

**CAPE TOWN FESTIVAL OF RUNNING
20TH CAPE TOWN 21KM CLASSIC HALF MARATHON
HEWAT ATHLETIC CLUB
SUPPORTED BY THE TWO OCEANS MARATHON NPC
SUNDAY 22 JULY 2018**



POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	NOBAKADA	LUKHANYO	K-WAY VOB		M	SEN		1:13:01
2	MAKILA	AKHONA	K-WAY VOB	26	M	SEN	1254	1:14:06
3	MWANENGENI	TSUNGAI	RCS GUGS	44	M	40	7763	1:15:09
4	ROFFEY	CECIL	NEDBANK WP	22	M	SEN	13723	1:16:28
5	MARAIS	JUSTIN	LANGEBERG AC	22	M	SEN	0587 SWD	1:16:40
6	MDAKA	LUNGILE	K-WAY VOB	23	M	SEN	1294	1:16:52
7	GINSBERG	MIKE	ATC	27	M	SEN	4322	1:18:35
8	ADAMS	FAIEZ	KENFAC	25	M	SEN	14741	1:18:41
9	BOWNES	DARREN	NEDBANK WP	23	M	SEN	2554	1:19:52
10	TINKLER	NICHOLAS	MSM	25	M	SEN		1:21:32
11	HANKIN	MARK	ATC	29	M	SEN	4295	1:22:11
12	WILL	DAMIAN	PINELANDS	32	M	SEN	3828	1:22:40
13	SMITH	WARRICK	CARBINEERS WP	31	M	SEN	8200	1:24:06
14	LOUW	RUBEN	TEMP	18	M	JUN	T	1:24:12
15	NO RETURN				M	SEN		1:24:45
16	BANS	ANELE	WEST COAST	30	M	SEN	5801	1:25:47
17	DE JONGH	RAOUL	MY TRAINING DAY	38	M	35	10729	1:26:00
18	NEL	KELLY	AAC	24	F	SEN	9297	1:26:07
19	JEKE	FRANCIS	HOUT BAY	48	M	45	2551	1:26:24
20	PIKKER	MARK	K-WAY VOB	35	M	35	0624	1:27:38
21	ROFFEY	ANNELINE	NEDBANK WP	37	F	35	4173	1:27:48
22	COWGILL	SEAN	CELTIC	47	M	45	7235	1:28:12
23	WEAVER	HANSLEY	SANDF WP	45	M	45	5454	1:28:32
24	REID	CECIL	CELTIC	41	M	40	7317	1:28:57
25	WILLEMSE	LEE-SHAY	VELOCITY	24	F	SEN	13444	1:29:06
26	DE VILLIERS	DANEEL	STELLENBOSCH	26	M	SEN	1924 BOL	1:29:47
27		PAOLO	TEMP	24	M	SEN	T	1:29:49
28	BOTHA	KOSIE	CORR SERVICES BOL	62	M	60	1210 BOL	1:30:03

29	NO RETURN		ATC		M	SEN		1:30:18
30	HASLE	JOAKIM	TEMP	24	M	SEN	T39235	1:30:33
31	GOLIATH	MONRIQUE	CENTURY CITY	28	M	SEN	10148	1:31:19
32	GOLDSBROUGH	SIMON	TEMP	24	M	SEN	T	1:31:54
33	SWARTZ	QUINTON	MP TITANS	44	M	40	10374	1:33:01
34	BECKENSTRATER	NATALIE	WEST COAST	36	F	35	5824	1:33:02
35	JOHNSTON	DEAN	ATC	28	M	SEN	4388	1:33:06
36	NDLOVU	ALEX	HOUT BAY	32	M	SEN	2527	1:33:25
37	WISBEACH	JAMES	TEMP	58	M	55	T	1:33:26
38	SCHILT	VELI	AAC	28	M	SEN	15957	1:33:31
39	TIETIES	NOERIEL	TEMP	21	M	SEN	T	1:33:35
40	GALANT	MERLIN	K-WAY VOB	38	M	35	1227	1:33:51
41	ANTEL	KATHERINE	CARBINEERS WP	35	M	35	8168	1:33:57
42	VAN WYK	ESMUND	KENFAC	36	M	35	6576	1:34:28
43	HATTINGH	CHRISTELLE	MSM	34	F	SEN	9578	1:34:46
44	ANTONAKIS	ALEXANDRA	ATC	31	F	SEN	13741	1:34:46
45	NAIDOO	VIJANDREN	AAC	44	M	40	5233	1:34:50
46	PITRO	VLASTA	WEST COAST	38	M	35	5708	1:34:52
47	CASSIEM	SHAFIEK	ITHEKO	57	M	55	9895	1:35:51
48	DONEN	MATTHEW	TEMP	28	M	SEN	T	1:35:57
49	MAKHUBO	AUBREY	WEST COAST	28	M	SEN	5800	1:36:18
50	VAN ZYL	STEPHAN	TEMP	36	M	35	T	1:36:31
51	HASSAN	ABDULLAHI	BELLVILLE	41	M	40	6474	1:36:36
52	NDZUBE	THOBILE	RCS GUGS	48	M	45	8000	1:36:51
53	LE JUNTER	KENAN	TEMP	22	M	SEN	T39266	1:37:16
54	OBERY	MICHAEL	ITHEKO	32	M	SEN	3391	1:37:39
55	VIMBELA	VUKILE	GOODWOOD HARRIERS	30	M	SEN	16110	1:37:48
56	NO CARD		K-WAY VOB		M	SEN		1:37:51
57	KANYONGO	OBERTINA	NEDBANK WP	50	F	50	4118	1:38:02
58	STONE	NICO	TEMP	29	M	SEN	T	1:38:12
59	KANOUNI	YOUSSEF	CENTRAL AC	44	M	40	8213	1:38:30
60	WATSON	GRANT	CARBINEERS WP	45	M	45	8169	1:38:43
61	AMIEN	ILYAAS	BO-KAAP ATHLETICS	21	M	SEN	15971	1:39:08
62	SELKIRK	ANTHONY	ATC	27	M	SEN	4421	1:39:17
63	DUNN	BRENDAN	CARBINEERS WP	30	M	SEN	8181	1:39:24
64	LINKS	BERTUS	TEMP	30	M	SEN	T	1:39:25
65	JAGERS	DIVAN	TEMP	23	M	SEN	T38934	1:39:35

66	SELOWA	MAHLOGONOLO	OBS RC	37	M	35	9188	1:39:57
67	HALL	CANDYCE	CARBINEERS WP	34	F	SEN	8119	1:40:08
68	WILDMAN	RORY	NEDBANK WP	25	M	SEN	15753	1:40:09
69	HANSEN	ASHLEIGH	ATC	33	F	SEN	4417	1:40:32
70	MAQASHU	MONWABISI	BRACKENFELL	36	M	35	6097	1:40:47
71	MCIVOR	SUZETTE	NEDBANK WP	49	F	45	4044	1:40:48
72	ARENDSE	VALENTINO	CAPRICORN AC	38	M	35	10221	1:40:49
73	JOHANSSON	REBECCA	CELTIC	33	F	SEN	7234	1:40:50
74	VAN WYK	COMBRINCK	DURBAC	23	M	SEN	2964	1:40:52
75	RABIE	ANGELIQUE	K-WAY VOB	51	F	50	0670	1:41:04
76	DER	DEWALD	TEMP	21	M	SEN	T	1:41:34
77	HUNTER	ROLAND	TEMP	35	M	35	T	1:41:36
78	VAN WYK	CHRISTOF	MELKBOS	52	M	50	5886	1:41:46
79	NO RETURN		TEMP		M	SEN	T	1:41:53
80	NDZAMELA	M	KHAYELITSHA	31	M	SEN	12150	1:41:59
81	MCEWAN	ROSS	ATC	39	M	35	13812	1:42:06
82	CARIEM	NIZAAM	ITHEKO	37	M	35	3281	1:42:12
83	COETZEE	WILHELM	WEST COAST	61	M	60	5564	1:42:12
84	CAKETT	JENNA	KPMG WP	24	F	SEN	11993	1:42:14
85	CAKETT	LEE	KPMG WP	24	F	SEN	11988	1:42:15
86	COETZEE	DRIES	WEST COAST	35	M	35	5644	1:42:25
87	HYDE	CHASE	WEST COAST	30	M	SEN	14691	1:42:29
88	EBRAHIM	SHABEER	ITHEKO	47	M	45	3141	1:42:32
89	DE BRUYN	SEDICK	BO-KAAP ATHLETICS	39	M	35	15968	1:42:42
90	RUSSELL	RODNEY	WEST COAST	47	M	45	14664	1:42:48
91	BAKER	YAZIED	OMMIEDRAAI	39	M	35	6773	1:42:55
92	HACKING	HUGH	OLD MUTUAL	53	M	50	0264	1:42:59
93	MISROLL	JACKY	PINELANDS	48	F	45	3794	1:43:03
94	LOURENS	RIAAAN	NEDBANK WP	47	M	45	4053	1:43:17
95	SCHORTT	GARETH	CELTIC	35	M	35	7246	1:43:26
96	BUITENDAG	JACQUES	SANDEF WP	35	M	35	5294	1:43:26
97	NO CARD		TEMP		M	SEN	T	1:43:28
98	SMITH	HAKEEM	STRAND	31	M	SEN	2149	1:43:29
99	NO RETURN		STRAND		M	SEN		1:43:30
100	NO RETURN		TEMP		M	SEN	T	1:43:40
101	SAUNDERS	REGEA	SPARTAN	63	M	60	T	1:44:02
102	TIMMIS	ROBERT	ATC	35	M	35	2373	1:44:06

103	BERNER	GERRIE	SANLAM	38	M	35	8514	1:44:13
104	OLIVER	RUDY	ATC	37	M	35	13902	1:44:46
105	SHAKEEL	SHIRAZ	NEDBANK WP	17	M	JUN	20495	1:44:53
106	COOPER	GAVIN	CARBINEERS WP	39	M	35	8105	1:44:54
107	SQUIRES	TROY	OGILVY	38	M	35	14100\	1:45:01
108	KAKAZA	MNIKELI	RCS GUGS	26	M	SEN	7611	1:45:12
109	ROUX	JUSTIN	WEST COAST	44	M	40	5577	1:45:20
110	BURNS	JOHN	ATC	45	M	45	4373	1:45:32
111	KARA	YUSUF	ITHEKO	61	M	60	3191	1:45:32
112	SANGLAY	FARZEEN	TOP FORM	26	M	SEN	2341	1:45:33
113	FIELLIES	MALCOLM	CAPE MULTISPORT	45	M	45	8673	1:45:35
114	ABDUROAF	MUHAMMAD	ITHEKO	39	M	35	3198	1:45:38
115	GRIMBEEK	JACQUES	TEMP	49	M	45	T	1:45:42
116	LUCAS	ANDY	OLD MUTUAL	35	M	35	0245	1:45:48
117	MUKANHAIRI	EBENY	HOUT BAY	36	M	35	2512	1:45:54
118	BROWN	EVERETT	ATC	49	M	45	4434	1:45:56
119	ARENDSE	ROGER	RCS GUGS	60	M	60	7565	1:46:02
120	MADLOLO	MBULELO	EDGEMEAD	38	M	35	4690	1:46:25
121	VALLABH	KHUSHEEL	UCT	22	M	SEN	9690	1:46:28
122	MARKRAM	JACQUES	TEMP	35	M	35	T	1:46:36
123	BOOYSEN	FRANS	TEMP	36	M	35	T	1:46:40
124	GORDON	ROWAN	WPCC	48	M	45	11010	1:46:43
125	MUGANZI	EDWIN	TEMP	27	M	SEN	T	1:46:45
126	DAVIDOWITZ	MARC	ATC	32	M	SEN	13783	1:46:49
127	CEBE	OLIVIER	K-WAY VOB	46	M	45	0593	1:46:52
128	SOLOMONS	GRANT	TEMP	31	M	SEN	T	1:46:53
129	SCHOEMAN	LEONIE	TEMP	35	F	35	T	1:47:02
130	GOLIATH	MEGAN	BRACKENFELL	42	F	40	6025	1:47:08
131	SNOW	GREG	DURBAC	55	M	55	2655	1:47:09
132	SAMELA	LELA	KHAYELITSHA	33	F	SEN	10448	1:47:13
133	JONAS	RYAN	TEMP	38	M	35	T	1:47:20
134	ERLANGSEN	CHRIS	PINELANDS	26	M	SEN	3908	1:47:33
135	BEUKES	RUSSELL	VODACOM STRIDERS	34	M	SEN	13510	1:47:37
136	COOKS	LEIGH-ANN	TEMP	42	F	40	T	1:47:39
137	VAN NIEKERK	KARIN	TEMP	43	F	40	T	1:47:40
138	NORTMAN	HANNES	MEDIHELP	35	M	35	16329 AGN	1:47:47
139	BOTHA	EUGENE	TEMP	52	M	50	T	1:47:48

140	RING	FABIAN	TEMP	27	M	SEN	T	1:47:58
141	WOZNICA	DANIEL	AAC	43	M	40	9260	1:47:59
142	SIMONIS	LAURA	CARBINEERS WP	46	F	45	8046	1:48:06
143	WAGENHEIM	MARK	AAC	62	M	60	9456	1:48:07
144	PEMA	MITESH	CENTURY CITY	37	M	35	10125	1:48:10
145	TOLKER	IMTIAZ	CENTRAL AC	37	M	35	6189	1:48:26
146	ATKINS	ANDY	AAC	51	M	50	16137	1:48:29
147	MOOSA	ABDURAHMAN	CELTIC	57	M	55	7401	1:48:31
148	BENNETTS	VICTORIA	CARBINEERS WP	40	F	40	8050	1:48:39
149	VEERMEER	JULIAN	STELLENBOSCH	36	M	35	1401 BOL	1:48:40
150	MANTHOKO	DOMINIC	TEMP	22	M	SEN	T	1:48:42
151	PHILLIPS	PETER	CAPE MULTISPORT	41	M	40	8988	1:48:46
152	LESOLE	TSELISO	SANDF WP	32	M	SEN	5329	1:48:50
153	JANISCH	NICHOLAS	TEMP	20	M	SEN	T	1:48:55
154	NO RETURN		TEMP		M	SEN	T	1:48:57
155	JANUARY	SHAHEEN	ITHEKO	31	M	SEN	9942	1:48:59
156	KAYSER	WILLIAM	WILD RUNNER	39	M	35	3599	1:49:00
157	WHITTEMORE	JAMES	K-WAY VOB	40	M	40	0857	1:49:03
158	DER	DANIE	STELLENBOSCH	50	M	50	0673 BOL	1:49:03
159	CILLIERS	JOHAN	CELTIC	25	M	SEN	7270	1:49:06
160	NKONYENI	MZIYANDA	RCS GUGS	32	M	SEN	8002	1:49:10
161	KOLARIKOVA	BARBORA	CENTURY CITY	30	F	SEN	13997	1:49:16
162	O'HAUGHEY	JAMES	AAC	39	M	35	32785	1:49:18
163	ALLIE	MOHAMMED	TOP FORM	42	M	40	2375	1:49:20
164	SEPTEMBER	CHANTAL	SPARTAN	33	F	SEN	1684	1:49:24
165	FERGUSON	CATHERINE	TEMP	33	F	SEN	T	1:49:29
166	ROBBERTZE	THEOBALD	TEMP	42	M	40	T	1:49:31
167	ESSA	ISMAEEL	TEMP	20	M	SEN	T39208	1:49:33
168	CHAMBERS	LUDWIG	TEMP	30	M	SEN	T	1:49:36
169	SALIE	GASANT	BO-KAAP ATHLETICS	33	M	SEN	11296	1:49:36
170	MANONA	THOKOZANE	SANDF WP	33	M	SEN	T5275	1:49:39
171	ADAMS	ANGELO	KENFAC	38	M	35	11497	1:49:42
172	GERBER	ERHARDT	CARBINEERS WP	40	M	40	8199	1:49:43
173	DUNBAR	STEVEN	TEMP	27	M	SEN	T	1:49:43
174	TOMLINSON	CHRISTOPHER	TEMP	37	M	35	T	1:49:43
175	AFRICA	GARY	TEMP	18	M	JUN	T	1:49:45
176	OOSTHUIZEN	ELLENE	GOODWOOD HARRIERS	37	F	35	4966	1:49:45

177	OOSTHUIZEN	DERICK	GOODWOOD HARRIERS	41	M	40	4963	1:49:46
178	NO RETURN		OLD MUTUAL		M	SEN		1:49:53
179	MITCHELL	DOUGLAS	PINELANDS	50	M	50	6622	1:49:56
180	DE GOEDE	DEWALD	TEMP	38	M	35	T	1:50:01
181	KALAM	ABDUL-MALICK	RCS GUGS	45	M	45	8001	1:50:04
182	WHEELER	MICHAEL	SANLAM	34	M	SEN	15680	1:50:13
183	GOODMAN	GRAHAME	WEST COAST	31	M	SEN	16394	1:50:15
184	SARGEANT	GRACE	HELDERBERG	19	F	SEN	4586	1:50:17
185	HEWITT	DEAN	BRACKENFELL	29	M	SEN	6090	1:50:17
186	QUYLE	BARRY	HARFIELD	40	M	40	8389	1:50:21
187	BOOI	XOLISIWE	WEST COAST	33	F	SEN	5757	1:50:26
188	BURGESS	MARC	HARFIELD	31	M	SEN	8353	1:50:31
189	MARAIS	EUGENE	EDGEMEAD	47	M	45	4669	1:50:32
190	PRINSLOO	MARCO	CAPE MULTISPORT	42	M	40	14615	1:50:39
191	WILLIAMS	GERALD	TEMP	23	M	SEN	T39203	1:50:41
192	MARWICK	DUNCAN	TEMP	27	M	SEN	T	1:50:42
193	HOUGH	GRAHAM	WEST COAST	62	M	60	5556	1:50:51
194	LAZARUS	JOSHUA	ATC	27	M	SEN	13877	1:51:09
195	PARRY	RICHARD	TEMP	35	M	35	0391	1:51:10
196	SIGENU	MXOLI	RCS GUGS	49	M	45	7545	1:51:18
197	NO CARD		TEMP		M	SEN	T	1:51:21
198	DE KOCK	HAYDN	CELTIC	31	M	SEN	7275	1:51:27
199	WESSELS	TWANE	CAPE MULTISPORT	32	F	SEN	8906	1:51:51
200	DAVIDS	YUNUS	TEMP	36	M	35	T	1:52:01
201	PANNEKOEK	NIENKE	CARBINEERS WP	35	F	35	8088	1:52:13
202	ROYAL	CANDICE	CARBINEERS WP	34	F	SEN	6487	1:52:13
203	ABEL	TIMOTHY	TEMP	27	M	SEN	T	1:52:18
204	SIBANDA	MANDLENKOSI	OLD MUTUAL	47	M	45	0338	1:52:22
205	COURTNEY-CLARKE	NICCI	TEMP	42	F	40	T	1:52:36
206	LEHMAN	LIMONT	TEMP	41	M	40	T	1:52:37
207	HATHORN	MICHAEL	SOUTH STRIDERS	28	M	SEN	11884	1:52:42
208	NO CARD		TEMP		M	SEN	T	1:52:42
209	WILLIAMS	ALBERT	TOP FORM	65	M	65	2466	1:52:45
210	ABRAHAMS	WAHEED	CENTRAL AC	51	M	50	6222	1:52:56
211	SINGLETON	VONDRA	WORCESTER	50	F	50	0476 BOL	1:52:56
212	CROSLAND	ASHLEIGH	HARFIELD	27	F	SEN	8371	1:53:03
213	HASSA	ISHMAEL	K-WAY VOB	52	M	50	1142	1:53:04

