

**FOOD LOVER'S MARKET TEKKIE CHALLENGE 10KM
BATTLE OF THE SEXES
CAPE MULTISPORT CLUB AND JAN KRIEL SCHOOL
SATURDAY 07 SEPTEMBER 2024**



| POS | SURNAME | NAME | CLUB | AGE | SEX | CAT | LIC No | TIME |
|-----|----------------|------------|--------------------------|-----|-----|-----|----------|---------|
| 1 | FORTUIN | DUANE | TYMEBANK LANGA | 40 | M | 40 | 7491 | 0:31:52 |
| 2 | CHIMOMBO | EDWIN | TEMP | 42 | M | 40 | T | 0:32:01 |
| 3 | JOOSTE | WAYLON | UWC | 18 | M | JUN | J40742 | 0:32:20 |
| 4 | THABO | SONALI | HERBALIFE | 17 | M | JUN | J40802 | 0:32:41 |
| 5 | JOOSTE | JADE-LEE | STRAND | 17 | M | JUN | | 0:33:12 |
| 6 | KOPOLO | VAKALISA | NEDBANK WP | 47 | M | 45 | 7268 | 0:33:57 |
| 7 | MBULI | LUSINDISO | HELDERBERG HARRIERS | 46 | M | 45 | 6592 | 0:34:07 |
| 8 | NEFKIE | WARREN | UWC | 28 | M | SEN | 1449 | 0:34:20 |
| 9 | MAKHONXA | UZUTHANYE | TOTALSPORTS VOB | 20 | M | SEN | 1446 | 0:34:28 |
| 10 | WILLIAMS | NATHAN | UWC | 23 | M | SEN | 1445 | 0:34:34 |
| 11 | MWANENGENI | TSUNGAI | RCS GUGS | 50 | M | 50 | 2990 | 0:34:43 |
| 12 | PIENAAR | BARRY-JOHN | KUILS RIVER | 36 | M | 35 | 1502 | 0:34:54 |
| 13 | NKANI | MSIMELELO | SAPS | 35 | M | 35 | 8540 | 0:35:11 |
| 14 | CHEPAPE | TUMELO | TOTALSPORTS VOB | 20 | M | SEN | 1313 | 0:35:29 |
| 15 | CHIDZIVO | FORTUNATE | TYMEBANK LANGA | 37 | F | 35 | | 0:35:56 |
| 16 | TAKARUZA | DAVID | STRAND | 20 | M | SEN | 3388 | 0:35:57 |
| 17 | LEKHOELA | THATO | HERBALIFE | 18 | M | JUN | | 0:36:04 |
| 18 | MASHIMBYE | THEODORE | SANDF | 27 | M | SEN | 6049 | 0:36:04 |
| 19 | HENDRICKS | GREG | OLYMPIC SPARTAN HARRIERS | 52 | M | 50 | 0572 | 0:36:11 |
| 20 | BOOYSEN | CURTIS | UWC | 23 | M | SEN | 1444 | 0:36:16 |
| 21 | COOPER | MIGUEL | WCIRR | 24 | M | SEN | 12451 | 0:36:19 |
| 22 | ABRAHAMS | SHAWN | KUILS RIVER | 54 | M | 50 | 1557 | 0:36:27 |
| 23 | MAREGELE | MICARDO | UWC | 22 | M | SEN | 1526 | 0:36:43 |
| 24 | PONI | BUHLE | AAC | 17 | M | JUN | J41164 | 0:37:10 |
| 25 | MGUTYIWA | BRIX | EASTERNS | | M | 40 | | 0:37:21 |
| 26 | SITARIKO | BETHA | AAC | 27 | F | SEN | 4868 | 0:37:34 |
| 27 | COKILE | SITHEMBELE | NEDBANK WP | | F | SEN | | 0:37:40 |
| 28 | VELLEM | SIMPHIWE | RCS GUGS | 45 | M | 45 | 3242 | 0:37:57 |
| 29 | | RUSHDI | BELLVILLE | 46 | M | 45 | | 0:38:45 |
| 30 | DYKMAN | MICHELLE | NEDBANK GN | 24 | F | SEN | | 0:38:51 |
| 31 | CLARK | ADAM | NEDBANK WP | 53 | M | 50 | 7306 | 0:39:34 |
| 32 | MBATSA | INAM | TOTALSPORTS VOB | 18 | M | JUN | 2792 | 0:39:40 |
| 33 | TEENKAMP | NIKI | STELLENBOSCH | 52 | M | 50 | 1272 BOL | 0:39:48 |
| 34 | ANDERSON | BRUCE | TOTALSPORTS VOB | 50 | M | 50 | 1128 | 0:39:49 |
| 35 | LACKAY | DWAYNE | TYMEBANK LANGA | 29 | M | SEN | | 0:39:56 |
| 36 | VAN WYK | CHRISTOF | MELKBOS | 58 | M | 55 | 7087 | 0:40:06 |
| 37 | SETI | NOMVUYISI | NEDBANK WP | 42 | F | 40 | 7279 | 0:40:23 |
| 38 | LOTTER | HANNELIE | BOXER | 41 | F | 40 | 8928 | 0:40:43 |
| 39 | RICHMAN | | NEDBANK WP | | M | 40 | 7270 | 0:40:49 |
| 40 | | AYDEN | TEMP | 19 | M | JUN | T4976 | 0:40:52 |
| 41 | NO CARD | | | | M | SEN | | 0:41:33 |
| 42 | AUSTIN | LISA-JO | DURBAC | | F | SEN | | 0:41:50 |
| 43 | DAVIS-HANNIBAL | LINDSAY | DURBAC | 39 | F | 35 | 3979 | 0:42:09 |
| 44 | | TYRONE | IN TOUCH | 46 | M | 45 | 9831 | 0:42:27 |
| 45 | WIDDOP | DANIEL | TEMP | 19 | M | SEN | 4968 | 0:42:28 |
| 46 | MOTAU | STEPHEN | RCS GUGS | 64 | M | 60 | 3221 | 0:42:38 |

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| 47 | DAVIS-HANNIBAL | NEILL | TEMP | 37 | M | 35 | T44669 | 0:42:42 |
| 48 | CARIEM | NIZAAM | BRIMSTONE ITHEKO | 43 | M | 40 | 0202 | 0:42:49 |
| 49 | CALITZ | JANI | DURBAC | 40 | F | 40 | 3940 | 0:43:09 |
| 50 | MBANYARHU | EBRAHIM | RCS GUGS | 46 | M | 45 | 2966 | 0:43:11 |
| 51 | MITHI | THABO | HELDERBERG HARRIERS | 32 | M | SEN | 6718 | 0:43:17 |
| 52 | NO RETURN | | THE ATLETES ACADEMY | | F | SEN | | 0:44:01 |
| 53 | DZAMIRI | TINASHE | CENTURY CITY | 48 | M | 45 | | 0:44:42 |
| 54 | BRUMMER | DHEESHAAN | ARD | 19 | M | JUN | J40687 | 0:44:43 |
| 55 | MAGADLA | PHUMELELO | TYMEBANK LANGA | 51 | M | 50 | 12696 | 0:44:59 |
| 56 | ROSSOUW | | TEMP | 33 | M | SEN | T44505 | 0:45:12 |
| 57 | HILL | CLINTON | CARBINEERS | 41 | M | 40 | 11186 | 0:45:19 |
| 58 | KLEINSMIDT | AARON | BONTEHEUWEL | 19 | M | JUN | | 0:46:06 |
| 59 | MAHLATA | MANUABISI | TEMP | | M | SEN | T | 0:46:07 |
| 60 | BOOI | XOLISIWE | EDGEMEAD | 39 | F | 35 | 1688 | 0:46:23 |
| 61 | DE WAAL | ANE | BELLVILLE | 17 | F | JUN | J40765 | 0:47:09 |
| 62 | MATIWANE | BUSISIWE | NEDBANK WP | 49 | F | 45 | 7280 | 0:47:20 |
| 63 | JAFTHA | GRAHAM | BELLVILLE | 50 | M | 50 | 6734 | 0:47:31 |
| 64 | KASKER | SABREEN | TEAM VITALITY | 27 | F | SEN | | 0:47:33 |
| 65 | LUCAS | IAAN | TEMP | 45 | M | 45 | T44703 | 0:47:53 |
| 66 | CHIYA | MONDLI | TEMP | | M | SEN | T | 0:47:54 |
| 67 | CILLIERS | RUBEN | TEMP | 16 | M | JUN | T | 0:48:00 |
| 68 | CLAASE | MARILEE | DURBAC | 28 | F | SEN | 3537 | 0:48:05 |
