

**CAPE TOWN FESTIVAL OF RUNNING  
18TH CAPE TOWN 21KM CLASSIC HALF MARATHON  
HEWAT ATHLETIC CLUB  
SUPPORTED BY THE TWO OCEANS MARATHON NPC  
SUNDAY 23 JULY 2017**

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	QHINA	MTHANDAZO	NEDBANK WP	39	M	35	0046	1:07:34
2	NKOMBI	SIVIWE	NEDBANK WP	28	M	SEN	4211	1:10:18
3	KHOTLE	RETSEPILE	ITHEKO	32	M	SEN	14435	1:10:20
4	MWANENGENI	TSUNGAI	RCS GUGS	43	M	40	13834	1:17:06
5	CROWTHER	MARCUS	PIRATES	27	M	SEN		1:17:15
6	BASS	NELSON	K-WAY VOB	38	M	35	1119	1:18:00
7	MULLER	JADE	TEMP	30	M	SEN	39316	1:19:23
8	MAKHUBO	AUBREY	WEST COAST	27	M	SEN	3050	1:20:48
9	ILLEGIBLE		ATC		M	SEN	2446	1:22:54
10	BOWNES	DARREN	HOUT BAY	22	M	SEN		1:23:15
11	RACOCO	ELIJA	WEST COAST	45	M	45	2915	1:23:58
12	PIKKER	MARK	K-WAY VOB	34	M	SEN	0624	1:24:06
13	EADIE	MICHAEL	EDGEMEAD	35	M	35		1:24:31
14	REEVE	BYRON	K-WAY VOB	29	M	SEN	1307	1:24:40
15	NTSODO	ZOLANI	SANDF WP	53	M	50		1:24:49
16	SAMBO	BONGANI	SANDF WP	32	M	SEN		1:24:59
17	WILLEMSE	LEE-SHAY	VELOCITY	23	F	SEN	12933	1:25:21
18	REID	CECIL	CELTIC	40	M	40	5751	1:25:44
19	MARILLIER	MICHAEL	NEDBANK WP	40	M	40		1:25:56
20	REDFERN	ANDREW	PINELANDS	39	M	35	2009	1:26:03
21	TINKLER	NICHOLAS	TEMP	24	M	SEN	39077	1:26:33
22	GRIESEL	BERNARD	ATC	29	M	SEN	2048	1:26:36
23	TOLOANE	TISETSO	WEST COAST	41	M	40		1:28:00
24	MULLER	SIMON	TEMP		M	SEN		1:28:09
25	CALTHORPE	LEVI	TEMP	23	M	SEN	39062	1:28:14
26	LILLIE	LUDWIG	DURBAC	56	M	55	6956	1:28:19
27	BRIDGER	MATTHEW	TEMP	25	M	SEN	38854	1:28:26

28	WISBEACH	JAMES	TEMP	57	M	55		1:28:31
29	VAN ZYL	MICHELLE	TEMP	35	F	35	39121	1:28:36
30	COOL	MARTIN	TEMP	32	M	SEN	38908	1:29:19
31	CETYWAYO	THADUXOLO	RCS GUGS	31	M	SEN	13836	1:29:24
32	DE SWARDT	AWIE	DURBAC	42	M	40		1:29:27
33	HOETS	GREGORY	PINELANDS	42	M	40		1:29:46
34	VAN WYK	JULIAN	STRAND	28	M	SEN		1:29:51
35	WATSON	GRANT	CARBINEERS WP	44	M	40		1:29:52
36	HALL	CANDYCE	CARBINEERS WP	33	F	SEN		1:29:52
37	KRIEL	MUHAMMAD	OMMIEDRAAI	63	M	60	0038	1:30:00
38	RANKIN	WILLIAM	K-WAY VOB	29	M	SEN		1:30:03
39	COMPTON	ROSS	TEMP	23	M	SEN	39063	1:30:26
40	RYKLIEF	SHAMIEG	VODACOM STRIDERS	41	M	40		1:30:49
41	MTINTSILANA	TOBANI	ADVENTIST	40	M	40	12852	1:31:08
42	POSTHUMUS-FOX	TANYA	CENTURY CITY	36	F	35		1:31:34
43	BURGOYNE	ROB	WILD RUNNER	35	M	35		1:31:54
44	ELS	MIKE	TEMP	34	M	SEN	38885	1:31:56
45	MASEMOLA	MASHORO	SANDF WP	30	M	SEN		1:32:01
46	HASSAN	ABDULLAHI ALI	BELLVILLE	40	M	40	8634	1:32:02
47	NAIDOO	VIJANDREN	AAC	43	M	40		1:32:20
48	JAKOET	UANIET	ASICS WP	32	M	SEN		1:32:27
49	TIMMIS	ROBERT	ATC	34	M	SEN		1:32:30
50	SOBE	MASIBULELE	RCS GUGS	27	M	SEN		1:32:44
51	NO RETURN		TEMP		M	SEN	39056	1:33:14
52	BOTHA	CARLO	ATC	33	M	SEN	2349	1:33:14
53	MISROLL	HEIMIE	PINELANDS	46	M	45		1:34:10
54	VUSUMZI	NELANI	CORR SERVICES WP	42	M	40		1:34:15
55	TARBOTON	BIANCA	CARBINEERS WP	20	F	SEN		1:34:16
56	CAPOSTAGNO	BENOIT	TEMP	35	M	35	38955	1:34:29
57	KAJEE	MUJEEB	ITHEKO	36	M	35		1:34:41
58	STEYN	RUAN	TEMP	30	M	SEN		1:34:54
59	MEYER	LOUIS	METROPOLITAN	52	M	50		1:35:10
60	SHAKEEL	SHIRAZ	HEWAT	16	M	JUN		1:35:27
61	MANZA	ARISTOTE	GOODWOOD HARRIERS	27	M	SEN		1:35:45
62	CRONJE	HERMAN	BRACKENFELL	28	M	SEN		1:35:49
63	KOKELA	LUCKY	SANDF WP	35	M	35		1:36:13

64	VAN HEERDEN	ADNAAN	VODACOM STRIDERS	37	M	35		1:36:17
65	LEMMON	MARK	MSM	51	M	50		1:36:53
66	BURGER	EMILE	OGILVY & MATHER	38	M	35		1:37:03
67	RHEEDER	RUHAN	TEMP	28	M	SEN		1:37:05
68	KOTZE	MARITSA	BELLVILLE	34	F	SEN		1:37:35
69	NXUMALO	SAKHILE	BELLVILLE	30	M	SEN		1:37:35
70	SCHOEMAN	LEONIE	TEMP	34	F	SEN		1:38:38
71	DE KLERK	MICHAEL	TEMP	45	M	45		1:38:39
72	WINFIELD	BENJAMIN	WILD RUNNER	29	M	SEN		1:38:58
73	CARIEM	NIZAAM	ITHEKO	36	M	35		1:39:15
74	NO CARD		NEDBANK WP		M	SEN		1:39:19
75	HATTINGH	CHRISTELLE	MSM	33	F	SEN		1:39:22
76	NO CARD		ATC		M	SEN		1:39:27
77	DISQUALIFIED		AAC		M	SEN		1:39:29
78	VAN HOUWELINGEN	JANA	AAC	29	F	SEN		1:39:32
79	MATIWANE	BUSISIWE	NEDBANK WP	42	F	40	4106	1:39:38
80	GIANNOPOULOS	GREGORY	TEMP	36	M	35	39374	1:39:55
81	DISQUALIFIED				M	SEN		1:39:57
82	STUART-SMITH	ALEXANDRA	K-WAY VOB	23	F	SEN		1:39:58
83	SCHUMANN	ERWIN	K-WAY VOB	59	M	55		1:40:02
84	MISROLL	JACKY	PINELANDS	47	F	45		1:40:17
85	DE BRUIN	THEUNIS	TEMP	29	M	SEN		1:40:21
86	WOZNICA	DANIEL	AAC	42	M	40	12818	1:40:22
87	KAYSER	WILLIAM	TEMP	38	M	35		1:40:31
88	MOLEFE	ITUMELENG	RCS GUGS	41	F	40		1:40:36
89	POTGIETER	LESYL	ATC	42	F	40		1:40:37
90	BOTHA	DEAN	CELTIC	33	M	SEN		1:40:47
91	NEL	KELLY	MP TITANS	23	F	SEN		1:40:56
92	WIESE	LOURENS	BELLVILLE	37	M	35		1:40:58
93	GRUZD	MATTHEW	CAPE MULTISPORT	38	M	35		1:41:01
94	BEZUIDENHOUT	ELTON	CARBINEERS WP	38	M	35		1:41:01
95	PHILLIPS	ZAHIR	CENTRAL AC	24	M	SEN		1:41:09
96	CHRISTIE	ANTONIE	PINELANDS	34	M	SEN		1:41:14
97	WHITEBOOI	ELOYCIOUS	SANDF WP	44	M	40	12116	1:41:29
98	JOHAADIEN	TARIQ	CENTRAL AC	31	M	SEN		1:41:31
99	O'HANLON	ROBERT	TEMP	51	M	50		1:41:37

100	SCOTT	MIKE	TEMP	44	M	40		1:41:43
101	NHUNDU	TAWANDA	TEMP	27	M	SEN		1:41:55
102	NO RETURN		GOODWOOD HARRIERS		M	SEN		1:41:59
103	BOTHA	PIETER	SANLAM	27	M	SEN		1:42:07
104	PARRY	CHARLES	PINELANDS	58	M	55		1:42:18
105	SIKES	MICHELLE	TEMP	32	F	SEN		1:42:22
106	GOLDSWORTHY	LIAM	TEMP	24	M	SEN		1:42:22
107	WILL	NANCY	PINELANDS	64	F	60		1:42:25
108	MANTHOKO	DOMINIC	UCT	21	M	SEN		1:42:31
109	STRAUSS	PIETER	TEMP	33	M	SEN		1:42:36
110	BENNETTS	VICTORIA	CARBINEERS WP	39	F	35		1:42:58
111	VON MATZAHN	NIKLAS	CELTIC	29	M	SEN		1:43:03
112	WIID	ANDREAS	CHARLO AC	24	M	SEN	0801	1:43:08
113	MAHARAJ	SUBHAS	RCS GUGS	69	M	65		1:43:22
114	WATERMEYER	CAROLINE	KPMG WP	24	F	SEN		1:43:23
115	SHORTT	GARETH	TEMP	34	M	SEN		1:43:24
116	MADRAS RAJARAMAN	DURGAPRASAD	CELTIC	34	M	SEN		1:43:33
117	LEBEA	MOJALEFA	SANDF WP	34	M	SEN		1:43:34
118	GRIESEL	JESSICA	ATC	30	F	SEN	2049	1:43:47
119	ROYAL	CANDICE	CARBINEERS WP	33	F	SEN		1:43:56
120	BEUKES	RUSSELL	VODACOM STRIDERS	33	M	SEN		1:43:59
121	MOORE	JONATHAN	EDGEMEAD	36	M	35		1:44:05
122	ROSSOUW	WAYNE	TEMP	47	M	45		1:44:16
123	HAARHOFF	MICHAEL	TEMP	44	M	40		1:44:19
124	COLMAN	PAUL	WEST COAST	49	M	45		1:44:39
125	PECK	FAEEK	OMMIEDRAAI	32	M	SEN	4364	1:44:45
126	BUITENDAG	JACQUES	SANDF WP	34	M	SEN	9492	1:44:46
127	NO CARD				M	SEN		1:44:46
128	KWAKWA	MASERA	SANDF WP	39	M	35	9485	1:44:47
129	D'ALLENDE	KEVIN	AAC	52	M	50		1:44:47
130	CIEVERTS	HENRY	TOP FORM	59	M	55		1:44:48
131	THORNE	MICHAEL	TEMP	35	M	35		1:44:49
132	JANUARY	SHAHEEN	ITHEKO	30	M	SEN		1:44:50
133	CALLAGHAN	MATTHEW	WESTVILLE AC	20	M	SEN		1:44:56
134	JENNINGS	KAREN	K-WAY VOB	51	F	50	0603	1:45:01
135	MC GOWAN	GARY	K-WAY VOB	36	M	35		1:45:02

136	BOTHA	JOHN-PIETER	TEMP	23	M	SEN		1:45:02
137	MAREE	JUNITA	BRACKENFELL	37	F	35		1:45:23
138	KNOTT	GARETH	WEST COAST	35	M	35		1:45:25
139	CHENNELLS	WILLIAMS	TEMP	26	M	SEN		1:45:27
140	KAKAZA	MNIKELI	RCS GUGS	25	M	SEN		1:45:42
141	NKOSANA	MASIXOLE	RCS GUGS	31	M	SEN		1:45:45
142	SALIE	MAAHIR	OMMIEDRAAI	30	M	SEN		1:45:46
143	CLAASSEN	ANENE	TEMP	27	F	SEN		1:45:50
144	PARK-ROSS	IAIN	WEST COAST	58	M	55		1:45:56
145	VAN ZYL	PIERRE	SANLAM	47	M	45		1:45:56
146	DAVIDS	MUBEEN	ARD	32	M	SEN	13731	1:46:07
147	DOWNES	MONRAY	TEMP	17	M	JUN	38875	1:46:16
148	HELMBOLD	ADRIAN	K-WAY VOB	25	M	SEN		1:46:20
149	SCOTT	RENEE	K-WAY VOB	55	F	55		1:46:29
150	KIRCHING	NATHAN	AAC	32	M	SEN		1:46:31
151	LEVY	JONATHAN	AAC	46	M	45	12736	1:46:35
152	ORRIE	ASHRAF	ITHEKO	49	M	45		1:46:35
153	MULAUDZI	MAANDA	ITHEKO	58	M	55		1:46:36
154	JACOBS	FAIZEL	ITHEKO	38	M	35		1:46:45
155	NO CARD		TEMP		M	SEN		1:46:52
156	ADAMS	FAIZEL	SANDF WP	39	M	35		1:46:55
157	HAVINGA	CASPER	TEMP	33	M	SEN		1:47:05
158	NO RETURN		TEMP		M	SEN		1:47:06
159	COCKROFT	ANDREW	EDGEMEAD	61	M	60		1:47:15
160	HEWITT	DEAN	BRACKENFELL	28	M	SEN	8171	1:47:18
161	HOLTMAN	SHAHM	OMMIEDRAAI	38	M	35	4430	1:47:20
162	STANDAAR	NATALIE	ESKOM	40	F	40	6601	1:47:27
163	NO RETURN				F	SEN		1:47:31
164	BREYTENBACH	JACOBUS	TEMP	35	M	35		1:47:35
165	LA GRANGE	LANDON	TEMP	52	M	50		1:47:37
166	SWART	FRANCOIS	HELDERBERG	30	M	SEN		1:47:39
167	SYDOW	SHAFIQ	CENTRAL AC	37	M	35		1:47:42
168	NO RETURN		TEMP		M	SEN		1:47:42
169	COZYN	ISMA-EEL	OMMIEDRAAI	17	M	JUN		1:47:58
170	ELS	SOPHIA	BELLVILLE	17	F	JUN	10100	1:48:01
171	KARUMURI	SRIKANTH REDDY	BRACKENFELL	29	M	SEN		1:48:02

