

CAPE TOWN MARATHON

Position	First name	Last name	Race number	Gender	Finish status	Age category	Finish time	Club	Licence Number	HalfWay Race Time
1	Gilbert	MUTANDIRO	16	Male	Finished	Senior	02:19:16	MR PRICE KWAZULU-NATAL	458	01:10:09
2	Lungile	GONGQA	19	Male	Finished	Senior	02:19:23	MR PRICE EASTERN PROVINCE	899	01:10:09
3	Mike	FOKORONI	15	Male	Finished	Senior	02:21:04	MR PRICE KWAZULU-NATAL	457	01:10:09
4	Pumlani	NXUSANI	67	Male	Finished	Senior	02:21:46	NEDBANK RUNNING CLUB WESTERN PROVINCE	3087	01:10:08
5	Abongile	SNYMAN	934	Male	Finished	Senior	02:24:39	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2524	01:10:13
6	Siyabonga	MAKHALUZA	2037	Male	Finished	Senior	02:27:33	TEMP	no	01:10:08
7	Paulus	IYAMBO	931	Male	Finished	Senior	02:27:46	TEMP	TEMP	01:11:38
8	Hein	CAMPHOR	1716	Male	Finished	Senior	02:30:21	NEW BALANCE MULTISPORT CLUB	4284	01:11:38
9	Simon	SHIPINGANA	932	Male	Finished	Senior	02:31:58	TEMP	TEMP	01:11:38
10	Oupa	MASEKO	2030	Male	Finished	Senior	02:32:14	ZWAKALA		01:12:41
11	Luyanda	MAPOYI	1938	Male	Finished	Senior	02:32:31	KHAYELITSHA ATHLETIC CLUB		01:15:54
12	Admire	RUSHIKA	1987	Male	Finished	Senior	02:36:54	HOUT BAY HARRIERS		01:13:20
13	Richard	FLINT	31	Male	Finished	Senior	02:37:25	ACSIS VOB	719	01:16:45
14	Anele	NDZUTA	25	Male	Finished	Senior	02:37:45	TEMP	TEMP	01:14:34
15	Mziyanda	GUMENGE	1358	Male	Finished	Senior	02:38:01	ACSIS VOB		01:10:27
16	Simphiwe	VELLEM	1258	Male	Finished	Senior	02:38:24	RCS GUGULETU A.C		01:16:59
17	Mandla	PANGALELE	1823	Male	Finished	Senior	02:39:24	RCS GUGULETU A.C	7466	01:14:37
18	Siyand	SIYANDA	1353	Male	Finished	Senior	02:41:29	RCS GUGULETU A.C		01:18:09
19	Sihle	MAPHUKATA	1937	Male	Finished	Senior	02:41:47	MR PRICE WP		01:12:49
20	Oscar	COETZEE	5327	Male	Finished	Senior	02:43:25	ITHEKO SPORT ATHLETIC CLUB		01:14:33
21	Fokwana	KHAYA	1365	Male	Finished	Senior	02:44:20	ACSIS VOB		01:14:59
22	Luntu	KOSANA	2025	Male	Finished	Senior	02:44:33	RCS GUGULETU A.C		01:18:23
23	Neo	MOLEMA	23	Male	Finished	Senior	02:45:24	ITHEKO SPORT ATHLETIC CLUB	8280	01:10:27
24	Thembelani	ZOLA	2098	Male	Finished	Senior	02:45:26	ITHEKO SPORT ATHLETIC CLUB		01:14:34
25	Belay Hagos	ALEMAYEHU	50	Male	Finished	40-49	02:45:36	ADT ATHLETICS CLUB (CG)	6481	01:14:33
26	Craig	CYNKIN	22	Male	Finished	Senior	02:46:26	NIKE		01:13:21
27	Arnold	HYDE	939	Male	Finished	40-49	02:46:39	NEDBANK RUNNING CLUB WESTERN PROVINCE	3073	01:20:24
28	Friedl	VAN DER MERWE	42	Male	Finished	50-59	02:47:08	STRAND ATHLETIC CLUB	6852	01:22:05
29	Youssef	KANOUNI	27	Male	Finished	Senior	02:47:58	ITHEKO SPORT ATHLETIC CLUB	2073	01:20:16
30	Ian	BROWN	33	Male	Finished	Senior	02:48:34	TEMP	TEMP	01:23:19
31	Ryan	WINTER	48	Male	Finished	Senior	02:49:11	PINELANDS ATHLETIC CLUB	2277	01:23:19
32	Tim	BORLAND	41	Male	Finished	40-49	02:49:12	NEW BALANCE GAUTENG NORTH	4500	01:23:09
33	Martin	NGWENYA	936	Male	Finished	Senior	02:49:37	MR PRICE KWAZULU-NATAL	459	01:19:09
34	Bruce	STEWART	38	Male	Finished	40-49	02:50:24	RCS GUGULETU A.C	7954	01:25:18
35	Tawanda	CHOMUZINDA	1822	Male	Finished	Senior	02:50:55	RCS GUGULETU A.C	8717	01:22:02
36	Raymond	HOWARD	1385	Male	Finished	50-59	02:50:56	CELTIC HARRIERS		01:21:21
37	Paul	EICHERT	938	Male	Finished	40-49	02:51:04	WESTVILLE AC	3084	01:21:45
38	Imran	PAYA	2086	Male	Finished	Senior	02:51:04	RCS GUGULETU A.C		01:19:18
39	Christo	VAN ROOYEN	935	Male	Finished	Senior	02:51:14	NEW BALANCE MULTISPORT CLUB	7674	01:20:25
40	Damian	WILL	945	Male	Finished	Senior	02:51:25	PINELANDS ATHLETIC CLUB	2324	01:25:18
41	Alicen	MANAKE	947	Female	Finished	Senior	02:51:37	TEMP	TEMP	01:21:59
42	Dion	MIDDELKOOP	949	Male	Finished	40-49	02:51:41	ACSIS VOB	1100	01:25:18
43	Andre	FERREIRA	40	Male	Finished	Senior	02:53:09	PINELANDS ATHLETIC CLUB	2210	01:21:45
44	Andries	NTSIZAKALO	80	Male	Finished	40-49	02:53:33	NEDBANK RUNNING CLUB WESTERN PROVINCE	3046	01:23:56
45	Pascal	JOSEPH	1923	Male	Finished	Senior	02:53:41	EASTERNS KRAAIFONTEIN ATHLETIC CLUB		
46	Eddie	LAMBERT	34	Male	Finished	Senior	02:53:49	NEW BALANCE MULTISPORT CLUB	6000	01:23:57
47	Mathias	KANISIU	1924	Male	Finished	Senior	02:53:53	HOUT BAY HARRIERS		01:19:27
48	William	ROBINSON	47	Male	Finished	Senior	02:53:55	UNIVERSITY OF CAPE TOWN	6012	01:25:18
49	Luvuyo	NTANDO	26	Male	Finished	Senior	02:54:28	SATORI ATHLETICS CLUB	2987	01:14:37
50	Petros	MERCER	1259	Male	Finished	Senior	02:54:40	RCS GUGULETU A.C		01:21:41
51	Lionel	CRONJE	112	Male	Finished	Senior	02:54:44	BELLVILLE ATHLETIC CLUB	8331	01:25:17
52	Bilton	MZOKHOLO	2096	Male	Finished	Senior	02:55:35	NEDBANK RUNNING CLUB WESTERN PROVINCE		01:24:52
53	Mark	KALIS	55	Male	Finished	Senior	02:55:42	CELTIC HARRIERS	212	01:25:18
54	Sibongile	TSHKITSHA	955	Male	Finished	Senior	02:55:46	CENTURY CITY ATHLETIC CLUB	8305	01:18:09
55	Mathews	JAMES	1916	Male	Finished	Senior	02:55:49	HOUT BAY HARRIERS		01:21:07
56	Sekgwane	MOLOELE	1738	Male	Finished	Senior	02:55:56	NEDBANK RUNNING CLUB GAUTENG NORTH	8057	01:19:09
57	Zika	KAIPA	2087	Male	Finished	Senior	02:56:04	TEMP		01:22:57
58	Nomvuyisi	SETI	1824	Female	Finished	Senior	02:56:31	CELTIC HARRIERS	10896	01:23:56
59	Enrico	SEPTEMBER	1322	Male	Finished	Senior	02:56:41	PAARL ATHLETIC CLUB		01:23:57
60	Senzo	NGOBESE	1968	Male	Finished	Senior	02:57:00	TEMP		01:27:04
61	Cary-Ann	SMITH	51	Female	Finished	Senior	02:57:37	NEDBANK RUNNING CLUB KWAZULU NATAL	802	01:27:32
62	Ilia	SKRIABINSKII	1668	Male	Finished	Senior	02:58:06	TEMP	TEMP	01:24:58
63	Jacques	BOTES	62	Male	Finished	Senior	02:58:12	NEW BALANCE MULTISPORT CLUB	3339	01:26:17
64	Nicolaas	LAUBSCHER	1560	Male	Finished	40-49	02:58:51	EDGEMEAD RUNNERS	5120	01:27:49
65	Peter	BENNETT	1373	Male	Finished	Senior	02:58:55	WEST COAST ATHLETIC CLUB		01:27:32
66	Ndeshimona	EKANDJO	1900	Female	Finished	Senior	02:58:59	TEMP	TEMP	01:33:47
67	Poncana Henricus	MNTUWENKOSI	1912	Male	Finished	40-49	02:59:02	TOP FORM ATHLETIC CLUB		01:25:15
68	King	NTLUZIA	2076	Male	Finished	Senior	02:59:06	VODACOM STRIDERS WP		01:26:24
69	Andrew	STUART	108	Male	Finished	40-49	02:59:09	TEMP	TEMP	01:27:33
70	Jean-Marie Vianney	NTIRUHUNGWA	65	Male	Finished	Senior	02:59:27	CPUT AC	7164	01:25:50
71	Melvyn	DEAN	2021	Male	Finished	Senior	02:59:41	ELSIES RIVER ATHLETIC CLUB		01:27:32
72	John	HORN	29	Male	Finished	40-49	02:59:45	EDGEMEAD RUNNERS	4977 WPA	01:19:36
74	Jateen	BHANA	959	Male	Finished	Senior	02:59:51	RANDBURG HARRIERS	3032	01:27:33
73	Justin	HAND	1426	Male	Finished	40-49	02:59:51	TEMP	8777	01:27:33
75	Charles	CHISUKO	1238	Male	Finished	40-49	03:00:04	ITHEKO SPORT ATHLETIC CLUB		01:16:43
76	Francis	JEKE	1918	Male	Finished	40-49	03:00:30	HOUT BAY HARRIERS		01:26:54
77	Lwando	DABATA	944	Male	Finished	Senior	03:00:51	MITCHELL'S PLAIN TITANS	8895	
78	Simphiwe	GCEBA	1909	Male	Finished	Senior	03:00:52	RCS GUGULETU A.C		01:26:20
79	Ursula	FRANS	21	Female	Finished	40-49	03:01:10	CELTIC HARRIERS	409	01:27:32
80	Ntsaluba	PENWELL	1975	Male	Finished	Senior	03:01:16	ITHEKO SPORT ATHLETIC CLUB		01:28:27
81	Shafiek	CASSIEM	1283	Male	Finished	50-59	03:01:23	CELTIC HARRIERS		01:25:17
82	Michael	KLEIN	1928	Male	Finished	50-59	03:01:27	NEW BALANCE MULTISPORT CLUB	TEMP	01:28:30
83	Siyabonga	MAWEZA	992	Male	Finished	Senior	03:02:16	TOP FORM ATHLETIC CLUB	8226	01:25:18
84	Patrick	QELO	1412	Male	Finished	Senior	03:02:28	KHAYELITSHA ATHLETIC CLUB		01:21:14
85	Gerald	MYBURGH	1958	Male	Finished	40-49	03:03:47	MITCHELL'S PLAIN TITANS		01:25:40
86	William	RUIJSCH VAN DUGTEREN	72	Male	Finished	Senior	03:04:01	ATLANTIC ATHLETIC CLUB	8528	01:27:33
87	Debbie	PERRY	52	Female	Finished	Senior	03:04:18	BOXER SUPERSTORES ATHLETICS CLUB	8425	01:32:13
88	Sven	VOSSE	43	Male	Finished	Senior	03:04:23	THE LEGENDS	95	01:27:30
89	Siyabonga	NGODWANE	1319	Male	Finished	Senior	03:05:32	RCS GUGULETU A.C		01:23:28
90	Meshack	MORAPEDI	120	Male	Finished	Senior	03:05:34	IN TOUCH WALK & RUN	6472	01:28:35
91	Hamish	LIDDELL	93	Male	Finished	Senior	03:05:57	NEDBANK RUNNING CLUB WESTERN PROVINCE	8478	01:29:49
92	Malixole Raymond	PETER	1294	Male	Finished	Senior	03:06:09	MR PRICE WP		01:23:31
93	Bulelwa	MTSHAYI	1954	Female	Finished	Senior	03:06:24	CELTIC HARRIERS		01:27:32
94	Charles	PAULSE	941	Male	Finished	Senior	03:06:56	EERSTE RIVER ATHLETIC CLUB	4191	01:25:17
95	Aaron	LEWIS	1797	Male	Finished	40-49	03:07:06	RAVENSMEAD ATHLETIC CLUB	10963	01:23:44

96	Alecks	NDLOVU	1963	Male	Finished	Senior	03:07:13	HOUT BAY HARRIERS		01:26:45
97	Ross	MCEWAN	954	Male	Finished	Senior	03:07:25	ATC RUNNING	3856	01:30:09
98	Marco	DE FREITAS	940	Male	Finished	Senior	03:07:50	CELTIC HARRIERS	500	01:27:43
99	Robbie	LINDSAY	78	Male	Finished	50-59	03:08:32	NEDBANK RUNNING CLUB WESTERN PROVINCE	3060	01:27:33
100	Simon	ATKINSON	1503	Male	Finished	Senior	03:08:44	TEMP	TEMP	01:32:22
101	Robert	ARNOLD	1841	Male	Finished	50-59	03:09:52	TOP FORM ATHLETIC CLUB	7015	01:29:52
102	Lenka	RAMOTHELLO	32	Male	Finished	Senior	03:11:08	CELTIC HARRIERS	375	01:26:23
103	Siyabonga	SAKWE	2068	Male	Finished	Senior	03:11:27	TEMP		01:22:58
104	Lubabalo	MTIKITIKI	1953	Male	Finished	Senior	03:11:41	CORRECTIONAL SERVICES WP		01:27:06
105	Danovan	FREDERICKS	2023	Male	Finished	Senior	03:11:51	WELLINGTON ATHLETIC CLUB		01:29:00
106	Lehlohonolo Ezekiel	MAKHETHA	1905	Male	Finished	Senior	03:12:22	NEDBANK RUNNING CLUB WESTERN PROVINCE		01:32:36
107	Jason	BAILEY	1533	Male	Finished	Senior	03:12:28	GROOT CONSTANTIA ATLETIEK KLUB	4786	01:35:02
108	Siyabonga	TAFANE	2092	Male	Finished	Senior	03:13:27	TEMP		01:33:37
109	Thembaletu	MOLEFE	1341	Male	Finished	Senior	03:13:42	NEW BALANCE MULTISPORT CLUB		01:28:53
110	Mark	DOWDESWELL	66	Male	Finished	Senior	03:13:51	VARSITY KUDUS	652	01:29:52
111	Maxwell	GODLOZA	1852	Male	Finished	50-59	03:14:04	NEW BALANCE MULTISPORT CLUB	4259	01:34:22
112	Craig	WEST	1619	Male	Finished	40-49	03:14:16	BEDFORDVIEW COUNTRY CLUB	1842	01:35:11
113	Elphas	NGCOBO	1967	Male	Finished	Senior	03:14:18	DRDLR AC		01:33:52
114	Candyce	HALL	96	Female	Finished	Senior	03:14:23	NEDBANK RUNNING CLUB WESTERN PROVINCE	3090	01:34:22
115	Xolani	MAKINANA	1317	Male	Finished	Senior	03:14:32	RCS GUGULETU A.C		01:27:32
116	Gillian	SIELING	18	Female	Finished	40-49	03:14:38	NEDBANK RUNNING CLUB CENTRAL GAUTENG	18065	01:35:11
117	Theminkosi	NDUDE	1964	Male	Finished	Senior	03:14:40	HOUT BAY HARRIERS		01:32:15
118	Garion	KRAUSS	59	Male	Finished	Senior	03:14:43	TYGERBERG ATHLETIC CLUB	8931	01:30:10
119	Ursula	TURCK	97	Female	Finished	40-49	03:15:06	STRAND ATHLETIC CLUB	5939	01:33:53
120	Aldrin	SMIT	2072	Male	Finished	Senior	03:15:13	TEMP		01:33:53
121	Malcolm	FIELLIES	100	Male	Finished	Senior	03:15:28	OLD MUTUAL ATHLETIC CLUB	1528	01:36:49
122	Denis Nyakangi	OBIERO	1267	Male	Finished	Senior	03:15:42	CELTIC HARRIERS		01:24:08
123	Steady	MACHINGURU	1932	Male	Finished	Senior	03:16:22	HOUT BAY HARRIERS		01:26:45
124	Pieter	HANEKOM	1371	Male	Finished	40-49	03:16:23	NEDBANK RUNNING CLUB WESTERN PROVINCE		01:33:53
125	John	VAN DER BYL	2008	Male	Finished	40-49	03:16:26	MITCHELL'S PLAIN TITANS		01:30:53
126	Mussa	SHAIBU	2085	Male	Finished	Senior	03:16:35	RCS GUGULETU A.C		01:26:24
127	Mzolisi	SOBHOYISI	1994	Male	Finished	Senior	03:16:46	SPARTAN HARRIERS		01:25:29
129	Gregory	DUNNETT	86	Male	Finished	Senior	03:16:52	STANDARD BANK AC	6967	01:29:57
128	Riaan	VILJOEN	105	Male	Finished	Senior	03:16:52	NEW BALANCE MULTISPORT CLUB	7610	01:32:23
130	Xolile William	SOMBALO	1997	Male	Finished	Senior	03:17:48	NEDBANK RUNNING CLUB WESTERN PROVINCE		01:29:10
131	Heimie	MISROLL	175	Male	Finished	40-49	03:18:05	PINELANDS ATHLETIC CLUB	2347	01:35:24
132	Warren	HAAS	1583	Male	Finished	Senior	03:18:11	TEMP	TEMP	01:37:28
133	Keith	REYNOLDS	179	Male	Finished	40-49	03:18:27	IRENE ROAD RUNNING CLUB	3173	01:37:42
134	Tracy	FORBES	185	Female	Finished	Senior	03:18:29	ACSIS VOB	8163	01:38:36
135	John	TYE	2006	Male	Finished	Senior	03:18:38	TEMP	TEMP	01:21:15
136	Robert	HUDDY	114	Male	Finished	40-49	03:18:39	RAND ATHLETIC CLUB	CGA 678	01:36:56
137	David	WILDS	163	Male	Finished	Senior	03:18:43	NEW BALANCE MULTISPORT CLUB	6464	01:40:20
138	Christian	DE MORGAN	125	Male	Finished	Senior	03:18:46	TEMP	TEMP	01:36:55
139	Jimmy	MORRIS	1354	Male	Finished	60+	03:18:54	FORESTERS RUNNING CLUB		01:33:57
140	Mark	PIKKER	56	Male	Finished	Senior	03:19:06	FORESTERS RUNNING CLUB	4333	01:31:55
141	Brian	KEY	165	Male	Finished	60+	03:19:24	FORESTERS RUNNING CLUB	4323	01:37:35
142	Mark	WHITEHEAD	173	Male	Finished	Senior	03:19:45	TEMP	TEMP	01:36:55
143	Peet	MYBURGH	170	Male	Finished	40-49	03:19:55	SWARTLAND ATHLETIC CLUB	92	01:36:57
144	Trevor	SUELZLE	2053	Male	Finished	40-49	03:19:58	TEMP		01:38:25
145	Zolani	NTSODO	1971	Male	Finished	40-49	03:20:19	SANDB WP		01:21:58
146	Dean	MOLDENHAUER	130	Male	Finished	40-49	03:20:26	NEW BALANCE MULTISPORT CLUB	4298	01:36:56
147	Jeandre	THEUNISSEN	1763	Male	Finished	Senior	03:20:26	BRACKENFELL ATHLETIC CLUB	1285	01:38:38
148	Tim	LOW	90	Male	Finished	40-49	03:20:33	PINELANDS ATHLETIC CLUB	2333	01:44:07
149	Jp	VAN DER MERWE	102	Male	Finished	Senior	03:20:38	TEMP	TEMP	01:38:25
150	Dennis	HORTON	966	Male	Finished	Senior	03:21:05	TEMP	TEMP	01:33:06
151	Pearson	MWAMARD	1957	Male	Finished	Senior	03:21:12	HOUT BAY HARRIERS		01:33:01
152	Gerhard Betram	BRINK	1242	Male	Finished	40-49	03:21:38	WELLINGTON ATHLETIC CLUB		01:36:57
153	Patrick	MADDEN	263	Male	Finished	40-49	03:21:50	SPARTAN HARRIERS	3308	01:38:58
154	David	HAEFELE	194	Male	Finished	Senior	03:22:04	NEW BALANCE MULTISPORT CLUB	4203	01:40:19
155	Henry	CIEVERTS	948	Male	Finished	50-59	03:22:11	TOP FORM ATHLETIC CLUB	7021	01:36:56
156	Heidi	VAN DER MERWE	968	Female	Finished	Senior	03:22:12	NEW BALANCE MULTISPORT CLUB	4294	01:40:18
157	Renata	SCHOEMAN	990	Female	Finished	Senior	03:22:46	NEW BALANCE MULTISPORT CLUB	WPA3376	01:40:18
158	Gerrit	VERLAND	35	Male	Finished	Senior	03:22:51	FISH HOEK ATHLETIC CLUB	3950	01:15:40
159	Eric Ntobeko	FELEZA	110	Male	Finished	Senior	03:22:52	RCS GUGULETU A.C	7460	01:32:36
160	Jacques	BOUWER	1369	Male	Finished	Senior	03:23:34	SANLAM ATHLETIC CLUB		01:36:57
161	Mfundo	MPOTULO	1748	Male	Finished	Senior	03:23:35	STRAND ATHLETIC CLUB	6847	01:31:41
162	Andries	SWARTS	64	Male	Finished	40-49	03:23:42	CERES ATHLETIC CLUB	579	01:33:47
163	Mbongeni	LUNDA	1362	Male	Finished	40-49	03:24:07	RCS GUGULETU A.C		01:36:51
164	Mathieu	LEHEILLEIX	106	Male	Finished	Senior	03:24:08	TEMP	TEMP	01:36:55
165	Bryan	PATIENCE	167	Male	Finished	Senior	03:24:09	TYGERBERG ATHLETIC CLUB	5719	01:37:01
166	Werner	GELDENHUIS	1030	Male	Finished	Senior	03:24:37	TEMP	TEMP	01:41:57
167	Kirsten	NORRIS	139	Female	Finished	Senior	03:24:38	ACSIS VOB	995	01:42:01
169	Langley	KIRKWOOD	98	Male	Finished	Senior	03:24:55	TEMP	TEMP	01:32:39
168	Benjamin	GALLANT	1908	Male	Finished	Senior	03:24:55	FISH HOEK ATHLETIC CLUB		01:30:53
170	Sibusiso	MDLETSHE	1944	Male	Finished	40-49	03:25:19	STELLA AC		01:28:43
171	Brendon	LEASK	960	Male	Finished	Senior	03:25:40	WEST COAST ATHLETIC CLUB	9411	01:39:37
172	Dale	MILLAR	1683	Male	Finished	40-49	03:25:49	TEMP	889	01:39:38
173	Alfred	NTSETE	91	Male	Finished	Senior	03:26:14	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2536	01:35:10
174	Joele	MIRA	950	Male	Finished	Senior	03:26:27	NEW BALANCE MULTISPORT CLUB	7596	01:33:15
175	Fezile	GROOM	1000	Male	Finished	40-49	03:26:40	BOLAND DEFENCE MARATHON CLUB	3469	01:36:08
176	Johan	THOMAS	987	Male	Finished	Senior	03:26:51	NEW BALANCE MULTISPORT CLUB	3419	01:40:09
177	Quinton	WALKER	109	Male	Finished	Senior	03:26:52	ATC RUNNING	6048	01:40:18
178	Leonard	OOSTHUIZEN	998	Male	Finished	40-49	03:26:58	STELLENBOSCH ATHLETIC CLUB	851	01:39:30
179	Sinthemba	BONO	1857	Male	Finished	Senior	03:27:01	RCS GUGULETU A.C	7451	01:35:10
180	Jeremy	DAVIDS	177	Male	Finished	40-49	03:27:16	ACSIS VOB	818	01:42:55
181	Bennie	VAN DER MERWE	208	Male	Finished	40-49	03:27:21	EDGEMEAD RUNNERS	1460	01:42:58
182	Lionel	ATSON	999	Male	Finished	40-49	03:27:24	MITCHELL'S PLAIN TITANS	9355	01:42:59
183	Jan	WILLIAMS	1241	Male	Finished	40-49	03:27:30	WELLINGTON ATHLETIC CLUB		01:37:03
184	Zibeke	MEMELA	1858	Male	Finished	40-49	03:27:31	METROPOLITAN ATHLETIC CLUB	8316	01:41:43
185	Pieter	VENTER	1714	Male	Finished	40-49	03:27:47	TEMP	5958	01:42:25
186	Hansley	WEAVER	171	Male	Finished	40-49	03:27:48	SANDB WP	3450	01:39:15
187	Vicente	BARRANCO	77	Male	Finished	40-49	03:27:50	TEMP	TEMP	01:41:34
188	Hendrik	DE BEER	92	Male	Finished	Senior	03:28:03	TEMP	TEMP	01:36:58
189	Mark	VAN RENSBURG	371	Male	Finished	40-49	03:28:04	TEMP	TEMP	01:42:13
190	Randall	JOSHUA	1728	Male	Finished	Senior	03:28:05	TELKOM ATHLETICS CLUB	2140	01:42:13
191	Chris	MAGOBOTITI	1864	Male	Finished	40-49	03:28:05	CELTIC HARRIERS	464	01:42:13
192	Kelly Emma	SAUNDERS	198	Female	Finished	40-49	03:28:09	TEMP	TEMP	01:43:00
193	Jeremy	PETERSEN	2091	Male	Finished	40-49	03:28:12	TEMP		01:42:33

194	Wesley	ENGLBRECHT	1902	Male	Finished	40-49	03:28:13	ELSIES RIVER ATHLETIC CLUB		01:42:33
195	Gregory	LEMAIRE	547	Male	Finished	Senior	03:28:14	TEMP	TEMP	01:42:14
196	Brendon	COWELL	1002	Male	Finished	Senior	03:28:16	NEW BALANCE MULTISPORT CLUB	3408	01:38:57
197	Thomas	ANDREWS	164	Male	Finished	50-59	03:28:21	ACSIS VOB	131	01:42:14
200	Willie	COETZEE	107	Male	Finished	50-59	03:28:27	WEST COAST ATHLETIC CLUB	3783	01:42:13
198	Anton	ENGLBRECHT	134	Male	Finished	40-49	03:28:27	NEDBANK RUNNING CLUB WESTERN PROVINCE	3064	01:42:58
199	Mvula	MBANYANA	257	Male	Finished	40-49	03:28:27	ELSIES RIVER ATHLETIC CLUB	2506	01:42:58
201	Nelius	OOSTHUIZEN	988	Male	Finished	Senior	03:28:27	BRACKENFELL ATHLETIC CLUB	7230	01:42:58
202	Paul	CONRADIE	132	Male	Finished	40-49	03:28:28	NEDBANK RUNNING CLUB WESTERN PROVINCE	3040	01:42:59
204	Shane	MURRAY	187	Male	Finished	Senior	03:28:28	MITCHELL'S PLAIN TITANS	4158	01:43:09
203	Pieter	ERASMUS	1664	Male	Finished	Senior	03:28:28	TEMP	567	01:43:00
205	Coert	BLOM	1015	Male	Finished	40-49	03:28:33	TYGERBERG ATHLETIC CLUB	5660	01:38:10
206	Erik	WESTVIG	115	Male	Finished	40-49	03:28:36	ACSIS VOB	666	01:40:19
207	Ryan	OTTO	1776	Male	Finished	Senior	03:28:51	ATLANTIC ATHLETIC CLUB	4687	01:36:56
208	Michael	JOSEPH	99	Male	Finished	Senior	03:28:53	TEMP	TEMP	01:35:41
209	Louis	VAN DER WALT	183	Male	Finished	40-49	03:28:53	LANGEBAAAN STRANDLOPERS	3199	01:42:59
210	Ian	VISSER	118	Male	Finished	Senior	03:28:55	ATLANTIC ATHLETIC CLUB	4538	01:44:41
211	Arthur	VALASIS	116	Male	Finished	60+	03:28:56	JEPPE QUONDAM ATHLETIC CLUB	1400	01:41:23
212	Mashudu Lucas	MUNZHELELE	1523	Male	Finished	Senior	03:29:12	METROPOLITAN ATHLETIC CLUB	5177	01:36:56
213	Andrew	SNEAD	63	Male	Finished	Senior	03:29:28	TEMP	TEMP	01:39:20
214	Shen	TIAN	332	Male	Finished	Senior	03:29:32	ATLANTIC ATHLETIC CLUB	8518	01:43:41
215	Gavin	SHASKOLSKY	980	Male	Finished	Senior	03:29:32	CENTURY CITY ATHLETIC CLUB	7923	01:42:59
216	Mzuukile	OWEN	1974	Male	Finished	Senior	03:29:52	TEMP	TEMP	01:33:36
217	Cecile	REED	287	Female	Finished	Senior	03:30:15	TEMP	TEMP	01:42:59
218	Brandin	JANSEN VAN VUUREN	70	Male	Finished	Senior	03:30:17	CENTURY CITY ATHLETIC CLUB	8302	01:31:00
219	Edward	PIETERSEN	943	Male	Finished	Senior	03:30:29	EERSTE RIVER ATHLETIC CLUB	4185	01:36:10
220	Martin	JANSSON	205	Male	Finished	Senior	03:30:33	TEMP	TEMP	01:44:53
221	Allan	RYNINKS	45	Male	Finished	50-59	03:30:51	WILDRUNNER	5500	01:45:18
222	Noel	GUILLAUME	1105	Male	Finished	Senior	03:31:22	TEMP	TEMP	01:42:00
223	Siyamcela	MADIKIZA	1836	Male	Finished	Senior	03:31:35	TEMP	TEMP	01:34:08
224	Ivan	MARAIS	402	Male	Finished	60+	03:31:40	NEDBANK RUNNING CLUB WESTERN PROVINCE	3015	01:34:27
225	Henning	LUDEKE	111	Male	Finished	Senior	03:31:58	NEDBANK RUNNING CLUB BOLAND	2205 BOL	01:47:48
226	Aubrey	SHOKO	68	Male	Finished	Senior	03:32:01	RCS GUGULETU A.C	2467	01:36:50
227	Craig	DODDS	985	Male	Finished	40-49	03:32:04	ACSIS VOB	778	01:46:29
229	Oswald	SINGANO	158	Male	Finished	Senior	03:32:05	FISH HOEK ATHLETIC CLUB	10679	01:30:08
228	Christo	BOTHMA	211	Male	Finished	Senior	03:32:05	EDGEMEAD RUNNERS	1477	01:41:55
230	Angelique	RABIE	172	Female	Finished	40-49	03:32:38	PINELANDS ATHLETIC CLUB	2308	01:42:13
231	Hedi	VAN DER WATT	593	Female	Finished	Senior	03:33:12	TEMP	1	01:45:08
232	Marie	LOUW	117	Female	Finished	40-49	03:33:15	NEW BALANCE MULTISPORT CLUB	4227	01:45:02
233	Neil	LEIBRANDT	1767	Male	Finished	40-49	03:33:28	OLD MUTUAL ATHLETIC CLUB	1583	01:35:21
234	Robert	SNELLING	133	Male	Finished	Senior	03:33:38	NEDBANK RUNNING CLUB VAAL TRIANGLE	96 AVT	01:44:29
235	Gary	KENDALL	1009	Male	Finished	Senior	03:33:48	TEMP	TEMP	01:44:52
236	Basil	ATKINS	2002	Male	Finished	50-59	03:34:13	TEMP	TEMP	01:40:18
237	Stanley	WESSELS	229	Male	Finished	Senior	03:34:20	PLEXUS DURBANVILLE ATHLETIC CLUB	2683	01:45:31
238	Gethin	CARTLEDGE	157	Male	Finished	Senior	03:34:40	TEMP	TEMP	01:44:57
239	Hermanus	PIENAAR	1747	Male	Finished	40-49	03:35:15	ITHEKO SPORT ATHLETIC CLUB	1785	01:35:06
240	Brandon John	GERTSE	1842	Male	Finished	Senior	03:35:22	DWARS RIVER ATHLETICS CLUB	12345	01:41:55
241	Paul	GILLINGHAM	454	Male	Finished	Senior	03:35:29	TEMP	TEMP	01:47:50
242	Ashley	DIXON	972	Female	Finished	Senior	03:36:05	TEMP	TEMP	01:50:22
243	Jacques	BURGER	101	Male	Finished	40-49	03:36:25	VAAL AC	644	01:45:50
244	Kevin	NEWMAN	958	Male	Finished	40-49	03:36:42	NEDBANK RUNNING CLUB WESTERN PROVINCE	3031	01:36:55
245	Mzotando	MTIKITIKI	1003	Male	Finished	Senior	03:36:55	BRACKENFELL ATHLETIC CLUB	1277	01:40:19
246	Olga	HOWARD	1913	Female	Finished	50-59	03:37:01	CELTIC HARRIERS		01:40:12
247	Llewellyn	JACOBS	156	Male	Finished	Senior	03:37:06	CELTIC HARRIERS	351	01:42:53
248	Masibulele	GXALATANA	1292	Male	Finished	Senior	03:37:07	TEMP	TEMP	01:27:42
249	Gavin	MEMPER	466	Male	Finished	Senior	03:37:31	NEDBANK RUNNING CLUB SWD	152	01:46:45
250	Manase	NDUDE	1965	Male	Finished	40-49	03:37:33	HOUT BAY HARRIERS		01:40:08
251	Wouter	VAN DER BIJL	976	Male	Finished	Senior	03:37:41	TEMP	TEMP	01:46:30
252	Clive	SMITH	1993	Male	Finished	40-49	03:38:01	MITCHELL'S PLAIN TITANS		01:40:18
253	Jannie	DE LANGE	191	Male	Finished	40-49	03:38:14	PLEXUS DURBANVILLE ATHLETIC CLUB	2726	01:46:57
254	Lukas	ENGLBRECHT	438	Male	Finished	40-49	03:38:28	STRAND ATHLETIC CLUB	6828	01:43:39
255	Shamiel	FORTUNE	119	Male	Finished	40-49	03:38:38	ITHEKO SPORT ATHLETIC CLUB	2070	01:43:00
256	William	GREIG	250	Male	Finished	Senior	03:38:40	ACSIS VOB	653	01:49:32
257	Phillip Mynhardt	KITSHOFF	136	Male	Finished	40-49	03:38:53	VODACOM STRIDERS WP	4812	01:47:23
258	Sarah	ROODT	1026	Female	Finished	Senior	03:39:02	DURBAN HIGH SCHOOL OLD BOYS AC	5541	01:47:31
259	Rouviere	STEAD	215	Male	Finished	Senior	03:39:08	PIRATES ATHLETIC CLUB	4801	01:52:05
260	David	RAWRAWAY	1862	Male	Finished	40-49	03:39:08	ATLANTIC ATHLETIC CLUB	4533	01:47:24
261	Musa	XONGWANA	1280	Male	Finished	Senior	03:39:09	CELTIC HARRIERS		01:33:39
262	Abraham	PATIENCE	188	Male	Finished	50-59	03:39:11	STRAND ATHLETIC CLUB	6808	01:43:56
263	Welcome Saul	MAWABO	2010	Male	Finished	Senior	03:39:12	TEMP	TEMP	01:35:43
264	Derik	RABIE	277	Male	Finished	Senior	03:39:15	PLEXUS DURBANVILLE ATHLETIC CLUB	2681	01:45:30
265	Trevor	PETERSEN	159	Male	Finished	40-49	03:39:37	TEMP	TEMP	01:42:13
266	Charles	REED	213	Male	Finished	Senior	03:39:38	WEST COAST ATHLETIC CLUB	7299	01:48:53
267	Marius	BREYTENBACH	204	Male	Finished	40-49	03:40:10	NEW BALANCE MULTISPORT CLUB	6389	01:47:50
269	Aaron	TEMBO	427	Male	Finished	Senior	03:40:33	TEMP	TEMP	01:51:57
268	Rowland	JANSEN	962	Male	Finished	50-59	03:40:33	NEDBANK RUNNING CLUB WESTERN PROVINCE	3102	01:48:11
270	Denzil	JACOBS	961	Male	Finished	Senior	03:40:38	TEMP	TEMP	01:47:10
271	Eben	LE ROUX	1931	Male	Finished	40-49	03:40:47	BELLVILLE ATHLETIC CLUB		01:42:59
272	Adele	WALDRON	425	Female	Finished	Senior	03:40:48	TEMP	TEMP	01:51:34
273	Lethiwe	ZONDO	2088	Female	Finished	40-49	03:40:53	TUKS		01:41:57
274	Ralph	ADAMS	113	Male	Finished	50-59	03:40:55	TOP FORM ATHLETIC CLUB	5566	01:39:38
275	Johnny	AARONS	929	Male	Finished	50-59	03:40:59	OLD MUTUAL ATHLETIC CLUB		01:44:39
276	Adrian John Ishmael	EKSTEEN	49	Male	Finished	40-49	03:41:01	NAMAQUA ATHLETIC CLUB	7133	01:40:34
277	Anna	AMUTOKA	1295	Female	Finished	Senior	03:41:29	RCS GUGULETU A.C		01:43:58
278	Trevor	WARD	199	Male	Finished	50-59	03:41:36	TELKOM ATHLETICS CLUB	2137	01:41:46
279	Zipho	NGCOBO	169	Male	Finished	Senior	03:41:42	TEMP	TEMP	01:48:51
280	Danie	VISSER	1269	Male	Finished	50-59	03:42:12	ATLANTIC ATHLETIC CLUB		01:45:14
281	Rushdi	HENDRICKS	994	Male	Finished	Senior	03:42:13	TOP FORM ATHLETIC CLUB	6991	01:46:30
282	Amin	AMIRI	1012	Male	Finished	Senior	03:42:15	TEMP	TEMP	01:48:47
283	Lindie	BOUWER	1370	Female	Finished	Senior	03:42:20	SANLAM ATHLETIC CLUB		01:43:55
284	Brighton	KWAKWATA	1813	Male	Finished	Senior	03:42:23	TEMP	TEMP	01:27:07
285	Manou	BLEUMINK	222	Male	Finished	Senior	03:42:40	WEST COAST ATHLETIC CLUB	7360	01:52:36
286	Doctor	NDLOVU	1276	Male	Finished	40-49	03:42:40	SAPS CGA		01:45:59
287	Josef	MAKAYE	181	Male	Finished	40-49	03:42:53	SANDF WP	8805	01:46:22
288	Thembeni Nick	REMBEYI	1282	Male	Finished	Senior	03:43:05	CELTIC HARRIERS		01:28:10
289	Paul	ADAMS	930	Male	Finished	40-49	03:43:19	TEMP	TEMP	01:42:59
290	Hans-Joerg	HECKEL	278	Male	Finished	40-49	03:43:20	TEMP	TEMP	01:46:58
291	Andrew	BIRD	1711	Male	Finished	Senior	03:43:23	TEMP	TEMP	01:45:01