| 69 | | JERVANO | EERSTERIVIER | 17 | M | JUN | | 0:48:08 |
| 70 | TERBLANCHE | IAN | TEMP | 29 | M | SEN | T | 0:48:36 |
| 71 | HARTOGH | ASHLEIGH | PINELANDS | 18 | F | JUN | J40109 | 0:48:51 |
| 72 | MOCHE | SERETSE | BELLVILLE | 52 | M | 50 | 6736 | 0:48:57 |
| 73 | TAYLOR | JURAN | TEMP | 33 | M | SEN | T1395 | 0:49:09 |
| 74 | FEYT | MANDY-LEE | DURBAC | 43 | F | 40 | 3803 | 0:49:15 |
| 75 | DU TOIT | MADELEINE | DURBAC | 45 | F | 45 | | 0:49:17 |
| 76 | ESTERHUIZEN | WESLEY | TEMP | 34 | M | SEN | T | 0:49:29 |
| 77 | | DUANE | OMMIEDRAAI | 52 | M | 50 | 5207 | 0:49:33 |
| 78 | OLIVIER | TINUS | GOODWOOD HARRIERS | 47 | M | 45 | | 0:49:41 |
| 79 | MHLOPHE | MASOI | BELLVILLE | 31 | M | SEN | 6951 | 0:49:44 |
| 80 | THERON | ADRI | RUN WALK 4 LIFE | 61 | M | 60 | 7958 | 0:49:50 |
| 81 | MSUTHU | NHLONHLA | KHAYELITSHA | 17 | M | JUN | J40819 | 0:49:56 |
| 82 | MISROLL | JACKY | PINELANDS | 55 | F | 55 | 2169 | 0:49:58 |
| 83 | VENTER | JUAN-PIERRE | TEMP | 29 | M | SEN | T2165 | 0:50:02 |
| 84 | BYKER-NEL | CARIKE | NEDBANK WP | 36 | F | 35 | 7370 | 0:50:31 |
| 85 | SULLIVAN | KYLE | TEMP | 27 | M | SEN | T2178 | 0:50:32 |
| 86 | WARREN | DION | TEMP | 58 | M | 55 | T | 0:50:49 |
| 87 | SUTHERLAND | GRAHAM | TEMP | 53 | M | 50 | T | 0:51:09 |
| 88 | MOOSA | ABDURAHMAN | CELTIC | 63 | M | 60 | 2707 | 0:51:19 |
| 89 | MOLOSI | NLWLULEKI | NEDBANK WP | | M | 40 | | 0:51:23 |
| 90 | CLEOPHAS | HENRY | TEMP | 75 | M | 75 | T44673 | 0:51:38 |
| 91 | OBERHOFER | SIA | TEMP | | F | 50 | T | 0:51:41 |
| 92 | HINE | MICHELLE | CARBINEERS | 45 | F | 45 | 5008 | 0:51:49 |
| 93 | VAN ZYL | NATASCHA | HELDERBERG HARRIERS | 57 | F | 55 | 6562 | 0:51:59 |
| 94 | MEYER | LEVI | TEMP | | M | JUN | T | 0:52:12 |
| 95 | DAYA | AJIT | WPCC | 51 | M | 50 | 4599 | 0:52:12 |
| 96 | NO RETURN | | | | M | SEN | | 0:52:14 |
| 97 | DU PLESSIS | J | TEMP | 43 | M | 40 | T | 0:52:17 |
| 98 | WILLIAMS | MACKY | PINELANDS | 45 | F | 45 | 2179 | 0:52:21 |

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| 99 | DE JONGH | REHAN | SANLAM | 25 | M | SEN | 11780 | 0:52:23 |
| 100 | KHALED | | TEMP | | M | SEN | T2281 | 0:52:28 |
| 101 | NO RETURN | | WHALERS | | M | SEN | | 0:52:34 |
| 102 | PEARCE | BRANDON | OMMIEDRAAI | 49 | M | 45 | 5327 | 0:52:36 |
| 103 | SENIESE | FILIP | TEMP | | M | JUN | T | 0:52:56 |
| 104 | RODSETH | LOLLOS | DURBAC | 64 | F | 60 | 3959 | 0:52:57 |
| 105 | PHILLIPS | IEREFAAN | TEMP | 48 | M | 45 | T1306 | 0:53:20 |
| 106 | NOTHNAGEL | DANIEL | TEMP | 20 | M | SEN | T | 0:53:33 |
| 107 | LOUW | PIERRE | BELLVILLE | 47 | M | 45 | 6841 | 0:53:37 |
| 108 | SAMSODIEN | UMAR | BRIMSTONE ITHEKO | 34 | M | SEN | 0420 | 0:53:40 |
| 109 | ROODT | ANDRIES | HELDERBERG HARRIERS | 46 | M | 45 | | 0:53:44 |
| 110 | | ANTHONY | TEMP | | M | SEN | T2052 | 0:53:44 |
| 111 | CAMPBELL | KERRY-MEGHAN | TEMP | 31 | F | SEN | T44526 | 0:53:45 |
| 112 | V LOGGERENBERG | LANDEA | EDGEMEAD | 47 | F | 45 | | 0:53:56 |
| 113 | PETERSEN | DERRICK | TEMP | | M | 50 | T44668 | 0:54:00 |
| 114 | MARTEN | CONNOR | EDGEMEAD | 15 | M | JUN | J20280 | 0:54:02 |
| 115 | BROWN | HENRY | TEMP | 40 | M | 40 | T2285 | 0:54:03 |
| 116 | ABRAHAMS | FRED | NEDBANK WP | 55 | M | 55 | 7290 | 0:54:10 |
| 117 | POPELA | MPHO | SANDF | 42 | M | 40 | 6070 | 0:54:15 |
| 118 | DAVIDS | DEIDRE | KUILS RIVER | 40 | F | 40 | 1511 | 0:54:30 |
| 119 | STRATON | BRAD | TEMP | 61 | M | 60 | T44533 | 0:54:31 |
| 120 | | DENZELL | DPW | 48 | M | 45 | 9618 EPA | 0:54:36 |
| 121 | PETERSEN | TAVON | STRAGGLERS | 33 | M | SEN | 8526 | 0:54:36 |
| 122 | COOPER | LLEWELLYN | MP TITANS | 48 | M | 45 | 10913 | 0:54:37 |
| 123 | THOMAS | DAVE | TEMP | 59 | M | 55 | T1414 | 0:54:41 |
| 124 | VAN DER MERWE | ANDRE | BELLVILLE | 16 | M | JUN | J40647 | 0:54:42 |
| 125 | FORTUIN | CHERYL | IN TOUCH | 47 | F | 45 | 9851 | 0:54:47 |
| 126 | TREDOUX | AMORE | TEMP | 14 | F | JUN | T4970 | 0:54:47 |
| 127 | OCKEST | | TEMP | 19 | M | JUN | T4973 | 0:54:48 |
| 128 | WILLOUGHBY | RODNEY | WHALERS | 65 | M | 65 | 0351 BOL | 0:55:11 |
| 129 | OIVA | | TEMP | 50 | M | 50 | T1409 | 0:55:22 |
| 130 | BUCHER | TD | TEMP | 41 | F | SEN | T44648 | 0:55:28 |
| 131 | | CONRAD | TEMP | 53 | M | 50 | T19613 | 0:55:37 |
| 132 | JOUBERT | EUNICE | TEMP | 39 | M | 35 | T2001 | 0:55:42 |
| 133 | MALUNGA | ZIMASA | TEMP | | F | SEN | T1299 | 0:55:43 |
| 134 | | NINETTE | TEMP | 26 | F | SEN | T44690 | 0:55:48 |
| 135 | QHEYA | NKOSIPHENDULE | RESBANK | | M | 40 | 14157 | 0:55:53 |
| 136 | COMBRINK | ELRI | TEMP | 32 | F | SEN | T44689 | 0:56:00 |
| 137 | CUPIDO | CHARMAINE | NEDBANK WP | 68 | F | 65 | 7309 | 0:56:02 |
| 138 | NO RETURN | | TEMP | | F | SEN | T | 0:56:02 |
| 139 | NO RETURN | | TEMP | | M | SEN | T | 0:56:04 |
| 140 | NO RETURN | | TEMP | | M | SEN | T | 0:56:06 |
| 141 | CARIEM | AFROZ | BRIMSTONE ITHEKO | 47 | F | 45 | 0201 | 0:56:25 |
| 142 | SWART | RESIA | STELLENBOSCH | 51 | F | 50 | 0700 BOL | 0:56:32 |