172	VAN DER BERG	CARIEN	BRACKENFELL		F	SEN	8180	1:48:03
173	DISQUALIFIED				M	SEN		1:48:03
174	MEINTJES	GRAEME	RCS GUGS	46	M	45		1:48:08
175	KHATIEB	FAYROZ	TOP FORM	60	M	60		1:48:10
176	GASANT	NAZLI	OMMIEDRAAI	32	F	SEN		1:48:17
177	ALLIE	RAFIEK	NANTES	34	M	SEN	7299	1:48:31
178	SOLOMON	ZULPHA	TOP FORM	38	F	35		1:48:36
179	PARKER	ASH	TEMP	25	F	SEN		1:48:48
180	TAPE	KAREEM	VODACOM STRIDERS	37	M	35		1:48:49
181	JOHNSTON	NICOLA	K-WAY VOB	29	F	SEN	0927	1:48:49
182	HAYES	MICHALE	TEMP	37	M	35		1:48:50
183	WHITEHEAD	CARLA	CENTURY CITY	33	F	SEN		1:48:52
184	NO CARD				M	SEN		1:48:58
185	RAWRAWAY	PAUL	AAC	41	M	40	3518	1:49:02
186	KIRSTEN	MARK	STELLENBOSCH	24	M	SEN		1:49:13
187	SIMONIS	LAURA	WEST COAST	45	F	45		1:49:17
188	EBRAHIM	SHABEEN	ITHEKO	46	M	45		1:49:31
189	MAFOLO	MAKORORO	TEMP	32	M	SEN		1:49:31
190	NO CARD				M	SEN		1:49:32
191	BOOI	XOLISIWE	WEST COAST	32	F	SEN		1:49:37
192	NQEKETO	LAZOLA	TEMP	33	M	SEN		1:49:41
193	WOODRUFF	LANCE	TEMP	37	M	35	38906	1:49:41
194	ELLMAN	ANDRE	GOODWOOD HARRIERS	38	M	35		1:49:44
195	DALLAS	BARRY	K-WAY VOB	45	M	45		1:49:45
196	MOOS	RIYAAD	TEMP	38	M	35		1:49:47
197	KEYSER	TANIA	MELKBOS	42	M	40		1:49:51
198	DE VILLIERS	CHARL	MELKBOS	39	M	35		1:49:51
199	OLSEN	RUSSELL	MATES	50	M	50		1:49:57
200	COHEN	MARTINE	AAC	32	F	SEN		1:49:58
201	DEHLEN	GERARD	TEMP	50	M	50		1:50:02
202	O'HAUGHEY	JAMES	AAC	38	M	35		1:50:03
203	BISHOP	MARY	TEMP	24	F	SEN		1:50:06
204	PHILIPS	PAUL	BAHRAIN RR	44	M	40	39312	1:50:06
205	GREEN	WESLEY	TEMP	22	M	SEN		1:50:07
206	ISAACS	DAVID	PINELANDS	46	M	45	1915	1:50:16
207	LYNN	NATHAN	AAC	25	M	SEN		1:50:20

208	MITCHELL	DOUGLAS	BELLVILLE	49	M	45	5109	1:50:35
209	FROON	DONOVAN	CARBINEERS WP	26	M	SEN		1:50:42
210	COWAN	LINDSAY	TEMP	40	M	40		1:50:56
211	DE VILLIERS	ANTON	TEMP	30	M	SEN		1:51:00
212	DAVIDS	YUNUS	TEMP	35	M	35		1:51:03
213	KOOPMAN	EDWIN	SANDF WP	33	M	SEN		1:51:06
214	SALIE	FADL	OMMIEDRAAI	33	M	SEN		1:51:06
215	LOURENS	CHRIS	BRACKENFELL	61	M	60		1:51:07
216	ROELOFSE	PIETER	CELTIC	44	M	40		1:51:10
217	BUYS	MICHAEL	TEMP	54	M	50		1:51:12
218	GEYER	FAIZA	CARBINEERS WP	33	F	SEN		1:51:23
219	HESSLER	NINA	TEMP	21	F	SEN		1:51:27
220	SIHLUKU	MTHOPISI	RCS GUGS	46	M	45		1:51:28
221	HANNAH	MICHAEL	WEST COAST	55	M	55		1:51:30
222	RUSSELL	RODNEY	WEST COAST	46	M	45		1:51:33
223	CHENNELLS	JACK	TEMP	25	M	SEN		1:51:36
224	ARCHER	JUSTIN	AAC	27	M	SEN		1:51:37
225	ARTUS	DUNCAN	TEMP	41	M	40		1:51:48
226	WATERMEYER	ASHLEIGH	TEMP	26	F	SEN		1:52:03
227	NO CARD		TEMP		M	SEN		1:52:04
228	BRINK	LOUIS	WILD RUNNER	46	M	45	2219	1:52:04
229	BOTHA	ALCONRAY	TEMP	30	M	SEN		1:52:09
230	NO RETURN		AS EAGLES		M	SEN		1:52:10
231	BOOYSEN	FRANS	TEMP	35	M	35		1:52:17
232	SACKS	ALEXIS	CARBINEERS WP	48	F	45		1:52:17
233	FROON	ANTON	CARBINEERS WP	33	M	SEN		1:52:18
234	CLAASSENS	DARREN	SPARTAN	36	M	35	10777	1:52:18
235	SEPTEMBER	CHANTAL	SPARTAN	32	F	SEN		1:52:20
236	MARKRAM	JACQUES	TEMP	34	M	SEN		1:52:21
237	ABRUDOAF	MUHAMMAD	ITHEKO	38	M	35		1:52:29
238	LILFORD	EMILY	CARBINEERS WP	29	F	SEN	6585	1:52:32
239	DU TOIT	BAREND	TEMP	44	M	40		1:52:33
240	KERAAN	WESHAAM	CENTRAL AC	35	M	35		1:52:33
241	OPIE	JESSICA	CARBINEERS WP	47	F	45		1:52:38
242	ARNOLD	BRYAN	TEMP	27	M	SEN		1:52:42
243	ROY	JONATHAN	TEMP	38	M	35		1:52:47

244	PRINGLE	CARIN	RUN WALK 4 LIFE	49	F	45		1:52:49
245	PENWILL	KIM	TEMP	27	F	SEN		1:52:54
246	MICHELL	PETER	TEMP	50	M	50		1:52:57
247	BORCHARDS	MARIO	EDGEMEAD	43	M	40		1:52:59
248	LESEDI	KGWADI	RCS GUGS	39	M	35		1:52:59
249	NO RETURN		TEMP		M	SEN		1:53:07
250	BARRAT	BRENDAN	TEMP	39	M	35		1:53:09
251	ENDERSBY	LYNNAE	PINELANDS	36	F	35		1:53:09
252	KUILEN	IAN	BELLVILLE	42	M	40		1:53:12
253	DAVIDS	DONOVAN	MP TITANS	36	M	35		1:53:19
254	ISMAIL	TAWFEEQ	MP TITANS	31	M	SEN		1:53:22
255	NIEMANN	BIANCA	TEMP	37	F	35	39305	1:53:24
256	WINCKWORTH	SUSAN	AAC	34	F	SEN		1:53:26
257	RABIN	SIRAAJ	ITHEKO	43	M	40		1:53:26
258	SALIE	SIRAJ	ITHEKO	44	M	40		1:53:27
259	DU PLESSIS	HELEN	BRACKENFELL	65	F	65		1:53:31
260	CURRY	DAVID	TEMP	46	M	45		1:53:35
261	DE NOBREGA	JOSE	BELLVILLE	61	M	60		1:53:36
262	DE KLERK	TELANIE	TEMP	35	F	35		1:53:37
263	DAVIDS	SHAMEEL	CENTRAL AC	33	M	SEN		1:53:48
264	KAPREY	LATIEF	TEMP	28	M	SEN		1:53:52
265	VEERMEER	JULIAN	STELLENBOSCH	35	M	35		1:53:54
266	MATHEW	STEVE	HARFIELD	52	M	50	7129	1:53:57
267	SHEPHERD	ANDREW	AAC	41	M	40		1:53:58
268	VASS	MATTHEW	AAC	32	M	SEN		1:53:58
269	KRIEL	LLOYD	TEMP	23	M	SEN		1:54:02
270	NEL	SHARON	SANLAM	42	F	40	3621	1:54:06
271	ISAACS	RAFIQ	CENTRAL AC	58	M	55		1:54:10
272	JAMES	PAUL	TEMP	27	M	SEN		1:54:14
273	SMITH	JULIAN	PINELANDS	32	M	SEN		1:54:19
274	AUCAMP	DAVID	CAPE MULTISPORT	55	M	55		1:54:20
275	POPE	BRUCE	PINELANDS	57	M	55		1:54:24
276	SHOCHOT	WENDY	TEMP	47	F	45		1:54:29
277	ROBSON	MICHAEL	TEMP	22	M	SEN		1:54:32
278	LIEBENBERG	NOEL	TEMP	30	M	SEN		1:54:36
279	NEWMAN	KEVIN	CARBINEERS WP	50	M	50		1:54:46



280	SPECK	SIMON	CARBINEERS WP	54	M	50		1:54:46
281	MATTHYSEN	CARLO	EDGEMEAD	43	M	40		1:54:47
282	ELIAS	ADRIAN	TEMP	42	M	40		1:54:50
283	JOE	WARRICK	OBS RC	45	M	45		1:54:54
284	ARNOLD	MAGHDI	PINELANDS	54	M	50		1:54:57
285	MONGALE	JOHANNES	NEDBANK WP	44	M	40	11960	1:54:58
286	UYS	RIAAN	BIDVEST	45	M	45		1:55:03
287	NO RETURN		RCS GUGS		F	SEN		1:55:04
288	MURISON	INGA	SPARTAN	39	F	35		1:55:09
289	MAJEWSKI	CARON	TEMP	43	F	40		1:55:09
290	LEKALAKALA	SHELA	TEMP	40	F	40		1:55:15
291	STEVENS	PAUL	FISH HOEK	42	M	40		1:55:18
292	ADAMS	MICHAEL	SPARTAN	52	M	50		1:55:21
293	HOLLYHOKE	ELIZABETH	K-WAY VOB	36	F	35		1:55:33
294	GROENEWALD	PETRUS	BRACKENFELL	29	M	SEN	8305	1:55:48
295	WELZ	MATTHEW	AAC	42	M	40		1:55:49
296	SMITH	DUSTIN	SPARTAN	33	M	SEN		1:55:52
297	WERTH	GAVIN	TEMP	42	M	40		1:56:06
298	NO RETURN				F	SEN		1:56:08
299	SMITH	MARK	SPARTAN	59	M	55		1:56:09
300	KILPATRICK	GAVIN	TEMP	35	M	35		1:56:22
301	HARRIS	MICHAEL	TEMP	41	M	40		1:56:23
302	COE	SHAMIEL	OMMIEDRAAI	46	M	45	4310	1:56:27
303	FAZENDA	ANNA-MARI	WALMERS AC	34	F	SEN	11708	1:56:27
304	DU PLESSIS	JEAN-PIERRE	TEMP	37	M	35		1:56:31
305	NO RETURN				M	SEN		1:56:32
306	RUSSELL	BRENDAN	TEMP	32	M	SEN		1:56:32
307	HUANG	HSIN-CHI	WILD RUNNER	32	M	SEN		1:56:36
308	JACKSON	LYNDSAY	K-WAY VOB	59	F	55		1:56:46
309	SWIEL	WENDY	K-WAY VOB	48	F	45	0971	1:56:51
310	FISCHER	CINDY	TEMP	38	F	35		1:56:57
311	NO RETURN		TEMP		M	SEN		1:57:00
312	SCHUMANN	CANDY	K-WAY VOB	54	F	50		1:57:01
313	ARENDSE	JASON	TEMP	37	M	35		1:57:05
314	MAHATEY	FEROZ	ITHEKO	36	M	35		1:57:06
315	OSBURN	LANCELOT	OLD MUTUAL	36	M	35		1:57:07