214	ARONSE	PATRICK	CORR SERVICES BOL	49	M	45	1192 BOL	1:53:21
215	RETIEF	PG	TEMP	37	M	35	T	1:53:22
216	GEARY	PAUL	CARBINEERS WP	39	M	35	8167	1:53:25
217	VLOTMAN	CHRISTO	WHALERS	36	M	35	0359 BOL	1:53:25
218	BISHOP	MARY	K-WAY VOB	25	F	SEN	0918	1:53:27
219	VAN DE MOORTELE	NICOLAS	TEMP	37	M	35	T	1:53:28
220	STRACHAN	MEGAN	AAC	25	F	SEN	14417	1:53:28
221	SINDESI	SITHEMBELE	KHAYELITSHA	37	M	35	10445	1:53:29
222	NO RETURN		TEMP		F	SEN	T	1:53:33
223	NO RETURN		CENTURY CITY		F	SEN		1:53:38
224	ADRIAANSE	ROGER	K-WAY VOB	53	M	50	1162	1:53:41
225	WEIGUO	REN	WEST COAST	47	M	45	15262	1:53:43
226	FULLER	LAUREN	K-WAY VOB	27	F	SEN	1299	1:53:45
227	SACKS	ALEXIS	CARBINEERS WP	49	F	45	8080	1:53:47
228	NO CARD		DURBAC		M	SEN		1:53:47
229	PATERSON	MONICA	WEST COAST	56	F	55	5614	1:53:57
230	MELELOE	KELEPILE	TEMP	39	M	35	T	1:53:57
231	MAPEKULA	NDYEBO	TEMP	24	M	SEN	T	1:54:03
232	VAN ZYL	LUTHER	THE COUNTRY CLUB JHB	25	M	SEN	13041 CGA	1:54:04
233	WALKER	GRANT	TEMP	25	M	SEN	T	1:54:05
234	NOUBACTEP	KOMEGNI	FAT CATS	29	M	SEN	24083 CGA	1:54:17
235	TRAVEL	TEBZA	FAT CATS	34	M	SEN	23214 CGA	1:54:18
236	TWINE	TREVOR	K-WAY VOB	48	M	45	0536	1:54:25
237	SANDERS	NATALIE	FOURWAYS	59	F	55	12002 CGA	1:54:31
238	CLAASSEN	ANENE	DURBAC	28	F	SEN	14263	1:54:35
239	NO RETURN		TEMP		M	SEN	T	1:54:42
240	NGIDIWE	SAMUEL	PINELANDS	42	M	40	3849	1:54:44
241	BRAND	EDWARD	TEMP	41	M	40	T	1:54:47
242	STEYN	HERMANUS	DURBAC	35	M	35	2821	1:54:53
243	CUPIDO	CHARMAINE	NEDBANK WP	62	F	60	4110	1:54:55
244	CALITZ	IDA	TEMP	45	F	45	T	1:55:07
245	MGOQI	HANGAMSO	UCT	23	M	SEN		1:55:13
246	PRINCE	ANWELL	IN TOUCH	40	M	40	7033	1:55:14
247	BRUSATORI	JAMES	TEMP	29	M	SEN	T	1:55:25
248	MTSHWANE	SABELO	AMSAC	36	M	35	13416	1:55:28
249	NO CARD				M	SEN		1:55:32
250	CONLON	CURTIS	TEMP	31	M	SEN	T	1:55:32

251	VAN DEN HEEVER	DEON	SANDF WP	44	M	40	5304	1:55:36
252	RAWOOT	ABDUL	TEMP	43	M	40	T	1:55:37
253	OSMAN	EBRAHIM	ITHEKO	49	M	45	3269	1:55:37
254	EBRAHIM	MEHBOOB	ITHEKO	37	M	35	3150	1:55:41
255	HENRY	CONITA	STELLENBOSCH	55	M	55	0865 BOL	1:55:41
256	ANTHONY	COLIN	CORR SERVICES BOL	56	M	55	1211 BOL	1:55:43
257	ARNTZ	ALBERT	K-WAY VOB	47	M	45	0841	1:55:45
258	BLERSCH	CATHERINE	AURECON	31	F	SEN	13088	1:55:49
259	NEL	LLEWELLYN	TEMP	39	M	35	T	1:55:49
260	BLACKBURN	MICHAEL	TEMP	19	M	SEN	T	1:55:50
261	DE JONGH	AMY	HOUT BAY	26	M	SEN	2516	1:55:53
262	RUSSELL	BRENDAN	BRACKENFELL	33	M	SEN	5971	1:55:54
263	MEINTJES	ANNEKE	TEMP	35	F	35	T	1:55:54
264	MEINTJES	QUENTIN	TEMP	37	M	35	T	1:55:55
265	BLANCHARD	JUSTIN	TEMP	31	M	SEN	T	1:55:55
266	DU TOIT	JESS	AAC	33	F	SEN	9450	1:56:01
267	SPECK	SIMON	CARBINEERS WP	55	M	55	8037	1:56:02
268	LERM	GIDEON	RUN WALK 4 LIFE	53	M	50	5900	1:56:03
269	LOTZ	KYLE	ATC	31	M	SEN	13855	1:56:09
270	DE WET	REZAAN	DURBAC	29	F	SEN	2927	1:56:09
271	WEITZ	DALE	KPMG WP	26	M	SEN	11991	1:56:14
272	ROELOFSE	PIETER	CAPITEC	45	M	45	1973 BOL	1:56:20
273	PHENYO	PELOENG	LANGA	34	M	SEN	10682	1:56:30
274	STANFORD	SIMON	TEMP	35	M	35	T	1:56:35
275	STANFORD	TARRYN	TEMP	31	F	SEN	T	1:56:35
276	VERNOOY	NIEL	TEMP	28	M	SEN	T39156	1:56:37
277	WALKER	NIKITA	CELTIC	28	F	SEN	12305	1:56:38
278	GRIFFITH	NICOLE	K-WAY VOB	46	F	45	1056	1:56:44
279	TLHABANO	DAVID	TEMP	40	M	40	T	1:56:51
280	BUNGE	HEINE	EDGEMEAD	37	M	35	4851	1:56:51
281	DE SOUSA	GEORGIA	TEMP	18	F	JUN	T	1:56:59
282	ELS	MIKE	TEMP	35	M	35	T	1:57:00
283	CHARLES	JANICE	SOUTH STRIDERS	43	F	40	1315	1:57:03
284	NO RETURN		TEMP		M	SEN	T	1:57:10
285	YUSUF	HANSLO	CAPE MULTISPORT	43	M	40	13223	1:57:10
286	COZYN	ISMA-EEL	OMMIEDRAAI	18	M	JUN	20230	1:57:21
287	MAMATT	ABDURAGHMAAN	ITHEKO	47	M	45	3023	1:57:26

288	SAURMA-JELTSCH	WENDT	K-WAY VOB	49	M	45	0765	1:57:29
289	NO RETURN				F	SEN		1:57:31
290	DU PLESSIS	PIETER	TEMP	60	M	60	T	1:57:31
291	NO RETURN		TEMP		M	SEN	T	1:57:31
292	DU TOIT	KRISTIN	TEMP	27	F	SEN	T	1:57:31
293	MANLEY	IAIN	AAC	35	M	35	14414	1:57:35
294	LOOTS	JACO	TEMP	32	M	SEN	T39210	1:57:38
295	MEYER	SUZANNE	MELKBOS	49	F	45	13054	1:57:44
296	FAKIER	TASKEEN	ITHEKO	41	F	40	3125	1:57:46
297	RABIN	SIRAAJ	ITHEKO	44	M	40	3033	1:57:47
298	SALIE	SIRAJ	ITHEKO	45	M	45	3328	1:57:47
299	JENNINGS	MICHELE	SANLAM	45	F	45	9032	1:57:49
300	GALANT	AYESHA	SPARTAN	43	F	40	1495	1:57:59
301	BARRON	CRAIG	SPARTAN	38	M	35	1399	1:58:00
302	THOMAS	STUART	HARFIELD	30	M	SEN	8342	1:58:00
303	ABRAHAMS	FRED	NEDBANK WP	49	M	45	4069	1:58:01
304	SWART	KAREN	TEMP	36	F	35	T	1:58:01
305	DE VILLIERS	PAUL	TEMP	29	M	SEN	T39183	1:58:11
306	KER	LUCY	ITHEKO	33	F	SEN	3199	1:58:19
307	VAN NIEKERK	LARAH	TEMP	36	F	35	T	1:58:20
308	DU TOIT	STEPHAN	TEMP	34	M	SEN	T	1:58:20
309	GIBSON	PETER	TEMP	29	M	SEN	T39185	1:58:24
310	RAWRAWAY	PAUL	AAC	42	M	40	9239	1:58:28
311	LAY	JASON	TOP FORM	28	M	SEN	2325	1:58:29
312	DAVIES	DANIEL	BORN 2 RUN	34	M	SEN	2582	1:58:33
313	WITTE	LEON	K-WAY VOB	50	M	50	1265	1:58:38
314	SITWEBILE	ASONGEZWA	TEMP	22	M	SEN	T	1:58:39
315	PIENAAR	SHAUN	EASTERNS	37	M	35	15221	1:58:42
316	DREYER	ZAINAB	OMMIEDRAAI	35	F	35	13027	1:58:43
317	BEZUIDENHOUT	ELTON	CARBINEERS WP	39	M	35	8127	1:58:44
318	GABRIEL	HIRUN	GOODWOOD HARRIERS	51	M	50	4947	1:58:44
319	NO RETURN				M	SEN		1:58:45
320	THOMAS	MALCOLM	GOODWOOD HARRIERS	43	M	40	4980	1:58:45
321	NO CARD				M	SEN		1:58:45
322	BARENDSE	BAARICK	WALMERS AC	35	M	35	12739	1:58:46
323	ORRIE	ROLDAH	ITHEKO	53	F	50	3092	1:58:47
324	GEYER	GAIZA	CARBINEERS WP	34	F	SEN	6069	1:58:47

325	KOOPMAN	SHIERAAJ	CARBINEERS WP	40	M	40	8031	1:58:51
326	GRAHAM	WESLEY	TEMP	28	M	SEN	T	1:59:09
327	NO RETURN		CENTRAL AC		M	SEN		1:59:11
328	SABAN	ILHAAM	ARD	35	F	35	9123	1:59:17
329	BRIEDENHANN	CHRISTINE	BELLVILLE	44	F	40	6621	1:59:17
330	SACKS	MARK	TEMP	64	M	60	T	1:59:22
331	VAN DEN HEEVER	CLAIRE	AAC	36	F	35	14415	1:59:22
332	KILMISTER	RORY	CELTIC	37	M	35	7455	1:59:25
333	LANZ	ERNEST	CELTIC	32	M	SEN	7511	1:59:25
334	ISDALE	NEIL	TEMP	38	M	35	T39465	1:59:26
335	WINZER	GERT	CAPE MULTISPORT	34	M	SEN	8727	1:59:30
336	OPIE	JESSICA	TEMP	48	F	45	T	1:59:32
337	VAN ZYL	KARIEN	CAPE MULTISPORT	32	F	SEN	13190	1:59:32
338	PODLOWSKI	LARS	BERLIN	53	M	50	T39278	1:59:32
339	CLOETE	JONATHAN	PHOENIX	54	M	50	12373	1:59:35
340	KONEMANN	CLAIRE	FISH HOEK	47	F	45	5128	1:59:43
341	MOWLANA	YUSUF	KENFAC	34	M	SEN	11425	1:59:44
342	NTSIMANGO	XOLANI	RCS GUGS	41	M	40	7532	1:59:47
343	SPAMLA	NOMVUYO	HOUT BAY	42	F	40	2537	1:59:48
344	CHOWLES	RYAN	TEMP	30	M	SEN	T	1:59:48
345	MUKWASI	CARRINGTON	GOODWOOD HARRIERS	38	M	35	5014	1:59:54
346	FIERIEL		BO-KAAP ATHLETICS	46	F	45	11277	1:59:54
347	BEHARDIEN	MUJAHID	ITHEKO	27	M	SEN	3020	1:59:56
348	NAIDOO	TAMRYN	TEMP	31	F	SEN	T	1:59:58
349	MALAN	DANIEL	STELLENBOSCH	46	M	45	1055 BOL	1:59:59
350	SMITH	ANDREW	CELTIC	43	M	40	7305	2:00:00
351	DE NOBREGA	JOSE	BELLVILLE	62	M	60	6627	2:00:01
352	BAUST	KATHARINA	OBS RC	35	F	35	9193	2:00:10
353	DE JONGH	BRUCE	TEMP	27	M	SEN	T	2:00:15
354	VAN SITBERT	BERTIE	CAPE MULTISPORT	43	M	40	8975	2:00:15
355	VAN SCHALKWYK	DEON	SANLAM	38	M	35	25090	2:00:18
356	DEVLIN	SUSAN	MELKBOS	44	F	40	5861	2:00:22
357	WARD	COLIN	WEST COAST	40	M	40	5562	2:00:23
358	DER	TEAGAN	TEMP	24	F	SEN	T	2:00:26
359	KRETMANN	BRONWYN	TEMP	25	F	SEN	T	2:00:27
360	FISCHER MOGENSEN	KARINA	TEMP	43	F	40	T	2:00:30
361	RYKLIEF	MUBARAQ	NANTES	22	M	SEN	14227	2:00:32

362	CORK	GARETH	RUN WALK 4 LIFE	37	M	35	5895	2:00:46
363	CORNFIELD	JON	TEMP	41	M	40	T	2:00:46
364	GAMZA	SALEEM	OMMIEDRAAI	51	M	50	6893	2:00:57
365	VON SCHUMANN	RICHARD	EDGEMEAD	40	M	40	4889	2:01:01
366	MATHAULULA	MULALO	DEA AC	30	M	SEN	8602 AGN	2:01:01
367	ANTHONY	KAASHIEFA	OMMIEDRAAI	43	F	40	6828	2:01:05
368	HESSLER	NINA	HARFIELD	22	F	SEN	8341	2:01:12
369	LOURENS	RAYNO	TEMP	37	M	35	T	2:01:13
370	NGXONONO	PHUMELELO	PINELANDS	41	M	40	3789	2:01:13
371	HENDRICKS	CLINT	EASTERNS	42	M	40	10983	2:01:20
372	NO RETURN		TEMP		M	SEN	T	2:01:23
373	ADAMS	REGAN	RCS GUGS	46	M	45	7888	2:01:26
374	WEYERS	FRANCOIS	EDGEMEAD	32	M	SEN	4790	2:01:31
375	KAPLAN	JONATHAN	AAC	51	M	50	9333	2:01:36
376	BREDENKAMP	CAILEY	PAARL	55	F	55	0215 BOL	2:01:42
377	DE KONING	DIVAN	SANDEF WP	33	M	SEN	0168	2:01:42
378	SIBONDA	THABO	AMSAC	33	M	SEN	10613	2:01:46
379	GIBSON	DURREL	ITHEKO	36	M	35	3267	2:01:48
380	SCOTT	MANDY	HARFIELD	53	F	50	8413	2:01:50
381	KONING	MICHAEL	FISH HOEK	68	M	65	5168	2:01:51
382	ADAMS	ADIEL	ATLANTIS	52	M	50	4617	2:01:56
383	NO RETURN		TEMP		M	SEN	T	2:02:01
384	BURGER	TIAAN	TEMP	35	M	35	T	2:02:02
385	NOBLE	ROSCO	TEMP	30	M	SEN	T	2:02:02
386	DE KLERK	TELANIE	TEMP	36	F	35	T	2:02:04
387	MURPHY	CALUM	TEMP	22	M	SEN	T	2:02:10
388	CHONG	PETER	WEST COAST	39	M	35	5664	2:02:18
389	DU TOIT	JUSTIN	ITHEKO	33	M	SEN	3301	2:02:30
390	KAMISH	INSAF	ITHEKO	42	F	40	3440	2:02:31
391	KOHLISO	THULISWA	RCS GUGS	33	F	SEN	7547	2:02:34
392	ADAMS	MICHAEL	SPARTAN	53	M	50	1424	2:02:34
393	WEBER	MARC	TEMP	38	M	35	T	2:02:36
394	ETHERIDGE	LYNN	K-WAY VOB	52	F	50	0425	2:02:37
395	GELDENHUYS	ANNELIZE	BRACKENFELL	47	F	45	6107	2:02:39
396	SMITH	MERVIN	CELTIC	64	M	60	7363	2:02:44
397	STEENVELD	JERRARD	PINELANDS	31	M	SEN	15045	2:02:49
398	PANDIE	MISHAL	TEMP	39	M	35	T	2:02:50

399	MAQOKOLO	VUYISILE	RCS GUGS	29	M	SEN	7895	2:02:52
400	TSHALI	PRECIOUS	RCS GUGS	28	F	SEN	16276	2:02:53
401	MAY	ROCHELLE	SPARTAN	36	F	35	1419	2:02:57
402	FREELAND-HUGHES	LEE ANNE	MELKBOS	27	F	SEN	5860	2:03:02
403	BROWN	CHARLENE	EDGEMEAD	35	F	35	4683	2:03:04
404	JACKSON	LYNDSAY	K-WAY VOB	60	F	60	0621	2:03:07
405	PETERSEN	CHRISTIAN	RCS GUGS	29	M	SEN	7602	2:03:15
406	SMITH	SONIA	CELTIC	60	F	60	7360	2:03:19
407	SHEPHERD-SMITH	AMELIA	ATC	42	M	40	4397	2:03:19
408	ADAMS	NICOLE	SPARTAN	44	F	40	1423	2:03:30
409	BARRON	CARMELITA	K-WAY VOB	36	F	35	0406	2:03:33
410	APRIL	NIKLAAS	PINELANDS	66	M	65	3699	2:03:45
411	SIKOE	PEARL	MAKANA AC	43	F	40	16860 CGA	2:03:46
412	SMIT	CISKE	K-WAY VOB	21	F	SEN	0506	2:03:50
413	ASKEW	DAVID	CELTIC	44	M	40	12298	2:03:51
414	SYDOW	CLAIRE	HARFIELD	34	F	SEN	8380	2:03:59
415	STRONG	NICOLE	TEMP	35	F	35	T	2:04:02
416	FROON	DONOVAN	CARBINEERS WP	27	M	SEN	8110	2:04:05
417	CALVERT	MARISA	OMMIEDRAAI	34	F	SEN	6960	2:04:14
418	POTGIETER	LESYL	ATC	43	F	40	4483	2:04:18
419	KOENIG	CANDICE	TEMP	34	F	SEN	T	2:04:19
420	TRESHAM	STUART	TEMP	38	M	35	T	2:04:25
421	ADAMS	MOGAMMAD	KENFAC	55	M	55	11433	2:04:29
422	NO RETURN		TEMP		M	SEN	T	2:04:35
423	MUNN	GARY	DURBAC	39	M	35	2754	2:04:41
424	NO RETURN				M	SEN		2:04:43
425	NO RETURN				M	SEN		2:04:44
426	BERRIDGE	ELISHA	AAC	45	F	45	9359	2:04:44
427	DICKS	DEAN	HARFIELD	47	M	45	8362	2:04:44
428	RETIEF	DAVID	IN TOUCH	34	M	SEN	7017	2:04:45
429	MOKOENA	JOHANNA	SANDF WP	32	F	SEN	5338	2:04:47
430	NO RETURN				M	SEN		2:04:49
431	MKROYIYA	PUMEZA	RCS GUGS	38	F	35	7628	2:04:50
432	WEBB	CHRISTINE	AAC	30	F	SEN	13634	2:04:51
433	WEBB	FREDERICK	TEMP	30	M	SEN	T	2:04:52
434	MILNE	KRISTIN	ATC	28	F	SEN	4377	2:04:57
435	LOFTIE-EATON	WESLEY	TEMP	37	M	35	T	2:04:57