292	Bev	BAKER	1260	Female	Finished	50-59	03:43:28	ACSIS VOB		01:55:09
293	Nick	PENROSE	971	Male	Finished	Senior	03:43:35	ATLANTIC ATHLETIC CLUB	8390	01:47:58
294	Dave	WHEELER	1710	Male	Finished	60+	03:43:36	HOUT BAY HARRIERS	5308	01:42:13
296	Enver	JAFFER	150	Male	Finished	40-49	03:43:59	RUN WALK FOR LIFE WESTERN PROVINCE	4877	
295	Sean Zanoxolo	SILWANA	203	Male	Finished	Senior	03:43:59	RCS GUGULETU A.C	2498	01:45:55
297	Anna	TEMBO	2073	Female	Finished	Senior	03:44:04	TEMP		01:51:56
298	Stefan	WILLAND	1011	Male	Finished	40-49	03:44:34	TEMP	TEMP	01:44:02
299	Gary	WATERS	1617	Male	Finished	Senior	03:44:41	TEMP	TEMP	01:49:51
301	Sonja	STAEHLER	74	Female	Finished	Senior	03:44:42	TEMP	TEMP	01:51:57
300	Mark	ROBERTS	365	Male	Finished	Senior	03:44:42	ACSIS VOB	8156	01:49:50
302	Masixole	MEMANI	1366	Male	Finished	Senior	03:44:48	ACSIS VOB		01:39:04
303	Wayne	GALANT	1907	Male	Finished	Senior	03:44:52	CELTIC HARRIERS		01:45:30
305	Tammy	GARDINER	161	Female	Finished	Senior	03:44:54	ACSIS VOB	1064	01:45:02
306	Roger	ARENDSE	1035	Male	Finished	50-59	03:44:54	CELTIC HARRIERS	322	01:49:54
304	Roger	LAUF	1561	Male	Finished	40-49	03:44:54	WEST COAST ATHLETIC CLUB	7295	01:52:42
307	Thamba	TAVUMA	2100	Male	Finished	Senior	03:44:55	TEMP		01:43:01
308	Jacques	RIJHMANS	178	Male	Finished	50-59	03:44:57	TEMP	TEMP	01:54:02
309	Rudy	VEY	1733	Male	Finished	50-59	03:44:57	ACSIS VOB	572	01:51:58
310	Russell	SMITH	217	Male	Finished	40-49	03:45:03	PIRATES ATHLETIC CLUB	3751	01:52:21
311	Elsje	MAREE	1700	Female	Finished	40-49	03:45:03	NEW BALANCE MULTISPORT CLUB	7672	01:51:27
312	Andrew	LAWLOR	974	Male	Finished	Senior	03:45:06	ACSIS VOB	929	01:46:48
313	Marc	TUDHOPE	1059	Male	Finished	40-49	03:45:10	HOUT BAY HARRIERS	5277	01:50:49
314	Shaun	MAREGELE	1768	Male	Finished	Senior	03:45:14	IN TOUCH WALK & RUN	8078	01:50:27
315	Thabiet	LEUKES	147	Male	Finished	40-49	03:45:19	TOP FORM ATHLETIC CLUB	9088	01:48:03
316	Xander	NIJNENS	221	Male	Finished	Senior	03:45:20	TEMP	TEMP	01:55:10
317	Sidney	RUSTIN	1303	Male	Finished	40-49	03:45:22	SANDF WP		01:39:44
318	Paballo Brian	RAKGOTHO	1695	Male	Finished	Senior	03:45:28	TEMP	3492	01:45:07
319	Ronald Mangule	MAMBWE	318	Male	Finished	40-49	03:45:34	HARFIELD HARRIERS	6531	01:50:13
320	Thulani	NXUMALO	942	Male	Finished	Senior	03:45:43	TEMP	TEMP	01:45:20
321	Francois	KOTZE	986	Male	Finished	Senior	03:45:51	NEW BALANCE MULTISPORT CLUB	6008	01:48:09
322	Elaine	GREENBLATT	978	Female	Finished	60+	03:45:58	ROCKY ROAD RUNNERS	4149	01:49:58
323	Chris	DAVISON	1897	Male	Finished	Senior	03:46:05	CELTIC HARRIERS		01:44:12
324	Cecile	PENTZ	1038	Female	Finished	Senior	03:46:08	NEW BALANCE MULTISPORT CLUB	6427	01:51:27
325	Ntazana	SINJELA	1746	Male	Finished	Senior	03:46:09	TEMP	787	01:46:44
326	Heinrich	BADENHORST	1334	Male	Finished	Senior	03:46:13	ACSIS VOB		01:49:26
327	Bosco	STOCKIGT	1790	Male	Finished	Senior	03:46:14	BRACKENFELL ATHLETIC CLUB	7245	01:40:15
328	David	PESEK	346	Male	Finished	Senior	03:46:37	TEMP	TEMP	01:50:12
329	Johan	BOSMAN	1698	Male	Finished	Senior	03:46:47	ASICS ATHLETIC CLUB	5451	01:49:33
330	Joanna	SAMSONOWICZ	129	Female	Finished	Senior	03:46:53	ATLANTIC ATHLETIC CLUB	4475	01:50:23
331	Raymond	NOWERS	1647	Male	Finished	40-49	03:46:54	TEMP	TEMP	01:44:37
332	Brandon	SEPTEMBER	1248	Male	Finished	40-49	03:46:55	SPARTAN HARRIERS		01:46:55
333	Riaan	MULLER	242	Male	Finished	Senior	03:47:00	EDGEMEAD RUNNERS	1475	01:43:52
334	Sandy	RUSSELL	361	Female	Finished	Senior	03:47:03	TEMP	TEMP	01:47:14
335	James	WENMAN	299	Male	Finished	Senior	03:47:13	TEMP	TEMP	01:42:20
336	Elizabeth	BAX	370	Female	Finished	50-59	03:47:17	PINELANDS ATHLETIC CLUB	2334	01:50:14
337	Johannes	MONGALE	1618	Male	Finished	Senior	03:47:22	TEMP		01:43:36
339	Jorg	SCHMID	310	Male	Finished	50-59	03:47:58	FISH HOEK ATHLETIC CLUB	3917	01:55:54
338	Sean	THOMSON	1502	Male	Finished	Senior	03:47:58	ATLANTIC ATHLETIC CLUB	4478	01:43:00
340	Dumisane	HLATSHWAYO	2097	Male	Finished	Senior	03:48:06	PICK 'N PAY ATHLETIC CLUB WP		01:41:52
341	Cailey	BREDENKAMP	1240	Female	Finished	40-49	03:48:11	PAARL ATHLETIC CLUB		01:54:15
342	Carol Ann	KINSLEY	142	Female	Finished	Senior	03:48:21	TEMP	TEMP	01:47:47
343	John	EDWARDS	212	Male	Finished	40-49	03:48:28	TEMP	TEMP	01:50:45
344	Sonia	SMITH	1301	Female	Finished	50-59	03:48:28	MITCHELL'S PLAIN TITANS		01:50:58
345	Russel	MATHEWS	1405	Male	Finished	Senior	03:48:35	WELLINGTON ATHLETIC CLUB		01:44:36
347	Eduan	MILNER	437	Male	Finished	40-49	03:48:36	PLEXUS DURBANVILLE ATHLETIC CLUB	2586	01:57:28
346	David	HOWARD	1029	Male	Finished	40-49	03:48:36	NEW BALANCE MULTISPORT CLUB	6378	01:57:28
348	Christopher	MILLAR	398	Male	Finished	Senior	03:48:50	CELTIC HARRIERS	389	01:48:49
349	Paul	BRITTAIN	54	Male	Finished	Senior	03:49:06	CELTIC HARRIERS	394	01:31:55
350	Andret	LABUSCHAGNE	1057	Female	Finished	Senior	03:49:15	ATC RUNNING	TEMP	01:52:31
351	Johannes	JACOBS	155	Male	Finished	50-59	03:49:24	CELTIC HARRIERS	352	01:42:53
352	Warda	ARYA	315	Female	Finished	40-49	03:49:44	CELTIC HARRIERS	224	01:49:34
353	Lynn	JOHNSON	1753	Female	Finished	Senior	03:49:46	TEMP	TEMP	01:44:44
354	Junita	VAN AS	2042	Female	Finished	Senior	03:49:48	TEMP		01:55:06
355	Alroy	DAVEY	151	Male	Finished	40-49	03:49:50	RAVENSMEAD ATHLETIC CLUB	7178	01:47:52
356	Clifford	BLAKE	979	Male	Finished	40-49	03:49:52	BRACKENFELL ATHLETIC CLUB	1200	01:53:33
357	Adrian	HAYES	475	Male	Finished	Senior	03:50:03	FISH HOEK ATHLETIC CLUB	3919	01:54:37
358	Trevor	SASMAN	1777	Male	Finished	40-49	03:50:04	SOUTHERN STRIDERS ATHLETIC CLUB	4048	01:51:29
359	Reganald	CROWSTER	2093	Male	Finished	40-49	03:50:11	TYGERBERG ATHLETIC CLUB		01:54:44
361	Ilana	WOEKE	445	Female	Finished	Senior	03:50:15	STRAND ATHLETIC CLUB	5862	01:53:48
360	Kobie	BUYS	1036	Female	Finished	40-49	03:50:15	TEMP	5863	01:53:48
362	Steven	WOLHUTER	148	Male	Finished	40-49	03:50:17	RUN WALK FOR LIFE WESTERN PROVINCE	5609	01:43:01
363	Andile	MPHUNGA	1323	Male	Finished	Senior	03:50:30	EDGEMEAD RUNNERS		01:46:21
364	Fabian	BYRNE	1034	Male	Finished	40-49	03:50:40	TEMP	4840	01:52:21
365	Mathew	HERBERT	716	Male	Finished	Senior	03:50:53	PLEXUS DURBANVILLE ATHLETIC CLUB	9180	01:49:26
366	Karen	VERSFELD	1722	Female	Finished	Senior	03:50:54	ATC RUNNING	8563	01:44:59
367	Douglas	GAGIANO	964	Male	Finished	40-49	03:50:55	STELLENBOSCH ATHLETIC CLUB	732	01:46:21
368	Lindani	NDLOVU	1253	Male	Finished	40-49	03:51:08	SAPS CGA		01:53:48
369	Charles	PARRY	273	Male	Finished	50-59	03:51:14	PINELANDS ATHLETIC CLUB	2211	01:50:49
370	Conrad	HARLEY	1530	Male	Finished	Senior	03:51:26	TEMP	TEMP	01:54:51
371	Nic	MALAN	455	Male	Finished	Senior	03:51:34	TEMP	TEMP	01:55:09
374	Maryke	SASS	216	Female	Finished	40-49	03:51:42	PETRO SA	1603	01:56:22
372	Charn	DE LANGE	1060	Female	Finished	40-49	03:51:42	EDGEMEAD RUNNERS	4997	01:54:18
373	Rome	PHILLIPSON	1978	Female	Finished	Senior	03:51:42	HARTENBOS DRAWWERS		01:56:22
375	Mario	MEYER	1945	Male	Finished	Senior	03:51:44	HARTENBOS DRAWWERS		01:56:13
376	David	MAXWELL	1256	Male	Finished	40-49	03:51:57	ACSIS VOB		01:49:26
377	Bianca	TAIT	1037	Female	Finished	Senior	03:52:00	SATORI ATHLETICS CLUB	TEMP	01:53:30
378	Andrew	COCKCROFT	1799	Male	Finished	50-59	03:52:05	EDGEMEAD RUNNERS	1504	01:57:00
379	Willem Jacobus	VISAGIE	1432	Male	Finished	40-49	03:52:08	NEW BALANCE MULTISPORT CLUB	7604	01:56:54
380	Nathalie	CLOETE	293	Female	Finished	40-49	03:52:17	PLEXUS DURBANVILLE ATHLETIC CLUB	7787	01:49:15
381	Helma	NEL	428	Female	Finished	Senior	03:52:21	STRAND ATHLETIC CLUB	5905	01:51:13
382	Gerda	OCHSE	248	Female	Finished	40-49	03:52:22	TEMP	TEMP	01:55:25
383	Carina	CLAASSEN	249	Female	Finished	40-49	03:52:23	TEMP	TEMP	01:55:25
385	Neil	COHEN	162	Male	Finished	40-49	03:52:35	TEMP	TEMP	01:51:00
384	Greg	KINROSS	201	Male	Finished	Senior	03:52:35	TEMP	TEMP	01:51:00
386	Craig	FITZGERALD	989	Male	Finished	40-49	03:52:36	MORNINGSIDE COUNTRY CLUB ROAD RUNNERS	301	01:51:00
387	Letitia	SMITH	1782	Female	Finished	40-49	03:52:38	TOP FORM ATHLETIC CLUB	8220	01:52:06
388	Wiseman	XAKAYI	1888	Male	Finished	Senior	03:52:43	RCS GUGULETU A.C		01:45:33
389	Michael Hamman	DE VAAL	1021	Male	Finished	Senior	03:52:45	TEMP	TEMP	01:51:17

390	Ian	POWELL	1487	Male	Finished	40-49	03:52:45	SPARTAN HARRIERS	2941	01:51:17
391	Dumisani	NDEVU	328	Male	Finished	Senior	03:52:46	PINELANDS ATHLETIC CLUB	11010	01:43:59
392	Simon	DINKELMAN	995	Male	Finished	Senior	03:52:54	NEDBANK RUNNING CLUB WESTERN PROVINCE	11043	01:53:47
393	Elsabet	TAFT	2066	Female	Finished	40-49	03:53:06	ACSIS VOB		01:56:14
394	Suzanne	VAN WYK	285	Female	Finished	Senior	03:53:07	NEW BALANCE MULTISPORT CLUB	4249 WPA	01:54:25
395	Freddie	JACOBS	1287	Male	Finished	50-59	03:53:09	NAMAQUA ATHLETIC CLUB		01:46:04
396	Christopher	ABRAHAMS	1816	Male	Finished	Senior	03:53:09	TOP FORM ATHLETIC CLUB	7013	01:57:20
397	Marcelino	PADAYACHEE	1315	Male	Finished	Senior	03:53:25	STRAND ATHLETIC CLUB		01:46:18
398	Khotso-Johanes	MOROE	2019	Male	Finished	40-49	03:53:25	TEMP		01:44:39
399	Arnold	WOODWARD	1743	Male	Finished	Senior	03:53:26	TEMP	TEMP	01:42:59
400	David	FRYLINCK	983	Male	Finished	Senior	03:53:42	ATLANTIC ATHLETIC CLUB	WPA4632	01:44:36
401	Mario	WINKWORTH	2014	Male	Finished	50-59	03:53:44	MITCHELL'S PLAIN TITANS		01:47:44
402	Andrew	MAGGS	290	Male	Finished	40-49	03:53:54	WANDERERS AC	10495	01:48:21
403	Aleida	ZARRRAGA PHILANDER	1381	Female	Finished	40-49	03:53:57	ITHEKO SPORT ATHLETIC CLUB		01:59:31
404	Jonathan	FIELIES	1278	Male	Finished	40-49	03:53:58	STRAGGLERS ATHLETIC CLUB		01:54:26
405	Zolani	MXABO	2074	Male	Finished	Senior	03:54:05	TEMP		01:50:29
406	Gavin	HARPUR	245	Male	Finished	Senior	03:54:14	ACSIS VOB	915	01:49:32
407	Coffe	NICOLAS	1569	Male	Finished	Senior	03:54:15	TEMP	TEMP	01:46:45
408	John Stanley	PETERSEN	1976	Male	Finished	50-59	03:54:15	METROPOLITAN ATHLETIC CLUB		01:47:09
411	Wendy	JANSEN	200	Female	Finished	40-49	03:54:21	EDGEMEAD RUNNERS	1453	01:58:41
409	Megan	GOLIATH	1040	Female	Finished	Senior	03:54:21	BRACKENFELL ATHLETIC CLUB	1220	01:56:34
410	Giele	ELLIS	1901	Male	Finished	40-49	03:54:21	BRACKENFELL ATHLETIC CLUB		01:56:34
412	Mark	VAN NIEKERK	353	Male	Finished	Senior	03:54:22	SEDGEMEAD STRIDERS	512	01:52:37
413	Muizz	OKKERS	741	Male	Finished	50-59	03:54:32	TOP FORM ATHLETIC CLUB	5576	01:43:00
414	Faizal	JAFFER	1631	Male	Registered	Senior	03:54:40	TEMP	TEMP	
415	Koji	NISHIDA	1535	Male	Finished	Senior	03:54:43	TEMP	TEMP	01:51:57
416	Natasha	KRUGER	284	Female	Finished	Senior	03:54:51	NEW BALANCE MULTISPORT CLUB	4292	01:58:33
417	Colin	WALL	441	Male	Finished	Senior	03:54:57	NEW BALANCE MULTISPORT CLUB	4254	01:50:23
418	Johan	BOTHA	122	Male	Finished	60+	03:55:07	RUN WALK FOR LIFE WESTERN PROVINCE	3147	01:49:15
419	Rashika	RAMPERSADH	258	Female	Finished	Senior	03:55:30	BOKSBURG ATHLETIC CLUB	2617	01:49:41
420	Joao Jose	DE ABREU	291	Male	Finished	40-49	03:55:33	ATLANTIC ATHLETIC CLUB	4498	01:47:57
421	Adele	MACCANNEL	505	Female	Finished	Senior	03:55:36	ACSIS VOB	785	01:58:28
422	Herman	WILLIAMS	1661	Male	Finished	50-59	03:55:37	RCS GUGULETU A.C	2462	01:52:27
423	Gabrielle	WEBBER	1602	Female	Finished	Senior	03:55:43	TEMP	6122	01:58:33
424	Erin	PHILLIPS	1627	Female	Finished	Senior	03:55:43	TEMP	TEMP	01:58:32
425	Michelle	SCOWBY	1828	Female	Finished	Senior	03:55:43	TEMP	TEMP	01:58:33
426	Wally	STEEL	288	Male	Finished	60+	03:55:51	HOUT BAY HARRIERS	5420	01:53:31
427	Lizette	BANNISTER	1063	Female	Finished	Senior	03:55:58	TEMP	Temp	01:54:18
428	Faizal	WILLIAMS	768	Male	Finished	40-49	03:56:14	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6765	01:46:32
430	Candice	JOHNSON	322	Female	Finished	Senior	03:56:16	ATLANTIC ATHLETIC CLUB	4485	01:57:20
429	Justin	URRY	384	Male	Entered	Senior	03:56:17	TEMP	TEMP	01:57:29
431	Mosuli	QHABA	439	Male	Finished	Senior	03:56:18	TOP FORM ATHLETIC CLUB	5528	02:03:59
432	James	KANTOR	1076	Male	Finished	Senior	03:56:18	TEMP	TEMP	01:56:41
433	Brian	REID	417	Male	Finished	Senior	03:56:22	TEMP	TEMP	01:55:10
434	Jaco	COETZEE	515	Male	Finished	50-59	03:56:24	SANLAM ATHLETIC CLUB	4062	01:51:22
435	Wayne	LOUW	1264	Male	Finished	40-49	03:56:25	TEMP	TEMP	01:41:46
436	Vuyolwethu	BOYCE	1770	Male	Finished	Senior	03:56:26	TEMP	TEMP	01:41:05
437	Ree	COETZER	1064	Female	Finished	40-49	03:56:28	PAARL ATHLETIC CLUB	213	01:59:54
438	Sean	MCDIARMID	1726	Male	Finished	Senior	03:56:29	PINELANDS ATHLETIC CLUB	2332	01:58:55
439	Paul	BROWERS	1235	Male	Finished	40-49	03:56:37	NEW BALANCE MULTISPORT CLUB		01:43:12
440	Gary	MC GOWAN	1742	Male	Finished	Senior	03:56:37	TEMP	TEMP	01:57:02
441	Michael	DABROWSKI	186	Male	Finished	Senior	03:56:41	ATC RUNNING	3865	01:55:09
442	Maghdi	ARNOLD	251	Male	Finished	40-49	03:56:44	PINELANDS ATHLETIC CLUB	2237	01:55:25
443	Elydia	DE MONK	1068	Female	Finished	40-49	03:56:50	ACSIS VOB	8147	01:56:40
444	Caroline	BALKWILL	1072	Female	Finished	Senior	03:56:50	ATLANTIC ATHLETIC CLUB	4500	01:58:22
445	Mandlenkosi	SIBANDA	331	Male	Finished	40-49	03:56:51	OLD MUTUAL ATHLETIC CLUB	1529	01:48:54
446	Arina	CILLIERS	1312	Female	Finished	40-49	03:56:55	OLIFANTS RIVIER ATLETIEK KLUB		01:56:26
447	Annelie	VAN DER LINDE	1302	Female	Finished	50-59	03:57:00	PLEXUS DURBANVILLE ATHLETIC CLUB		01:56:49
448	Justine	SHARPLES	323	Female	Finished	Senior	03:57:12	NEW BALANCE MULTISPORT CLUB EDEN	862	01:56:23
450	Wynnie	SWANEPOEL	497	Female	Finished	40-49	03:57:19	METROPOLITAN ATHLETIC CLUB	5146	01:54:26
449	Nwabisile Steve	KHUMLA	1073	Male	Finished	Senior	03:57:21	TOP FORM ATHLETIC CLUB	TEMP	02:03:59
451	Lynette	HIGGO	383	Female	Finished	40-49	03:57:22	TYGERBERG ATHLETIC CLUB	5693	01:57:27
452	Mziwamadoda Reuben	SKOSANA	400	Male	Finished	40-49	03:57:22	SOWETO CABAL ATHLETIC CLUB	7359	01:57:27
454	Brian	MERRYWEATHER	1032	Male	Finished	50-59	03:57:25	EDGEMEAD RUNNERS	1400	01:57:00
453	Harun	KELLY	393	Male	Finished	Senior	03:57:27	ITHEKO SPORT ATHLETIC CLUB	1930	01:54:31
455	John	GILCHRIST	274	Male	Finished	Senior	03:57:29	ACSIS VOB	877	01:55:09
456	Andrew	QUINLAN	412	Male	Finished	40-49	03:57:29	ACSIS VOB	713	01:55:08
457	Dewald	BRAND	424	Male	Finished	Senior	03:57:32	BRACKENFELL ATHLETIC CLUB	1309	01:59:19
458	Hilton	VERGOTINE	192	Male	Finished	Senior	03:57:33	NEDBANK RUNNING CLUB CENTRAL GAUTENG	13101	01:56:42
459	Juan	DU PLESSIS	1656	Male	Finished	Senior	03:57:33	BRACKENFELL ATHLETIC CLUB	1231	01:59:19
460	Dave	JONKER	1069	Male	Finished	Senior	03:57:34	ACSIS VOB	935	01:56:41
461	Don	MOFERI	480	Male	Finished	50-59	03:57:35	TEMP	TEMP	01:57:41
463	Tobile	MAFA	1696	Male	Finished	Senior	03:57:39	PLEXUS DURBANVILLE ATHLETIC CLUB	9188	01:39:42
462	Everett	BROWN	1772	Male	Finished	40-49	03:57:40	MULTI-SPORT MANIACS	5840	01:55:08
464	David	TALBOT	85	Male	Finished	Senior	03:57:44	TEMP	TEMP	01:58:34
465	Ahmedzaid	MAHOMED	316	Male	Finished	40-49	03:57:44	WESTERN PROVINCE CRICKET CLUB	wpa 6692	01:42:59
466	Michael	ERASMUS	510	Male	Finished	40-49	03:57:48	CELTIC HARRIERS	273	01:51:24
467	Willie	HONEYBALL	219	Male	Finished	Senior	03:57:54	EDGEMEAD RUNNERS	WPA5101	01:49:30
468	Branden	SCOTTWAYWARD	128	Male	Finished	Senior	03:57:57	ATLANTIC ATHLETIC CLUB	4251	01:58:14
469	Maretha	DE KOCK	2050	Female	Finished	50-59	03:57:59	BELLVILLE ATHLETIC CLUB		01:55:40
470	Jack	HODKIN	1574	Male	Finished	50-59	03:58:07	HOUT BAY HARRIERS	5357	01:59:03
471	Nick	MAURER	1620	Male	Finished	Senior	03:58:16	TEMP	TEMP	01:53:20
472	Petros	SOKAYA	61	Male	Finished	Senior	03:58:20	SAPS WP	TEMP	01:41:05
473	Brett	CLARK	234	Male	Finished	Senior	03:58:20	ACSIS VOB	621	01:56:40
474	Andreas	GENSICKE	422	Male	Finished	40-49	03:58:21	ESKOM AC WP	7935	01:58:55
475	Gideon	VAN DER KOLF	639	Male	Finished	Senior	03:58:21	MATIES	470	01:54:36
476	Kira	DAREBNY	1605	Female	Finished	Senior	03:58:22	ACSIS VOB	620	01:56:41
477	Carina	BOTES	149	Female	Finished	Senior	03:58:25	NEW BALANCE MULTISPORT CLUB	3340	01:48:49
478	Vicus	VD MERWE	1104	Female	Finished	Senior	03:58:26	BELLVILLE ATHLETIC CLUB	9677	01:57:06
479	Bongani	MANDINDI	1024	Male	Finished	40-49	03:58:27	MITCHELL'S PLAIN TITANS	7745	01:51:33
480	Sangeeth	SEWNATH	300	Male	Finished	Senior	03:58:28	TEMP	TEMP	01:53:48
481	Muzi	NDLOVU	1392	Male	Finished	Senior	03:58:32	RCS GUGULETU A.C		01:42:16
482	Hubert	NTEYI	1809	Male	Finished	50-59	03:58:37	CELTIC HARRIERS	247wp	01:50:35
483	Peter	THORVALDSSON	1416	Male	Finished	Senior	03:58:38	TEMP	TEMP	02:00:44
484	Daniel	MWELI	1874	Male	Finished	Senior	03:58:44	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2537	01:49:34
485	Jainoodien	SALIE	330	Male	Finished	Senior	03:58:45	VODACOM STRIDERS WP	4821	01:50:47
486	Hendry	HENDRICKS	1911	Male	Finished	40-49	03:58:51	RCS GUGULETU A.C		01:38:06

487	Beulah	PAULSE	1783	Female	Finished	Senior	03:58:57	TOP FORM ATHLETIC CLUB	8214	01:56:17
488	Gerrie	CILLIERS	1311	Male	Finished	40-49	03:58:59	OLIFANTS RIVIER ATLETIEK KLUB		01:56:27
489	Eugene	WILLIAMS	138	Male	Finished	Senior	03:59:05	TEMP	TEMP	01:49:23
490	Lionel	SAMUELS	1391	Male	Finished	50-59	03:59:15	TELKOM ATHLETICS CLUB		02:04:01
491	Safoudien	BESTER	551	Male	Finished	Senior	03:59:17	ITHEKO SPORT ATHLETIC CLUB	1929	01:59:48
492	Thanduxolo	MNGQAWA	440	Male	Finished	Senior	03:59:19	TOP FORM ATHLETIC CLUB	8215	02:03:59
493	Bernard	SYLVESTER	1789	Male	Finished	40-49	03:59:27	CELTIC HARRIERS	350	01:49:47
494	Chantel	BOONZAAIER	479	Female	Finished	Senior	03:59:31	STRAGGLERS ATHLETIC CLUB	6499	01:57:31
495	Ernst	NEETHLING	1793	Male	Finished	40-49	03:59:34	WORCESTER ATHLETIC CLUB	1093	01:50:22
496	Kanakana	MUSHANGANYISI	996	Male	Finished	Senior	03:59:37	PINELANDS ATHLETIC CLUB	2265	01:50:15
498	Greg	KORCK	1455	Male	Finished	Senior	03:59:52	TEMP	TEMP	01:56:42
497	Mareli	MANS	1609	Female	Finished	Senior	03:59:54	NEW BALANCE MULTISPORT CLUB	3385	02:00:31
499	Stuart	IZATT	423	Male	Finished	Senior	03:59:57	TEMP	TEMP	01:49:33
500	Ralph	PIETERSEN	1707	Male	Finished	Senior	03:59:57	PLEXUS DURBANVILLE ATHLETIC CLUB	2577	01:49:14
501	Gabby	CLOETE	814	Female	Finished	40-49	03:59:59	TEMP	TEMP	01:55:01
502	Bradwin	SHAW	1297	Male	Finished	Senior	04:00:00	ACSIS VOB		01:49:56
503	Pj	VLOK	1712	Male	Finished	Senior	04:00:00	STELLENBOSCH ATHLETIC CLUB	837	01:56:42
504	Sean	CHRISTIE	1058	Male	Finished	Senior	04:00:03	ATC RUNNING	TEMP	01:59:11
505	Richard Ian	MC CLARTY	2055	Male	Finished	60+	04:00:07	ACSIS VOB		01:56:40
506	Bhekinkosi	MVOVO	1648	Male	Finished	Senior	04:00:08	SANDE WP	6560	01:51:16
507	Paul	BURNETT	1650	Male	Finished	Senior	04:00:11	CELTIC HARRIERS	488	01:55:10
508	Bronwen	MACKRILL	1933	Female	Finished	40-49	04:00:19	HELDERBERG HARRIERS		01:58:46
509	Robert	TIMMIS	267	Male	Finished	Senior	04:00:27	TEMP	TEMP	01:46:20
510	Rory	CRAWFORD	304	Male	Finished	Senior	04:00:29	ACSIS VOB	890	01:53:11
511	Sipho	SITHOLE	1991	Male	Finished	40-49	04:00:36	CORRECTIONAL SERVICES WP		01:40:20
512	Jessica	ROHMAN	634	Female	Finished	Senior	04:00:41	CELTIC HARRIERS	507	01:57:12
513	Willie	KRAUSE	265	Male	Finished	Senior	04:00:42	MELKBOS ATHLETIC CLUB	10892	01:56:22
514	Tihandikhaya	MAZALENI	2062	Male	Finished	Senior	04:00:59	TEMP		01:37:03
515	Clifford	DE KOCK	1378	Male	Finished	40-49	04:01:01	STRAND ATHLETIC CLUB		02:03:49
516	Dawid	LOOTS	580	Male	Finished	Senior	04:01:05	RUNNING INN ATHLETICS CLUB	8736	01:56:16
517	Lebogang	LEKGETLA	252	Male	Finished	Senior	04:01:08	TEMP	TEMP	01:38:35
518	Paul	FRANKLIN	615	Male	Finished	Senior	04:01:13	TEMP	TEMP	01:48:26
519	Philippa	HUMPHREYS	560	Female	Finished	40-49	04:01:15	GROOT CONSTANTIA ATLETIEK KLUB	4769	02:00:36
520	Moegamat Salee	BURGHERS	1608	Male	Finished	60+	04:01:16	FISH HOEK ATHLETIC CLUB	3897	01:54:02
521	Michael	FARQUHAR	232	Male	Finished	40-49	04:01:20	TEMP	TEMP	02:00:41
522	Kim	STEPHENS	415	Female	Finished	Senior	04:01:20	HARFIELD HARRIERS	9139	02:00:42
523	Jane	PRINGLE	604	Female	Finished	Senior	04:01:28	TEMP	TEMP	01:57:03
524	Hj	SWANEPOEL	1488	Male	Finished	Senior	04:01:34	PIRATES ATHLETIC CLUB	8770	02:00:33
525	Unre	PRINSLOO	632	Female	Finished	Senior	04:01:38	TEMP	TEMP	01:56:41
526	Aldo	POMARIO	810	Male	Finished	60+	04:01:46	CELTIC HARRIERS	221	01:56:47
527	Shirwa	ROHM	297	Female	Finished	Senior	04:01:47	WEST COAST ATHLETIC CLUB	7310	01:53:53
528	Edward	MCDERMOTT	443	Male	Finished	Senior	04:01:56	TEMP	TEMP	01:57:28
529	Leonie	SCHOEMAN	337	Female	Finished	Senior	04:01:59	ATLANTIC ATHLETIC CLUB	9940	01:53:47
530	Brian	MCCURRACH	1847	Male	Finished	40-49	04:02:02	HARFIELD HARRIERS	5400	02:05:03
531	Garreth	BORNMAN	1071	Male	Finished	Senior	04:02:11	EDGEMEAD RUNNERS	5082	02:01:04
532	Steven	LEVETT	444	Male	Finished	50-59	04:02:12	EDGEMEAD RUNNERS	1498	02:01:04
533	Vernon	THUSSEN	2003	Male	Finished	50-59	04:02:20	ATLANTIS HARRIERS		01:50:01
534	Julian	KARP	485	Male	Finished	50-59	04:02:31	NEW BALANCE MULTISPORT CLUB	5970	02:02:46
535	Justin	KRUGER	511	Male	Finished	40-49	04:02:31	FIT 2000 WP	4369	02:02:49
537	Ratsiu	TSEKO	1577	Male	Finished	Senior	04:02:38	RCS GUGULETU A.C	7444	01:57:03
536	Grant	DODGEN	1594	Male	Finished	Senior	04:02:42	NEW BALANCE MULTISPORT CLUB	3407	01:55:30
538	Angelo	FREDERICKS	1578	Male	Finished	Senior	04:02:43	NEW BALANCE MULTISPORT CLUB	3422	01:55:30
539	Benney	CHABALALA	1604	Male	Finished	Senior	04:02:43	EDGEMEAD RUNNERS	5115	01:53:46
541	Fatiema	JAFFER	407	Female	Finished	Senior	04:02:45	RUN WALK FOR LIFE WESTERN PROVINCE	4878	01:57:15
540	Daniel	OLEBONGENG	1387	Male	Finished	50-59	04:02:46	TEMP	TEMP	01:42:56
542	Sarah	KOBUS	317	Female	Finished	Senior	04:02:48	TEMP	TEMP	01:56:08
543	Justin	NAYLOR	377	Male	Finished	Senior	04:02:48	RAND ATHLETIC CLUB	17839	01:56:08
544	Veronica	VAN NIEKERK	207	Female	Finished	60+	04:02:57	ELGIN GRABOUW ATHLETIC CLUB	1333	01:50:50
545	Adil	KANOONI	845	Male	Finished	Senior	04:02:58	TEMP	TEMP	01:35:06
546	Bongani	MAKWENKWE	925	Male	Finished	Senior	04:02:59	CPUT AC	TEMP	01:41:05
547	Jelitte	FRITZ	447	Female	Finished	40-49	04:03:13	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2541	01:59:28
548	Michael	STEYN	1729	Male	Finished	40-49	04:03:16	NEDBANK RUNNING CLUB SWD	1188	02:04:00
549	Johnathan	IDAS	1846	Male	Finished	40-49	04:03:17	PAARL ATHLETIC CLUB	892	01:44:24
550	Moses	MHLONGO	770	Male	Finished	60+	04:03:18	RAND ATHLETIC CLUB	286	02:02:56
551	Frank	OHLSON	1760	Male	Finished	50-59	04:03:22	TEMP	6276	01:55:09
552	Abongile	NYOKA	449	Male	Finished	Senior	04:03:28	TOP FORM ATHLETIC CLUB	11066	02:04:03
553	Michel	GROESBEEK	210	Male	Finished	40-49	04:03:52	TEMP	TEMP	01:49:08
554	Jann	PENFOLD	484	Female	Finished	Senior	04:03:55	PLEXUS DURBANVILLE ATHLETIC CLUB	2632	01:55:20
555	Russel	PETERS	1536	Male	Finished	40-49	04:03:59	OLD MUTUAL ATHLETIC CLUB	WPA 1550	01:56:16
556	Marit	SALTE HOVSTAD	492	Female	Finished	40-49	04:04:09	TEMP	TEMP	02:04:11
558	Johan	VAN BLERK	1023	Male	Finished	40-49	04:04:13	NEW BALANCE MULTISPORT CLUB	3758	02:00:44
557	Samuel	LOUW	2065	Male	Finished	50-59	04:04:16	KIMBERLEY HARRIERS		01:53:37
559	Tracy	ECCLES	280	Female	Finished	Senior	04:04:21	RANDBURG HARRIERS	7410	01:57:54
560	Allan	ECCLES	281	Male	Finished	50-59	04:04:21	RANDBURG HARRIERS	4710	01:57:54
561	Brent	ADAMS	329	Male	Finished	Senior	04:04:48	CELTIC HARRIERS	434	01:56:15
562	Daksha	HARGOVAN	481	Female	Finished	50-59	04:04:48	CELTIC HARRIERS	453	01:57:05
563	Theresa	SNEYD	2043	Female	Finished	40-49	04:04:59	TEMP		01:58:22
564	Protasia	NDLOVU	1961	Female	Finished	Senior	04:05:09	RCS GUGULETU A.C		01:58:56
565	Christa	SMIT	295	Female	Finished	40-49	04:05:26	HARTENBOS DRAWWERS	999	01:57:25
567	Thobela	NDLEBE	575	Male	Finished	Senior	04:05:38	CELTIC HARRIERS	9093	01:46:13
566	Bruce	BARBER	494	Male	Finished	60+	04:05:45	FISH HOEK ATHLETIC CLUB	3882	01:56:59
568	Brian	SUPER	1028	Male	Finished	50-59	04:05:46	EDGEMEAD RUNNERS	5033	01:45:38
569	Martin Muziwandile	CELE	1709	Male	Finished	Senior	04:05:46	ESKOM AC WP	4409	01:50:35
570	Pierre	KLEINSMITH	244	Male	Finished	Senior	04:06:01	RCS GUGULETU A.C	6073	01:57:03
571	Derek	WHITESIDE	1051	Male	Finished	50-59	04:06:03	HOUT BAY HARRIERS	5303	01:59:04
572	Philippe	BRETON	1042	Male	Finished	40-49	04:06:08	TEMP	TEMP	02:00:25
573	Michael	HARVIE	1006	Male	Finished	Senior	04:06:10	MATIES	2222	01:56:10
574	Jason	SUTHERLAND	1599	Male	Finished	Senior	04:06:12	TEMP	TEMP	01:57:28
575	Vusi Samkelo	MAKHANYA	2056	Male	Finished	Senior	04:06:28	TEMP		01:39:19
576	Aubrey	RATOMBO	429	Male	Finished	Senior	04:06:30	AGAPE AC	64	01:49:34
578	Jacobus	WIESE	1389	Male	Finished	Senior	04:06:31	SAPS WP		01:53:47
577	Abie	DAMONS	1352	Male	Finished	50-59	04:06:35	UNIVERSITY OF WESTERN CAPE		02:07:44
579	Adrian	CARNIOL	545	Male	Finished	Senior	04:06:38	TEMP	TEMP	02:06:00
580	Gadenne	FREDERIC	546	Male	Finished	Senior	04:06:38	TEMP	TEMP	02:06:00
581	Arthur	SIERRA	1739	Male	Finished	Senior	04:06:39	NEDBANK RUNNING CLUB WESTERN PROVINCE	3053	01:56:49
582	Amien	ADAMS	951	Male	Finished	50-59	04:06:54	CELTIC HARRIERS		01:56:49
583	Peter	SLATTERY	410	Male	Finished	50-59	04:07:08	WEST COAST ATHLETIC CLUB	WP3763	02:01:15
584	Wilfred	TURNER	2005	Male	Finished	40-49	04:07:11	SWARTLAND ATHLETIC CLUB		01:55:52

585	Megan	KNIPE	1427	Female	Finished	Senior	04:07:19	TEMP	8776	01:58:33
586	Jeremy	MENTOOR	464	Male	Registered	Senior	04:07:23	TELKOM ATHLETICS CLUB	2134	01:48:07
587	Thabo	MDALA	1279	Male	Finished	Senior	04:07:28	TEMP	TEMP	01:43:49
588	Craig	SOLOMON	270	Male	Finished	Senior	04:07:29	ATLANTIC ATHLETIC CLUB	4603	01:53:46
589	Joel Allen	KOOPMAN	1929	Male	Finished	40-49	04:07:50	METROPOLITAN ATHLETIC CLUB		01:55:35
590	Vusi	DLAMINI	1827	Male	Finished	40-49	04:08:03	NEW BALANCE CENTRAL GAUTENG	9360	01:43:54
591	Alan	FLEETWOOD	1086	Male	Finished	50-59	04:08:25	OUTENIQUA HARRIERS	53 swd	02:04:00
592	Lumkile	SIZILA	451	Male	Finished	Senior	04:08:33	TOP FORM ATHLETIC CLUB	9090	02:04:01
593	Akhona Billy	DUTYULWA	844	Male	Finished	Senior	04:08:33	TOP FORM ATHLETIC CLUB	9086	02:04:00
594	Mandla	MAJOLA	1208	Male	Finished	40-49	04:08:33	TOP FORM ATHLETIC CLUB	TEMP	02:04:00
595	Rapheal	MOYO	1951	Male	Finished	50-59	04:08:51	CELTIC HARRIERS		02:03:07
596	Kabelo	MOGOIWA	294	Male	Finished	Senior	04:08:53	RCS GUGULETU A.C	7443	01:55:10
597	Indrin	NAIDOO	478	Male	Finished	40-49	04:09:01	ESKOM AC WP	4406	01:49:00
598	Una Renisa	SAAYMAN	1786	Female	Finished	50-59	04:09:09	TEMP	1044	01:54:28
599	Pieter Petros	SWARTS	1288	Male	Finished	40-49	04:09:11	RCS GUGULETU A.C		01:41:25
600	Hendrik	SYSTER	1031	Male	Finished	Senior	04:09:20	SAPS WP	6592	02:06:23
601	Gary	LIGHTLEY	514	Male	Finished	50-59	04:09:26	EDGEMEAD RUNNERS	5063	01:58:35
602	Eric	CLOETE	1892	Male	Finished	50-59	04:09:33	ELSIES RIVER ATHLETIC CLUB		01:58:38
603	Alistair	BARGE	1061	Male	Finished	Senior	04:09:34	TEMP	TEMP	02:04:00
604	Alexis	TAYLOR	1595	Female	Finished	Senior	04:09:38	TEMP	TEMP	01:57:03
605	Shahmie	ISMAIL	227	Male	Finished	40-49	04:09:45	TOP FORM ATHLETIC CLUB	7000	01:55:25
606	Vivian Goerge	BROOKES	1273	Male	Finished	50-59	04:09:47	MITCHELL'S PLAIN TITANS		01:50:19
607	Dave	ABDO	489	Male	Finished	40-49	04:09:57	SUNNINGHILL STRIDERS	17884	02:03:35
608	Gareth	LLOYD-JONES	233	Male	Finished	Senior	04:10:00	MELKBOS ATHLETIC CLUB	6636	01:51:34
609	Riaan	PRETORIUS	1070	Male	Finished	40-49	04:10:01	MELKBOS ATHLETIC CLUB	6367	01:53:53
610	Anwe	ZIMMERMAN	2069	Female	Finished	40-49	04:10:03	ATLANTIC ATHLETIC CLUB		01:58:53
611	Martin	LUYT	1085	Male	Finished	50-59	04:10:18	WESTERN PROVINCE CRICKET CLUB	6199	02:02:49
612	Theuns	JACOBS	1082	Male	Finished	Senior	04:10:24	CELTIC HARRIERS	297	02:04:35
613	Marian	JACOBS	1657	Female	Finished	40-49	04:10:24	SPARTAN HARRIERS	3901	01:57:24
614	Adnaan	VAN HEERDEN	413	Male	Finished	Senior	04:10:29	VODACOM STRIDERS WP	4842	01:56:43
615	John	MCLEAN	375	Male	Finished	50-59	04:10:42	PLEXUS DURBANVILLE ATHLETIC CLUB	7868	01:57:10
616	Bongile	MYEKO	2047	Male	Finished	Senior	04:10:49	TEMP		01:39:42
618	Ivo	WASSENAAR	450	Male	Finished	Senior	04:10:52	TEMP	TEMP	02:07:04
617	Zaheer	JACOBS	1699	Male	Finished	Senior	04:10:53	ITHEKO SPORT ATHLETIC CLUB	2080	01:57:18
619	Gray	DAVID	406	Male	Finished	Senior	04:10:59	PLEXUS DURBANVILLE ATHLETIC CLUB	7801	01:57:10
620	Siraaj	TOEFY	886	Male	Finished	40-49	04:11:05	ACSIS VOB	768	02:00:15
622	Alexei	ALLIE	1475	Male	Finished	Senior	04:11:05	TEMP	TEMP	02:02:04
621	Igshaan	ABRAHAMS	2057	Male	Finished	40-49	04:11:05	ITHEKO SPORT ATHLETIC CLUB		02:00:14
623	Clint	HENDRICKS	1724	Male	Finished	Senior	04:11:06	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2553	02:01:30
624	Ernst	BURGER	240	Male	Finished	Senior	04:11:16	ACSIS VOB	553	01:48:07
625	Alan	KAY	1925	Male	Finished	40-49	04:11:16	ACSIS VOB		01:59:53
626	Breanna	DULLUM	333	Female	Finished	Senior	04:11:18	TEMP	TEMP	02:13:07
627	Angelo	AUGUST	1758	Male	Finished	Senior	04:11:21	SAPS WP	6542	01:57:31
628	Rick	WHEELER	635	Male	Finished	50-59	04:11:23	FOREST HILLS ATHLETICS CLUB	7178	02:00:39
629	Ephrain Zamubuntu	MAXAKANA	1306	Male	Finished	50-59	04:11:28	RCS GUGULETU A.C		02:02:06
630	Mokgwetsi	RAKATE	1304	Male	Finished	Senior	04:11:38	DST SUMBANDILA CLUB		01:56:45
631	Chad	FRANKAL	877	Male	Finished	Senior	04:11:39	TEMP	TEMP	01:45:54
632	Johnson	EZZARD	2028	Male	Finished	40-49	04:11:58	TEMP		01:49:13
633	Conrad	GREER	237	Male	Finished	40-49	04:12:27	PLEXUS DURBANVILLE ATHLETIC CLUB	2567	01:57:30
634	Bertram	WINDVOGEL	1792	Male	Finished	40-49	04:12:35	ELSIES RIVER ATHLETIC CLUB	2500	01:47:45
635	Mollie	RAYMOND	1053	Female	Finished	Senior	04:12:36	TEMP	TEMP	02:12:19
636	Bianca	CARTOULIS	289	Female	Finished	Senior	04:12:40	ATLANTIC ATHLETIC CLUB	5025	01:53:47
638	Marius	SCHOLTZ	1289	Male	Finished	40-49	04:12:40	BRACKENFELL ATHLETIC CLUB		02:06:04
637	Mark	WAGENHEIM	2064	Male	Finished	50-59	04:12:40	ATLANTIC ATHLETIC CLUB		01:53:46
639	Emmanuel	NDLELA	2020	Male	Finished	Senior	04:12:42	TEMP		01:45:19
641	Ray	SHOOTER	503	Male	Finished	60+	04:12:43	EDGEMEAD RUNNERS	WP 1470	02:00:49
640	H	FOURIE	686	Female	Finished	40-49	04:12:43	SOMERSET STRIDERS	2819	02:08:32
642	Robert	PHILP	382	Male	Finished	Senior	04:12:44	TEMP	TEMP	02:11:57
643	Shamiel	DRAMAT	504	Male	Finished	50-59	04:12:49	TOP FORM ATHLETIC CLUB	5504	01:47:25
644	M	FOURIE	699	Male	Finished	40-49	04:12:49	SOMERSET STRIDERS	2820	02:08:32
645	Annemarie	VAN DER WESTHUIZEN	512	Female	Finished	50-59	04:12:51	NEDBANK RUNNING CLUB SWD	1180	02:04:29
646	Leander	CLASSEN	391	Male	Finished	Senior	04:12:52	NEDBANK RUNNING CLUB SWD	1375	02:05:27
647	Julie	ALEXANDER-LILLIE	647	Female	Finished	40-49	04:12:53	ACSIS VOB	941	02:03:31
648	Heinrich	VAN RENSBURG	381	Male	Finished	Senior	04:12:56	BLOEMFONTEIN STRIDERS	1161	02:05:11
649	Hilda	VAN RENSBURG	719	Female	Finished	Senior	04:12:56	BLOEMFONTEIN STRIDERS	1162	02:05:11
650	Graham	SWARTZ	313	Male	Finished	50-59	04:13:07	PINELANDS ATHLETIC CLUB	2294	02:09:35
651	Denise	JOHANNES	1921	Female	Finished	50-59	04:13:07	SPARTAN HARRIERS		01:53:26
652	Vanessa	ROGERS	1866	Female	Finished	Senior	04:13:13	PINELANDS ATHLETIC CLUB	2191	01:57:07
653	Graeme	SEARLE	523	Male	Finished	40-49	04:13:14	TOP FORM ATHLETIC CLUB	5526	01:50:42
654	Ishmet	DAVIDSON	761	Male	Finished	40-49	04:13:17	ITHEKO SPORT ATHLETIC CLUB	1913	02:07:15
655	Roger	ADAMS	1778	Male	Finished	50-59	04:13:39	EDGEMEAD RUNNERS	WPA 5044	02:01:00
656	Shane	KOORYMAN	446	Male	Finished	Senior	04:13:43	SOUTHERN STRIDERS ATHLETIC CLUB	4037	02:04:54
657	David	CURRY	662	Male	Finished	40-49	04:13:44	ATLANTIC ATHLETIC CLUB	4566	02:07:14
658	Charl	DU PLESSIS	1025	Male	Finished	40-49	04:13:52	STRAND ATHLETIC CLUB	5884	02:04:12
659	Linda	MALLON	1936	Female	Finished	50-59	04:13:59	PINELANDS ATHLETIC CLUB		02:06:47
660	Jacqueline	BATT	607	Female	Finished	Senior	04:14:02	NEW BALANCE MULTISPORT CLUB	4205	02:09:39
661	Eugen	LINDEQUE	1436	Male	Finished	Senior	04:14:02	NEW BALANCE MULTISPORT CLUB		02:09:38
662	Tutu	HAYNES-SMART	1399	Female	Finished	60+	04:14:16	EDGEMEAD RUNNERS	148J	02:03:31
663	William	JACOBS	1805	Male	Finished	60+	04:14:17	PLEXUS DURBANVILLE ATHLETIC CLUB	7879	02:02:45
664	Selwyn	CLOETE	713	Male	Finished	40-49	04:14:18	PINELANDS ATHLETIC CLUB	2183	01:49:25
665	Siyabonga	MTHALANE	1558	Male	Finished	Senior	04:14:26	TEMP	TEMP	01:57:10
666	Brian	MUNDIE	431	Male	Finished	40-49	04:14:27	BRACKENFELL ATHLETIC CLUB	1166	02:00:44
667	Antionette	DU PREEZ	420	Female	Finished	40-49	04:14:29	PETRO SA	1628	02:03:48
668	Phillip	CROSSLEY	266	Male	Finished	40-49	04:14:34	TEMP	TEMP	02:00:54
669	Tania	VISAGIE	1420	Female	Finished	Senior	04:14:51	NEW BALANCE MULTISPORT CLUB	7605	02:07:58
670	Ansa	VAN VIEGEN	1431	Female	Finished	Senior	04:14:51	PENTAGON PISTOLS	1920	02:07:58
671	Jonathan	GILBERT	611	Male	Finished	Senior	04:14:58	TEMP	TEMP	01:53:50
672	Pedro	SOLOMONS	1721	Male	Finished	40-49	04:15:01	TEMP	00:00:00	02:01:49
673	Phil	DAVIDSON	320	Male	Finished	Senior	04:15:02	ACSIS VOB	1114	02:07:33
674	Wisakasuta	SUDJUNADI	335	Male	Finished	40-49	04:15:03	TEMP	TEMP	01:51:34
675	Anthony	GEDULD	1120	Male	Finished	40-49	04:15:14	EERSTE RIVER ATHLETIC CLUB	wpa 4181	02:02:39
676	Matt	GRAY	1192	Male	Finished	Senior	04:15:25	TEMP	12345667	01:52:52
677	Sandile	MYEKI	462	Male	Finished	Senior	04:15:36	WESTERN PROVINCE CRICKET CLUB	6178	01:57:10
678	Johan	BOONZAAIER	2059	Male	Finished	50-59	04:15:41	TEMP		01:45:37
679	Issy	MARGOLIN	538	Male	Finished	60+	04:15:45	CELTIC HARRIERS	209	01:57:01
680	Jarred	BLOCH	2032	Male	Finished	Senior	04:16:03	ROCKY ROAD RUNNERS		02:03:45
681	Jimmy	ADONIS	1368	Male	Finished	50-59	04:16:09	RCS GUGULETU A.C		02:03:56
682	Jakobus	FLINK	765	Male	Finished	50-59	04:16:11	MACASSAR ATHLETIC CLUB	6618	01:56:48

