEN	10732	1:02:13
196	BRITS	M	TEMP	49	F	45	T	1:02:14
197		DUMISAMP	TEMP		M	SEN	T	1:02:22

198	NO RETURN		TEMP		M	SEN	T	1:02:22
199	HARLOCK	SONIA	FISH HOEK	60	F	60	8526	1:02:23
200	OOSTHUYSEN	MARIET	TEMP	59	F	55	T26546	1:02:23
201	MONTSUMI	HAZEL	KUILS RIVER RC	40	F	40	13380	1:02:42
202	NO RETURN		TEMP		M	SEN	T	1:02:43
203	KHENE	KHANYISO	RCS GUGS		M	SEN	6186	1:03:00
204	FOOKWE	MICHELLE	CARBINEERS WP	55	F	55	4464	1:03:12
205	MSUTHU	NHLANHLA	KHAYELITSHA	16	M	JUN	J20829	1:03:25
206	BARKENA	REINO	TEMP	31	M	SEN	T26643	1:03:29
207	KOTZE	MELISSA	SANLAM	34	F	SEN	1673	1:03:30
208	DU PLESSIS	RETTE	TEMP	35	F	35	T26555	1:03:47
209	APPOLLIS	TANYA	TEMP	30	F	SEN	T	1:03:48
210	FRITZ	MARILYN	EERSTERIVIER	50	F	50	12833	1:03:53
211	VAN EYSSSEN	TANYA	BRACKENFELL	43	F	40	8079	1:03:54
212	NO RETURN		TEMP		M	SEN	T	1:03:55
213	VOSLOO	ANNERIE	TEMP	44	F	40	T	1:04:09
214	VAN RENSBURG	DESIRE	TEMP	46	F	45	T26586	1:04:13
215	DU PLESSIS	HELEN	BRACKENFELL	71	F	70	8071	1:04:19
216	DE JAGER	KIM	BELLVILLE	32	F	SEN	8299	1:04:32
217	VAN GRAAN	DESIREE	BRACKENFELL	36	F	35	8087	1:04:41
218	DU TOIT	FREDA	TEMP		F	SEN	T	1:04:52
219	ZULU	ZANDILE	TYMEBANK LANGA		F	SEN		1:04:55
220	ENGELBRECHT	ALET	TEMP	44	F	40	T	1:04:58
221	BOUWER	MARTIN	BRACKENFELL	68	M	65	8101	1:05:01
222	SMUTS	BUKS	BRACKENFELL	66	M	65		1:05:02
223	NO RETURN		TEMP		M	SEN	T	1:05:05
224	AGENBAG	ANNARE	TEMP	38	F	35	T	1:05:18
225		YVES	GOODWOOD HARRIERS	77	M	75		1:05:25
226	MOHAMMED	FAWWAZ	BRIMSTONE ITHEKO	31	M	SEN	13884	1:05:27
227	RHEEDER	ANZEL	TEMP	30	F	SEN	T26487	1:05:34
228	SYMONS	NICOLA	SANLAM	38	F	35	1612	1:05:42
229	JOOSTE	JESS	TEMP	33	F	SEN	T	1:05:45
230	MILLER	CHRISTINE	EDGEMEAD	60	F	60	5052	1:05:59
231		ELSARE	TEMP	47	F	45	T	1:06:09
232		SIPHIWE	SANDF WP	43	M	40	13828	1:06:13
233	ROUX	ANDRE	DURBAC	57	M	55	3954	1:06:14
234	WALTERS	MATTHYS	TEMP	54	M	50	T	1:06:14
235	ROZENBOOM	MARCO	TYGERBERG	53	M	50	12182	1:06:15
236	VAN ROOYEN	KLIPIES	STRAND	69	F	65	3709	1:06:22
237	FRANTZ	LIAM	TEMP	25	M	SEN	T	1:06:26
238	HANEKOM	LINDA	TEMP	32	F	SEN	T2236	1:06:29
239	MOGGEE	DEON	DURBAC	68	M	65	3888	1:06:32
240	BEAN	GENEVIEVE	BELLVILLE	49	F	45	8312	1:06:37
241	NO RETURN		TEMP		M	SEN	T	1:06:41