| 143 | BARTLETT | DENZIL | CARBINEERS | 52 | M | 50 | 5009 | 0:56:36 |
| 144 | DAVIDS | CLINT | TEMP | 38 | M | 35 | T | 0:56:37 |
| 145 | SOLOMONS | KYLE | TEMP | 29 | M | SEN | T2066 | 0:56:37 |
| 146 | VERSTER | MAUREEN | EDGEMEAD | 72 | F | 70 | 1952 | 0:56:38 |
| 147 | NO RETURN | | TEMP | | M | SEN | T | 0:56:43 |
| 148 | SHELK | JUNAID | WEST COAST | 51 | M | 50 | 5673 | 0:57:08 |
| 149 | MAKHUNYA | ANDILE | TEMP | 28 | M | SEN | T2357 | 0:57:10 |
| 150 | NO CARD | | TEMP | | M | SEN | T | 0:57:15 |

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| 151 | ELS | TRUDIE | BELLVILLE | 55 | F | 55 | 6919 | 0:57:34 |
| 152 | HENDRICK | WILLIAM | EERSTERIVIER | 75 | M | 75 | 11924 | 0:57:49 |
| 153 | | KARMI | TEMP | 18 | F | JUN | T49974 | 0:57:50 |
| 154 | MABALA | THATO | WATERFALL CITY | 35 | M | 35 | 24932 CGA | 0:57:52 |
| 155 | BATHU | ANTON | TEMP | 40 | M | 40 | T1253 | 0:57:54 |
| 156 | MOUTEN | MARISA | TEMP | 36 | F | 35 | T19670 | 0:57:56 |
| 157 | CLARK | KYLA | SANLAM | 22 | F | SEN | 11759 | 0:58:03 |
| 158 | K | GARTH | TEMP | 45 | M | 45 | T | 0:58:04 |
| 159 | DE BRUYN | PHILLIP | TEMP | 40 | M | 40 | T44649 | 0:58:04 |
| 160 | HORN | WENDY | BELLVILLE | 54 | F | 50 | 12489 | 0:58:08 |
| 161 | GROVE | JUDITH | TYGERBERG | 70 | F | 70 | 2010 | 0:58:09 |
| 162 | GREEFF | WILLEM | TEMP | 52 | M | 50 | T | 0:58:10 |
| 163 | RIFFEL | AYRIN | TEMP | 29 | M | SEN | T1285 | 0:58:11 |
| 164 | WILLOUGHBY | NOLEEN | WHALERS | 64 | F | 60 | 0349 BOL | 0:58:14 |
| 165 | UBDAIDULLAH | | TEMP | 22 | M | SEN | T | 0:58:24 |
| 166 | WINTER | FAIK | WEST COAST | 58 | M | 55 | 5765 | 0:58:25 |
| 167 | LE ROUX | AADAM | TEMP | 51 | M | 50 | T | 0:58:31 |
| 168 | MALHERBE | ADELE | DURBAC | 52 | F | 50 | 3671 | 0:58:38 |
| 169 | DU PLESSIS | ENGELA | TEMP | 39 | F | 35 | T | 0:58:43 |
| 170 | BELLINGER | STEPHANIE | TEMP | 62 | F | 60 | T44619 | 0:58:46 |
| 171 | SOETSENBURGH | MARU | TEMP | 46 | M | 45 | T | 0:58:46 |
| 172 | MURPHY | BRADEN | TEMP | 35 | M | 35 | T2610 | 0:58:53 |
| 173 | BRAND | DIRK | TEAM VITALITY | 65 | M | 65 | | 0:59:00 |
| 174 | PATTERSON | MANUELA | CENTURY CITY | 63 | F | 60 | 7635 | 0:59:01 |
| 175 | SASS | BASIL | TEMP | 67 | M | 65 | T44581 | 0:59:11 |
| 176 | PEARCE | WILMA | OMMIEDRAAI | 50 | F | 50 | 5328 | 0:59:14 |
| 177 | MASAND | S | SANDF | 33 | F | SEN | 6060 | 0:59:14 |
| 178 | NNZERU | LIVHUWANI | BRACKENFELL | 46 | M | 45 | 4480 | 0:59:15 |
| 179 | MCLINTON-APPOLLIS | TRACY | EDGEMEAD | 38 | F | 35 | 1755 | 0:59:16 |
| 180 | BRUMMER | EBEN | ARD | 48 | M | 45 | 12078 | 0:59:53 |
| 181 | CLARENCE | JUAN | BELLVILLE | 53 | M | 50 | 7000 | 0:59:53 |
| 182 | SUKWANA | ELROY | NEDBANK WP | 32 | M | SEN | 7291 | 0:59:54 |
| 183 | NO RETURN | | | | M | SEN | | 0:59:54 |
| 184 | LOURENS | CHRIS | BRACKENFELL | 68 | M | 65 | 4491 | 0:59:55 |
| 185 | ROOS | CURLO | BELLVILLE | 41 | M | 40 | 6929 | 1:00:00 |
| 186 | KRUGER | CARINE | TEMP | 63 | F | 60 | T | 1:00:02 |
| 187 | KHANYZ | FIKILE | TEMP | 43 | M | 40 | T2068 | 1:00:11 |
| 188 | TANGENI | | TEMP | 48 | M | 45 | T2973 | 1:00:19 |
| 189 | DE VILLIERS | KARLIEN | TEMP | 36 | F | 35 | T | 1:00:46 |
| 190 | ETZEBETH | TANIA | TEMP | 52 | F | 50 | T44680 | 1:00:53 |
| 191 | SINGH | DILLON | TEMP | | M | SEN | T44671 | 1:01:03 |
| 192 | MOOSA | D | TEMP | 54 | F | 50 | T2744 | 1:01:14 |
| 193 | MPOLVENI | THEMSANGE | TEMP | 31 | M | SEN | T2686 | 1:01:17 |
| 194 | MASTERS | ANEEQ | TEMP | 22 | M | SEN | T1301 | 1:01:18 |
| 195 | ABRAHAMS | FAIEK | AECI | 27 | M | SEN | | 1:01:21 |
| 196 | ROUX | YOLANDI | TEMP | 45 | F | 45 | T2002 | 1:01:22 |
| 197 | BLANK CARD | | TEMP | | M | SEN | T | 1:01:35 |
| 198 | GELDENHUYS | ANNELIZE | TEMP | 53 | F | 50 | T | 1:01:37 |
| 199 | | MARTINE | MP TITANS | 35 | M | 35 | 14127 | 1:01:41 |
| 200 | WILLIAMS | NOEL | TEMP | 58 | M | 55 | T2193 | 1:01:43 |
| 201 | HENDRICKS | MATTHEW | TEMP | 20 | M | SEN | T | 1:01:44 |
| 202 | MALAGAS | RYAN | TEAM VITALITY | 41 | M | 40 | | 1:01:48 |

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| 203 | GQEYA | NOMFUNDO | TEMP | 34 | F | SEN | T1383 | 1:01:51 |
| 204 | WRIGHT | TIAAN | TEMP | 41 | M | 40 | T67961 | 1:02:12 |
| 205 | OBERMEYER | LINDA | CENTURY CITY | 51 | F | 50 | | 1:02:12 |
| 206 | ZULU | ZANDILE | TYMEBANK LANGA | 39 | F | 35 | 7535 | 1:02:13 |
| 207 | NO CARD | | | | F | SEN | | 1:02:14 |
| 208 | RHODA | JOSHUA | TEMP | 22 | M | SEN | T | 1:02:21 |
| 209 | KNAGGS | RICHARD | WEST COAST | 55 | M | 55 | 5752 | 1:02:37 |
| 210 | SETYWAMBE | LUVUBO | TEMP | 34 | M | SEN | T | 1:02:39 |
| 211 | SOBAHLE | SIHLE | TEMP | 26 | F | SEN | T2040 | 1:02:51 |
| 212 | HARLOCK | SONIA | FISH HOEK | 61 | F | 60 | 8690 | 1:03:01 |
| 213 | NO RETURN | | TEMP | | M | SEN | T | 1:03:03 |
| 214 | AJAM | NAZEEM | TOP FORM | | M | 60 | | 1:03:15 |
| 215 | NO RETURN | | TEMP | | F | SEN | T | 1:03:19 |
| 216 | FURST | RODNEY | TEMP | 56 | M | 55 | T44628 | 1:03:24 |