316	MOSES	PETRO	VELOCITY	17	F	JUN	10381	1:57:12
317	MEHL	RUSSELL	TOP FORM	52	M	50		1:57:13
318	SOEKER	MUSHFIQ	TOP FORM	25	M	SEN		1:57:13
319	ZIMMERMAN	ANNE	AAC	54	F	50		1:57:18
320	SILKE	HOWARD	AAC	61	M	60		1:57:18
321	APRIL	KAREN	AAC	40	F	40		1:57:23
322	KIEWIET	MARCHALL	CARBINEERS WP	33	M	SEN		1:57:24
323	SNOW	GREGORY	DURBAC	54	M	50		1:57:26
324	JACOBS	ANTHEA	IN TOUCH	48	F	45		1:57:26
325	WARD	COLIN	WEST COAST	39	M	35		1:57:32
326	APSEY	MYLES	WEST COAST	43	M	40	3032	1:57:32
327	VAN DER MERWE	LENE	TEMP	25	F	SEN		1:57:35
328	DEVLIN	SUSAN	MELKBOS	43	F	40		1:57:38
329	CRAIG	GAVIN	SPARTAN	45	M	45		1:57:44
330	FIELDING	BURTRAM	CAPE MULTISPORT	44	M	40		1:57:49
331	VON HOESSLIN	KIRSTEN	TEMP	29	F	SEN		1:57:50
332	ETHERIDGE	LYNN	K-WAY VOB	51	F	50		1:57:57
333	MIAS	GLEN	NANTES	35	M	35		1:57:58
334	ABDUL	BENJAMIN	TEMP	40	M	40		1:57:59
335	PHENYO	PELOENG	LANGA	33	M	SEN		1:58:09
336	BLAKE	LAURA	K-WAY VOB	42	F	40		1:58:09
337	NO CARD				M	SEN		1:58:10
338	VAN NIEKERK	LARAH	TEMP	35	F	35		1:58:10
339	HARKER	KEVIN	CAPE MULTISPORT	27	M	SEN		1:58:10
340	VAN ZYL	KARIEN	CAPE MULTISPORT	31	F	SEN		1:58:11
341	DU TOIT	STEPHAN	TEMP	34	M	SEN		1:58:11
342	NEW	LAUREN	TEMP	25	F	SEN		1:58:20
343	TANDY	FELICIA	WEST COAST	36	F	35		1:58:22
344	BOVA	KATARINA	MATES	44	F	40		1:58:25
345	ZOTSHA	ONKE	KHAYELITSHA	31	F	SEN		1:58:26
346	NO CARD		UCT		M	SEN		1:58:27
347	DAVIGNON	LAURIANNE	OBS RC	28	F	SEN		1:58:29
348	BRINK	LUCILLE	TEMP	38	F	35		1:58:30
349	RAFFAN	ROSS	TEMP	31	M	SEN		1:58:37
350	HARTLEY	RIDHA	TEMP	42	M	40		1:58:41
351	CLARENCE	MICHAEL	TEMP	29	M	SEN		1:58:42

352	DOWNES	ROGER	TEMP	31	M	SEN		1:58:48
353	TILLEY	TYRONE	TEMP	34	M	SEN	39057	1:58:53
354	DE VILLIERS	HENNIE	SANLAM	52	M	50		1:58:58
355	BAXTER	PAUL	AAC	52	M	50		1:58:59
356	WINZER	GERD	CAPE MULTISPORT	33	M	SEN		1:59:05
357	PATERSON	MONICA	WEST COAST	55	F	55		1:59:08
358	SALIE	YUSUF	ITHEKO	36	F	35		1:59:09
359	RIVETT	LIZ	CELTIC	42	F	40		1:59:10
360	NGIDIWE	SAMUEL	PINELANDS	41	M	40		1:59:11
361	CLARK	KIM	CAPE MULTISPORT	38	M	35		1:59:11
362	CROWIE	SIERAAJ	OMMIEDRAAI	32	M	SEN		1:59:12
363	NIEUWOUDT	DERICK	CAPE MULTISPORT	41	M	40		1:59:13
364	VAN DER SCHYFF	SHANAAZ	ITHEKO	51	F	50		1:59:14
365	DO REGO	REINALDO	K-WAY VOB	41	M	40		1:59:14
366	HUMAN	ANUZKA	CARBINEERS WP	27	F	SEN		1:59:15
367	SEFARA	LEHLOHONOLO	TEMP	33	F	SEN		1:59:15
368	PARSRAMAN	THERESA	FISH HOEK	47	F	45		1:59:16
369	VLOK	MIEKE	AAC	25	F	SEN		1:59:19
370	VAN DER MERWE	VAN ZYL	TEMP	28	M	SEN		1:59:22
371	DE VILLIERS	MARGUBRITE	CENTURY CITY	48	F	45		1:59:22
372	WILLIAMS	JOHN	TEMP	55	M	55		1:59:23
373	MEHL	BEVERLEY	TOP FORM	58	F	55		1:59:25
374	ISMAIL	SHAHMIE	TOP FORM	52	M	50		1:59:27
375	AGHERDIEN	FIQREE	TOP FORM	34	M	SEN		1:59:27
376	GERTSE	MOGAMAT	ITHEKO	51	M	50		1:59:27
377	SMIT	ALNARD	TEMP		M	SEN		1:59:28
378	BEKKER	RYAN	TEMP	34	M	SEN		1:59:28
379	ROCHE	FLEWIN	BRACKENFELL	44	M	40		1:59:30
380	NO CARD				M	SEN		1:59:30
381	JACOBS	RONWIN	MP TITANS	42	M	40		1:59:31
382	BARNARD	CHRISTIAAN	TEMP	28	M	SEN		1:59:32
383	BILLIMORE	TAMARA	WEST COAST	44	F	40		1:59:33
384	WINKWORTH	MARIO	MP TITANS	56	M	55	3776	1:59:33
385	TWINE	TREVOR	TEMP	47	M	45		1:59:34
386	MALAN	DANIEL	STELLENBOSCH	45	M	45	1055 BOL	1:59:35
387	GAMZA	SALEEM	OMMIEDRAAI	50	M	50		1:59:35

388	COOVADIA	NABEELAH	CELTIC	22	M	SEN		1:59:36
389	BADENHORST	CORNELL	EASTERNS	39	F	35		1:59:36
390	ELSTOB	ABIGAIL	AAC	29	F	SEN		1:59:37
391	GOUWS	ANITA	RUN WALK 4 LIFE	55	F	55	8113	1:59:37
392	DU TOIT	FRANZEL	TEMP	40	F	40		1:59:39
393	GABRIEL	HIRUN	GOODWOOD HARRIERS	50	M	50		1:59:40
394	NO CARD				M	SEN		1:59:40
395	VAN ROOYEN	NATHAN	TEMP	41	M	40		1:59:41
396	DAVIDS	ABDULAZEEZ	OMMIEDRAAI	42	M	40		1:59:41
397	KOTZE	HENNIE	SANLAM	29	M	SEN		1:59:41
398	MARRA	CARLO	RCS GUGS	34	M	SEN		1:59:43
399	NGXONONO	PHUMELELO	PINELANDS	40	M	40		1:59:43
400	NO CARD				M	SEN		1:59:44
401	ALLIE	IRFAAN	ARD	30	M	SEN		1:59:46
402	MORRELL	ROBERT	UCT	61	M	60	4813	1:59:47
403	KER	LUCY	ITHEKO	32	F	SEN		1:59:33
404	BLACKIE	ROSE	TEMP	31	F	SEN		1:59:54
405	BARNARD	PAUL	WPCC	57	M	55		1:59:54
406	ASMAL	UWAIS	OMMIEDRAAI	31	M	SEN		1:59:56
407	GABRIELS	WESLEY	CELTIC	37	M	35	5816	2:00:03
408	DE SOUSA	ALEX	RUN WALK 4 LIFE	49	M	45	9257	2:00:05
409	WARD	GRANT	CELTIC	36	M	35		2:00:21
410	NO CARD				M	SEN		2:00:31
411	VAN DYK	JOHAN	TEMP	34	M	SEN		2:00:32
412	WEBER	RUDI	CARBINEERS WP	39	M	35		2:00:33
413	NO RETURN				F	SEN		2:00:34
414	ADAMS	AMIEN	CELTIC	63	M	60		2:00:34
415	BLOM	CARL	TEMP	32	M	SEN		2:00:35
416	VAN DER WALT	DARIUS	TEMP	37	M	35		2:00:37
417	HARPER	STUART	TEMP	41	M	40		2:00:40
418	HAYES	DANIEL	K-WAY VOB	41	M	40		2:00:40
419	BRINKMANN	PHILIPPA	HARFIELD	40	F	40	7080	2:00:44
420	CISARI	ANDREW	HOUT BAY	46	M	45		2:01:25
421	ABDULLAH	KASHIEF	CENTRAL AC	41	M	40		2:01:30
422	ROY	GORDON	TEMP	45	M	45		2:01:34
423	FREDERICKS	NATASSIA	ITHEKO	31	F	SEN		2:01:35

424	CAMU	CHLOE	CARBINEERS WP	23	F	SEN	6511	2:01:36
425	MULLER	SABINE	HOUT BAY	52	F	50		2:01:37
426	NO CARD				M	SEN		2:01:50
427	ROSSOUW	MATTHEW	DURBAC	28	M	SEN		2:01:51
428	MOKOENA	JOHANNA	SANDF WP	31	F	SEN		2:01:51
429	SENONA	TLADI	SANDF WP	34	M	SEN		2:01:52
430	FICK	JURIE	LANGEBERG AC	44	M	40		2:02:00
431	ADAMS	WASFI	OMMIEDRAAI	47	M	45		2:02:10
432	MUNDALAMO	PFUNZO	BELLVILLE	25	M	SEN		2:02:36
433	VAN DER MERWE	LYNETTE	TEMP	28	F	SEN		2:02:50
434	COETZEE	JACQUES	BRACKENFELL	39	M	35		2:02:50
435	BARDIEN	YAZIED	CENTRAL AC	36	M	35		2:03:04
436	GOUWS	FRANCOIS	EDGE MEAD	52	M	50		2:03:07
437	BRUTON	CARREY	K-WAY VOB	27	F	SEN		2:03:13
438	EHLERS	LOGAN	EDGE MEAD	24	M	SEN		2:03:26
439	BARDAY	ASHRIF	TOP FORM	50	M	50		2:03:32
440	RAMSAY	SHAYNE	TEMP	56	F	55		2:03:32
441	BRINK	SAMANTHA	WILD RUNNER	39	F	35	2223	2:03:36
442	FARRED	LEE	AAC	42	M	40		2:03:37
443	BARRON	CRAIG	SPARTAN	37	M	35		2:03:37
444	GWADISO	SAPHO	TEMP	31	M	SEN	38910	2:03:38
445	CHAPLIN	MARK	AAC	25	M	SEN		2:03:41
446	VENTER	TRACEY	TEMP	36	F	35		2:03:41
447	SCHRENK	ANNIKA	DURBAC	26	F	SEN		2:03:45
448	BURGESS	MARC	HARFIELD	30	M	SEN	7126	2:03:46
449	HEIL	STEFAN	BELLVILLE	44	M	40	8681	2:03:57
450	DISQUALIFIED		TEMP		M	SEN		2:04:03
451	VAN ZYL	LUTHER	JHB	24	M	SEN	28383 CGA	2:04:07
452	MULLER	CORLIA	STRAND	30	F	SEN		2:04:24
453	ADONIS	JIMMY	RCS GUGS	64	M	60		2:04:30
454	WILSON	CRAIG	CAPE MULTISPORT	43	M	40		2:04:31
455	JACOBS	DONNA	SPARTAN	33	F	SEN		2:04:49
456	BREDENKAMP	CAILEY	PAARL	54	F	50		2:04:49
457	MAXWELL	AMY	TEMP	43	F	40		2:04:52
458	BECKER	ROXIE	TEMP	23	F	SEN		2:04:53
459	DIAMOND	CARIN	TEMP	47	F	45		2:04:53

460	VELEM	MASIXOLE	CENTURY CITY	29	M	SEN		2:04:56
461	FULLER	LAUREN	K-WAY VOB	26	F	SEN		2:04:56
462	NO CARD				M	SEN		2:04:57
463	RIJKMANS	MIKAELA	WILD RUNNER	24	F	SEN		2:04:57
464	HAARHOFF	JEANINE	WEST COAST	43	F	40		2:05:01
465	GANA	ANDISA	TEMP	25	M	SEN		2:05:01
466	NDLOVU	VUYANI	RCS GUGS	33	M	SEN		2:05:02
467	KUBHEKA	REFILOE	PINELANDS	32	M	SEN		2:05:02
468	WILSON	GRAEME	K-WAY VOB	47	M	45		2:05:08
469	PYE	ANTHONY	TEMP	41	M	40		2:05:09
470	SOTASHE	SANDISWA	TEMP	34	F	SEN		2:05:12
471	SWARTZ	ANTHEA	SPARTAN	53	F	50		2:05:18
472	GOUGH	KEVIN	CENTURY CITY	57	M	55		2:05:27
473	KRUGER	DUANE	HARFIELD	47	M	45		2:05:30
474	MULLER	LARA	PINELANDS	41	F	40		2:05:47
475	DENTLINGER	LINDSAY	ATC	41	F	40		2:05:47
476	DOWNES	JANINE	TEMP	31	F	SEN		2:05:48
477	DAVIDS	CECILIA	NANTES	58	F	55	7259	2:05:52
478	KITSHOFF	CARL	TEMP	30	M	SEN		2:05:54
479	JOHNSTONE	PETER	SANDF WP	64	M	60		2:05:56
480	BRITZ	SONJA	ATC	37	F	35		2:06:02
481	SIMONS	ARMIEN	CENTRAL AC	46	M	45		2:06:06
482	DIAMOND	SHAUN	TEMP	46	M	45		2:06:09
483	SAULS	RONALD	TEMP	36	M	35		2:06:11
484	NIEBUHR	INGRID	TEMP	30	F	SEN		2:06:12
485	ROUSSEAU	MICHELLE	WEST COAST	27	F	SEN		2:06:12
486	HEALY	ADAM	TEMP	25	M	SEN		2:06:13
487	MASHIYI	SIBONGILE	RCS GUGS	41	F	40		2:06:14
488	DUNCAN	ANDREW	PINELANDS	41	M	40		2:06:24
489	MONDLIWA	SIPHOKAZI	NEDBANK WP	36	F	35		2:06:32
490	LEMMON	ANNIE	MSM	56	F	55		2:06:35
491	LAING	ANDREW	PINELANDS	33	M	SEN		2:06:36
492	SWART	SUNETTE	NEDBANK WP	49	F	45	4268	2:06:41
493	SALIE	RIYAAD	TEMP	38	M	35		2:06:50
494	MARTHEZE	RENE	IN TOUCH	37	F	35		2:06:58
495	GALIMBERTI	MARIAGRAZIA	OBS RC	39	F	35		2:06:58