242	OBERMEYER	LINDA	CENTURY CITY	50	F	50		1:06:57
243	HAVENGA	AMANDA	TYGERBERG	59	F	55	2232	1:06:57
244	JANSEN VAN RENSBURG	KAREN	DURBAC	31	F	SEN	3738	1:06:59
245	NEL	ALECIA	IN TOUCH	33	F	SEN	1732	1:07:00
246	KRUGER	STEVEN	CENTURY CITY	57	M	55	4674	1:07:04
247	NO RETURN				M	SEN		1:07:07
248	GELDERBLOM	GERT	STRAND	74	M	70	3642	1:07:18

249	KOCK	BETHANY	TEMP	23	F	SEN	T	1:07:20
250	MATHONSI		TEAM VITALITY	42	M	40	1885	1:07:22
251	VAN ECK	DANIE	BELLVILLE	68	M	65	9914	1:07:32
252	BASSON	BRADFORD	TEMP	41	M	40	T26642	1:07:33
253	ERASMUS	J	TEMP	64	F	60	T	1:07:36
254	HARRISON	CRELO	TEMP		M	50	T	1:07:39
255	LOOTS	HANNALIE	HELDERBERG HARRIERS	62	F	60	7950	1:07:41
256	THERON	ANDRE	CORR SERVICES BOL	50	M	50	1229 BOL	1:07:45
257	NO RETURN		TEMP		M	SEN	T	1:07:46
258	ARENDSE	DESMOND	ATLANTIS HARRIERS		M	60	9288	1:07:46
259	LE ROUX	ILOISE	TEMP	50	F	50	T	1:07:49
260	VAN ZYL SMITH	DEIRDRE	TEMP	41	F	40	T	1:07:50
261		LIEZL	TEMP	52	F	50	T	1:07:50
262	DUVENAGE	NADIA	TEMP	24	F	SEN	T	1:07:59
263	FUBESI	UZUKO	SAPS WP	34	F	SEN		1:08:09
264	S	CATHERINE	DURBAC	58	F	55	3765	1:08:16
265	NO CARD		TEMP		M	SEN	T	1:08:17
266	WILLIAMS	MELISSA	KUILS RIVER RC	39	F	35	2608	1:08:19
267	SMIT	LYN	EDGEMEAD	60	F	60		1:08:22
268	KEMP	MARNELL	TEMP	35	F	35	T	1:08:27
269	KLEINHANS	ELIZMI	TEMP	31	F	SEN	T	1:08:28
270	NO RETURN		SANLAM		F	SEN		1:08:44
271	VOIGT	LYNETTE	PINELANDS	67	F	65		1:08:53
272	VAN ZYL	ALETTA	STRAND	64	F	60	3713	1:08:59
273	FRANTZ	EDWINA	STRAND	38	F	35	3607	1:09:03
274	SMIT	ANJA	BRACKENFELL	42	F	40	8147	1:09:12
275	MABASO	REFILOE	SANDF WP	37	F	35		1:09:17
276	GOWER	EDWIN	TEMP	27	M	SEN	T	1:09:17
277	NO RETURN		TEMP		M	SEN	T	1:09:19
278	HENDRICKS	M	RCS GUGS	60	M	60	6142	1:09:33
279	PRETORIUS	RASSIE	SANLAM	56	M	55	1588	1:09:33
280	STEWART	MELANIE	TEMP		F	40	T	1:09:42
281	NO RETURN		TEMP		F	SEN	T	1:09:42
282	VILJOEN	CHARMAINE	KUILS RIVER RC	55	F	55	8426	1:09:48
283	BAARD	CHRISTA	TEAM VITALITY		F	40		1:09:51
284	WICOMB	KAYLIN	TEMP	31	F	SEN	T3236	1:09:52
285	NOVEMBER	WILMEN	TEMP	40	M	40	T25906	1:09:54
286	OLIVER	RAVEL	TEMP		M	50	T	1:09:55
287	GROENER	FLORENCE	DURBAC		F	50	3996	1:09:59