683	Rolf	AEBISCHER	1041	Male	Finished	50-59	04:16:18	CELTIC HARRIERS	WP 206	01:55:41
684	Willie	SWANEPOEL	463	Male	Finished	50-59	04:16:23	BLOEMFONTEIN STRIDERS	1142	02:02:52
685	Marcin	JEKOT	358	Male	Finished	Senior	04:16:27	TEMP	TEMP	01:58:34
686	Makina	ANDILE	1882	Male	Finished	50-59	04:16:27	RCS GUGULETU A.C		02:02:05
687	Philip	STEVENS	279	Male	Finished	Senior	04:16:29	HARFIELD HARRIERS	WPA9154	02:01:16
688	Darnell	MARTIN	530	Female	Finished	40-49	04:16:36	PINELANDS ATHLETIC CLUB	2213	02:05:22
689	Wanda	CARSTENS	1138	Female	Finished	50-59	04:16:38	SWARTLAND ATHLETIC CLUB	99	02:06:32
690	Ngcobani	MGWIGWI	1324	Male	Finished	40-49	04:16:39	CORRECTIONAL SERVICES WP		01:56:02
691	Yvette	JORDAAN	1740	Female	Finished	Senior	04:16:45	ATLANTIC ATHLETIC CLUB	4447	01:55:51
692	Dean	SAUNDERS	1779	Male	Finished	50-59	04:16:53	BROTHERHOOD ATHLETIC CLUB	18300	01:50:15
693	Elizabeth	FOURIE	1705	Female	Finished	Senior	04:17:03	NEW BALANCE MULTISPORT CLUB	6453	02:09:39
694	Aneesha	MAYMAN	1632	Female	Finished	Senior	04:17:04	TEMP	TEMP	01:54:25
695	Vivien	FRANSMAN	1812	Female	Finished	50-59	04:17:05	NAMAQUA ATHLETIC CLUB	7106	02:00:44
696	Stephen	SEYMOUR	1316	Male	Finished	50-59	04:17:13	ATLANTIC ATHLETIC CLUB		02:07:15
697	Roland	MATZKE	502	Male	Finished	50-59	04:17:15	EDGE MEAD RUNNERS	1514	02:04:11
698	Andrew	DE PAO	336	Male	Finished	Senior	04:17:16	TEMP	TEMP	02:04:00
699	Clare	SIRIN	416	Female	Finished	Senior	04:17:17	TEMP	TEMP	02:01:29
700	Vernon	WILKINSON	672	Male	Finished	40-49	04:17:21	METROPOLITAN ATHLETIC CLUB	8339	01:57:04
701	Christo	SCHWARTZ	230	Male	Finished	40-49	04:17:35	BRACKENFELL ATHLETIC CLUB	1262	02:02:45
702	Rene	VAN BREUKELLEN	1128	Female	Finished	Senior	04:17:45	DURBAN HIGH SCHOOL OLD BOYS AC	8712	02:05:30
703	Dianne	MAJERONI	1045	Female	Finished	40-49	04:17:51	TEMP	TEMP	02:07:17
704	Vuyiseka	DUBULA-MAJOLA	695	Female	Finished	Senior	04:17:55	TOP FORM ATHLETIC CLUB	5514	02:03:59
705	Barbara	STEVENS	1291	Female	Finished	50-59	04:17:59	PINELANDS ATHLETIC CLUB		02:01:18
706	Charmaine	MEYER	1946	Female	Finished	Senior	04:18:02	MITCHELL'S PLAIN TITANS		01:53:26
707	Anthony	LEWIS	1270	Male	Finished	40-49	04:18:11	MITCHELL'S PLAIN TITANS		01:59:44
708	Susan	NAUDE	228	Female	Finished	Senior	04:18:18	RAND ATHLETIC CLUB	848	02:03:28
709	Wayne	PETERSEN	1780	Male	Finished	Senior	04:18:30	NEDBANK RUNNING CLUB WESTERN PROVINCE	3055	02:04:51
710	Brian	SEARLE	1081	Male	Finished	50-59	04:18:33	STRAND ATHLETIC CLUB	5915	02:01:02
711	Alvin	GOUWS	1754	Male	Finished	Senior	04:18:35	TEMP	TEMP	02:04:47
712	Rumbu	LINDILE	1872	Male	Finished	Senior	04:18:39	EDGE MEAD RUNNERS	1458	01:41:55
713	Hans	MAKATEES	1850	Male	Finished	Senior	04:18:40	METROPOLITAN ATHLETIC CLUB	8337	01:38:43
714	Johann	CLAASSEN	360	Male	Finished	Senior	04:18:45	SANLAM ATHLETIC CLUB	4145	02:04:00
715	Alan	SEABERG	95	Male	Finished	40-49	04:18:58	ATLANTIC ATHLETIC CLUB	4564	01:58:45
716	Johanette	JACOBS	1080	Female	Finished	40-49	04:18:58	NEDBANK RUNNING CLUB BLOEMFONTEIN ACHILLES	FS235	02:09:39
717	Dalene	VAN JAARVELD	1572	Female	Finished	40-49	04:18:59	TEMP	TEMP	02:09:40
718	Charles	THOMAS	367	Male	Finished	40-49	04:19:10	TEMP	TEMP	02:03:27
719	Christine	CLARK	1097	Female	Finished	40-49	04:19:11	RAND ATHLETIC CLUB	6244	02:03:28
720	Douglas	DUMBRILL	469	Male	Finished	40-49	04:19:13	CELTIC HARRIERS	188	02:06:45
721	Paul	LOUW	997	Male	Finished	50-59	04:19:18	SPRINGBOK ATHLETIC CLUB	95	02:05:27
722	Tim	CURTIS	513	Male	Finished	40-49	04:19:25	AC SIS VOB	1126	02:05:05
723	Richard	FRANCOIS	1854	Male	Finished	Senior	04:19:28	BRACKENFELL ATHLETIC CLUB	1338	01:59:19
724	Nicoletta	TEUTEBERG	507	Female	Finished	40-49	04:19:29	SATORI ATHLETICS CLUB	7711	02:08:50
725	Warren	HARRISON	2078	Male	Finished	40-49	04:19:30	TYGERBERG ATHLETIC CLUB		02:08:00
726	Martin	MEINERT	1694	Male	Finished	50-59	04:19:34	TEMP	TEMP	01:57:26
727	John	DAMONSE	1342	Male	Finished	40-49	04:19:35	ESKOM AC WP		01:57:20
728	Zain	BULL	369	Male	Finished	40-49	04:19:39	METROPOLITAN ATHLETIC CLUB	5186	02:07:45
729	Elbie	DU TOIT	559	Female	Finished	40-49	04:19:39	RUNNING INN ATHLETICS CLUB	8294	02:08:44
731	Chris	MAAKAL	613	Male	Finished	Senior	04:19:50	BELLVILLE ATHLETIC CLUB	TEMP	02:05:49
730	Dennis	FLORIS	1394	Male	Finished	40-49	04:19:51	CELTIC HARRIERS		01:58:33
732	Naomi	BADENHORST	1335	Female	Finished	50-59	04:19:52	AC SIS VOB		02:02:44
733	Donovan	SINDEN	506	Male	Finished	Senior	04:20:01	TEMP	TEMP	01:58:00
734	Wing	QUENTIN	1625	Male	Finished	40-49	04:20:01	TEMP	TEMP	02:02:58
737	Deon	VISAGIE	1607	Male	Finished	40-49	04:20:05	MITCHELL'S PLAIN TITANS	6315	02:05:32
735	Bali	ERNEST	247	Male	Finished	40-49	04:20:13	EDGE MEAD RUNNERS		01:59:13
736	Andy	DANIELS	1467	Male	Finished	50-59	04:20:22	IN TOUCH WALK & RUN	6484 WPA	02:08:32
739	Catherine	ROBSON	553	Female	Finished	Senior	04:20:31	ATLANTIC ATHLETIC CLUB	4593	02:07:15
738	Natasha	GRAY	1458	Female	Finished	Senior	04:20:31	TEMP	TEMP	02:07:15
740	Edward	BAARDMAN	1884	Male	Finished	40-49	04:20:31	ATLANTIS HARRIERS		01:58:56
742	Gary	KELDERMAN	482	Male	Finished	50-59	04:20:37	SPARTAN HARRIERS	3318	02:06:20
741	Julian	MAGGOTT	1934	Male	Finished	50-59	04:20:37	CELTIC HARRIERS		01:52:03
743	Jenny	DA SILVA	1376	Female	Finished	50-59	04:20:47	METROPOLITAN ATHLETIC CLUB		01:57:26
744	Danny	CARMICHAEL-GREEN	457	Male	Finished	40-49	04:20:58	RUN WALK FOR LIFE WESTERN PROVINCE	5598	02:06:15
745	Mike	VORSTER	661	Male	Finished	40-49	04:20:58	RUN WALK FOR LIFE WESTERN PROVINCE	2251	02:06:15
746	Karen	NUTTALL	747	Female	Finished	50-59	04:21:10	ATLANTIC ATHLETIC CLUB	1039	02:05:59
747	Fuad	HENDRICKS	1363	Male	Finished	50-59	04:21:28	ITHEKO SPORT ATHLETIC CLUB		
748	Richard	WILSON	195	Male	Finished	50-59	04:21:30	CENTURY CITY ATHLETIC CLUB	9012	01:58:22
749	Abraham	MOSTERT	684	Male	Finished	50-59	04:21:31	BRACKENFELL ATHLETIC CLUB	1159	02:01:20
750	Jon	STEWIE	1795	Male	Finished	40-49	04:21:35	RAVENSMEAD ATHLETIC CLUB	7186	01:59:04
751	Zolani	YAKO	2016	Male	Finished	40-49	04:21:45	CELTIC HARRIERS		01:53:16
752	Arden	FINN	544	Male	Finished	Senior	04:21:46	ATLANTIC ATHLETIC CLUB	8516	02:06:25
753	Jonathan	AYACHE	1421	Male	Finished	Senior	04:21:46	ATC RUNNING	TEMP	02:06:25
755	Derek	HARE	1702	Male	Finished	40-49	04:21:47	AC SIS VOB	886	02:04:00
754	Malcolm	PIKE	426	Male	Finished	50-59	04:22:08	PINELANDS ATHLETIC CLUB	2158	01:59:16
756	Estelle	KOCK	1454	Female	Finished	Senior	04:22:09	NEW BALANCE MULTISPORT CLUB	4200	02:12:17
757	Jackie	ADAM	435	Female	Finished	40-49	04:22:16	FISH HOEK ATHLETIC CLUB	3916	02:04:57
759	Kim	WETTERGREEN	1066	Female	Finished	50-59	04:22:16	FISH HOEK ATHLETIC CLUB	3942	02:04:57
758	Deborah	HORN-BOTHA	735	Female	Finished	40-49	04:22:18	AC SIS VOB	616	02:06:46
760	Gareth	BARTLETT	325	Male	Finished	Senior	04:22:22	KIMBERLEY ROAD RUNNERS	155	02:04:24
761	Michael	FIUKOWSKI	927	Male	Finished	Senior	04:22:28	TEMP	TEMP	02:09:35
762	Radebe	MADLINGOZI	1408	Male	Finished	60+	04:22:28	MR PRICE WP		02:00:27
763	Kota	INO	1534	Male	Finished	Senior	04:22:31	TEMP	TEMP	02:00:24
764	Ivan	MANUEL	1669	Male	Finished	Senior	04:22:38	METROPOLITAN ATHLETIC CLUB	5169	01:57:43
765	Nadia	NIEMANN	835	Female	Finished	Senior	04:22:43	TEMP	TEMP	02:12:16
766	Marc	VAN DER LINDE	683	Male	Finished	Senior	04:22:45	PLEXUS DURBANVILLE ATHLETIC CLUB	TEMP	02:16:40
768	Dan	SALMON	1693	Male	Finished	40-49	04:22:46	NEDBANK RUNNING CLUB CENTRAL GAUTENG	18064	02:03:26
769	Thabiso	MBESHU	296	Male	Finished	Senior	04:22:47	TEMP	TEMP	01:54:57
767	Jessica	CALDERWOOD	1126	Female	Finished	Senior	04:22:54	TEMP	TEMP	02:04:56
770	Marcelle	GREEF	459	Female	Finished	40-49	04:23:09	ARCELOR MITTAL SALDANHA SPORT A.C	5228	02:06:22
771	Miekie	LAMPRECHT	474	Female	Finished	40-49	04:23:09	ARCELOR MITTAL SALDANHA SPORT A.C	WPA5229	02:09:41
772	Anthony	MULLER	1956	Male	Finished	Senior	04:23:09	CPUT AC BOL		02:06:22
773	De Wet	SCHREIBER	483	Male	Finished	40-49	04:23:23	STRAND ATHLETIC CLUB	5866	02:04:11
774	Phuti	TEMA	1831	Male	Finished	40-49	04:23:29	RCS GUGULETU A.C	8691	02:00:29
775	Neil	WILSON	1134	Male	Finished	Senior	04:23:34	TEMP	TEMP	02:05:16
776	Mahlubandle	DUBULA	843	Male	Finished	Senior	04:23:38	TOP FORM ATHLETIC CLUB	11065	02:04:00
777	Dino	BROWN	1377	Male	Finished	50-59	04:23:46	TEMP	TEMP	
778	Nickey	MOKONE	1250	Male	Finished	40-49	04:23:52	WEST COAST ATHLETIC CLUB		01:51:59
779	Nicola	FRIESLAAR	1411	Female	Finished	Senior	04:23:53	AC SIS VOB		02:08:54

780	Elsabe	MOYO	1952	Female	Finished	40-49	04:23:56	RCS GUGULETU A.C		02:00:38
781	Robert	CARNES	1837	Male	Finished	Senior	04:23:57	TEMP	TEMP	02:19:27
782	Mervyn	LEE	1096	Male	Finished	50-59	04:24:02	EDGEHEAD RUNNERS	1444	02:07:05
783	Jacobus	MICHAELS	190	Male	Finished	50-59	04:24:14	BLUE DOWNS ATHLETIC CLUB	3655	02:07:45
784	Caryn	KOHLER-NASSON	168	Female	Finished	Senior	04:24:18	TEMP	TEMP	01:53:56
785	Inge	REISSENZAHN	312	Female	Finished	40-49	04:24:26	PINELANDS ATHLETIC CLUB	2271	01:59:47
786	Henry	SCHROEDER	491	Male	Finished	40-49	04:24:26	ATLANTIC ATHLETIC CLUB	4499	02:07:08
787	Andrew	SHEPHERD	592	Male	Finished	Senior	04:24:26	ATLANTIC ATHLETIC CLUB	4506	02:07:09
788	George	REISSENZAHN	311	Male	Finished	40-49	04:24:27	PINELANDS ATHLETIC CLUB	2270	01:59:47
789	Hilton	FRANCKE	1719	Male	Finished	40-49	04:24:30	HELDERBERG HARRIERS	2448	02:06:43
790	Constance	PANSEGROUW	1141	Female	Finished	Senior	04:24:31	PLEXUS DURBANVILLE ATHLETIC CLUB	2625	02:16:31
791	Julia	MOLLNER	1818	Female	Finished	Senior	04:24:40	TEMP	TEMP	02:19:27
793	Benjamin	BRADFORD	1598	Male	Finished	Senior	04:24:42	TEMP	TEMP	01:50:26
792	Rhys	CARR	603	Male	Finished	40-49	04:24:46	TEMP	TEMP	01:56:38
795	Leon	JANSE VAN RENSBURG	2075	Male	Finished	Senior	04:24:48	HANGKLIP ATHLETIC CLUB	1344	01:47:27
794	Simonne	SADLER	378	Female	Finished	40-49	04:24:50	NEDBANK RUNNING CLUB CENTRAL GAUTENG	12908	02:11:29
796	Stephen	MEIJERS	379	Male	Finished	50-59	04:24:50	NEDBANK RUNNING CLUB CENTRAL GAUTENG	15121	02:11:29
797	Lara	FITZ-GIBBON	596	Female	Finished	Senior	04:24:50	RAND ATHLETIC CLUB	14536	02:11:29
798	Archibald	ARENDSE	1018	Male	Finished	50-59	04:24:50	CELTIC HARRIERS	9913	01:49:34
799	Javier	FERNANDEZ DIEGO	343	Male	Finished	40-49	04:24:52	TEMP	TEMP	02:12:17
800	Isak	GEDULD	1873	Male	Finished	60+	04:24:53	PAARL ATHLETIC CLUB	266	02:00:32
801	Moegammad	BEGHARDIEN	1379	Male	Finished	50-59	04:24:57	RCS GUGULETU A.C		01:59:48
802	Anthony	PHILANDER	1977	Male	Finished	Senior	04:25:00	PICK 'N PAY ATHLETIC CLUB WP		02:06:15
803	Audrey	BUTTLE	799	Female	Finished	Senior	04:25:02	TEMP	TEMP	02:11:17
804	Nadia	WILDS	678	Female	Finished	50-59	04:25:22	CELTIC HARRIERS	217	02:05:22
805	Anita	MCCALLUM	1794	Female	Finished	40-49	04:25:25	METROPOLITAN ATHLETIC CLUB	8319	02:07:28
806	Benjamin	LAYMAN	60	Male	Finished	40-49	04:25:41	PRETORIA MILITARY MARATHON CLUB	6125	01:53:47
807	Venette	DE WET	668	Female	Finished	Senior	04:25:55	TEMP	1234	02:21:02
808	Lana	GLEN	801	Female	Finished	Senior	04:26:02	TEMP	TEMP	02:02:08
809	Brett	GLEN	1510	Male	Finished	Senior	04:26:03	BODY CONCEPT ROAD WARRIORS	TEMP	02:02:08
810	Jonathan	WILD	1448	Male	Finished	50-59	04:26:10	SPARTAN HARRIERS	2950	02:13:21
811	Alister	SMUTS	411	Male	Finished	40-49	04:26:18	TEMP	TEMP	01:58:14
812	Shaun	PIENAAR	775	Male	Finished	Senior	04:26:19	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2552	01:56:15
813	Hazen	MTAKAZA	1939	Male	Finished	40-49	04:26:20	KHAYELITSHA ATHLETIC CLUB		01:57:27
814	Deryck	BROOM	533	Male	Finished	Senior	04:26:23	TEMP	TEMP	01:56:57
815	Sarah	HARRIS	1681	Female	Finished	Senior	04:26:28	TEMP	TEMP	02:11:22
816	Winston	MIDDLETON	532	Male	Finished	50-59	04:26:32	UNIVERSITY OF WESTERN CAPE	8458	01:49:42
817	Robbie	OWEN	1190	Male	Finished	Senior	04:26:43	TEMP	TEMP	02:10:41
818	Yolanda	COLLINS	1472	Female	Finished	40-49	04:26:43	TEMP	TEMP	02:10:41
819	Colleen	MOSCA	791	Female	Finished	40-49	04:26:56	RUN WALK FOR LIFE WESTERN PROVINCE	3132	02:12:32
820	Colin	SEWELL	1157	Male	Finished	40-49	04:27:01	WEST COAST ATHLETIC CLUB	7294	02:00:56
821	Caroline	GAGNE	903	Female	Finished	Senior	04:27:02	TEMP	TEMP	02:19:28
822	Adele	BOTHA	319	Female	Finished	40-49	04:27:11	STRAND ATHLETIC CLUB	5869	02:04:47
823	Howard	WARRINGTON	286	Male	Finished	40-49	04:27:12	STRAND ATHLETIC CLUB	5883	02:04:12
824	Louis	ROUX	573	Male	Finished	40-49	04:27:23	EDGEHEAD RUNNERS	1418	02:00:27
825	Ayoub	BANDERKER	674	Male	Finished	Senior	04:27:30	TOP FORM ATHLETIC CLUB	5537	02:08:40
826	Clifford	SKUCE	1992	Male	Finished	Senior	04:27:32	TEMP	TEMP	02:04:04
827	Charmain	KLEM	2061	Female	Finished	40-49	04:27:33	SANDE WP		02:07:11
829	Frankie	GORDON	1215	Male	Finished	50-59	04:27:37	CORRECTIONAL SERVICES WP	5765	02:07:12
828	Liana	HOUGH	694	Female	Finished	Senior	04:27:46	IN TOUCH WALK & RUN	6475	02:09:39
830	Vumani	NCUBE	1570	Male	Finished	Senior	04:27:51	TEMP	TEMP	01:50:42
831	Justin	DE JAGER	124	Male	Finished	Senior	04:27:55	ATC RUNNING	5741	02:05:52
832	Shaun	WILLIAMS	2011	Male	Finished	40-49	04:27:55	OLD MUTUAL ATHLETIC CLUB		02:01:48
833	Reon	JACOBS	1140	Male	Finished	40-49	04:27:59	SPARTAN HARRIERS	2868	02:01:16
834	Igshaan	KENNY	1736	Male	Finished	Senior	04:28:06	SAPS WP	6581	01:59:12
835	Sandra	SWARTZ	314	Female	Finished	50-59	04:28:10	PINELANDS ATHLETIC CLUB	2293	02:12:07
836	Johannes	FELIX	2063	Male	Finished	40-49	04:28:17	MITCHELL'S PLAIN TITANS		01:57:17
837	Suray	DAVIDS	704	Female	Finished	50-59	04:28:26	RCS GUGULETU A.C	8706	02:13:13
838	James	LANG	637	Male	Finished	Senior	04:28:27	ROODEPOORT ATHLETIC CLUB	5384	02:05:29
839	Lauren	TARLING	1110	Female	Finished	Senior	04:28:31	TEMP	TEMP	02:03:44
841	Stephen	MCLARTHY	1942	Male	Finished	50-59	04:28:32	EDGEHEAD RUNNERS		02:03:43
840	George	HILL	1265	Male	Finished	40-49	04:28:38	ACSIS VOB		02:00:20
842	Delani	SPIES	609	Female	Finished	Senior	04:28:40	TEMP	TEMP	02:10:03
843	Yolande	VAN DER MERWE	712	Female	Finished	Senior	04:28:41	PAARL ATHLETIC CLUB	901	02:10:04
844	Carin	VAN NIEKERK	1171	Female	Finished	Senior	04:28:41	TEMP	TEMP	02:10:04
845	Trevor	ADAMS	850	Male	Finished	60+	04:28:42	CELTIC HARRIERS	263	02:06:58
846	Nicklaus	BERNHARDT	851	Male	Finished	40-49	04:28:43	TEMP	TEMP	02:03:22
847	Nikki	PARKER	565	Female	Finished	Senior	04:28:44	ATLANTIC ATHLETIC CLUB	4473	02:08:40
848	Leslie	CLARKE	1130	Male	Finished	50-59	04:28:45	METROPOLITAN ATHLETIC CLUB	5190	02:12:21
849	Trish	GILMOUR	531	Female	Finished	50-59	04:28:48	ACSIS VOB	655	02:09:39
850	Tantaswa	NDLELANA	830	Female	Finished	40-49	04:28:49	TOP FORM ATHLETIC CLUB	5513	02:07:53
851	Francesco	SAIEVA	928	Male	Finished	50-59	04:28:52	TROISPORT TRI CLUB	14169	02:02:17
852	Elmarie	NIENABER	409	Female	Finished	40-49	04:28:54	NEW BALANCE MULTISPORT CLUB	6373	02:07:10
853	Marida	VAN SCHALKWYK	591	Female	Finished	40-49	04:28:54	METROPOLITAN ATHLETIC CLUB	5197	02:07:10
854	Daniel	MALAN	1243	Male	Finished	40-49	04:29:02	PLEXUS DURBANVILLE ATHLETIC CLUB		02:16:39
855	Vanessa	OUWERKERK	653	Female	Finished	40-49	04:29:10	EDGEHEAD RUNNERS	5069	02:11:45
856	Richard	GOODHEAD	2046	Male	Finished	40-49	04:29:10	EDGEHEAD RUNNERS		02:19:15
857	Mushtaq Ahmad	RAHIM	764	Male	Finished	40-49	04:29:14	TOTAL ATHLETIC CLUB	5530	02:14:00
858	Jennifer	KITHINJI	1927	Female	Finished	Senior	04:29:15	UNIVERSITY OF CAPE TOWN		02:03:19
859	Madri	BRUWER	858	Female	Finished	40-49	04:29:16	TEMP	TEMP	02:14:55
860	Frik	NELSON	645	Male	Finished	40-49	04:29:25	BELLVILLE ATHLETIC CLUB	3555	02:15:38
861	Jan	JOSEPH	1843	Male	Finished	40-49	04:29:25	DWARS RIVER ATHLETICS CLUB	1140	01:55:36
862	Anthony	WILLIAMS	2013	Male	Finished	40-49	04:29:30	PICK 'N PAY ATHLETIC CLUB WP		01:50:31
863	Tim	BREUKHOVEN	1769	Male	Finished	Senior	04:29:33	TEMP	TEMP	02:07:05
865	Bradley	ANTHONY	1106	Male	Finished	40-49	04:29:35	NEW BALANCE MULTISPORT CLUB	4293	02:11:53
864	Siraj	MAJJET	793	Male	Finished	Senior	04:29:38	ITHEKO SPORT ATHLETIC CLUB	1811	01:59:17
866	Ebrahim	ABRAHAMS	1555	Male	Finished	40-49	04:29:38	ITHEKO SPORT ATHLETIC CLUB	1877	01:59:17
867	Abugyer	MOSAVEL	1187	Male	Finished	40-49	04:29:39	ITHEKO SPORT ATHLETIC CLUB	1824	02:04:25
868	Maximilian	WIMMER	1715	Male	Finished	60+	04:29:39	ATLANTIC ATHLETIC CLUB	4570	02:01:49
869	Eugene	LENFORD	1148	Male	Finished	Senior	04:29:40	CELTIC HARRIERS	424	02:06:26
870	Graeme	MANNE	1149	Male	Finished	Senior	04:29:41	CELTIC HARRIERS	349	02:06:26
871	Russel	ARENDSE	1622	Male	Finished	40-49	04:29:41	CELTIC HARRIERS	400	02:07:15
872	Maurice	ROSEN	236	Male	Finished	50-59	04:29:43	ROCKY ROAD RUNNERS	3486	02:10:15
873	Anver	YASIN	496	Male	Finished	50-59	04:29:56	TOP FORM ATHLETIC CLUB	5515WP	02:04:35
874	Ernie	BOYD	345	Male	Finished	Senior	04:29:58	SPARTAN HARRIERS	3303	02:05:16
875	Karl	BARKER	1330	Male	Finished	50-59	04:30:01	RCS GUGULETU A.C		02:02:47
876	Taizo	HAYAKAWA	1806	Male	Finished	Senior	04:30:01	TEMP	TEMP	02:09:39
877	Percy	MBINDA	519	Male	Finished	40-49	04:30:08	SANLAM ATHLETIC CLUB	4082	02:07:12

878	Martie	SWANEPOEL	620	Female	Finished	40-49	04:30:13	NEW BALANCE MULTISPORT CLUB	3325	02:06:37
879	Owen	MBUNDU	1565	Male	Finished	40-49	04:30:21	NEDBANK RUNNING CLUB WESTERN PROVINCE	8481	02:06:24
880	Gordon	AMANN	723	Male	Finished	60+	04:30:24	RUN WALK FOR LIFE WESTERN PROVINCE	5819	02:12:54
881	Oliete	WILLIAMS	1493	Female	Finished	Senior	04:30:26	TEMP	TEMP	02:11:17
883	Robyn	WOODWARD	104	Female	Finished	Senior	04:30:36	TEMP	12345	01:36:56
882	Ronald	TEEMANE	1409	Male	Finished	40-49	04:30:38	ESKOM AC WP		02:00:28
884	Wayne	VAN RENSBURG	1541	Male	Finished	Senior	04:30:38	PLEXUS DURBANVILLE ATHLETIC CLUB	7875	01:42:06
885	Brigid	MURDOCH	594	Female	Finished	40-49	04:30:39	RUNNING INN ATHLETICS CLUB	4162	02:07:41
886	Stefano	MESTRINER	689	Male	Finished	40-49	04:30:39	BEDFORDVIEW COUNTRY CLUB	12776	02:07:40
887	Ian	DINAN	1725	Male	Finished	40-49	04:30:41	PINELANDS ATHLETIC CLUB	2150	01:58:56
888	Craig	CLARKE	568	Male	Finished	40-49	04:30:46	VODACOM STRIDERS WP	4814	02:09:32
890	Satish	RAMSAVAK	1982	Male	Finished	40-49	04:30:52	ARD ATHLETIC CLUB		01:59:42
889	Riaan	ERASMUS	1364	Male	Finished	Senior	04:30:56	BELLVILLE ATHLETIC CLUB		02:07:16
891	Romario Nelson	SARDINHA	1027	Male	Finished	Senior	04:30:58	ATC RUNNING	11002	02:00:03
892	Masokandile	QOBONGO	20	Male	Finished	Senior	04:31:03	TEMP		01:59:23
893	Mandy	BURNS	588	Female	Finished	40-49	04:31:03	BELLVILLE ATHLETIC CLUB	3459	02:18:57
894	Andre	MARIANO	1131	Male	Finished	40-49	04:31:05	BELLVILLE ATHLETIC CLUB	3536	02:18:57
895	Muhangwi	MOLAUDZI	541	Male	Finished	40-49	04:31:09	DIEPKLOOF AC	14308	02:06:23
896	Kirsten	MORTIMER	1111	Female	Finished	Senior	04:31:21	TEMP	TEMP	02:15:52
898	Julia	DU PLESSIS	1492	Female	Finished	Senior	04:31:21	WANDERERS AC	4053	02:15:51
897	Lucy	SHAPIRO	1224	Female	Finished	Senior	04:31:23	WILDRUNNER	9481	02:15:27
899	Rosette	SCHEEPERS	1275	Female	Finished	40-49	04:31:39	MITCHELL'S PLAIN TITANS		02:00:47
900	Paul	SCHEEPERS	1720	Male	Finished	40-49	04:31:50	TEMP	TEMP	02:04:01
901	Cynthia	COETZEE	1811	Female	Finished	40-49	04:31:50	BRACKENFELL ATHLETIC CLUB	1346	01:59:35
902	Tamsyn	DIXON	1573	Female	Finished	Senior	04:31:59	TEMP	TEMP	02:04:55
903	Lyndall	LAVER	487	Female	Finished	Senior	04:32:06	SATORI ATHLETICS CLUB	2960	02:08:38
904	Gideon	MALHERBE	2039	Male	Finished	60+	04:32:13	CELTIC HARRIERS		02:05:47
905	Emile	VAN DYK	1677	Male	Finished	Senior	04:32:14	MELKBOS ATHLETIC CLUB	10887	02:11:56
906	John	BURNS	321	Male	Finished	Senior	04:32:18	BELLVILLE ATHLETIC CLUB	3458	02:18:55
907	Ed	O'SULLIVAN	597	Male	Finished	Senior	04:32:33	TEMP	TEMP	02:12:02
908	Mignon	HUISAMEN	733	Female	Finished	Senior	04:32:38	PLEXUS DURBANVILLE ATHLETIC CLUB	7881	02:16:23
909	Andrew	SMITH	640	Male	Finished	Senior	04:32:39	CELTIC HARRIERS	157	02:16:23
910	Raymond	WESTON	701	Male	Finished	Senior	04:32:48	WEST COAST ATHLETIC CLUB	7286	02:03:54
911	Christian	NICHOLLS	953	Male	Finished	60+	04:32:51	NEDBANK RUNNING CLUB WESTERN PROVINCE	3020	02:03:19
912	Collin	SEDEMAN	696	Male	Finished	40-49	04:33:03	ATLANTIC ATHLETIC CLUB	4511	02:14:54
913	Robyn	BROUGHTON	663	Female	Finished	40-49	04:33:09	ACSIS VOB	584	02:20:20
914	Traviss	JACOBS	460	Male	Finished	40-49	04:33:10	SOUTHERN STRIDERS ATHLETIC CLUB	4027	02:04:54
915	Hannes	MULLER	486	Male	Finished	50-59	04:33:29	ATLANTIC ATHLETIC CLUB	4451	02:11:51
916	Honour	NKALA	1970	Female	Finished	60+	04:33:33	ATLANTIC ATHLETIC CLUB		01:59:30
917	Emile	ENGEL	1552	Male	Finished	Senior	04:33:35	ITHEKO SPORT ATHLETIC CLUB	10559	02:13:40
918	Donald	WALKER	1832	Male	Finished	Senior	04:33:36	TEMP	TEMP	02:08:02
919	Allan	RICHARDS	2079	Male	Finished	Senior	04:33:53	TYGERBERG ATHLETIC CLUB		02:10:11
921	Maulen	HOWSE	1100	Male	Finished	Senior	04:33:56	NEDBANK RUNNING CLUB WESTERN PROVINCE	3074	02:04:47
920	Kenneth	INGLIS	226	Male	Finished	40-49	04:33:58	TEMP	TEMP	02:06:18
922	Lethukuthula Petros	SOKO	1255	Male	Finished	Senior	04:34:01	NATIONAL HEALTH LABORATORY SERVICE CLUB		02:05:32
923	Cindy	DIEDRICKS	1566	Female	Finished	Senior	04:34:12	TEMP	8482	02:08:46
924	Criss	GUY	1876	Male	Finished	Senior	04:34:12	TEMP	TEMP	02:19:28
925	Edward	NOEMDO	1284	Male	Finished	50-59	04:34:13	PINELANDS ATHLETIC CLUB		01:53:28
926	Karen	BOTTEN	524	Female	Finished	40-49	04:34:27	ACSIS VOB	558	02:08:47
928	Belinda	BECK	1480	Female	Finished	40-49	04:34:27	ATC RUNNING	9365	02:08:47
927	Pierre	VAN ZYL	271	Male	Finished	40-49	04:34:29	BRACKENFELL ATHLETIC CLUB	7211	02:11:22
929	Nobuntu	MAWABA	1361	Female	Finished	Senior	04:34:44	METROPOLITAN ATHLETIC CLUB		02:04:00
930	Rene	SCHULLER	1859	Female	Finished	40-49	04:34:59	TOP FORM ATHLETIC CLUB	9089	02:16:36
931	Richard	MAJLET	1935	Male	Finished	50-59	04:34:59	PINELANDS ATHLETIC CLUB		02:06:08
932	Laurie	NATHAN	1127	Male	Finished	50-59	04:35:18	UNIVERSITY OF CAPE TOWN	TEMP	02:19:28
936	Phaldie	CASSIEM	1298	Male	Finished	50-59	04:35:22	TOP FORM ATHLETIC CLUB		02:07:45
934	Shanaaz	JOSEPH	795	Female	Finished	Senior	04:35:23	TEMP	TEMP	02:07:03
933	Ronnie	MURRAY	1262	Male	Finished	60+	04:35:24	PLEXUS DURBANVILLE ATHLETIC CLUB		01:55:27
935	Chris	READMAN	392	Male	Finished	60+	04:35:37	ATLANTIC ATHLETIC CLUB	4577	02:08:24
937	Ashley	BRAVER	542	Male	Finished	40-49	04:35:37	EDGEMEAD RUNNERS	1493	02:05:59
938	Sonia	BEARD	633	Female	Finished	60+	04:35:37	FORESTERS RUNNING CLUB	4355	02:10:05
939	Tracy	AITCHESON	1666	Female	Finished	40-49	04:35:37	EDGEMEAD RUNNERS	5058	02:06:11
940	Catherine	GARDNER	1869	Female	Finished	40-49	04:35:38	SPARTAN HARRIERS	3250	02:12:14
941	Ibtesam	DAVIDS	1642	Female	Finished	Senior	04:35:41	TEMP	TEMP	02:10:02
942	Jim	SCOTT	1089	Male	Finished	60+	04:35:54	FISH HOEK ATHLETIC CLUB	3877	02:05:59
943	Naasief	MOHAMED	737	Male	Finished	Senior	04:36:01	RCS GUGULETU A.C	2466	02:14:07
944	Mseki	GUM	1340	Male	Finished	Senior	04:36:03	TEMP	TEMP	02:02:59
945	Mxolisi	MAGAMA	1766	Male	Finished	Senior	04:36:11	TEMP	TEMP	02:04:01
946	Mthobisi Cameron	SIHLUKU	1771	Male	Finished	40-49	04:36:13	RCS GUGULETU A.C	2468	01:47:57
947	Rifaed	SAMBO	1139	Male	Finished	40-49	04:36:18	ITHEKO SPORT ATHLETIC CLUB	5507	02:08:04
948	Walied	JABAAR	618	Male	Finished	40-49	04:36:26	ACSIS VOB	913	02:00:15
949	Elroy	DU PLESSIS	1054	Male	Finished	Senior	04:36:26	CELTIC HARRIERS	363	01:59:13
951	Russell	HEMMANT	508	Male	Finished	40-49	04:36:30	ACSIS VOB	880	02:14:27
950	Richard	PETER	2040	Male	Finished	60+	04:36:32	ATLANTIC ATHLETIC CLUB		02:02:48
952	Edeline	MUTIZE	202	Female	Finished	Senior	04:36:47	NEDBANK RUNNING CLUB WESTERN PROVINCE	3097	02:03:03
953	David	KAPLEN	368	Male	Finished	Senior	04:36:51	TEMP	TEMP	02:21:03
954	Shaun	WILKEN	554	Male	Finished	Senior	04:36:51	TEMP	Temp	02:10:41
955	Itumeleng	MORULANE	1950	Male	Finished	40-49	04:36:57	TEMP	TEMP	01:58:16
956	Andries	DIPPENAAR	433	Male	Finished	40-49	04:37:00	STRAND ATHLETIC CLUB	6868	02:04:57
957	Martin	KING	467	Male	Finished	60+	04:37:18	TEMP	TEMP	02:15:50
958	Rohan	DICKSON	578	Male	Finished	40-49	04:37:39	RAND ATHLETIC CLUB	13583	02:17:32
959	Michelle	ERASMUS	182	Female	Finished	Senior	04:37:51	TEMP	TEMP	02:16:18
960	Subhas	MAHARAJ	612	Male	Finished	60+	04:38:00	WEST COAST ATHLETIC CLUB	7280	02:12:54
961	Vuks	MAYEKISO	465	Male	Finished	50-59	04:38:02	RCS GUGULETU A.C	7449	01:53:46
962	Xolani	MKHULISE	838	Male	Finished	Senior	04:38:02	KHAYELITSHA ATHLETIC CLUB	7525	01:59:03
964	Chrisjan	FELIX	1838	Male	Finished	40-49	04:38:03	SANDF WP	6569	02:04:48
963	Themba	MATHABA	1840	Male	Finished	40-49	04:38:05	PINELANDS ATHLETIC CLUB	2180	02:05:57
965	Jerome	MERTON	739	Male	Finished	Senior	04:38:13	PINELANDS ATHLETIC CLUB	2175	02:10:46
966	Lizane	CONNOWAY	730	Female	Finished	Senior	04:38:24	ATLANTIC ATHLETIC CLUB	4597	02:13:07
967	Vernon	MURTZ	1067	Male	Finished	50-59	04:38:24	PINELANDS ATHLETIC CLUB	2155	01:53:55
968	Mohamed	MANSURA	1501	Male	Finished	Senior	04:38:27	TEMP	TEMP	02:20:58
969	Mduduzi	ZONDO	1575	Male	Finished	40-49	04:38:35	CSIR RUNNING CLUB	7196	02:10:00
970	Jan	DU PLESSIS	1268	Male	Finished	50-59	04:38:39	HELDERBERG HARRIERS		02:16:40
972	Barney	ISRALLS	642	Male	Finished	50-59	04:38:48	ATLANTIC ATHLETIC CLUB	4656	02:17:11
971	Godfrey	JULIES	685	Male	Finished	40-49	04:38:54	STRAND ATHLETIC CLUB	WPA 5920	02:04:40
973	Rovaan	FAURE	675	Male	Finished	40-49	04:39:04	TEMP	TEMP	02:00:48
974	Craig	MCCLLENAGHAN	582	Male	Finished	Senior	04:39:05	WANDERERS AC	17488	02:13:48
975	Kerynn	CONSTABLE	1119	Female	Finished	Senior	04:39:05	TEMP	TEMP	02:13:49