| 217 | POTGIETER | HENDRIK | VOORTREKKER MONUMENT | 72 | M | 70 | | 1:03:25 |
| 218 | SILAWULE | XOLANI | AECI | 26 | M | SEN | 2126 CGA | 1:03:31 |
| 219 | THONDABAWAU | ALUVUYO | AECI | 26 | M | SEN | 2045 CGA | 1:03:31 |
| 220 | BAILEY | SERGIO | TEMP | 36 | M | 35 | T44587 | 1:03:57 |
| 221 | BENDER | WALTER | STRAND | 60 | M | 60 | 3435 | 1:03:58 |
| 222 | LE ROUX | WARDA | TEMP | 43 | F | 40 | T | 1:04:11 |
| 223 | KOTZE | LANA | TEMP | 17 | F | JUN | T | 1:04:12 |
| 224 | | MARTIN | BRACKENFELL | 69 | M | 65 | 4469 | 1:04:14 |
| 225 | SMUTS | BUKS | BRACKENFELL | 68 | M | 65 | 4468 | 1:04:14 |
| 226 | LEWIS | LEAH | TEMP | 39 | F | 35 | T44563 | 1:04:16 |
| 227 | BURGER | CANDICE | TEMP | 31 | F | SEN | T19614 | 1:04:17 |
| 228 | | LARA | TEMP | 20 | F | SEN | T | 1:04:21 |
| 229 | ADAMS | RENEE | TEMP | 49 | F | 45 | T2086 | 1:04:24 |
| 230 | SEPTEMBER | MELANI | TEMP | 54 | F | 50 | T | 1:04:25 |
| 231 | MARCUS | JP | TEMP | 41 | M | 40 | T | 1:04:35 |
| 232 | VOSLOO | ANNENE | TEMP | 45 | F | 45 | T | 1:04:36 |
| 233 | LEKAY | WARREN | TEMP | | M | SEN | T44616 | 1:04:56 |
| 234 | VAN EEDEN | SIMON | MATIES | 25 | M | SEN | 0203 | 1:05:08 |
| 235 | BLOWS | SHAN | TEAM VITALITY | 62 | M | 60 | | 1:05:11 |
| 236 | | LUZDLE | OMMIEDRAAI | 45 | F | 45 | | 1:05:16 |
| 237 | NO RETURN | | HELDERBERG HARRIERS | | M | 65 | | 1:05:17 |
| 238 | NO CARD | | TEMP | | F | SEN | T | 1:05:17 |
| 239 | YASIN | ANVER | TOP FORM | 66 | M | 65 | 8420 | 1:05:22 |
| 240 | JACOBS | NIHAAD | TOP FORM | 31 | F | SEN | 8405 | 1:05:22 |
| 241 | MOGGEE | DEON | TEAM VITALITY | 69 | M | 65 | 10173 | 1:05:23 |
| 242 | JACOBS | FAZLIN | BELLVILLE | 44 | F | 40 | 1494 | 1:05:40 |
| 243 | GIE | CHRIS | TEMP | 43 | M | 40 | T | 1:05:45 |
| 244 | SEALE | CLAYTON | TEMP | 42 | M | 40 | T1277 | 1:05:46 |
| 245 | MCKENNA | LIAM | WEST COAST | 19 | M | JUN | J5737 | 1:05:49 |
| 246 | LE GRANGE | PJ | TEMP | 30 | M | SEN | T | 1:05:56 |
| 247 | GOVENDER | V | KUILS RIVER | | M | 60 | 1516 | 1:05:59 |
| 248 | NO CARD | | TEMP | | F | SEN | T | 1:06:00 |
| 249 | MATTHEE | HEIN | TEMP | 41 | M | 40 | T19598 | 1:06:03 |
| 250 | DOOLING | SHARAUN | OMMIEDRAAI | 42 | F | 40 | | 1:06:07 |
| 251 | ROTHMAN | BRIAN | BRACKENFELL | 71 | M | 70 | 4453 | 1:06:14 |
| 252 | YEO | JAMES | CENTURY CITY | 21 | M | SEN | 13794 | 1:06:24 |
| 253 | ADAMS | WERNER | TEMP | 50 | M | 50 | T | 1:06:24 |
| 254 | NO RETURN | | | | M | SEN | | 1:06:34 |

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| 255 | AURET | SANETTE | EGA | 59 | F | 55 | | 1:06:37 |
| 256 | SAHE | RIAZ | TEMP | 15 | M | JUN | T | 1:06:41 |
| 257 | NOTHNAGEL | LINDA | TEMP | 55 | F | 55 | T | 1:06:49 |
| 258 | APPOLLIS | TANYA | TEMP | 31 | F | SEN | T44573 | 1:06:59 |
| 259 | WITBOOI | LOUISE | TEMP | 37 | F | 35 | T1319 | 1:07:06 |
| 260 | ROMAN | SHALAE | PICK 'n PAY | 38 | F | 35 | 11044 | 1:07:07 |
| 261 | MNGADI | SANELISIWE | CENTURY CITY | 35 | F | 35 | 7707 | 1:07:09 |
| 262 | ERASMUS | LEONORA | TEMP | 68 | F | 65 | T2164 | 1:07:10 |
| 263 | MHLANA | LUVUYO | KHAYELITSHA | 44 | M | 40 | 8114 | 1:07:18 |
| 264 | ADAMS | L | TEMP | 47 | F | 45 | T | 1:07:18 |
| 265 | CORNELIUS | RYAN | TEMP | 35 | M | 35 | T1355 | 1:07:20 |
| 266 | DELCARME | RENATO | TEMP | 41 | M | 40 | T44621 | 1:07:31 |
| 267 | BARADIEN | MOGAMAT SIRAAJ | TEMP | 38 | M | 35 | T44684 | 1:07:33 |
| 268 | NEL | ALECIA | IN TOUCH | 34 | F | SEN | 9814 | 1:07:36 |
| 269 | JOHANNES | ADELAIDE | MAMRE | 50 | F | 50 | | 1:07:44 |
| 270 | LE ROUX | JAPPIE | TEMP | 54 | M | 50 | T | 1:07:54 |
| 271 | BURNS | ANDRE | TEMP | | M | 40 | T2189 | 1:07:55 |
| 272 | WRIGHT | AHNEL | TEMP | 41 | F | 40 | T67960 | 1:07:56 |
| 273 | NKGOTSENG | | AECI | 25 | F | SEN | 2056 CGA | 1:08:00 |
| 274 | BOGENHAGEN | FAITH | TEMP | 20 | F | SEN | T | 1:08:13 |
| 275 | DE JONGH | YORKE | TEMP | 23 | M | SEN | T | 1:08:14 |
| 276 | V D WALT | ELSARE | TEMP | 48 | F | 45 | T44564 | 1:08:21 |
| 277 | DUYOOAR | ESME | TEMP | 52 | F | 50 | T | 1:08:24 |
| 278 | BURGER | BRIGITTE | TEMP | 15 | F | JUN | T4967 | 1:08:24 |
| 279 | BENTING | JAMES-JOHN | TEMP | 28 | M | SEN | T | 1:08:28 |
| 280 | ENGLISH | AMELIA | RUN WALK 4 LIFE | 51 | F | 50 | 9344 | 1:08:31 |
| 281 | NTABA | PHINDA | AECI | | F | SEN | 2039 CGA | 1:08:36 |
| 282 | GERBER | LECIA | TEMP | 41 | F | 40 | T | 1:08:37 |
| 283 | ABRAHAMS | EARL | TEMP | 31 | M | SEN | T44704 | 1:08:42 |
| 284 | ARNOLD | AMEER | OMMIEDRAAI | 38 | M | 35 | 5423 | 1:08:45 |
| 285 | WALTERS | MATTHYS | TEMP | 55 | M | 55 | T | 1:08:46 |
| 286 | GRANT | JANICE | HOUT BAY | 44 | F | 40 | 7407 | 1:08:50 |
| 287 | PHILLIPS | BRADFIELD | TEMP | 33 | M | SEN | T | 1:08:59 |
| 288 | BADENHORST | ANNIKA | TEMP | 15 | F | JUN | T4975 | 1:09:02 |
| 289 | MOOLMAN | CARLA | DURBAC | 28 | F | SEN | 3601 | 1:09:17 |
| 290 | | WARREN | TEMP | 30 | M | SEN | T | 1:09:21 |
| 291 | HAVENGA | AMANDA | TYGERBERG | 60 | F | 60 | 2014 | 1:09:24 |