288	EBDEN	TIFFANY	CARBINEERS WP	44	F	40	4475	1:10:01
289	NO RETURN				M	SEN		1:10:02
290	EYERS	MARGAUX	CARBINEERS WP	46	F	45	4478	1:10:02
291	JANSEN	SHADE	WILD RUNNER	34	F	SEN	11906	1:10:02
292	NO RETURN				M	SEN		1:10:03
293	MIDDLETON	WINSTON	IN TOUCH	68	M	65	1734	1:10:05
294	NO RETURN				M	SEN		1:10:10
295	NO RETURN				M	SEN		1:10:34
296	NO CARD				M	SEN		1:10:39
297	HAMMEDULLA	A	PINELANDS	61	M	60	1297	1:10:43
298	SPAHN	CHRISTINE	DURBAC	66	F	65	3933	1:10:56
299	FORTUNE	AVRIL	SPARTAN	50	F	50	0478	1:10:59

300	NO RETURN		TEMP		F	SEN	T	1:11:04
301	STENSBY	FRANSIE	STRAND	73	F	70	3644	1:11:05
302	OLIVER	DARWIN	TEMP		M	40	T2659	1:11:17
303	MAARMAN	CECILIA	KUILS RIVER RC	39	F	35	2597	1:11:56
304	BOOYSEN	JANA	TEMP	29	F	SEN	T	1:11:59
305	THIART	LOUIS	SANLAM	61	M	60	1546	1:12:15
306	SHIHAAM		CAPRICORN AC		F	40		1:12:21
307	ADAMS	KL	TEMP	46	F	45	T	1:12:25
308	BLANCHARD	ELANDI	TEMP	39	F	35	T	1:12:29
309	THERON	PHILLIPINE	IN TOUCH	64	F	60		1:12:32
310	PRINS	SARAHNI	TEMP		F	40	T	1:12:35
311	PAYNTER	FREDERICK	GOODWOOD HARRIERS	52	M	50	10462	1:12:39
312	MIZON	RAYMONDE	CELTIC	69	F	65	0868	1:12:41
313	CYSTER	GRAHAM	IN TOUCH	61	M	60	1709	1:12:42
314	SPANGENBERG	MARIANNE	EDGEMEAD	27	F	SEN	4886	1:12:53
315	NO RETURN		TEMP		M	SEN	T	1:13:18
316	ALBRECHT	AMANDA	EDGEMEAD	44	F	40	5079	1:13:31
317	NO CARD		TEMP		F	SEN	T	1:13:49
318	NO RETURN		TEMP		F	SEN	T	1:13:50
319	LEWIS	MARK	SANLAM	41	M	40	1634	1:14:07
320	VISSER	GAVIN	BRACKENFELL	52	M	50	8125	1:14:10
321	DE WAAL	XIO-ANNE	SANLAM	38	F	35	1548	1:14:10
322	KOTZE	XIOMARA	SANLAM	63	F	60	1579	1:14:14
323	NO RETURN		TEMP		F	SEN	T	1:14:15
324	NEETHLING	HUIBRE	STELLENBOSCH	59	F	55	0682 BOL	1:14:26
325	SPANN	NEIL	HELDERBERG HARRIERS	64	M	60	7908	1:14:29
326	DE WET	HANRI	DURBAC	45	F	45	4014	1:14:34
327	LOUW	MINETTE	DURBAC	43	F	40	4015	1:14:35
328	RICHARDS	CECELIA	RAVENSMEAD	57	F	55	5284	1:14:35
329	SWART	VEANDRI	TEMP	36	F	35	3167	1:14:45
330	DOLLIE	ABDUL-AZIZ	TOP FORM	49	M	45	11709	1:14:52
331		SHAVAUN	TEMP	39	F	35	T2652	1:14:55
332	NO RETURN		TEMP		F	SEN	T	1:15:10
333	JAMIESON	ANDREW	RUN WALK 4 LIFE	50	M	50	4351	1:15:24
334	VAN GIJSEN	HANEL	TEMP	45	F	45	T	1:15:30