976	Jose Luis	SOLIS-PERALTA	473	Male	Finished	40-49	04:39:08	SATORI ATHLETICS CLUB	2995	02:02:07
977	Leonie	LOOTS	869	Female	Finished	60+	04:39:10	RUNNING INN ATHLETICS CLUB	8732	02:13:08
978	Mathilda	LOOTS	525	Female	Finished	Senior	04:39:11	RUNNING INN ATHLETICS CLUB	8735	02:13:09
980	Kaare	JAMES	359	Male	Finished	60+	04:39:21	PINELANDS ATHLETIC CLUB	2222	02:16:07
981	Willem	TEHEBEN	1667	Male	Finished	40-49	04:39:26	PICK 'N PAY RUNNING CLUB CG	7896	01:55:45
979	Eugenie	HOLLANDER	1516	Female	Finished	Senior	04:39:39	NEW BALANCE MULTISPORT CLUB	4291	02:08:07
982	Renier	BEKKER	461	Male	Finished	Senior	04:39:53	BRACKENFELL ATHLETIC CLUB	7234	02:12:06
983	Conrad	BOTHA	1537	Male	Finished	40-49	04:39:53	TYGERBERG ATHLETIC CLUB	5680	02:12:11
984	Leon	VISSER	1685	Male	Finished	40-49	04:39:53	BRACKENFELL ATHLETIC CLUB	9281	02:12:06
985	Sarah	ROBERTSON	499	Female	Finished	40-49	04:39:54	MORNINGSIDE COUNTRY CLUB ROAD RUNNERS	12458	02:08:59
987	Achmat	PRETORIUS	743	Male	Finished	50-59	04:40:20	TOP FORM ATHLETIC CLUB	5571	02:11:06
988	Patrick	MILNER	1142	Male	Finished	50-59	04:40:22	FORESTERS RUNNING CLUB	4322	02:17:15
986	Amy	ROWLINGS	1183	Female	Finished	Senior	04:40:40	TEMP	TEMP	02:09:53
990	Andrew	BRADLEY	339	Male	Finished	40-49	04:40:49	TEMP	TEMP	02:12:17
989	Susan	BRADLEY	477	Female	Finished	40-49	04:40:49	HOUT BAY HARRIERS	5274	02:12:18
992	Daniel	ESILVA	1116	Male	Finished	Senior	04:40:49	EDGEMEAD RUNNERS	1488	02:11:17
991	Andrea	WHITE	599	Female	Finished	Senior	04:40:51	SANDF WP	3494	02:09:34
993	Darren	WHITE	600	Male	Finished	Senior	04:40:51	SANDF WP	3499	02:09:34
994	Estelle	BOSMAN	617	Female	Finished	40-49	04:41:07	SATORI ATHLETICS CLUB	7710	02:20:58
995	Johanna	TAYLOR	638	Female	Finished	40-49	04:41:07	FISH HOEK ATHLETIC CLUB	3957	02:20:58
996	Frikkie	CARSTENS	655	Male	Finished	50-59	04:41:13	SWARTLAND ATHLETIC CLUB	77	02:16:40
997	Christopher Letlhogo	SEOLWANE	1039	Male	Finished	Senior	04:41:18	TEMP	TEMP	01:56:54
998	Johan	VAN DER MESCHT	1564	Male	Finished	40-49	04:41:23	PANORAMA RUNNING CLUB	14043	02:11:59
999	Fundiswa	SANDI	703	Female	Finished	Senior	04:41:33	RAVENSMEAD ATHLETIC CLUB	6282	02:12:18
1000	Elzane	LOTZ	819	Female	Finished	Senior	04:41:37	TEMP	TEMP	02:13:28
1001	Timothy	HAIG-SMITH	1773	Male	Finished	Senior	04:41:37	ACCSIS VOB	900	02:06:44
1002	Kgoroshi	DIPHOPA	1249	Male	Finished	50-59	04:42:03	LOWVELD COUNTRY CLUB		02:01:19
1003	Masnoon	BASADIEN	1885	Male	Finished	Senior	04:42:09	FARNESE AC		02:12:11
1004	Majdie	LEVY	302	Male	Finished	Senior	04:42:21	ITHEKO SPORT ATHLETIC CLUB	1774	02:18:30
1005	Erika	LE ROUX	731	Female	Finished	Senior	04:42:29	TEMP	1234	02:15:51
1006	Vuyani Ptrick	SOMI	1998	Male	Finished	40-49	04:42:32	OLD MUTUAL ATHLETIC CLUB		01:56:26
1007	Noel	BUGAN	176	Male	Finished	Senior	04:42:33	FORESTERS RUNNING CLUB	4307	01:42:13
1008	Alvin	HAUPT	852	Male	Registered	50-59	04:42:35	CELTIC HARRIERS	259	
1009	Carmen	BARKHUIZEN	711	Female	Finished	Senior	04:42:38	TEMP	TEMP	02:16:04
1010	Helgo	HOHENSTEIN	326	Male	Finished	40-49	04:42:47	STRAND ATHLETIC CLUB	5955	02:21:01
1011	Hanna-Louise	CLOETE	1214	Female	Finished	Senior	04:42:47	STRAND ATHLETIC CLUB	10612	02:21:01
1012	Bongeka	MPUKUMPA	537	Female	Finished	Senior	04:43:04	RCS GUGULETU A.C	8471	02:11:19
1013	Wesley	HENDRICKS	890	Male	Finished	Senior	04:43:07	TEMP	TEMP	02:19:41
1014	Ebrahiem	DARIES	1896	Male	Finished	40-49	04:43:12	FARNESE AC		02:12:11
1016	Warren	PELSTON	828	Male	Finished	Senior	04:43:14	ESKOM AC WP	4411	02:13:57
1015	Alan	HARDAKER	606	Male	Finished	Senior	04:43:21	TEMP	TEMP	02:02:18
1017	Nicola	PEISL	610	Female	Finished	Senior	04:43:23	CELTIC HARRIERS	9099	02:20:15
1018	Chrisna	VAN LILLE	1136	Female	Finished	40-49	04:43:27	NEW BALANCE MULTISPORT CLUB	3373	02:14:56
1019	Shirley	MILNE	646	Female	Finished	Senior	04:43:28	NEW BALANCE MULTISPORT CLUB	4256	02:14:56
1020	Nettie	VOLLGRAAFF	1745	Female	Finished	40-49	04:43:28	NEW BALANCE MULTISPORT CLUB	4247	02:14:56
1021	Jack	VAN ZYL	732	Male	Finished	40-49	04:43:35	MONTAGU ATHLETICS CLUB	993	02:03:11
1022	Nigel	DANIELS	583	Male	Finished	Senior	04:43:37	CELTIC HARRIERS	401	02:14:29
1024	Charmaine	CHEMINAIS	495	Female	Finished	Senior	04:43:45	VITALITY CLUB	678	02:06:31
1023	Marlon John	DE WEE	1088	Male	Finished	Senior	04:43:54	PINELANDS ATHLETIC CLUB	WPA 2302	01:59:56
1025	Shaneen	BARNES	1628	Female	Finished	Senior	04:44:03	BRACKENFELL ATHLETIC CLUB	1169	02:08:24
1026	Kirushin	MOODLEY	914	Male	Finished	Senior	04:44:08	TEMP	TEMP	01:59:00
1027	Nonyane	MONYAMATHE	1398	Male	Finished	40-49	04:44:13	CORRECTIONAL SERVICES WP		02:07:53
1028	Jacques	VON WIELLIGH	1856	Male	Finished	Senior	04:44:13	TEMP	TEMP	02:09:25
1031	Jonathan	MARTIN	264	Male	Finished	40-49	04:44:16	ROCKY ROAD RUNNERS	13212	01:51:00
1029	Felix	KOIMBURI	53	Male	Finished	Senior	04:44:26	TEMP	TEMP	01:37:59
1030	Rafeeq	SALIE	585	Male	Finished	Senior	04:44:35	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6744	02:10:04
1032	Joseph	MULLIN	404	Male	Finished	Senior	04:44:36	TEMP	TEMP	01:57:32
1033	Yandiswa	SONDLO	1216	Female	Finished	Senior	04:44:41	RCS GUGULETU A.C	8670	02:20:57
1034	Tsunenari	SOYAMA	1515	Male	Finished	Senior	04:44:41	TEMP	TEMP	02:00:54
1035	Eugene	LEKAY	2049	Male	Finished	40-49	04:44:41	BRACKENFELL ATHLETIC CLUB		02:06:07
1036	Mpendulo	BAKALA	1257	Male	Finished	Senior	04:44:42	TEMP	TEMP	01:56:53
1037	Meroline	OCKHUIS	878	Female	Finished	40-49	04:44:53	BRACKENFELL ATHLETIC CLUB	1308	02:09:24
1038	Pat	COLTMAN	1682	Female	Entered	50-59	04:44:57	SOMERSET STRIDERS	4745	02:19:25
1039	Don	ROSS-WATT	1581	Male	Finished	60+	04:44:57	FISH HOEK ATHLETIC CLUB	3932	02:19:25
1041	Craig	STOKELL	453	Male	Finished	40-49	04:45:06	PLEXUS DURBANVILLE ATHLETIC CLUB	2594	02:00:04
1040	Jane	BATTERSBY	1484	Female	Finished	Senior	04:45:07	SPARTAN HARRIERS	2910	02:15:58
1043	Fariel	EBRAHIM	1223	Male	Finished	40-49	04:45:11	ACCSIS VOB	1027	02:04:20
1042	Mario	MOORE	1810	Male	Finished	40-49	04:45:13	WELLINGTON ATHLETIC CLUB	1505	02:02:11
1044	Wouter	DE KOCK	1752	Male	Finished	40-49	04:45:20	MELKBOS ATHLETIC CLUB	106	02:17:01
1045	Dries	BRITZ	386	Male	Finished	50-59	04:45:22	BREDASDORP ATHLETIC CLUB	1010	02:05:22
1046	Danelle	ROSSOUW	387	Female	Finished	Senior	04:45:22	BREDASDORP ATHLETIC CLUB	1012	02:05:23
1047	Bulelwa	STWAYI	1176	Female	Finished	Senior	04:45:24	TYGERBERG ATHLETIC CLUB	5639	02:17:14
1048	Denise	HERDIEN	1300	Female	Finished	50-59	04:45:24	ESKOM AC WP		02:17:13
1049	Henry	FRITZ	2094	Male	Finished	Senior	04:45:26	TEMP		02:10:11
1050	Nellis	MYBURGH	493	Male	Finished	Senior	04:45:37	PLEXUS DURBANVILLE ATHLETIC CLUB	2682	02:12:19
1051	Nico	STEENKAMP	836	Male	Finished	Senior	04:45:37	PAARL ATHLETIC CLUB	189	02:17:21
1052	Mish-Al	BARDAY	868	Female	Finished	Senior	04:45:37	TEMP	TEMP	02:20:58
1053	Karen	ERVENS	750	Female	Finished	40-49	04:45:38	NEW BALANCE MULTISPORT CLUB	4262	02:16:07
1055	Fran	HEATHCOTE	794	Female	Finished	Senior	04:45:40	HARFIELD HARRIERS	5935	02:15:43
1056	Tape	BEDFORD	1518	Male	Finished	Senior	04:45:46	ITHEKO SPORT ATHLETIC CLUB	1671	02:16:28
1054	Faldhi	ADAMS	1652	Male	Finished	Senior	04:45:46	ITHEKO SPORT ATHLETIC CLUB	1953	02:16:28
1057	Alexander	HEERSCHAP	679	Male	Finished	40-49	04:45:51	TEMP	8313	02:10:32
1058	Christine	MILLER	540	Female	Finished	40-49	04:45:57	EDGEMEAD RUNNERS	5016	02:11:57
1059	Brian	FAURE	373	Male	Finished	Senior	04:46:06	TEMP	TEMP	02:12:05
1060	Marguerite	CONRADIE	913	Female	Finished	Senior	04:46:06	TEMP	TEMP	02:12:05
1061	Fayroz Sha	KHATIEB	1616	Male	Finished	50-59	04:46:06	TOP FORM ATHLETIC CLUB	5543	02:03:32
1062	Lisa	DANILEWITZ	434	Female	Finished	Senior	04:46:17	TEMP	TEMP	02:08:46
1063	Redewaan	WILLIAMS	1637	Male	Finished	40-49	04:46:24	ITHEKO SPORT ATHLETIC CLUB	1765	02:06:36
1064	Helen	VAN VOORE	700	Female	Finished	40-49	04:46:44	NEW BALANCE MULTISPORT CLUB	4268	02:15:36
1065	Christine	HOMMEL	1613	Female	Finished	Senior	04:47:35	TEMP	3853	02:21:32
1066	Avril	DE LAPELIN DUMONT	636	Female	Finished	60+	04:47:38	WEST COAST ATHLETIC CLUB	3806	02:18:17
1067	Shakirah	DIEDERICKS	1479	Female	Finished	Senior	04:47:54	OMMIEDRAAI FRIENDS ATHLETIC CLUB	8263	02:11:45
1068	Marc	THOM	306	Male	Finished	Senior	04:47:57	PLEXUS DURBANVILLE ATHLETIC CLUB	2636	02:13:30
1069	Mogammad	ADAMS	656	Male	Finished	40-49	04:48:21	VODACOM STRIDERS WP	4815	02:16:30
1070	Steve	MATHEW	797	Male	Finished	40-49	04:48:24	TEMP	TEMP	02:03:05
1071	Selwyn	LATEGAN	881	Male	Finished	Senior	04:48:31	STRAGGLERS ATHLETIC CLUB	TEMP	02:08:22
1072	Saiedien	MILLWARD	1821	Male	Finished	40-49	04:48:36	PINELANDS ATHLETIC CLUB	2348	02:17:02
1073	Paula	DOLLMAN	1005	Female	Finished	Senior	04:48:49	UNIVERSITY OF CAPE TOWN	6037	02:12:15

1074	Ashley	ADAMS	1703	Male	Finished	40-49	04:48:50	TEMP		TEMP	02:10:04
1075	Achmat	PETERS	1393	Male	Finished	60+	04:49:01	TOP FORM ATHLETIC CLUB			02:15:37
1077	Jofrid Elin	HIDLE OMMEDAL	579	Female	Finished	40-49	04:49:10	TEMP		TEMP	02:20:06
1076	John	CLEOPHAS	889	Male	Finished	Senior	04:49:15	TEMP		TEMP	02:19:41
1078	Carrick Lunga	ROSHE	1277	Male	Finished	40-49	04:49:27	SAPS WP			02:06:06
1079	Johan	FOURIE	1834	Male	Finished	Senior	04:49:28	NEW BALANCE MULTISPORT CLUB	8038		02:12:38
1080	Kgakgamatso	GAOBUSE	1344	Male	Finished	40-49	04:49:35	TYGERBERG ATHLETIC CLUB			01:47:52
1081	Lee Ann	HARRIS	809	Female	Finished	40-49	04:49:39	PINELANDS ATHLETIC CLUB	2267		02:16:08
1082	Irene	VAN DEN BERG	1169	Female	Finished	50-59	04:49:39	STRAND ATHLETIC CLUB	8900		02:20:57
1083	Anthea	HOSKIN	1194	Female	Finished	Senior	04:49:43	TEMP		TEMP	02:15:54
1084	Denise	DU PLESSIS	2044	Female	Finished	40-49	04:49:45	TEMP		TEMP	02:19:25
1085	Farouk	DAVIDS	1182	Male	Finished	40-49	04:49:48	ITHEKO SPORT ATHLETIC CLUB	1720		02:16:28
1086	Lea	NORTON	1263	Female	Finished	50-59	04:49:51	RCS GUGULETU A.C			02:14:55
1087	Steven	SMITH	2045	Male	Finished	40-49	04:49:55	TEMP			02:03:13
1088	Alicia	BOCK	880	Female	Finished	Senior	04:49:59	NEW BALANCE MULTISPORT CLUB	3392		02:14:56
1089	Petro	NEETHLING	781	Female	Finished	Senior	04:50:07	PLEXUS DURBANVILLE ATHLETIC CLUB	9194		02:27:03
1090	Marianne	ERLAND	1118	Female	Finished	40-49	04:50:11	TEMP		TEMP	02:20:06
1091	Faruak	PETERSEN	760	Male	Finished	40-49	04:50:13	ITHEKO SPORT ATHLETIC CLUB	1748		02:10:38
1092	Abduraghmaan	MAMATT	738	Male	Finished	40-49	04:50:16	PICK 'N PAY ATHLETIC CLUB WP	5813		02:01:22
1093	Charmiane	KRUGER	807	Female	Finished	40-49	04:50:22	PINELANDS ATHLETIC CLUB	2220		02:16:17
1094	Joel	CHOKOE	602	Male	Finished	Senior	04:50:28	TEMP		TEMP	02:00:23
1095	Mahlatsi	THAPI	601	Male	Finished	Senior	04:50:29	WEST COAST ATHLETIC CLUB	9393		02:00:23
1097	Dimakatso	MAIBI	714	Female	Finished	Senior	04:50:31	PINELANDS ATHLETIC CLUB	2184		02:17:23
1096	Robert	PETERS	1129	Male	Finished	Senior	04:50:41	TEMP		TEMP	02:08:24
1098	Zaayda	MANUEL	1689	Female	Finished	50-59	04:50:45	OMMIEDRAAI FRIENDS ATHETIC CLUB	6711		02:11:19
1099	Ebrahim	GASNOLA	1137	Male	Finished	Senior	04:50:49	VODACOM STRIDERS WP	4273		02:16:30
1101	Maria	LEWIS	1690	Female	Finished	50-59	04:50:49	OMMIEDRAAI FRIENDS ATHETIC CLUB	6707		02:11:25
1100	Megan	LANGEVELDT	1798	Female	Finished	40-49	04:50:50	TOP FORM ATHLETIC CLUB	5560		02:16:30
1102	Salie	TALIEP	2000	Male	Finished	50-59	04:50:50	TOP FORM ATHLETIC CLUB			02:16:30
1103	Seraj	ACKERS	652	Male	Finished	50-59	04:50:51	TOP FORM ATHLETIC CLUB	7003		02:16:31
1104	Adnaan	RAHIM	1124	Male	Finished	Senior	04:50:56	PAARL ATHLETIC CLUB	906		02:04:01
1105	Wendal	SMITH	651	Male	Finished	40-49	04:50:59	PINELANDS ATHLETIC CLUB	2344		02:10:46
1106	Clinton Mark	VAN REENEN	2007	Male	Finished	Senior	04:50:59	METROPOLITAN ATHLETIC CLUB			02:10:46
1107	Faizel	HARON	1150	Male	Finished	Senior	04:51:06	ITHEKO SPORT ATHLETIC CLUB	1709		02:16:28
1108	Melynda Leigh	WARD	1626	Female	Finished	Senior	04:51:08	ACCSIS VOB	617		02:18:12
1109	Aletha	MEINTJES	1482	Female	Finished	Senior	04:51:23	IN TOUCH WALK & RUN	3634		02:20:59
1110	Doug	CAMERON	1653	Male	Finished	60+	04:51:31	SPARTAN HARRIERS	2866		02:21:10
1111	Thea	VAN RENSBURG	1046	Female	Finished	Senior	04:51:57	NEW BALANCE GAUTENG NORTH	4691		02:11:56
1112	Serutle	MASEMOLA	2018	Male	Finished	Senior	04:52:00	TEMP			01:56:28
1113	Ruth	JACOBS	1507	Female	Finished	Senior	04:52:05	TEMP		TEMP	02:25:11
1114	Thembinkosi Petros	MHLUNGU	680	Male	Finished	40-49	04:52:06	FIT 2000 WP	4372		02:08:10
1115	Stevens	DION	727	Male	Finished	40-49	04:52:10	PINELANDS ATHLETIC CLUB	2228		02:15:49
1116	Eugene	GRIEGO	623	Male	Finished	40-49	04:52:11	PINELANDS ATHLETIC CLUB	2164		02:16:08
1117	Charles	BOTHMAN	1350	Male	Finished	40-49	04:52:16	WELLINGTON ATHLETIC CLUB			02:11:07
1118	David	CRUSH	1091	Male	Finished	50-59	04:52:17	TEMP		TEMP	02:12:00
1119	Valentino	VAN DER SCHYFF	629	Male	Finished	Senior	04:52:21	TEMP		TEMP	02:11:32
1120	Nkosinathi	GULE	625	Male	Finished	Senior	04:52:23	TEMP		TEMP	02:06:01
1121	Hanja	KUNZ	1470	Female	Finished	40-49	04:52:24	TEMP		TEMP	02:18:39
1123	Joseph	STRAUSS	1281	Male	Finished	40-49	04:52:28	TEMP		TEMP	02:08:17
1122	Jacques	VAN DER WESTHUIZEN	1152	Male	Finished	40-49	04:52:31	NEDBANK RUNNING CLUB WESTERN PROVINCE	3045		02:22:24
1124	Derick	JOHANNES	1922	Male	Finished	50-59	04:52:34	SPARTAN HARRIERS			02:13:41
1125	Elizabeth - Ann	LOUW	1237	Female	Finished	40-49	04:52:36	IN TOUCH WALK & RUN			02:21:23
1126	Ebrahim	HANSLO	1835	Male	Finished	40-49	04:52:38	TEMP		TEMP	02:00:29
1127	Calvin	DIRKS	659	Male	Finished	40-49	04:52:42	METROPOLITAN ATHLETIC CLUB	8315		02:11:43
1128	Stanley	CONGO	1845	Male	Finished	40-49	04:52:42	METROPOLITAN ATHLETIC CLUB	5196		02:11:42
1129	Derek	REARDON	626	Male	Finished	50-59	04:52:59	ACCSIS VOB	8197		02:05:03
1130	Newton Richard	MAY	586	Male	Finished	Senior	04:53:03	TEMP		TEMP	02:08:17
1131	Elzeth	DU TOIT	1103	Female	Finished	40-49	04:53:13	NEW BALANCE MULTISPORT CLUB	7598		02:18:56
1132	Raaziek	YASSIEM	1562	Male	Finished	50-59	04:53:14	TOP FORM ATHLETIC CLUB	7016		02:05:42
1133	Neezaam	MOHAMED	1102	Male	Finished	Senior	04:53:16	ITHEKO SPORT ATHLETIC CLUB	1990		02:19:31
1134	Dale	SCHOLTZ	1329	Male	Finished	Senior	04:53:22	PINELANDS ATHLETIC CLUB			02:20:07
1135	Mogamat	SAMSODIEN	1870	Male	Finished	40-49	04:53:26	ITHEKO SPORT ATHLETIC CLUB	1648		02:16:31
1136	Paul Richard	TRUSCOTT	1592	Male	Finished	Senior	04:53:29	PLEXUS DURBANVILLE ATHLETIC CLUB	2736		02:14:39
1138	William	THOMAS	380	Male	Finished	40-49	04:53:58	TEMP		TEMP	02:03:58
1137	Maretha	BOTHA	624	Female	Finished	50-59	04:53:59	RUN WALK FOR LIFE WESTERN PROVINCE	6979		02:20:57
1139	Shaun	NAIDOO	535	Male	Finished	Senior	04:54:03	ALBERTON ATHLETIC CLUB	18885		02:02:51
1140	Janine	FOUCHE	534	Female	Finished	40-49	04:54:10	BELLVILLE ATHLETIC CLUB	3560		02:25:06
1141	Marietjie	OEOFSE	1511	Female	Finished	40-49	04:54:17	AMANZI ATHLETIC CLUB	480		02:23:23
1142	Alex	DE ABREU	608	Male	Finished	Senior	04:54:18	NEDBANK RUNNING CLUB WESTERN PROVINCE	7914		02:07:50
1143	Ivy	NATU	1156	Female	Finished	40-49	04:54:18	ATLANTIC ATHLETIC CLUB	8512		02:12:35
1144	Richard	BUCKLEY	697	Male	Finished	50-59	04:54:19	TELKOM ATHLETICS CLUB	2119		02:06:19
1146	Lizzi	BRINKMANN	490	Female	Finished	40-49	04:54:25	TEMP		TEMP	02:14:53
1145	Amanda	NITSCHKE	813	Female	Finished	50-59	04:54:25	TEMP		TEMP	02:15:14
1147	Rushdi	TOEFY	1202	Male	Finished	40-49	04:54:31	CELTIC HARRIERS	495		02:14:29
1149	Raymond	SPAARBOOI	2060	Male	Finished	Senior	04:54:32	TEMP			02:05:34
1148	Jassie	VISSER	1576	Male	Finished	Senior	04:54:37	OLIFANTS RIVIER ATLETIEK KLUB	1367 wpa		02:15:42
1150	Johan	STEYN	728	Male	Finished	40-49	04:54:39	BRACKENFELL ATHLETIC CLUB	1310		02:23:27
1152	Rita	VAN WYK	1672	Female	Finished	40-49	04:54:39	ARD ATHLETIC CLUB	2773		02:14:55
1151	Simon	WILLIAMS	1494	Male	Finished	40-49	04:54:41	TEMP		TEMP	02:11:30
1153	Berence	CROWDER	1320	Female	Finished	40-49	04:54:43	TELKOM ATHLETICS CLUB			02:19:10
1154	Grogory	CROWDER	1321	Male	Finished	50-59	04:54:43	TELKOM ATHLETICS CLUB			02:19:11
1155	Ismial	SHAIBU	1093	Male	Finished	Senior	04:54:44	TELKOM ATHLETICS CLUB	2130		02:06:16
1156	Stephanie	MARKRAM	824	Female	Finished	60+	04:54:52	SOUTH COAST STRIDERS	5470		02:21:37
1161	George	POTGIETER	891	Male	Finished	Senior	04:54:52	TOYOTA AC	18463		02:20:03
1157	Ridmaan	MOHAMED	1949	Male	Finished	60+	04:55:02	ITHEKO SPORT ATHLETIC CLUB			02:08:36
1159	Josi	MARAIS	792	Female	Finished	Senior	04:55:09	WEST COAST ATHLETIC CLUB	1396		02:21:05
1160	Burton	SILJEUR	1332	Male	Finished	40-49	04:55:15	RCS GUGULETU A.C			02:12:36
1162	Wayne	JENEKER	1314	Male	Finished	40-49	04:55:29	BIDVEST ATHLETICS CLUB (WP)			02:27:51
1158	Viola	BRUNGS	1146	Female	Finished	40-49	04:55:35	ATLANTIC ATHLETIC CLUB	4602		02:22:19
1163	Nadia	MGUDA	1173	Female	Finished	Senior	04:55:35	WEST COAST ATHLETIC CLUB	7317		02:20:57
1164	Zaitoon	KATHRADA	1266	Female	Finished	50-59	04:55:35	TOP FORM ATHLETIC CLUB			02:20:57
1174	James	CAROLESSON	1325	Male	Finished	40-49	04:55:35	ACCSIS VOB			02:21:02
1169	Brain	PATRICK	1383	Male	Finished	50-59	04:55:35	TYGERBERG ATHLETIC CLUB			02:20:59
1171	Frederick	VAN DER MERWE	1397	Male	Finished	50-59	04:55:35	TELKOM ATHLETICS CLUB			02:20:58
1175	Rushdi	ABRAHAMS	1796	Male	Finished	Senior	04:55:35	TEMP		TEMP	02:21:03
1168	Theunis	DE LANGE	2090	Male	Finished	40-49	04:55:35	Maties			02:02:38
1172	Chaldene	MISROLL	650	Female	Finished	Senior	04:55:36	PINELANDS ATHLETIC CLUB	2346		02:19:15
1167	Farahnaaz	WILLIAMS	698	Female	Finished	40-49	04:55:36	OMMIEDRAAI FRIENDS ATHETIC CLUB	6760		02:20:57

1166	Moesa	SAFAAR	742	Male	Finished	50-59	04:55:36	TOP FORM ATHLETIC CLUB	5578	02:20:57
1170	Wedaad	HOOSAIN	749	Female	Finished	Senior	04:55:36	ITHEKO SPORT ATHLETIC CLUB	1788	02:20:58
1173	Pierre	HOFMEYR	755	Male	Finished	50-59	04:55:36	NAMAQUA ATHLETIC CLUB	7103	02:20:57
1165	Tanja	LANGENHOVEN	767	Female	Finished	40-49	04:55:36	NEW BALANCE MULTISPORT CLUB	4202	02:18:18
1179	Fumitoshi	WATAHIKI	1528	Male	Finished	Senior	04:55:36	TEMP	TEMP	02:02:27
1180	Sandra	RAFFAELLI	1556	Female	Finished	40-49	04:55:36	SPARTAN HARRIERS	3242	02:20:07
1177	Quaniet	JAKOET	1674	Female	Finished	Senior	04:55:36	TEMP	TEMP	02:20:57
1184	Rene	JANUARY	1917	Male	Finished	Senior	04:55:36	CELTIC HARRIERS		02:20:57
1178	Derrick	RONDGANGER	1985	Male	Finished	50-59	04:55:36	TELKOM ATHLETICS CLUB		02:20:57
1176	Prieur	DU PLESSIS	631	Male	Finished	50-59	04:55:37	PLEXUS DURBANVILLE ATHLETIC CLUB	2620	02:20:59
1183	Sulaiman	ABRAHAMS	823	Male	Finished	Senior	04:55:37	ITHEKO SPORT ATHLETIC CLUB	1705	02:20:58
1181	Shagita	GOUNDEN	1196	Female	Finished	Senior	04:55:37	MARITIMO MARATHON CLUB	4142	02:21:11
1182	Paul	STEVENS	1351	Male	Finished	40-49	04:55:37	ACSIS VOB		02:21:00
1189	Alison	SMITH	1453	Female	Finished	Senior	04:55:37	PINELANDS ATHLETIC CLUB	2219	02:24:29
1185	Riaan	POTGIETER	1491	Male	Finished	Senior	04:55:37	FIT 2000 WP	4382	02:14:55
1187	Zunaid	ISMAEL	1585	Male	Finished	Senior	04:55:37	ITHEKO SPORT ATHLETIC CLUB	1627	02:20:57
1190	Sean	DAVIDS	1732	Male	Finished	Senior	04:55:37	RAVENSMEAD ATHLETIC CLUB	2476	02:21:02
1186	Pearl	RONDGANGER	1984	Female	Finished	50-59	04:55:37	TELKOM ATHLETICS CLUB		02:20:59
1188	Maria	GLOCKLE	548	Female	Finished	40-49	04:55:38	RAND ROAD WARRIORS	5286	02:20:12
1193	Ubaid	SAULS	820	Male	Finished	Senior	04:55:38	TEMP	TEMP	02:21:00
1191	Lynette	KING	897	Female	Finished	40-49	04:55:38	NEW BALANCE MULTISPORT CLUB	4275	02:21:00
1192	Diane	MOOR	1414	Female	Finished	50-59	04:55:38	ATLANTIC ATHLETIC CLUB	9945	02:21:01
1196	Dominique Eisenberg	EISENBERG	1461	Female	Finished	40-49	04:55:38	TEMP	TEMP	02:21:00
1194	Juan	DE KLERK	2077	Male	Finished	Senior	04:55:38	TYGERBERG ATHLETIC CLUB		02:14:54
1195	Nathan	KITCHING	669	Male	Finished	Senior	04:55:39	TEMP	TEMP	02:21:01
1197	Peter	DU TOIT	720	Male	Finished	40-49	04:55:39	RUN WALK FOR LIFE EP	407	02:17:31
1198	Dwight	LAWRENCE	1787	Male	Finished	Senior	04:55:39	TYGERBERG ATHLETIC CLUB	5736	02:25:48
1199	Hansie	LOUW	327	Male	Finished	50-59	04:55:40	HERBALIFE SPORTS CLUB	WP 6878	
1200	Abu	MOWLANA	778	Male	Finished	40-49	04:55:40	ITHEKO SPORT ATHLETIC CLUB	2014	02:27:18
1201	Ashley	TAYLOR	1451	Male	Finished	Senior	04:55:40	ACSIS VOB	9990	02:20:08
1202	Dolan	DE JAGER	255	Male	Finished	40-49	04:55:41	RCS GUGULETU A.C	8674	02:02:44
1203	Neil	MORGAN	14	Male	Finished	50-59	04:55:42	TEMP		02:21:01
1204	Colin	VAN NIEKERK	841	Male	Finished	50-59	04:55:42	NEW BALANCE MULTISPORT CLUB	3338	02:18:21
1205	Magedie	THEUNISSEN	729	Male	Finished	50-59	04:55:43	TOP FORM ATHLETIC CLUB	5550	02:20:58
1207	Nozipho	BONGELO	649	Female	Finished	40-49	04:55:50	ESKOM AC WP	4393	02:20:39
1206	Elory	ALARD	1380	Male	Finished	60+	04:56:01	TEMP	TEMP	02:21:02
1208	Chantal	MICHAELS	536	Female	Finished	40-49	04:56:02	BLUE DOWNS ATHLETIC CLUB	3656	02:14:20
1210	Terence	STRONG	1175	Male	Finished	50-59	04:56:06	ACSIS VOB	8209	02:20:24
1209	Anita	GULWA	1191	Female	Finished	Senior	04:56:09	RCS GUGULETU A.C	2473	02:21:00
1211	Charles	GOREDEMA	1101	Male	Finished	50-59	04:56:12	ACSIS VOB	722	02:11:09
1212	Goolama	JAFFER	1384	Male	Finished	50-59	04:56:12	TOP FORM ATHLETIC CLUB		02:23:40
1213	Marie	FOURIE	773	Female	Finished	Senior	04:56:14	STRAND ATHLETIC CLUB	5878	02:22:09
1214	Marike	JANSE VAN RENSBURG	555	Female	Finished	Senior	04:56:22	CELTIC HARRIERS	280	02:20:08
1215	Faez	KHAN	744	Male	Finished	50-59	04:56:22	TOP FORM ATHLETIC CLUB	5573	02:16:00
1216	Sanet	DU TOIT	664	Female	Finished	40-49	04:56:35	BRACKENFELL ATHLETIC CLUB	1330	02:29:51
1217	Christelle	FOURIE	1517	Female	Finished	Senior	04:56:40	AMANZI ATHLETIC CLUB	486	02:23:24
1218	Abdul Razak	SALIE	779	Male	Finished	40-49	04:56:43	VODACOM STRIDERS WP	4843	02:29:44
1220	Jason	MARAI	769	Male	Finished	Senior	04:56:46	WEST COAST ATHLETIC CLUB	3795	02:21:06
1219	Mohamed Kamil	SALIE	780	Male	Finished	Senior	04:56:49	VODACOM STRIDERS WP	4844	02:29:44
1221	Lance	BRINDERS	734	Male	Finished	40-49	04:57:00	EDGEMEAD RUNNERS	5111	02:21:56
1222	Roger	ARENDSE	1802	Male	Finished	40-49	04:57:05	SPARTAN HARRIERS	2929	02:15:58
1223	Lee	MCQUEEN	1943	Female	Finished	40-49	04:57:06	KHAYELITSHA ATHLETIC CLUB		02:24:37
1224	Pascale	GUY	790	Female	Finished	40-49	04:57:07	RUN WALK FOR LIFE WESTERN PROVINCE	4922	02:13:22
1226	Eugene	DE GOEDE	1663	Male	Finished	50-59	04:57:07	MUIRITE STRIDERS	299	02:23:59
1225	Elaam	ANDERSON	1881	Female	Finished	40-49	04:57:10	TOP FORM ATHLETIC CLUB		02:20:58
1228	Mzimkhulu	SITYEBI	1403	Male	Finished	Senior	04:57:13	CORRECTIONAL SERVICES WP		02:08:16
1227	Ashraf	ORRIE	2083	Male	Finished	40-49	04:57:24	ITHEKO SPORT ATHLETIC CLUB	9449	02:19:17
1229	Zuko	XALISA	448	Male	Finished	Senior	04:57:36	TEMP	TEMP	02:06:47
1230	Jana	BECKETT	1163	Female	Finished	50-59	04:57:37	FORESTERS RUNNING CLUB	4334	02:21:07
1231	Dhesan	MOODLEY	1521	Male	Finished	Senior	04:57:37	ARCELOR MITTAL SALDANHA SPORT A.C	8358	02:20:59
1232	Rudi	KNOESEN	1151	Male	Finished	Senior	04:57:48	NEDBANK RUNNING CLUB WESTERN PROVINCE	92	02:22:24
1233	Julian	LANGEVELDT	1331	Male	Finished	40-49	04:57:48	RCS GUGULETU A.C		02:20:43
1234	Nyaniso	QWESHA	1087	Male	Finished	Senior	04:57:49	RCS GUGULETU A.C	2469	02:14:54
1235	Simon	JENKINS	721	Male	Finished	Senior	04:57:50	PLEXUS DURBANVILLE ATHLETIC CLUB	2737	02:14:39
1236	Jen	ASTON	904	Female	Finished	Senior	04:57:51	TEMP	TEMP	02:18:00
1237	Shahied	MUSTAPHA	759	Male	Finished	40-49	04:57:52	METROPOLITAN ATHLETIC CLUB	8333	02:14:43
1238	Malcom	MARKS	1983	Male	Finished	50-59	04:57:52	TEMP		02:20:43
1240	Kirst	FOORD	706	Female	Finished	40-49	04:57:56	PLEXUS DURBANVILLE ATHLETIC CLUB	7853	02:20:47
1239	Athenkosi	NKAMPULE	518	Male	Finished	Senior	04:57:58	TOP FORM ATHLETIC CLUB	TEMP	02:03:59
1241	Dawood	FORTUNE	740	Male	Finished	50-59	04:58:00	TOP FORM ATHLETIC CLUB	5577	02:16:29
1242	Ant	MARCOW	825	Male	Finished	40-49	04:58:02	FIT 2000 CGA	2302	02:27:12
1243	Ric	MARINI	419	Male	Finished	50-59	04:58:05	RAND ATHLETIC CLUB	3186	02:27:04
1244	Petra	KING	1309	Female	Finished	50-59	04:58:13	SANLAM ATHLETIC CLUB		02:30:12
1245	Edwin	KING	1310	Male	Finished	60+	04:58:13	SANLAM ATHLETIC CLUB		02:30:12
1246	Martin	RABIE	758	Male	Finished	40-49	04:58:21	RAVENSMEAD ATHLETIC CLUB	6280	02:12:35
1247	Anjana	MAKANJEE	688	Female	Finished	Senior	04:58:26	TEMP	TEMP	02:14:00
1248	Vincent	MOGOTE	2022	Male	Finished	Senior	04:58:26	TEMP		02:20:12
1249	Jason	HARTELL	561	Male	Finished	Senior	04:58:27	ATHLETIC CLUB EERSTERUST	TEMP	02:13:35
1250	Greg	WIID	351	Male	Finished	50-59	04:58:30	TYGERBERG ATHLETIC CLUB	9330	02:19:07
1251	Martin	FLINT	414	Male	Finished	40-49	04:58:33	ACSIS VOB	718	01:59:14
1252	Desmond	KLUE	1246	Male	Finished	40-49	04:58:41	SAPS WP		02:25:44
1253	Henk	CARSTENS	1749	Male	Finished	Senior	04:59:00	HELDERBERG HARRIERS	2411	02:25:57
1254	Susanna	KUUN	1750	Female	Finished	40-49	04:59:00	HELDERBERG HARRIERS	2378	02:25:58
1255	Tetsuya	MARUYAMA	1624	Male	Finished	40-49	04:59:13	TEMP	TEMP	02:07:13
1256	Andrew	FORTUNE	1375	Male	Finished	50-59	04:59:30	METROPOLITAN ATHLETIC CLUB		02:13:18
1257	Cornelia	JANUARIE	1785	Female	Finished	40-49	04:59:31	NAMAQUA ATHLETIC CLUB	7105	02:27:26
1259	Sandra	RUSTIN	1308	Female	Finished	40-49	04:59:36	SANDF WP		02:21:03
1258	Emily	DELAP	1112	Female	Finished	Senior	04:59:46	TEMP	TEMP	02:25:19
1260	Salie	MOOS	1205	Male	Finished	50-59	04:59:48	TELKOM ATHLETICS CLUB	2121	02:21:03
1261	Shafiek	JOHNSON	1807	Male	Finished	40-49	04:59:50	METROPOLITAN ATHLETIC CLUB	5128	02:17:27
1262	Saville	RIBERTS	528	Male	Finished	40-49	04:59:52	JAGUARS ATHLETIC CLUB	7651	02:17:07
1263	Lee-Anne	SAUNDERS	584	Female	Finished	40-49	05:00:36	FISH HOEK ATHLETIC CLUB	10681	02:15:06
1264	Adelaide	AGUST	1879	Female	Finished	40-49	05:00:36	ACSIS VOB		02:22:21
1265	George Kuda	MUSHWESHE	73	Male	Finished	Senior	05:00:52	TEMP	TEMP	01:35:37
1266	Wim	LAMBRECHTS	1833	Male	Finished	Senior	05:00:53	TEMP	TEMP	02:07:46
1267	Thobile	NDZUBE	648	Male	Finished	40-49	05:00:57	RCS GUGULETU A.C	6700	02:17:20
1268	Faizel	ABRAHAMS	722	Male	Finished	Senior	05:01:04	TEMP	4277	02:13:42
1269	Megan	HOBSON	752	Female	Finished	Senior	05:01:13	TEMP	TEMP	02:26:25