436	CARDONA	INGRID	TEMP	23	F	SEN	T	2:05:00
437	PALERMO	GIAN	WEST COAST	50	M	50	5648	2:05:01
438	BARGE	JESS	TEMP	31	F	SEN	T39229	2:05:03
439	CLAASSEN	TREVOR	CELTIC	32	M	SEN	16147	2:05:07
440	HILL	NICKI	CARBINEERS WP	50	F	50	8151	2:05:09
441	NAIDOO	DESHAN	SANLAM	28	M	SEN	12966	2:05:19
442	MULLER	WOUDE	AAC	30	F	SEN	9331	2:05:26
443	HUMAN	ORA	CARBINEERS WP	60	F	60	8060	2:05:30
444	GARDINER	ADRINA	EDGEMEAD	31	M	SEN	2791	2:05:32
445	GAY	SAMANTHA	EDGEMEAD	22	F	SEN	4666	2:05:33
446	GOODHEAD	RICHARD	EDGEMEAD	52	M	50	15171	2:05:33
447	O'CONNOR	SUSAN	WILD RUNNER	40	F	40	3645	2:05:33
448	MARTHEZE	RENE	IN TOUCH	38	F	35	12384	2:05:34
449	MUNROE	LANCE	K-WAY VOB	47	M	45	1062	2:05:36
450	FAZENDA	ANNA	DURBAC	35	F	35	14280	2:05:37
451	VENTER	SASHA	AAC	34	F	SEN	9330	2:05:39
452	DU PLESSIS	DIANA	TEMP	39	F	35	T	2:05:47
453	VAN WYK	ABRAHAM	TEMP	28	M	SEN	T38458	2:05:48
454	RETIEF	WENDY-LI	FISH HOEK	40	F	40	5051	2:05:50
455	IDAS	MARIO	BRACKENFELL	45	M	45	6130	2:05:50
456	BOSHOFF	EMMA	TEMP	26	F	SEN	T	2:05:51
457	BROWN	SIMON	CAPE MULTISPORT	34	M	SEN	8910	2:05:54
458	GREVER	MARCEL	STRAND	40	M	40	2238	2:05:55
459	GRIFFITH-RICHARDS	STEPHANIE	DURBAC	48	F	45	2646	2:06:00
460	JANSEN	DIETER	MELKBOS	52	M	50	5771	2:06:02
461	JUTZEN	BREVIN	GOODWOOD HARRIERS	35	M	35	5000	2:06:09
462	LATEGAN	BEVIN	TEMP	30	M	SEN	T39469	2:06:09
463	WIESNER	CANDICE	TEMP	36	F	35	T	2:06:10
464	ARNOTT	BIANCA	TEMP	30	F	SEN	T	2:06:14
465	HEIL	STEFAN	BELLVILLE	45	M	45	6614	2:06:15
466	NO RETURN		ITHEKO		F	SEN		2:06:18
467	THOMPSON	HEATHER	HARFIELD	46	F	45	16099	2:06:30
468	PETERSEN	SAMANTHA	TEMP	40	F	40	T	2:06:32
469	NO CARD		TEMP		F	SEN	T	2:06:36
470	NO RETURN				F	SEN		2:06:40
471	VASS	MATTHEW	AAC	33	M	SEN	9291	2:06:41
472	NO CARD		WHALERS		M	SEN		2:06:42

473	LOYDELL	JAQUELINE	SATORI	56	F	55	11604	2:06:46
474	NO RETURN		TEMP		M	SEN	T	2:06:48
475	NO CARD				M	SEN		2:06:51
476	BROOKS	LEE-ANN	MIDAS SPARTANS	35	F	35	11729	2:06:52
477	PARKAR	ZOHRA	OMMIEDRAAI	46	F	45	6964	2:06:52
478	DU TOIT	FRANZEL	DURBAC	41	F	40	2824	2:06:55
479	SINDI	BULELANI	ADVENTIST	48	M	45	10909	2:06:57
480	HOEDEMAKER	CLINTON	K-WAY VOB	34	M	SEN	1341	2:07:02
481	ENSLIN	ANALENE	CAPE MULTISPORT	31	F	SEN	14585	2:07:03
482	WINSPEAR	NEIL	WEST COAST	34	M	SEN	5492	2:07:06
483	VON MOLENDORFF	WICHARDT	TEMP	39	M	35	T	2:07:12
484	PHILIPS	LAUREN	CAPE MULTISPORT	34	F	SEN	8721	2:07:15
485	WALKER	LINDSAY	K-WAY VOB	31	F	SEN	0843	2:07:16
486	HEWITT	JUSTIN	TEMP	29	M	SEN	T	2:07:18
487	EDWARDS	PETER	K-WAY VOB	33	M	SEN	0786	2:07:19
488	BARRON	BIANCA	TEMP	39	F	35	T	2:07:30
489	BURGESS	MEGAN	NEDBANK WP		F	SEN	4127	2:07:31
490	SIBONGILE	PETER	RCS GUGS	34	M	SEN	14559	2:07:32
491	NO RETURN		TEMP		F	SEN	T	2:07:46
492	NO RETURN		TEMP		M	SEN	T	2:07:49
493	TENNANT	NEAL	FAKU CHIEFS AC	30	M	SEN	13156 KZN	2:07:52
494	LESLIE	DAVID	TEMP	33	M	SEN	T	2:07:53
495	BOTHMA	HEINRICH	HOUT BAY	42	M	40	2561	2:07:57
496	NO RETURN		TEMP		M	SEN	T	2:07:58
497	NO RETURN		TEMP		M	SEN	T	2:07:59
498	CASTELLANOS	KATARINA	TEMP	24	F	SEN	T	2:08:01
499	MATUBE	MOLEBATSI	LANGA	36	M	35	15198	2:08:04
500	WELGEMOED	BERNICE	EDGEMEAD	30	F	SEN	11576	2:08:23
501	MARKUS	BRIAN	TEMP	47	M	45	T	2:08:28
502	FAKIER	SAEED	TOP FORM	50	M	50	2402	2:08:33
503	DAVIDS	CECILIA	NANTES	59	F	55	12911	2:08:34
504	LUBBE	JOHAN	CAPE MULTISPORT	34	M	SEN	13138	2:08:35
505	VAN WYK	AMELIA	DURBAC	37	F	35	2788	2:08:40
506	BEARNE	JANINE	SPARTAN	45	F	45	1926	2:08:42
507	KAPLAN	LARA	AAC	50	F	50	9250	2:08:42
508	BUNTING	COMFORT	AAC	46	M	45	9410	2:08:42
509	ERMOLAEVA	LIUDMILA	TEMP	39	F	35	T	2:08:43

510	MGOLOMBANE	LUHLE	TEMP	26	M	SEN	T	2:08:43
511	BITSINI	NKOSINATHI	RCS GUGS	29	M	SEN	15337	2:08:43
512	LATEGAN	GERT	CAPE MULTISPORT	41	M	40	8703	2:08:44
513	ELLIS	CRAIG	AAC	32	M	SEN	13605	2:08:44
514	ZIMMERMAN	ANNE	AAC	55	F	55	9355	2:08:46
515	WOOD	SHAWN	HARFIELD	44	M	40	8347	2:08:52
516	FOURIE	JUSTUS	ATC	44	M	40	13872	2:08:52
517	ISAACS	RAFIQ	CENTRAL AC	59	M	55	6240	2:08:54
518	BULANA	AVELA	ADVENTIST	34	F	SEN	10870	2:08:56
519	MUKONA	RENDANI	SANDF WP	39	M	35	11928	2:08:56
520	DEN	MICHAELA	TEMP	25	F	SEN	T	2:08:58
521	DEN	ANDREW	TEMP	29	M	SEN	T	2:08:58
522	DU PREEZ	LUDWIG	BRACKENFELL	52	M	50	10804	2:08:58
523	DAVIDS	ABDUL	OMMIEDRAAI	43	M	40	6886	2:09:00
524	JIMMERSON	LAURIE	ATC	42	F	40	13871	2:09:04
525	RYAN	JAMIE	CENTURY CITY	26	M	SEN	10196	2:09:05
526	FERREIRA	ELIZKA	TEMP	43	F	40	T	2:09:05
527	FOWLER	ROBERT	K-WAY VOB	39	M	35	1232	2:09:08
528	NO RETURN		TEMP		M	SEN	T	2:09:11
529	GREEN	WESLEY	TEMP	23	M	SEN	T	2:09:11
530	GOUWS	FRANCOIS	EDGEMEAD	53	M	50	4900	2:09:16
531	DANIELS	SELWYN	TYGERBERG	50	M	50	15708	2:09:20
532	CARNABY	SOPHIE	TEMP	42	F	40	T39407	2:09:22
533	JEPIE	SHAMIL	CELTIC	53	M	50	12315	2:09:24
534	STOKES	ASHLEY	FISH HOEK	38	M	35	5117	2:09:25
535	SMALBERGER	TRACEY	AAC	33	F	SEN	9303	2:09:26
536	HANNAH	MICHAEL	WEST COAST	56	M	55	5531	2:09:27
537	LAMB	CORNELIA	ATC	38	F	35	4438	2:09:27
538	NO RETURN				F	SEN		2:09:29
539	GWADISO	SAPHO	TEMP	32	M	SEN	T39386	2:09:31
540	JONES	CLIVE	FISH HOEK	55	M	55	5097	2:09:34
541	LANGENHOVEN	CHRIS	TEMP	59	M	55	T38859	2:09:35
542	BOTHA	LUCILLE	TEMP	34	F	SEN	T39308	2:09:36
543	ELLMAN	ANDRE	GOODWOOD HARRIERS	39	M	35	4948	2:09:37
544	PRETORIUS	RASSIE	SANLAM	51	M	50	9066	2:09:38
545	WARD	GRANT	CELTIC	37	M	35	7315	2:09:39
546	DIAMOND	CARIN	TEMP	48	F	45	T	2:09:41

547	NO RETURN		TEMP		M	SEN	T	2:09:46
548	WILLIAMSON	KAREN	HOUT BAY	49	F	45	2560	2:09:50
549	ABRAHAMS	WALEED	OMMIEDRAAI	43	M	40	6888	2:09:52
550	DO REGO	ELIZABETH	K-WAY VOB	37	F	35	1090	2:09:53
551	LATEGAN	NINA	CAPE MULTISPORT	41	F	40	8704	2:09:56
552	WIESE	AMY	TEMP	29	F	SEN	T	2:10:00
553	CROSS	KASHIEF	OLD MUTUAL	36	M	35	0200	2:10:04
554	VLOK	MIEKE	AAC	26	F	SEN	13653	2:10:09
555	VOLKER	PAUL	K-WAY VOB	52	M	50	1224	2:10:14
556	SIKUTSHWA	LIKHO	TEMP	26	F	SEN	T	2:10:17
557	BOTHA	AYANDA	RCS GUGS	38	M	35	7695	2:10:17
558	TINKLER	JESSICA	TEMP	21	F	SEN	T	2:10:18
559	DER	YUSREE	ITHEKO	43	M	40	9975	2:10:21
560	WILKINSON	TERRI	CELTIC	32	F	SEN	7456	2:10:23
561	NOKUBONGA		TEMP	31	F	SEN	T	2:10:27
562	SIMALI	PHILLIP	BLUE DOWNS	38	M	35	13349	2:10:27
563	FORTUIN	CRAIG	CARBINEERS WP	50	M	50	8150	2:10:36
564	MURPHY	PAUL	CARBINEERS WP	54	M	50	8107	2:10:37
565	SOTASHE	SANDISWA	WEST COAST	35	F	35	5628	2:10:38
566	MURISON	INGA	SPARTAN	40	F	40	1430	2:10:45
567	ASTON-ASSENHEIM	JARROD	AAC	51	M	50	14405	2:10:48
568	HENDRICKS	BONITA	MP TITANS	49	F	45	15022	2:10:51
569	KHALPE	MOHAMMED	WILD RUNNER	33	M	SEN	3542	2:10:54
570	CHAKA	MOCHEKO	FAT CATS	33	M	SEN	23226 CGA	2:11:00
571	VAN AS	PETER	K-WAY VOB	61	M	60	0950	2:11:03
572	DAVEY	CHRIS	K-WAY VOB	53	M	50	0867	2:11:09
573	SANDS	AMY	CELTIC	26	F	SEN	7269	2:11:09
574	JURD	ROLAND	DURBAC	31	M	SEN	2745	2:11:10
575	MGAGULI	MASILAKHE	KHAYELITSHA	26	M	SEN	16238	2:11:12
576	MEHL	BEVERLEY	TOP FORM	59	F	55	2382	2:11:13
577	MKHONZA	MLUNGELO	SANDF WP	37	M	35	5251	2:11:17
578	NO RETURN				M	SEN		2:11:20
579	BEKKER	CORNELIA	TEMP	31	F	SEN	T	2:11:20
580	PITCHERS	LEANNE	RUN WALK 4 LIFE	46	F	45	5901	2:11:22
581	HEUNIS	FRANCOIS	TEMP	61	M	60	T	2:11:25
582	NO CARD		TEMP		F	SEN	T	2:11:28
583	HERBERT	MARIETHA	BELLVILLE	73	F	70	6618	2:11:31

584	venu	CEBISA	RCS GUGS	42	F	40	16281	2:11:35
585	NO RETURN		ESKOM		M	SEN		2:11:37
586	COE	BYRON	PINELANDS	32	M	SEN	15048	2:11:45
587	SWART	SUNETTE	NEDBANK WP	50	F	50	4049	2:11:50
588	REUBEN	SIMTHEMBILE	SANLAM	43	M	40	15673	2:11:50
589	VOSLOO	CAROL	K-WAY VOB	48	F	45	1234	2:11:50
590	JACOBS	ANTHEA	IN TOUCH	49	F	45	6990	2:11:53
591	PELSER	CHRIS-JAN	CAPE MULTISPORT	34	M	SEN	8781	2:11:55
592	BROWN	ARNO	NEDBANK WP	51	M	50	4056	2:11:56
593	PEET	BELINDA	EDGEMEAD	58	F	55	15157	2:11:57
594	MAREE	JACQUES	AAC	39	M	35	9501	2:11:58
595	JOHNSON	TOM	AURECON	63	M	60	13070	2:12:04
596		TERESA	HERBALIFE	39	F	35		2:12:04
597	MAHARAGE	BERYL	CELTIC	52	F	50	7400	2:12:04
598	CHARLES	ROBIN	SOUTH STRIDERS	44	M	40	14072	2:12:07
599	GANIEF	WISAHL	HARFIELD	39	F	35	8365	2:12:10
600	LETLOELE	ITUMELENG	TEAM VITALITY CG	29	M	SEN	31819 CGA	2:12:13
601	MIAS	GLEN	TEMP	36	M	35	T	2:12:16
602	MAREE	RENE	BELLVILLE	34	F	SEN	6488	2:12:17
603	ROBERTS	MONIQUE	RUN WALK 4 LIFE	36	F	35	5919	2:12:17
604	SMITH	SANDRA	K-WAY VOB	49	F	45	0622	2:12:22
605	LOUW	JANNEKE	DURBAC	35	F	35	2922	2:12:23
606	STODART	NICOLE	DURBAC	32	F	SEN	2647	2:12:23
607	LEVIN	JONATHAN	CENTURY CITY	58	M	55	10218	2:12:23
608	BARFORD	GARETH	TEMP	29	M	SEN	T	2:12:24
609	CORBETT	SEONIE	TEMP	22	F	SEN	T	2:12:25
610	MKELENI	LINDEKA	SANDF WP	30	F	SEN	5283	2:12:25
611	KHAN	AMIR	OLD MUTUAL	44	M	40	3082	2:12:25
612	RICHARDS	SHAWAAL	ITHEKO	39	M	35	9991	2:12:26
613	GERTZE	NIEZAAM	BO-KAAP ATHLETICS	45	M	45	11290	2:12:26
614	FREDERICKS	SADICK	BO-KAAP ATHLETICS	47	M	45	11283	2:12:27
615	FRANKEN	LISA	SANDF WP	47	F	45	5434	2:12:32
616	KOK	DI	K-WAY VOB	59	F	55	0764	2:12:45
617	KEARNS	JULIA	ATC	45	F	45	4474	2:12:46
618	NO CARD				M	SEN		2:12:53
619	KOTZE	FRANCES	AMSAC	45	F	45	7145	2:12:54
620	ESTERHUIZEN	JOHAN	NAMAQUA	42	M	40	8261	2:12:55