335	MEAKER	CHELAYNE	RUN WALK 4 LIFE	59	F	55	12358	1:15:30
336	7LANIR	E	ELSIES RIVER	58	F	55	12831	1:15:34
337	MOSS	LIEZEL	RCS GUGS	54	F	50	11187	1:15:35
338	NO RETURN		TEMP		M	SEN	T	1:15:38
339	VOS	MARYNA	BELLVILLE	72	F	70	8428	1:15:58
340	ELLIS	GIELIE	BRACKENFELL	57	M	55	10780	1:15:59
341	NOMA	BULELWA	WEST COAST	48	F	45	1931	1:16:14
342	NO RETURN		TEMP		F	SEN	T	1:16:34
343	NEL	KOBUS	SANLAM	65	M	65	1680	1:16:36
344	NO RETURN		EDGEMEAD		F	SEN		1:16:57
345	NO RETURN		TEMP		F	SEN	T	1:16:58
346	MENTA	MEMORY	DURBAC	41	F	40		1:17:04
347	VAN DER MERWE	MARTHINA	BRACKENFELL	57	F	55	8132	1:17:06
348	LIVESEY	NICOLE	BRACKENFELL	32	F	SEN	10850	1:17:13
349	KOOPMAN	ASHWILL	AECI	39	F	35	T	1:17:16
350	DANIELS	ELIZABETH-ANN	RAVENSMEAD	59	F	55	5308	1:17:17

351	ARENDSE	MARENTIUS	TEAM VITALITY	48	M	45	7297	1:17:20
352	NO RETURN		TEMP		M	SEN	T	1:17:35
353	NO RETURN		TEMP		M	SEN	T	1:17:36
354	RAICHMAN	LAUREN	RUN WALK 4 LIFE	43	F	40	4374	1:17:37
355	STEENKAMP	SHARON	EDGEMEAD	49	F	45	4821	1:17:44
356		LEROY	SAPS WP	34	M	SEN	5511	1:17:46
357	NO CARD		TEMP		F	SEN	T	1:17:47
358	DAVIDS	CHARLENE	SAPS WP	45	F	45	5536	1:18:02
359	VAN SCHALKWYK	ELZETTE	BRACKENFELL	64	F	60	8169	1:18:23
360	SMIT	PAT	BRACKENFELL	67	F	65	8148	1:18:23
361	MAARTENS	CHARLENE	EDGEMEAD	54	F	50	4954	1:18:27
362	LUCAS	CARLENE	IN TOUCH		F	50		1:18:35
363	SAFAAR	M	TOP FORM	63	M	60	11707	1:19:01
364	NICHOLAS	LANESHA	KUILS RIVER RC	36	F	35	2619	1:19:04
365	GEUSTYN	MARGRIET	BELLVILLE	60	F	60	8328	1:19:10
366	RUITERS	MELDA	BELLVILLE	59	F	55	9940	1:19:10
367	EBRAHIM	MOEGSIEN	BO-KAAP	63	M	60	11978	1:19:10
368	SMIT	MANIE	BRACKENFELL	71	M	70	8149	1:19:23
369	DE BEER	SHENA	DURBAC	30	F	SEN	3760	1:19:24
370	VAN WYK	SIMONE	TEMP		F	40	T	1:19:24
371	ROELF	OLIVIA	TEMP	47	F	45	T	1:19:25
372	M	JENETTE	TEMP		F	40	T	1:19:27
373	CUPIDO	DAVID	WHALERS	60	M	60	0371 BOL	1:19:40
374	SIBULELE		MANONI	36	F	35	5462	1:19:59
375	VAN DER WALT	CHERYL-LEE	RUN WALK 4 LIFE	38	F	35	4358	1:20:00
376	DIERCAARDT	NATASSIA	CARBINEERS WP	37	F	35	4511	1:20:07
377	WILSON	VICTOR	BRACKENFELL	62	M	60	8161	1:20:17
378	NBUNTISA	NONZUKIOSA	TEMP	36	F	35	T22639	1:20:26
379	NO RETURN		TEMP		F	SEN	T	1:20:26