| 292 | RUNHIN | TAMARA | TEMP | 61 | F | 60 | T | 1:09:34 |
| 293 | JOUBERT | CHANTE | TEMP | 17 | F | JUN | T4966 | 1:09:37 |
| 294 | WILLIAMS | LUIGI | TEMP | 39 | M | 35 | T2140 | 1:09:37 |
| 295 | LEWIN | ABDUL-MUIZ | ARD | 44 | M | 40 | 4247 | 1:09:40 |
| 296 | | JARON | CELTIC | 45 | M | 45 | 2875 | 1:09:41 |
| 297 | LEKOMA | VINCENT | TEMP | 38 | M | 35 | 2T032 | 1:09:48 |
| 298 | JAPPIE | TASHNEEM | TEMP | 42 | F | 40 | T | 1:09:49 |
| 299 | LOURENS | YOLANDIE | TEMP | 45 | F | 45 | T19669 | 1:09:58 |
| 300 | FEYDER | COLLETTE | TEMP | 47 | F | 45 | T1348 | 1:10:00 |
| 301 | GROENEWALD | LIDA-MARIE | TEMP | 36 | F | 35 | T | 1:10:00 |
| 302 | NO CARD | | TEMP | | M | SEN | T | 1:10:08 |
| 303 | WICOMB | KAYLIN | TEMP | 32 | F | SEN | T2638 | 1:10:10 |
| 304 | NO CARD | | TEMP | | F | SEN | T | 1:10:24 |
| 305 | FURST | LAETITIA | TEMP | 53 | F | 50 | T44629 | 1:10:25 |
| 306 | GROENER | FLORENCE | DURBAC | 58 | F | 55 | 3866 | 1:10:41 |

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| 307 | SMIT | LYN | EDGE MEAD | 61 | F | 60 | 1789 | 1:10:45 |
| 308 | | ZETA | BELLVILLE | 22 | F | SEN | | 1:10:49 |
| 309 | NO RETURN | | CAPITEC | | F | SEN | | 1:11:07 |
| 310 | SEBOTHOBIE | D | OMMIEDRAAI | 38 | F | 35 | 5349 | 1:11:14 |
| 311 | ROBERTS | NAKITA | TEMP | 45 | F | 45 | T | 1:11:16 |
| 312 | COETZEE | ADELE | TEMP | 47 | F | 45 | T | 1:11:16 |
| 313 | STENSBY | FRANSIE | STRAND | 74 | F | 70 | 3321 | 1:11:29 |
| 314 | DU PLOOYS | KAYLA | TEMP | 25 | F | SEN | T44699 | 1:11:34 |
| 315 | SMOTH | RONEL | BRACKENFELL | 53 | F | 50 | 4462 | 1:11:42 |
| 316 | VOS | MARYNA | BELLVILLE | 73 | F | 70 | 6767 | 1:11:42 |
| 317 | DIPUKA | NICHOLAS | AECI | | M | 40 | | 1:11:43 |
| 318 | MGAGULU | BABALWA | RCS GUGS | 37 | F | 35 | 2939 | 1:11:44 |
| 319 | NO CARD | | TEMP | | M | SEN | T | 1:11:52 |
| 320 | STOOP | HANNELIE | TEMP | 40 | F | 40 | T | 1:11:59 |
| 321 | DREW | D | TEMP | 64 | M | 60 | T | 1:12:04 |
| 322 | JACOBS | REON | OLYMPIC SPARTAN HARRIERS | 54 | M | 50 | 0827 | 1:12:09 |
| 323 | FORTUIN | ALICIA | TEMP | 30 | F | SEN | T | 1:12:21 |
| 324 | JULIES | MAVIS | TEMP | 48 | F | 45 | T44565 | 1:12:29 |
| 325 | SMITH | JACKIE | EDGE MEAD | 43 | F | 40 | | 1:12:47 |
| 326 | | RHALTON | TEMP | 24 | M | SEN | T | 1:12:48 |
| 327 | LOTZ | CARISA | TYGERBERG | 36 | F | 35 | 1987 | 1:12:51 |
| 328 | ARENDSE | MARENTIUS | TEAM VITALITY | 49 | M | 45 | 10328 | 1:12:52 |
| 329 | THIRION | MELANIE | TEMP | 42 | F | 40 | T44557 | 1:12:54 |
| 330 | LIEBENBERG | LIEZL | TEMP | 49 | F | 45 | T44559 | 1:12:55 |
| 331 | MOOSA | ALTA | TEAM VITALITY | 61 | F | 60 | | 1:12:59 |
| 332 | NO CARD | | | | F | SEN | | 1:12:59 |
| 333 | MOORE | SUZANNE | TEMP | 29 | F | SEN | T | 1:13:01 |
| 334 | SCHOEMAN | MARLIZE | STELLENBOSCH | | F | 40 | | 1:13:02 |
| 335 | LINDE | HILARY | ATLANTIS HARRIERS | 56 | F | 55 | 7232 | 1:13:03 |
| 336 | KGOWANA | ROSEMARY | SANDF | 36 | F | 35 | 6286 | 1:13:08 |
| 337 | MABASO | REFILOE | SANDF | 38 | F | 35 | 6287 | 1:13:08 |
| 338 | LOUW | NICOLE | TEMP | 30 | F | SEN | T44686 | 1:13:13 |
| 339 | SPAHN | CHRISTINE | DURBAC | 67 | F | 65 | 3933 | 1:13:19 |
| 340 | LOURENS | MARTIE | BRACKENFELL | 65 | F | 65 | 4493 | 1:13:21 |
| 341 | LOMBARD | SPENCER | TEMP | 51 | M | 50 | T44630 | 1:13:22 |
| 342 | WALTERS | WENDY | TEMP | 49 | F | 45 | T | 1:13:33 |
| 343 | SMITH | MARSHALL | BRACKENFELL | 43 | M | 40 | 4535 | 1:13:35 |
| 344 | THEUNISSEN | M | TOP FORM | 65 | M | 65 | 8422 | 1:13:40 |
| 345 | ALLIE | J | TOP FORM | 67 | M | 65 | 8414 | 1:13:47 |
| 346 | OSMAN | MOHSAYEED | TOP FORM | 72 | M | 70 | 8416 | 1:13:50 |
| 347 | | ADRIANI | TEMP | 50 | F | 50 | T | 1:13:58 |
| 348 | WESSELS | ANGELO | TEMP | 42 | M | 40 | T | 1:13:59 |
| 349 | HEWOUSENTI | SHANTALIE | TEMP | 38 | F | SEN | T44677 | 1:14:11 |
| 350 | TERBLACE | LIZETTE | RUN WALK 4 LIFE | 54 | F | 50 | | 1:14:17 |
| 351 | NIEUWOUDT | ELZETTE | DURBAC | 48 | F | 45 | 2077 | 1:14:21 |
| 352 | MULLER | S | TEMP | 28 | F | SEN | T44710 | 1:14:22 |
| 353 | NO RETURN | | | | F | SEN | | 1:14:30 |
| 354 | NOMA | BULELWA | WEST COAST | | F | 40 | 5762 | 1:14:43 |
| 355 | EDSON | RICHARD | TEMP | 58 | M | 55 | T2733 | 1:14:45 |
| 356 | BELLINGER | M | TEMP | | M | 60 | T44620 | 1:14:51 |
| 357 | SEPTEMBER | ABE | EERSTERIVIER | 69 | M | 65 | 9067 | 1:14:57 |
| 358 | NO RETURN | | TEMP | | M | SEN | T | 1:15:02 |

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| 359 | MBEKENI | LELETHU | MANONI | 30 | F | SEN | 11916 | 1:15:10 |
| 360 | JOUBERT | LINDSEY | EASTERNS | 40 | F | 40 | 3066 | 1:15:14 |
| 361 | ENGELBRECHT | TANIA | TEMP | 44 | F | 40 | T44691 | 1:15:14 |
| 362 | MTSHALI | ZINHLE | TEMP | 30 | F | SEN | T2139 | 1:15:15 |
| 363 | NORTJE | A | TEMP | 49 | F | 45 | T2292 | 1:15:16 |
| 364 | CYSTER | EBRAHIM | IN TOUCH | 62 | M | 60 | 9837 | 1:15:18 |
| 365 | GOODWIN | RENALDO | TEMP | 39 | M | 35 | T | 1:15:21 |