621	GOUWS	CARMEN	AMSAC	28	F	SEN	7134	2:12:55
622	CATHERINE	CHANTAL	CENTURY CITY	29	F	SEN	10158	2:12:57
623	HOLDSTOCK	BIANCA	CENTURY CITY	28	F	SEN	10189	2:12:57
624	LOOTS	ANRI	DURBAC	27	F	SEN	2777	2:13:03
625	ARBUTHNOT	GRANT	SAVAGES	60	F	60	0070 KZN	2:13:04
626	NO RETURN				F	SEN		2:13:06
627	LANDMAN	VENETIA	TEMP	55	F	55	T	2:13:17
628	CHIBAYA	GIRLAND	TEMP	43	M	40	T	2:13:19
629	NAIDOO	SYDLYN	GOODWOOD HARRIERS	34	F	SEN	5029	2:13:20
630	LUCAS	LLOYD	GOODWOOD HARRIERS	44	M	40	4945	2:13:21
631	SARDIEN	KASHIEF	OMMIEDRAAI	62	M	60	6775	2:13:22
632	SANNEBERG	SHIREEN	OMMIEDRAAI	43	F	40	6943	2:13:22
633	PEARCE	WILMA	OMMIEDRAAI	44	F	40	6957	2:13:23
634	NO RETURN		BO-KAAP ATHLETICS		M	SEN		2:13:23
635	NO RETURN		TEMP		F	SEN	T	2:13:34
636	NO RETURN		TEMP		F	SEN	T	2:13:35
637	KRETSCHMER	WAYNE	BELLVILLE	42	M	40	6554	2:13:36
638	PADAYACHEE	NAZEEM	K-WAY VOB	30	M	SEN	0454	2:13:42
639	FIFE	ANDREW	HARFIELD	44	M	40	8387	2:13:47
640	MENTZ-COETZEE	MELODY	WEST COAST	39	F	35	5645	2:13:49
641	HODGES	PETER	SPARTAN	46	M	45	1372	2:13:50
642	SMITH	FRANKLIN	CELTIC	69	M	65	7300	2:13:53
643	OATES	NATASHA	TEMP	22	F	SEN	T	2:13:59
644	GRIFFIN	STEPHEN	TEMP	24	M	SEN	T	2:13:59
645	HUMAN	ANUZKA	CARBINEERS WP	28	F	SEN	8213	2:14:04
646	MILLER	FAIZAL	ITHEKO	51	M	50	9867	2:14:04
647	SIHLUKU	CAMERON	RCS GUGS	47	M	45	7955	2:14:04
648	MPHIGALALE	BENEDICT	RCS GUGS	41	M	40	16272	2:14:07
649	MATLAPENG	SEWAGODIMO	TEMP	23	F	SEN	T	2:14:10
650	MCEWEN	NICOLA	TEMP	39	F	35	T	2:14:11
651	MCEWEN	MICHAEL	TEMP	40	M	40	T	2:14:11
652	ROETS	NICOLEEN	WEST COAST	36	F	35	5536	2:14:12
653	ANDERSON	MEGHAN	CELTIC	36	F	35	7283	2:14:14
654	SKORDIS	JEN	CELTIC	41	F	40	7459	2:14:15
655	CRAUSE	EMELIA	TEMP	32	F	SEN	T	2:14:17
656	ZIMMERMANN	MILLY	EDGEMEAD	46	F	45	4817	2:14:17
657	MCCORMACK	SEAN	EDGEMEAD	61	M	60	4822	2:14:19

658	TOBIN	TARA'	CELTIC	23	F	SEN	7435	2:14:24
659	NO CARD				F	SEN		2:14:29
660	SPENCER	CARENI	TEMP	37	F	35	T	2:14:29
661	BAILES	SHAWN	K-WAY VOB	21	M	SEN	0507	2:14:30
662	SALIE	NU-HA	WALMERS AC	28	F	SEN	10273	2:14:32
663	HORNE	ROBERT	32 GI CG	42	M	40	24668 CGA	2:14:36
664	VISSER	LEON	BRACKENFELL	48	M	45	6000	2:14:36
665	ORRIE	ASHRAF	ITHEKO	50	M	50	3091	2:14:41
666	WILLEMSE	PAUL	BELLVILLE	37	M	35	6585	2:14:43
667	MAGNUS	ANZEL	TEMP	41	F	40	T	2:14:45
668	SCHUTTE	MONIQUE	DURBAC	30	F	SEN	15447	2:14:48
669	BOUWER	LOURIKA	OMMIEDRAAI	25	F	SEN	16346	2:14:48
670	WOOLF	RASHIED	OMMIEDRAAI	48	M	45	6932	2:14:48
671	FISCHER	TANYA	IN TOUCH	37	F	35	12400	2:14:49
672	ALLIE	MUJAHID	OMMIEDRAAI	32	M	SEN	6796	2:14:49
673	WHEATON	SPENCER	CELTIC	42	M	40	7474	2:14:49
674	WILSCHUTT	EBEN	TOP FORM	42	M	40	2393	2:14:50
675	ADAMS	RAMEEZ	ITHEKO	28	M	SEN	14357	2:14:50
676	TAMINE	CLINTON	CARBINEERS WP	45	M	45	8142	2:14:51
677	MABASO	LETHU	TEMP	29	M	SEN	T	2:14:52
678	MAQETUKA	BANDILE	RCS GUGS	34	M	SEN	7698	2:14:52
679	JACOBS	RIYAAZ	TEMP	20	M	SEN	T	2:14:53
680	SURKONT	TRACY	TEMP	40	F	40	T	2:14:53
681	PHIHLELA	DIKOSHA	WEST COAST	46	M	45	5793	2:14:54
682	DUBAZANE	NOKUTHULA	STELLA AC	30	F	SEN	2361 KZN	2:14:54
683	JOHNSON	LUCRETIA	TEMP	29	F	SEN	T	2:14:56
684	HOWIESON	SAMANTHA	ATC	31	F	SEN	13797	2:15:04
685	BOTHA	SUZY	SPARTAN	43	F	40	1824	2:15:06
686	HAVENGA	AMANDA	TYGERBERG	54	F	50	4233	2:15:07
687	PAYNE	ZENA	SPARTAN	42	F	40	1499	2:15:19
688	DURR	M	SPARTAN	43	F	40	1406	2:15:20
689	SMIDT	HEIDI-ANNE	CARBINEERS WP	46	F	45	8146	2:15:20
690	HENRY	GAVIN	CARBINEERS WP	51	M	50	8097	2:15:28
691	HERRON	RAYMOND	BELLVILLE	36	M	35	6558	2:15:28
692	KARIEM	SHANAAZ	ARD	37	F	35	15900	2:15:31
693	MARTIN	DONAVAN	CELTIC	48	M	45	12266	2:15:40
694	DE JONGH	ENELGA	TEMP	29	F	SEN	T	2:15:40

695	BOSHOFF	LOUIS	TEMP	48	M	45	T	2:15:43
696	HEINRICH	PETER	TEMP	49	M	45	T39186	2:15:47
697	SCHENCK	MTTHEW	TEMP	24	M	SEN	T	2:15:57
698	JACOBS	ZAHEER	TOP FORM	43	M	40	2488	2:16:04
699	JOHN	CHRISTINE	K-WAY VOB	44	F	40	0440	2:16:08
700	FOURIE	KARLIEN	MELKBOS	37	F	35	14972	2:16:09
701	DER	GAWIE	MELKBOS	41	M	40	14973	2:16:10
702	HAVENGA	BENINE	TYGERBERG	26	F	SEN	4235	2:16:10
703	COCULESCU	MARGA	EDGEMEAD	42	F	40	4834	2:16:15
704	LINDIWE	NGWENYA	RCS GUGS	41	F	40	0725	2:16:16
705	NTOZAKE	NORONTIE	RCS GUGS	29	F	SEN	7548	2:16:16
706	LARGE	TARA	TYGERBERG	30	F	SEN	4236	2:16:16
707	NO RETURN				F	SEN		2:16:17
708	GROBLER	PAULA-JO	WEST COAST	47	F	45	5592	2:16:17
709	WINSTANLEY	CLAIRE	TEMP	34	F	SEN	T	2:16:25
710	BEHRENDT	DARREN	TEMP	38	M	35	T	2:16:25
711	WYNGAARD	ANTHEA	SPARTAN	43	F	40	1570	2:16:26
712	WYNGAARD	CHRISTOPHER	SPARTAN	51	M	50	1569	2:16:26
713	ENGELBRECHT	DANYA	TEMP	22	F	SEN	T38880	2:16:28
714	KHAN	ISMA-EEL	TEMP	26	M	SEN	T39464	2:16:33
715	GERTSE	MOGAMAT	ITHEKO	52	M	50	3270	2:16:33
716	SNYMAN	STIAAN	OLD MUTUAL	33	M	SEN	0248	2:16:34
717	ROBBERTZE	RONELL	TEMP	42	F	SEN	T	2:16:35
718	COETZEE	LAZELLE	TEMP	41	F	40	T	2:16:35
719	HENDRICKS	MOEGAMMAD	RCS GUGS	55	M	55	7624	2:16:36
720	GALIMBERTI	MARIAGRAZIA	OBS RC	40	F	40	9202	2:16:40
721	ACTON	LENA	OBS RC	40	F	40	9198	2:16:41
722	SMIT	NICOLET	STELLENBOSCH	33	F	SEN	1413 BOL	2:16:42
723	GAY	LORNA	EDGEMEAD	50	F	50	4702	2:16:42
724	DENTLINGER	LINDSAY	ATC	42	F	40	4425	2:16:47
725	BLUMBERG	CRAIG	TEMP	36	M	35	T	2:16:49
726	SWART	ANDRE	NEDBANK WP	61	M	60	4048	2:16:50
727	VAN STADEN	LEON	TEMP	33	M	SEN	T	2:16:52
728	PAGE	MICHELLE	CELTIC	29	F	SEN	7276	2:16:53
729	NO CARD		TEMP		M	SEN	T	2:16:55
730	SAMPSON	ISMAIL	TEMP	48	M	45	T	2:17:00
731	WILLIAMS	YAASEER	BO-KAAP ATHLETICS	36	M	35	11255	2:17:01

732	MADHI	MUHAMMED	NANTES	22	M	SEN	12889	2:17:01
733	COE	FAIRUZ	OMMIEDRAAI	39	F	35	6891	2:17:04
734	FRIESLAAR	CHRISANDO	SPARTAN	37	M	35	10742	2:17:07
735	JENKINS	SIMON	DURBAC	42	M	40	2875	2:17:08
736	ELWORTHY	RENEE	TEMP	43	F	40	T39460	2:17:08
737	DANTU	RICKY	CARBINEERS WP	54	M	50	8063	2:17:13
738	VORSTER	SCHALK	TEMP	35	M	35	T	2:17:20
739	NO RETURN				F	SEN		2:17:22
740	DAVIDS	NAZREEN	ITHEKO	46	F	45	3444	2:17:23
741	BREEDT	RENETTE	BRACKENFELL	58	F	55	6057	2:17:23
742	ROMAN	VAUGHN	32 GI CG	33	M	SEN	24657 CGA	2:17:28
743	DAWES	JOHN	PINELANDS	58	M	55	3979	2:17:32
744	BADENHORST	CORNELL	EASTERNS	40	F	40	10980	2:17:35
745	BROWN	JANINE	CAPE MULTISPORT	63	F	60	8901	2:17:38
746	BARDAY	ASHRIF	TOP FORM	51	M	50	2467	2:17:43
747	MARIANO	MICHAEL	TEMP	19	M	SEN	T39347	2:17:43
748	SHAW	CRAIG	TEMP	30	M	SEN	T	2:17:47
749	SAMPSON	MARK	TEMP	51	M	50	T	2:17:48
750	NO RETURN		CELTIC		M	SEN		2:17:51
751	BOOYSEN	CYNTHIA	RCS GUGS	59	F	55	7618	2:17:52
752	LAUBSCHER	NINON	CAPE MULTISPORT	47	F	45	8743	2:17:52
753	RAMSAY	SHAYNE	TEMP	57	F	55	T	2:17:52
754	NO CARD				M	SEN		2:17:52
755	MAHMOOD	ASHRAAQ	TEMP	54	M	50	T	2:17:54
756	HOMEWOOD	ALAN	CENTURY CITY	30	M	SEN	15601	2:18:07
757	KINSMAN	BAILEY	TEMP	26	F	SEN	T38499	2:18:14
758	JASSIEM	MOHAMMED	K-WAY VOB	36	M	35	0437	2:18:16
759	BLACKWELL	GUY	WEST COAST	38	M	35	15846	2:18:17
760	PHEIFFER	TANIA	CAPE MULTISPORT	42	F	40	8736	2:18:19
761	RAMOROKA	TLOU	RCS GUGS	37	M	35	7727	2:18:30
762	DE SOUSA	ALEX	RUN WALK 4 LIFE	50	M	50	5897	2:18:34
763	WILLIAMS	MAGDALENE	PINELANDS	38	F	35	3795	2:18:37
764	BROOKS	BRADLEY	DURBAC	34	M	SEN	2678	2:18:39
765	MAMATT	GOUWAH	ITHEKO	40	F	40	3024	2:18:39
766	MTULU	XHANTI	CLIFFE DEKKER	23	M	SEN	11327	2:18:41
767	LAGUMA	CINDY	SPARTAN	39	F	35	1638	2:18:42
768	ECKLETON	JAMES	K-WAY VOB	53	M	50	0728	2:18:43

769	DADON	BENNI	TEMP	35	M	35	T	2:18:47
770	DU PLESSIS	HELEN	BRACKENFELL	65	F	65	5965	2:18:48
771	SCOTT	GARETH	TEMP	30	M	SEN	T	2:18:49
772	PETERS	WAYNE	KEMPTON RR	39	M	35	39444 CGA	2:18:50
773	PIENAAR	LEE-ANNE	DURBAC	41	F	40	2613	2:18:51
774	CHERNOTSKY	BRENT	TEMP	26	M	SEN	T38826	2:18:54
775	NO RETURN		TEMP		F	SEN	T	2:19:00
776	MEESER	PAUL	PINELANDS	33	M	SEN	3666	2:19:04
777	BVAN DUGTEREN	JUSTINE	TEMP	35	F	35	T39252	2:19:08
778	WORSHIP	RICARDO	BELLVILLE	43	M	40	6573	2:19:10
779	HOWIESON	TREVOR	SACS OBS	36	M	35	5197	2:19:11
780	NTOMBELA	LETHU	TEMP	27	M	SEN	T39291	2:19:13
781	NO RETURN		TEMP		M	SEN	T	2:19:13
782	VAN NIEKERK	MATHEW	TEMP	33	M	SEN	T	2:19:16
783	SIMONS	ARMIEN	CENTRAL AC	47	M	45	6201	2:19:20
784	PENG	KATE	TEMP	38	F	35	T	2:19:21
785	NORTJE	YOLANDE	TEMP	31	F	SEN	T39451	2:19:22
786	SWINGLER	SUSAN	TEMP	28	F	SEN	T39418	2:19:28
787	BENJAMIN	ABDUL	NANTES	41	M	40	15574	2:19:29
788	SHORTT	CLAIRE	CELTIC	36	F	35	12335	2:19:31
789	JOUBERT	KAREN	CAPE MULTISPORT	42	F	40	8711	2:19:33
790	SMITH	MARK	SPARTAN	60	M	60	1433	2:19:35
791	BOOYSEN	JACQUES	ITHEKO	45	M	45	3410	2:19:39
792	REDDIE	KELLY	CELTIC	35	F	35	7266	2:19:40
793	WILSON	GRAEME	K-WAY VOB	48	M	45	1324	2:19:41
794	LOURENS	CHRIS	BRACKENFELL	62	M	60	6062	2:19:43
795	JEAVEN	ANIEL	CAPE MULTISPORT	55	M	55	14588	2:19:45
796	ADAMS	YUNY	ITHEKO	38	M	35	9868	2:19:45
797	DLWATI	NOMHLE	OLD MUTUAL		F	SEN	0267	2:19:50
798	FREDERICKS	NATASSIA	CARBINEERS WP	32	F	SEN	8209	2:19:53
799	SYDOW	SHAFIQ	CENTRAL AC	38	M	35	6304	2:19:56
800	MULLER	GRANT	TEMP	43	M	40	T	2:20:02
801	WESSELS	DINO	TOP FORM	46	M	45	2496	2:20:02
802	MUPFURURI	LAWRENCE	ITHEKO	48	M	45	3474	2:20:04
803	MAGAYA	RONIA	ITHEKO	39	F	35	3475	2:20:05
804	KAHAAR	IMRAAN	WALMERS AC	33	M	SEN	10272	2:20:06
805	WILLIAMS	RAYAAN	WALMERS AC	36	M	35	10271	2:20:07

806	MEYER-PHILLIPS	LAETITIA	SPARTAN	36	F	35	1623	2:20:10
807	ADONIS	JIMMY	RCS GUGS	65	M	65	15343	2:20:10
808	BESTER	LYDIA	OLD MUTUAL	35	F	35	0374	2:20:12
809	BESTER	JOHAN	OLD MUTUAL	36	M	35	0375	2:20:12
810	LYNE	ELIZABETH	CENTURY CITY		F	SEN	10172	2:20:15
811	NO CARD				M	SEN		2:20:16
812	MSOMI	NOLUKHOLO	RCS GUGS	38	F	35		2:20:16
813	NTOZAKE	NOMANDISE	TEMP	34	F	SEN	T	2:20:21
814	JEDEIKIN	JONATHON	TEMP	35	M	35	T	2:20:27
815	UPTON	LARA	TEMP	25	F	SEN	T	2:20:29
816	GOSAI	SATISH	OMMIEDRAAI	35	M	35	6905	2:20:31
817	PIENAAR	MARIZANNE	NEDBANK WP	24	F	SEN	4215	2:20:31
818	WAYNE	SIMON	AAC	31	M	SEN	14420	2:20:33
819	CHITEDZE	GLORIA	AAC	32	F	SEN	9334	2:20:33
820	NO RETURN				M	SEN		2:20:36
821	COLLINS	FABIAN	OMMIEDRAAI	50	M	50	6955	2:20:37
822	NO RETURN				M	SEN		2:20:38
823	MULLER	NINA	BRACKENFELL	40	F	40	6103	2:20:38
824	CERES	ADIEL	TEMP	52	M	50	T38460	2:20:38
825	MUDENGE	NGONIDZASHE	NANTES	37	M	35	14201	2:20:39
826	NO CARD				F	SEN		2:20:39
827	MPHAKATHI	NTOMBI	RCS GUGS	28	F	SEN	1455	2:20:40
828	SAKI	NOSIPHO	LANGA	36	F	35	10669	2:20:40
829	MKHEIYA	YOLOKAZI	RCS GUGS	33	F	SEN	7981	2:20:40
830	AREND	THABIT	OMMIEDRAAI	45	M	45	13386	2:20:41
831	ZINGXASHI	FANISWA	LANGA	40	F	40	10684	2:20:44
832	VERREYNNE	MICHELLE	TEMP	50	F	50	T	2:20:46
833	NO CARD		TEMP		M	SEN	T	2:20:47
834	RHODE	KHANITA	STELLENBOSCH	51	F	50	0855 BOL	2:20:49
835	DAVIS	BRONWYN	FISH HOEK	41	F	40	5082	2:20:51
836	JOUBERT	LIEZEL	EDGEMEAD	49	F	45	4803	2:20:58
837	COETZEE	HENNIE	TEMP	40	M	40	T	2:21:00
838	NO RETURN		TEMP		F	SEN	T	2:21:01
839	NO RETURN		TEMP		F	SEN	T	2:21:06
840	CLARKE-FARR	LINDA	K-WAY VOB	49	F	45	0576	2:21:14
841	DE VILLIERS	MARGUERITE	CENTURY CITY	49	F	45	10151	2:21:15
842	SILKE	MELVILLE	AAC	68	M	65	9268	2:21:19