1271	Tania	IDAS	665	Female	Finished	40-49	05:01:36	NEW BALANCE MULTISPORT CLUB	6450	02:30:12
1270	Clive	IDAS	666	Male	Finished	50-59	05:01:38	NEW BALANCE MULTISPORT CLUB	6451	02:30:12
1272	Tuleka	NKUKWANA	1402	Female	Finished	Senior	05:01:46	CORRECTIONAL SERVICES WP		02:13:29
1273	Donavan	JACOBS	1222	Male	Finished	40-49	05:02:02	NEW BALANCE MULTISPORT CLUB	4228	02:12:16
1274	Felicia	ST CLAIR	1165	Female	Finished	40-49	05:02:30	IN TOUCH WALK & RUN	6476	02:27:12
1275	Vanessa	GURIE	667	Female	Finished	Senior	05:02:45	TEMP	TEMP	02:24:20
1276	Natasha	VAN WYK	1781	Female	Finished	40-49	05:02:45	TYGERBERG ATHLETIC CLUB	5738	02:25:48
1277	Ernesto	GARCIA MARQUES	1147	Male	Finished	50-59	05:02:55	HOUT BAY HARRIERS	5260	02:17:22
1278	Kervin	PETERSEN	2041	Male	Finished	40-49	05:03:29	TEMP		02:20:57
1279	Arrie	HOUGAARD	1167	Male	Finished	40-49	05:03:34	BELLVILLE ATHLETIC CLUB	9862	02:24:37
1280	Sheila	HEIDEMAN	1755	Female	Finished	40-49	05:03:41	METROPOLITAN ATHLETIC CLUB	5141WPA	02:27:12
1281	Thea	BOTHA	1355	Female	Finished	50-59	05:04:06	BRACKENFELL ATHLETIC CLUB		02:23:51
1282	Naomi	WILLIAMS	1198	Female	Finished	50-59	05:04:24	RUN WALK FOR LIFE WESTERN PROVINCE	5821	02:21:38
1283	Galiel	JARDINE	627	Male	Finished	40-49	05:04:32	ITHEKO SPORT ATHLETIC CLUB	2046	02:23:56
1284	James	BAYHACK	1542	Male	Finished	Senior	05:04:37	ATC RUNNING	6900	02:21:47
1285	Ian	KENNEDY	550	Male	Finished	40-49	05:04:55	WEST COAST ATHLETIC CLUB	WPA3812	02:21:15
1286	Franklin	SMITH	1135	Male	Finished	60+	05:05:00	CELTIC HARRIERS	215	02:16:50
1287	Timo	REPO	753	Male	Finished	40-49	05:06:17	TEMP	TEMP	02:29:33
1288	Derry	DEVINE	2052	Male	Finished	60+	05:06:27	ACCSIS VOB		02:26:00
1289	Ann	TALJAARD	2001	Female	Finished	50-59	05:06:50	SAPS WP		02:27:28
1290	Nicky	ESAU	2024	Male	Finished	60+	05:06:55	MITCHELL'S PLAIN TITANS		02:09:35
1291	Marius	LEUVENNINK	833	Male	Finished	50-59	05:07:01	STELLENBOSCH ATHLETIC CLUB	Bol 702	02:20:21
1292	Hilton	WILKONSON	1201	Male	Finished	50-59	05:07:21	TEMP	TL	02:09:24
1293	Jean-Pierre	BAARD	900	Male	Finished	40-49	05:08:36	NEW BALANCE MULTISPORT CLUB	6010	02:20:59
1294	Peter	NAYLOR	589	Male	Finished	60+	05:08:37	ASICS ATHLETIC CLUB	1113	02:20:59
1295	Zareena	BADSHA	1514	Female	Finished	Senior	05:09:06	PINELANDS ATHLETIC CLUB	2221	02:21:30
1296	Sandra	JONATHAN	1153	Female	Finished	40-49	05:09:55	STRAGGLERS ATHLETIC CLUB	6495	02:19:59
1298	Frank	FOURIE	1844	Male	Finished	50-59	05:10:02	SANDB WP	3448	02:22:42
1297	Mark	WILKINSON	1464	Male	Finished	40-49	05:10:16	PLEXUS DURBANVILLE ATHLETIC CLUB	7840	02:17:52
1299	Phumudzo	MAFUNISE	1830	Male	Finished	Senior	05:10:24	TEMP	TEMP	02:05:29
1300	Sharon	JAMES	908	Female	Finished	50-59	05:10:25	PINELANDS ATHLETIC CLUB	2338	02:24:56
1301	Angelic	LOVE	705	Female	Finished	Senior	05:10:36	NEDBANK RUNNING CLUB WESTERN PROVINCE	7911	02:23:55
1302	Andre	SWART	802	Male	Finished	40-49	05:10:44	HARTENBOS DRAWWERS	969	02:31:11
1303	Sue	SWART	803	Female	Finished	40-49	05:10:44	HARTENBOS DRAWWERS	970	02:31:12
1304	Kim	CRAIG	1894	Female	Finished	Senior	05:11:09	SPARTAN HARRIERS		02:23:43
1305	Zaida	BOLTMAN	1886	Female	Finished	40-49	05:11:45	MITCHELL'S PLAIN TITANS		02:22:17
1306	Kassiem	OMAR	1734	Male	Finished	50-59	05:11:50	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6732	02:26:17
1307	Brian	VAN WYK	1425	Male	Finished	Senior	05:11:51	TEMP	TEMP	02:28:30
1308	Vernon	COYNE	818	Male	Finished	50-59	05:12:12	ACCSIS VOB	562	02:19:12
1309	Augusta	SAUNDERS	1179	Female	Finished	40-49	05:12:15	BEDFORDVIEW COUNTRY CLUB	2599	02:21:00
1310	Adele	ERASMUS	1804	Female	Finished	Senior	05:12:47	BELLVILLE ATHLETIC CLUB	3565	02:24:49
1312	Edmund	BIRD	1274	Male	Finished	50-59	05:12:53	MITCHELL'S PLAIN TITANS		02:20:59
1311	Andy	ABRAHAMS	1209	Male	Finished	Senior	05:13:18	RCS GUGULETU A.C	8686	02:23:39
1313	Elton Neil	DAVIDS	1462	Male	Finished	Senior	05:13:49	WILDRUNNER	12145	02:16:47
1314	Adel	COETZEE	899	Female	Finished	40-49	05:13:56	WEST COAST ATHLETIC CLUB	3784	02:32:55
1315	Peggy	WHITMAN	539	Female	Finished	50-59	05:13:57	WEST COAST ATHLETIC CLUB	3728	02:32:57
1316	Norine	VICTOR	864	Female	Finished	40-49	05:14:00	NEDBANK RUNNING CLUB WESTERN PROVINCE	10580	02:30:17
1318	David	WARING	1193	Male	Finished	50-59	05:14:00	TEMP	TEMP	02:30:17
1317	Christian	JUNG	1221	Male	Finished	Senior	05:14:04	TEMP	TEMP	02:24:30
1319	Sharon	EVERETT	1229	Female	Finished	40-49	05:14:22	WEST COAST ATHLETIC CLUB	3816	02:25:26
1320	Tougieda	ALLIE	776	Female	Finished	50-59	05:14:31	ITHEKO SPORT ATHLETIC CLUB	1962	02:16:51
1321	Faizel	ABRAHAMS	1731	Male	Finished	Senior	05:14:31	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6717	02:26:17
1322	Ronel	VAN VOLLENHOVEN	756	Female	Finished	Senior	05:14:33	WEST COAST ATHLETIC CLUB	7290	02:21:06
1323	Milly	ZIMMERMANN	1204	Female	Finished	40-49	05:14:33	WEST COAST ATHLETIC CLUB	3700	02:21:07
1324	Rinalda	ARENDSE	1803	Female	Finished	40-49	05:14:39	SPARTAN HARRIERS	2930	02:16:51
1325	Lindi	MTI	1665	Female	Finished	Senior	05:14:42	TEMP	1463	02:33:05
1326	Barry	SCHWARTZ	2099	Male	Finished	60+	05:14:48	Fit 2000 CGA		02:34:33
1327	Visvanathan	CHETTY	1580	Male	Finished	Senior	05:14:56	BLUE DOWNS ATHLETIC CLUB	3672	02:14:31
1328	Donovan	MILLS	1723	Male	Finished	Senior	05:15:11	TEMP	TEMP	02:32:39
1329	Moegsien	EBRAHIM	860	Male	Finished	50-59	05:15:22	NEW BALANCE MULTISPORT CLUB	4207	02:36:39
1330	John	SIMS	1177	Male	Finished	60+	05:15:35	MITCHELL'S PLAIN TITANS	6295	02:21:12
1331	Simone	JACOBS	1718	Female	Finished	Senior	05:16:30	TEMP	TEMP	02:26:00
1332	Gary	CRAWFORD	1123	Male	Finished	60+	05:17:09	SYDENHAM SPORTS CLUB	8258	02:30:44
1333	Ebrahim	HASSEN	660	Male	Finished	40-49	05:17:12	TOP FORM ATHLETIC CLUB	6994	02:25:21
1334	Nazreen	DAVIDS	1181	Female	Finished	40-49	05:17:29	ITHEKO SPORT ATHLETIC CLUB	1651	02:26:56
1335	Zunaid	ALLIE	1133	Male	Finished	Senior	05:17:34	TEMP	TEMP	02:16:24
1336	Dumisani	KAMA	1586	Male	Finished	Senior	05:17:36	ACSA RUNNING CLUB	8766	02:12:51
1337	Anne	WILLIAMS	1406	Female	Finished	50-59	05:17:56	PICK 'N PAY ATHLETIC CLUB WP		02:21:07
1338	Lori	ELLIOTT	1184	Female	Finished	40-49	05:18:47	TEMP	TEMP	02:33:22
1339	Tony	TUNAR	2067	Male	Finished	50-59	05:18:51	EDGE MEAD RUNNERS		02:28:22
1340	David	CHARLES	1401	Male	Finished	40-49	05:19:20	RAVENSMEAD ATHLETIC CLUB		02:12:35
1341	Derrick Pitrus	WILLIAMS	2012	Male	Finished	50-59	05:19:20	UNIVERSITY OF WESTERN CAPE		02:27:07
1342	Margi	EKSTEEN	1132	Female	Finished	50-59	05:19:38	STRAND ATHLETIC CLUB	5916	02:26:53
1343	Walter	PETERSEN	831	Male	Finished	50-59	05:19:48	RUN WALK FOR LIFE WESTERN PROVINCE	4874	02:34:50
1344	Sediqa	KHATIEB	1483	Female	Finished	Senior	05:20:13	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6729	02:20:48
1345	Aneesa	ABRAHAMS- ADAMS	1691	Female	Finished	40-49	05:20:13	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6713	02:24:02
1346	Gadija	MOSAVEL	1188	Female	Finished	40-49	05:20:22	ITHEKO SPORT ATHLETIC CLUB	1823	02:23:04
1347	Marilette	BROWN	1867	Female	Finished	Senior	05:20:54	NEW BALANCE MULTISPORT CLUB	3349	02:30:17
1348	Neil	LLOYD	1144	Male	Finished	Senior	05:20:55	RAVENSMEAD ATHLETIC CLUB	7180	02:19:30
1349	Sandra	WILLIAMS	5104	Female	Finished	40-49	05:21:04	TEMP	TEMP	
1350	Basil	MASHAPPIE	5144	Male	Finished	40-49	05:21:05	ATLANTIC ATHLETIC CLUB		
1352	Thobeka	MQHOMA	5146	Female	Finished	Senior	05:21:07	TEMP	TEMP	
1351	Louise	CERELSE	5151	Female	Finished	40-49	05:21:09	PARLIAMENT AC	TEMP	
1353	Alan	MARGOLIN	1410	Male	Finished	50-59	05:21:12	FORESTERS RUNNING CLUB		02:13:39
1354	Bomikazi	MPUMA	762	Female	Finished	Senior	05:21:22	CELTIC HARRIERS	233	02:17:30
1355	Moerieda	MACKAY	707	Female	Finished	40-49	05:21:34	NEDBANK RUNNING CLUB CENTRAL GAUTENG	13808	02:29:10
1356	Ferial	ISRAEL	894	Female	Finished	Senior	05:21:45	TEMP	TEMP	02:38:52
1357	Tania	MORAR	1481	Female	Finished	40-49	05:21:45	ACCSIS VOB		02:38:51
1359	Jalal	ALLIE	771	Male	Finished	50-59	05:21:53	TOP FORM ATHLETIC CLUB	5510	02:28:07
1358	Julian	OHLSON	641	Male	Finished	50-59	05:22:12	METROPOLITAN ATHLETIC CLUB	5157	02:29:04
1360	Shahida	JATTIEM	879	Female	Finished	40-49	05:22:20	ITHEKO SPORT ATHLETIC CLUB	2018	02:36:41
1361	Fadl	MAJIET	1684	Male	Finished	50-59	05:22:20	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6761	02:32:03
1362	Safwat	DAVIDS	1162	Male	Finished	Senior	05:22:32	RCS GUGULETU A.C	2493	02:20:50
1363	Rene	LOURENS	1704	Female	Finished	40-49	05:23:05	BRACKENFELL ATHLETIC CLUB	1240	02:30:10
1364	Henriette	AFRICA	1878	Female	Finished	40-49	05:23:05	OLIFANTS RIVIER ATLETIEK KLUB		02:38:31
1365	Ferial	JOHAAR	1299	Female	Finished	60+	05:23:19	TOP FORM ATHLETIC CLUB		02:16:29
1366	John	CHILD	859	Male	Finished	60+	05:23:27	SPARTAN HARRIERS	2935	02:36:41
1367	Dion	HEIGERS	1290	Male	Finished	60+	05:23:45	ALPHA CENTURION RUNNER AND WALKERS		02:25:50

1368	Rodney Gary	COETZEE	1893	Male	Finished	50-59	05:23:49	BIDVEST ATHLETICS CLUB (WP)		02:27:51
1369	Tanja	BOSCH	782	Female	Finished	Senior	05:24:15	CELTIC HARRIERS	428	02:21:27
1371	Cecily	MICHAELS	1717	Female	Finished	50-59	05:24:37	HELDERBERG HARRIERS	2428	02:33:03
1370	Khuthala	MBOMVU	757	Female	Finished	Senior	05:24:40	PINELANDS ATHLETIC CLUB	2274	02:31:06
1372	Tracey	JONES	812	Female	Finished	40-49	05:24:55	SPARTAN HARRIERS	3247	02:27:25
1373	Carl	TERBLANCHE	442	Male	Finished	Senior	05:24:58	TYGERBERG ATHLETIC CLUB	7767	02:20:41
1374	Tracy	THOMPSON	1486	Female	Finished	40-49	05:25:25	ACISIS VOB	563	02:38:50
1375	Tony	LA VITA	630	Male	Finished	50-59	05:25:44	BIDVEST ATHLETICS CLUB (WP)	8669	02:27:48
1376	Melda	RUITERS	832	Female	Finished	40-49	05:25:44	TEMP	6642	02:27:51
1378	Ross	MCDONALD	1396	Male	Finished	Senior	05:26:08	SPARTAN HARRIERS		02:37:07
1377	Vanessa	THERON	1349	Female	Finished	40-49	05:26:09	SPARTAN HARRIERS		02:37:07
1379	Anna	TERBLANCHE	1450	Female	Finished	40-49	05:26:46	PAARL ATHLETIC CLUB	940	02:29:17
1380	Jeremiah	SAULS	1347	Male	Finished	50-59	05:26:48	ESKOM AC WP		02:26:21
1381	Joan	SAULS	1348	Female	Finished	50-59	05:26:49	ESKOM AC WP		02:30:40
1382	Mario	KOLBE	206	Male	Finished	Senior	05:27:21	IN TOUCH WALK & RUN	3637	02:20:41
1383	Granville	ORANGE	1817	Male	Finished	50-59	05:27:21	IN TOUCH WALK & RUN	6481	02:20:41
1384	Michelle	JORDAAN	1727	Female	Finished	40-49	05:27:44	TYGERBERG ATHLETIC CLUB	5697	02:36:43
1385	Trevor	CALVERT	350	Male	Finished	Senior	05:28:16	TEMP	TEMP	02:31:52
1386	Antoinette	MOKONE	1206	Female	Finished	Senior	05:28:16	NEDBANK RUNNING CLUB CENTRAL GAUTENG	3763	02:25:47
1387	Hennie	WESTRAADT	671	Male	Finished	60+	05:28:38	NEW BALANCE MULTISPORT CLUB	3369	02:22:54
1388	Matumelo	MAINAAKAE	692	Female	Finished	Senior	05:28:46	ESKOM AC WP	7366	02:35:40
1390	Lynette	AFRIKA	619	Female	Finished	40-49	05:28:50	TELKOM ATHLETICS CLUB	2133	02:22:57
1389	Zukisa	DUBULA	1207	Male	Finished	40-49	05:29:16	TOP FORM ATHLETIC CLUB	TEMP	02:23:51
1391	Neal	DU PREEZ	817	Male	Finished	Senior	05:29:56	TEMP	TEMP	02:25:30
1392	Willem	LE ROUX	1161	Male	Finished	Senior	05:29:57	TEMP	TEMP	02:25:31
1393	Ncebakazi	DUBULA	1074	Female	Finished	Senior	05:30:14	TOP FORM ATHLETIC CLUB	TEMP	02:28:25
1394	Alida	HILLARY	774	Female	Finished	40-49	05:31:29	WEST COAST ATHLETIC CLUB	3731	02:39:53
1395	Dancie	MAJOLA	1203	Female	Finished	Senior	05:31:29	WEST COAST ATHLETIC CLUB	7274	02:39:53
1396	Edel	LITTLE	1227	Female	Finished	Senior	05:31:56	TEMP	TEMP	02:34:42
1397	Mogamat Shahmieg	ALLIE	1820	Male	Finished	50-59	05:32:03	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6746	02:32:04
1398	Ignatius Gabriel	SMART	856	Male	Finished	40-49	05:32:48	RCS GUGULETU A.C	8694	02:32:07
1399	Caroline Ann	WILSON	882	Female	Finished	40-49	05:32:49	RCS GUGULETU A.C	8693	02:32:08
1400	Jacqueline	VISAGIE	1606	Female	Finished	40-49	05:32:56	MITCHELL'S PLAIN TITANS	6314	02:27:51
1401	Michelle	PAULSE	1687	Female	Finished	Senior	05:32:57	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6709	02:30:53
1402	Moesharafa	MAJJET	1688	Female	Finished	50-59	05:32:57	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6710	02:38:34
1405	Le-Anne	BARBER	1774	Female	Finished	Senior	05:32:58	EDGEMEAD RUNNERS	5097	02:33:05
1403	John	MANUEL	1404	Male	Finished	50-59	05:33:44	TEMP	TEMP	02:35:22
1404	Wezile	SIPELITI	1050	Male	Finished	Senior	05:33:53	REAL GIJIMAS	560	02:27:58
1406	Erna	CLARK	855	Female	Finished	40-49	05:33:54	ESKOM AC WP	7929	02:38:23
1407	Duduzile	MHLANGA	874	Female	Finished	Senior	05:33:54	CENTURY CITY ATHLETIC CLUB	9012	02:28:42
1408	Ursula	KUHN	783	Female	Finished	Senior	05:34:05	NEDBANK RUNNING CLUB GAUTENG NORTH	8120	02:28:49
1409	Michelle	BEDWELL	1099	Female	Finished	Senior	05:34:05	PINELANDS ATHLETIC CLUB	2157	02:34:34
1410	Jean Merle	BURGHHER	1346	Female	Finished	40-49	05:34:05	PINELANDS ATHLETIC CLUB		02:29:52
1411	Khalied	HANSLO	500	Male	Finished	Senior	05:34:14	ATLANTIC ATHLETIC CLUB	8394	02:25:10
1412	Robert	SCHRODER	577	Male	Finished	40-49	05:34:20	RAND ATHLETIC CLUB	1934	02:32:03
1413	Julia	SHEPHERD	873	Female	Finished	Senior	05:36:12	ATLANTIC ATHLETIC CLUB	4507	02:37:55
1414	Elaine	JACOBS	2080	Female	Finished	50-59	05:36:14	TEMP		02:24:43
1416	Mark	FRANS	777	Male	Finished	40-49	05:36:20	ACISIS VOB	891	02:27:02
1415	Jolyon	HURT	1557	Male	Finished	Senior	05:36:23	TEMP	TEMP	02:16:25
1417	Steven	OTTER	2071	Male	Finished	Senior	05:36:27	TEMP		02:15:48
1418	Ebrahim	KHAN	1520	Male	Finished	40-49	05:36:36	ARD ATHLETIC CLUB	9337	02:37:25
1419	Mark	CHAPMAN	1195	Male	Finished	Senior	05:37:10	CELTIC HARRIERS	225	02:27:37
1420	Tania	DURR	498	Female	Finished	Senior	05:37:15	PAARL ATHLETIC CLUB	262	02:39:05
1421	Jo	VAN DYK	691	Female	Finished	40-49	05:37:15	TEMP	TEMP	02:39:05
1422	Elize	SYSTER	1999	Female	Finished	40-49	05:38:03	NAMAQUA ATHLETIC CLUB	TEMP	02:39:42
1423	David	FRANCIS	1211	Male	Finished	Senior	05:38:20	SATORI ATHLETICS CLUB	3007	02:41:20
1424	Phabian	NYALUNGA	135	Male	Finished	50-59	05:38:27	HARTBESPOORT MARATHON CLUB	ANWN 313	02:21:37
1425	Janine	GAYLARD	798	Female	Finished	Senior	05:38:42	ACISIS VOB	8208	02:30:03
1427	Kym	JAMES	1499	Female	Finished	Senior	05:38:42	ACISIS VOB	714	02:30:03
1426	Koketso	KUJANE	1465	Female	Finished	Senior	05:38:57	ESKOM AC WP	4416	02:41:08
1428	Andrew	CYSTER	1895	Male	Finished	40-49	05:39:06	TEMP	TEMP	02:21:16
1429	Shahieda	WILLIAMS	1638	Female	Finished	Senior	05:39:13	ITHEKO SPORT ATHLETIC CLUB	1764	02:35:33
1430	Jody	PIETERSE	1219	Female	Finished	Senior	05:39:15	IN TOUCH WALK & RUN	3640	02:36:44
1431	Ruth	FRANCIS	1498	Female	Finished	60+	05:39:15	IN TOUCH WALK & RUN	6487	02:36:47
1432	Phillipine	HANS	1868	Female	Finished	50-59	05:39:15	IN TOUCH WALK & RUN	6478	02:36:42
1433	Dane	SCHROEDER	1871	Male	Finished	Senior	05:39:15	IN TOUCH WALK & RUN	3626	02:36:44
1434	Diana	BRINK	926	Female	Finished	40-49	05:39:16	IN TOUCH WALK & RUN	3641	02:36:38
1435	Koert	MEYER	1839	Male	Finished	60+	05:39:47	TYGERBERG ATHLETIC CLUB	5644	02:38:59
1436	Maureen	DLULISA	1849	Female	Finished	Senior	05:39:50	ESKOM GIJIMAS BOLAND	9339	02:32:06
1437	Heinrich Frederick	HEYDENRYCH	693	Male	Finished	Senior	05:40:23	BRACKENFELL ATHLETIC CLUB	1232	02:17:32
1438	Charles	CHIRUME	736	Male	Finished	50-59	05:40:47	ATLANTIC ATHLETIC CLUB	4469	02:25:59
1439	Judith	DAVIDSE	751	Female	Finished	Senior	05:41:14	PINELANDS ATHLETIC CLUB	2154	02:26:00
1440	Santego	MARRA	1327	Male	Finished	50-59	05:41:48	RCS GUGULETU A.C		02:25:33
1441	Shaun	KEMP	1075	Male	Finished	40-49	05:43:42	TEMP	TEMP	02:30:35
1442	Fatima	THOMAS	1239	Female	Finished	60+	05:43:54	MR PRICE WP		02:47:28
1443	Johan	LA GRANGE	569	Male	Finished	Senior	05:44:20	NEDBANK RUNNING CLUB SWD	2200	02:32:52
1444	Lumari	LA GRANGE	570	Female	Finished	Senior	05:44:20	NEDBANK RUNNING CLUB SWD	1174	02:32:51
1445	Patrick	ARENDSE	1883	Male	Finished	40-49	05:45:07	TELKOM ATHLETICS CLUB		02:23:25
1446	Desiree Dawn	SCHOLTZ	1328	Female	Finished	50-59	05:45:11	PINELANDS ATHLETIC CLUB		02:30:17
1447	Tariq	VANACORE	745	Male	Finished	40-49	05:45:15	TOP FORM ATHLETIC CLUB	10566	02:16:30
1448	Michael	LOFTUS	1437	Male	Finished	Senior	05:45:19	TEMP	TEMP	02:41:19
1449	Tanya	VERMEULEN	867	Female	Finished	Senior	05:45:31	SPARTAN HARRIERS	10673	02:41:23
1450	Chris	VAN LILL	840	Male	Finished	Senior	05:46:08	TEMP	TEMP	02:18:01
1451	Marisha	TROUT	1336	Female	Finished	40-49	05:46:12	PAARL ATHLETIC CLUB		02:30:16
1452	Patrick	SWANSON	1326	Male	Finished	50-59	05:46:13	PINELANDS ATHLETIC CLUB		02:30:15
1453	Mario Eugene	VAN VOORE	1686	Male	Finished	40-49	05:46:36	NEW BALANCE MULTISPORT CLUB	4269	02:30:30
1454	Catherine	BLERSCH	1189	Female	Finished	Senior	05:47:34	CELTIC HARRIERS	393	02:32:39
1455	Anthony George	CRONJE	1271	Male	Finished	50-59	05:47:46	ACISIS VOB		02:34:50
1456	Irfaan	JAFFER	682	Male	Finished	Senior	05:48:03	ITHEKO SPORT ATHLETIC CLUB	9488	02:44:12
1457	Nazier	LATIEF	808	Male	Finished	Senior	05:48:03	ITHEKO SPORT ATHLETIC CLUB	9294	02:44:12
1458	Rudy	HASSIEM	896	Male	Finished	Senior	05:48:22	SPARTAN HARRIERS	2916	02:21:02
1459	Beverley	TUCKER	253	Female	Finished	40-49	05:48:52	TEMP	TEMP	02:38:53
1460	Hanli	MALAN	1244	Female	Finished	Senior	05:49:01	PLEXUS DURBANVILLE ATHLETIC CLUB		02:44:36
1461	Leon Phillip	BURCHELL	1889	Male	Finished	60+	05:49:11	ATLANTIC ATHLETIC CLUB		02:27:00
1462	Muhammad	ABDURROAF	614	Male	Finished	Senior	05:49:13	ITHEKO SPORT ATHLETIC CLUB	1624	02:30:53
1463	Gilzean	SASMAN	1988	Male	Finished	Senior	05:50:53	FORESTERS RUNNING CLUB		02:37:21
1465	Stephen	OLD	1735	Male	Finished	40-49	05:51:35	EDGEMEAD RUNNERS	1479	02:54:56
1464	Estelle	CAROLESEN	1333	Female	Finished	40-49	05:51:44	CELTIC HARRIERS		02:41:16

1466	Anja	KNOBLAUCH	829	Female	Finished	Senior	05:52:33	TEMP		TEMP	02:36:26
1467	Krige	SIEBRITS	915	Male	Finished	40-49	05:52:56	TEMP		TEMP	02:48:41
1468	Mpumelelo	QINELA	5265	Male	Finished	40-49	05:53:04	TEMP			
1469	Monique	MARTENS	1463	Female	Finished	40-49	05:53:45	METROPOLITAN ATHLETIC CLUB		5164	02:34:25
1471	Ridwaan	DAVIDS	1791	Male	Finished	50-59	05:53:45	METROPOLITAN ATHLETIC CLUB		5151	02:34:25
1470	David	KIRBY	863	Male	Finished	60+	05:53:51	SPARTAN HARRIERS		3222	02:52:22
1472	Chandra Jay	DUNN	887	Female	Finished	40-49	05:53:51	SPARTAN HARRIERS		3750	02:52:22
1473	Elizka Corlia	HENDRIKSE	1170	Female	Finished	40-49	05:54:30	PLEXUS DURBANVILLE ATHLETIC CLUB		7887	02:45:44
1474	Adriana	GLOVER	826	Female	Finished	40-49	05:54:31	PLEXUS DURBANVILLE ATHLETIC CLUB		2665	02:45:45
1475	Bronwin	CAIRNCROSS	374	Female	Finished	40-49	05:55:18	TEMP			02:41:13
1476	Keith Roy	SOLOMON	1345	Male	Finished	50-59	05:55:18	PINELANDS ATHLETIC CLUB			02:29:32
1477	Ebrahim	JACOBS	862	Male	Finished	40-49	05:56:00	ITHEKO SPORT ATHLETIC CLUB		1922	02:38:03
1478	Nomthikazi	MKIVA	847	Female	Finished	40-49	05:57:00	TEMP		TEMP	02:33:53
1480	Dominique	SHEPHERD	1756	Female	Finished	40-49	05:58:27	PAARL ATHLETIC CLUB		1658	02:28:07
1479	Yvette	FRATER	1757	Female	Finished	40-49	05:58:29	PAARL ATHLETIC CLUB		1657	02:28:07
1481	Pratick Eugene	SOLOMON	2095	Male	Finished	50-59	05:58:45	METROPOLITAN ATHLETIC CLUB			02:27:29
1482	Frieda	WILLIAMS	746	Female	Finished	50-59	05:58:48	ACISIS VOB		905	02:34:51
1483	Mike	UNGERER	677	Male	Finished	50-59	05:59:07	BRACKENFELL ATHLETIC CLUB		1322	02:44:22
1484	Jeanette	ALLEN	911	Female	Finished	40-49	05:59:11	SANDB WP		3513	02:44:50
1485	Nikiwe	POLO	1980	Female	Finished	Senior	05:59:11	TEMP		TEMP	02:38:08
1486	Dawn	ZEALAND	1660	Female	Finished	40-49	05:59:27	OXFORD STRIDERS		36	02:40:41
1487	Fatima	NIEYWENHUIS	1969	Female	Finished	60+	05:59:52	TOP FORM ATHLETIC CLUB			02:47:28
1488	Susan	JORTH	785	Female	Finished	50-59	06:00:20	TEMP		TEMP	02:41:50
1489	Barend	HATTINGH	885	Male	Finished	60+	06:01:38	VODACOM STRIDERS WP		4810	02:44:51
1490	Thobani	MATHEZA	2017	Male	Finished	Senior	06:01:57	TEMP			02:18:05
1491	Cecilia Nqumama	NONKULULEKO	1407	Female	Finished	40-49	06:01:58	TEMP		TEMP	02:48:59
1492	Shantalie	HEWAVISENTI	854	Female	Finished	Senior	06:04:28	ATLANTIC ATHLETIC CLUB		4608	02:44:41
1493	Washellah	ADAMS	919	Female	Finished	50-59	06:07:35	OMMIEDRAAI FRIENDS ATHLETIC CLUB		6722	02:37:07
1495	Edward	MURDOCK	1313	Male	Finished	60+	06:08:32	TEMP		TEMP	02:44:36
1494	Marilyn	DENNIS	1851	Female	Finished	40-49	06:09:12	TEMP		TEMP	02:42:01
1496	Theodore	GRAY	349	Male	Finished	Senior	06:09:48	EDGEMEAD RUNNERS		5074	02:19:38
1497	Jack	ADAMS	1877	Male	Finished	50-59	06:09:51	FARNESE AC			02:20:45
1499	Nndivheni	MABIDI	1568	Male	Finished	Senior	06:10:19	TEMP		TEMP	02:40:22
1498	Kim-Marie	WRIGHT	905	Female	Finished	Senior	06:12:17	FISH HOEK ATHLETIC CLUB		3902	02:57:14
1500	Russell	WRIGHT	906	Male	Finished	40-49	06:12:17	FISH HOEK ATHLETIC CLUB		3901	02:57:14
1501	Kim Leigh	SHAW	1296	Female	Finished	Senior	06:12:41	ACISIS VOB			02:38:24
1502	Chamiela	SOUA	898	Female	Finished	40-49	06:14:57	ESKOM AC WP		7930	02:52:45
1503	Francois	CAMPBELL	598	Male	Finished	Senior	06:15:13	TEMP		TEMP	02:41:20
1504	Dwain	BIRCH	1567	Male	Finished	Senior	06:15:13	TEMP		TEMP	02:41:20
1505	Aziza	ALLIE	917	Female	Finished	50-59	06:15:17	TOP FORM ATHLETIC CLUB		5540	02:54:57
1506	Rosaline	CLOETE	1986	Female	Finished	40-49	06:17:46	MITCHELL'S PLAIN TITANS			03:03:03
1507	Ricardo	WELLS	2058	Male	Finished	40-49	06:18:37	TEMP			02:41:13
1508	Abida	RAWOOT	1232	Female	Finished	50-59	06:19:03	METROPOLITAN ATHLETIC CLUB		5154	03:00:01
1509	Ruqqiyah	AHMED	1590	Female	Finished	Senior	06:19:03	ITHEKO SPORT ATHLETIC CLUB		1906	02:57:53
1510	Garth	ROSSOUW	1815	Male	Finished	40-49	06:22:26	TEMP		1617	02:55:57
1511	Shalim Mohamed	KATHRADA	1680	Male	Finished	60+	06:23:01	TEMP		9395 WPA	02:45:58
1512	Hayley	PATRICK	1382	Female	Finished	Senior	06:24:34	TYGERBERG ATHLETIC CLUB			02:47:50
1513	Gerhard	FOURIE	1764	Male	Finished	50-59	06:24:38	FIT 2000 AGN		2134	03:10:00
1514	Hettie	FOURIE	1765	Female	Finished	50-59	06:24:38	FIT 2000 AGN		2124	03:10:00
1515	Ismail	ADAMS	815	Male	Finished	40-49	06:25:38	ITHEKO SPORT ATHLETIC CLUB		1804	02:29:21
1516	Valma	HENDRICKS	1293	Female	Finished	40-49	06:26:00	TOP FORM ATHLETIC CLUB			03:03:03
1517	Aziza	LAKAY	1930	Female	Finished	40-49	06:26:00	TYGERBERG ATHLETIC CLUB			03:05:11
1518	Wynand	BEUKES	901	Male	Finished	60+	06:28:16	SANLAM ATHLETIC CLUB		4068	03:08:18
1519	Tasmyn	OBERHOLSTER	918	Female	Finished	Senior	06:30:36	EDGEMEAD RUNNERS		5079	03:10:10
1520	Mike	BENNETT	1254	Male	Finished	60+	06:30:37	EDGEMEAD RUNNERS			03:10:11
1522	Sharon	PETERSON	784	Female	Finished	50-59	06:33:36	TEMP		DW87Z6Y	02:41:51
1521	Philda	BOOYS	1887	Female	Finished	40-49	06:52:24	TELKOM ATHLETICS CLUB			03:07:38
1523	Kim	PAULSE	1440	Female	Finished	Senior	06:56:38	OMMIEDRAAI FRIENDS ATHLETIC CLUB		TEMP	02:51:17
1524	Gerhard	MULLER	1955	Male	Finished	50-59	07:07:46	EDGEMEAD RUNNERS			03:13:41
1525	Marize	EDWARDS	1899	Female	Finished	60+	07:09:36	BELLVILLE ATHLETIC CLUB			
1526	Valerie	MUNNIK	1261	Female	Finished	50-59	07:09:42	ESKOM AC WP			
1527	Mary	HOLLAND	2033	Female	Finished	60+	07:09:42	SPARTAN HARRIERS			03:16:30
1528	Pumla	MJOLI	1220	Female	Finished	40-49	07:15:36	RUN WALK FOR LIFE CGA		8841	02:58:16
1529	Sabera Abdoola	WADIWALA	1801	Female	Finished	50-59	07:17:27	TEMP		TEMP	03:11:18
1530	Abongiwe	BANGENI	1597	Female	Finished	Senior	07:17:35	RUN WALK FOR LIFE WESTERN PROVINCE		9266	03:09:47
1531	Kevin	JACOBS	902	Male	Finished	Senior	07:54:45	BRACKENFELL ATHLETIC CLUB			
	Jason	SPONG	17	Male	Entered	Senior		NEDBANK RUNNING CLUB GAUTENG NORTH		10157	
	George	NTSHILIZA	24	Male	Entered	Senior		NEDBANK RUNNING CLUB EASTERN CAPE		1420	01:13:59
	Kgotso David	MAJARA	28	Male	Entered	Senior		MR PRICE EASTERN PROVINCE		870 EPA	
	Raymond	ORCHISON	30	Male	Registered	Senior		BEDFORDVIEW COUNTRY CLUB		6485	
	Nic	DE BEER	36	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB		6425	
	David	KOLOANE	37	Male	Registered	Senior		TRANSNET FREE STATE		1238	
	Carl	FOSTER	39	Male	Registered	Senior		NEW BALANCE MULTISPORT CLUB		3381	
	Jacus	ENGELBRECHT	44	Male	Entered	Senior		ATC RUNNING		9361	
	Richard	BURMAN	46	Male	Registered	Senior		UNIVERSITY OF CAPE TOWN		6019	
	Neil	JACKSON	57	Male	Entered	40-49		WESTERN PROVINCE CRICKET CLUB		6196	
	Anneline	ROFFEY	58	Female	Entered	Senior		NEW BALANCE MULTISPORT CLUB		5991	
	Dean	PRESTON	69	Male	Entered	40-49		HOUT BAY HARRIERS		5310	
	Cecil	ROFFEY	71	Male	Entered	40-49		NEW BALANCE MULTISPORT CLUB		5990	
	Suzanne	MATONTI	75	Female	Entered	Senior				TEMP	
	Brett	KING	76	Male	Entered	40-49		WEST COAST ATHLETIC CLUB		7293	
	Ian	LITTLE	79	Male	Entered	40-49		FISH HOEK ATHLETIC CLUB		2703	
	Josh	BROOME	81	Male	Entered	Senior		WANDERERS AC		12569	
	Jonathan	EVANS	82	Male	Entered	40-49				TEMP	
	Erin	VAN EYSSEN	83	Female	Entered	Senior		ATLANTIC ATHLETIC CLUB		4702	
	Kerryn	ARMSTRONG	84	Female	Entered	Senior		CELTIC HARRIERS		429	
	Kirsty	WEIR	87	Female	Entered	Senior		OXFORD STRIDERS		210	
	Luke	POWERS	88	Male	Entered	40-49		CHAPPIES RUNNING CLUB		17458	
	Saba	NDUNA	89	Male	Registered	40-49		NEDBANK RUNNING CLUB WESTERN PROVINCE		7918	01:30:10
	Luke	SEARSON	94	Male	Entered	Senior		DURBAN HIGH SCHOOL OLD BOYS AC		8768	
	Jean Marie Vianney	NTIRUHUNWA	103	Male	Entered	Senior				TEMP	
	Martin	DELPORT	121	Male	Entered	Senior		CELTIC HARRIERS		430	
	Gregson	LUBBE	123	Male	Entered	Senior				3199	
	Mike	TOVELL	126	Male	Entered	40-49				TEMP	
	Federico	HINRICHS	127	Male	Entered	Senior				TEMP	
	Matthias	BRENZINGER	131	Male	Registered	50-59		UNIVERSITY OF CAPE TOWN		WPA 6022	
	Alistair	CAPON	137	Male	Entered	Senior		ACISIS VOB		837	
	Collin	DIEDRICH	140	Male	Entered	Senior				TEMP	

Graham	TOMS	141	Male	Entered	Senior			TEMP	
Paul	ROOS	143	Male	Registered	50-59		NEDBANK RUNNING CLUB WESTERN PROVINCE	3012	
Luke	MORTIMER	144	Male	Entered	Senior		KEARSNEY STRIDERS	1514	
Miranda	SYMONS	145	Female	Registered	Senior		CELTIC HARRIERS	231	
Richard	VAN WYK	146	Male	Entered	Senior		NEDBANK RUNNING CLUB SWD	1374	
Nothando Wandile	MUNGWE	153	Female	Entered	Senior		UNIVERSITY OF CAPE TOWN	6070	
Jaco	CLAASSENS	154	Male	Entered	Senior		BRACKENFELL ATHLETIC CLUB	1244	
Victor	GARDINER	160	Male	Registered	Senior			TEMP	
Andre	PEPLER	166	Male	Entered	40-49		WEST COAST ATHLETIC CLUB	3762	
James	ROBERTSON	174	Male	Entered	40-49		ACSIS VOB	998	
Ian	BOCOCK	180	Male	Registered	60+		FORESTERS RUNNING CLUB	6963	
Philangani	NDEBELE	184	Male	Registered	40-49			TEMP	01:28:43
Martin	STEWART	189	Male	Entered	40-49		WEST COAST ATHLETIC CLUB	3780	
Clifford	WHATLEY	193	Male	Entered	Senior		BELLVILLE ATHLETIC CLUB	TEMP	
Albert	ARNTZ	197	Male	Registered	40-49		ACSIS VOB	618	
Kevin	SMITH	214	Male	Entered	40-49		RAND ATHLETIC CLUB	17969	
James	MACKAY	218	Male	Entered	40-49		LANGEBAAAN STRANDLOPERS	WPA3219	
Daniel	VAN NIEKERK	220	Male	Entered	Senior		NEDBANK RUNNING CLUB KWAZULU NATAL	3980	
Wayne	HARPUR	223	Male	Entered	Senior		GTX ATHLETICS	10996	
Zeke	SNYMAN	224	Male	Entered	Senior		PICK 'N PAY ATHLETIC CLUB WP	5787	
Kevin	DEWAR	225	Male	Registered	50-59			TEMP	
Barry	SMIT	231	Male	Entered	Senior			TEMP	
Beltran	SIMO	235	Male	Entered	Senior			TEMP	
Simon	TAYLOR	238	Male	Entered	40-49		PINELANDS ATHLETIC CLUB	2227	
Siyabonga	TAFANE	239	Male	Entered	Senior		CORRECTIONAL SERVICES WP	6508	
Neil	BAILLIE	241	Male	Registered	40-49		ACSIS VOB	755	
Leoni	DE JAGER	243	Female	Entered	Senior		WORCESTER ATHLETIC CLUB	483	
Colin	TIMMIS	254	Male	Registered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	2460	
Keri	DELPORT	256	Female	Entered	Senior			TEMP	
David	HARRINGTON	259	Male	Entered	40-49			TEMP	01:53:43
Samantha	FERREIRA	260	Female	Entered	Senior			TEMP	01:53:43
Francois	BRITZ	261	Male	Entered	40-49		NEDBANK RUNNING CLUB SWD	1252	
Leandra	BRITZ	262	Female	Entered	Senior		NEDBANK RUNNING CLUB SWD	1251	
Ghauib	SALIE	268	Male	Registered	Senior		OMMIEDRAAI FRIENDS ATHETIC CLUB	10523	
Barry	LANGENHOVEN	269	Male	Entered	40-49		ATLANTIC ATHLETIC CLUB	9972	
Nicholas	OBREE	272	Male	Entered	Senior		PICK 'N PAY ATHLETIC CLUB WP	5791	
Kate	SNOODYK	275	Female	Entered	Senior		WILDRUNNER	5473	
Michele	MURRY	276	Female	Entered	50-59		EDGEMEAD RUNNERS	5049	
Jan	BRAAI	282	Male	Entered	Senior			TEMP	
Emanuele	CAPOBIANCO	283	Male	Entered	Senior			TEMP	
Robin	TOOTH	292	Male	Entered	50-59		PLEXUS DURBANVILLE ATHLETIC CLUB	2593	
Helena	SCHOEMAN	298	Female	Entered	40-49		LANGEBAAAN STRANDLOPERS	3169	
Mbongeni	MATHIBELA	301	Male	Registered	Senior			TEMP	
Rob	BURGOYNE	303	Male	Entered	Senior		HARFIELD HARRIERS	5369	
Marta	JEKOT	305	Female	Registered	Senior			TEMP	01:58:32
Tim	ELLIOTT	307	Male	Entered	40-49		FISH HOEK ATHLETIC CLUB	TEMP	
Christo	BISSCHOFF	308	Male	Entered	40-49			TEMP	
Debbie	LAST	309	Female	Entered	40-49			14004	
Samantha	SPONG	324	Female	Registered	Senior			TEMP	
Lambers	MATHIAS	334	Male	Entered	Senior			TEMP	
Arno	DE BEER	338	Male	Entered	Senior			TEMP	
Jill	SINDLE	340	Female	Entered	Senior		CPUT AC	3858	
Donald	WALKER	341	Male	Entered	50-59			TEMP	
James	BOSENBERG	344	Male	Registered	Senior			TEMP	
Kelly	GRAHAM	347	Female	Entered	Senior		CELTIC HARRIERS	528	
Jamie	HARPER	348	Male	Registered	Senior			TEMP	
Ryan	SANGER	352	Male	Registered	Senior		FORESTERS RUNNING CLUB	4343	
Isabella	DREYER	354	Female	Entered	Senior			TEMP	
Tapiwa	BOPOTO	355	Male	Registered	Senior		IN TOUCH WALK & RUN	2698	
Pierpaolo	GARIBALDI	357	Male	Entered	60+			CA014786	
Raymond	SELOKELA	362	Male	Entered	Senior		MITCHELL'S PLAIN TITANS	8891	
Monika	MOSER	363	Female	Entered	40-49		MITCHELL'S PLAIN TITANS	TEMP	
Jacques	DU PLESSIS	364	Male	Entered	Senior		STELLENBOSCH ATHLETIC CLUB	2076	
Thabo	KHOJANE	366	Male	Entered	Senior			TEMP	
Roelof	MARAIS	372	Male	Registered	40-49		MULTI-SPORT MANIACS	5822	
Dean	MCCORMICK	376	Male	Registered	Senior			TEMP	
James	SUTER	385	Male	Entered	Senior			TEMP	
Brendan	BRACKEN	388	Male	Entered	Senior			TEMP	
Erica	MAREE	389	Female	Entered	40-49		NEDBANK RUNNING CLUB SWD	1101	
Simon	KNEEL	390	Male	Entered	40-49		ATC RUNNING	9371	
Grant	ELLIOTT	394	Male	Entered	40-49			TEMP	
Sean	LAVERY	395	Male	Entered	40-49		WESTERN PROVINCE CRICKET CLUB	6216	
Danie	MARAIS	396	Male	Entered	Senior		WELLINGTON ATHLETIC CLUB	1448	
Stephen	PEIRCE	397	Male	Entered	40-49		CELTIC HARRIERS	365	
Zintle	MAPEKULA	399	Female	Entered	Senior		WEST COAST ATHLETIC CLUB	7266	02:16:06
Zane	STEVENS	401	Male	Entered	Senior		NEDBANK RUNNING CLUB WESTERN PROVINCE	1904	
Colin	MARAIS	403	Male	Registered	Senior		NEDBANK RUNNING CLUB WESTERN PROVINCE	3016	
Jacobus	VAN AARDT	408	Male	Entered	Senior			TEMP	
Joseph Tshepiso	MOEKETSI	418	Male	Entered	Senior		CERES ATHLETIC CLUB	1089	
Beverly	SCHULTZ	421	Female	Registered	40-49		PLEXUS DURBANVILLE ATHLETIC CLUB	2668	
Goldau	KLAUS	432	Male	Entered	Senior			123456789	
Jacques	NIENABER	436	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	6372	
Mark	HEYWOOD	452	Male	Registered	40-49		VARSITY KUDUS	9447	
Mogamad Salie	ISAACS	456	Male	Entered	Senior		ITHEKO SPORT ATHLETIC CLUB	1623	
Shaheed	ISMAIL	458	Male	Entered	40-49		TOP FORM ATHLETIC CLUB	6992	
Warick	MIDDLETON	468	Male	Registered	40-49		WORCESTER ATHLETIC CLUB	480	
Earl	VAN ZYL	470	Male	Entered	Senior			TEMP	
Charles	GALLO	471	Male	Entered	Senior			TEMP	
Don	ANDREWS	472	Male	Registered	40-49		ITHEKO SPORT ATHLETIC CLUB	1916	
Arend	HENECKE	476	Male	Entered	40-49		UNIVERSITY OF WESTERN CAPE	8881	
Elizabeth	CASEY	488	Female	Entered	40-49		ATLANTIC ATHLETIC CLUB	4535	
Sergio	VELASQUEZ	501	Male	Entered	Senior			TEMP	
Corne	VAN GRAAN	509	Female	Entered	40-49			TEMP	
Gunya	THOBINCEBA	516	Male	Registered	Senior		TOP FORM ATHLETIC CLUB	5567	
Monde	KULA	517	Male	Entered	Senior		TOP FORM ATHLETIC CLUB	TEMP	02:23:55
Johan	VORSTER	520	Male	Entered	50-59		SAPS WP	6545	
Mohamed Kashief	DAMON	522	Male	Entered	40-49		TOP FORM ATHLETIC CLUB	5574	
Richard	NEAL	526	Male	Entered	Senior			TEMP	