496	VENCENCIE	BRENT	DURBAC	28	M	SEN		2:06:59
497	SEPTEMBER	ROBIN	TEMP	32	M	SEN		2:07:00
498	BRANDON	ZITA	WEST COAST	54	F	50		2:07:00
499	FISCHER	TANYA	IN TOUCH	36	F	35		2:07:01
500	SCHUTTE	PETER	TEMP	60	M	60		2:07:01
501	RHODE	KHANITA	STELLENBOSCH	50	F	50		2:07:06
502	KOOPMAN	SHIERAAJ	CARBINEERS WP	39	M	35		2:07:06
503	DYASI	MANDISA	KHAYELITSHA	35	F	35		2:07:07
504	RABINOWITZ	AMANDA	TEMP	31	F	SEN		2:07:07
505	NO RETURN				M	SEN		2:07:10
506	DUNSTAN	DIANE	K-WAY VOB	58	F	55		2:07:11
507	MCLELLAN	FIONA	TEMP	26	F	SEN		2:07:12
508	PORRILL	OWEN	PINELANDS	46	M	45	1801	2:07:15
509	MAHARAGE	RODNEY	CELTIC	53	M	50	5555	2:07:19
510	HUTTON	BARBARA	CELTIC	58	F	55		2:07:21
511	THOMPSON	PETE	SATORI	55	M	55		2:07:26
512	BEUKES	MARVAN	AAC	46	M	45		2:07:31
513	WELDON	TARYN	ATC	38	F	35		2:07:32
514	NORTH	LISA	ATC	43	F	40	14404	2:07:32
515	VAN SITPERT	ALBERTUS	CAPE MULTISPORT	42	M	40		2:07:36
516	MOSHOESHOE	DESMOND	GOODWOOD HARRIERS	26	M	SEN		2:07:36
517	ALIAS	MICHAEL	SPARTAN	45	M	45		2:07:41
518	FAKIER	NURAAN	CELTIC	39	F	35		2:07:41
519	WILLIAMS	QUINTON	SPARTAN	42	M	40		2:07:41
520	NO RETURN		CAPE MULTISPORT		M	SEN		2:07:49
521	BALLARD	HARRY	TEMP	61	M	60		2:07:52
522	VORAJEE	NAADIR	UCT	21	M	SEN		2:07:52
523	NELL	EVAN	WILD RUNNER	39	M	35		2:07:53
524	FINEGAN	STEVEN	PINELANDS	38	M	35	2041	2:07:57
525	VAN DEN BOSCH	LINDY	TEMP	47	F	45		2:07:58
526	ROBERTS	MONIQUE	BELLVILLE	35	F	35		2:07:58
527	BURNS	MANDY	BELLVILLE	44	F	40		2:07:59
528	FISHER	CHANTAL	SANLAM	40	F	40		2:07:59
529	PRETORIUS	MARTHA	NANTES	47	F	45		2:08:00
530	JAFFER	GOOLAM	TOP FORM	57	M	55		2:08:07
531	COCULESCU	MARGA	EDGEMEAD	41	F	40		2:08:10

532	BAROUTSOS	DEMITRI	EDGEMEAD	42	M	40		2:08:10
533	SMOOK	ANDREA	RUN WALK 4 LIFE	34	F	SEN		2:08:16
534	WIEHAHN	MARLAINE	CELTIC	57	F	55		2:08:16
535	PINTO	SIDONIO	STELLENBOSCH	22	M	SEN		2:08:20
536	KAPP	JOHANNES	TEMP	27	M	SEN		2:08:22
537	IMMINK	DELNA	TEMP	24	F	SEN		2:08:22
538	NO CARD		AAC		M	SEN		2:08:26
539	NO CARD		AAC		M	SEN		2:08:27
540	DORON	GOLDBERG	TEMP	48	M	45		2:08:28
541	HENDRICKS	LISA	PMMC	47	F	45		2:08:28
542	HOLMES	LISA	K-WAY VOB	41	F	40		2:08:33
543	MUSY	FRIEDERIKE	TEMP	29	F	SEN		2:08:33
544	POKORNEY	SUSAN	TEMP	61	F	60		2:08:34
545	JOUBERT	ELIZABETH	TEMP	34	F	SEN		2:08:56
546	AUGUSTIN	LEZANE	TEMP	27	F	SEN		2:08:56
547	LANDSBERG	SUSAN	RUN WALK 4 LIFE	45	F	45		2:08:57
548	COE	FAIRUZ	OMMIEDRAAI	38	F	35	4309	2:08:59
549	KYRIACOU	NATALIE	K-WAY VOB	33	F	SEN		2:09:06
550	ABRAHAMS	BRENTON	PINELANDS	48	M	45		2:09:08
551	RIEMER	MARK	TEMP	33	M	SEN		2:09:09
552	ROWAN	EVA	OGILVY & MATHER	36	M	35		2:09:09
553	HORNE	ROBERT	TEMP	41	M	40		2:09:26
554	THOMAS	TARA	SPARTAN	24	F	SEN		2:09:29
555	WEPENER	CARYN	AAC	33	F	SEN		2:09:31
556	GRAY	SIMONE	TEMP	23	F	SEN		2:09:40
557	MARKS	RACHEL	AAC	45	F	45		2:09:40
558	MEYER	SUZANNE	TEMP	48	F	45		2:09:44
559	ABRAHAMS	FELICIA	PINELANDS	44	F	40		2:09:49
560	SWART	ANDRE	NEDBANK WP	60	M	60	4256	2:09:54
561	RICHARDS	CUAN	SPARTAN	32	M	SEN		2:09:55
562	AJAM	SHAHEEM	MP TITANS	32	M	SEN	3774	2:10:00
563	PRETORIUS	RASSIE	SANLAM	50	M	50		2:10:00
564	BACKEBERG	OLGA	TEMP	43	F	40		2:10:17
565	MAKABOLANE	BOIKANYO	SANDF WP	32	M	SEN		2:10:29
566	SMITH	SANDRA	K-WAY VOB	48	F	45		2:10:31
567	MARTIN	JAMIE-RYAN	TEMP	26	M	SEN		2:10:31



568	ADAMS	ADIEL	ATLANTIS	51	M	50		2:10:35
569	GANIEF	WISAHL	HARFIELD	38	F	35		2:10:36
570	LUDIDI	AMANDA	ESKOM	35	F	35		2:10:36
571	VAN SCHALKWYK	WILLEM	METROPOLITAN	58	M	55	11601	2:10:38
572	ILLEGIBLE			45	M	45		2:10:39
573	NO CARD				F	SEN		2:10:46
574	ADAMS	PUMZA MARJORIE	WEST COAST	45	F	45	2889	2:10:47
575	BUERGER	SIMON	TEMP	32	M	SEN		2:10:51
576	LUCKAS	ANWAR	CENTRAL AC	57	M	55		2:10:53
577	SOLARI	NADIA	CENTRAL AC	30	F	SEN		2:10:56
578	HOEPNER	MATHEW	TEMP	30	M	SEN		2:11:01
579	DE LA CRUZ	TAHIRN	K-WAY VOB	31	M	SEN		2:11:02
580	COETZEE	HEIN	FISH HOEK	48	M	45		2:11:07
581	BOOYSEN	BRIDGET	HARFIELD	44	F	40		2:11:11
582	LYNE	ELIZABETH	CENTURY CITY	45	F	45		2:11:16
583	WESSELS	DIAN	STELLENBOSCH	39	M	35	1376 BOL	2:11:23
584	MAARTENS	ANISCA	TYGERBERG	36	F	35		2:11:24
585	HOOK	RICHARD	WPCC	62	M	60		2:11:28
586	KATZ	CARMEN	ATC	34	F	SEN		2:11:32
587	LEE	DARREN	DURBAC	23	M	SEN		2:11:33
588	DISQUALIFIED				M	SEN		2:11:34
589	SIMS	LEIGH	TEMP	31	F	SEN		2:11:34
590	NO CARD				M	SEN		2:11:34
591	HARLOCK	SONIA	FISH HOEK	54	F	50		2:11:37
592	VAN STADEN	RENE	GERMISTON CALLIES	30	F	SEN		2:11:40
593	THEYS	MEGAN	TEMP	27	F	SEN		2:11:41
594	LEBEA	LINDEKA	SANDF WP	29	F	SEN		2:11:43
595	BUYS	KARDE	DURBAC	54	F	50		2:11:52
596	VAN DER WALT	CECILIA	TEMP	30	F	SEN		2:11:58
597	LOMBARD	RUCHELLE	TEMP	24	F	SEN		2:11:59
598	NO RETURN				F	SEN		2:12:05
599	MARAIS	LIEZEL	AAC	34	F	SEN		2:12:05
600	COHEN	LISA	TEMP	39	F	35		2:12:06
601	HAVENGA	AMANDA	TYGERBERG	53	F	50		2:12:07
602	ZWANE	LORATO	SANDF WP	36	F	35		2:12:17
603	WALTON	YOLANDE	STELLENBOSCH	48	F	45		2:12:21

604	JOHNSTON	CHANTALL	EDGEMEAD	41	F	40		2:12:22
605	HARMSE	KAREN	ARCELOR MITTAL	41	F	40		2:12:23
606	DE KLERK	CHRISTOPHER	TEMP	23	M	SEN		2:12:24
607	DE KLERK	MARK	TEMP	55	M	55		2:12:24
608	NAUDE	JEANRI	TEMP	22	F	SEN		2:12:27
609	NAUDE	HANNATJIE	TEMP	50	F	50		2:12:27
610	JACOBS	FARANAAZ	ITHEKO	29	F	SEN		2:12:27
611	CRAIG	KIM	SPARTAN	44	F	40		2:12:30
612	KELDERMAN	GARY	SPARTAN	54	M	50		2:12:31
613	HATTINGH	CALLAN	TEMP	26	M	SEN		2:12:34
614	CASSIEM	AS-AD	BO-KAAP ATHLETICS	24	M	SEN		2:12:35
615	NO CARD				M	SEN		2:12:36
616	ADAMS	YASSER	BO-KAAP ATHLETICS	30	M	SEN		2:12:36
617	ASHLIN	MARK	RCS GUGS	46	M	45		2:12:37
618	STEYN	MINRIE LEANNE	DURBAC	42	F	40		2:12:38
619	VAN NIEKERK	MORNE	DURBAC	29	M	SEN		2:12:38
620	MOODLEY	SUMANTHRA	PINELANDS	49	F	45		2:12:41
621	VERHAGE	MARTIN	CELTIC	39	M	35		2:12:42
622	LITTLE	DOUGLAS	AAC	49	M	45	15793	2:12:43
623	ADAMS	NICOLE	SPARTAN	43	F	40		2:12:43
624	JOHNSON	ANTHEA	NANTES	41	F	40	12550	2:12:43
625	KALIPRASAD	MINNESH	CAPE MULTISPORT	41	M	40	6324	2:12:44
626	HEINRICH	PETER	TEMP	48	M	45		2:12:46
627	NCUBE	TAFADZWA	TEMP	32	M	SEN		2:12:47
628	NO RETURN		TEMP		M	SEN		2:12:49
629	JONES	LYNETTE	TEMP	36	F	35		2:12:58
630	BROUCKAERT	SHARRON	SPARTAN	48	F	45		2:12:58
631	DU PLOOY	WYNAND	TEMP	29	M	SEN		2:13:02
632	STODART	NICOLE	DURBAC	34	F	SEN		2:13:03
633	VAN NIEKERK	LIEZL	TEMP	34	F	SEN		2:13:03
634	KRISTY	FACCER	AAC	40	F	40		2:13:03
635	OPPERMAN	JOHAN	AAC	45	M	45		2:13:04
636	WILLIE	BARRY	TEMP	26	M	SEN		2:13:20
637	BARRY	AMORE	TEMP	25	F	SEN		2:13:21
638	COX	SIMON	CENTURY CITY	48	M	45	9168	2:13:21
639	LA GRANGE	ANNMARIE	TEMP	47	F	45		2:13:23

640	DE VILLIERS	MAVIS	WHALERS AC	40	F	40		2:13:25
641	PRELLER	LIESL	MELKBOS	43	F	40		2:13:26
642	NO RETURN				M	SEN		2:13:26
643	KIERNAN	NATALIE	CARBINEERS WP	20	F	SEN	6512	2:13:26
644	NO RETURN				F	SEN		2:13:31
645	NO CARD		OLD MUTUAL		M	SEN		2:13:35
646	NO RETURN				M	SEN		2:13:37
647	NO RETURN		TEMP		M	SEN		2:13:39
648	TALJAARD	LINET	TEMP	25	F	SEN		2:13:39
649	NO RETURN		AAC		M	SEN		2:13:45
650	VAN AS	PETER	K-WAY VOB	60	M	60		2:13:46
651	NO RETURN		TEMP		F	SEN		2:13:47
652	SNYMAN	BEULAH	DURBAC	26	F	SEN		2:13:48
653	DISQUALIFIED				F	SEN		2:13:51
654	BRAND	SONJA	WEST COAST	54	F	50		2:14:02
655	BURGESS	MEGAN	TEMP	28	F	SEN		2:14:02
656	CARMEN	LYNN	UCT	45	F	45	4791	2:14:04
657	FRANCOISE	BAILLIE-COOPER	SPARTAN	47	F	45	10578	2:14:04
658	RYAN	WEBER	METROPOLITAN	41	M	40		2:14:05
659	ROUX	PATRICIA	BELLVILLE	51	F	50		2:14:06
660	SORAYA	SALIE	ITHEKO	45	F	45		2:14:20
661	WILLIAMS	MELISSA	OMMIEDRAAI	33	F	SEN		2:14:21
662	GREENFIELD	GRANT	CARBINEERS WP	46	M	45		2:14:25
663	ASHLEY	SEARLE	NANTES	46	M	45		2:14:28
664	WOOD	SHAWN	HARFIELD	43	M	40	7122	2:14:28
665	DU TOIT	NICKY	SANLAM	44	F	40		2:14:30
666	MAKHADO	MASHUDU	BELLVILLE	25	M	SEN		2:14:35
667	REFILWE	SEATLHODI	RCS GUGS	25	F	SEN		2:14:36
668	FICK	CHARLENE	MERCURY	37	F	35		2:14:40
669	DU TOIT	MARIETTE	TEMP	26	F	SEN		2:14:42
670	SALIE	FUAD	ITHEKO	51	M	50		2:14:47
671	ARNAUD	MAHUNGU	EASTERNS	32	M	SEN	11120	2:14:48
672	STEEL	CHIPPY	HOUT BAY	71	F	70		2:14:50
673	ARIEF	JAPPIE	TOP FORM	44	M	40		2:14:55
674	STOKELL	MARK	CAPE MULTISPORT	56	M	55		2:14:58
675	EBRAHIEM	RAFIQ	CENTRAL AC	41	M	40		2:15:02