| 366 | MACWILA | LUVUYO | TEMP | | M | 40 | T | 1:15:24 |
| 367 | MOSES | LUSANOLA | SANDF | 41 | F | 40 | | 1:15:25 |
| 368 | V BAALIN | MARK | TEMP | 29 | F | SEN | T44558 | 1:15:30 |
| 369 | SWART | L | TEMP | | M | 50 | T | 1:15:43 |
| 370 | STEMELE | VUYA | TEMP | | F | 40 | T | 1:15:45 |
| 371 | OLIVER | JADE | TEMP | 27 | F | SEN | T44654 | 1:15:54 |
| 372 | HANS | CINDY | ABSA | 46 | F | 45 | | 1:15:56 |
| 373 | DU PLESSIS | HELEN | BRACKENFELL | 72 | F | 70 | 4372 | 1:15:59 |
| 374 | NO RETURN | | TEMP | | F | SEN | T | 1:16:05 |
| 375 | MASIXOLKE | | TEMP | 27 | M | SEN | T | 1:16:19 |
| 376 | DE OLIVEIRA | CHRIS | EDGEMEAD | 54 | M | 50 | 1940 | 1:16:31 |
| 377 | KAMMIES | TOMMIE | TEMP | | M | SEN | T2060 | 1:16:34 |
| 378 | JACOBS | GRAHAM | BRACKENFELL | 58 | M | 55 | 4340 | 1:16:36 |
| 379 | JACOBS | GRANT | TEMP | 30 | M | SEN | T1274 | 1:16:41 |
| 380 | VAN TONDER | LIZELLE | TEMP | 50 | F | 50 | T44586 | 1:16:44 |
| 381 | BOTHA | ANTONETTE | DURBAC | 38 | F | 35 | | 1:16:45 |
| 382 | BOTES | ELMARIE | TEMP | 37 | F | 35 | T | 1:16:51 |
| 383 | NO CARD | | TEMP | | M | SEN | T | 1:17:12 |
| 384 | NO RETURN | | TYMEBANK LANGA | | M | SEN | | 1:17:26 |
| 385 | KOLISI | BONGIWE | TEAM VITALITY | 45 | F | 45 | 13450 | 1:17:28 |
| 386 | RICHARDS | CECELIA | RAVENSMEAD | 58 | F | 55 | | 1:17:38 |
| 387 | MAARMAN | CECILIA | KUILS RIVER | 40 | F | 40 | 1556 | 1:17:40 |
| 388 | DREW | VANITA | TEMP | 65 | F | 65 | T2788 | 1:17:44 |
| 389 | WICOMB | MAURICE | OUDTSHOORN | 77 | M | 75 | 0440 SWD | 1:17:51 |
| 390 | BOSMAN | FERRON | TEMP | 24 | F | SEN | T2207 | 1:18:00 |
| 391 | RAHIM | M | TOP FORM | 60 | M | 60 | 8418 | 1:18:03 |
| 392 | CARSTENS | ELISNA | TEMP | 49 | F | 45 | T | 1:18:05 |
| 393 | FOURIE | ELIZE | TEMP | 60 | F | 60 | T | 1:18:15 |
| 394 | | BONGI | RCS GUGS | | F | 40 | 3124 | 1:18:19 |
| 395 | MEYER | RAYNIQUE | TEMP | 29 | F | SEN | T2208 | 1:18:20 |
| 396 | HENDRICKS | F | TEMP | 47 | F | 45 | T | 1:18:27 |
| 397 | KHANYE | YOLISA | TEMP | 47 | F | 45 | T2064 | 1:18:27 |
| 398 | BOTES | SAKKIE | TYGERBERG | 63 | M | 60 | 2613 | 1:18:29 |
| 399 | DE WET | HANRI | DURBAC | 46 | F | 45 | 3881 | 1:18:35 |
| 400 | SMIT | MANIE | BRACKENFELL | 72 | M | 70 | 4483 | 1:18:38 |
| 401 | NO CARD | | TEMP | | M | SEN | T | 1:18:39 |
| 402 | PETERSEN | MUREEDAH | GOODWOOD HARRIERS | 53 | F | 50 | 2076 | 1:18:46 |
| 403 | ARMADIEN | AYESHA | GOODWOOD HARRIERS | 49 | F | 45 | 2074 | 1:18:46 |
| 404 | WILLIAMS | GAYNOR | GOODWOOD HARRIERS | 44 | F | 40 | | 1:18:47 |
| 405 | SEALE | SAMANTHA | TEMP | 42 | F | 40 | T1278 | 1:18:52 |
| 406 | MAARMAN | TAMLIN | DRDLR | 36 | F | 35 | 13928 | 1:18:59 |
| 407 | VAN ZYL | GIDEON | TEMP | 60 | M | 60 | T44664 | 1:19:02 |
| 408 | STOMPH | NITOBeko | TEMP | 47 | M | 45 | T2144 | 1:19:08 |
| 409 | NO CARD | | TEMP | | M | SEN | T | 1:19:08 |
| 410 | NO CARD | | TEMP | | M | SEN | T | 1:19:09 |

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| 411 | V D MERWE | MARTHINA | BRACKENFELL | 57 | F | 55 | | 1:19:09 |
| 412 | VILJOEN | V | TEMP | 48 | F | 45 | T | 1:19:21 |
| 413 | RAMLAGAN | SUNDREE | TEAM VITALITY | 62 | F | 60 | 10382 | 1:19:21 |
| 414 | MEAKER | CHELAYNE | RUN WALK 4 LIFE | 60 | F | 60 | 7963 | 1:19:31 |
| 415 | NO CARD | | TEMP | | M | SEN | T | 1:19:35 |
| 416 | NTWKWANA | CHARLENE | KHAYELITSHA | 50 | F | 50 | 8150 | 1:19:37 |
| 417 | MEYER | SIMONE | KUILS RIVER | 48 | F | 45 | 1528 | 1:19:40 |
| 418 | OLIFANT | CHERLYN | GOODWOOD HARRIERS | 57 | F | 55 | 9310 | 1:19:43 |
| 419 | CAEFILL | JAVOLHAR | TEMP | 37 | M | 35 | T2295 | 1:19:56 |
| 420 | SAFAAR | MOESA | TOP FORM | 64 | M | 60 | 8514 | 1:20:08 |
| 421 | ADAMS | JENNA | CENTURY CITY | 18 | F | JUN | | 1:20:24 |
| 422 | NO CARD | | TEMP | | F | SEN | T | 1:20:43 |
| 423 | SIKHUMBUZO | | TEMP | | M | 40 | T2968 | 1:21:04 |
| 424 | ADAMS | JOHAN | TEMP | 40 | M | 40 | T44525 | 1:21:07 |
| 425 | | ARLINE | TEMP | 28 | M | SEN | T2089 | 1:21:25 |
| 426 | NONHUNHA | | CENTURY CITY | 40 | F | 40 | 7645 | 1:21:29 |
| 427 | MCAPUKISI | PHOTHISWA | KHAYELITSHA | 33 | F | SEN | 8187 | 1:21:40 |
| 428 | LIEBENBERG | HANNES | TEMP | 20 | M | SEN | T2202 | 1:21:55 |
| 429 | LOUW | MINETTE | DURBAC | 44 | F | 40 | 3880 | 1:22:05 |
| 430 | BURGER | JOHAN | TEMP | 65 | M | 65 | T | 1:22:06 |
| 431 | BURGER | NAOMI | TEMP | 66 | F | 65 | T19616 | 1:22:08 |
| 432 | VAN WYK | ELOUISE | TEMP | 24 | F | SEN | T44660 | 1:22:09 |
| 433 | STEENKAMP | SHARON | EDGEMEAD | 50 | F | 50 | 1939 | 1:22:10 |
| 434 | RADEMEYER | CAROLIEN | BRACKENFELL | 30 | F | SEN | 4467 | 1:22:15 |
| 435 | VAN ZYL | TALITA | BELLVILLE | 41 | F | 40 | 6849 | 1:22:21 |
| 436 | KLOPPER | ALBERT | TEMP | 65 | M | 65 | T2996 | 1:22:38 |
| 437 | MANYENKGUNA | BABALWA | TEMP | | F | 40 | T2984 | 1:22:38 |
| 438 | BOWAH | TRACEY | TEMP | 55 | F | 55 | T | 1:22:39 |
| 439 | DE WAAL | XIO-ANNE | SANLAM | 39 | F | 35 | 11727 | 1:22:39 |
| 440 | YEO | JESSICA | CENTURY CITY | 53 | F | 50 | 7650 | 1:22:43 |