Francois	MAJOLA	527	Male	Entered	Senior		UNIVERSITY OF CAPE TOWN	6025	
Jacque	FLAGG	529	Female	Entered	Senior			TEMP	
Esther	PATIENGE	543	Female	Registered	40-49		NEDBANK RUNNING CLUB CENTRAL GAUTENG	15986	
Roderick	TEH	549	Male	Entered	50-59			TEMP	
Robert	BRAND	552	Male	Entered	40-49			TEMP	
Claire	TAYLOR	556	Female	Entered	Senior			TEMP	
Michelle	VAN AARDT	557	Female	Entered	Senior			TEMP	
Christine	TAYLER	562	Female	Entered	Senior		BEDFORDVIEW COUNTRY CLUB	9315	
Wimpie	VAN DER BERG	563	Male	Entered	40-49		PLEXUS DURBANVILLE ATHLETIC CLUB	7877	
Charlotte	SCOTT	564	Female	Registered	Senior		WEST COAST ATHLETIC CLUB	9381	
Ana	SCHOR	566	Female	Registered	Senior		NEW BALANCE MULTISPORT CLUB	3387	
Travis	MCGARRY	567	Male	Registered	Senior		NEW BALANCE MULTISPORT CLUB	3386	
Warren	THOMPSON	571	Male	Entered	Senior		OLD MUTUAL ATHLETIC CLUB	1582	
Belinda	HALL	572	Female	Registered	40-49		EDGEMEAD RUNNERS	1417	
Stjohn	BUNGEY	574	Male	Entered	Senior			TEMP	
Gregory	SMITH	576	Male	Registered	40-49		PINELANDS ATHLETIC CLUB	2291	02:31:57
Siphesihle	NHLABATSI	581	Female	Entered	Senior			TEMP	
Susan	DE KOCK	587	Female	Entered	Senior		STELLENBOSCH ATHLETIC CLUB	1416	
Paul	HOLMES	590	Male	Entered	40-49			TEMP	
Vee	HARALAMBOUS	595	Female	Entered	40-49		ACSIS VOB	1091	
Lisa	SMIT	616	Female	Entered	40-49		NEW BALANCE MULTISPORT CLUB	3335	
Trudy	HOUGH	621	Female	Entered	50-59		WEST COAST ATHLETIC CLUB	3710	02:32:57
Anthea H M	JACOBS	622	Female	Registered	40-49		IN TOUCH WALK & RUN	3630	
John	HILL	628	Male	Entered	60+		FORESTERS RUNNING CLUB	4339	
Kara	VAN DE POL	643	Female	Entered	Senior		CELTIC HARRIERS	7.40713E+12	
Adi	VISSER	644	Male	Entered	40-49		ACSIS VOB	8165	
Peter	HATHORN	654	Male	Entered	50-59			TEMP	
Eugene	VINK	657	Male	Registered	40-49		IN TOUCH WALK & RUN	3624	02:20:42
Penny	HENWOOD	670	Female	Registered	Senior			TEMP	
Barbara	ROBINSON	673	Female	Entered	40-49			TEMP	
Catherine	FUTTER	676	Female	Entered	Senior		CELTIC HARRIERS	446	
Mohamed	GHANY	681	Male	Registered	60+		ACSIS VOB	904	
Wouter	OLWAGEN	687	Male	Entered	Senior		BRACKENFELL ATHLETIC CLUB	1202	
Raymnd	ABRATT	690	Male	Entered	60+		SPARTAN HARRIERS	WP 2909	
Tshepo	KHOZA	702	Male	Entered	Senior			TEMP	
Alison	MEYER	708	Female	Entered	Senior		WEST COAST ATHLETIC CLUB	3713	
Tracey	SUNDKVIST	709	Female	Entered	Senior		ACSIS VOB	1088	
Heidi	VISSER	710	Female	Entered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	7856	
Joseph	VERGOTINE	715	Male	Entered	Senior		PINELANDS ATHLETIC CLUB	2174	
Michael	ANDRZEJEWSKI	718	Male	Entered	Senior			TEMP	
Sibusiso	GUMEDE	724	Male	Entered	40-49		WEST COAST ATHLETIC CLUB	3752	
Christiaan	VAN SCHALKWYK	725	Male	Entered	40-49			TEMP	
Shirley	QUINLAN	726	Female	Registered	50-59		ACSIS VOB	709	
Charmaine	NICKS	748	Female	Entered	40-49		ATLANTIC ATHLETIC CLUB	1041	
Mariana	MUZZI	754	Female	Entered	Senior			TEMP	
William	ABRAHAMS	763	Male	Entered	40-49		CORRECTIONAL SERVICES WP	8468	
Jacobus	VAN WYNGAARDT	766	Male	Entered	40-49		TELKOM ATHLETICS CLUB	2117	
Jennifer	BANCROFT	772	Female	Registered	60+		WEST COAST ATHLETIC CLUB	3697	
Martin	GOODMAN	786	Male	Entered	Senior			TEMP	
Christo	MCDONALD	787	Male	Entered	40-49		METROPOLITAN ATHLETIC CLUB	141	
Camilla	HOWARD	788	Female	Entered	Senior			TEMP	
Shelley	FINCH	789	Female	Entered	Senior		BELLVILLE ATHLETIC CLUB	7572	
Hessel	DIJKSTRA	800	Male	Entered	40-49			TEMP	
Mbongeni	MADELA	804	Male	Entered	Senior			TEMP	
Preston	PLAATJES	805	Male	Entered	Senior			TEMP	
Paul	SOUTHGATE	806	Male	Entered	40-49		ACSIS VOB	8152	
Dion	KALIS	811	Male	Entered	40-49		FISH HOEK ATHLETIC CLUB	3923	
Stacey	SCOTT	816	Female	Registered	Senior			TEMP	
Andrew	HORNE	821	Male	Registered	Senior		ATLANTIC ATHLETIC CLUB	4557	
Imraan	ALLIE	822	Male	Entered	Senior			TEMP	
Helene	LOUWRENS	827	Female	Entered	Senior			TEMP	
Juanita	DAVIDS	834	Female	Registered	Senior		CELTIC HARRIERS	444	
Lodewyk	VAN DER WALT	837	Male	Entered	Senior		ATLANTIC ATHLETIC CLUB	4571	
Paul	VOWERK	839	Male	Registered	50-59		ATLANTIC ATHLETIC CLUB	4522	
Amy Jyh Chyn	MA	842	Female	Entered	Senior			TEMP	
Andrea	VINK	846	Female	Registered	Senior		IN TOUCH WALK & RUN	3625	
Trixie	VLOK	848	Female	Entered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	2729	
Raymond	VAN ALMELO	849	Male	Registered	Senior			TEMP	
Carol	WEIDEMAN	857	Female	Entered	Senior		STELLENBOSCH ATHLETIC CLUB	2002	
Charmaine	LEHMANN	861	Female	Entered	50-59		PINELANDS ATHLETIC CLUB	7960	
Janet	FITZGERALD	865	Female	Entered	40-49			TEMP	
Sharon Botha	BOTHA	866	Female	Entered	Senior			TEMP	
Karen	WESSELS	870	Female	Entered	Senior		NEW BALANCE MULTISPORT CLUB	TEMP	
Albert	VAN ZYL	871	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	TEMP	
Belinda	PRESTAGE	872	Female	Entered	40-49			TEMP	
Welmarie	VAN SCHALKWYK	876	Female	Entered	Senior			TEMP	
Pulane	MORWALE	883	Female	Entered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	7862	
Bruno	SIMA	884	Male	Entered	40-49		PLEXUS DURBANVILLE ATHLETIC CLUB	7861	
Abram	MADIEHE	888	Male	Registered	40-49		RAVENSMEAD ATHLETIC CLUB	6262	
Marna	MEYER	892	Female	Entered	Senior			TEMP	
Charlene	DA SILVA	893	Female	Entered	Senior		WILDRUNNER	7954	
Deanne	NICOLAU	895	Female	Entered	40-49			TEMP	
Thompho	SETJIE	907	Female	Entered	Senior			TEMP	
Norman	HEBLER	909	Male	Entered	Senior			TEMP	
Siyam	AMOD	912	Female	Entered	Senior		MALABAR ROAD RUNNERS	242	
Alverina	DAWSON	916	Female	Registered	40-49		IN TOUCH WALK & RUN	7411	02:47:49
David	THOMSON	920	Male	Registered	Senior			TEMP	
Ferhana	GOOL	921	Female	Registered	Senior			TEMP	
Gadja	ISAACS	922	Female	Entered	Senior		ITHEKO SPORT ATHLETIC CLUB	1863	
Ian	GORDON	923	Male	Registered	40-49			TEMP	
Yongamela	MANENE	924	Male	Entered	Senior			TEMP	
Peterson	TOO	933	Male	Entered	Senior			22741232	
Msindisi	JOJI	937	Male	Entered	Senior			TEMP	
Steve	BIRNIE	952	Male	Entered	40-49			TEMP	
Robert	DE MONK	956	Male	Entered	40-49		ACSIS VOB	8146	01:38:37
Ross	WYNNE	957	Male	Entered	Senior		CELTIC HARRIERS	412	
Frank	PUNSHON	963	Male	Entered	Senior		BODY CONCEPT ROAD WARRIORS	1037	
Jacobus	GOUS	965	Male	Entered	Senior			TEMP	

Theodore	HILL	967	Male	Entered	40-49		MITCHELL'S PLAIN TITANS	WPA6304	
David	KORNIK	969	Male	Entered	Senior			TEMP	
Kathleen	MC QUAIDE LITTLE	970	Female	Registered	40-49		CBC MARATHON CLUB	227	
Ross	DWYER	973	Male	Entered	Senior		ATLANTIC ATHLETIC CLUB	4489	
Zane	FRANKLIN	975	Male	Entered	Senior		CELTIC HARRIERS	478	
Gregor	CALDERWOOD	977	Male	Entered	Senior		ATLANTIC ATHLETIC CLUB	4568	
Dominique	LEIBBRANDT	981	Female	Entered	Senior		OXFORD STRIDERS	214	
Chris	LOKER	982	Male	Entered	40-49		ATC RUNNING	6909	
Johnny	WYLD	984	Male	Registered	Senior		ATLANTIC ATHLETIC CLUB	4541	
Graham	DINKELMAN	991	Male	Entered	Senior		NEDBANK RUNNING CLUB WESTERN PROVINCE	8486	01:53:47
Mamma Shirley	KEKANA	1001	Female	Entered	Senior		RAINBOW ATHLETIC CLUB CG	10008	
Michael	SMITHER	1004	Male	Entered	Senior		RAND ATHLETIC CLUB	687	
Isabella	VAN DER BERG	1007	Female	Entered	40-49		OUDTSHOORN AMATEUR ATLETIEKKLUB	825	
Robert	COHEN	1008	Male	Entered	40-49		ATLANTIC ATHLETIC CLUB	4569	
Doris	MATLOK	1010	Female	Entered	40-49			TEMP	
Kayleigh	NIAS	1013	Female	Registered	Senior			TEMP	
Conrad	MULHEARN	1014	Male	Entered	40-49			TEMP	
Graham	BENTZ	1016	Male	Entered	Senior		SASOL MARATHON CLUB	1133 Mpu	
Trevor	ROLFE	1017	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	3409	
Dumisani	JONAS	1019	Male	Entered	Senior		TEMP	5976	
Dominique	COHEN	1020	Female	Entered	Senior			TEMP	
Craig	SMITH	1022	Male	Entered	40-49			TEMP	
Sekubedi	THOKA	1033	Male	Entered	Senior		DIEPKLOOF AC	5360	
Anton	VAN WYK	1047	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	7644	
Lona	MARAIS	1048	Female	Registered	40-49		MULTI-SPORT MANIACS	5823	02:20:59
Megan	DOBSON	1049	Female	Entered	40-49		ATC RUNNING	3859	
Aamil	BEJAI	1052	Male	Entered	Senior			TEMP	
Magdaleen	KROON	1055	Female	Entered	40-49		PLEXUS DURBANVILLE ATHLETIC CLUB	7811	
Carin	STEWART	1056	Female	Entered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	7863	
Herman	DE BEER	1062	Male	Entered	40-49		STRAND ATHLETIC CLUB	8903	
Ronel	STANDER	1065	Female	Entered	40-49			4248	
Johannes	KAMMIES	1077	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	6407	
Marek	RANOSZEK	1078	Male	Entered	50-59		ACSIS VOB	619	
Jose	MENA RAPOSO	1079	Male	Entered	Senior		NEDBANK RUNNING CLUB CENTRAL GAUTENG	3397	
Alistair	LONGMAN	1083	Male	Registered	40-49		CELTIC HARRIERS	341	
Kylie	HATTON	1084	Female	Entered	Senior		HARFIELD HARRIERS	5411	
Anthea	TOMKYNS	1090	Female	Registered	40-49			TEMP	
Ian	KUILER	1092	Male	Entered	Senior			TEMP	
Cobus	LOOTS	1094	Male	Entered	Senior		RUNNING INN ATHLETICS CLUB	8734	
Georg	VAN DER MERWE	1095	Male	Registered	Senior		PAARL ATHLETIC CLUB	900	
Chantel	VAN DER NEST	1098	Female	Entered	Senior		ARCELOR MITTAL SALDANHA SPORT A.C	5224	
Bronwyn	CLARK	1107	Female	Entered	Senior		ATLANTIC ATHLETIC CLUB	4734	
Justin	PARKER	1108	Male	Registered	Senior		DISCOVERY ATHLETIC CLUB	15007	
Louise	VAN DER MERWE	1109	Female	Entered	Senior		KIMBERLEY ROAD RUNNERS	165	
Jakobo	TSUNKE	1113	Male	Registered	Senior		PETRO SA	1633	
Prudent	KATIDE	1114	Male	Entered	60+		BREAKTHRU MIDRAND STRIDERS	10530	
Denver	BERMAN-JACOB	1115	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	8010	
Mandy	LOWINGS	1117	Female	Entered	Senior		ACSIS VOB	725	
Susan	STEYN	1121	Female	Entered	40-49		NEW BALANCE MULTISPORT CLUB	3362	
Caine Jason	HERR	1122	Male	Entered	Senior		ATLANTIC ATHLETIC CLUB	TEMP	
Suleiman	SALIE	1125	Male	Registered	40-49		ITHEKO SPORT ATHLETIC CLUB	1847	
Brian	KRUGER	1143	Male	Registered	40-49		CERES ATHLETIC CLUB	951	
Eugene	DE KOCK	1145	Male	Registered	Senior			TEMP	02:19:19
Dale	GURNEY	1154	Male	Entered	Senior			TEMP	
Dean	GURNEY	1155	Male	Entered	40-49			TEMP	
Stefan	KLEYNHANS	1158	Male	Entered	40-49		RUN WALK FOR LIFE CGA	9533	
Charlotte	YOUNG	1159	Female	Registered	Senior		ACSIS VOB	922	
Hugh	WATERS	1160	Male	Entered	60+		WHALERS ATHLETIC CLUB	360	
Shaun	WILLENBERG	1164	Male	Entered	40-49		TYGERBERG ATHLETIC CLUB	5650	
Dipak	PATEL	1166	Male	Registered	40-49			TEMP	
Hanno	RETIEF	1168	Male	Entered	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	2653	
Guy	BURBIDGE	1174	Male	Entered	40-49		ACSIS VOB	824	
Peter-John	AUGUST	1178	Male	Entered	40-49		ACSIS VOB	591	
Joanne	BUTTERWORTH	1185	Female	Entered	40-49		EDGEMEAD RUNNERS	5071	02:20:08
Jaques	EVERS	1186	Male	Entered	40-49		ACSIS VOB	1009	
Jacqui	JACOBSON	1197	Female	Entered	40-49		CENTURY CITY ATHLETIC CLUB	6769	
Waleed	ABRAHAMS	1199	Male	Entered	Senior			TEMP	
Stiaan	BOTHA	1200	Male	Entered	40-49		STRAND ATHLETIC CLUB	5888	
Rocio	FUENTES	1210	Female	Entered	40-49		ACSIS VOB	TEMP	
Edward	STEVENS	1212	Male	Entered	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	4896	
Craig	JACOBS	1213	Male	Entered	Senior		MITCHELL'S PLAIN TITANS	6293	
Patience	NDLOVU	1217	Female	Entered	Senior		RCS GUGULETU A.C	6670	02:28:40
Raees	DALVIE	1218	Male	Entered	Senior			TEMP	
Sithombo	MAQUNGO	1225	Male	Registered	Senior		ATLANTIC ATHLETIC CLUB	TEMP	
Mogamat Shafique	JAKOET	1228	Male	Entered	Senior		ITHEKO SPORT ATHLETIC CLUB	2090	
Velmer	MANNE	1230	Male	Registered	50-59		CELTIC HARRIERS	348	
Pam	JAMES	1231	Female	Registered	50-59		SPARTAN HARRIERS	2857	
Leeann	VAN DER WALT	1233	Female	Entered	Senior			TEMP	
Siyanda	KHUZWAYO	1234	Male	Registered	Senior		SANDE WP		
Khayaletu	SITSHAWUZA	1245	Male	Entered	40-49		METROPOLITAN ATHLETIC CLUB		02:03:46
Wally	HART	1247	Male	Entered	60+		SPARTAN HARRIERS		
Lourika	LEMMER	1252	Female	Registered	40-49		NEW BALANCE MULTISPORT CLUB		02:19:54
Patrick	DLANGAMANDLA	1272	Male	Registered	50-59		CELTIC HARRIERS		
Iqbal	GALSOOLKER	1285	Male	Registered	50-59		METROPOLITAN ATHLETIC CLUB		
Mervin	PHILANDER	1305	Male	Entered	Senior		PICK 'N PAY ATHLETIC CLUB WP		
Zubeida	LIPPERT	1318	Female	Entered	40-49		CELTIC HARRIERS		02:02:52
Theresa	ELIZE	1337	Female	Entered	40-49		TELKOM ATHLETICS CLUB		
Frank	DAWSON	1339	Male	Entered	50-59		IN TOUCH WALK & RUN		
Kashief	SADRIEN	1356	Male	Entered	50-59		ATLANTIC ATHLETIC CLUB		
David	VAN DER WESTHUIZEN	1357	Male	Registered	60+		TYGERBERG ATHLETIC CLUB		
Peter	WESSELS	1359	Male	Registered	40-49			TEMP	
Siyabulela	MYUMBEKA	1360	Male	Entered	Senior		ACSIS VOB		01:38:05
Walter	BEUKMAN	1372	Male	Registered	60+		RCS GUGULETU A.C		
Aubrey	MC EWAN	1374	Male	Registered	50-59		METROPOLITAN ATHLETIC CLUB		
Noxolo	MOYEKE	1388	Female	Registered	Senior			TEMP	
Vakalisa	KOPOLO	1390	Male	Entered	Senior		KHAYELITSHA ATHLETIC CLUB		
Hermanus	ENGELBRECHT	1400	Male	Entered	50-59		OLIFANTS RIVIER ATLETIEK KLUB		
Mariam	ISAACS	1413	Female	Entered	Senior			1819	

Leigh	JUPP	1415	Female	Entered	Senior			Temp	
Pedro	WOLF	1417	Male	Entered	Senior			TEMP	
Rachel	MASH	1418	Female	Entered	40-49			TEMP	
Rhys	HODKINSON	1419	Male	Entered	Senior			TEMP	
Daniel	BARGE	1422	Male	Entered	Senior			TEMP	
Christel	ANTONITES	1423	Female	Entered	Senior		UNIVERSITY OF CAPE TOWN	6109	
Saartjie	GROBBELAAR	1428	Female	Entered	Senior			TEMP	
Erasmus	JACOBS	1429	Male	Entered	40-49			TEMP	
Eduan	NAUDE	1430	Male	Entered	Senior			111111	
Janine	LEWERENZ	1433	Female	Registered	Senior		FIT 2000 WP	4373	
Zayd	VAN DER SCHYFF	1434	Male	Entered	Senior			TEMP	
Nicole	WERTHEIM	1435	Female	Entered	Senior			TEMP	
Jessica	HINDLEY	1438	Female	Entered	Senior		HOUT BAY HARRIERS	5339	
Randall	BESTER	1439	Male	Entered	Senior		METROPOLITAN ATHLETIC CLUB	8615	
Zahrah	SALIE	1441	Female	Entered	Senior		CELTIC HARRIERS	545	
Marie-Noelle	FALL	1442	Female	Entered	Senior			TEMP	
Tiina	TURUNEN	1443	Female	Entered	Senior			TEMP	
Jukka	MAKSIMAINEN	1444	Male	Entered	Senior			TEMP	
Chantal	TOUBE	1445	Female	Entered	Senior		ROCKY ROAD RUNNERS	10310	
Belia	KING	1446	Female	Registered	Senior		ATLANTIC ATHLETIC CLUB	9980	
Nicole	GODFREY	1447	Female	Registered	Senior			TEMP	
Latasha	SIDONE	1449	Female	Entered	Senior		NEDBANK RUNNING CLUB WESTERN PROVINCE	3068	
Warren	MONTANO	1452	Male	Entered	40-49			4743	
Stephen	OGORMAN	1456	Male	Entered	50-59		ESKOM AC WP	4414	
An-Marie	WENTZEL	1457	Female	Entered	Senior			TEMP	
Tzvi	BRIVIK	1459	Male	Entered	Senior			TEMP	
Nicola	BRIVIK	1460	Female	Entered	40-49			TEMP	
Bryan	ANTOLIK	1466	Male	Entered	Senior			TEMP	
Eleanor	HUTCHINGS	1468	Female	Entered	Senior		FISH HOEK ATHLETIC CLUB	3928	
Ziv	OKUN	1471	Male	Entered	Senior			TEMP	
Stephan	BOYER	1473	Female	Entered	60+		JEPPE QUONDAM ATHLETIC CLUB	806	
Sarah	ROWAN	1474	Female	Entered	Senior		SPARTAN HARRIERS	2928	
Dirk	NIEUWOUDT	1476	Male	Entered	Senior		RUN WALK FOR LIFE WESTERN PROVINCE	8383	
Joel	MOGOLE	1477	Male	Entered	Senior			TEMP	
Piet	HUMAN	1478	Male	Entered	Senior		ACSIS VOB	9949	
Qasim	JAKOET	1485	Male	Entered	Senior		ITHEKO SPORT ATHLETIC CLUB	9163	
Goolam	SOLOMONS	1489	Male	Entered	60+		OVERKRUIN ATHLETIC CLUB	8409	
Beatrix	SOLOMONS	1490	Female	Entered	50-59		OVERKRUIN ATHLETIC CLUB	8408	
Daniel	HARTMAN	1495	Male	Entered	Senior			TEMP	
Hendrik	GELDENHUYS	1496	Male	Entered	40-49			TEMP	
Shane Ryan	JOHNS	1497	Male	Entered	Senior		OLD MUTUAL ATHLETIC CLUB	1546	
Tashriqah	DOLLEY	1500	Female	Entered	Senior		MALABAR ROAD RUNNERS	TEMP	
Shizu	OKUSA	1504	Female	Entered	Senior			TEMP	
Irefaan	JACOBS	1505	Male	Entered	40-49		ITHEKO SPORT ATHLETIC CLUB	7999	
Andrew	HOFMEYR	1506	Male	Entered	40-49			61991	
John	JACOBS	1508	Male	Entered	40-49			TEMP	
Gina	KEYSER	1509	Female	Entered	40-49		ATLANTIC ATHLETIC CLUB	4642	
Matthew	LE GRANGE	1519	Male	Entered	Senior		ATC RUNNING	3866	
Franklin	CAPE	1522	Male	Entered	40-49		HELDERBERG HARRIERS	TEMP	
Nicole	CEDERWALL	1524	Female	Entered	Senior			TEMP	
Dumisani	NODADA	1525	Male	Entered	Senior		KHAYELITSHA ATHLETIC CLUB	TEMP	
Shelley	ROBERTSON	1526	Female	Entered	40-49		NEDBANK RUNNING CLUB CENTRAL GAUTENG	5009	
Tracey-Leigh	DUNBAR	1527	Female	Entered	Senior			TEMP	
Michelle	HARLEY	1529	Female	Entered	Senior			TEMP	
Laura	TRUTER	1531	Female	Entered	Senior			TEMP	
Tsebanyane	MATHIBA	1532	Female	Registered	50-59		EDGEMEAD RUNNERS	1434	02:42:37
Eileen	FOUCHE	1538	Female	Registered	Senior		PINELANDS ATHLETIC CLUB	2282	
Bradley	THORNE	1539	Male	Entered	Senior			TEMP	
Shawn	COMBRINK	1540	Male	Entered	50-59		RAND ATHLETIC CLUB	11477	
Mare'	DU PLESSIS	1543	Male	Entered	Senior			TEMP	
Renato	VOLA	1544	Male	Entered	Senior			11713	
David	TERPSTRA	1545	Male	Entered	Senior			TEMP	
Mziyanda	NKONYENI	1546	Male	Entered	Senior			TEMP	
Asdf	ADSF	1547	Male	Entered	Senior			TEMP	
Deon	STEYN	1548	Male	Registered	Senior		TYGERBERG ATHLETIC CLUB	9333	
Timothy	LIMO	1549	Male	Entered	Senior			TEMP	
Claude	NDLOVU	1550	Male	Entered	Senior			TEMP	
Marge	VAN VUUREN	1551	Female	Entered	50-59		FISH HOEK ATHLETIC CLUB	3910	
Paul	NESS	1554	Male	Entered	Senior		NEW BALANCE MULTISPORT CLUB	7634	
Sanjay	DAYA	1559	Male	Entered	Senior			TEMP	
Ady	COHEN	1563	Female	Entered	Senior			TEMP	
Sandiswa	SOTASHE	1571	Female	Entered	Senior		ESKOM AC WP	4392	
Murray	ORTLEPP	1579	Male	Entered	Senior			TEMP	
Judge	TIM	1582	Male	Entered	40-49		RAND ATHLETIC CLUB	14565	
Riaan	KUNZ	1584	Male	Entered	40-49		BELLVILLE ATHLETIC CLUB	3618	
Fiona	SCHOLTZ	1591	Female	Entered	50-59		STELLENBOSCH ATHLETIC CLUB	1378	
Paul	FAIRHURST	1593	Male	Entered	Senior			TEMP	
Ismail	MOHAMED	1596	Male	Entered	Senior		ITHEKO SPORT ATHLETIC CLUB	10848	
Yassien	SALIE	1600	Male	Entered	40-49		ITHEKO SPORT ATHLETIC CLUB	1875	
Feroza	SALIE	1601	Female	Entered	40-49		ITHEKO SPORT ATHLETIC CLUB	1874	
Ad	COLE	1603	Female	Entered	40-49		KNYSNA MARATHON CLUB	666	
Terence	KRETMANN	1610	Male	Entered	Senior			5449	
Nina	KRETMANN	1611	Female	Entered	Senior			5448	
Samson Ahou-Simere	EBIKHALU	1612	Male	Entered	Senior			TEMP	
Sascha	MARE	1614	Female	Entered	Senior			TEMP	
Caroline	WILLS	1615	Female	Entered	Senior		CELTIC HARRIERS	342	
Phillip	HATTINGH	1621	Male	Entered	Senior			9028	
Hilton	GREVER	1623	Male	Entered	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	8261	
Jacques	BOTHMA	1629	Male	Entered	Senior			TEMP	
Emmanuel Nnamezie	EBIRIM	1630	Male	Entered	Senior			TEMP	
Alan	EBEL	1633	Male	Registered	40-49		NATAL CARBINEERS ATHLETIC CLUB	4607	
Amelia	EBEL	1635	Female	Registered	40-49		NATAL CARBINEERS ATHLETIC CLUB	4606	
Raphael	SPORSCHILL	1636	Male	Entered	Senior			TEMP	
Theunis	DELPORT	1639	Male	Registered	Senior			TEMP	
Gideon	MAKOFANE	1640	Male	Registered	Senior		RUNNING INN ATHLETICS CLUB	5965	
Jaco	CRAFFORD	1641	Male	Entered	Senior			TEMP	
Akachi Prince	EGBEDI	1643	Male	Entered	Senior			TEMP	
Roland Chukwuwike	RICHARD	1644	Male	Entered	Senior			TEMP	

Garth	LITTLEWOOD	1645	Male	Entered	50-59		SATORI ATHLETICS CLUB	2972	
Eunice	PIETERSE	1649	Female	Entered	Senior			TEMP	
Kristin	POULTER	1651	Female	Entered	Senior		CENTURY CITY ATHLETIC CLUB	6771	
Sonja	COETZEE	1654	Female	Entered	Senior			TEMP	
Rudi	COETZEE	1655	Male	Entered	40-49			TEMP	
Samantha	POTGIETER	1659	Female	Entered	Senior			TEMP	
Andrew	PRETORIUS	1662	Male	Registered	Senior		ACSIS VOB	1109	02:07:32
Goncalo	FARIA	1670	Male	Entered	Senior			TEMP	
Samir	ABRAHAMS	1671	Male	Registered	Senior		OLD MUTUAL ATHLETIC CLUB	1534	02:21:02
Rohan	GOUWS	1673	Male	Registered	50-59		RCS GUGULETU A.C	6704	
Gerda	VAN SCHALKWYK	1675	Female	Entered	40-49			TEMP	
George	VAN SCHALKWYK	1676	Male	Entered	40-49		BELLVILLE ATHLETIC CLUB	7565	
Denvor	PETERSEN	1678	Male	Entered	50-59		LANGEBAAAN STRANDLOPERS	3170	
Azeez Olasunkanmi	MAKINDE	1679	Male	Entered	Senior			TEMP	
Johan Hendrik	VAN ZYL	1692	Male	Entered	Senior		LANGEBAAAN STRANDLOPERS	9277	
Cheryl	FORTUIN	1697	Female	Entered	Senior		IN TOUCH WALK & RUN	9171	
Kenneth	FRANCIS	1701	Male	Registered	50-59		CELTIC HARRIERS	390	
Victoria	CHAMBERLAIN	1706	Female	Entered	Senior		PHOBIANS	5105	
Mia	MOCKE	1708	Female	Entered	Senior			2886	
Owen	HENDRICKS	1713	Male	Entered	50-59		CELTIC HARRIERS	418	
Fika	XIMBA	1730	Male	Entered	40-49			TEMP	
Jacqueline	GOOSEN	1737	Female	Entered	50-59		BRACKENFELL ATHLETIC CLUB	1189	
Paul	FLOQUET	1741	Male	Entered	Senior			1139	
Richard	LEES	1751	Male	Registered	Senior			TEMP	
Patrick Luvhengo	THENGA	1759	Male	Entered	50-59		RAND ATHLETIC CLUB	3423	
Japie	LEWIS	1761	Male	Registered	50-59		SANDB WP	3488	
Johan	PRETORIUS	1762	Male	Registered	Senior		ACSIS VOB	926	
Jeanette	BRADLEY	1775	Female	Entered	50-59		BRACKENFELL ATHLETIC CLUB	7237	
Elmarie	COETZEE	1784	Female	Entered	50-59		SWARTLAND ATHLETIC CLUB	BoI 634	
Cobus	WILSON	1788	Male	Registered	Senior		ACSIS VOB	8127	
Vernon	SMITH	1800	Male	Registered	50-59		BRACKENFELL ATHLETIC CLUB	7249	
Yvonne	BALOYI	1808	Female	Registered	Senior		WEST COAST ATHLETIC CLUB	7340	
Siena	JACOBS	1814	Female	Entered	50-59		SANLAM ATHLETIC CLUB	4086	
Madikane Alex	ZOKISANE	1825	Male	Registered	Senior		RCS GUGULETU A.C	7465	01:18:23
Guy	BALME	1826	Male	Entered	Senior		CELTIC HARRIERS	334	
Colin	COX-STEINER	1848	Male	Registered	Senior			TEMP	02:35:13
Agrippa Thini	GINA	1853	Male	Entered	40-49		BELLVILLE ATHLETIC CLUB	7538	
Jannie	NEL	1855	Male	Registered	40-49		HANGKLIP ATHLETIC CLUB	1365	
Chung-Hung	WEN	1860	Male	Entered	Senior			TEMP	
David	JONES	1861	Male	Entered	60+		SPARTAN HARRIERS	2932	02:20:07
Jeremy	KANNEMEYER	1863	Male	Entered	Senior			TEMP	
Burren	JACOBS	1865	Male	Entered	Senior		RAVENSMEAD ATHLETIC CLUB	7187	
Joey	CAMPHER	1891	Male	Entered	Senior		CORRECTIONAL SERVICES WP		
Hilton	ERANCKE	1903	Male	Entered	40-49		HELDERBERG HARRIERS		
Cairncross	BRONWIN	1910	Male	Registered	40-49		ITHEKO SPORT ATHLETIC CLUB		
Magrieta	JACOBS	1914	Female	Entered	40-49		GROOT CONSTANTIA ATLETIEK KLUB		
Shaheed	JAKOET	1915	Male	Entered	50-59		ACSIS VOB		
Charmaine	KIEM	1926	Female	Entered	40-49		SANDB WP		
Sibongile	MBAMBISA	1940	Male	DNF	Senior		HOUT BAY HARRIERS		
Richard Ian	MCCLARTY	1941	Male	Entered	60+		ACSIS VOB		
Victor	MILA PASIYA	1947	Male	Registered	Senior		NEDBANK RUNNING CLUB EASTERN CAPE		01:14:59
Samwel	MILNER	1948	Male	Entered	60+		SPARTAN HARRIERS		
Sharmenheren	NAICKER	1959	Male	Entered	Senior		ESKOM GUJIMAS KZN		
Sonwabo	NGCELWANE	1966	Male	Registered	40-49		RCS GUGULETU A.C		02:12:55
Gramble	ORANGE	1973	Male	Entered	50-59		IN TOUCH WALK & RUN		
Gerhardus	RADEMEYER	1981	Male	Entered	40-49		BRACKENFELL ATHLETIC CLUB		
Tadzio	SIMONS	1990	Male	Entered	Senior		FARNESE AC		
Rustum	SOLOMON	1995	Male	Registered	40-49		ITHEKO SPORT ATHLETIC CLUB		02:41:41
Mziwandoda	TSHONGOYI	2004	Male	Entered	Senior		HOUT BAY HARRIERS		
Lulu	KHUMALO	2034	Female	Entered	40-49				
Makgathi	MOKOENA	2036	Male	Entered	40-49				
Vernita	NEL	2038	Female	Entered	40-49		TYGERBERG ATHLETIC CLUB		
Mogale	PILISO	2048	Male	Entered	40-49		SANDB WP		
Kgabo	PHOSA	2051	Male	Entered	Senior		SANDB WP		
Ghany	MOHAMED	2070	Male	Entered	60+				
Garth	HAMILTON	2081	Male	Entered	50-59				02:09:12
James	PHOKO	2084	Male	Entered	40-49				
Fabian	BRANDT	2089	Male	Not yet started	Senior				02:24:56

CAPE TOWN MARATHON 10KM

Position	First name	Last name	Race number	Gender	Age category	Finish time	Club	Licence Number
1	Xolisa	TYALI	4018	Male	Senior	00:29:40	NEDBANK RUNNING CLUB CGA	
2	Sibusiso	MADIKIZELA	3031	Male	Senior	00:29:47	ABSA UNIVERSITY OF JOHANNESBURG AC	16998
3	Sityhilo	DIKO	3037	Male	Senior	00:30:01	NEDBANK RUNNING CLUB WP	11
4	Nkosinathi	MADYO	3032	Male	Senior	00:30:06	NEDBANK RUNNING CLUB WP	3088
5	Kristof	SHAANIKA	3036	Male	Senior	00:30:16	TEMP	TEMP
6	Awonke	BUNGI	1744	Male	Senior	00:31:09	TEMP	
7	Luyanda	QOLO	3035	Male	Senior	00:31:15	ELGIN GRABOUW ATHLETIC CLUB	826
8	Godwin	SWARTZ	5467	Male	Senior	00:31:17	TEMP	
9	Ricardo	JAFTHA	3038	Male	Senior	00:31:17	EERSTE RIVER ATHLETIC CLUB	4199
10	Nkosinathi	SOTYANTYA	4070	Male	Senior	00:31:18	ITHEKO SPORT ATHLETIC CLUB	
11	Jp	ABRAHAMS	2105	Male	Senior	00:31:24	ITHEKO SPORT ATHLETIC CLUB	
12	Riaan	WITBOOI	5074	Male	Senior	00:32:23	EERSTE RIVER ATHLETIC CLUB	4190
13	Graham	KATZEN	4015	Male	40-49	00:32:28	CELTIC HARRIERS	
14	Bulelani	BHEBHA	5380	Male	Senior	00:32:42	ACSIS VOB	
15	Solomon	MTHOMBENI	4233	Male	Senior	00:32:53	KHAYELITSHA AC	
16	Shawn	ABRAHAMS	4022	Male	40-49	00:33:01	NEW BALANCE MULTISPORT CLUB	
17	Wanda	RORO	5076	Male	Senior	00:33:15	ITHEKO SPORT ATHLETIC CLUB	1992
18	Xolile	OBED	4078	Male	40-49	00:33:24	RCS GUGULETU AC	
19	Phumlani Simon	SHABALALA	3042	Male	Senior	00:33:29	UNIVERSITY OF CAPE TOWN	TEMP
20	Mervin	STEENKAMP	4140	Male	Senior	00:33:33	ITHEKO SPORT ATHLETIC CLUB	
21	Vladimir	KOTOV	5496	Male	50-59	00:33:46	TEMP	
22	Nolene	CONRAD	3043	Female	Senior	00:34:31	JOHANNESBURG COLLEGE OF EDUCATION	11191
23	Greg	GOODALL	3047	Male	Senior	00:34:33	TEMP	TEMP
24	Lavinia	HALTOPE	4220	Female	Senior	00:35:18	TEMP	TEMP
25	Gimo	MATUSO	3044	Male	Senior	00:35:44	FISH HOEK ATHLETIC CLUB	3972
26	Zintle	XINIWE	5200	Female	Senior	00:36:00	MR PRICE WP	
27	Klaus	CHIHOWA	4014	Male	Senior	00:36:18	SATORI ATHLETICS CLUB	
28	Stanford	BALOYI	5160	Male	Senior	00:36:22	TEMP	
29	Thomas	NIVEN	3054	Male	Senior	00:36:23	UNIVERSITY OF CAPE TOWN	6051
30	Nelson	BASS	5007	Male	Senior	00:36:25	UNIVERSITY OF CAPE TOWN	6035
31	Michael	MCLAGGAN	4655	Male	Senior	00:36:41	UNIVERSITY OF CAPE TOWN	6151
32	Gregory	JACOBS	3962	Male	50-59	00:36:43	EDGEMEAD RUNNERS	1384
33	Roston	ISAACS	3060	Male	50-59	00:36:46	NEDBANK RUNNING CLUB WP	10579
34	Boris	TOULET	3064	Male	Senior	00:36:54	TEMP	TEMP
35	Farid	MAZARI	5457	Male	Senior	00:37:06	TEMP	
36	Zondwa	NOMEXEZA	5185	Male	Senior	00:37:16	ATLANTIC ATHLETIC CLUB	
37	Eckhardt	VISSER	5423	Male	40-49	00:37:19	TEMP	
38	Thulani Mjoli	SILVER	5205	Male	Senior	00:37:21	NEDBANK RUNNING CLUB WP	
39	Bongani	MDLALOSE	4125	Male	40-49	00:37:23	SANDB WP	
40	Michael	LOSEBY	3003	Male	Senior	00:37:28	UNIVERSITY OF CAPE TOWN	6057
41	Bongani	KRALA	3002	Male	Senior	00:37:30	WILDRUNNER	9480
42	Francois	GROENEWALD	3958	Male	Senior	00:37:33	ELGIN GRABOUW ATHLETIC CLUB	828
43	Clifford	DRURY	3004	Male	40-49	00:37:36	NEDBANK RUNNING CLUB WP	3096
44	Oloff	VAN ZYL	3050	Male	40-49	00:37:39	ACSIS VOB	760
45	Neil	HART	3056	Male	Senior	00:37:40	RCS GUGULETU AC	6682
46	William	STEYN	3055	Male	Senior	00:37:42	TYGERBERG ATHLETIC CLUB	9846
47	Michael	BEKAPI	3052	Male	50-59	00:37:54	TRIANGLE SPORTS ATHLETIC	1698
48	Mpendulo	MPUKANI	5204	Male	50-59	00:37:56	RCS GUGULETU AC	
49	Christopher	MITCHELL	3051	Male	50-59	00:38:02	CELTIC HARRIERS	216
50	Gerald	SULLIVAN	4008	Male	50-59	00:38:09	PLEXUS DURBANVILLE ATHLETIC CLUB	
51	Bulelwa	SIMAE	3046	Female	Senior	00:38:13	NEDBANK RUNNING CLUB WP	3077
52	Jimmy	DRURY	3057	Male	40-49	00:38:20	NEDBANK RUNNING CLUB WP	3095
53	Clive	OWEN	4388	Male	60+	00:38:23	EDGEMEAD RUNNERS	1452
54	Enrique	HAVENGA	3048	Male	Senior	00:38:28	TEMP	1613
55	Henro	GOOSEN	3073	Male	Senior	00:38:30	SANLAM ATHLETIC CLUB	4107
56	Tobias	PHILANDER	4100	Male	40-49	00:38:42	ITHEKO SPORT ATHLETIC CLUB	
57	Thabang	LETHEO	3059	Male	Senior	00:38:49	UNIVERSITY OF CAPE TOWN	6098
58	Andre	VILJOEN	3062	Male	40-49	00:38:53	TEMP	TEMP
59	Tony	PICK	3084	Male	40-49	00:38:56	PINELANDS ATHLETIC CLUB	2243
60	Clinton	WESTLEY FORTUIN	4118	Male	Senior	00:39:06	TEMP	TEMP
61	Mark	WHELAN	5249	Male	Senior	00:39:21	TEMP	
62	Simon	GEAR	5417	Male	Senior	00:39:29	TEMP	
63	Gilbert	KORIR	4226	Male	Senior	00:39:34	UNIVERSITY OF WESTERN CAPE	
64	Andre	LIEBETRAM	5482	Male	Senior	00:39:39	TEMP	
65	Richard	CLARK	4864	Male	Senior	00:39:42	TEMP	TEMP
66	Justin	ROOME	3058	Male	Senior	00:39:44	TEMP	TEMP
67	Jacob	BINGLE	5073	Male	Senior	00:39:46	ATC RUNNING	2101
68	Dlamini	THEMBA	4227	Male	Senior	00:39:46	RCS GUGULETU AC	
69	Norman	NGIRAZ	4263	Male	Senior	00:40:04	HOUT BAY HARRIERS	
70	Busisiwe	MATIWANE	4871	Female	Senior	00:40:13	CELTIC HARRIERS	477
71	Brandon	FINN	209	Male	Senior	00:40:31	UNIVERSITY OF CAPE TOWN	6076
72	Keelyn	VAN BREDA	3078	Female	Senior	00:40:41	TEMP	TEMP
73	Adam	TODES	4633	Male	Senior	00:40:53	UNIVERSITY OF CAPE TOWN	9044
74	Heleen	VAN DER WALT NICHOLL	5449	Female	40-49	00:40:58	TEMP	
75	Chris	WICKHAM	3069	Male	40-49	00:41:02	ACSIS VOB	729
76	Ludwig	LILLIE	5422	Male	50-59	00:41:06	TEMP	
77	Sandra	VAN GRAAN	5421	Female	40-49	00:41:16	EDGEMEAD RUNNERS	
78	Micheal	COROLUS	5036	Male	Senior	00:41:23	TEMP	TEMP
79	Warren	JEPPE	3796	Male	Senior	00:41:28	ACSIS VOB	990
80	Lebohang	MOOPI	4200	Male	Senior	00:41:31	UNIVERSITY OF WESTERN CAPE	
81	Kelley	HESS	3005	Female	Senior	00:41:32	TEMP	TEMP
82	Gary	BROWN	4736	Male	Senior	00:41:34	EDGEMEAD RUNNERS	1482
83	Sylvano	HINDLEY	3117	Male	Senior	00:41:37	ITHEKO SPORT ATHLETIC CLUB	1655
84	Sheryl	DE LANGE	1589	Female	40-49	00:41:37	TEMP	
85	De Villiers	ERASMUS	5215	Male	Senior	00:41:40	PINELANDS ATHLETIC CLUB	
86	Eion	ELS	3072	Male	Senior	00:41:40	ACSIS VOB	577