676	DELPOR	KANDI	CAPE MULTISPORT	29	F	SEN	13481	2:15:05
677	DELPOR	LEON	OLD SELBORNIAN RR	58	M	55		2:15:05
678	SKORDIS	JEN	SACS OLD BOYS	40	F	40	11814	2:15:08
679	ANDERSON	MEGHAN	CELTIC	35	F	35		2:15:09
680	WARREN	GROENEWALD	PINELANDS	30	M	SEN		2:15:12
681	ARENSEN	BRIAN	CENTURY CITY	51	M	50		2:15:12
682	GELDENHUYS	LANA	BRACKENFELL	39	F	35		2:15:13
683	TRAUT	JENNIFER	TEMP	27	F	SEN		2:15:20
684	SALMAN	KHAYA	UCT	41	M	40		2:15:27
685	VAN DYK	HEINE	TEMP	32	M	SEN		2:15:31
686	SLABBER	JENNIE	TEMP	35	F	35		2:15:38
687	WEBSTER	PAULVIN	MP TITANS	30	M	SEN	3829	2:15:43
688	RIX	ANDRE	MP TITANS	30	M	SEN		2:15:44
689	NO CARD				M	SEN		2:15:51
690	LOSPER	ABDUL	TOP FORM	32	M	SEN		2:15:51
691	SIKUTSHWA	LIKHO	UCT	27	M	SEN		2:15:55
692	LE GRANGE	ANDRE	TEMP	54	M	50		2:16:03
693	WILSON	BRUCE	TEMP	54	M	50	39048	2:16:04
694	SPAMERS	NICOLE	BRACKENFELL	32	F	SEN		2:16:14
695	FRANKEN	LISA	SANDF WP	46	F	45		2:16:19
696	BOONZAAIER	FRANSONE	SANDF WP	40	F	40		2:16:19
697	NO CARD		VODACOM STRIDERS		M	SEN		2:16:28
698	OPPEL	SILLENE	GOODWOOD HARRIERS	59	F	55		2:16:39
699	MANGANZI	SONWABILE	PARLIAMENT	48	M	45		2:16:39
700	NOLIZWI	MAGWAGWA	WEST COAST	38	F	35		2:16:40
701	MCKECHNIE	RAMEEZ	ITHEKO	51	M	50		2:16:44
702	HENEKE	ANNIE	CAPE MULTISPORT	41	F	40		2:16:45
703	SAKI	NOSIPHO	LANGA	35	F	35		2:16:49
704	VAN WYK	FELICITY	RCS GUGS	26	F	SEN		2:16:50
705	KAKAZA	AVU	SANLAM	30	M	SEN		2:16:51
706	GILMOUR	TRISH	K-WAY VOB	54	F	50		2:16:52
707	ODILE	QUINTARD	SPARTAN	60	F	60		2:16:55
708	NO RETURN				F	SEN		2:16:58
709	JACOBS	BERNISE	SPARTAN	56	F	55		2:16:59
710	DAVIDS	NAZREEN	ITHEKO	45	M	45		2:17:03
711	NO RETURN		ATC		F	SEN		2:17:03

712	DIENER	SYLVIN	SANDF WP	32	M	SEN	10519	2:17:07
713	SAMUELS	NADINE	K-WAY VOB	38	F	35	0983	2:17:07
714	ELIE	CHERYLEE	K-WAY VOB	23	M	SEN	16740	2:17:08
715	KENKINS	KAREN	K-WAY VOB	57	F	55		2:17:12
716	KHAN	AMIR	ITHEKO	43	M	40		2:17:12
717	PRETORIUS	JOHANNES	SPARTAN	34	F	SEN		2:17:13
718	HASSEN	EBRAHIM	TOP FORM	52	M	50		2:17:13
719	SHAWAAL	RICHARDS	ITHEKO	38	M	35	7640	2:17:14
720	GRAHAM	KELLY	K-WAY VOB	29	F	SEN		2:17:16
721	OGADA	JOSHUA	K-WAY VOB	45	M	45		2:17:16
722	NEL	VENITA	GOODWOOD HARRIERS	47	F	45	7460	2:17:20
723	MUI	ZWANE	SANDF WP	36	M	35		2:17:21
724	GILBERT	MATITI	ADVENTIST AC GN	40	M	40		2:17:21
725	NO RETURN				F	SEN		2:17:23
726	PHILIPS	LAUREN	CAPE MULTISPORT	33	F	SEN		2:17:24
727	MILLER	KAREN	CARBINEERS WP	36	F	35		2:17:25
728	LOMBARD	HUGO	CAPE MULTISPORT	47	M	45		2:17:29
729	NAMBA	AMANDA	RCS GUGS	36	F	35		2:17:32
730	BANDILE	MZOLISA	ZWAKALA AC	39	M	35		2:17:32
731	NOLITHA	QUMBA	SANDF WP	39	F	35		2:17:33
732	LOYISO	NGQWEMLA	RCS GUGS	42	M	40		2:17:33
733	WALTER	SABRINA	TEMP	29	F	SEN		2:17:35
734	MANYEHLISA	LEHOHLA	TEMP	33	M	SEN		2:17:36
735	HOSKING	CAROLINE	TEMP	24	F	SEN		2:17:39
736	WILLIAMSON	AMRI	BRACKENFELL	25	F	SEN		2:17:40
737	GELDENHUYS	ANNELIZE	BRACKENFELL	46	F	45		2:17:46
738	BOOYSEN	CYNTHIA	RCS GUGS	58	F	55	9035	2:17:58
739	SYDLYN	NAIDOO	GOODWOOD HARRIERS	33	F	SEN	4772	2:18:01
740	GAMIELDIEN	YUSUF	ITHEKO	76	M	75	7904	2:18:02
741	SILJEUR	BURTON	RCS GUGS	44	M	40	13777	2:18:07
742	DARAWEEES	GASANT	AAC	57	M	55		2:18:19
743	GABIBA	TALIP	AAC	45	F	45		2:18:20
744	SEPTEMBER	ASHLEY	SPARTAN	29	M	SEN		2:18:23
745	NETTIE	FICK	ESKOM	36	F	35		2:18:24
746	MEREDITH	MEGAN-LEE	ATC	43	F	40		2:18:35
747	SHAW	RHETT	TEMP	30	M	SEN		2:18:38

748	MURRY	MICHELE	AAC	55	F	55		2:18:44
749	MOCKE	ANN	TEMP	30	F	SEN		2:18:51
750	MOCKE	NICOLA	TEMP	36	F	35		2:18:52
751	ELLMAN	KIM	GOODWOOD HARRIERS	33	F	SEN		2:18:55
752	ISAACS	WASEEM	ITHEKO	34	M	SEN		2:18:56
753	ENGELBRECHT	C	SAPS WP	51	M	50	7330	2:18:56
754	COMPION	MARIA	BELLVILLE	36	F	35		2:19:00
755	WILLIAMS	CATHY	TEMP	47	F	45		2:19:00
756	MPINGANA	KHOLIWE	RCS GUGS	33	F	SEN	15526	2:19:02
757	HACK	LEA-ANNE	TEMP	44	F	40		2:19:10
758	ALEXANDER	ANTON	TEMP	39	M	35		2:19:14
759	FISHER	HASSIEM	ITHEKO	48	M	45		2:19:16
760	ABRAHAMS	THAKIER	ITHEKO	37	M	35		2:19:28
761	SMALL	JACOB	TEMP		M	SEN	39120	2:19:31
762	FIKA	SAMUELISIWE	LANGA	43	F	40		2:19:37
763	BONTHUYS	LAUREN	K-WAY VOB	29	F	SEN		2:19:39
764	BONTHUYS	BRUCE	K-WAY VOB	30	M	SEN		2:19:39
765	COULTER	INGRID	PICK 'n PAY	28	F	SEN	6694	2:19:40
766	BARDIEN	KULSUM	ITHEKO	35	F	35		2:19:46
767	JONES	CARONNE	DURBAC	30	F	SEN	6896	2:19:56
768	NO CARD		CENTRAL AC		M	SEN		2:20:01
769	ISAACS	MOGAMED	OMMIEDRAAI	33	M	SEN		2:20:02
770	COZYN	FAREED	OMMIEDRAAI	45	M	45		2:20:05
771	DE KLERK	LIZL	WEST COAST	41	F	40		2:20:06
772	LOUW	LUCINDI	BRACKENFELL	31	F	SEN		2:20:07
773	ADAMS	YUNUS	ITHEKO	37	M	35	13896	2:20:08
774	DANIELS	MANSIEF	OMMIEDRAAI	42	M	40	4328	2:20:09
775	ANTHONY	KAASHIEFA	OMMIEDRAAI	42	F	40		2:20:09
776	HUGO	ALEXANDER	BRACKENFELL	48	M	45		2:20:16
777	HATTAS	ACHMAT	OMMIEDRAAI	56	M	55		2:20:19
778	GOLDING	NATASHA	BRACKENFELL	28	F	SEN		2:20:20
779	KADER	ZAHEED	OMMIEDRAAI	31	M	SEN		2:20:20
780	MATTHEWS	NOORIA	OMMIEDRAAI	48	F	45		2:20:26
781	MANUEL	ZAAYDA	OMMIEDRAAI	57	F	55		2:20:29
782	ABRAHAMS	WALEED	OMMIEDRAAI	42	M	40		2:20:33
783	SULAIMAN	SADIYAH	MSA MULTISPORT	42	F	40		2:20:36

784	MEIRING	JONTY	TEMP	28	M	SEN		2:20:44
785	NO CARD		TEMP		F	SEN		2:20:54
786	NO RETURN				M	SEN		2:21:10
787	MOYO	ELSABE	RCS GUGS		F	SEN		2:21:12
788	DE ATH	JANINE	EDGEMEAD	46	F	45		2:21:13
789	SOLOMON	AMAANOELAH	ARD	50	M	50	11760	2:21:20
790	ADAMS	MARIAM	ARD	36	F	35	8443	2:21:21
791	JOUBERT	KAREN	CAPE MULTISPORT	41	F	40		2:21:32
792	AGHERDIEN	ZAAHIERAH	TOP FORM	33	F	SEN		2:21:39
793	VAN ZYL	BOET	SPARTAN	75	M	75		2:21:42
794	JUST	KEITH	TEMP	48	M	45		2:21:44
795	GAMZA	MARYAM	OMMIEDRAAI	45	F	45		2:21:51
796	NO RETURN				F	SEN		2:21:52
797	ABDURAHMAN	NURAHN	SPARTAN	34	F	SEN		2:21:54
798	WENTWORTH	MELANIE	SPARTAN	45	F	45		2:21:54
799	MKHWANAZI	LINDIWE	RCS GUGS	26	F	SEN		2:21:55
800	NO CARD				F	SEN		2:21:55
801	NCHABELENG	MATHAPELO	RCS GUGS	26	F	SEN		2:21:58
802	GAWLER	CANDICE	TEMP	26	F	SEN		2:21:59
803	FELIX	FREDLIN	TEMP	36	M	35		2:22:07
804	AFRICA	MICHE	PINELANDS	26	F	SEN		2:22:14
805	OSMAN	MOHAMED	TOP FORM	65	M	65		2:22:26
806	VAN DEN BERGH	LIONIE	TEMP	28	F	SEN		2:22:34
807	CLAASE	SAMANTHA	OGILVY & MATHER	29	F	SEN	8035	2:22:52
808	SCOTT	RUSHDA	KENFAC	36	F	35	7405	2:22:57
809	SOEKER	FAGHRI	TOP FORM	35	M	35	1573	2:22:58
810	JENKINS	MEGAN	K-WAY VOB	30	F	SEN		2:23:01
811	HARRIS	SEAN	PINELANDS	53	M	50		2:23:08
812	NO CARD		TEMP		F	SEN		2:23:11
813	HEWITT	JUSTIN	TEMP	28	M	SEN		2:23:18
814	MANAN	AAISHAH	ITHEKO	33	F	SEN		2:23:28
815	MILLER	FAIZAL	ITHEKO	50	M	50		2:23:29
816	DURR	MARY-ANN	SPARTAN	42	F	40		2:23:36
817	MCKENNA	ADRIAN	WEST COAST	48	M	45		2:23:43
818	RHODA	FREDERICO	BIDVEST	42	M	40		2:23:48
819	HERBST	RIETTE	TEMP	35	F	35		2:23:50