843	NEL	VENITA	GOODWOOD HARRIERS	48	F	45	5007	2:21:19
844	NO RETURN				M	SEN		2:21:22
845	KENNY	FADEELAH	KENFAC	28	F	SEN	11474	2:21:23
846	MARX	STIAAN	STRAND	37	M	35	2124	2:21:25
847	BAKER	ZAAKIYAH	CARBINEERS WP	44	F	40	8075	2:21:39
848	NAIDOO	NINO	CELTIC	45	F	45	7481	2:21:42
849	KRIGER	SAMANTHA	CELTIC	46	F	45	7370	2:21:43
850	CARIEM	AFROZ	ITHEKO	41	F	40	3280	2:21:50
851	EDWARDS	RUGAYA	ITHEKO	55	F	55	3263	2:21:54
852	VISAGIE	ANNELIZE	TEMP	34	F	SEN	T	2:21:54
853	BOUGRDT	DEON	IN TOUCH	52	M	50	7035	2:21:56
854	LA VITA	TONY	IN TOUCH	58	M	55	16433	2:21:56
855	VELAZQUEZ	FREDDY	TEMP	35	M	35	T	2:21:59
856	GULER	MATHILDA	PINELANDS	38	F	35	15054	2:22:06
857	MISROLL	HEIMIE	PINELANDS	47	M	45	3797	2:22:08
858	SAMUELS	BRIAN	PINELANDS	56	M	55	3744	2:22:13
859	HAGEMANN	GAIL	EDGEMEAD	55	F	55	4918	2:22:15
860	STEYN	CHRISTIAAN	TYGERBERG	44	M	40	4234	2:22:18
861	VISSER	NEIL	TEMP	31	M	SEN	T	2:22:18
862	HAMPTON	ROBYN	TEMP	39	F	35	T39367	2:22:28
863	HAMPTON	MARK	TEMP	39	M	35	T39323	2:22:29
864	SMITH	COURTNEY	TEMP	25	F	SEN	T	2:22:32
865	WEBSTER	PAULVIN	MP TITANS	31	M	SEN	13952	2:22:41
866	MANUEL	CECIL	METROPOLITAN	60	M	60	11826	2:22:44
867	MZIMKULU	OLONA	UCT	33	F	SEN	9774	2:22:47
868	KHAN	EBRAHIM	MSA MULTISPORT	52	M	50	15417	2:22:55
869	HERRON	ANDREA	BELLVILLE	33	F	SEN	6557	2:23:01
870	MARIANO	ANDRE	BELLVILLE	46	M	45	6575	2:23:01
871	LEVERTON	RUTH	PINELANDS	65	F	65	3652	2:23:09
872	HILL	HEATHER	PINELANDS	41	F	40	3677	2:23:09
873	SWIFT	DONNE	TEMP	43	F	40	T38897	2:23:12
874	BUDENZER	FIDI	TEMP	39	F	35	T38927	2:23:19
875	BUCHNIER	CHARMAINE	ADVENTIST	48	F	45	1462	2:23:19
876	VERSTER	ANSA	WHALERS	41	F	40	1799 BOL	2:23:21
877	REBELO	CLEMENTINE	EDGEMEAD	56	F	55	4804	2:23:23
878	ELLMAN	KIM	GOODWOOD HARRIERS	34	F	SEN	4949	2:23:24
879	ALEXANDER	ANTON	TEMP	40	M	40	T	2:23:26

880	MARLIE	NAJMEE	WALMERS AC	43	M	40	12732	2:23:26
881	SOMI	LAWRENCE	CORR SERVICES WP	55	M	55	12763	2:23:31
882	NO RETURN		TEMP		M	SEN		2:23:33
883	WILSON	DAWN	TEMP	62	F	60	T38885	2:23:38
884	AUZET	LARA	TEMP	23	F	SEN	T	2:23:48
885	SWARTS	VANESSA	ULTRA AC	28	F	SEN	11422	2:23:48
886	PINNOCK	STEVE	WEST COAST	35	M	35	15841	2:23:53
887	TILLEY	TYRONE	WEST COAST	35	M	35	5690	2:23:54
888	NO RETURN				M	SEN		2:23:54
889	KNOTT	GARETH	WEST COAST	36	M	35	5527	2:23:54
890	WHITBY	BRETT	TEMP	31	M	SEN	T	2:23:55
891	KYRIACOU	NATALIE	K-WAY VOB	34	F	SEN	0553	2:24:07
892	BOTHMA	ANDRE	CENTURY CITY	35	M	35	11704	2:24:09
893	MAHARAGE	RODNEY	CELTIC	55	M	55	7500	2:24:09
894	BAWUTI	PHOZISA	KHAYELITSHA	32	F	SEN	7184	2:24:12
895	MATYELI	SIVIWE	KHAYELITSHA	43	M	40	14722	2:24:12
896	CLOETE	JEANETTE	PHOENIX	45	F	45	12372	2:24:19
897	LE GRANGE	ANDRE	TEMP	55	M	55	T	2:24:19
898	MPINGWANA	KHOLIWE	RCS GUGS	34	F	SEN	7633	2:24:21
899	RAKATANA	DIEKETSO	RCS GUGS	32	F	SEN	7995	2:24:21
900	NO CARD				M	SEN		2:24:22
901	GULWA	NOKUTHULA	RCS GUGS	29	F	SEN	7937	2:24:22
902	NEETHLING	RICARDO	TEMP	46	M	45	T39139	2:24:23
903	JEDEIKIN	MELISSA	TEMP	33	F	SEN	T	2:24:27
904	VAN HEERDEN	SONJA	TEMP	51	F	50	T39406	2:24:28
905	SWARTBOOI	WILLIAM	EASTERNS	60	M	60	10960	2:24:31
906	VAN STADEN	HELENA	WEST COAST	32	F	SEN	5674	2:24:32
907	GAYLARD	JAMES	FISH HOEK	49	M	45	9133	2:24:32
908	DE VILLIERS	RIAAN	MY TRAINING DAY	38	M	35	8239	2:24:35
909	DANIEL	NIA	TEMP	47	F	45	T	2:24:37
910	JAPPIE	ARIEF	TOP FORM	45	M	45	2425	2:24:39
911	NO RETURN				M	SEN		2:24:41
912	DE KLERK	JUSTIN	WEST COAST	42	M	40	5700	2:24:42
913	BILLIMORE	TAMARA	WEST COAST	45	F	45	5668	2:24:42
914	BRODKIN	RACHEL	TEMP		F	SEN	T39128	2:24:45
915	NO RETURN		TEMP		F	SEN	T	2:24:48
916	VAN WYK	MANDY	SANLAM	53	F	50	15078	2:24:50

917	WILLIAMS	YUSRI	OMMIEDRAAI	28	M	SEN	6789	2:24:53
918	SOLARI	NADIA	CENTRAL AC	31	F	SEN	6224	2:24:53
919	NO CARD				M	SEN		2:24:56
920	NO CARD				M	SEN		2:24:56
921	DREYER	RITA	TEMP	25	F	SEN	T	2:24:57
922	BASSON	LIZANNE	TEMP	27	F	SEN	T	2:24:57
923	SEARLE	ASHLEY	NANTES	47	M	45	6430	2:24:59
924	SUTCLIFFE	MICHELLE	TEMP	37	F	35	T39354	2:25:02
925	NAGEL	BIANCA-LEIGH	CARBINEERS WP	39	F	35	8026	2:25:05
926	MCIZANA	THANDOKAZI	TEAM VITALITY CG	28	F	SEN	31814 CGA	2:25:18
927	ABRAHAMS	BRENTON	PINELANDS	49	M	45	3825	2:25:18
928	NELUKALO	KLHATHUTSHELO	OMMIEDRAAI	40	M	40	15726	2:25:24
929	ABRAHAMS	LYLE	TEMP	33	M	SEN	T39314	2:25:27
930	MILLER	KAREN	CARBINEERS WP	37	F	35	8057	2:25:31
931	MBONJWA	YOLANDA	KHAYELITSHA	33	F	SEN	7185	2:25:38
932	LESCH	BRONWIN	WILD RUNNER	43	F	40	2643	2:25:39
933	JAPPIE	RIAAZ	OMMIEDRAAI	46	M	45	12531	2:25:46
934	JAPPIE	MIRIAM	OMMIEDRAAI	44	F	40	12532	2:25:46
935	JOHNSON	RUDI	PARLIAMENT	42	M	40	13003	2:25:47
936	STEMMET	WALEED	OMMIEDRAAI	45	M	45	6834	2:25:47
937	NO CARD		TEMP		F	SEN	T	2:25:52
938	JONES	LYNETTE	BELLVILLE	37	F	35	6490	2:25:52
939	SENEKAL	JESSICA	TEMP	26	F	SEN	T39231	2:25:52
940	KALTON	ALAN	TEMP	49	M	45	T38462	2:25:59
941	WEBER	RYAN	METROPOLITAN	42	M	40	11781	2:26:00
942	SWANEPOEL	MARIUS	CAPE MULTISPORT	59	M	55	8880	2:26:08
943	JEPHTHAS	JAMI	DURBAC	28	F	SEN	12097	2:26:10
944	VAN DYK	JOHAN	TEMP	35	M	35	T39238	2:26:23
945	KARUMURI	SRIKANTH	BRACKENFELL	30	M	SEN	6088	2:26:25
946	PRETORIUS	CHRSTINE	TEMP	42	F	40	T	2:26:28
947	EDWARDS	AMANDA	K-WAY VOB	33	F	SEN	0785	2:26:29
948	BROPHY	ERICA	K-WAY VOB	44	F	40	0945	2:26:31
949	BANDERKER	AYOUB	CENTRAL AC	43	M	40	6274	2:26:31
950	BROOKS	CLAUDE	MIDAS SPARTANS	72	M	70	11711	2:26:38
951	MAHUNGU ZOLA	ARNAUD	EASTERNS	33	M	SEN	10986	2:26:41
952	MARAIS	GAWIE	TEMP	40	M	40	T	2:26:41
953	ADMS	WASFIE	KENFAC	45	M	45		2:26:42

954	SABAN	SHUAIB	KENFAC	41	M	40	11496	2:26:43
955	VICKERS	AUDREY	IN TOUCH	55	F	55	12417	2:26:44
956	NO CARD		TEMP		F	SEN	T	2:26:47
957	BASUVARAJ	DIVAKARAN	WEST COAST	35	M	35	16400	2:26:47
958	WYNNE	ROBYN	AAC	49	F	45	9429	2:26:49
959	JACKSON	AMANDA	UCT	56	F	55	9630	2:26:54
960	WILSON	BRUCE	K-WAY VOB	55	M	55	0559	2:26:54
961	TINKLER	TRICIA	TEMP	56	F	55	T	2:26:55
962	BRITS	ANNELIE	GOODWOOD HARRIERS	44	F	40	4967	2:27:00
963	AURET	NAOMI	GOODWOOD HARRIERS	29	F	SEN	4934	2:27:00
964	DER	WARREN	WEST COAST	35	M	35	15842	2:27:02
965	DER	TARRYN	TEMP	33	F	SEN	T	2:27:02
966	NO RETURN		TEMP		M	SEN	T	2:27:09
967	FINLAYSON	HEATHER	CELTIC	45	F	45	7375	2:27:11
968	STEVENSON	MICHELLE	TEMP	38	F	35	T39353	2:27:17
969	NTSULUMBANA	PUMZIWE	RCS GUGS	31	F	SEN	15345	2:27:19
970	SERFONTAIN	MARLISE	TEMP	33	F	SEN	T	2:27:25
971	NOMBEWU	LWANDO	KHAYELITSHA	37	M	35	12170	2:27:27
972	MOLSON	THAPELO	RCS GUGS	29	M	SEN	7699	2:27:32
973	NCHABELENG	MATHAPELO	RCS GUGS	27	F	SEN	7840	2:27:38
974	DANIELS	DULLAH	TEMP	30	M	SEN	T38901	2:27:42
975	MBOTHO	MBULELO	TEMP	43	M	40	T	2:27:46
976	MACLONS	TRACEY	RCS GUGS	42	F	40	7696	2:27:46
977	MENTOOR	ANDRE	PHOENIX	45	M	45	12369	2:27:48
978	STEIBEL	JESSICA	ATC	26	F	SEN	39721	2:27:49
979	BIGARA	BRENDON	HARFIELD	44	M	40		2:27:59
980	NO RETURN		TEMP		M	SEN	T	2:28:04
981	NZUZA	NONJABULO	K-WAY VOB	32	F	SEN	1284	2:28:06
982	FREDERICKS	BONITA	SPARTAN	45	F	45	1602	2:28:14
983	DE JAGER	SHAUN	OLD MUTUAL	39	M	35	0366	2:28:17
984	ROSSOUW	RENE	BELLVILLE	47	F	45	6629	2:28:17
985	JANSEN	SANDRA	TOP FORM	48	F	45	3522	2:28:22
986	NO RETURN				F	SEN		2:28:29
987	WILKE	MARELIZE	CELTIC	31	F	SEN	7309	2:28:29
988	CIEVERTS	CLAUDIA	TOP FORM	30	F	SEN	2345	2:28:30
989	DAVIDS	KAREN	TOP FORM	39	F	35	2299	2:28:30
990	LAMBRECHTS	JUANITA	MELKBOS	47	F	45	5873	2:28:33

991	POSTMA	JOHANNES	MELKBOS	45	M	45	13056	2:28:33
992		REBECCA	OMMIEDRAAI	47	F	45	6788	2:28:36
993	MOTAPANYANE	THABANG	TEMP	34	M	SEN	T	2:28:37
994	NO CARD				F	SEN		2:28:38
995	MABSO	BONGEKILE	UCT	31	F	SEN	9777	2:28:39
996	PETERSEN	SAMIR	TEMP	40	M	40	T	2:28:39
997	TURNER	ROBYN	TEMP	33	F	SEN	T39709	2:28:39
998	WOERZ	ALEX	TEMP	36	M	35	T39708	2:28:40
999	JADWAT	TIA	TEMP	27	F	SEN	T	2:28:40
1000	NO RETURN				F	SEN		2:28:41
1001	MOYO	ELSABE	TEMP	49	F	45	T	2:28:41
1002	NO RETURN				F	SEN		2:28:42
1003	NO CARD				M	SEN		2:28:42
1004	DISQUALIFIED		UCT	32	F	SEN	9800	2:28:43
1005	MARAIS	CARLENE	SANLAM	41	F	40	12956	2:28:43
1006	CLOETE	DELORES	TYGERBERG	43	F	40	4255	2:28:45
1007	STEMMET	REYAANA	WALMERS AC	37	F	35	10292	2:28:46
1008	MORGAN	GREG	TEMP	34	M	SEN	T	2:28:48
1009	HOOSAIN	GOUWA	WALMERS AC	33	F	SEN	12722	2:28:53
1010	HARKER	KEVIN	CAPE MULTISPORT	28	M	SEN		2:28:53
1011	JUST	KEITH	MELKBOS	49	M	45	13065	2:28:54
1012	NO RETURN				F	SEN		2:28:56
1013	NO RETURN				F	SEN		2:29:00
1014	PETERSEN	SHAUNA	CARBINEERS WP	45	F	45	8145	2:29:00
1015	VAN SCHALKWYK	AMANDA	PAARL	53	F	50	0898 BOL	2:29:02
1016	MUSHANGANYISI	KANAKANA	PINELANDS	42	M	40	3820	2:29:02
1017	MASEHELA	TLOU	PINELANDS	33	M	SEN	3848	2:29:03
1018	PAULSEN	RUBY	TOP FORM		F	SEN	2384	2:29:04
1019	WILENBERG	GRANT	EDGEMEAD	40	M	40	4925	2:29:05
1020	MOSALA	SINAWO	TEMP	27	F	SEN	T	2:29:05
1021	FORTUNE	LYNN	OMMIEDRAAI	32	F	SEN	6949	2:29:06
1022	LEE	CHRISTOPHER	TEMP	44	M	40	T	2:29:06
1023	GITHINJI	DANIEL	RCS GUGS	48	M	45	7610	2:29:07
1024	SMITH	ALISON	PINELANDS	41	F	40	3855	2:29:08
1025	VAN SCHALKWYK	NICOLETTE	EDGEMEAD	39	F	35	4656	2:29:09
1026	COETZEE	LINDA	PINELANDS	57	F	55	3961	2:29:10
1027	DANIELS	DONAVAN	TEMP	43	M	40	T	2:29:10

1028	NO RETURN				M	SEN		2:29:11
1029	NO RETURN				F	SEN		2:29:15
1030	MAFUSINI	NOLUVUYO	RCS GUGS	32	F	SEN	7694	2:29:16
1031	SMIT	WILLIE	EDGEMEAD	65	M	65	12627	2:29:20
1032	CRAIG	KIM	SPARTAN	45	F	45	1530	2:29:25
1033	KOLBE	JOHN	SPARTAN	61	M	60	1855	2:29:25
1034	KELDERMAN	GARY	SPARTAN	55	M	55	1358	2:29:25
1035	SLABBERT	MELISSA	BELLVILLE	24	F	SEN	15406	2:29:26
1036	HOWARD-PAIN	BRIDGET	EDGEMEAD	27	F	SEN	4828	2:29:26
1037	BALOYI	MATIMBA	K-WAY VOB	39	M	35	0801	2:29:27
1038	CROSS	CHARMAINE	EDGEMEAD	42	F	40	4878	2:29:29
1039	HINKS	STORM	TEMP	21	F	SEN	T	2:29:29
1040	THOMAS	EVANGELIQUE	EDGEMEAD	23	F	SEN	4842	2:29:30
1041	NO RETURN				F	SEN		2:29:31
1042	SITHOLE	IVY	CARBINEERS WP	38	F	35	8187	2:29:32
1043	CAUSTON	MANDY	CAPE MULTISPORT	48	F	45	8739	2:29:32
1044	FORSYTH-GITHAHU	JEROME	CELTIC	41	M	40	7263	2:29:32
1045	PILLAY	CHARMAINE	MIDRAND STRIDERS	50	F	50	23536 CGA	2:29:33
1046	SEHLABELA	PHILLIP	RCS GUGS	31	M	SEN	15809	2:29:33
1047	NTABANKULU	MAXWELL	RCS GUGS	35	M	35	15784	2:29:34
1048	JONES	SHINIADE	CAPE MULTISPORT	43	F	40	8740	2:29:34
1049	JONES	JOHN	CAPE MULTISPORT	49	M	45	8738	2:29:35
1050	MPELA	NOLWAZI	BELLVILLE	32	F	SEN	6609	2:29:36
1051	POLO	NIKIWE	BRACKENFELL	35	F	35	10851	2:29:43
1052	LINDE	JOHANNA	BELLVILLE	27	F	SEN	6748	2:29:44
1053	SCHEEPERS	OSCAR	KUILS RIVER	45	M	45	12795	2:29:45
1054	MWAI	MERCY	EDGEMEAD	39	F	35	14368	2:29:46
1055	NO RETURN				F	SEN		2:29:52
1056	ANDREWS	SAFIEK	VODACOM STRIDERS	43	M	40	12588	2:29:53
1057	ROGERS	LUCELLE	OMMIEDRAAI	50	F	50	6843	2:29:55
1058	NO CARD				M	SEN		2:29:55
1059	ALEXANDER	ELTON	ATC	41	M	40	4306	2:30:01
1060	JOHNSON	KEITH	K-WAY VOB	50	M	50	1157	2:30:02
1061	SCOTT	AMY	TEMP	26	F	35	T	2:30:03
1062	AGHERDIEN	FIQREE	TOP FORM	35	M	35	2333	2:30:11
1063	AGHERDIEN	ZAAHIERAH	TOP FORM	34	F	SEN	2332	2:30:12
1064	BROOKS	NICOLE	PINELANDS	45	F	45	3777	2:30:12