87	Nick	TURNER	993	Male	Senior	00:41:43	ATC RUNNING	8549
88	Shaheed	RUSSON	3077	Male	40-49	00:41:48	TOP FORM ATHLETIC CLUB	7007
89	Terrance	MAZZOLINI	3068	Male	50-59	00:41:52	ACSIS VOB	597
90	Brent	JANARI	3088	Male	Senior	00:41:53	ACSIS VOB	9879
91	Michael	WILSON	3120	Male	Senior	00:41:59	TEMP	TEMP
92	Andrew	STEENKAMP	5329	Male	40-49	00:42:00	SANDB WP	
93	Sandi	MATODLANA	5075	Male	Senior	00:42:11	ACSIS VOB	4135
94	Lwazi	PAMBUKA	3082	Male	Senior	00:42:12	UNIVERSITY OF CAPE TOWN	6079
95	Naomi	TELKO	5475	Female	Senior	00:42:13	NEDBANK RUNNING CLUB WP	
96	Hein	BRUINERS	4827	Male	Senior	00:42:14	METROPOLITAN ATHLETIC CLUB	5198
97	Adrian	NEETHLING	4013	Male	Senior	00:42:23	RAVENSMEAD AC	
98	Mubeen	FAKIER	3081	Male	Senior	00:42:23	ITHEKO SPORT ATHLETIC CLUB	1983
99	Darren	BOSMAN	3063	Male	Senior	00:42:28	TEMP	TEMP
100	Peter	WRENSCH	5199	Male	50-59	00:42:30	TYGERBERG ATHLETIC CLUB	
101	Vaughn	OLCKERS	3066	Male	40-49	00:42:33	TEMP	TEMP
102	Ezekiah	KIBET	4231	Male	Senior	00:42:37	UNIVERSITY OF WESTERN CAPE	
103	Ian	VAN RIJSWIJK	3968	Male	Senior	00:42:39	TEMP	TEMP
104	Antonio	KIXIMBA	3033	Male	Senior	00:42:43	TEMP	TEMP
105	Asiphe	SIKABALANJANA	4027	Female	Senior	00:42:51	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	
106	Mbyiseli	ZAKUMBA	4261	Male	40-49	00:42:53	HOUT BAY HARRIERS	
107	Jana	TROJAN	3116	Female	40-49	00:42:56	ACSIS VOB	848
108	Bradley	RUBLY	3217	Male	Senior	00:43:01	TEMP	TEMP
109	Tariq	PETERSEN	3131	Male	Senior	00:43:03	ARD ATHLETIC CLUB	10078
110	Glenn	BUCHINSKY	3079	Male	50-59	00:43:04	ATC RUNNING	6897
111	Thembelani	FIGLAN	3061	Male	40-49	00:43:10	NEDBANK RUNNING CLUB WP	3038
112	Sharon	WOOD	3076	Female	40-49	00:43:19	BUFFALO ROAD RUNNERS	498
113	Rudy	HORN-BOTHA	3085	Male	50-59	00:43:21	ACSIS VOB	615
114	Babao	MVULA	5251	Male	Senior	00:43:24	TEMP	
115	Tim	TOOVEY	1996	Male	Senior	00:43:27	NEDBANK RUNNING CLUB WP	
116	Gary	BANFIELD	5374	Male	Senior	00:43:31	ACSIS VOB	
117	Pj	GOEDHALS	3071	Male	Senior	00:43:31	TEMP	TEMP
118	Archibald	MALINGA	3095	Male	Senior	00:43:37	TEMP	TEMP
119	Nic	DURING	3075	Male	Senior	00:43:37	TEMP	TEMP
120	Lungile	TSOLEKILE	5127	Male	Senior	00:43:38	TEMP	
121	Japie	SWANEPOEL	3087	Male	40-49	00:43:52	WEST COAST ATHLETIC CLUB	3730
122	Thinus	MEYER	3122	Male	Senior	00:43:53	VODACOM YEBO STRIDERS CG	4848
123	Awie	DE SWARDT	4494	Male	Senior	00:43:53	PLEXUS DURBANVILLE ATHLETIC CLUB	2612
124	Carsten	PAULUS	4523	Male	Senior	00:43:56	TEMP	TEMP
125	Francois	VAN DER MERWE	4896	Male	Senior	00:43:56	TEMP	TEMP
126	Rugayah	ESAU	3750	Female	Senior	00:43:59	TEMP	TEMP
127	Ester	BRINK	3070	Female	40-49	00:44:05	STRAND ATHLETIC CLUB	8913
128	Chantel	SIMPSON	3970	Female	40-49	00:44:10	NEDBANK RUNNING CLUB WP	3010
129	Craig	WICKER	3091	Male	40-49	00:44:15	TEMP	TEMP
130	Renee	SCOTT	4216	Female	50-59	00:44:17	ACSIS VOB	
131	David	SULLIVAN	3965	Male	Senior	00:44:17	ATC RUNNING	3852
132	Philip	LE ROUX	3008	Male	Senior	00:44:17	TEMP	TEMP
133	Martin	BONGERS	3967	Male	Senior	00:44:22	NATAL CARBINEERS ATHLETIC CLUB	4655
134	James	IRLAM	5064	Male	40-49	00:44:23	ITHEKO SPORT ATHLETIC CLUB	1887
135	Brain	WILLIS	5444	Male	Senior	00:44:24	TEMP	
136	Sandisiwe	MKOKA	4654	Male	Senior	00:44:29	TEMP	
137	Derick	GOLDING	4238	Male	40-49	00:44:31	TOP FORM ATHLETIC CLUB	
138	Marion	ALGAR	5263	Female	Senior	00:44:32	TEMP	
139	Ilan	KAPLAN	3112	Male	Senior	00:44:32	ATLANTIC ATHLETIC CLUB	TEMP
140	Thamar	HOULISTON CLARK	4838	Female	Senior	00:44:32	TEMP	TEMP
141	Ayden	SMITH	4695	Male	Senior	00:44:37	PINELANDS ATHLETIC CLUB	10269
142	Dane	LING	5021	Male	Senior	00:44:40	TEMP	TEMP
143	Tiernan	OROURKE	3086	Male	Senior	00:44:45	TEMP	TEMP
144	Mabula	MOKHWETHA DANIEL	5379	Male	Senior	00:44:45	TEMP	
145	Duncan	MAYNE	5218	Male	40-49	00:44:47	TEMP	
146	Roelf	PIENAAR	4995	Male	Senior	00:44:50	TEMP	TEMP
147	Agmat	SOLOMONS	5282	Male	50-59	00:44:50	STELLENBOSCH AC	
148	Paul	SAN GIORGIO	3097	Male	60+	00:44:52	ACSIS VOB	717
149	Bev	CHARTERS	3093	Female	50-59	00:45:00	ACSIS VOB	wp643
150	Sam	KOTZE	4185	Male	50-59	00:45:06	NEDBANK RUNNING CLUB WP	
151	David	BARBER	3083	Male	Senior	00:45:17	TEMP	TEMP
152	Ryan	ANDERSON	3080	Male	Senior	00:45:17	ACSIS VOB	54
153	Herman	POOLE	4195	Male	40-49	00:45:17	HELDERBERG HARRIERS	
154	Elvin	ENGELBRECHT	4128	Male	40-49	00:45:17	ELSIES RIVIER ATHLETIC CLUB	
155	Samuel	BEUKES	3067	Male	Senior	00:45:26	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2533
156	Rene	BUSCHMANN	4861	Male	Senior	00:45:26	TEMP	TEMP
157	Stuart	ABBOTT	3142	Male	Senior	00:45:27	TEMP	TEMP
158	Dean Tafadzwa	KUCHERERA	4501	Male	Senior	00:45:29	OLD MUTUAL ATHLETIC CLUB	9574
159	Adam	OZINSKY	4662	Male	Senior	00:45:37	TEMP	TEMP
160	Saar	BEN TOVIM	4380	Male	Senior	00:45:37	TEMP	TEMP
161	Robert	MATEBA	5020	Male	Senior	00:45:43	ESKOM GIJIMAS BOLAND	7938
162	Tomas	CUNNAMA	5230	Male	Senior	00:45:45	ACSIS VOB	
163	David	SHOCHOT	4640	Male	40-49	00:45:45	TEMP	TEMP
164	Andrew	AUSTIN	4048	Male	Senior	00:45:46	TEMP	TEMP
165	Jason	ARMSTRONG	3132	Male	Senior	00:45:49	TEMP	TEMP
166	Darren	ROBERTSON	4535	Male	Senior	00:45:51	UNIVERSITY OF CAPE TOWN	6117
167	Koro	MONKANE	5355	Male	Senior	00:45:55	RCS GUGULETU AC	
168	Tyronne	MCCRINDLE	3235	Male	Senior	00:46:00	TEMP	TEMP
169	Ryan	BRAUER	5318	Male	Senior	00:46:02	TEMP	
170	Hannah	PRIEST	5371	Female	Senior	00:46:09	TEMP	
171	Thiago	SIQUEIRA	4299	Male	Senior	00:46:14	TEMP	TEMP
172	Thomas	HAGGLUND	4756	Male	Senior	00:46:17	TEMP	TEMP
173	Audrey	SEALE	5217	Female	Senior	00:46:18	TEMP	
174	Kerri	DELPOR	5216	Female	Senior	00:46:19	TEMP	
175	David	WILCOCK	3107	Male	Senior	00:46:20	WEST COAST ATHLETIC CLUB	3737

176	Johnathan	LEONARD	5298	Male	Senior	00:46:20	WEST COAST ATHLETIC CLUB	
177	Ridha	HARTLEY	3154	Male	Senior	00:46:21	TEMP	TEMP
178	Esrie	LOOCK-BEZUIDENHOUT	5350	Female	Senior	00:46:23	ATC RUNNING	
179	Desmond	TORR	5436	Male	Senior	00:46:30	ATC RUNNING	
180	Stuart	SHILLINGLAW	3148	Male	40-49	00:46:34	EDGEMEAD RUNNERS	1445
181	Zaccakieyah	DELILLIE	5291	Male	Senior	00:46:42	RAVENSMEAD AC	
182	Charmaine	CUPIDO	3969	Female	50-59	00:46:43	NEDBANK RUNNING CLUB WP	3030
183	Brandon	GALANT	5286	Male	Senior	00:46:44	ACSIS VOB	
184	Ethan	ROBERTS	3137	Male	Senior	00:46:45	TEMP	TEMP
185	Paulidor	KOPGANG	4420	Male	Senior	00:46:45	CPUT AC	7155
186	Dominique	DOLIVEIRA	3971	Female	Senior	00:46:46	ATC RUNNING	3844
187	David	HEYNEKE	3113	Male	40-49	00:46:46	CELTIC HARRIERS	250
188	Ebrahim	AJERAAN	4049	Male	Senior	00:46:48	TOP FORM ATHLETIC CLUB	
189	Riaan	VAN EEDEN	4543	Male	Senior	00:46:48	STELLENBOSCH AC	2039
190	David	CONRADIE	4874	Male	40-49	00:46:49	TEMP	TEMP
191	Mario	WOODING	4035	Male	Senior	00:46:50	NEW BALANCE MULTISPORT CLUB	
192	Franklin	ZINN	3206	Male	50-59	00:46:53	ACSIS VOB	1060
193	Mohammed	ALLIE	4474	Male	Senior	00:46:57	TOP FORM ATHLETIC CLUB	5557
194	Taahir	ADAMS	4591	Male	Senior	00:46:58	TEMP	TEMP
195	Bryan	TEARE	3272	Male	Senior	00:47:01	CENTURY CITY ATHLETIC CLUB	9008
196	Moses	NDLOVU	4264	Male	Senior	00:47:08	HOUT BAY HARRIERS	
197	Eileen	KETTERER	3151	Female	Senior	00:47:08	NEDBANK RUNNING CLUB WP	3082
198	Fayaadh	DHANSAY	3273	Male	Senior	00:47:12	WILDRUNNER	9204
199	Achmad-Ali	ADAMS	3115	Male	Senior	00:47:19	ARD ATHLETIC CLUB	10439
200	Jires	VOUFO	3975	Male	Senior	00:47:22	TEMP	TEMP
201	Riad	AHMED	5352	Male	Senior	00:47:25	TEMP	
202	Gert	DOLS	5006	Male	50-59	00:47:29	WEST COAST ATHLETIC CLUB	3781
203	Michael	SCHMID	5259	Male	Senior	00:47:30	TEMP	
204	Burren	JACOBS	3034	Male	Senior	00:47:38	RAVENSMEAD AC	7187
205	Nick	KUILMAN	3228	Male	Senior	00:47:39	ATLANTIC ATHLETIC CLUB	4677
206	Ajit	DAYA	3980	Male	Senior	00:47:42	WESTERN PROVINCE CRICKET CLUB	6173
207	Henri	VAN DER MERWE	4458	Male	Senior	00:47:42	TEMP	TEMP
208	Noel	KOOPMAN	3361	Male	Senior	00:47:43	NEDBANK RUNNING CLUB WP	3032
209	Harold	ADAMS	5158	Male	50-59	00:47:44	SANDB WP	
210	Stephan	VAN DER WESTHUIZEN	4712	Male	Senior	00:47:47	HELDERBERG HARRIERS	2140
211	Lucky	NKOSI	4880	Male	Senior	00:47:51	TEMP	6578
212	John	HOLMES	3109	Male	40-49	00:47:54	WEST COAST ATHLETIC CLUB	WPA3755
213	Haaroen	HILLWARD	5470	Male	Senior	00:47:54	TEMP	
214	Thanduxolo	CETYWAYO	5317	Male	Senior	00:47:55	TEMP	
215	Marc	DAVIDOWITZ	5338	Male	Senior	00:48:03	TEMP	
216	Carla	BATT	3260	Female	Senior	00:48:08	NEW BALANCE MULTISPORT CLUB	8066
217	Chris	GARVEY	3973	Male	Senior	00:48:09	TEMP	TEMP
218	Anton	LE ROUX	5123	Male	40-49	00:48:10	STRAND ATHLETIC CLUB	
219	Thomas	JAFTHA	4083	Male	50-59	00:48:11	TEMP	TEMP
220	Ryno	UYS	4457	Male	Senior	00:48:14	TEMP	TEMP
221	Christopher	HOLDSWORTH	3103	Male	Senior	00:48:15	ATLANTIC ATHLETIC CLUB	4610
222	Carla	FERREIRA	3147	Female	Senior	00:48:15	NEW BALANCE MULTISPORT CLUB	6864
223	Andrew	GILLET	5094	Male	40-49	00:48:17	TEMP	TEMP
224	Linda	SIBOTO	4773	Male	Senior	00:48:18	TEMP	TEMP
225	Anees	SAYED	3102	Male	Senior	00:48:22	TEMP	TEMP
226	Alex	TAUTE	5278	Male	50-59	00:48:26	NEW BALANCE MULTISPORT CLUB	
227	Gregg	SNEDDON	3159	Male	40-49	00:48:27	FORESTERS RUNNING CLUB	4321
228	Ferdie	GROBLER	4620	Male	Senior	00:48:30	TEMP	TEMP
229	Grant	STAFFORD	5012	Male	Senior	00:48:31	RUN WALK FOR LIFE WESTERN PROVINCE	10001
230	Grant	WEBBER	3152	Male	Senior	00:48:32	CELTIC HARRIERS	11070
231	Fred	ABRAHAMS	3202	Male	40-49	00:48:34	NEDBANK RUNNING CLUB WP	3069
232	Jeremy	GRAY	4973	Male	Senior	00:48:38	TEMP	TEMP
233	Husayn	GERTSE	3209	Male	Senior	00:48:39	ITHEKO SPORT ATHLETIC CLUB	2027
234	Lourens	VAN DER WESTHUIZEN	3012	Male	40-49	00:48:39	STRAND ATHLETIC CLUB	ASA231
235	Sahar	NEMATI	3981	Female	Senior	00:48:40	TEMP	TEMP
236	Charles	GIRDLESTONE	4650	Male	40-49	00:48:40	ACSIS VOB	10733
237	Julius	ETAH	4257	Male	Senior	00:48:41	TEMP	TEMP
238	Jonathan	YUDELMAN	4683	Male	Senior	00:48:45	TEMP	TEMP
239	Ndabazovuyo	JITA	4982	Male	Senior	00:48:48	TEMP	TEMP
240	Lindsay	SISSING	3006	Male	40-49	00:48:51	EDGEMEAD RUNNERS	1527
241	Yusuf	HANSLO	4469	Male	Senior	00:48:53	TEMP	TEMP
242	Amy	GILMOUR	3140	Female	Senior	00:48:54	ACSIS VOB	644
243	Shaun	DIAMOND	4431	Male	40-49	00:48:55	ACSIS VOB	570
244	Jerome	BASTIAN	3192	Male	40-49	00:48:56	TYGERBERG ATHLETIC CLUB	5656
245	Brandon	MAGGEN	3197	Male	Senior	00:48:56	EDGEMEAD RUNNERS	5030
246	Michael	NORTH	3145	Male	Senior	00:48:56	TEMP	TEMP
247	Wasim	KADRI	5443	Male	Senior	00:48:57	TEMP	
248	Roberto	PIANAZZA	3220	Male	50-59	00:48:57	TEMP	TEMP
249	Elrika	CALITZ	4386	Female	Senior	00:48:57	ATC RUNNING	TEMP
250	Greg	HEALY	4953	Male	40-49	00:48:58	TEMP	TEMP
251	Mujhahid	DICKSON	3111	Male	Senior	00:49:00	ITHEKO SPORT ATHLETIC CLUB	1916
252	Natalie	SISSING	3010	Female	Senior	00:49:01	EDGEMEAD RUNNERS	1524
253	Temban Tekeh	EMMANUEL	4223	Male	Senior	00:49:02	CPUT AC	
254	Kyle	COTTLE	4804	Male	Senior	00:49:07	WILDRUNNER	7958
255	Melville	SILKE	4258	Male	60+	00:49:08	ATLANTIC ATHLETIC CLUB	
256	Randall	BASTIANS	3193	Male	Senior	00:49:12	TYGERBERG ATHLETIC CLUB	5654
257	Jill	MCKEITH	3428	Female	40-49	00:49:20	ACSIS VOB	856
258	David	DE BASTOS	4950	Male	Senior	00:49:20	TEMP	TEMP
259	Bradley	BASTIAN	3227	Male	Senior	00:49:21	ACSIS VOB	855
260	Heidi	GJERSTAD	4466	Female	Senior	00:49:22	TEMP	TEMP
261	Adbul Malica	KALAM	5480	Male	Senior	00:49:22	RCS GUGULETU AC	
262	Nick	GROLL	3277	Male	Senior	00:49:26	TEMP	TEMP
263	Dirk	BOKSMAN	4085	Male	Senior	00:49:27	TEMP	TEMP
264	Bokang	LEHABE	3114	Male	Senior	00:49:28	TEMP	TEMP

265	Gary	NICHOLL	5450	Male	40-49	00:49:31	TEMP	
266	Rick	VAN TONDER	3013	Male	Senior	00:49:33	SANLAM ATHLETIC CLUB	4119
267	Keith	ENZLIN	5438	Male	40-49	00:49:37	EDGEHEAD RUNNERS	4990
268	Louis	DAFFARN	5353	Male	40-49	00:49:40	TEMP	TEMP
269	Gareth	LOW	3207	Male	Senior	00:49:42	ATC RUNNING	8573
270	Francois	DU PREEZ	4127	Male	40-49	00:49:45	ATC RUNNING	
271	Tayeb	JAPPIE	3146	Male	40-49	00:49:45	TOP FORM ATHLETIC CLUB	5547
272	Mike	GRICE	3189	Male	40-49	00:49:45	WEST COAST ATHLETIC CLUB	3789
273	Mujahid	LONDT	4590	Male	Senior	00:49:47	TEMP	TEMP
274	Aidan	HENEVRY	5302	Male	Senior	00:49:50	ATC RUNNING	
275	Victor	VELLA	5320	Male	50-59	00:49:53	TEMP	
276	Eric	PARKER	3130	Male	50-59	00:49:56	NEW BALANCE MULTISPORT CLUB	3336
277	Matthew	AMONI	4678	Male	Senior	00:50:00	UNIVERSITY OF CAPE TOWN	TEMP
278	Francois	KELLERMAN	3482	Male	Senior	00:50:03	BELLVILLE ATHLETIC CLUB	3523
279	Alex	ABDELLAH	5092	Male	Senior	00:50:08	TEMP	TEMP
280	Lisa	NEVITT	5095	Female	Senior	00:50:09	ATLANTIC ATHLETIC CLUB	
281	Eric	BERGER	3160	Male	50-59	00:50:12	HEWAT AC	5371
282	Gary	BARHAM-SMITH	3266	Male	Senior	00:50:13	TEMP	TEMP
283	Tina	HARKETT	4738	Female	50-59	00:50:14	ATLANTIC ATHLETIC CLUB	8519
284	Graig	CHRISTIAN	5420	Male	40-49	00:50:17	SPARTAN HARRIERS	
285	Alexander	SCHUBERT	3250	Male	40-49	00:50:18	ATC RUNNING	8594
286	Helen	DU PLESSIS	4016	Female	60+	00:50:18	TYGERBERG ATHLETIC CLUB	
287	Arnaud	TOSOBZE	5485	Male	Senior	00:50:20	TEMP	
288	Adam	HEALY	3141	Male	Senior	00:50:23	HERBALIFE SPORTS CLUB	6868
289	Warren	MITCHELL	3294	Male	Senior	00:50:23	TEMP	TEMP
290	Madele	DU PLESSIS	5426	Female	Senior	00:50:26	EDGEHEAD RUNNERS	
291	Mark	LEONARD	5297	Male	Senior	00:50:26	WEST COAST ATHLETIC CLUB	
292	Zainoedien	BROWN	5461	Male	40-49	00:50:27	MITCHELL'S PLAIN TITANS	
293	Marietha	HERBERT	4868	Female	60+	00:50:27	BELLVILLE ATHLETIC CLUB	7580
294	Iain	MCLEOD	3176	Male	Senior	00:50:30	TEMP	TEMP
295	Patrick	MILES	3195	Male	Senior	00:50:31	ACSIS VOB	981
296	Sarah	PRICE	3110	Female	Senior	00:50:35	TEMP	TEMP
297	Pixie	SPARG	4029	Female	60+	00:50:35	CELTIC HARRIERS	
298	Matthys	LOURENS	3265	Male	40-49	00:50:36	TEMP	TEMP
299	Prem	TROJAN	3221	Male	40-49	00:50:41	ACSIS VOB	849
300	Vondra	SINGLETON	4217	Female	40-49	00:50:44	WORCESTER ATHLETIC CLUB	
301	Pedro	PHEIFFER	5476	Male	50-59	00:50:45	TEMP	
302	Asher	GREVLER	3173	Male	Senior	00:50:47	TEMP	TEMP
303	Sarah Jane	DURR	4706	Female	Senior	00:50:52	TEMP	TEMP
304	Calvin	KLEIN	3155	Male	Senior	00:50:54	TEMP	TEMP
305	Michael	MANNING	4903	Male	40-49	00:50:56	TEMP	TEMP
306	Eunice	THANDIWE	5192	Female	Senior	00:51:04	TEMP	TEMP
307	Melissa	BOSENBERG	3174	Female	Senior	00:51:06	TEMP	TEMP
308	Ebrahiem	SAMSODIEN	5342	Male	Senior	00:51:07	FARNESE	
309	Zolani	MAMBUMBU	3865	Male	Senior	00:51:07	TEMP	TEMP
310	Tim	JOBSON	3019	Male	50-59	00:51:12	METROPOLITAN ATHLETIC CLUB	WP 5203
311	Dyanne	CRUICKSHANK	3319	Female	Senior	00:51:13	WESTERN PROVINCE CRICKET CLUB	6202
312	Dale	BEDFORD	3325	Female	Senior	00:51:13	ATC RUNNING	6915
313	Tahir	TAMBE	3181	Male	Senior	00:51:13	ITHEKO SPORT ATHLETIC CLUB	10881
314	Mellusca	FARNHAM	1989	Female	Senior	00:51:13	NEDBANK RUNNING CLUB WP	
315	Sa-Aadat	PARKER	3158	Male	Senior	00:51:14	ITHEKO SPORT ATHLETIC CLUB	1981
316	Matthew	OBERY	5069	Male	Senior	00:51:15	ITHEKO SPORT ATHLETIC CLUB	2049
317	eugene	MARAI	3972	Male	40-49	00:51:18	TEMP	
318	Moegamad	ABRAHAMS	5153	Male	60+	00:51:19	TOP FORM ATHLETIC CLUB	
319	Saadq	UNGERER	3555	Male	Senior	00:51:21	TEMP	TEMP
320	Elizabeth	KADOW	3237	Female	Senior	00:51:26	TEMP	TEMP
321	Jennifer	STEPHENSON	3223	Female	Senior	00:51:26	ATC RUNNING	3849
322	Jan	MAREE	3138	Male	40-49	00:51:27	NEW BALANCE MULTISPORT CLUB	
323	Umar	MANACK	4137	Male	Senior	00:51:34	ITHEKO SPORT ATHLETIC CLUB	
324	Jeff	CLAESSEN	4618	Male	40-49	00:51:34	TEMP	TEMP
325	Andrew	DOWSE	3229	Male	Senior	00:51:35	TEMP	TEMP
326	Lunga	TSOLEKILE	3838	Male	Senior	00:51:36	TEMP	TEMP
327	Rayaan	JARLEY	3149	Male	Senior	00:51:36	TOP FORM ATHLETIC CLUB	5523
328	Matteo	AMATRUDA	3445	Male	40-49	00:51:38	TEMP	TEMP
329	Kelly	HERBERT	3231	Female	Senior	00:51:40	PLEXUS DURBANVILLE ATHLETIC CLUB	9181
330	Katherine	BARNARD	3276	Female	Senior	00:51:43	NEW BALANCE MULTISPORT CLUB	6003
331	Stephen	FARROGIA	5299	Male	Senior	00:51:44	WEST COAST ATHLETIC CLUB	
332	David	PHILLIPS	3249	Male	Senior	00:51:44	TEMP	TEMP
333	Mareth	TAIT	4899	Female	40-49	00:51:46	NEW BALANCE MULTISPORT CLUB	3359
334	Shimane	MATLHOKO	4465	Male	Senior	00:51:48	TEMP	TEMP
335	Norrie	WILLIAMSON	5089	Male	50-59	00:51:49	SAVAGES	
336	Gabriel	WESSELS	3208	Male	Senior	00:51:50	ATC RUNNING	8574
337	Henlo	WEBBER	4351	Male	Senior	00:51:51	TEMP	TEMP
338	Lauren	REES	5066	Female	40-49	00:51:54	TEMP	TEMP
339	Edmund	VAN WYK	3289	Male	50-59	00:51:58	TEMP	TEMP
340	Flavio	FRAGILE	946	Male	40-49	00:51:58	BEDFORDVIEW CC	
341	Arthur	MOORE	3248	Male	40-49	00:52:01	STELLENBOSCH AC	736
342	Riedwaan	SALIE	4138	Male	50-59	00:52:02	ITHEKO SPORT ATHLETIC CLUB	
343	Howard	STEENKAMP	3199	Male	40-49	00:52:06	EDGEHEAD RUNNERS	5038
344	Keith	BAKE	5309	Male	60+	00:52:07	TEMP	
345	Chanel	ROSSOUW	4739	Female	Senior	00:52:08	TEMP	TEMP
346	Michael	LAURENSEN	3387	Male	40-49	00:52:08	TEMP	TEMP
347	Trevor	ZUMA	4779	Male	40-49	00:52:09	TEMP	TEMP
348	Chris	BARBA	3105	Male	Senior	00:52:09	TEMP	TEMP
349	Angelo	LEWIS	4527	Male	40-49	00:52:10	PICK 'N PAY ATHLETIC CLUB WP	5798
350	Nicholas	SCHUTT	3392	Male	Senior	00:52:10	TEMP	TEMP
351	Setmefree	ZUWENI	5456	Male	Senior	00:52:11	TEMP	TEMP
352	Sumanthra	MOODLEY	3240	Female	40-49	00:52:13	MITCHELL'S PLAIN TITANS	6325
353	Robyn	RAUTENBACH	5124	Female	Senior	00:52:14	TEMP	TEMP

354	Grant	ALEXANDER	3252	Male	40-49	00:52:15	TEMP	TEMP
355	Donovan	SEYMOUR	4484	Male	Senior	00:52:19	TEMP	TEMP
356	Mervin	MCKEITH	3995	Male	40-49	00:52:19	TEMP	TEMP
357	Adnaan	EMERAN	3264	Male	40-49	00:52:20	ITHEKO SPORT ATHLETIC CLUB	1672
358	Mogamad Ameen	DAVIDS	4850	Male	Senior	00:52:22	ITHEKO SPORT ATHLETIC CLUB	TEMP
359	Mogamat	LEE	4580	Male	50-59	00:52:22	TEMP	TEMP
360	Gerrie	COMBRINK	3374	Male	Senior	00:52:22	NEDBANK RUNNING CLUB WP	3100
361	Tasleem	SERALKER	3359	Male	Senior	00:52:23	TEMP	TEMP
362	Debbie	PALFRAMAN	4177	Female	Senior	00:52:24	TEMP	TEMP
363	Llewellyn	ROOS	4433	Male	Senior	00:52:24	TEMP	TEMP
364	Arthur	LELLO	4039	Male	40-49	00:52:24	TEMP	TEMP
365	Kevin	BEY-LEVELD	3135	Male	50-59	00:52:25	EDGEMEAD RUNNERS	6051
366	Mogammad	JAFFER	5038	Male	40-49	00:52:31	TEMP	TEMP
367	Paul	DIEDERICKS	5388	Male	40-49	00:52:32	ACSIS VOB	797
368	Susan	GLUCKMAN	4459	Female	40-49	00:52:35	RUN WALK FOR LIFE WESTERN PROVINCE	4949
369	Trevor	WINTER	3323	Male	Senior	00:52:35	TEMP	TEMP
370	Duncan	RISIEN	5068	Male	Senior	00:52:35	TEMP	TEMP
371	Janice	MOORHOUSE	3455	Female	Senior	00:52:36	TEMP	TEMP
372	Shaheed	JASSIEM	4965	Male	Senior	00:52:40	ITHEKO SPORT ATHLETIC CLUB	1792
373	Winesh	RAMPHAL	3313	Male	Senior	00:52:43	TEMP	TEMP
374	Rialette	MULDER	4507	Female	Senior	00:52:43	TEMP	10611
375	Ivan	GARAVAGLIA	3198	Male	50-59	00:52:44	TEMP	TEMP
376	Albert	REITZEMA	3372	Male	Senior	00:52:44	ATC RUNNING	6974
377	Hamid	SANGLAY	3477	Male	50-59	00:52:48	TOP FORM ATHLETIC CLUB	8230
378	Emile	ERASMUS	3385	Male	Senior	00:52:51	TEMP	TEMP
379	Bheka	MSELEKU	4228	Male	40-49	00:52:57	RCS GUGULETU AC	
380	Conrad	SPIES	3403	Male	Senior	00:52:57	SWARTLAND ATHLETIC CLUB	95
381	Graham	REDELINGHUYS	5402	Male	Senior	00:52:59	TEMP	
382	Wafeeq	BREWER	4095	Male	Senior	00:53:00	ITHEKO SPORT ATHLETIC CLUB	
383	Brett	SKINNER	3219	Male	Senior	00:53:00	TEMP	TEMP
384	Angela	ANGELAKIS	4447	Female	Senior	00:53:01	TEMP	TEMP
385	Elton	GORDON	3481	Male	Senior	00:53:01	TEMP	TEMP
386	Nicole	ADAMS	4681	Female	Senior	00:53:02	SPARTAN HARRIERS	2438
387	Hannes	MATTHEE	4549	Male	40-49	00:53:04	TEMP	TEMP
388	Yaaqub	SAMAAI	4958	Male	Senior	00:53:04	TEMP	TEMP
389	Faranaaz	JACOBS	3215	Female	Senior	00:53:04	ITHEKO SPORT ATHLETIC CLUB	1730
390	Mujeeb	KAJEE	4746	Male	Senior	00:53:04	ITHEKO SPORT ATHLETIC CLUB	1680
391	Anzonia	JOSEPH	3188	Female	40-49	00:53:04	TELKOM ATHLETICS CLUB	2128
392	Jollette	CONRADIE	4384	Female	Senior	00:53:06	TEMP	TEMP
393	Lourens	MYBURGH	4383	Male	Senior	00:53:06	TEMP	TEMP
394	Abdul Aziz	MOSOVAL	3125	Male	Senior	00:53:07	OMMIEDRAAI FRIENDS ATHETIC CLUB	9881
395	Joy	ABRAHAMS	3258	Female	40-49	00:53:11	SPARTAN HARRIERS	3261
396	Nicholas	MANGEYA	3961	Male	Senior	00:53:12	TEMP	TEMP
397	Talita	VAN TONDER	3212	Female	Senior	00:53:15	TEMP	TEMP
398	Jaryd	KAY	4698	Male	Senior	00:53:15	TEMP	TEMP
399	Peter	WELL	1588	Male	50-59	00:53:16	NEW BALANCE MULTISPORT CLUB	
400	Shuaib	GOGA	4561	Male	Senior	00:53:17	TEMP	TEMP
401	Bianca	MARAI	4221	Female	Senior	00:53:17	EDGEMEAD RUNNERS	
402	Armien	SAMAAI	3846	Male	40-49	00:53:20	TEMP	TEMP
403	Theresa	ISAACS	4582	Female	60+	00:53:20	ACSIS VOB	1006
404	Eric	RIEMANN	3885	Male	Senior	00:53:22	TEMP	TEMP
405	Maria	SILVERMAN	4437	Female	40-49	00:53:22	TEMP	TEMP
406	Jameel	AHMAD	3845	Male	40-49	00:53:22	PINELANDS ATHLETIC CLUB	2205
407	Griselda	ROSENBERG	4877	Female	Senior	00:53:23	TEMP	TEMP
408	Andrew	STEVENSON	3021	Male	40-49	00:53:23	TEMP	TEMP
409	Kaisa	PENTTILA	5488	Female	Senior	00:53:24	TEMP	
410	Wilfred	DIEDRICKS	3340	Male	50-59	00:53:25	ITHEKO SPORT ATHLETIC CLUB	9457
411	Sheffield	WAKEFIELD	3171	Male	Senior	00:53:25	ATLANTIC ATHLETIC CLUB	4705
412	Danie	DEMPERS	5393	Male	Senior	00:53:25	TEMP	
413	Melanie	VAN NIEKERK	4193	Female	Senior	00:53:26	WEST COAST ATHLETIC CLUB	5831J
414	Ziyaad	VALLEY-OMAR	3365	Male	Senior	00:53:27	TEMP	TEMP
415	Carol	JORDAAN	3246	Female	Senior	00:53:27	SWARTLAND ATHLETIC CLUB	93
416	Candice	MAZZOLINI	3203	Female	Senior	00:53:27	ACSIS VOB	598
417	Badr	EBRAHIM	3356	Male	Senior	00:53:28	TEMP	TEMP
418	Lauren	KRAUSS	4917	Female	Senior	00:53:30	TEMP	TEMP
419	Anees	ABA	4947	Male	Senior	00:53:30	TEMP	TEMP
420	Pierre	VAN NIEUWENHUIZEN	3098	Male	40-49	00:53:31	SACS OLD BOYS RUNNING CLUB	7092
421	Melissa	TSALICOGLOU	4436	Female	Senior	00:53:31	TEMP	TEMP
422	Anna Kate	DURR	4707	Female	Senior	00:53:32	TEMP	TEMP
423	Ismail	KLEINSMIDT	4151	Male	Senior	00:53:34	OMMIEDRAAI FRIENDS ATHETIC CLUB	
424	Christian	DENSLOW	5071	Male	Senior	00:53:36	TEMP	TEMP
425	Steven	COLSON	3349	Male	Senior	00:53:39	TEMP	TEMP
426	Juan	DU PLESSIS	4340	Male	Senior	00:53:40	TEMP	TEMP
427	Beverley	MEHL	4619	Female	40-49	00:53:41	TOP FORM ATHLETIC CLUB	7743
428	Izelle	IZATT	3375	Female	Senior	00:53:41	TEMP	TEMP
429	Taschyana	HURTER	3169	Female	Senior	00:53:42	HARTENBOS DRAWWERS	1004
430	Steven	DRURY	4066	Male	Senior	00:53:43	TEMP	TEMP
431	Ronald	ABRAHAMS	5479	Male	40-49	00:53:46	RCS GUGULETU AC	
432	Meagan	JACKSON	3015	Female	Senior	00:53:46	TEMP	TEMP
433	Denzil	SEPTEMBER	3983	Male	Senior	00:53:48	TEMP	TEMP
434	Gary-Mark	FOUCHE	4820	Male	Senior	00:53:59	TEMP	TEMP
435	Anthony	OLD	4574	Male	Senior	00:53:59	TEMP	TEMP
436	Ashiq	PARKER	3977	Male	Senior	00:54:00	TEMP	TEMP
437	Sunail	SULEMAN	5227	Male	Senior	00:54:02	TEMP	
438	Pual	LEVONA	5179	Female	50-59	00:54:03	SANDB WP	
439	Deon	DU PLESSIS	3259	Male	40-49	00:54:03	VODACOM STRIDERS WP	4863
440	Michelle	CLARENCE	4747	Female	40-49	00:54:07	SPARTAN HARRIERS	3271
441	John-Bert	CALITZ	3823	Male	Senior	00:54:07	ATC RUNNING	Awaiting for License