820	JACOBS-TAPE	ROEGSHANA	ITHEKO	38	F	35		2:23:50
821	KOLVER	LEANDI	TEMP	28	F	SEN		2:23:51
822	HOOK	SUE	FORESTERS	60	F	60		2:23:53
823	ACKERMAN	MARI	BRACKENFELL	42	F	40	8208	2:24:02
824	RATAZAYO	NOMA BHANJA	TEMP	30	F	SEN		2:24:03
825	MPELA	NOLWAZI	BELLVILLE	31	F	SEN		2:24:04
826	LANGEVELDT	JULIAN	RCS GUGS	44	M	40		2:24:05
827	KRUGER	RONELLA	DURBAC	47	F	45		2:24:10
828	KATZ	SHARON	K-WAY VOB	40	F	40		2:24:14
829	BROWN ROSSOUW	RENE	BELLVILLE	46	F	45		2:24:14
830	BROWN	TRACEY	WEST COAST	42	F	40		2:24:23
831	SCOTT	CHARLOTTE	TEMP	39	F	35		2:24:24
832	JAFTHA	EDMUND	NANTES	54	M	50		2:24:27
833	NURIO	JESSICA	TEMP	32	F	SEN		2:24:32
834	SWARTBOOI	WILLIAM	EASTERNS	59	M	55		2:24:33
835	KAFAAR	MOEGAMMAD	TEMP	41	M	40		2:24:33
836	ADAMS	DUANE	IN TOUCH	45	M	45		2:24:35
837	BRYNARD MARAIS	BONITA	TEMP	32	F	SEN		2:24:41
838	MARAIS	JOSEPH	TEMP	35	M	35		2:24:42
839	COMBRINK	GERRIE	NEDBANK WP	41	M	40		2:24:44
840	VERSTER	MAUREEN	EDGEMEAD	65	F	65		2:24:44
841	KNOESEN	RUDI	NEDBANK WP	43	M	40		2:24:45
842	VAN STADEN	LEZANNE	BIDVEST	32	F	SEN		2:24:46
843	HUGO	FELICIA	NANTES	45	F	45		2:24:46
844	DU TOIT	JAYNE	BIDVEST	29	F	SEN		2:24:51
845	KOKS	GRANT	MIDAS SPARTANS	36	M	35		2:24:54
846	JOUBERT	LIEZE	CENTURY CITY	33	F	SEN		2:24:58
847	COETZEE	JEANELLE	TEMP	31	F	SEN		2:25:03
848	NO RETURN		TEMP		M	SEN		2:25:04
849	MIDGLEY	ANN	SPARTAN	53	F	50		2:25:11
850	COOKS	CAROL	TEMP	60	F	60		2:25:14
851	ALEXANDER	BRAD	BRACKENFELL	25	M	SEN		2:25:22
852	BURNS	DARREN	TEMP	33	M	SEN		2:25:27
853	BURNS	MEGAN	TEMP	31	F	SEN		2:25:27
854	LEIBBRANDT	MARICKE	BRACKENFELL	26	F	SEN		2:25:31
855	DE BASSOMPIERRE	LEANNE	TEMP	35	F	35		2:25:31



856	JAHNIG	RICHARD	K-WAY VOB	50	M	50		2:25:36
857	WALTER	ANTHONY	CELTIC	47	M	45		2:25:41
858	SINCLAIR	KATHRYN	TEMP	50	F	50		2:25:47
859	LEWIN	AEESHA	ARD	35	F	35		2:25:49
860	LEWIN	ABDUL-MUIZH	ARD	37	M	35	13175	2:25:49
861	DAVIDS	SAEED	CENTRAL AC	31	M	SEN		2:25:54
862	MOHAMED	ADNAAN	CENTRAL AC	50	M	50		2:25:54
863	SHEPHERD	JULIA	AAC	34	F	SEN		2:26:05
864	DAVIDS	SEAN	CARBINEERS WP	38	M	35		2:26:05
865	MOOSA	ANTHEA	IN TOUCH	43	F	40		2:26:09
866	RYKLIEF	TAHIERAH	NANTES	18	F	JUN	7283	2:26:13
867	JANSSEN	ADRIAN	TEMP	46	M	45		2:26:19
868	THEUNISSEN	BEA	STELLENBOSCH	34	F	SEN	0719 BOL	2:26:22
869	ADAMS	ZULFA	OMMIEDRAAI	43	F	40		2:26:38
870	COZYN	AYESHA	OMMIEDRAAI	44	F	40		2:26:39
871	FERREIRA	VERONICA	TEMP	38	F	35		2:26:54
872	NAIDOO	SAVASHAN	GOODWOOD HARRIERS	36	M	35		2:27:15
873	LEWIS	ANEL	CELTIC	42	F	40		2:27:17
874	BLANKFIELD-SMITH	TANEILL	TEMP	40	F	40		2:27:21
875	DAMONS	VICTORIA	STRAGGLERS	41	F	40		2:27:25
876	VAN SCHALKWYK	AMANDA-MARIE	PAARL	52	F	50		2:27:25
877	MOHAPI	NEO	TEMP	26	F	SEN		2:27:27
878	MENTZ	THAKLA	TEMP	28	F	SEN		2:27:27
879	JONES	JO	HERBALIFE	44	F	40		2:27:34
880	RAMALIBA	GUMANI	CENTURY CITY	33	M	SEN		2:27:36
881	PETERSEN	BIANCA	AAC	27	M	SEN		2:27:37
882	DU PLESSIS	ENGELA	TEMP	32	F	SEN		2:27:43
883	DU PLESSIS	JUAN	TEMP	36	M	35		2:27:44
884	NO RETURN		TEMP		M	SEN		2:27:50
885	NO CARD		HARFIELD		M	SEN		2:27:56
886	POTGIETER	JACO	TEMP	27	M	SEN		2:28:06
887	PULLINGER	SUZANNE	K-WAY VOB	39	F	35		2:28:06
888	LAY	JASON	TEMP	27	M	SEN		2:28:15
889	BALDWIN	KATE	CARBINEERS WP	36	F	35		2:28:20
890	SMITH	AMANDA	CARBINEERS WP	35	F	35		2:28:20
891	LEMMETJIES	HENRY	ARD	52	M	50		2:28:24

892	GUSHA	NOPINKI	RCS GUGS	52	F	50		2:28:24
893	NADAULD	CHRISTINE	K-WAY VOB	34	F	SEN		2:28:30
894	NADAULD	BRAD	K-WAY VOB	40	M	40		2:28:30
895	NO RETURN				F	SEN		2:28:35
896	BEZUIDENHOUT	DEWALD	CAPE MULTISPORT	34	M	SEN		2:28:36
897	DLWATI	NOMHLE	OLD MUTUAL		F	SEN	0267	2:28:37
898	MUNODAWAFA	MEMORY	RCS GUGS	31	F	SEN		2:28:52
899	DAVIDS	ZULFA	NANTES	48	F	45	7268	2:28:57
900	MATTHEWS	DEVON	TEMP	37	M	35		2:28:57
901	GREEN	PHILIPPA	AAC	59	F	55		2:28:59
902	OMAR	FIRDAUS	TEMP	57	F	55		2:29:01
903	OMAR	ISMAIL	TEMP	62	M	60		2:29:01
904	ABRAHAMS	MARCELLE	TEMP	36	F	35	38928	2:29:02
905	VON HOLDT	SARAH	TEMP		F	SEN	38951	2:29:02
906	TAYLOR	MICHELLE	EDGEMEAD	48	F	45		2:29:07
907	MARINI	RIC	RAC	62	M	60		2:29:07
908	HARROSMITH	GREG	TEMP		M	40	39272	2:29:08
909	THERON	CHRISTA	WHALERS AC	52	F	50		2:29:24
910	VAN DER VALK	ANNEMIEKE	TEMP	33	F	SEN		2:29:27
911	SWARTZ-EMANDIEN	BASHEERAH	TOP FORM	61	F	60	1543	2:29:32
912	WILLIAMS	MAGDALENE	PINELANDS	37	F	35		2:29:33
913	ARNOLD	AMEER	OMMIEDRAAI	31	M	SEN	4474	2:29:33
914	KAMPMANN	BEATRICE	WPCC	27	F	SEN		2:29:34
915	ABDULLAH	ALLIE	TOP FORM	42	M	40		2:29:35
916	PIENAAR	YONICA	NEDBANK WP	28	F	SEN	4214	2:29:35
917	DOLLIE	ABDUL-AZIZ	TOP FORM	43	M	40		2:29:36
918	SAFAAR	MOESA	TOP FORM	57	M	55		2:29:37
919	WEST	LIZELLE	PINELANDS	34	F	SEN	1772	2:29:39
920	WEST	RYAN	NANTES	37	M	35	13539	2:29:40
921	NO RETURN				M	SEN		2:29:40
922	NO RETURN				M	SEN		2:29:41
923	MALLON	LINDA	PINELANDS	55	F	55		2:29:41
924	COETZEE	LINDA	PINELANDS	56	F	55		2:29:41
925	SARDIEN	KASHIEF	OMMIEDRAAI	61	M	60		2:29:50
926	SIMMONS	CONSTANCE	OMMIEDRAAI	33	F	SEN		2:29:50
927	DAVIDS	KAREN	TOP FORM	38	F	35		2:29:51

928	GANGER	ANTHEA	TOP FORM	35	F	35		2:29:51
929	SHAIBU	ISMIAL	TELKOM	44	M	40		2:29:55
930	GOULSON	PAUL	TEMP	48	M	45		2:29:55
931	SOLOMON	ABDULLAH	ITHEKO	60	M	60		2:29:59
932	COTTLE	ZELDA	CARBINEERS WP	43	F	40		2:30:08
933	MIDDLETON	JEMIMA	TEMP	28	F	SEN		2:30:10
934	TOYER	RIFQAH	AAC	35	F	35		2:30:13
935	KONICK	DEBORAH	SATORI	48	F	45		2:30:22
936	ALBERTYN	RENE	AAC	28	F	SEN		2:30:22
937	NO RETURN		TEMP		F	SEN		2:30:25
938	LEUVENNINK	MARIUS	STELLENBOSCH	59	M	55		2:30:30
939	LAGUMA	CINDY	SPARTAN	38	F	35		2:30:31
940	CHAPMAN	MARK	CELTIC	37	M	35		2:30:40
941	RENNIE	THERESA	K-WAY VOB	49	F	45	0748	2:30:49
942	NGXONONO	LUSANDA	PINELANDS	38	F	35		2:31:02
943	MOORE	LAUREN	K-WAY VOB	31	F	SEN		2:31:11
944	BRANDT	CLAUDIA	PINELANDS	51	F	50	2076	2:31:14
945	LAMBRECHTS	JUANITA	TEMP	46	F	45		2:31:21
946	VENTER	NORA	TEMP	42	F	40		2:31:21
947	BULL	JOAN	PINELANDS	45	F	45		2:31:25
948	HOWARTH	MARIE	DURBAC	49	F	45		2:31:31
949	DELANI	NOMFUNKO	RCS GUGS	47	F	45		2:31:35
950	JORDAAN	THERESA	K-WAY VOB	61	F	60		2:31:39
951	LEWIS	MARIA	OMMIEDRAAI	58	F	55		2:31:48
952	CONAN	BOTTCHER	WEST COAST	37	M	35	3036	2:31:54
953	GOOCH	TRACY	TEMP	41	F	40		2:31:55
954	MARTIN	CARINA	PAARL	40	F	40		2:31:56
955	LE BRON KHAN	KAUTHAR	ITHEKO	38	F	35		2:32:02
956	KARAMBA	ROSELYN	EDGEMEAD	39	F	35		2:32:07
957	KLUYTS	MEGAN	WEST COAST	48	F	45		2:32:08
958	JANSEN	DIETER	WEST COAST	51	M	50		2:32:08
959	STEMMET	REYAANA	WALMERS AC	36	M	35		2:32:12
960	LE ROUX	NADIA	GROOT CONSTANTIA	47	F	45		2:32:12
961	BELL	MANDI	TEMP	32	F	SEN		2:32:13
962	EADIE	IAN	MY TRAINING DAY	65	M	65		2:32:25
963	ERASMUS	ABEGAILE	ATLANTIS	32	F	SEN	5317	2:32:32

964	MAARTINS	JUSTIN	ATLANTIS	34	M	SEN	15260	2:32:32
965	NO RETURN		TEMP		F	SEN		2:32:44
966	MAKHETHA	ZANDI	RCS GUGS	31	F	SEN		2:32:47
967	NDZUBE	THOBILE	RCS GUGS	47	M	45		2:32:47
968	NO RETURN		TEMP		F	SEN		2:33:01
969	VENTER	PAULA	TEMP	40	F	40		2:33:02
970	LEWIS	MARK	SANLAM	35	M	35		2:33:06
971	CASSIEM	SHAMEEMA	OMMIEDRAAI	46	F	45		2:33:06
972	KING	LYNETTE	RUN WALK 4 LIFE	53	F	50	9344	2:33:08
973	BOUGARDT	DEON	IN TOUCH	51	M	50	11900	2:33:11
974	ORRIE	MOHAMED	TEMP	31	M	SEN		2:33:15
975	ARYA	WARDA	CELTIC	47	F	45	5689	2:33:19
976	GIHWALA	VARCHA	CELTIC	54	F	50	5688	2:33:19
977	NAIDOO	NINO	CELTIC	44	F	40	6570	2:33:19
978	MAHARAGE	BERYL	CELTIC	51	F	50	5554	2:33:21
979	KRIGER	SAMANTHA	CELTIC	45	F	45	5709	2:33:21
980	TRUTER	HANNAH	BRACKENFELL	24	F	SEN		2:33:27
981	VAN DER MERWE	DIANE	CAPE MULTISPORT	35	F	35		2:33:35
982	SHEYAAM	DAVIDS	CENTRAL AC	31	F	SEN		2:33:41
983	JOHAADIEN	EILAAM	CENTRAL AC	31	F	SEN		2:33:41
984	NO RETURN		TEMP		F	SEN		2:33:48
985	NO RETURN		TEMP		F	SEN		2:33:49
986	VAN DER MERWE	NICOLA	EDGEMEAD	33	F	SEN		2:34:06
987	HANSEY	WENDY	EDGEMEAD	39	F	35		2:34:06
988	TUCKER	BEVERLEY	PINELANDS	54	F	50		2:34:10
989	GREEFF	CARU	CAPE MULTISPORT	28	F	SEN		2:34:11
990	ABRAHAMS	GLEN ALLAN	ARD	56	M	55	8469	2:34:11
991	ISMAIL	NURAAN	ARD	32	F	SEN	13730	2:34:12
992	DYONASE	THANDILE	KHAYELITSHA	25	F	SEN	4685	2:34:14
993	LEVEY	NATASHA	TEMP	39	F	35		2:34:26
994	KATHRADA	ZAITON	TOP FORM	62	F	60		2:34:28
995	NABBI	ZURIKA	CENTURY CITY	42	F	40		2:34:30
996	MBOTHO	MBULELO	TEMP	42	M	40		2:34:45
997	MAARMAN	MARGARET	OMMIEDRAAI	49	F	45		2:34:50
998	NO RETURN				M	SEN		2:34:52
999	SMITH	WENDAL	PINELANDS	49	M	45		2:35:04