1065	KAY	ALAN	K-WAY VOB	55	M	55	1020	2:30:16
1066	MBONGONYA	FUNIWE	EDGE MEAD	38	F	35	12664	2:30:17
1067	FIELDING	BERTIE	CAPE MULTISPORT	45	M	45	13163	2:30:21
1068	NO RETURN				M	SEN		2:30:22
1069	HARRIS	SEAN	PINELANDS	54	M	50	3664	2:30:27
1070	SMITH	WENDAL	PINELANDS	50	M	50	3668	2:30:30
1071	DAVIDSE	JUDITH	PINELANDS	37	F	35	3781	2:30:31
1072	BRASSINGTON	EMMA	PINELANDS	19	F	SEN	20006	2:30:31
1073	DAWES	MELANIE	PINELANDS	23	F	SEN	3980	2:30:32
1074	MWAI	MARY	EDGE MEAD	37	F	35	15149	2:30:34
1075	GIBBS	CANDICE	CAPE MULTISPORT	35	F	35	8749	2:30:34
1076	BULL	JOAN	PINELANDS	46	F	45	3711	2:30:35
1077	WILLIAMS	SARAH	K-WAY VOB	26	F	SEN	99991	2:30:37
1078	KOLWENI	THOBELA	PINELANDS	32	F	SEN	15055	2:30:38
1079	MBINDELA	NTOMBIZONKE	TEMP	43	F	40	T	2:30:39
1080	LOUTHER	LUCILLE	CELTIC	54	F	50	7324	2:30:43
1081	THOMAS	DAVE	EDGE MEAD	21	M	SEN	4840	2:30:46
1082	GORDON	BELINDA	WPCC	48	F	45	11009	2:30:46
1083	BELE	BUSI	CENTURY CITY	39	F	35	10179	2:30:57
1084	SHA	AYESHA	GOODWOOD HARRIERS	39	F	35	12027	2:31:05
1085	MASHANDA	PRECIOUS	GOODWOOD HARRIERS	35	F	35	4954	2:31:05
1086	MAFANYA	NOGOLIDE	RCS GUGS	40	F	40	7748	2:31:09
1087	COHEN	STEVEN	TEMP	30	M	SEN	T39413	2:31:10
1088	PODMORE	NICHOLAS	TEMP	30	M	SEN	T	2:31:10
1089	ROSCHER	ROBYN-LEIGH	HOUT BAY	37	F	35	2510	2:31:10
1090	CELE	MBALI	LANGA	27	F	SEN	10671	2:31:18
1091	WALTON	YOLANDE	STELLENBOSCH	49	F	45	0879 BOL	2:31:18
1092	NO RETURN		TEMP		M	SEN	T	2:31:24
1093	VORAJEE	NAADIR	UCT	22	M	SEN	9694	2:31:25
1094	MILLS	MARISSA	SANDEF WP	43	F	40	5383	2:31:25
1095	BRUTON	CARREY	K-WAY VOB	28	F	SEN	0413	2:31:27
1096	FOURIE	HANNES	TEMP	35	M	35	T	2:31:28
1097	KANNEMEYER	JO	PINELANDS	44	F	40	3672	2:31:44
1098	PONNUSAMY	EVESHEN	AAC	32	M	SEN	9326	2:31:45
1099	ALBERTYN	ZULFAH	TEMP	30	F	SEN	T	2:31:45
1100	DNIELS	WENDY	TYGERBERG	45	F	45	15707	2:31:46
1101	SOUTHGATE	VANESSA	K-WAY VOB	53	F	50	16232	2:31:47

1102	SOUTHGATE	PAUL	K-WAY VOB	53	M	50	0878	2:31:51
1103	CROSSLEY	PHILLIP	MSM	46	M	45	9579	2:31:51
1104	STEYN	JOAN	FIT 2000	41	F	40	0759	2:31:53
1105	SULAIMAN	SADIYAH	MSA MULTISPORT	43	F	40	11358	2:32:01
1106	CUPIDO	JOY	PINELANDS	45	F	45	3750	2:32:02
1107	NO RETURN				F	SEN		2:32:03
1108	DAVIES	KERRY	PLETTENBURG BAY AC	43	F	40		2:32:04
1109	DAVIES	SARAH	TEMP	22	F	SEN	T39387	2:32:04
1110	BROOKS	LAURA	KPMG WP	29	F	SEN	11937	2:32:07
1111	DEN	FRANCOIS	TEMP	25	M	SEN	T	2:32:11
1112	CAMERON	CATHERINE	SPARTAN	52	F	50	15014	2:32:13
1113	RAWOOT	SAMEER	NANTES	32	M	SEN	6443	2:32:14
1114	SHOKO	TAFADZWA	OMMIEDRAAI	34	F	SEN	15727	2:32:23
1115	NO RETURN		TEMP		M	SEN	T	2:32:23
1116	MOSTERT	ILSE	AAC	47	F	45	9399	2:32:31
1117	ELLIS	TERESA	CENTURY CITY	51	F	50	14004	2:32:32
1118	GOUGH	KEVIN	CENTURY CITY	58	M	55	10159	2:32:32
1119	ISMAIL	SAMEER	CENTRAL AC	37	M	35	6193	2:32:37
1120	SCHREIBER	NERINA	BELLVILLE	49	F	45	6741	2:32:42
1121	BATH	KYLE	TEMP	32	M	SEN	T	2:32:42
1122	DISQUALIFIED		TEMP		F	SEN	T	2:32:51
1123	NIKA	NOMAWETHU	HOUT BAY	42	F	40	2538	2:32:56
1124	CASSIEM	AS-AD	BO-KAAP ATHLETICS	25	M	SEN	11303	2:33:04
1125	MANACK	UMAR	ITHEKO	27	M	SEN	2995	2:33:05
1126	FUTTER	CATHERINE	CELTIC	40	F	40	7325	2:33:07
1127	LE ROUX	NADIA	GROOT CONSTANTIA	48	F	45	13465	2:33:14
1128	LAPOPOULOS	SOTIROS	WILD RUNNER	47	M	45	3527	2:33:15
1129	HEYNEKE	DAVID	CARBINEERS WP	48	M	45	8052	2:33:18
1130	HEYNEKE	LYNDA	CARBINEERS WP	40	F	40	8053	2:33:18
1131	MITCHELL	MERYL	PHOENIX	43	F	40	12362	2:33:20
1132	ACKERS	SERAJ	TOP FORM	59	M	55	2438	2:33:20
1133	NO RETURN				F	SEN		2:33:32
1134	MARX	SIMONE	STRAND	35	F	35	2123	2:33:32
1135	STANDLEY	HALEY	CELTIC	42	F	40	7433	2:33:38
1136	MOTSAI	INNOCENTIA	CELTIC	43	F	40	7374	2:33:39
1137	HAARHOFF	JEANINE	WEST COAST	44	F	40	5598	2:33:52
1138	COOPER	TERENCE	GOODWOOD HARRIERS	39	M	35	5020	2:34:01

1139	RICHARDS	STEPHEN	ARD	33	M	SEN	11234	2:34:10
1140	GOOCH	TRACY	TEMP	42	F	40	T	2:34:12
1141	VAN DER VALK	JOANNE	CELTIC	63	F	60	7477	2:34:14
1142	RODHIRAN	SUJITRA	EDGEMEAD	42	F	40	4808	2:34:17
1143	TAYLOR	ASHLEY	SPARTAN	26	F	SEN	1388	2:34:22
1144	NO RETURN				F	SEN		2:34:23
1145	NO RETURN		TEMP		F	SEN	T	2:34:24
1146	ALEXANDER	BERNADETTE	MP TITANS	49	F	45	10370	2:34:27
1147	STAMMERS	SABRINA	TEMP	30	F	SEN	T	2:34:31
1148	KOLVER	LEANDI	TEMP	29	F	SEN	T39281	2:34:35
1149	NO RETURN		CELTIC		F	SEN		2:34:40
1150	VAN WYK	HENREHETTE	EDGEMEAD	55	F	55	4703	2:34:41
1151	MHLANA	LUVUYO	KHAYELITSHA	38	M	35	7199	2:34:49
1152	GOOCH	NICK	TEMP	43	M	40	T	2:34:50
1153	LODEWYKS	JOAN	SPARTAN	49	F	45	1627	2:35:05
1154	HOOK	SUE	FORESTERS	61	F	60	9516	2:35:06
1155	LEUVENNINK	MARIUS	STELLENBOSCH	60	M	60	0702 BOL	2:35:09
1156	LOURENS	NEOLENE	BELLVILLE	54	F	50	6539	2:35:11
1157	LOURENS	DANIE	BELLVILLE	54	M	50	6540	2:35:11
1158	NO RETURN				M	SEN		2:35:14
1159	LALJIT	QUINTIN	TEMP	40	M	40	T39127	2:35:15
1160	MOEKETSI	RETHABILE	MSA MULTISPORT	45	F	45	4135	2:35:20
1161	VAN REENEN	RENEE	TEMP	37	F	35	T	2:35:35
1162	COZYN	AYESHA	OMMIEDRAAI	45	F	45	6766	2:35:36
1163	ZAINDEEN	AYESHA	OMMIEDRAAI	43	F	40	6778	2:35:37
1164	PATON	CLAUDETTE	CARBINEERS WP	33	F	SEN	8217	2:35:47
1165	HAVENGA	CINDY	EDGEMEAD	56	F	55	4862	2:35:49
1166	JONES	JO	EDGEMEAD	45	F	45	4757	2:35:50
1167	STUURMAN	LLOYD	CENTURY CITY	27	M	SEN	14906	2:35:55
1168	JASSIEM	NASIMA	CAPE MULTISPORT	38	F	35	8753	2:36:06
1169	ORRIE	MOHAMED	ATC	32	M	SEN	4319	2:36:06
1170	DU TOIT	CHRIS	TEMP	57	M	55	T	2:36:08
1171	GROENEWALD	DANIELIA	BELLVILLE	58	F	55	6593	2:36:15
1172	BURGER	MARNA	GOODWOOD HARRIERS	45	F	45	4998	2:36:16
1173	DE KOKER	LESLEY	TEMP	33	F	SEN	T	2:36:16
1174	PRICE	LESLEY	RUN WALK 4 LIFE	48	F	45	5922	2:36:21
1175	ALBERTYN	CINDY	AAC	37	F	35	9495	2:36:22

1176	COETZEE	EDUAN	TEMP	25	M	SEN	T	2:36:36
1177	MANCAYI	MFONDU	ITHEKO	37	M	35	15888	2:36:40
1178	NO RETURN				M	SEN		2:36:41
1179	WALSH	STUART	CENTURY CITY	37	M	35	13014	2:36:41
1180	FERREIRA	SHAUN	TEMP	39	M	35	T39394	2:36:44
1181	MUROVHI	MASHUDU	BELLVILLE	39	M	35	6590	2:36:53
1182	SHIBURI	BONAKALA	NKOWA RC	27	F	SEN	1579	2:36:59
1183	BOOLEY	OHNAH	OMMIEDRAAI	27	F	SEN	6896	2:37:00
1184	NO CARD				M	SEN		2:37:00
1185	LAKAY	FAHDEELAH	TEMP	26	F	SEN	T	2:37:00
1186	DALTON	MEYER	SANLAM	34	M	SEN	8556	2:37:01
1187	BURNS	MANDY	BELLVILLE	45	F	45	6672	2:37:02
1188	OOSTHUIZEN	NATALIE	TEMP	33	F	SEN	T	2:37:06
1189	BESTER	ARNE	DURBAC	27	F	SEN	12079	2:37:06
1190	VAN WYK	MARIUS	EDGEMEAD	56	M	55	4704	2:37:11
1191	TRUTER	HANNAH	BRACKENFELL	25	F	SEN	6024	2:37:17
1192	ROGERS	CLARENCE	OMMIEDRAAI	53	M	50	6844	2:37:17
1193	TANNER	MAUREEN	CELTIC	37	F	35	7310	2:37:18
1194	NO CARD				F	SEN		2:37:19
1195	CLARKE	CAMERON	ATC	29	M	SEN		2:37:20
1196	JAMES	MARLENE	PINELANDS	74	F	70	3844	2:37:22
1197	NO RETURN				M	SEN		2:37:22
1198	JOUBERT	LIEZE	CENTURY CITY	34	F	SEN	10139	2:37:23
1199	KULKARNI	MAYURESH	TEMP	31	M	SEN	T39337	2:37:31
1200	LEVEY	NATASHA	TEMP	40	F	40	T	2:37:34
1201	SAFAAR	MOESA	TOP FORM	58	M	55	2276	2:37:36
1202	ANDERSON	ELAAM	TOP FORM	54	F	50	2413	2:37:36
1203	SCHEEPERS	EILEEN	UCT	51	F	50	9625	2:37:38
1204	NAIDOO	SAVASHAN	GOODWOOD HARRIERS	37	M	35	12028	2:37:40
1205	LOMBARD	HELEN	WEST COAST	52	F	50	5766	2:37:44
1206	VAN ROOYEN	CHRIS	EDGEMEAD	60	M	60	15164	2:37:48
1207	VAN ROOYEN	ERIKA	EDGEMEAD	56	F	55	14378	2:37:48
1208	ROUX	PATRICIA	BELLVILLE	52	F	50	6814	2:37:52
1209	DU PLESSIS	JANICE	CHAPPIES	57	F	55	4015 CGA	2:37:52
1210	ISMAIL	GOOLAM	TEMP	44	M	40	T39207	2:38:01
1211	KONICK	DEBBIE	SATORI	49	F	45	11618	2:38:10
1212	NDLELENI	BABALWA	SANLAM	39	F	35	8593	2:38:14

1213	SMITH	WOUTER	WEST COAST	31	M	SEN	15848	2:38:32
1214	KAMFER	ELIZABETH	24.COM	32	F	SEN	13425	2:38:35
1215	NO CARD		TEMP		M	SEN	T	2:38:36
1216	NO RETRUN				F	SEN		2:38:52
1217	NO RETURN		TEMP		M	SEN	T	2:38:59
1218	SIKUTSHWA	LIKHO	UCT	28	F	SEN	9643	2:39:02
1219	MANUNGFALA	THELMA	CENTURY CITY	30	F	SEN	10144	2:39:10
1220	BOSMAN	THANDI	TEMP	27	F	SEN	T39430	2:39:12
1221	JOHAAR	ARMIEN	ARD	56	M	55	9125	2:39:13
1222	VAN DER REDE	GRIZELDA	ITHEKO	45	F	45	3134	2:39:14
1223	MOLTI	ABOEBKAR	ARD	58	M	55	11158	2:39:15
1224	SHEIK	ADELA	ITHEKO	55	F	55	3163	2:39:15
1225	PRINS	RUSSEL	ARD	44	M	40	9129	2:39:15
1226	SAMPSON	LESLIE	ARD	58	M	55	11134	2:39:16
1227	SOLOMON	AMAANOELAH	ARD	51	M	50	11760	2:39:16
1228	LEWIN	ABDUL-MUIZH	ARD	38	M	35	11167	2:39:19
1229	ADAMS	MARIAM	ARD	37	F	35	11164	2:39:19
1230	JANSEN	SHADE	WILD RUNNER	29	F	SEN	3522	2:39:20
1231	MCGURK	CLAY	EDGEMEAD	40	M	40	4726	2:39:21
1232	GAMIELDIEN	YUSUF	ITHEKO	77	M	75	2996	2:39:22
1233	JANSEN	CARMEN	STRAND	35	F	35	2035	2:39:31
1234	NO RETURN		TEMP		F	SEN	T	2:39:32
1235	WELZEL	JENNIFER	K-WAY VOB	32	F	SEN		2:39:39
1236	DANIELS	CHERYL	ADVENTIST	45	F	45	10876	2:39:42
1237	STEYN	CATHERINE	SANLAM	53	F	50	15084	2:39:45
1238	VAN ZYL	BOET	SPARTAN	76	M	75	1942	2:39:58
1239	EYEGHE-BICKONG	HANS	MACASSAR	42	M	40	12209	2:40:08
1240	COLEMAN	JUDY	CAPE MULTISPORT	41	F	40	8676	2:40:10
1241	KAMPMANN	BEATRICE	TEMP	28	F	SEN	T	2:40:12
1242	MATROSE	SONGEZWA	RCS GUGS	41	F	40	7894	2:40:13
1243	OSMAN	MOHAMED	TOP FORM	66	M	65	1600	2:40:13
1244		MELANDRI	TEMP	23	F	SEN	T	2:40:16
1245	KRUGER	DANNIEL	TEMP	25	M	SEN	T	2:40:16
1246	HASSEN	EBRAHIM	TOP FORM	53	M	50	2469	2:40:18
1247	BESTER	JUSTINE-JO	MSA MULTISPORT	53	F	50	15903	2:40:19
1248	VERMAAK	SONJA	RUN WALK 4 LIFE	49	F	45	10249	2:40:35
1249	DER	RIAN	SANLAM	59	M	55	15093	2:40:39