| 441 | HOON | BARBARA | DURBAC | | F | 50 | | 1:22:44 |
| 442 | MISELO | MAXWELL | EDGEMEAD | | M | 50 | 0141 | 1:22:50 |
| 443 | NO RETURN | | TEMP | | F | SEN | T | 1:22:52 |
| 444 | KOTZE | XIOMARA | SANLAM | 64 | F | 60 | 11779 | 1:23:01 |
| 445 | MOKHELE | MASEBULELO | TYMEBANK LANGA | 38 | F | 35 | 7501 | 1:23:06 |
| 446 | | JUVANI | TEMP | 23 | M | SEN | T0478 | 1:23:30 |
| 447 | SHAKEY | | TEMP | 33 | M | SEN | T0479 | 1:23:30 |
| 448 | VAN ZYL | MARISKA | GOODWOOD HARRIERS | 50 | F | 50 | 5981 | 1:23:37 |
| 449 | WILLIAMS | SUSAN | CAPRICORN | 62 | F | 60 | | 1:23:53 |
| 450 | ALLIE | TOUGIEDA | BRIMSTONE ITHEKO | 62 | F | 60 | 0162 | 1:23:59 |
| 451 | MILLER | PETRO | BRACKENFELL | 58 | F | 55 | 4401 | 1:24:03 |
| 452 | PARKER | CODY | RUN WALK 4 LIFE | 22 | M | SEN | | 1:24:31 |
| 453 | NO CARD | | TEMP | | F | SEN | T | 1:24:43 |
| 454 | VISSER | COBUS | GOODWOOD HARRIERS | 74 | M | 70 | 6004 | 1:24:48 |
| 455 | WILLIAMS | REAGAN | TEMP | 42 | M | 40 | T4977 | 1:24:49 |
| 456 | NO CARD | | TEMP | | F | SEN | T | 1:24:50 |
| 457 | ROBERTS | FARYL | TEMP | 47 | F | 45 | T2218 | 1:25:15 |
| 458 | NONDOLONGO | NOLUTHANDO | KHAYELITSHA | 45 | F | 45 | 8166 | 1:25:32 |
| 459 | NQAYI | PORTIA | ABSA | | F | SEN | 2009 AGN | 1:25:36 |
| 460 | | BERNADETTE | TEMP | | F | SEN | T2297 | 1:25:37 |
| 461 | LOUW | RETHA | TEMP | 63 | F | 60 | T1263 | 1:25:55 |
| 462 | DOLLIE | AZIZ | TOP FORM | 50 | M | 50 | | 1:26:11 |

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| 463 | SALIE | MOGAMMAT | TEMP | 43 | M | 40 | T | | 1:26:11 |
| 464 | | CLAIRE | TEAM VITALITY | 39 | F | 35 | 10688 | | 1:26:18 |
| 465 | CLAASSEN | ANNETJIE | SANLAM | 68 | F | 65 | 11753 | | 1:26:25 |
| 466 | NO RETURN | | TEMP | | F | SEN | T | | 1:26:28 |
| 467 | NO RETURN | | TEMP | | F | SEN | T | | 1:26:29 |
| 468 | SAMUELS | GAIL | TEMP | 55 | F | 55 | T44585 | | 1:26:33 |
| 469 | | NOMABHELE | EDGEMEAD | | F | 40 | | | 1:26:38 |
| 470 | MPIL | KHOLEKILE | TEMP | | F | 40 | T2968 | | 1:26:43 |
| 471 | MZIMELA | JABULANI | DURBAC | 47 | M | 45 | 3947 | | 1:26:46 |
| 472 | CHADWICK | MONIQUE | TEMP | | F | SEN | T1384 | | 1:26:52 |
| 473 | SAMUELS | NAZLEE | EERSTERIVIER | 55 | F | 55 | | | 1:27:04 |
| 474 | | MONIQUE | TEMP | | F | SEN | T | | 1:27:05 |
| 475 | SINALO | | TEMP | 26 | F | SEN | T44706 | | 1:27:06 |
| 476 | NEL | ALBERT | IN TOUCH | 70 | M | 70 | 9816 | | 1:27:11 |
| 477 | LIEBENBURG | TIA | TEMP | 55 | F | 55 | T44633 | | 1:27:13 |
| 478 | LONGWENI | BRENDA | TEMP | 32 | F | SEN | T7441 | | 1:27:16 |
| 479 | MDIYA | KHANYISA | TEMP | 31 | F | SEN | T2899 | | 1:27:16 |
| 480 | NO RETURN | | TEMP | | M | SEN | T | | 1:27:19 |
| 481 | NO RETURN | | TEMP | | M | SEN | T | | 1:27:20 |
| 482 | MFENGU | BONGIWE | TEMP | 38 | F | 35 | T | | 1:27:20 |
| 483 | | EDWIN | TEMP | 55 | M | 55 | T | | 1:27:21 |
| 484 | TAYLOR | DAVID | BRACKENFELL | | M | 60 | | | 1:27:34 |
| 485 | RHODE | CHANTAL | PINELANDS | 45 | F | 45 | 2038 | | 1:27:36 |
| 486 | NO CARD | | IN TOUCH | | M | SEN | | | 1:27:43 |
| 487 | MENTOOR | LOUIS | TEMP | | M | 50 | T2082 | | 1:27:44 |
| 488 | V D HEEVER | JO ANNE | TEMP | 65 | F | 65 | T2688 | | 1:27:58 |
| 489 | VAN WYK | JJ | TEMP | 63 | M | 60 | T1421 | | 1:28:17 |
| 490 | SIBUSISIWE | | TEMP | 20 | F | SEN | T2102 | | 1:28:21 |
| 491 | PEDRO | FRANKLIN | TEMP | 74 | M | 70 | T19678 | | 1:28:37 |
| 492 | | DONOVAN | TEMP | | M | 50 | T3159 | | 1:28:45 |
| 493 | MDANA | SIYASANGA | TEMP | 48 | F | 45 | T | | 1:29:02 |
| 494 | MDANA | LATHITHA | TEMP | 20 | F | SEN | T2283 | | 1:29:04 |
| 495 | BEUTE | BEVERLEY | RUN WALK 4 LIFE | 67 | F | 65 | 5502 | | 1:29:09 |
| 496 | GROEPE | TONI | IN TOUCH | 65 | F | 65 | | | 1:29:15 |
| 497 | NDLAU | MUSMTHI | TEMP | | M | SEN | T | | 1:29:18 |
| 498 | TAYLOR-MAY | CHANTEL | TEAM VITALITY | 43 | F | 40 | 10543 | | 1:29:41 |
| 499 | NIEUWENHUIS | FATIMA | CENTRAL | 76 | F | 75 | 12117 | | 1:29:51 |
| 500 | ENGLISH | KIRSTY | RUN WALK 4 LIFE | 22 | F | SEN | | | 1:30:11 |
| 501 | DU PLESSIS | CHARMAINE | TEMP | | F | 50 | T1332 | | 1:30:13 |
| 502 | ARCHER | PAMELA | TEMP | 55 | F | 55 | T44685 | | 1:30:24 |
| 503 | SMITH | ALTA | SANLAM | 66 | F | 65 | 11750 | | 1:30:35 |
| 504 | NO RETURN | | IN TOUCH | | F | SEN | | | 1:30:50 |
| 505 | SIEBRITS | KRIGE | OMMIEDRAAI | 57 | M | 55 | 5411 | | 1:30:55 |
| 506 | KWATSA | SISANDA | GOODWOOD HARRIERS | | F | SEN | 2684 | | 1:31:17 |
| 507 | TRUGMAN | CRYSTAL | TEMP | 41 | F | 40 | T44637 | | 1:31:22 |
| 508 | BALEKE | KHULULWA | KHAYELITSHA | 40 | F | 40 | 8145 | | 1:31:56 |
| 509 | ANTON | K | TEMP | 80 | M | 80 | T2798 | | 1:32:14 |
| 510 | SWART | MICHELLE | TEMP | 52 | F | 50 | T | | 1:32:17 |
| 511 | NO RETURN | | TEMP | | F | SEN | T | | 1:32:18 |
| 512 | BERNTZEN | ANNATJIE | GOODWOOD HARRIERS | 82 | F | 80 | 5882 | | 1:32:39 |
| 513 | | ALFREDO | TEMP | 42 | M | 40 | T1340 | | 1:32:45 |