1000	NO RETURN		DURBAC		F	SEN		2:35:12
1001	MOORE	BEVERLEY	TEMP	57	F	55		2:35:13
1002	NO RETURN		TEMP		F	SEN		2:35:23
1003	SIEBRITS	CHRISTA	WHALERS AC	53	F	50		2:35:28
1004	RICHARDS	ZAIDA	ITHEKO	36	F	35		2:35:33
1005	PRETORIUS	ACHMAT	TOP FORM	56	M	55		2:35:35
1006	HENRICK	JACKIE	WILD RUNNER	57	F	55		2:35:42
1007	NGXOZA	NOLUVO	RCS GUGS	26	F	SEN		2:35:57
1008	NDAMASE	SIVIWE	RCS GUGS	28	F	SEN		2:35:57
1009	MATROSE	SONGEZWA	RCS GUGS	40	F	40	15864	2:36:07
1010	LATIMER	BERNADETTE	DURBAC	47	F	45		2:36:10
1011	CONNELY	NUIR	TEMP		M	SEN		2:36:32
1012	HODGKISS	GORDON	OGILVY & MATHER	34	M	SEN		2:36:38
1013	MOODLEY	NAMALAN	OGILVY & MATHER	29	M	SEN		2:36:38
1014	JONES	CHANEL	TYGERBERG	25	F	SEN	1678	2:36:39
1015	MAARTENS	CHARLENE	EDGEMEAD	47	F	45	2749	2:36:39
1016	BRENNER-JACOBS	FOUZIA	ITHEKO	60	F	60		2:36:49
1017	GERBACH	BEULAH	SPARTAN	46	F	45		2:36:50
1018	NO RETURN		NANTES		F	SEN		2:36:56
1019	NO RETURN		NANTES		M	SEN		2:36:56
1020	STEENKAMP	SHIREEN	METROPOLITAN	39	F	35		2:37:03
1021	XABENDLINI	VUYANI	TEMP	35	M	35		2:37:17
1022	XABENDLINI	BABALWA	RCS GUGS	32	F	SEN		2:37:17
1023	ALLIE	JALAL	TOP FORM	60	M	60		2:37:23
1024	NO RETURN		TEMP		F	SEN		2:37:25
1025	FERREIRA	CRAIG	TEMP	47	M	45	38914	2:37:39
1026	MAJIET	MOESHARAF	OMMIEDRAAI	56	F	55		2:37:52
1027	JAKOET	FARAH	CENTRAL AC	28	F	SEN		2:37:53
1028	BOSCH	MARITSA	OLD MUTUAL	38	F	35		2:37:54
1029	SYDOW	MALIKANE	CENTRAL AC	33	F	SEN		2:37:55
1030	NO RETURN				F	SEN		2:37:55
1031	EBRAHIM	ZAHID	ARD	62	M	60		2:37:58
1032	BURGER	CHANTELLE	CAPE MULTISPORT	33	F	SEN		2:38:01
1033	STEWART	CHANTAL	WEST COAST	47	M	45		2:38:02
1034	SOLOMONS	INSULA	PINELANDS	37	F	35		2:38:02
1035	NO RETURN				F	SEN		2:38:08

1036	EDSON	CLAIR	IN TOUCH	46	F	45	5446	2:38:09
1037	NO RETURN				M	SEN		2:38:10
1038	WILLIAMS	ANNE	PICK 'n PAY	61	F	60	6706	2:38:27
1039	HOLMES	CELESTE	CAPE MULTISPORT	44	F	40		2:38:32
1040	JASSIEM	NASIMA	CAPE MULTISPORT	37	F	35		2:38:39
1041	BOWER	COBUS	TEMP	37	M	35		2:39:02
1042	TOBIN	LINDA	CELTIC	51	F	50		2:39:08
1043	RUDLIN	NICOLE	TEMP	38	F	35		2:39:17
1044	BEHARDIEN	ROEKSHANA	OLD MUTUAL	34	M	SEN		2:39:27
1045	SLAMANG	SIRAAJ	ARD	31	M	SEN	8480	2:39:34
1046	MOHAMED	RAMNUR	CENTRAL AC	50	M	50	7475	2:39:34
1047	CARELSE	NATALIE	TOP FORM	40	F	40		2:39:52
1048	ADAMS	SULAIMAN	TOP FORM	38	M	35		2:39:52
1049	KOBESE	CHUMA	RCS GUGS	27	F	SEN		2:39:57
1050	HENDRICKS	FATIMA	ARD	43	F	40	8430	2:39:59
1051	DAMONZE	SHARON	SPARTAN	41	F	40		2:40:06
1052	ARMADIEN	SHAMIELA	OMMIEDRAAI	42	F	40		2:40:06
1053	FORTUIN	SHARLEEN	CARBINEERS WP	46	F	45		2:40:19
1054	LEWIS	LIEZL	CARBINEERS WP	41	F	40		2:40:23
1055	MBUTUMA	ZIYANDA	LANGA	33	F	SEN		2:40:31
1056	COLEMAN	JUDY	CAPE MULTISPORT	40	F	40		2:40:32
1057	GORDON	ELTON	IN TOUCH	42	M	40		2:40:48
1058	KAMFER	ELIZABETH	24.COM	31	F	SEN		2:41:17
1059	BODDY	LINDSAY	WILD RUNNER	56	F	55		2:41:22
1060	DUGMORE	GARITH	TEMP	35	M	35		2:41:22
1061	FISHLEY	SIMON	TEMP	40	M	40		2:41:23
1062	RHODE	LORONDA	RCS GUGS	40	F	40		2:41:36
1063	LIEBETRAU	WILHELM	RUN WALK 4 LIFE	70	M	70		2:41:40
1064	ROOS	JODIE	OLD MUTUAL	32	M	SEN		2:41:45
1065	CARELSE	BASIL	IN TOUCH	45	M	45		2:41:45
1066	GLADDEN	LESLEY-ANN	OLD MUTUAL	36	F	35		2:41:49
1067	GOOCH	NICK	TEMP	42	M	40		2:42:03
1068	NO RETURN		TOP FORM		M	SEN		2:42:03
1069	GORDON	MARCIA	CARBINEERS WP	43	F	40		2:42:13
1070	FRANCES	YUSRAH	TOP FORM	27	F	SEN		2:42:14
1071	MASEMOLA	GWENDOLINE	SANDF WP	31	F	SEN		2:42:25

1072	NGWENYA	ODWA	TEMP	33	F	SEN		2:42:26
1073	BENN	VICTOR	BRACKENFELL	44	F	40		2:42:53
1074	BOCHOW	SABINE	TEMP	36	F	35		2:42:54
1075	PAMBANA	GRACE	TEMP		F	SEN		2:43:14
1076	DENNIS	ROBIN	EDGEMEAD	70	M	70		2:43:20
1077	STEVENS	ANTHEA	SPARTAN	40	F	40		2:43:28
1078	ROSSOUW	JACQUELINE	SPARTAN	49	F	45		2:43:28
1079	JACKSON	YUMNA	OLD MUTUAL	53	F	50		2:43:40
1080	NO RETURN		ARCELOR MITTAL		F	SEN		2:43:46
1081	NO RETURN		ARCELOR MITTAL		M	SEN		2:43:47
1082	MAMPIES	LIEZEL	SPARTAN	39	F	35		2:43:54
1083	GROENEWALD	JACQUES	SANLAM	35	M	35		2:43:56
1084	ROBBELAAR	THERSIA	DURBAC	33	F	SEN		2:43:57
1085	NO CARD		PINELANDS		F	SEN		2:44:04
1086	ANDERSON	VANESSA	TEMP	41	F	40		2:44:05
1087	MANDONDO	MILISA	KHAYELITSHA	32	F	SEN	0149	2:44:14
1088	SIBANDA	BHEKOSUTHU	OLD MUTUAL	43	F	40		2:44:15
1089	SMIT	PHILENE	DURBAC	40	F	40		2:44:15
1090	BERNHARDT	CRISTAL	DURBAC	37	F	35		2:44:15
1091	CRONJE	ANTHONY	K-WAY VOB	62	M	60		2:44:26
1092	MARTHINUS	ELIZABETH	WILD RUNNER	45	F	45		2:45:02
1093	MISROLL	CHALDENE	PINELANDS	44	F	40		2:45:04
1094	LOMBARD	HELEN	TEMP	51	F	50		2:45:10
1095	TROUT	LIESEL	AAC	38	F	35		2:45:11
1096	HENNESSEY	COLLEEN	EDGEMEAD	48	F	45		2:45:12
1097	FRANCIS	KIRSTEN	AAC	36	F	35		2:45:21
1098	EBRAHIM	ZARINA	CENTRAL AC	41	F	40		2:45:21
1099	LASKER	PENNY	AAC	42	F	40		2:45:22
1100	JANSEN	CARMEN	STRAND	34	F	SEN	5064	2:45:38
1101	FORTUNE	HESTER	BRACKENFELL	61	F	60	8293	2:45:55
1102	MARAIS	FRANCOIS	AAC	34	M	SEN		2:46:28
1103	NO RETURN		TEMP		F	SEN		2:46:34
1104	ADAMS	ROBIN	ATLANTIS	37	M	35		2:46:44
1105	MASAMBA	FLORA	OMMIEDRAAI	52	F	50		2:46:56
1106	NO CARD		TEMP		M	SEN		2:46:57
1107	BOOYSEN	CAREY	TEMP	36	F	35		2:47:10

1108	VILJOEN	REZANNE	ESKOM	49	F	45		2:47:21
1109	HUTTON	SHELAN	WILD RUNNER	55	F	55		2:47:22
1110	FOURIE	CHRISTINE	WILD RUNNER	44	F	40		2:47:22
1111	MATUSHE	NOZUKO	TEMP	42	F	40		2:47:58
1112	LAMULA	YANA	TEMP	33	F	SEN		2:48:05
1113	JARDINE	NATALIE	TEMP	31	F	SEN		2:48:07
1114	NDAMASE	ZIMASA	RCS GUGS	33	F	SEN		2:48:11
1115	BEKKER	ANNATJIE	BRACKENFELL	45	M	45		2:48:15
1116	ISMAIL	SHAFIEKA	TOP FORM	42	F	40		2:48:31
1117	BLOM	ANDRE	FISH HOEK	53	M	50		2:48:44
1118	SULAIMAN	ZULFAH	CENTRAL AC	45	F	45		2:48:50
1119	NO RETURN		CENTRAL AC		M	SEN		2:48:50
1120	BARDIEN	ZULFA	CENTRAL AC	45	F	45		2:48:53
1121	CLOETE	DELORES	TYGERBERG	42	F	40		2:48:59
1122	SNYMAN	STEPHAN	TEMP	22	M	SEN		2:49:09
1123	FISHER	ZUBEIDA	ITHEKO	40	F	40		2:49:14
1124	HENDRICKS	MYMOENA	NANTES	44	F	40		2:49:15
1125	DE VILLIERS	FRANCOIS	TEMP	29	M	SEN		2:49:16
1126	BOUGERT	LELANI	TEMP	22	F	SEN		2:49:26
1127	NEWTON	INGRID	TEMP	40	F	40		2:49:26
1128	NO RETURN				F	SEN		2:49:28
1129	THEUNISSEN	YASMIN	TOP FORM	57	F	55		2:49:29
1130	MAHOMED	SHANAAZ	TOP FORM	54	F	50		2:49:30
1131	DAVIDS	NAILAH	TOP FORM	40	F	40		2:49:31
1132	HASSAN	FAZILAH	TOP FORM	33	F	SEN		2:49:32
1133	VAN WYK	QUENDOLINE	SANDF WP	44	F	40		2:49:33
1134	VON BERG	MARLENE	TEAM VITALITY CG	54	F	50		2:49:34
1135	EBRAHIM	REHANA	TOP FORM	43	F	40		2:49:36
1136	NO RETURN				M	SEN		2:49:36
1137	COETZEE	CHARNRE	TEMP	44	F	40		2:49:36
1138	DAVIDS	NABIELAH	TOP FORM	44	F	40		2:49:37
1139	MRWETYANA	PHUMEZA	RCS GUGS	35	F	35		2:49:37
1140	FRANCISCUS	VERONICA	NANTES	59	F	55		2:49:38
1141	THEUNISSEN	MAGEDIE	TOP FORM	58	M	55		2:49:39
1142	MANUNGUFNA	THELMA	TEMP	29	F	SEN		2:49:48
1143	SOUTHGATE	SHARAD	NANTES	56	M	55	7225	2:49:49