380	MEYER	SIMONE	KUILS RIVER RC	47	F	45	2615	1:20:30
381	VAN ZYL	MARISKA	GOODWOOD HARRIERS	49	F	45	9804	1:20:43
382	YOUNG	MARJORIE	HELDERBERG HARRIERS	50	F	50	7849	1:21:16
383	SMITH	BRADLEY	TEMP		M	SEN	T26597	1:21:20
384		SIBUSISO	DRDLR AC		M	SEN		1:21:40
385		REFIWE	TEMP	41	M	40	T	1:21:55
386	VAN WYK	AGNES	CARBINEERS WP	45	F	45	4471	1:22:04
387	BENECKE	L	CARBINEERS WP		F	40	4476	1:22:05
388	GAXELA	ZUKISWA	RCS GUGS	50	F	50	6124	1:22:23
389	SHA	AYESHA	GOODWOOD HARRIERS	44	F	40		1:22:28
390	ORTELL	PEARL	TEAM VITALITY	50	F	50	7393	1:22:33
391	CLAASSEN	BELINDA	RAVENSMEAD	60	F	60	5300	1:22:52
392	MIENIE	KAREL	JAN KRIEL	38	M	35	T2656	1:23:16
393	GHAZI ASGAR	BABAK	KUILS RIVER RC	44	M	40		1:23:18
394	NO CARD		TEMP		F	SEN	T	1:23:33
395	MAIANE	MARISKA	TEMP	40	F	40	T26591	1:23:34
396	MIENIE	MARISKA	JAN KRIEL	35	F	35	T2655	1:23:36
397	PIETERSE	RANDY	GOODWOOD HARRIERS	67	M	65	9770	1:23:41
398	VAN DEVENTER	ILANA	TEMP	34	F	SEN	T26596	1:23:45
399	JAMIESON	CHERYL	RUN WALK 4 LIFE	44	F	40	4350	1:23:54
400	ADAMS	PATRICIA	BRACKENFELL	65	F	65		1:24:00
401	NO RETURN		TEMP		F	SEN	T	1:24:02

402	NO RETURN		TEMP		F	SEN	T	1:24:02
403		CHARMAINE	IN TOUCH		F	50		1:24:03
404	COWIE	H	TEMP	52	F	50	T	1:24:09
405	NO RETURN		TEMP		F	SEN	T	1:24:16
406	LEWIS	ANTHENETTE	SANLAM	41	F	40	1633	1:24:24
407	BERGH	MARY	BRACKENFELL	56	F	55	8156	1:24:28
408	DARIES	LYNDON	RAVENSMEAD	38	M	35	12200	1:24:51
409	FRANSMAN	EDWINA	SANLAM	64	F	60	1664	1:24:52
410	KORASIE	ISAAC	RAVENSMEAD	56	M	55	5272	1:25:03
411	BROWN	DESIREE	RAVENSMEAD	66	F	65	5291	1:25:06
412	CLOETE	AYSHA	HEWAT	64	F	60	4437	1:25:12
413	PHILEMON	AUDREY	SANLAM	44	F	40	1601	1:25:12
414	BERNTZEN	ANNATJIE	GOODWOOD HARRIERS	81	F	80	9781	1:25:13
415	LEIBRANDT	SHANTELL	EERSTERIVIER	60	F	60	10321	1:25:19
416	THANDILE		KHAYELITSHA	31	F	SEN	6361	1:25:31
417	NO CARD		TEMP		F	SEN	T	1:25:38
418	GROVE	KAREN	TEMP	47	F	45	T	1:25:39
419	NO CARD		TEMP		F	SEN	T	1:25:39
420	DAMONS	HERMIA	GOODWOOD HARRIERS	48	F	45	9771	1:25:58
421	RICHARDS	JEROME	RAVENSMEAD	51	M	50	5283	1:26:03
422	BERGH	JOSEPH	BRACKENFELL	53	M	50	8153	1:26:04
423	SCHOOR	NAOMI	TEMP	55	F	55	T26533	1:26:07
424		ANGELIQUE	SAPS WP	28	F	SEN	5522	1:26:15