1250	FORTUNE	CANDICE	PINELANDS	47	F	45	3809	2:40:41
1251	MORGAN	JILL	CARBINEERS WP	45	F	45	8045	2:40:43
1252	BEZUIDENHOUT	TERENCE	BELLVILLE	51	M	50	6640	2:40:51
1253	LOUW	DORINE	CAPE MULTISPORT	35	F	35	8882	2:40:55
1254	HICKMAN	YOLANDE	CAPE MULTISPORT	34	F	SEN	8712	2:40:55
1255	CLOETE	FAIZEL	TEMP	43	M	40	T	2:41:07
1256	MATTHEWS	DONAVAN	GOODWOOD HARRIERS	51	M	50	5028	2:41:20
1257	DISQUALIFIED		SANDF WP	38	M	35	11555	2:41:20
1258	MAHLANGU	JOHN THAMANE	PARLIAMENT	35	M	35	13005	2:41:34
1259	ABRAHAMS	ROSHAN	BO-KAAP ATHLETICS	51	F	50	11285	2:41:35
1260	SPAMERS	LEON	BRACKENFELL	47	M	45	10821	2:41:43
1261	SPAMERS	NICOLE	BRACKENFELL	33	F	SEN	10820	2:41:43
1262	SMITH	MARGA	K-WAY VOB	32	F	SEN	0922	2:41:49
1263	NO CARD		OLD MUTUAL		F	SEN		2:41:50
1264	THOMAS	MICHELLE	TOP FORM	44	F	40	2311	2:41:52
1265	KHAN	TASNEEM	TOP FORM	38	F	35	2475	2:41:53
1266	GROENMEYER	AQIB	TOP FORM	45	M	45	2371	2:41:53
1267	GAWLER	CANDACE	TEMP	27	F	SEN	T	2:41:54
1268	WHITEBOYD	NATASHA	EDGEMEAD	45	F	45	14373	2:41:54
1269	ISAACS	FAHIEM	OMMIEDRAAI	53	M	50	6799	2:41:56
1270	ADAMS	ZULFA	OMMIEDRAAI	44	F	40	6877	2:41:56
1271	PRICE	SALIE	OMMIEDRAAI	63	M	60	6802	2:41:56
1272	TAYLOR	CARMEN	CELTIC	38	F	35	16144	2:42:01
1273	GABRIELS	WESLEY	CELTIC	38	M	35	7373	2:42:01
1274	MOOSA	ANTHEA	IN TOUCH	44	F	40	12395	2:42:08
1275	MARAIS	CHARLOTTE	TEMP	42	F	40	T	2:42:11
1276	LIEBENBERG	ANINE	TEMP	35	F	35	T	2:42:17
1277	HANEKOM	HEIDI	SPARTAN	41	F	40	1677	2:42:19
1278	GANIEF	ABDULLAH	PARLIAMENT	42	M	40	12056	2:42:20
1279	AGOSTINI	ANDREA	BELLVILLE	43	M	40	6569	2:42:27
1280	RYKLIEF	NEEZAAM	SPARTAN	38	M	35	1379	2:42:27
1281	VAN WYK	LINDIE	IN TOUCH	26	F	SEN	7016	2:42:33
1282	NO CARD		CAPE MULTISPORT		M	SEN		2:42:34
1283	VAN HUYSTEEN	NICOLA	BRACKENFELL	28	F	SEN	6027	2:42:37
1284	NO RETURN		CARBINEERS WP		F	SEN		2:42:43
1285	MAARMAN	TREVONE	PINELANDS	37	M	35	3731	2:42:56
1286	ROMAN	MICHAEL	PINELANDS	30	M	SEN	3730	2:42:57

1287	BOSCH	MARITSA	OLD MUTUAL	39	F	35	0274	2:43:00
1288	CLARKE	MICHAEL	NEDBANK WP	48	M	45	4078	2:43:04
1289	CLARKE	LENA	NEDBANK WP	39	F	35	4079	2:43:04
1290	NO CARD		TEMP		F	SEN	T	2:43:06
1291	NO CARD		TEMP		M	SEN	T	2:43:07
1292	HLONGWANE	MBUSO	TEMP	24	M	SEN	T	2:43:10
1293	KING	LYNETTE	EDGEMEAD	54	F	50	10344	2:43:13
1294	ISMAIL	NAFEESA	WALMERS AC	22	F	SEN	10285	2:43:17
1295	BOTHA	GRAHAM	HOUT BAY	64	M	60	2502	2:43:19
1296	ISMAIL	NAZMIE	TEMP	55	M	55	T	2:43:21
1297	ADAMS	WEDAAD	WALMERS AC	42	F	40	12723	2:43:22
1298	HERBST	RIETTE	METROPOLITAN	36	F	35	11784	2:43:29
1299	BOSHOFF	WELNA	DURBAC	38	F	35	2779	2:43:29
1300	EWERS	SEYMOUR	OLD MUTUAL	40	M	40	0272	2:43:31
1301	MAKHOLWA	LIND	KHAYELITSHA	35	F	35	10462	2:43:36
1302	GCWABE	NOKUPHIWE	KHAYELITSHA	36	F	35	10463	2:43:36
1303	MCKINNEY	EMMA	CARBINEERS WP	42	F	40	6068	2:43:39
1304	NO RETURN		TEMP		F	SEN	T	2:43:44
1305	NKONKI	LUNGA	TEMP	27	M	SEN	T	2:43:51
1306	HOBBS	ANGELA	BELLVILLE	48	F	45	6740	2:43:54
1307	GAMEELDIEN	MOGAMAT	ITHEKO	38	M	35	3448	2:44:18
1308	NAPOLEON	HILARY	UCT	40	F	40	9626	2:44:19
1309	VAN RENSBURG	NASHA	BELLVILLE	20	F	SEN	6581	2:44:19
1310	JACOBS	ACHMAT	ITHEKO	58	M	55	3000	2:44:20
1311	MOHAMED	MUBEEN	ITHEKO	26	M	SEN	3070	2:44:20
1312	STOKELL	MARK	TEMP	57	M	55	T39327	2:44:21
1313	TIMM	CARMEN	WILD RUNNER	38	F	35	3543	2:44:22
1314	LOUBSCHER	SHUAIB	PINELANDS	38	M	35	3738	2:44:22
1315	MATHABATHE	TSHWANELO	CENTURY CITY	34	F	SEN	10184	2:44:25
1316	DZUMBUNU	TANYARADZWA	TEMP	28	F	SEN	T	2:44:28
1317	BESTER	IVAN	MSA MULTISPORT	56	M	55	15904	2:44:29
1318	NO RETURN		EDGEMEAD		F	SEN		2:44:32
1319	LOURENS	MARTIE	BRACKENFELL	59	F	55	6063	2:44:32
1320	SMAL	RACHEL	DURBAC	34	F	SEN	2889	2:44:43
1321	KATHRADA	ZAITOON	TOP FORM	63	F	60	2265	2:44:52
1322	HASSAN	ABDUL	CARBINEERS WP	48	M	45	8137	2:44:54
1323	MSIMANGO	BONGINHLANHLA	SANLAM	26	M	SEN	15676	2:44:55

1324	SWARTZ	ODILE	CARBINEERS WP	34	F	SEN	8079	2:45:02
1325	QUINTARA	ODILE	SPARTAN	61	F	60	1685	2:45:05
1326	MOTSWAI	JOSEPH	TEMP	45	M	45	T39247	2:45:08
1327	NGXONONO	LUSANDA	PINELANDS	39	F	35	3790	2:45:09
1328	WARD	MELYNDA	K-WAY VOB	39	F	35	0700	2:45:09
1329	BENJAMIN	DANIELLE	CENTURY CITY	25	F	SEN	10197	2:45:10
1330	SIXASO	SINDISWA	PARLIAMENT	49	F	45	12069	2:45:11
1331	BOTHA	KOBUS	DURBAC	46	M	45	13662	2:45:13
1332	VISSER	HANNELISE	TEMP		F	SEN	T	2:45:14
1333	LESCH	LEHMAN	MSA MULTISPORT	62	M	60	11356	2:45:15
1334	CARELSE	REUBEN	CARBINEERS WP	51	M	50	8113	2:45:25
1335	GERTZE	LAAIQAH	BO-KAAP ATHLETICS	17	F	JUN	20591	2:45:28
1336	FREDERICKS	RIFQA	BO-KAAP ATHLETICS	38	F	35	11299	2:45:28
1337	NO CARD				M	SEN		2:45:30
1338	NO RETURN				F	SEN		2:45:33
1339	ABRAHAMS	NAIEMA	TOP FORM	38	F	35	2295	2:45:35
1340	DAVIDS	NAILAH	TOP FORM	41	F	40	2389	2:45:36
1341	DAVIDS	NABIELAH	TOP FORM	45	F	45	2365	2:45:36
1342	HANNING	RUSSELL	NANTES	42	M	40	6400	2:45:36
1343	DAVIDS	EZZAT	TOP FORM	46	M	45	2366	2:45:36
1344	ESTERHUIZEN	NATANIA	TEMP	24	F	SEN	T	2:45:44
1345	MARAIS	SUMINE	BRACKENFELL	27	F	SEN	6044	2:45:48
1346	BUYS	KAROLE	DURBAC	55	F	55	2655	2:45:53
1347	LATIMER	BERNIE	DURBAC	48	F	45	2699	2:45:54
1348	NO CARD		TEMP		F	SEN	T	2:45:59
1349	JANSEN	RENEE	CENTURY CITY	30	F	SEN	10195	2:46:07
1350	STEVENS	MARIETA	FISH HOEK	42	F	40	5044	2:46:19
1351	LURWAYI	BONISWA	RCS GUGS	34	F	SEN	7954	2:46:34
1352	PAULSEN	LAILA	PHOENIX	41	F	40	12358	2:46:49
1353	TAYOB	FATIMA	WALMERS AC	39	F	35	10282	2:46:50
1354	ROSSOUW	STELLA	TEMP	53	F	50	T	2:46:53
1355	MILLER-BAKE	MARLENE	CARBINEERS WP	47	F	45	8108	2:46:57
1356	VAN ZYL SMITH	ANNELIZE	DURBAC	52	F	50	2765	2:47:03
1357	JACOBS	NAIDA	DURBAC	36	F	35	15467	2:47:04
1358	SUKWANA	NOKUZOLA	RCS GUGS	40	F	40	7550	2:47:11
1359	MEMZIWE	CHANTEL	ACSA	38	F	35	10037	2:47:26
1360	MENE	AMANDA	BELLVILLE	34	F	SEN	6648	2:47:41

1361	LOTRIET	MORNE	BELLVILLE	42	M	40	6889	2:48:03
1362	JORDAAN	THERESA	K-WAY VOB	62	F	60	0550	2:48:08
1363	DIEDERICKS	EBRAHIM	TEMP	34	M	SEN	T38903	2:48:08
1364	MCTAVISH	ANGELA	TEMP	48	F	45	T	2:48:09
1365	CRONJE	ANTHONY	K-WAY VOB	63	M	60	1234	2:48:09
1366	PATTERSON	MANUELA	CENTURY CITY	57	F	55	14905	2:48:11
1367	KOCH	GILL	WEST COAST	61	F	60	5818	2:48:14
1368		NOKWANELE	KHAYELITSHA	40	F	40	12160	2:48:18
1369	MAARMAN	MARGARET	OMMIEDRAAI	50	F	50	6940	2:48:22
1370	JARDINE	CELESTE	CELTIC	43	F	40	7346	2:48:23
1371	BLAKE	TANIA	CELTIC	50	F	50	7342	2:48:24
1372	TAHIERAH	RYKLIEF	NANTES	19	F	SEN	14228	2:48:35
1373	NACKERDINE	ZAREENA	OMMIEDRAAI	34	F	SEN	12559	2:48:43
1374	MQIQI	TABISA	RCS GUGS	37	F	35	7640	2:48:45
1375	MPHEPHU	KABELO	TOP FORM	22	F	SEN	2322	2:48:45
1376	DOLLIE	ABDUL AZIZ	TOP FORM	44	M	40	2278	2:48:46
1377	PETERSEN	ALISON	SPARTAN	43	F	40	1850	2:48:54
1378	NO RETURN		RUN WALK 4 LIFE		M	SEN		2:49:05
1379	BRITS	WIESA	DURBAC	61	F	60	2919	2:49:09
1380	NO RETURN		TEMP		M	SEN	T	2:49:15
1381	WAGGIE	SIRAJ	ITHEKO	37	M	35	3385	2:49:20
1382	ARNOLD	SHAAKIRAH	ITHEKO	34	F	SEN	9907	2:49:20
1383	SIBANDA	BHEKO	OLD MUTUAL	44	F	40	0337	2:49:20
1384	GERTZE	TASNEEM	BO-KAAP ATHLETICS	44	F	40	11294	2:49:27
1385	FRY	GILMORE	SPARTAN	64	M	60	1395	2:49:29
1386	ALLIE	NOORAH	BO-KAAP ATHLETICS	44	F	40	11295	2:49:31
1387	ABRAHAMS	FATIMA	ITHEKO	34	F	SEN	10008	2:49:32
1388	DAMONZE	SHARON	SPARTAN	42	F	40	1723	2:49:32
1389	RATAZAYO	NOMABHONGO	SAPS WP	31	F	SEN	13096	2:49:37
1390	WILLIAMS	ANNE	PICK 'n PAY	62	F	60	6976	2:49:39
1391	MFINGWANA	YANGA	BELLVILLE	29	F	SEN	6751	2:49:39
1392	SHORT	LIEZEL	SATORI	38	F	35	11608	2:49:41
1393	SHORT	BRIAN	SATORI	39	M	35	11607	2:49:41
1394	DAWARE	ESACK	OMMIEDRAAI	40	M	40	6810	2:49:44
1395	NO RETURN		TEMP		M	SEN	T	2:49:51
1396	MARINI	RIC	RAC	63	M	60	3186 CGA	2:49:54
1397	TAYLOR	MICHELLE	EDGEMEAD	49	F	45	4686	2:49:55

1398	BAYER	MEGHANN	PINELANDS	38	F	35	3661	2:50:09
1399	MEIRING	JONTY	NEDBANK WP	29	M	SEN	4051	2:50:09
1400	PIENAAR	NICA	NEDBANK WP	29	F	SEN	4214	2:50:09
1401	VORSTER	ADRIANA	KOWIE STRIDERS	65	F	65	T39470	2:50:15
1402	PILLAY	WINSTON	OMMIEDRAAI	53	M	50	6909	2:50:16
1403	STEVENS	ANTHEA	SPARTAN	41	F	40	1525	2:50:17
1404	SEPTEMBER	ASHLEY	SPARTAN	30	M	SEN	1687	2:50:17
1405	ADAMS	SULAIMAN	TOP FORM	39	M	35	2440	2:50:18
1406	MUROVHI	PERTUNIA	BELLVILLE	40	F	40	6591	2:50:23
1407	MUROVHI	ROLIVHUWA	CENTRAL AC	33	M	SEN	6225	2:50:23
1408	DARLEW	CORNE	HARTENBOS	28	F	SEN	0348 SWD	2:50:37
1409	KLEIN	DORELE	RAVENSMEAD	43	F	40	10085	2:50:40
1410	NO RETURN		TEMP		F	SEN	T	2:50:42
1411	GELDENHUYS	FATIMA	OLD MUTUAL	51	F	50	0219	2:50:47
1412	SAKI	NOSIPHO	LANGA	31	F	SEN	10692	2:50:50
1413	MBAMBALALA	ANDA	LANGA	27	F	SEN	10665	2:50:51
1414	FIKA	SMAUKELISIWE	LANGA	44	F	40	10700	2:50:51
1415	MABOA	MOJERICO	SANLAM	39	F	35	12957	2:51:04
1416	PRETORIUS	WENDY	RUN WALK 4 LIFE	44	F	40	8427	2:51:05
1417	GALANT	SHIREEN	ITHEKO	56	F	55	9901	2:51:21
1418	NO CARD		BELLVILLE		F	SEN		2:51:23
1419	MBANGULA	MANDLAKAZI	KHAYELITSHA	34	F	SEN	10468	2:51:31
1420	MBINDA	PERCY	SANLAM	53	M	50	9085	2:51:31
1421	SHABODIEN	AMINAH	OMMIEDRAAI	28	F	SEN	6889	2:51:32
1422	LOUBSER	LEANNE	WEST COAST	43	F	40	5834	2:51:34
1423	COETZEE	ADEL	WEST COAST	55	F	55	5563	2:51:37
1424	HOUGH	TRUDY	WEST COAST	58	F	55	5557	2:51:37
1425	NO RETURN		OMMIEDRAAI		F	SEN		2:51:47
1426	DISQUALIFIED		RCS GUGS	35	F	35	7899	2:52:00
1427	FAKIR	SEDICK	TEMP	38	M	35	T39390	2:52:22
1428	NO RETURN		HARFIELD		M	SEN		2:52:22
1429	GREENWOOD	NEIL	TOP FORM	56	M	55	14984	2:52:27
1430	FRANCES	YUSRAH	TOP FORM	28	F	SEN	2424	2:52:29
1431	ARENDSE	WENTON	SPARTAN	49	M	45	1686	2:52:30
1432	DEVERSON	JENNIFER	TEMP	44	F	40	T39227	2:52:30
1433	LOMBARD	HUGO	AAC	48	M	45	9409	2:52:35
1434	GORDON	MARCIA	CARBINEERS WP	44	F	40	8061	2:52:39

1435	MCLEAN	AMANDA	CARBINEERS WP	45	F	45	8091	2:52:40
1436	FORTUIN	SHARLEEN	CARBINEERS WP	47	F	45	8076	2:52:40
1437	SONI-RYKLIEF	AYESHA	OMMIEDRAAI	41	F	40	6815	2:52:45
1438	DEVERSON	KIRSTEN	TEMP	41	F	40	T39268	2:52:51
1439	SEGERS	WAYNE	TEMP	49	M	45	T	2:52:51
1440	ROSSOUW	JACKY	SPARTAN	50	F	50	1420	2:52:57
1441	BHIKOO	SHARIF	METROPOLITAN	65	M	65	11780	2:53:03
1442	BONGOZA	KHULULWA	KHAYELITSHA	35	F	35	1262	2:53:05
1443	FORTUNE	DAWOOD	TOP FORM	63	M	60	2275	2:53:27
1444	LIEBERTRAU	WILLY	RUN WALK 4 LIFE	71	M	70	5911	2:53:54
1445	GAGIANO	WILLEM	SWARTLAND	44	M	40	0085 BOL	2:53:59
1446	MGAGULI	BABALWA	RCS GUGS	31	F	SEN	7713	2:53:59
1447	STEENKAMP	SHIREEN	METROPOLITAN	41	F	40	11782	2:54:00
1448	THORESSON	CHRISTINE	CAPE MULTISPORT	37	F	35	8776	2:54:01
1449	GELDENHUYS'	CHANTEL	BRACKENFELL	35	F	35	6098	2:54:13
1450	BOOYSEN	CAREY	BRACKENFELL	37	F	35	6135	2:54:13
1451	VAN	ALMA	TEMP	58	F	55	T	2:54:19
1452	DANIELS	NINA	SPARTAN	46	F	45	1453	2:54:30
1453	NO RETURN		SPARTAN		M	SEN		2:54:37
1454	KAGEE	SHAMEEM	SPARTAN	50	F	50	15366	2:54:51
1455	ARNOLD	MAGHDI	PINELANDS	55	M	55	3857	2:55:00
1456	TUCKER	BEVERLEY	PINELANDS	55	F	55	3856	2:55:00
1457	DLELNA	ZIYANDA	RCS GUGS	27	F	SEN	16278	2:55:02
1458	CLAASSEN	BELINDA	RAVENSMEAD	55	F	55	10083	2:55:06
1459	NO RETURN		TEMP		F	SEN	T	2:55:11
1460	ADAMS	RALGHA	OMMIEDRAAI	27	M	SEN	13564	2:55:19
1461	MATTHEWS	WASEEM	WALMERS AC	36	M	35	10289	2:55:19
1462	JACOBS	ANDREA	ITHEKO	29	F	SEN	3227	2:55:20
1463	BURTON	SEAN	ITHEKO	35	M	35	3310	2:55:20
1464	JEGELS	JOLYN	RUN WALK 4 LIFE	44	F	40	1271	2:55:24
1465	DAMONS	FUAD	K-WAY VOB	47	M	45	0496	2:55:25
1466	DAMONS	MISQAH	K-WAY VOB	45	F	45	0495	2:55:25
1467	BLIGNAUT	FRIEDA	SANLAM	68	F	65	8528	2:55:29
1468	SMITH	GLYNIS	SPARTAN	56	F	55	1461	2:55:31
1469	DAVIDS	COLLEEN	CARBINEERS WP	47	F	45	8029	2:55:31
1470	NO RETURN		ITHEKO		F	SEN		2:55:40
1471	BRON	KAUTHAR	ITHEKO	39	F	35	3081	2:55:40