1144	SOUTHGATE	NAZLIE	NANTES	55	F	55		2:49:50
1145	NOKWANELE	SINDUKU	KHAYELITSHA	39	F	35		2:49:52
1146	VAN ZYL	LIEZEL	BRACKENFELL	47	F	45		2:49:53
1147	RUITERS	MELDA	BIDVEST	53	F	50	11544	2:49:55
1148	BARENDS	ABRONA	BIDVEST	48	F	45	12448	2:50:16
1149	YASIN	ANVER	TOP FORM	59	M	55		2:50:16
1150	DOLLIE	MUSHFIEQAH	WALMERS AC	36	F	35		2:50:56
1151	SINGH	ACHITA	TEMP	27	F	SEN		2:51:01
1152	FREDERICKS	ALLIE	BO-KAAP ATHLETICS	39	M	35		2:51:02
1153	FREDERICKS	RIFQA	BO-KAAP ATHLETICS	37	F	35		2:51:03
1154	MULLER	RIANA	TEMP	53	F	50		2:51:10
1155	MOWZER	NZEEM	WALMERS AC	39	M	35		2:51:34
1156	DE VARVALHO	PEDRO	OGILVY & MATHER	41	M	40		2:51:45
1157	MBULAWA	ZAMA	TEMP	36	F	35		2:52:08
1158	BEASOR	THOMAS	K-WAY VOB	66	M	65		2:52:17
1159	BAPELA	GIVEN	ATC	31	F	SEN		2:52:17
1160	MFECANE	NOSINTU	TEMP	34	F	SEN		2:52:33
1161	VAN TONDER	EZE	TEMP	30	F	SEN		2:52:34
1162	VAN TONDER	WILLEM	TEMP	33	M	SEN		2:52:34
1163	SAULS	JOAN	ESKOM	56	F	55	12066	2:52:38
1164	JAMESON	MARLENE	BIDVEST	53	F	50		2:52:39
1165	ABRAHAMS	TESLEY	ITHEKO	45	F	45		2:52:40
1166	VAN DER REDE	GRIZELDA	ITHEKO	44	F	40		2:52:40
1167	DREYER	SULAMIET	CAPE MULTISPORT	42	F	40		2:52:42
1168	GRUNDLING	JAKO	ATC	38	M	35		2:53:00
1169	RHODES	AQEELAH	ITHEKO	42	F	40		2:53:08
1170	SAULS	JEREMIAH	ESKOM	57	M	55	15195	2:53:09
1171	EBRAHIM	MOEGSIEN	CAPE MULTISPORT	57	M	55		2:53:13
1172	HENDRICKS	BRANDON	TEMP	35	M	35		2:53:14
1173	MEYER	SIMONE	OLD MUTUAL	41	F	40		2:53:15
1174	DWAKAZA	YAMKELA	PINELANDS	31	F	SEN		2:53:16
1175	ABRAHAMS	SHANAAZ	ITHEKO	51	F	50		2:53:16
1176	CAWCUTT	CARINA	SANDF WP	53	F	50		2:53:38
1177	FROST	KENDALL	CENTURY CITY	36	F	35		2:53:39
1178	LE ROUX	TRACEY	CAPE MULTISPORT	48	F	45		2:53:55
1179	SOLOMON	MOHAMMAD	CENTRAL AC	31	M	SEN		2:54:12

1180	BRCHARDS	NADIA	EDGEMEAD	37	F	35		2:54:48
1181	VERMAAK	SONJA	TEMP	48	F	45		2:54:55
1182	CASSIEM	AISHA	RCS GUGS	51	F	50		2:55:03
1183	GAXELA	ZUKISWA	RCS GUGS	44	F	40		2:55:03
1184	NO RETURN		TEMP		F	SEN		2:55:09
1185	THERON	QUINTUS	TEMP	33	M	SEN		2:55:13
1186	RYKLIEF	MUBABAQ	NANTES	21	M	SEN	7279	2:55:31
1187	CLACKETT	SANDRA	HELDERBERG	51	F	50		2:55:32
1188	NIEUWENHUYS	FATIMA	TOP FORM	69	F	65	1606	2:55:33
1189	STEVENS	MARIETA	FISH HOEK	41	F	40		2:55:38
1190	PETERS	VICTOR	NEDBANK WP	66	M	65		2:55:47
1191	SCHUTTE	NIKKI	TEMP	32	F	SEN		2:55:53
1192	AVES	LOUISE	RUN WALK 4 LIFE	38	F	35		2:55:56
1193	YASIN	NAZLIE	TOP FORM	60	F	60		2:55:57
1194	SMITH	PEARL	CELTIC	57	F	55		2:55:58
1195	EWERS	SEYMOUR	OLD MUTUAL	39	M	35		2:56:02
1196	DU TOIT	KAREN	RUN WALK 4 LIFE	54	F	50		2:56:09
1197	MALAN	HANLI	RUN WALK 4 LIFE	38	F	35		2:56:09
1198	HENDRICKS	CLINTON	KENFAC	40	M	40		2:56:38
1199	HENDRICKS	CANDICE	KENFAC	36	F	35		2:56:38
1200	ADAMS	RAMEEZ	TEMP		M	SEN		2:56:45
1201	NO RETURN		TEMP		F	SEN		2:57:02
1202	ISMAIL	SHAHIEMAH	TOP FORM	47	F	45		2:57:32
1203	LEWIS	ANTHENETTE	SANLAM	35	F	35		2:57:40
1204	LATEGAN	BREDDON	NANTES	17	M	JUN	9984	2:57:44
1205	FORD	REGAN	NANTES	51	M	50	13562	2:57:45
1206	WILSON	NICHOLAS	TEMP	35	M	35		2:57:49
1207	MATTHEWS	BENITA	WELLINGTON AC	41	F	40		2:57:50
1208	STEPHANS	NOLUFEFE	SANDF WP	36	F	35		2:58:05
1209	MMOPE	REFILWE	SANDF WP	30	F	SEN		2:58:07
1210	ALLIE	TOUGIEDA	ITHEKO	55	F	55		2:58:23
1211	NAYLOR	ALAN	ADVENTIST	48	M	45		2:58:25
1212	REIFARTH	NICOLE	CAPE MULTISPORT	39	M	35	6097	2:58:27
1213	BROWN	MARILETTE	CAPE MULTISPORT	35	F	35		2:58:27
1214	BENJAMIN	SHAFIEK	CENTRAL AC	42	M	40	7517	2:58:33
1215	KAAL	JANINE	EDGEMEAD	41	F	40		2:58:33

1216	PINKHAM	PAULA	SPARTAN	44	F	40		2:58:34
1217	ISMAIL	NAFEESA	WALMERS AC	21	F	SEN		2:58:34
1218	APROSKIE	JACKIE	SPARTAN	41	F	40		2:58:38
1219	BERRY	LLYRIS	K-WAY VOB	59	F	55		2:58:39
1220	MEYER	BERTHOLD	TEMP	56	M	55		2:58:44
1221	BAVUMA	THOZAMA	TEMP	37	F	35		2:58:57
1222	ARMADIEN	AYESHA	GOODWOOD HARRIERS	42	F	40		2:59:09
1223	DREYER	FERIAL	RCS GUGS	39	F	35		2:59:11
1224	ODENDAAL	TANJA	BRACKENFELL	26	F	SEN		2:59:12
1225	SALLIE	EBRAHEEM	WALMERS AC	47	M	45		2:59:23
1226	ISMAIL	CARRIEM	WALMERS AC	51	M	50		2:59:24
1227	COMMERFORD	TRACY	K-WAY VOB	55	F	55		2:59:40
1228	NO RETURN		K-WAY VOB		F	SEN		3:00:00
1229	JOSEPH	JOLITA	WELLINGTON AC	52	F	50		3:00:20
1230	JOSEPH	BIANCA	WELLINGTON AC	33	F	SEN		3:00:20
1231	MGOLODELA	THANDEKA	KHAYELITSHA	35	F	35		3:01:06
1232	KAHN	CLAUDIA	TEMP	37	F	35		3:01:52
1233	DE BEER	ANNATJIE	RUN WALK 4 LIFE	50	F	50		3:01:53
1234	SMIT	ELMORA	BRACKENFELL	64	F	60		3:02:18
1235	ELISSAC	MARIAM	ITHEKO	56	F	55		3:02:25
1236	MASON	RICHARD	TEMP	55	M	55		3:02:29
1237	CASSIEM	JAWAIYA	TEMP	45	F	45		3:02:43
1238	MAGERMAN	ADRIENNE	ITHEKO	58	F	55		3:02:45
1239	DUBULA	KHOLIWE	LANGA	35	F	35		3:02:46
1240	THOMAS	EVANGELIQUE	EDGEMEAD	22	F	SEN		3:02:50
1241	DENNIS	DIANE	EDGEMEAD	71	F	70		3:02:51
1242	MAGERMAN	NATALIE	ITHEKO	36	F	35		3:03:00
1243	HENKEMAN	CHERYL	NANTES	50	F	50		3:03:03
1244	VISAGIE	NATALIE	NANTES	35	F	35		3:03:03
1245	ABRAHAMS	ALAVIA	NANTES	29	F	SEN		3:03:11
1246	NO CARD		CARBINEERS WP		F	SEN		3:03:22
1247	DLALISA	MAKHOSAZANA	PINELANDS	41	F	40		3:03:34
1248	BLIGNAUT	FRIEDA	SANLAM	67	F	65		3:04:00
1249	LEWIS	ANWAR	NANTES	40	M	40		3:04:44
1250	LEWIS	BAHEA	NANTES	39	F	35		3:04:44
1251	LEE	COLIN	IN TOUCH	50	M	50		3:04:49

1252	ARENDSE	FAIROUZ	TOP FORM	44	M	40	13017	3:04:50
1253	VISSER	NEIL	TEMP	50	M	50		3:04:57
1254	KOTZE	ALTA	DURBAC	55	F	55		3:05:24
1255	BAATJIES	LEONIE	NANTES	53	F	50	9326	3:06:09
1256	ESAU	SHARLEEN	NANTES	48	F	45		3:06:10
1257	KAMISH	RAFEEQAH	NANTES	29	F	SEN		3:06:35
1258	OMAR	SUHEIDA	GOODWOOD HARRIERS	42	F	40		3:06:38
1259	DOLLIE	KHASIEFAH	TEMP	32	F	SEN		3:06:38
1260	NO RETURN				F	SEN		3:06:39
1261	SMITH	CASSANDRA	TYGERBERG	37	F	35		3:07:15
1262	PAMA	NOKUTHULA	KHAYELITSHA	37	F	35		3:07:17
1263	FRANCIS	JULIET	EDGEMEAD	50	F	50		3:07:28
1264	MQOQI	TABISA	RCS GUGS	36	F	35		3:07:29
1265	HAYDRICKS	ALVERNA	SPARTAN	50	F	50		3:07:29
1266	ISMAIL	NARIMA	WALMERS AC	51	F	50		3:07:29
1267	MAHMOOD	RABIA	TOP FORM	45	F	45		3:07:33
1268	RYKLIEF	HABIBA	TOP FORM	58	F	55		3:07:40
1269	NO RETURN		SPARTAN		F	SEN		3:07:41
1270	HARRIS	LEE-ANN	PINELANDS	50	F	50		3:07:43
1271	DANIELS	NAZEEMA	RCS GUGS	48	F	45		3:07:59
1272	FORTUIN	MARY	ITHEKO	52	F	50		3:08:00
1273	WILLIAMS	MICHELLE	OMMIEDRAAI	34	F	SEN		3:08:00
1274	ADAMS	CAMILLAH	OBS RC	37	F	35		3:08:01
1275	MALLICK	ASHRAF	KENFAC	40	M	40		3:08:02
1276	NYABA	BONGIWETHELMA	KHAYELITSHA	34	F	SEN		3:08:07
1277	NANDINAMHLA	MGINQI	KHAYELITSHA	36	F	35		3:08:07
1278	PEARCE	JOSLYN	NANTES	33	F	SEN		3:08:43
1279	DORMER-KARSTEN	SHELLEY	RUN WALK 4 LIFE	35	F	35		3:09:23
1280	HAFERUNG	NADINE	RUN WALK 4 LIFE		F	SEN		3:09:23
1281	BANDEIRA	ISMAEL	RUN WALK 4 LIFE GN	70	M	70		3:09:49
1282	GEEL	MARLANDA	TEMP	49	F	45		3:09:51
1283	MEYER	MARITA	RUN WALK 4 LIFE	44	F	40	6688	3:09:59
1284	BURGER	MARIETHA	BRACKENFELL	44	M	40	8207	3:09:59
1285	SAMELA	LELA	KHAYELITSHA	32	F	SEN		3:10:13
1286	KRIEL	ZUGHRIYAH	WALMERS AC	40	F	40		3:10:21
1287	ISMAIL	SHAHEEDAH	WALMERS AC	50	F	50		3:10:21

1288	MALUMBU	BONIWE	EKHAYA AC	34	F	SEN		3:10:27
1289	DU PLESSIS	MONICA	RUN WALK 4 LIFE	55	F	55	8413	3:10:42
1290	LANGTRY	STEPHEN	RCS GUGS	47	M	45		3:11:28
1291	MARKS	NADEEMA	PINELANDS	50	M	50	1792	3:12:28
1292	MFECANE	BULELWA	OMMIEDRAAI	32	F	SEN		3:12:37
1293	CORNELIUS	ELIZABETH	SPARTAN	51	F	50		3:12:48
1294	SOLOMON	KEITH	CENTRAL AC	55	M	55		3:13:46
1295	TESSEL	SELWYN	AAC	70	M	70		3:15:28
1296	NO RETURN		TEMP		F	SEN		3:15:48
1297	DU PLESSIS	JAN	HELDERBERG	62	M	60		3:16:02
1298	DELAPELIN DUMONT	AVRIL	WEST COAST	73	M	70	2995	3:16:36
1299	ZAZA	ASANDA	KHAYELITSHA	30	F	SEN		3:16:40
1300	MAPHEMPENI	NOMBONISO	KHAYELITSHA	36	F	35		3:16:50
1301	KWENAITE	MMANTOA	SAPS WP	34	F	SEN		3:17:52
1302	TAYOB	FATIMA	WALMERS AC	38	F	35		3:20:00
1303	TOLKER	IMTIAZ	WALMERS AC	36	M	35		3:20:01
1304	HEIL	CORNE	BELLVILLE	45	M	45	13714	3:20:27
1305	SALLIE	YUSRA	ITHEKO	45	F	45		3:20:33
1306	KIN	RANT	TEMP	34	M	SEN	39372	3:21:14
1307	NO RETURN		TEMP		F	SEN		3:21:43
1308	ADAMS	CHANTAL	IN TOUCH	41	F	40		3:22:03
1309	ADAMS	EUGENE	OXFORD STRIDERS	54	M	50		3:22:37
1310	TSHIBALO	TAKALANI	FARANANI AC	33	F	SEN		3:24:03
1311	BAUMANN	SONIA	RUN WALK 4 LIFE	55	F	55		3:24:04
1312	MILES	JESSICA	OMMIEDRAAI	38	F	35		3:26:54
1313	GIGI	FEZEKA	RCS GUGS	29	F	SEN		3:28:24
1314	NO RETURN		TEMP		F	SEN		3:30:23
1315	LIMBA	ZOLISWA	RCS GUGS	43	F	40	8949	3:35:45