425	BROWN	BENJAMIN	RAVENSMEAD		M	60	5290	1:26:15
426		WINNIE	TEMP	60	F	60	T	1:26:23
427	ELKIN	SHERRYL	HELDERBERG HARRIERS	58	F	55	7881	1:26:31
428	CLAASSEN	ANNETJIE	SANLAM	67	F	65	1553	1:26:43
429	NO RETURN		METROPOLITAN		M	SEN		1:27:05
430	LOUW	RETHA	TEMP	62	F	60	T	1:27:21
431	THELANDER	LEON	TYGERBERG	63	M	60	2230	1:27:25
432	MILLER	PETRO	BRACKENFELL	57	F	55	10774	1:27:52
433	CYSTER	ROSCOE	TEMP		M	40	T	1:27:54
434	KOTZE	JEANNE	TEMP	42	F	40	T26637	1:28:00
435	PETERSEN	MAUREEN	OMMIEDRAAI	69	F	65	12713	1:28:03
436	FEBRUARY	JOY	OMMIEDRAAI	67	F	65	12717	1:28:04
437	BROWN	ROWENA	RAVENSMEAD	39	F	35	5289	1:28:14
438	TAYLOR	DAVE	BRACKENFELL	62	M	60	10898	1:28:33
439	NO CARD		IN TOUCH		F	SEN		1:28:34
440	COMPION	KOBIE	BRACKENFELL		M	70		1:28:35
441	NEL	ALBERT	IN TOUCH	69	M	65	1731	1:28:36
442	NIEUWENHUIS	FATIMA	CENTRAL AC	75	F	75	9628	1:28:55
443	COETZEE	V	PINELANDS		F	50		1:29:15
444	HAW	ELIZABETH	PINELANDS		F	60		1:29:15
445	WOUDA	ELMARI	RUN WALK 4 LIFE	43	F	40	8766	1:29:26
446	WORSHIP	BRONWYNNE	TEMP	43	F	40	T	1:29:43
447	VAN JANSE VAN RENSBURG	ANTON	TEMP	72	M	70	T26542	1:30:11
448	NO RETURN		TEMP		M	SEN	T	1:30:32
449	MZIMELA	JABULANI	DURBAC	46	M	45	3894	1:30:43
450	VAN WYK	JOHANNES	TEMP		M	SEN	T	1:30:56
451	NO RETURN		TEMP		M	SEN	T	1:31:29
452	BEUTE	BEVERLEY	RUN WALK 4 LIFE	66	F	65	4355	1:31:52

453	SMITH	ALTA	SANLAM	64	F	60	1550	1:32:01
454	GROEPE	TONI	IN TOUCH	64	F	60	1735	1:32:05
455	HASSAIN	KULSOEMBIBI	CARBINEERS WP	54	F	50		1:32:10
456	PODE	NATALIE	TEMP	50	F	50	T26491	1:32:18
457	NDABA	ANGELA	TOTALSPORTS VOB	56	F	55	2688	1:32:20
458	MBEKI	BONGI	RCS GUGS		F	40	6190	1:32:54
459	NOMA	KATLEGO	TEAM VITALITY	36	F	35	7804	1:33:12
460	NO RETURN		TEMP		F	SEN	T	1:33:19
461	NO RETURN		TEMP		F	SEN	T	1:33:19
462	WILLIAMS	DENISE	TEMP	44	F	40	T	1:33:29
463	BOOYSEN	MAGDALENE	SANLAM	54	F	50	1676	1:33:34
464	ST CLAIR	FELICIA	IN TOUCH	53	F	50		1:33:52
465	DOURIE	ALVEDA	TEMP		F	SEN	T	1:34:20
466	SMIT	GUILLAUME	BRACKENFELL	53	M	50	10818	1:34:42
467	VAN HUYSTEEN	CHRISTIN	TEMP	31	F	SEN	T	1:34:45
468	NO RETURN		TEMP		F	SEN	T	1:34:55
469	NO RETURN		TEMP		F	SEN	T	1:35:02
470	MATSHANGA	THEMBEKA	BELLVILLE	43	F	40	11833	1:35:15