1472	MRTINUS	ELIZABETH	WILD RUNNER	46	F	45	3614	2:55:42
1473	MAYCOCK	BILL	RUN WALK 4 LIFE	75	M	75	4002	2:55:47
1474	HARDRES-WILLIAMS	GAVIN	TEMP	74	M	70	T	2:55:48
1475	GOOSEN	JACKIE	BRACKENFELL	56	F	55	5956	2:55:57
1476	WILLIAMS	ZAID	GOODWOOD HARRIERS	36	M	35	4939	2:56:02
1477	WILLIAMS	GAYNOR	GOODWOOD HARRIERS	38	F	35	4938	2:56:03
1478	NO CARD		OMMIEDRAAI		F	SEN		2:56:06
1479	NO RETURN		K-WAY VOB		M	SEN		2:56:14
1480	NO CARD		TEMP		F	SEN	T	2:56:17
1481	NO CARD		TEMP		F	SEN	T	2:56:17
1482	GIGOT	C	TEMP	42	M	40	T	2:56:21
1483	VENTER	CARIN	BORN 2 RUN	54	F	50	10252	2:56:25
1484	STACEY	NEAL	CARBINEERS WP	64	M	60	8104	2:56:25
1485	AFRICA	CICELIA	SPARTAN	54	F	50	1362	2:56:34
1486	NO RETURN		TEMP		M	SEN	T	2:56:39
1487	LEWIS	MARIA	OMMIEDRAAI	59	F	55	6901	2:56:43
1488	HARTLEY	YUSHRI	OMMIEDRAAI	57	M	55	6837	2:56:43
1489	FELDMAN	NAZEEMAH	SPARTAN	61	F	60	1856	2:56:48
1490	CONRAD	MALIKA	OLD MUTUAL	29	F	SEN	0234	2:56:54
1491	HENDRICKS	FATIMA	ARD	44	F	40	11160	2:57:07
1492	DAVIS	SHAMIELA	CARBINEERS WP	51	F	50	8101	2:57:15
1493	NO RETURN		TEMP		M	SEN	T	2:57:15
1494	HILL	LAVERNE	TEMP	35	F	35	T39740	2:57:26
1495	MTHEMBU	SINDI	PARLIAMENT	37	F	35	12048	2:57:27
1496	MEYER	BERTHOLD	TEMP	57	M	55	T	2:57:35
1497	MKHONZA	SIBUSISO	IN TOUCH	37	M	35	7021	2:57:48
1498	MIKA	DUDUJETSANG	ITHEKO	26	F	SEN	15881	2:57:48
1499	MATHEWS	MAJDH	ITHEKO	37	F	35	3409	2:57:55
1500	NABBI	ZURIKA	ITHEKO	43	F	40	3268	2:57:56
1501	NO RETURN				M	SEN		2:57:57
1502	ANSELL	CHELSEA	TEMP	18	F	JUN	T	2:57:57
1503	LEITH	SANDI	TEMP	40	F	40	T	2:57:58
1504	MARKS	NADEEMA	PINELANDS	50	F	50	3743	2:58:02
1505	NO RETURN				F	SEN		2:58:02
1506	NO RETURN				F	SEN		2:58:04
1507	MAYEKISO	SIBULELO	ADVENTIST	42	F	40	10863	2:58:04
1508	ERASMUS	LOURENS	TEMP	56	M	55	T	2:58:05

1509	NO RETURN				M	SEN		2:58:07
1510	MOHAMED	NEEZAAM	ITHEKO	40	M	40		2:58:07
1511	KARIEM	YASMIN	MSA MULTISPORT	54	F	50	11365	2:58:24
1512	THEBUS	JADE	MSA MULTISPORT	26	F	SEN	11375	2:58:24
1513	BOTES	CORNELLE	DURBAC	31	F	SEN	15435	2:58:30
1514	SAMSODIEN	ERFAAN	BO-KAAP ATHLETICS	37	M	35	11301	2:58:32
1515	VAN	JANINE	TEMP	20	F	SEN	T39225	2:58:39
1516	DER	SONJA	TEMP	20	F	SEN	T	2:58:39
1517	JEFHTA	WAYNE	TEMP	46	M	45	T	2:58:48
1518	ESAU	ZUWAIDA	MP TITANS	55	F	55	3772	2:58:56
1519	GEORGE	URSULA	MP TITANS	66	F	65	10367	2:59:06
1520	DLEMBULA	BANATHI	BELLVILLE	30	F	SEN	6518	2:59:12
1521	BEKKER	ANNATJIE	BRACKENFELL	46	F	45	5985	2:59:31
1522	NO RETURN		TEMP		M	SEN	T	2:59:33
1523	NO RETURN		TEMP		M	SEN	T	2:59:35
1524	YASIN	ANVER	TOP FORM	60	M	60	2303	2:59:36
1525	MAREE	MELANIE	TEMP	37	F	35	T	2:59:44
1526	OATES	SHAUN	AAC	38	M	35	9328	2:59:45
1527	VAN STADEN	VERONICA	BRACKENFELL	36	F	35	6134	3:00:04
1528	ARENDSE	MEGAN	SPARTAN	43	F	40	1689	3:00:16
1529	ADAMS	LYNN	SPARTAN	44	F	40	1628	3:00:17
1530	APOLLIS	MEGAN	SPARTAN	41	F	40	1577	3:00:17
1531	GROBBELAAR	THERSIA	DURBAC	34	F	SEN	2708	3:00:21
1532	BURGER	CHANTELLE	CAPE MULTISPORT	34	F	SEN	18579	3:00:21
1533	BOTHA	NICCI	RUN WALK 4 LIFE	50	F	50	10333	3:00:31
1534	MPENGEZI	THIZEKA	TEMP	30	F	SEN	T	3:00:43
1535	CROSSLEY	MANDY	RUN WALK 4 LIFE	46	F	45	10330	3:00:47
1536	TROMP	MELISSA	RUN WALK 4 LIFE	40	F	40	10322	3:00:47
1537	MCGURK	NICKY	EDGEMEAD	36	F	35	4725	3:00:52
1538	BECK	SUZANNE	PINELANDS	26	F	SEN	3671	3:01:05
1539	MOOSA	LATIEFA	ITHEKO	56	F	55	3105	3:01:11
1540	ROOS	MERYLL	CELTIC	39	F	35	7358	3:01:12
1541	KLEU	ALISON	SPARTAN	39	F	35	1932	3:01:12
1542	MANAN	NAZIEMA	BO-KAAP ATHLETICS	52	F	50	11288	3:01:18
1543	KIRBY	ALLOUISE	TYGERBERG	36	F	35	11685	3:01:18
1544	MARALACK	DAVID	ITHEKO		M	SEN	9876	3:01:35
1545	VUMAZONKE	AYANDA	TEMP	34	F	SEN	T38498	3:01:45

1546	DIEDERICKS	NAZ	EDGEMEAD	35	F	35	11599	3:01:57
1547	GRAY	CARLA	TEMP	39	F	35	T	3:01:59
1548	SMEDLEY	CHANTELLE	SPARTAN	42	F	40	1875	3:02:00
1549	CLACKETT	SANDY	HELDERBERG	52	F	50	4490	2:02:12
1550	MAHOMED	SHANAAZ	TOP FORM	55	F	55	2378	3:02:12
1551	NO RETURN		TOP FORM		M	SEN		3:02:13
1552	NGENI	ZOLA	RCS GUGS	38	F	35	7531	3:02:20
1553	FALAKAHLA	ONELA	RCS GUGS	33	F	SEN	7529	3:02:20
1554	MQAKELANA	GLADSTONE	CORR SERVICES WP	47	M	45	12762	3:02:41
1555	CHANZA	NONHLANHLA	CELTIC	39	F	35		3:02:52
1556	RABBIPAL	NADHIRA	TEMP	48	F	45	T	3:02:57
1557	MATTHEWS	DEVON	TEMP	38	M	35	T	3:03:16
1558	MOHAMED	MAISTOERAH	OMMIEDRAAI	40	F	40	6814	3:03:20
1559	SWARTZ	ASHLEY	DURBAC	34	M	SEN	15434	3:03:30
1560	MFECANE	NOSINTU	LWANDLE	35	F	35	14695	3:03:38
1561	NIEUWENHUIS	FATIMA	TOP FORM	70	F	70	2427	3:03:40
1562	ISMAIL	SHAHEEDAH	WALMERS AC	51	F	50	10285	3:03:51
1563	RICHARDS	ZAIDAH	BO-KAAP ATHLETICS	49	F	45	11307	3:04:08
1564	SWART	PATRICIA	PINELANDS	27	F	SEN	3910	3:04:21
1565	KLUE	MARISSA	TEMP	26	F	SEN	T39322	3:04:57
1566	ISMAIL	SHAHIEMAH	TOP FORM	48	F	45	2339	3:05:02
1567	ISMAIL	SHAHMIE	TOP FORM	53	M	50	2340	3:05:02
1568	BARRETT	LINDSAY	SPARTAN	35	F	35	1882	3:05:19
1569	NAMHLA	MGINQI	KHAYELITSHA	37	F	35	7198	3:05:23
1570	ZIDE	NOZI	RCS GUGS	46	F	45	7576	3:05:27
1571	BERNHARDT	CRISTAL	DURBAC	38	F	35	2710	3:05:30
1572	SMIT	PHILENE	DURBAC	41	F	40	2709	3:05:31
1573	BERNTZEN	ANNATJIE	GOODWOOD HARRIERS	76	F	75	4975	3:05:35
1574	APOLIES	LIESL	ITHEKO	43	F	40	3147	3:05:46
1575	ABRAHAMS	SORIETHA	OMMIEDRAAI	50	F	50	6793	3:05:48
1576	OKS	JANET	ITHEKO	40	F	40	3251	3:05:51
1577	PETERSEN	MAUREEN	OMMIEDRAAI	64	F	60	6938	3:05:56
1578	HILL	MARIE	CERES	73	M	70	0599 BOL	3:06:13
1579	BENN	GENEVIEVE	BELLVILLE	44	F	40	3494	3:06:29
1580	NO RETURN		ITHEKO		F	SEN		3:06:51
1581	MOWZER	NAEEM	WALMERS AC	40	M	40	10307	3:06:59
1582	MALONEY	FRANK	WEST COAST	66	M	65	5635	3:07:01

1583	MALONEY	CLAIRE	WEST COAST	33	F	SEN	15254	3:07:02
1584	WILLIAMS	SUSAN	TEMP	40	F	40	T	3:07:51
1585	KIRBY	DAVE	SPARTAN	82	M	80	1935	3:07:55
1586	HARRIS	LEE-ANN	PINELANDS	51	F	50	3767	3:08:38
1587	BREYTENBACH	MARITZA	RUN WALK 4 LIFE	33	F	SEN	8433	3:08:51
1588	BANJATWA	NOKUTHULA	RCS GUGS	43	F	40	9030	3:09:31
1589	HINE	MICHELLE	DURBAC	39	F	35	2596	3:09:43
1590	CASSIEM	AISHA	RCS GUGS	52	F	50	7716	3:10:24
1591	ALLIE	TOUGIEDA	ITHEKO	56	F	55	3162	3:10:35
1592	MHLAULI	UNITY	LANGA	35	F	35	10691	3:10:43
1593	THEUNISSEN	YASMIN	TOP FORM	58	F	55	2331	3:11:03
1594	THEUNISSEN	MADEDIE	TOP FORM	59	M	55	2330	3:11:03
1595	LAING	ILSE	BELLVILLE	43	F	40	6825	3:11:05
1596		PUMZA	PINELANDS	44	F	40	3830	3:11:16
1597	STEENKAMP	DUSTY	METROPOLITAN	24	M	SEN	11783	3:11:36
1598		ELMARI	TEMP	30	F	SEN	T	3:11:53
1599	LE	ANSU	STELLENBOSCH	25	F	SEN	0634 BOL	3:11:54
1600	SINDI	TANTASWA	ADVENTIST	39	F	35	10910	3:12:36
1601	CONWAY	ANGELA	TEAM VITALITY CG	54	F	50	24556 CGA	3:12:36
1602	SWAIN	CHARMAINE	PINELANDS	52	F	50	3695	3:13:12
1603	BOOI	AKHONA	RCS GUGS	38	F	35	16267	3:13:31
1604	WILLIAMS	MANDY	CENTURY CITY	42	F	40	11698	3:13:32
1605	MOSTER	MADELEINE	TEMP	38	F	35	T	3:13:35
1606	MUNNIK	CHRISTINE	CENTURY CITY	53	F	50	10164	3:13:38
1607	NGOMA	MSIMELELO	TEMP	32	M	SEN	T	3:13:40
1608	NO RETURN		TEAM VITALITY GN		F	SEN		3:14:06
1609	FROST	KENDALL	CENTURY CITY	37	F	35	13228	3:14:19
1610	PIETERSE	RANDY	GOODWOOD HARRIERS	62	M	60	4960	3:14:23
1611	MOKADAM	NAWAAL	FARNESE	32	F	SEN	10363	3:14:56
1612	JOSEPHS	CHEVON	TEMP	35	F	35	T38857	3:14:59
1613	NEPGEN	CAROL	KOWIE STRIDERS	67	F	65	0252 EPA	3:15:22
1614	FORTUIN	MARY	ITHEKO	53	F	50	9853	3:15:23
1615	DANIELS	NAZEEMA	RCS GUGS	49	F	45	7715	3:15:23
1616	ELISSAC	MARIAM	ITHEKO	57	F	55	9900	3:15:24
1617	WILLIAMS	MICHELLE	OMMIEDRAAI	35	F	35	6776	3:15:25
1618	EBRAHIM	MOEGSIEN	CAPE MULTISPORT	58	M	55	13191	3:15:25
1619	NADASEN	KATHY	UWC	63	F	60	9613	3:15:42

1620	ABRAHAMS	JANINE	OMMIEDRAAI	28	F	SEN	13545	3:15:49
1621	RHODES	BELINDA	PINELANDS	47	F	45	3657	3:16:29
1622	STELLENBOOM	FALDELAH	OMMIEDRAAI	61	F	60	15188	3:17:08
1623	NO RETURN		TEMP		M	SEN	T	3:17:08
1624	THEMA	MAMOHOLA	TEMP	22	F	SEN	T	3:17:51
1625	NYONI	DZUNISANI	UCT	22	M	SEN	9781	3:17:55
1626	SIMAKANI	SINIWIWE	CARBINEERS WP	27	F	SEN	8165	3:17:56
1627	YEO	JESSICA	RUN WALK 4 LIFE	47	F	45	15183	3:18:28
1628	QWETHA	ZIMKHITHA	LANGA	34	F	SEN	10711	3:19:09
1629	SCHADE	MARI	CENTURY CITY	49	F	45	10126	3:19:14
1630	BRAND	DESIREE	AAC	43	F	40	16135	3:19:20
1631	ABRAHAMS	JENELL	SPARTAN	36	F	35	10741	3:19:24
1632	CUPIDO	KIM	CARBINEERS WP	48	F	45	8116	3:19:26
1633	SOLOMON	KEITH	PINELANDS	56	M	55	3761	3:19:27
1634	HORN	ANNELINE	TEMP	43	F	40	T	3:19:32
1635	HORN	CHANTELLE	TEMP	39	F	35	T	3:19:32
1636	MEYER	KOERT	TYGERBERG	72	M	70	4237	3:19:56
1637	DORMER	SHELLEY	RUN WALK 4 LIFE	36	F	35	10747	3:20:47
1638	LANG	JOAN	WEST COAST	73	F	70	4036	3:20:57
1639	ERASMUS	JOHANNES	TEMP	47	M	45	T	3:21:52
1640	HANEKOM	LEJANDRA	SANLAM	32	F	SEN	8499	3:21:56
1641	NELSON	HANTIE	BELLVILLE	51	F	50	6556	3:22:05
1642	VENTER	SELESTE	CENTURY CITY	36	F	35	10220	3:22:25
1643	RYKLIEF	GABEBA	TOP FORM	59	F	55	2409	3:23:07
1644	DU PLESSIS	MELANY	PINELANDS	47	F	45	3821	3:23:08
1645	ABRAHAMS	FELICIA	PINELANDS	45	F	45	3824	3:23:09
1646	APRIL	TANYA	PINELANDS	34	F	SEN	3698	3:23:09
1647	JACKSON	HAYLEY	PINELANDS	46	F	45	3879	3:23:10
1648	THORNE	LAUREN	PINELANDS	40	F	40	3878	3:23:11
1649	DU PLESSIS	HENRY	PINELANDS	52	M	50	3823	3:23:12
1650	MAREE	ANTON	DURBAC	64	M	60	2918	3:24:28
1651	MADIKANE	KHAYAKAZI	KHAYELITSHA	32	F	SEN	12142	3:24:56
1652	ARENDSE	FAIROUZ	TOP FORM	45	F	45	2398	3:25:11
1653	ISMAIL	ROSEMARY	OMMIEDRAAI	61	F	60	6946	3:25:39
1654	JOSEPHS	JENNIFER	OMMIEDRAAI	71	F	70	6935	3:25:41
1655	COLLINS	NICKY	OMMIEDRAAI	48	F	45	6944	3:25:42
1656	TESSEL	S	AAC	71	M	70	9664	3:26:52

1657	SIEBRITS	KRIGE	TEMP	51	M	50	T	3:27:12
1658	SMIT	CARINA	OMMIEDRAAI	35	F	35	14821	3:27:12
1659	SNYMAN	SUSKA	NAMAQUA	54	F	50	8260	3:27:57
1660	SINGH	FARRYL	ATC	42	M	40	13798	3:28:15
1661	KWENAITE	MMANTOA	SAPS WP	35	F	35	13097	3:28:32
1662	STOCKDALE	VICTORIA	CENTURY CITY	43	F	40	10135	3:28:52
1663	VERMAAK	HANNELIE	DURBAC	50	F	50	14270	3:28:57
1664	BURGHER	JEAN	PINELANDS	55	F	55	3751	3:29:59
1665	THORNE	BRIAN	PINELANDS	68	M	65	3992	3:29:59
1666	SMITH	MERCIA	PINELANDS	50	F	50	3667	3:32:39
1667	MSENGANA	NCEBAKAZI	KHAYELITSHA	31	F	SEN	14828	3:37:07
1668	GIGI	FEZEKA	RCS GUGS	39	F	SEN	15785	3:37:08
1669	MNTUYEDWA	VALENCIA	ADVENTIST	45	F	45	10913	3:45:17
1670	BOVAH	CLAIRE	TEMP	35	F	35	T39468	3:45:18

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