| 514 | | JASON | TEMP | | M | SEN | T1339 | | 1:32:45 |

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|-----|-------------|----------|---------------------|----|---|-----|--------|--|---------|
| 515 | NO RETURN | | TEMP | | F | SEN | T | | 1:33:21 |
| 516 | BESTER | L | EERSTERIVIER | 60 | M | 60 | 13169 | | 1:33:49 |
| 517 | ISMAIL | MH | TOP FORM | 74 | M | 70 | 8419 | | 1:34:28 |
| 518 | ROELT | OLIVIA | TEMP | | F | 40 | T | | 1:34:57 |
| 519 | VAN WYK | SIMONE | KHAYELITSHA | 49 | F | 45 | | | 1:34:58 |
| 520 | TAYLOR | ANITA | BELLVILLE | | F | 50 | | | 1:34:59 |
| 521 | HUGO | HANS | HELDERBERG HARRIERS | 75 | M | 75 | 6520 | | 1:35:15 |
| 522 | STEMPU | THOKO | TEMP | 48 | F | 45 | T2299 | | 1:35:22 |
| 523 | | IZELLE | TEMP | | F | SEN | T | | 1:35:37 |
| 524 | BARNARD | ZELDA | TEMP | 39 | F | 35 | T | | 1:35:38 |
| 525 | COMPION | KOBIE | BRACKENFELL | 72 | M | 70 | 4446 | | 1:36:13 |
| 526 | NO CARD | | TEMP | | F | SEN | T | | 1:36:14 |
| 527 | ADAMS | HENRY | BONTEHEUWEL | 73 | M | 70 | 2102 | | 1:36:18 |
| 528 | MGINQI | NANDI | KHAYELITSHA | 43 | F | 40 | 8162 | | 1:36:30 |
| 529 | SIEBRITS | MARIE | OMMIEDRAAI | 58 | F | 55 | | | 1:36:36 |
| 530 | WILLIAMS | GAIL | TEMP | 41 | F | 40 | T | | 1:36:37 |
| 531 | NO RETURN | | TEMP | | F | SEN | T | | 1:36:37 |
| 532 | NDENPELA | APIWE | TEMP | 34 | F | SEN | T2889 | | 1:36:49 |
| 533 | VALENTINE | HEILA | BRACKENFELL | 59 | F | 55 | 4473 | | 1:37:22 |
| 534 | | BOBBY | TEAM VITALITY | 64 | M | 60 | 10383 | | 1:37:29 |
| 535 | PETERSEN | MAUREEN | OMMIEDRAAI | 70 | F | 70 | 5266 | | 1:37:40 |
| 536 | FEBRUARY | JOY | OMMIEDRAAI | 68 | F | 65 | 5313 | | 1:37:40 |
| 537 | NO RETURN | | TEMP | | M | SEN | T | | 1:38:04 |
| 538 | NOMA | KATLEGO | TEAM VITALITY | 37 | F | 35 | 10662 | | 1:38:29 |
| 539 | MOTSHEPUWA | | PHOENIX | 50 | F | 50 | | | 1:38:31 |
| 540 | NO RETURN | | RUN WALK 4 LIFE | | F | SEN | | | 1:38:50 |
| 541 | NO RETURN | | RUN WALK 4 LIFE | | F | SEN | | | 1:38:50 |
| 542 | VAN HEERDEN | MARI | TEMP | 36 | F | 35 | T44569 | | 1:38:52 |
| 543 | WILMOT | NICKY | RUN WALK 4 LIFE | 63 | F | 60 | T44572 | | 1:38:52 |
| 544 | | CHARLENE | TEMP | 65 | F | 65 | T3050 | | 1:39:37 |
| 545 | NO RETURN | | KUILS RIVER | | F | SEN | | | 1:39:46 |
| 546 | NO CARD | | | | F | SEN | | | 1:40:59 |
| 547 | NO RETURN | | TEMP | | F | SEN | T | | 1:41:03 |
| 548 | SWART | ENGELA | BRACKENFELL | | F | 60 | | | 1:41:13 |
| 549 | KLOSE | ELFREDA | BRACKENFELL | | F | 60 | | | 1:41:13 |
| 550 | BODENSTEIN | JEANNE | TEMP | 36 | F | 35 | T44602 | | 1:41:19 |
| 551 | STRAUSS | ELANE | TEMP | 42 | F | 40 | T44603 | | 1:41:20 |
| 552 | FRANSAN | IRMA | TEMP | 45 | F | 45 | T2971 | | 1:41:39 |
| 553 | SCHEREKA | ABIGAIL | TEMP | 34 | F | SEN | T | | 1:41:42 |
| 554 | NO RETURN | | TEMP | | F | SEN | T | | 1:42:01 |
| 555 | NO CARD | | TEMP | | F | SEN | T | | 1:42:10 |
| 556 | PRETORIUS | DENVER | TEMP | 43 | M | 40 | T | | 1:42:49 |
| 557 | SNYDERS | RANDALL | TEMP | | M | 40 | T1310 | | 1:42:49 |
| 558 | NO CARD | | TEMP | | M | SEN | T | | 1:42:50 |
| 559 | EJANE | MANDISA | TEMP | 41 | F | 40 | T2137 | | 1:43:03 |
| 560 | NO RETURN | | TEMP | | F | SEN | T | | 1:43:20 |
| 561 | SHWENI | UNATHI | TEMP | 44 | F | 40 | T2174 | | 1:43:22 |
| 562 | VAN ZYL | WANITA | BRACKENFELL | 50 | F | 50 | 4513 | | 1:43:23 |
| 563 | UYS | MARIE | IN TOUCH | 68 | F | 65 | | | 1:43:33 |
| 564 | MNORTJE | JOHRINE | SANLAM | 67 | F | 65 | 11756 | | 1:43:54 |
| 565 | JANUARIE | D | EERSTERIVIER | 64 | M | 60 | | | 1:43:58 |
| 566 | NO RETURN | | TEMP | | F | SEN | T | | 1:44:06 |

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| 567 | NO CARD | | TEMP | | F | SEN | T | 1:44:36 |
| 568 | SOMOQACA | LUNGILE | RCS GUGS | 53 | M | 50 | 3200 | 1:44:43 |
| 569 | NO CARD | | TEMP | | M | SEN | T | 1:46:08 |
| 570 | NO CARD | | TEMP | | M | SEN | T | 1:46:16 |
| 571 | BERGSTEDT | GARFIELD | TEMP | 55 | M | 55 | T | 1:46:19 |
| 572 | GROENEWALD | MONICA | GOODWOOD HARRIERS | | F | 70 | | 1:46:23 |
| 573 | NXUMALO | KUKLANI | TEMP | 34 | F | SEN | T | 1:46:31 |
| 574 | SHABALALA | NOMCEBO | TEMP | 34 | F | SEN | T2890 | 1:49:48 |
| 575 | SIZIBA | VIMBAU | TEMP | | F | SEN | T1365 | 1:50:04 |
| 576 | NO RETURN | | TEMP | | F | SEN | T | 1:50:53 |
| 577 | NO CARD | | TEMP | | F | SEN | T | 1:51:59 |
| 578 | NO CARD | | TEMP | | F | SEN | T | 1:52:00 |
| 579 | NO CARD | | TEMP | | M | SEN | T | 1:52:16 |
| 580 | NELSON | HANTIE | BELLVILLE | 57 | F | 55 | 6967 | 1:52:35 |
| 581 | NO CARD | | TEMP | | F | SEN | T | 1:56:37 |
| 582 | NO CARD | | TEMP | | F | SEN | T | 1:57:54 |
| 583 | NO CARD | | TEMP | | F | SEN | T | 1:57:55 |
| 584 | NO RETURN | | TEMP | | F | SEN | T | 2:00:56 |
| 585 | NO RETURN | | TEMP | | F | SEN | T | 2:00:58 |
| 586 | WILLIAMS | MIKHAYLA | TEMP | 31 | F | SEN | T44650 | 2:03:46 |
| 587 | ODENDAAL | JANINE | TEMP | 37 | F | 35 | T44651 | 2:03:49 |

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