471	NO CARD		TEMP		M	SEN	T	1:35:41
472	NO RETURN		TEMP		M	SEN	T	1:35:42
473	SEPTEMBER	JUDEE	TEMP	45	F	45	T	1:36:12
474	NO CARD		TEMP		F	SEN	T	1:36:17
475	CYSTER	ARLENE	TEMP		F	40	T	1:36:20
476		LAVERNE	TEMP	37	F	35	T	1:36:27
477	NO RETURN		TEMP		F	SEN	T	1:36:29
478	BUWAH	TRACEY	TEMP	54	F	50	T	1:36:44
479	HOON	BARBARA	TEMP	52	F	50	T	1:36:45
480	NO RETURN		TEMP		F	SEN	T	1:37:12
481	NO CARD		TEMP		F	SEN	T	1:37:35
482	NO CARD		TEMP		F	SEN	T	1:37:36
483	BURNS	ANDRE	TEMP		M	40	T2578	1:38:19
484	FRANSMAN	IRMA	TEMP	44	F	40	T	1:38:25
485		HELEN	TEMP	22	F	SEN	T	1:38:34
486	NO RETURN		TEMP		F	SEN	T	1:38:35
487	NO RETURN		TEMP		F	SEN	T	1:38:36
488	NO RETURN		TEMP		F	SEN	T	1:38:36
489	ERASMUS	ZULFAR	OMMIEDRAAI	48	F	45	2575	1:38:48
490	ISMAIL	ROSEMARY	OMMIEDRAAI	66	F	65	11503	1:38:49
491	COOPER	CHARLENE	TEMP	65	F	65	T26630	1:38:58
492	JAMESON	MARLENE	TEAM VITALITY	59	F	55	7119	1:39:07
493	NORTJE	JOHRINE	SANLAM	66	F	65	1569	1:39:25
494	THOMPSON	G	BRIMSTONE ITHEKO	62	F	60	6618	1:39:39
495	BUYS	ANNELIZE	CHAELI REC & SPORTS	58	F	55	5871	1:39:40
496		FRANCOIS	TEMP	26	M	SEN	T	1:40:41
497	NO RETURN				F	SEN		1:40:59
498	THANDAZILE		TEMP		F	40	T	1:41:30
499	NO RETURN				F	SEN		1:41:32
500	NO RETURN				M	SEN		1:42:07
501		CIBAYD	TEMP	32	M	SEN	T	1:42:59
502	SQLIWE	N	TEMP		F	40	T	1:42:59
503	SMIT	CINDY	TEMP	45	F	45	T	1:43:11

504	NO RETURN		TEMP		F	SEN	T	1:43:23
505	NO RETURN		TEMP		F	SEN	T	1:44:12
506	DEVINE	DERRY	TOTALSPORTS VOB	88	M	85	2687	1:44:29
507	WATERWITCH	ALTHEA	TEMP	60	F	60	T	1:45:23
508	NO RETURN		TEMP		M	SEN	T	1:45:45
509	CLAASSEN	JOHN	RAVENSMEAD	59	M	55	5301	1:45:53
510	UYS	MARIE	IN TOUCH	67	F	65	1713	1:46:23
511	FILLIES	MONIQUE	IN TOUCH	40	F	40	12790	1:46:23
512	NO RETURN		PINELANDS		F	SEN		1:47:56
513	GROBLER	NINA	SPARTAN	33	F	SEN	1133	1:48:23
514	KETS	MIA	TEMP	18	F	JUN	J	1:49:08
515	WINTER	ANJA	TEMP	26	F	SEN	T	1:49:10
516	VAN ZYL	CARL	STRAND	65	M	65	3712	1:50:09
517	ORR	DEIRDRE	RAVENSMEAD	54	F	50	5274	1:50:15
518	NO RETURN		TEMP		F	SEN	T	1:53:04
519	NO RETURN		TEMP		F	SEN	T	1:53:05
520	NO RETURN		TEMP		F	SEN	T	1:53:10
521	NO RETURN		TEMP		F	SEN	T	1:54:10
522	NO RETURN		TEMP		F	SEN	T	1:54:11