442	Ian	DE LANGE	3339	Male	40-49	00:54:09	PLEXUS DURBANVILLE ATHLETIC CLUB	7809
443	Siyabulela	SIBULA	3307	Male	Senior	00:54:10	NEW BALANCE MULTISPORT CLUB	8022
444	Trevor	RUBLY	3263	Male	Senior	00:54:11	TEMP	TEMP
445	Jack	KNOPP	3283	Male	50-59	00:54:12	TEMP	TEMP
446	Melanie	HAY	3329	Female	Senior	00:54:12	UNIVERSITY OF CAPE TOWN	6041
447	Lenetia	MUNDIE	430	Female	40-49	00:54:14	BRACKENFELL ATHLETIC CLUB	1272
448	Shu-Aib	LOUBSCHER	3282	Male	Senior	00:54:14	PINELANDS ATHLETIC CLUB	11012
449	Katy	RENNIE	3419	Female	Senior	00:54:14	TEMP	TEMP
450	Stephan	PIENAAR	3408	Male	Senior	00:54:16	TEMP	TEMP
451	Barry	BEY-LEVELD	3136	Male	40-49	00:54:17	TEMP	00:00:00
452	Niel	VAN WYK	3007	Male	Senior	00:54:17	TEMP	TEMP
453	Caitlin	WOLSTENHOLME	3420	Female	Senior	00:54:19	TEMP	TEMP
454	James	VAN DER LINDE	3241	Male	Senior	00:54:20	NEW BALANCE MULTISPORT CLUB	6004
455	Gysbertus	CLOETE	3309	Male	40-49	00:54:22	CENTURY CITY ATHLETIC CLUB	6776
456	Tasneem	SALIE	4518	Female	Senior	00:54:22	ITHEKO SPORT ATHLETIC CLUB	1622
457	Andrea	HAZEKAMP	3483	Female	Senior	00:54:22	TEMP	TEMP
458	Allie	GULM-HOUSEN	4984	Male	50-59	00:54:23	OMMIEDRAAI FRIENDS ATHLETIC CLUB	11091
459	Karen	VAN ZYL	3256	Female	40-49	00:54:24	AC SIS VOB	769
460	David	SMITH	4115	Male	40-49	00:54:25	TEMP	TEMP
461	Junaid	SHEIK	3416	Male	Senior	00:54:27	TEMP	TEMP
462	Claire	MALIK	5472	Female	Senior	00:54:28	TROISPORT TRI CLUB	14166
463	Thaabit	DAVIDS	4985	Male	Senior	00:54:28	ITHEKO SPORT ATHLETIC CLUB	10066
464	Paul	MURPHY	3014	Male	40-49	00:54:30	SOUTHERN STRIDERS	4046
465	Alroy	VELDSMAN	4585	Male	40-49	00:54:30	PICK 'N PAY ATHLETIC CLUB WP	TEMP
466	Rassie	PRETORIUS	3094	Male	40-49	00:54:30	SANLAM ATHLETIC CLUB	4066
467	Qasim	JAKOET	4136	Male	Senior	00:54:30	ITHEKO SPORT ATHLETIC CLUB	
468	Sulaiman	JAKOET	4519	Male	Senior	00:54:40	ITHEKO SPORT ATHLETIC CLUB	1696
469	Ayesha	KAMALIE	3377	Female	Senior	00:54:41	ITHEKO SPORT ATHLETIC CLUB	10917
470	Melissa	GELDENHUYS	3459	Female	Senior	00:54:44	EDGEMead RUNNERS	
471	Allon	BENZAKEIN	5260	Male	40-49	00:54:47	TEMP	
472	Katherine	LEWIS	3226	Female	Senior	00:54:48	TEMP	TEMP
473	Hannes	BURGER	4990	Male	Senior	00:54:49	TEMP	TEMP
474	Isaac	MARTINUS	3960	Male	50-59	00:54:50	ATLANTIS HARRIERS	4471
475	Jaqueline	LOYDELL	5256	Female	50-59	00:54:50	SATORI ATHLETICS CLUB	2976
476	Craig	LAKEY	3984	Male	40-49	00:54:51	TEMP	TEMP
477	Nigel	LAKEY	3285	Male	40-49	00:54:51	TEMP	TEMP
478	Miseka	MANCO	4236	Female	Senior	00:54:52	TEMP	TEMP
479	Mansoor	ABDURAHMAN	4422	Male	40-49	00:54:52	STRAGGLERS ATHLETIC CLUB	6491
480	Caine	STADLER	5015	Male	Senior	00:54:52	EDGEMead RUNNERS	1503
481	Michael	SLATER	3233	Male	40-49	00:54:54	NELSON MANDELA METROPOLITAN UNIVERSITY AC	2085
482	Chris	OSBORN	4067	Male	40-49	00:54:58	TOP FORM ATHLETIC CLUB	
483	Jehann	RAILOUN	5141	Male	40-49	00:55:00	TEMP	
484	Natasha	COLSON	5493	Female	Senior	00:55:01	TEMP	TEMP
485	Basheer	OMARDIEN	4559	Male	Senior	00:55:04	CPUT AC	7158
486	Alan	BARCLAY	3213	Male	50-59	00:55:05	AC SIS VOB	TEMP
487	Sarah	STRYDOM	3254	Female	Senior	00:55:05	TEMP	TEMP
488	Shaheen	DOMINGO	3255	Male	40-49	00:55:06	TEMP	TEMP
489	Donald	MACDONALD	3341	Male	50-59	00:55:07	HARFIELD HARRIERS	5393
490	Emma	SIMON	3880	Female	Senior	00:55:07	TEMP	TEMP
491	Robyn	SWANEPOEL	3232	Female	Senior	00:55:10	TEMP	TEMP
492	Cindy Lee	MCLEOD	4455	Female	Senior	00:55:10	EDGEMead RUNNERS	5026
493	Nadia	NAIR	3225	Female	Senior	00:55:11	BELLVILLE ATHLETIC CLUB	7545
494	Andre John	SAMPSON	5349	Male	40-49	00:55:11	TEMP	
495	Tracey	HENDRICKS	3150	Female	Senior	00:55:11	TEMP	TEMP
496	Bradley	BURGER	4542	Male	Senior	00:55:15	SPARTAN HARRIERS	3223
497	Sarah	PORTER	4757	Female	Senior	00:55:16	TEMP	TEMP
498	Bruce	PERRY	3161	Male	40-49	00:55:18	TEMP	TEMP
499	Sibonelo	KALIPA	4711	Male	Senior	00:55:18	TEMP	
500	Russell	TAIT	3346	Male	50-59	00:55:21	WEST COAST ATHLETIC CLUB	TEMP
501	Thomas	MATTHEW	5458	Male	Senior	00:55:22	TEMP	
502	Andre	TURNBULL	3354	Male	Senior	00:55:22	NEW BALANCE MULTISPORT CLUB	8015
503	Robyn	OZINSKY	4986	Female	Senior	00:55:24	TEMP	TEMP
504	Riaan	NEL	3332	Male	Senior	00:55:24	PVM AFFIES MARATHON KLUB	8854
505	Isabel	PUEHRA	4926	Female	Senior	00:55:28	TEMP	TEMP
506	Cocoka	QOMIYANA	5344	Female	Senior	00:55:30	AC SIS VOB	
507	Andrew	MORRISON	4358	Male	Senior	00:55:31	TEMP	TEMP
508	Jerome	MENTOR	4811	Male	40-49	00:55:31	TOP FORM ATHLETIC CLUB	7019
509	Brittany	DILKES	3452	Female	Senior	00:55:33	TEMP	TEMP
510	Jeffrey	DEVEREUX	3427	Male	Senior	00:55:34	TEMP	TEMP
511	Flora	CHINHAIRE	3780	Female	40-49	00:55:40	TEMP	TEMP
512	Faiza	GEYER	3849	Female	Senior	00:55:44	TEMP	TEMP
513	Mervin	DANIELS	3127	Male	Senior	00:55:46	METROPOLITAN ATHLETIC CLUB	8320
514	Robert	GOWER	3502	Male	Senior	00:55:46	TEMP	TEMP
515	Sandra	MORRIS	4247	Female	50-59	00:55:49	MITCHELL'S PLAIN TITANS	
516	Maajid	WARLEY	4161	Male	60+	00:55:50	SPARTAN HARRIERS	
517	Tami Lorin	CAMRING	5284	Female	Senior	00:55:53	ATLANTIC ATHLETIC CLUB	
518	Erin	FERRARIS	4866	Female	Senior	00:55:53	TEMP	TEMP
519	Matt	GOODINS	5340	Male	Senior	00:55:53	TEMP	
520	Steve	MCDONALD	5451	Male	60+	00:55:53	TEMP	
521	Aashiq	ISMAIL	5356	Male	Senior	00:55:55	ITHEKO SPORT ATHLETIC CLUB	1999
522	Jolani	VIVIER	3400	Female	Senior	00:55:55	RUNNING INN ATHLETICS CLUB	8737
523	Nabeel	ELY	3121	Male	Senior	00:55:56	ITHEKO SPORT ATHLETIC CLUB	10602
524	Michael	ADAMS	3267	Male	40-49	00:55:57	SPARTAN HARRIERS	9892
525	Enos	ENUS	3305	Male	50-59	00:55:58	ITHEKO SPORT ATHLETIC CLUB	2042
526	Angelina	FANTIN	4862	Female	Senior	00:55:58	TEMP	TEMP
527	Jemima-Faye	GOODALL	4856	Female	Senior	00:56:01	TEMP	TEMP
528	Tshediso	KHAHLEDI	5048	Male	Senior	00:56:02	TEMP	TEMP
529	Ilse	DU PREEZ	5464	Female	40-49	00:56:02	TEMP	
530	Faez	MARTIN	3320	Male	Senior	00:56:03	TEMP	TEMP

531	Mogamat	GERTSE	3290	Male	40-49	00:56:03	ITHEKO SPORT ATHLETIC CLUB	1615
532	Mahomed	HAFJEJEE	3288	Male	Senior	00:56:04	UNIVERSITY OF CAPE TOWN	TEMP
533	Hassiem	ABRAHAMS	4693	Male	Senior	00:56:07	TEMP	TEMP
534	Mash-Hood	SAMSODIEN	4371	Male	Senior	00:56:08	TEMP	TEMP
535	Christiaan	KOTZE	4735	Male	Senior	00:56:08	NEW BALANCE MULTISPORT CLUB	8076
536	Rayno	LOURENS	3485	Male	Senior	00:56:09	TEMP	00:00:00
537	Belinda	MORRISON	4357	Female	Senior	00:56:10	ATLANTIC ATHLETIC CLUB	TEMP
538	Charlotte	SAUNDERS	4202	Female	Senior	00:56:11	CELTIC HARRIERS	
539	Kamaal	MARTIN	5454	Male	Senior	00:56:12	TEMP	TEMP
540	Ernst	VILJOEN	4438	Male	Senior	00:56:12	TEMP	TEMP
541	Mario	WYNGAARDT	4071	Male	50-59	00:56:12	SPARTAN HARRIERS	
542	Marilyn	FRITZ	4157	Female	40-49	00:56:13	SANDEF WP	
543	Tom	JOHNSON	3134	Male	50-59	00:56:13	BELLVILLE ATHLETIC CLUB	3540
544	Craig	ADAMS	3493	Male	40-49	00:56:13	UNIVERSITY OF CAPE TOWN	6021
545	Denise	YAZAR	4578	Female	Senior	00:56:13	ATC RUNNING	6931
546	Chloe	MANSFIELD	5268	Female	Senior	00:56:14	TEMP	
547	Russel	BISCOMBE	3300	Male	40-49	00:56:15	NEW BALANCE MULTISPORT CLUB	7983
548	Donald	JOSEPH	3800	Male	Senior	00:56:15	BRACKENFELL ATHLETIC CLUB	7229
549	Gary	CASTLE	3186	Male	40-49	00:56:17	TEMP	TEMP
550	Waleed	ABRAHAMS	3932	Male	Senior	00:56:17	TEMP	TEMP
551	Ziyaad	SOLOMON	4442	Male	Senior	00:56:17	TEMP	TEMP
552	Tarryn	ANELLI	3334	Female	Senior	00:56:18	ATC RUNNING	6952
553	Christopher	EDDY	4839	Male	Senior	00:56:18	TEMP	TEMP
554	Sarah	CORLETT	3466	Female	Senior	00:56:18	ACSIS VOB	10598
555	Ghaalieb	GRAY	5139	Male	Senior	00:56:18	TEMP	
556	Achmat	SALIE	3306	Male	50-59	00:56:21	ARD ATHLETIC CLUB	2770
557	Abdul-Muizh	LEWIN	4189	Male	Senior	00:56:22	ARD ATHLETIC CLUB	
558	Luke	DAVIDS	3009	Male	Senior	00:56:22	TEMP	TEMP
559	Andrea	PALK	3369	Female	Senior	00:56:22	TEMP	TEMP
560	Monique	HEARN	4495	Female	Senior	00:56:24	TEMP	TEMP
561	Ciska	STEENKAMP	3802	Female	40-49	00:56:25	TEMP	TEMP
562	Jean	VAN WYK	4378	Male	Senior	00:56:26	TEMP	TEMP
563	Handro	LAMPRECHT	4783	Male	Senior	00:56:26	TEMP	TEMP
564	Jean	VAN DER WALT	5358	Male	Senior	00:56:27	TEMP	
565	Rashida	GALIEM	3820	Female	Senior	00:56:29	TEMP	TEMP
566	Reynard	BRESLER	4464	Male	Senior	00:56:30	TEMP	TEMP
567	Charlotte	VON LOGGERENBERG	5424	Female	40-49	00:56:32	KHAYELITSHA AC	
568	Henry	JONKERS	3185	Male	50-59	00:56:33	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2538
569	Riza	KAMALIE	3424	Male	Senior	00:56:33	TEMP	TEMP
570	Robin	MCDONALD	3487	Male	50-59	00:56:35	WILDRUNNER	5470
571	Greig	HAINS	4360	Male	Senior	00:56:37	ACSIS VOB	8945
572	Ashleigh	SINGERS	3501	Female	Senior	00:56:39	TEMP	TEMP
573	Faika	JACOBS	3760	Female	Senior	00:56:40	ITHEKO SPORT ATHLETIC CLUB	1838
574	Justin	STERRENBURG	5428	Male	40-49	00:56:41	TEMP	
575	Mandi	ENGBRECHT	4589	Female	Senior	00:56:41	TEMP	TEMP
576	Luke	WESTGATE	4831	Male	Senior	00:56:42	TEMP	TEMP
577	Gail	MORIARTY	3236	Female	40-49	00:56:44	WEST COAST ATHLETIC CLUB	3696
578	Megan	WENTZINGER	3963	Female	Senior	00:56:44	WEST COAST ATHLETIC CLUB	3777
579	Rachel	ARNOTT	3797	Female	Senior	00:56:44	WEST COAST ATHLETIC CLUB	3677
580	Slavena	JENSEN	3274	Female	Senior	00:56:44	WEST COAST ATHLETIC CLUB	3686
581	Michael	LASCOT	5220	Male	Senior	00:56:47	TEMP	
582	Abdul Samad	RAZZAK	1906	Male	50-59	00:56:48	TOP FORM ATHLETIC CLUB	
583	Abdul Baasit	RAZZAK	1919	Male	Senior	00:56:49	TEMP	
584	Vera	DERKSON	5280	Female	Senior	00:56:49	TEMP	
585	Stef	GRAMSER	4111	Male	Senior	00:56:49	TEMP	
586	Roger	COETZEE	4232	Male	Senior	00:56:49	TEMP	TEMP
587	Luke	AKAL	3429	Male	Senior	00:56:50	TEMP	TEMP
588	Bas	KAMPHUIS	5129	Male	Senior	00:56:51	TEMP	
589	Phumlani	MTSHALI	4969	Male	Senior	00:56:51	EASTERNS KRAAIFONTEIN ATHLETIC CLUB	2544
590	Birgit	TIELEMANS	5279	Female	Senior	00:56:52	TEMP	
591	Graham	DANIELS	5163	Male	40-49	00:56:53	FARNESE	
592	Louis	VAN DER WALT	4774	Male	Senior	00:56:54	TEMP	TEMP
593	Fanny	PUSSEHL	4536	Female	Senior	00:56:55	TEMP	TEMP
594	Nomaninzi	MSUMZA	5296	Female	Senior	00:56:56	ESKOM AC WP	
595	Muyahid	ALLIE	5343	Male	Senior	00:56:56	FARNESE	
596	Carien	BEBB	5266	Female	Senior	00:56:57	TEMP	
597	Shameeg	NAKIDIEN	3317	Male	Senior	00:57:00	TEMP	TEMP
598	Eugene	LAMONT	5125	Male	40-49	00:57:01	EDGEMead RUNNERS	
599	Duncan	KOHN	5300	Male	Senior	00:57:03	TEMP	
600	Petra	MOOLENSCHOT	3475	Female	60+	00:57:02	PICK 'N PAY ATHLETIC CLUB WP	5790
601	Elizabeth	WOOD	5233	Female	Senior	00:57:03	TEMP	
602	De Wyk	STEYN	3651	Male	Senior	00:57:06	TEMP	TEMP
603	Cecilia	BOTHA	3311	Female	Senior	00:57:04	NEDBANK RUNNING CLUB WP	86
604	Natasha	THOMPSON	3338	Female	Senior	00:57:06	ATC RUNNING	00:00:00
605	Caron	MAJEWSKI	4795	Female	Senior	00:57:07	TEMP	TEMP
606	Johannes	MEERHOLZ	3742	Male	Senior	00:57:09	TEMP	TEMP
607	April	ELDER	4471	Female	Senior	00:57:08	TEMP	TEMP
608	Gillian	NAIRN	4279	Female	Senior	00:57:09	TEMP	TEMP
609	Karen	MENTOR	4207	Female	40-49	00:57:12	TOP FORM ATHLETIC CLUB	
610	Alex	CALVOSA	3490	Male	Senior	00:57:12	TEMP	TEMP
611	Roderick	WILLIS	5086	Male	50-59	00:57:12	TOP FORM ATHLETIC CLUB	
612	Glenn	MATTHEWS	3638	Male	Senior	00:57:13	TEMP	TEMP
613	Aeysha	SEMAAR	3345	Female	Senior	00:57:15	TEMP	TEMP
614	Marwaan	ALLIE	4113	Male	40-49	00:57:15	ITHEKO SPORT ATHLETIC CLUB	
615	Moegamat Abduragmaan	MODACK	3448	Male	Senior	00:57:14	TOP FORM ATHLETIC CLUB	5568
616	Ghielmie	STEMMET	4441	Male	Senior	00:57:15	TEMP	TEMP
617	Alexandra	BULL	4727	Female	Senior	00:57:16	ATLANTIC ATHLETIC CLUB	4532
618	Stephen Paul	HAYES	5459	Male	Senior	00:57:17	FISH HOEK ATHLETIC CLUB	

619	Tania	MORGAN-WEYER	3986	Female	40-49	00:57:16	TEMP	TEMP
620	John	HARRIS	4923	Male	Senior	00:57:17	TEMP	TEMP
621	Louis	VAN TONDER	4940	Male	60+	00:57:17	TEMP	TEMP
622	Zahrah	RAMJAN	4661	Female	Senior	00:57:18	ACSIS VOB	893
623	Matthew	GRIFFITHS	4754	Male	Senior	00:57:19	TEMP	TEMP
624	Jeffrey	SHAPIRO	3979	Male	Senior	00:57:19	ACSIS VOB	609
625	Giorgio	MADELLA	3201	Male	50-59	00:57:20	TEMP	TEMP
626	Nthathi	KHUMALO	3001	Female	Senior	00:57:22	TEMP	TEMP
627	Maryka	TREURNICH	4854	Female	Senior	00:57:22	NEDBANK RUNNING CLUB WP	3029
628	Lichfield	WAKEFIELD	3172	Male	Senior	00:57:22	TEMP	TEMP
629	Matthew	BEY-LEVELD	4981	Male	Senior	00:57:23	ROBERTSON ATHLETIC CLUB	TEMP
630	Alta	MOORE	3383	Female	40-49	00:57:24	TEMP	TEMP
631	Johan	FERREIRA	3799	Male	Senior	00:57:25	NEDBANK RUNNING CLUB EASTERN CAPE	1540
632	Busisiwe	XABA	4714	Female	Senior	00:57:24	TEMP	TEMP
633	Andre	TREURNICH	4855	Male	40-49	00:57:25	NEDBANK RUNNING CLUB WP	3067
634	Lesodi	WILLIAMS TSHISA	5150	Male	40-49	00:57:27	TEMP	
635	Cornell	BADENHORST	4204	Female	Senior	00:57:28	TEMP	TEMP
636	Jochen	SCHUETTE	3284	Male	50-59	00:57:28	TEMP	TEMP
637	Shahied	CADER	5252	Male	Senior	00:57:30	TOP FORM ATHLETIC CLUB	
638	Cara-Lee	RUDITZKY	4955	Female	Senior	00:57:30	TEMP	TEMP
639	Jacob	DAVEL	4805	Male	40-49	00:57:33	SPARTAN HARRIERS	10649
640	Megan-Lee	MEREDITH	3993	Female	Senior	00:57:32	TEMP	TEMP
641	Chanel	DED BRUYN	4592	Female	Senior	00:57:33	TEMP	TEMP
642	Elani	DEMPERS	5395	Female	Senior	00:57:33	TEMP	
643	Susan	LANDSBERG	4255	Female	40-49	00:57:38	TEMP	TEMP
644	Anastasia	SASMAN	3357	Female	40-49	00:57:38	SPARTAN HARRIERS	2894
645	Hilton	EHRENREICH	4089	Male	40-49	00:57:36	BRACKENFELL ATHLETIC CLUB	
646	Andre	SMITH	3358	Male	40-49	00:57:38	SPARTAN HARRIERS	2893
647	Ruth	LEVERTON	3347	Female	60+	00:57:39	PINELANDS ATHLETIC CLUB	2252
648	Michael	SWAETZ	4086	Male	Senior	00:57:43	TEMP	TEMP
649	Gary	BRITZ	5489	Male	40-49	00:57:43	WEST COAST ATHLETIC CLUB	
650	Malcolm	LOMBERG	5490	Male	40-49	00:57:43	TEMP	
651	Julie	PIERRE	4978	Female	Senior	00:57:40	TEMP	TEMP
652	Charmain	WURDEMAN	5209	Female	40-49	00:57:43	TEMP	
653	Theresa	PAKULSKI	3989	Female	40-49	00:57:44	TEMP	TEMP
654	Aboubakar	ABRAHAMS	3449	Male	40-49	00:57:46	TOP FORM ATHLETIC CLUB	5542
655	Hoosain	ACHMAT	3244	Male	40-49	00:57:46	ARD ATHLETIC CLUB	8650
656	Mishaal	SALIE	5017	Male	Senior	00:57:45	TEMP	TEMP
657	Riyad	DOMINGO	3074	Male	Senior	00:57:46	TEMP	TEMP
658	Amaal	ABRAHAMS	4006	Female	Senior	00:57:47	ITHEKO SPORT ATHLETIC CLUB	1761
659	Achmat	JACOBS	4572	Male	50-59	00:57:48	ITHEKO SPORT ATHLETIC CLUB	1688
660	Nezaam	ISAACS	3810	Male	40-49	00:57:49	ITHEKO SPORT ATHLETIC CLUB	1912
661	Hayley	DICKSON	3371	Female	Senior	00:57:53	TEMP	TEMP
662	Adam	KLEINGCHMIDT	4033	Male	Senior	00:57:58	CELTIC HARRIERS	
663	Amin	PIETERSEN	3362	Male	50-59	00:57:58	ARD ATHLETIC CLUB	2771
664	Zahier	KAPERY	3373	Male	40-49	00:57:58	ARD ATHLETIC CLUB	8299
665	Charlene	BROWN	4734	Female	Senior	00:57:59	EDGEMEAD RUNNERS	1483
666	Llewellyn	VAUGHAN	4826	Male	Senior	00:57:58	TEMP	TEMP
667	Ian-Ray	JACK	3170	Male	40-49	00:57:59	SPARTAN HARRIERS	2921
668	Ismail	AJERAAN	4059	Male	50-59	00:58:03	TOP FORM ATHLETIC CLUB	
669	Marius	SWANEPOEL	4550	Male	50-59	00:58:01	NEW BALANCE MULTISPORT CLUB	3405
670	Moegammad	ISMAIL	4963	Male	40-49	00:58:04	TEMP	TEMP
671	Ashleigh	TENNIER	3486	Female	Senior	00:58:03	UNIVERSITY OF CAPE TOWN	6166
672	Emma	PIETERSEN	4858	Female	Senior	00:58:04	TEMP	TEMP
673	Phillip	MARAI	3803	Male	40-49	00:58:05	TEMP	TEMP
674	Bernie	ADAMS	4949	Female	50-59	00:58:06	TEMP	TEMP
675	Kim	SHEARD	3575	Female	Senior	00:58:05	TEMP	TEMP
676	James	NEWLANDS	3430	Male	50-59	00:58:06	TEMP	TEMP
677	Chloe	NEWLANDS	3985	Female	Senior	00:58:06	MATIES	TEMP
678	Astrid	SADLER	3467	Female	Senior	00:58:07	CELTIC HARRIERS	294
679	Jason	BROWN	4931	Male	Senior	00:58:08	TEMP	TEMP
680	Salie	FREDERICKS	4745	Male	40-49	00:58:08	METROPOLITAN ATHLETIC CLUB	5127
681	Marwaan	FREDERICKS	4961	Male	Senior	00:58:09	METROPOLITAN ATHLETIC CLUB	5132
682	Ellen	HAMES	3524	Female	40-49	00:58:09	RUN WALK FOR LIFE WESTERN PROVINCE	4906
683	Lauren	DEAN	3326	Female	Senior	00:58:11	TEMP	TEMP
684	Peter	NELL	4421	Male	50-59	00:58:11	NEW BALANCE MULTISPORT CLUB	3324
685	Heidi	DU PLESSIS	3465	Female	40-49	00:58:12	RUN WALK FOR LIFE WESTERN PROVINCE	4058
686	Ebrahim	OSMAN	4717	Male	40-49	00:58:12	ITHEKO SPORT ATHLETIC CLUB	9296
687	Elizabeth	VORSTER	3504	Female	Senior	00:58:14	TEMP	TEMP
688	Tia	VAN DYK	3437	Female	Senior	00:58:18	TEMP	TEMP
689	Kim	LAMB	4483	Female	40-49	00:58:17	EDGEMEAD RUNNERS	5039
690	Leigh	WISHART	3438	Female	40-49	00:58:18	TEMP	TEMP
691	Suzanne	GERMS	3303	Female	Senior	00:58:19	ARD ATHLETIC CLUB	10743
692	Ayesha	KHAN	4506	Female	40-49	00:58:19	ARD ATHLETIC CLUB	6549
693	Keiren	ATMORE	4765	Female	40-49	00:58:23	ACSIS VOB	1012
694	Refai	RYKLIEF	4309	Male	40-49	00:58:22	TEMP	TEMP
695	Mariana	LE GRANGE	3759	Female	50-59	00:58:26	STRAND ATHLETIC CLUB	TEMP
696	Kelly	DU PLOOY	3322	Female	Senior	00:58:23	TEMP	TEMP
697	Andre	LANDMAN	3180	Male	50-59	00:58:28	TEMP	TEMP
698	Sharmil	ISAACS	3337	Male	50-59	00:58:28	ITHEKO SPORT ATHLETIC CLUB	1961
699	Janie	SWANEPOEL	3488	Female	Senior	00:58:26	UNIVERSITY OF CAPE TOWN	TEMP
700	Stacey	REHBOCK	3381	Female	Senior	00:58:28	WILDRUNNER	7946
701	Julian	SWARTZ	5191	Male	Senior	00:58:30	TEMP	
702	Richard	CULLIS	3514	Male	40-49	00:58:32	WESTERN PROVINCE CRICKET CLUB	00:00:00
703	Richard	HARTLEY	4552	Male	50-59	00:58:31	TEMP	TEMP
704	Nei-Yuan	HSIAO	3492	Male	Senior	00:58:32	CELTIC HARRIERS	9899
705	Bianca	DANIELS	5351	Female	40-49	00:58:34	TOP FORM ATHLETIC CLUB	
706	Ilana	STEENKAMP	3831	Female	Senior	00:58:33	ATC RUNNING	8593
707	Liesl	WINTER	3388	Female	Senior	00:58:34	PINELANDS ATHLETIC CLUB	2281

708	Mike	BRISCOE	5462	Male	50-59	00:58:37	DURBAN HIGH SCHOOL OLD BOYS AC	6142
709	Kana Tanguobou	ARISTIDE JOEL	3974	Male	Senior	00:58:40	TEMP	TEMP
710	Mervin	SMITH	5231	Male	50-59	00:58:37	MITCHELL'S PLAIN TITANS	
711	Elton	KRUGER	5415	Male	Senior	00:58:40	TEMP	
712	Shanaaz	KARIEM	3529	Female	Senior	00:58:41	ARD ATHLETIC CLUB	2780
713	Zubayr	PETERSEN	3304	Male	Senior	00:58:42	TEMP	TEMP
714	Hilary	OSBORN	4068	Male	40-49	00:58:44	TOP FORM ATHLETIC CLUB	
715	Charlene	MAARTENS	4051	Female	40-49	00:58:45	TYGERBERG ATHLETIC CLUB	
716	Kyle	FARMER	4310	Male	Senior	00:58:48	TEMP	TEMP
717	Erwin	RENCKEN	3956	Male	Senior	00:58:47	EDGEMead RUNNERS	1448
718	Petro	VAN WYK	4334	Female	Senior	00:58:48	ATLANTIC ATHLETIC CLUB	9664
719	Storm	DURR	4705	Male	50-59	00:58:52	TEMP	TEMP
720	Raldia	SHABODIEN	3348	Female	50-59	00:58:51	ITHEKO SPORT ATHLETIC CLUB	1955
721	Maria	HOFMEYR	3674	Female	50-59	00:58:52	NAMAQUA ATHLETIC CLUB	7119
722	Francois	MARTHINUS	1286	Male	50-59	00:58:52	SANDF WP	
723	Sinclair	CAMPBEL	3536	Male	50-59	00:58:53	TEMP	TEMP
724	Dirkie	CONRADIE	4771	Male	40-49	00:58:55	NEW BALANCE MULTISPORT CLUB	7603
725	Marelise	CONRADIE	4769	Female	40-49	00:58:55	PLEXUS DURBANVILLE ATHLETIC CLUB	7880
726	Eugene	ADAMS	4186	Male	50-59	00:58:54	OXFORD STRIDERS	
727	Matthew	TINTINGER	4569	Male	Senior	00:58:55	ATC RUNNING	3864
728	Graham	BOTHA	4265	Male	50-59	00:58:59	HOUT BAY HARRIERS	
729	Sterrenberg	SCHOOMBEE	4781	Male	Senior	00:58:59	TEMP	TEMP
730	Insaf	KAMISH	3183	Female	Senior	00:58:59	ITHEKO SPORT ATHLETIC CLUB	1898
731	Pieter	BOTHA	4725	Male	Senior	00:58:56	TEMP	TEMP
732	Christine	JONES	3567	Female	Senior	00:59:01	TEMP	TEMP
733	Gerhard	VAN WYK	3216	Male	Senior	00:58:59	TEMP	TEMP
734	Zahid	EBRAHIM	5313	Male	50-59	00:59:02	TEMP	
735	Mohamed Sayeed	OSMAN	4876	Male	60+	00:59:01	TOP FORM ATHLETIC CLUB	5570
736	Jamal	ISMAIL	3996	Male	Senior	00:59:02	ITHEKO SPORT ATHLETIC CLUB	9417
737	Ya Qub	EBRAHIM	5314	Male	Senior	00:59:03	ARD ATHLETIC CLUB	
738	Nazlie	MOHEDEEN	3364	Female	50-59	00:59:02	ITHEKO SPORT ATHLETIC CLUB	1799
739	Sadika	JADWAT	3505	Female	Senior	00:59:03	TEMP	TEMP
740	Rayno	BOSMAN	4003	Male	Senior	00:59:05	JOHANNESBURG SYNDROME ROAD RUNNERS	TEMP
741	Roldah	ORRIE	4307	Female	40-49	00:59:05	ITHEKO SPORT ATHLETIC CLUB	9448
742	Daniel	APPEL	4586	Male	Senior	00:59:06	TEMP	TEMP
743	Elizabeth	REID	3393	Female	Senior	00:59:05	TEMP	TEMP
744	Sarah	STEVENS	4400	Female	Senior	00:59:06	TEMP	TEMP
745	Thalia	FERREIRA	3018	Female	Senior	00:59:08	TEMP	TEMP
746	Tamsin	HES	5405	Female	Senior	00:59:08	TEMP	
747	Xavier	LEWIS	5463	Male	50-59	00:59:09	TEMP	
748	Ebrahim	DOMINGO	4007	Male	Senior	00:59:10	TEMP	TEMP
749	Sivenesi	SUBRAMONEY	4943	Female	Senior	00:59:10	TEMP	TEMP
750	Tarryn	WARREN	3817	Female	Senior	00:59:11	TEMP	1130
751	Shamied	ADAMS	5156	Male	40-49	00:59:12	FARNESE	
752	Esti	BRANDT	3480	Female	Senior	00:59:16	TEMP	TEMP
753	Binyamien	KARIEM	3167	Male	40-49	00:59:14	ARD ATHLETIC CLUB	2779
754	Rolene	REYNEKE	3479	Female	Senior	00:59:16	TEMP	TEMP
755	Laura	BOUWER	4090	Female	50-59	00:59:27	SANLAM ATHLETIC CLUB	
756	Roy	HOBSON	5437	Male	Senior	00:59:31	TEMP	TEMP
757	Deon	BUYS	3434	Male	Senior	00:59:35	TEMP	TEMP
758	Lihle	DUBULA	3955	Male	Senior	00:59:35	TOP FORM ATHLETIC CLUB	TEMP
759	Craig	ALEXANDER	3451	Male	Senior	00:59:36	TEMP	TEMP
760	Mujahid	BOOLEY	5162	Male	40-49	00:59:36	RCS GUGULETU AC	
761	Florence	GROENER	5477	Female	40-49	00:59:37	TEMP	
762	Chantall	JOHNSTON	4533	Female	Senior	00:59:40	EDGEMead RUNNERS	5040
763	Cameron	JOHNSTON	4966	Male	40-49	00:59:41	EDGEMead RUNNERS	5088
764	Teresia	ARENDSE	4872	Female	40-49	00:59:41	SOUTHERN STRIDERS	9072
765	Jennifer	WELZEL	4402	Female	Senior	00:59:40	ATC RUNNING	TEMP
766	Roy	TOMLINSON	5478	Male	60+	00:59:41	TEMP	
767	Johan	VAN ZYL	4626	Male	50-59	00:59:43	NEW BALANCE MULTISPORT CLUB	3374
768	Our-Joy	CLOKE	4930	Female	Senior	00:59:45	TEMP	TEMP
769	Sinenhlanhla	GUMEDE	3987	Female	Senior	00:59:45	BELLVILLE ATHLETIC CLUB	7579
770	Michelle	GOUWS	4440	Female	40-49	00:59:50	RUN WALK FOR LIFE WESTERN PROVINCE	7784
771	Ahdam	SALIE	5245	Male	Senior	00:59:54	TEMP	
772	Claudia	LO	3539	Female	Senior	00:59:55	TEMP	TEMP
773	Yusuf	DAVIDS	3352	Male	Senior	00:59:56	ITHEKO SPORT ATHLETIC CLUB	1861
774	Pumla	KUTA	4025	Female	40-49	00:59:56	RCS GUGULETU AC	
775	Sulaiman	CASSIEM	4511	Male	Senior	00:59:58	TEMP	TEMP
776	Renee	CUPIDO	4253	Female	Senior	00:59:59	ITHEKO SPORT ATHLETIC CLUB	
777	Khadija	SOLOMONS	4564	Female	Senior	00:59:59	TEMP	TEMP
778	Eugene	KOEKEMOER	4178	Male	50-59	01:00:00	SWARTLAND ATHLETIC CLUB	
779	Cindy	BESSINGER	3222	Female	Senior	01:00:01	TEMP	TEMP
780	Riaan	BESSINGER	3224	Male	Senior	01:00:02	TEMP	TEMP
781	Naeem	KATHRADA	4606	Male	Senior	01:00:03	TOP FORM ATHLETIC CLUB	5564
782	Kelly	HOOK	3389	Female	Senior	01:00:02	WESTERN PROVINCE CRICKET CLUB	6230
783	Melissa	TODD	4645	Female	Senior	01:00:03	ACSIS VOB	1142
784	Pippa	SEGALL	3999	Female	40-49	01:00:08	TEMP	TEMP
785	Geno	LAKAY	5178	Male	50-59	01:00:09	TEMP	
786	Regan	MELODY	4888	Male	Senior	01:00:09	CPUT AC	3750
787	Devon	BASSON	3314	Female	Senior	01:00:11	TEMP	TEMP
788	Greer	BLIZZARD	5453	Female	Senior	01:00:12	TEMP	
789	Mobeen	FORTUNE	3805	Male	Senior	01:00:14	TOP FORM ATHLETIC CLUB	5579
790	Aneeqa	ORRIE	3681	Female	Senior	01:00:17	ARD ATHLETIC CLUB	8298
791	Jan	VAN HEERDEN	3025	Male	60+	01:00:19	TYGERBERG ATHLETIC CLUB	5673
792	Deborah	VILJOEN	5044	Female	40-49	01:00:19	HARFIELD HARRIERS	9142
793	Bernise	JACOBS	4742	Female	50-59	01:00:20	TEMP	2856
794	Jennifer	JACOBS	3850	Female	50-59	01:00:21	EDGEMead RUNNERS	1385
795	Zaida	ABDULLA	4902	Female	Senior	01:00:22	TEMP	TEMP
796	Julie	DONALD	4365	Female	Senior	01:00:22	TEMP	TEMP

797	Tamarin	MORRELL	4364	Female	Senior	01:00:23	TEMP	TEMP
798	Debbie	ZIMMERMAN	3862	Female	40-49	01:00:23	SPARTAN HARRIERS	3241
799	Sharon	STEENKAMP	3964	Female	Senior	01:00:29	RUN WALK FOR LIFE WESTERN PROVINCE	8599
800	Nadia	GAMJET	3540	Female	Senior	01:00:32	ITHEKO SPORT ATHLETIC CLUB	1768
801	Sarah	HERDIEN	5324	Female	60+	01:00:30	TEMP	
802	Lindsay	WALKER	3497	Female	Senior	01:00:32	TEMP	TEMP
803	Andre	MENTOOR	5042	Male	40-49	01:00:33	TELKOM ATHLETICS CLUB	9287
804	Sean	GARDE	3498	Male	Senior	01:00:34	TEMP	TEMP
805	Nonhlanhla	DLAMINI-STOLL	3491	Female	Senior	01:00:35	TEMP	TEMP
806	James	ROWLAND	5269	Male	Senior	01:00:37	TEMP	
807	Dylan	BARTH	4087	Male	Senior	01:00:39	TEMP	TEMP
808	Dominique	ERLEIGH	3842	Female	Senior	01:00:38	SPARTAN HARRIERS	2848
809	Uwais	RAZACK	4812	Male	Senior	01:00:39	TEMP	TEMP
810	Kathleen	BASSON	3552	Female	50-59	01:00:40	TEMP	TEMP
811	Sidonia	THEYS	5060	Female	50-59	01:00:41	TYGERBERG ATHLETIC CLUB	5718
812	Mark	ARENDSE	4870	Male	50-59	01:00:43	SOUTHERN STRIDERS	9071
813	Andrew	GROBLER	3992	Male	Senior	01:00:42	TEMP	TEMP
814	Caitlin	ARENDSE	4873	Female	Senior	01:00:43	WESTERN PROVINCE CRICKET CLUB	10665
815	Yaquub	SALIE	5246	Male	Senior	01:00:43	TEMP	
816	Lisa	CILLIERS	3801	Female	Senior	01:00:45	WEST COAST ATHLETIC CLUB	3688
817	Elandre	VAN DEN BERG	3344	Female	Senior	01:00:45	UNIVERSITY OF WESTERN CAPE	8451
818	Celia	PIENAAR	3407	Female	Senior	01:00:46	TEMP	TEMP
819	Monica	LIU	4546	Female	Senior	01:00:47	TEMP	TEMP
820	Gesant	ABED	3024	Male	Senior	01:00:50	ITHEKO SPORT ATHLETIC CLUB	1775
821	Liesel	SCHULENBURG	3877	Female	Senior	01:00:49	ACSIS VOB	8112
822	Jerome	FRITZ	4158	Male	40-49	01:00:50	SANDF WP	
823	Ashraf	RAHIMAN	5039	Male	Senior	01:00:55	TEMP	TEMP
824	Yasmina	BASSADIEN	3335	Female	Senior	01:00:51	TEMP	TEMP
825	Rosemary	YATES	3386	Female	50-59	01:00:55	ACSIS VOB	701
826	Khadija	MOHAMED	3243	Female	Senior	01:00:56	ITHEKO SPORT ATHLETIC CLUB	1816
827	Marlene	JAMES	5175	Female	60+	01:00:58	PINELANDS ATHLETIC CLUB	
828	Tain	TARRANT	4976	Male	Senior	01:00:58	ATC RUNNING	6914
829	Miriam	MANNAK	3836	Female	Senior	01:00:59	TEMP	TEMP
830	Nicole	SEPTEMBER	5189	Female	Senior	01:01:00	MITCHELL'S PLAIN TITANS	
831	Ayood	DADABHAY	5226	Male	Senior	01:01:02	TEMP	
832	Barbara	LAMONT FULLARD	3510	Female	Senior	01:01:02	SPARTAN HARRIERS	2863
833	Hassan	ALLY	4154	Male	Senior	01:01:04	RCS GUGULETU AC	
834	Lynette	MADJOE	4801	Female	40-49	01:01:04	RAVENSMEAD AC	6274
835	Wendy	LAWSON	4997	Female	40-49	01:01:05	ATLANTIC ATHLETIC CLUB	4550
836	Fatima	EMERAN	3600	Female	40-49	01:01:06	ITHEKO SPORT ATHLETIC CLUB	1673
837	Yusuf	ISMAIL	5174	Male	40-49	01:01:11	TEMP	
838	Saliem	DALVIE	4214	Male	40-49	01:01:09	TEMP	TEMP
839	Paula	JOHNSON	5046	Female	Senior	01:01:11	TEMP	TEMP
840	Melanie	REYNEKE	3390	Female	Senior	01:01:11	TEMP	TEMP
841	Warrick	DE KOCK	4373	Male	Senior	01:01:12	TEMP	TEMP
842	Anne	THOMAS	3444	Female	40-49	01:01:13	ATLANTIC ATHLETIC CLUB	4607
843	Ziyaad	FATAAR	3822	Male	Senior	01:01:23	ITHEKO SPORT ATHLETIC CLUB	1797
844	Glen	ENSIL	4603	Male	50-59	01:01:20	WILDRUNNER	5496
845	Firoza	KARIEM	3517	Female	Senior	01:01:23	TEMP	4841
846	John	ADAMS	5308	Male	40-49	01:01:24	TEMP	
847	Kashif	MARCUS	3506	Male	40-49	01:01:24	TOP FORM ATHLETIC CLUB	5545
848	Stanley John	BEYERS	875	Male	40-49	01:01:25	TEMP	
849	Theo	STEENKAMP	4994	Male	Senior	01:01:24	TEMP	TEMP
850	Charles	DE WET	4272	Male	50-59	01:01:25	HELDERBERG HARRIERS	
851	Stella	ROSSOUW	5003	Female	40-49	01:01:26	RUNNING INN ATHLETICS CLUB	8698
852	Wendy	ADAMS	5155	Female	50-59	01:01:27	RCS GUGULETU AC	
853	Clair	RIVERA	4663	Female	Senior	01:01:28	TEMP	TEMP
854	Jacky	SARGEANT	4493	Female	Senior	01:01:28	TEMP	TEMP
855	Muhammed	DALVIE	3410	Male	Senior	01:01:31	TEMP	TEMP
856	Wendy	ARENDSE	4684	Female	50-59	01:01:32	CELTIC HARRIERS	316
857	Mark	RIEMER	3471	Male	Senior	01:01:32	TEMP	TEMP
858	Cleven	LEWIS	4244	Male	Senior	01:01:32	TEMP	TEMP
859	Ferdi	VAN NIEKERK	3470	Male	Senior	01:01:32	TEMP	TEMP
860	Robin	ENSIL	4604	Male	Senior	01:01:33	SANDF WP	3504
861	Chris	DOYLE	3513	Male	40-49	01:01:35	TEMP	TEMP
862	Velaphi	NTULI	5070	Male	Senior	01:01:35	ESKOM AC WP	4413
863	Loyiso	SIPUNZI	3717	Female	Senior	01:01:35	TEMP	TEMP
864	Branden	ESTERHUIZEN	5234	Male	Senior	01:01:36	BRACKENFELL ATHLETIC CLUB	
865	Alfred	MINNAAR	3541	Male	60+	01:01:37	WELLINGTON ATHLETIC CLUB	1487
866	Claire	ANDERSON	3016	Female	Senior	01:01:40	TEMP	TEMP
867	Frkkie	KOTZE	4050	Male	50-59	01:01:41	TYGERBERG ATHLETIC CLUB	
868	Stevenson	FERGUS	4815	Male	40-49	01:01:43	TEMP	TEMP
869	Corrinne	SHAW	3351	Female	50-59	01:01:45	ITHEKO SPORT ATHLETIC CLUB	9452
870	Denischka	UYS	1819	Female	Senior	01:01:50	RUN WALK FOR LIFE WESTERN PROVINCE	9316
871	Jacques	BOOYSEN	4009	Male	Senior	01:01:56	TEMP	TEMP
872	Rirhandzu	MARIVATE	3630	Female	Senior	01:01:58	TEMP	TEMP
873	Petra	BOTHA	4320	Female	Senior	01:02:03	TYGERBERG ATHLETIC CLUB	5681
874	Arthur	ZERF	3595	Male	Senior	01:01:59	TEMP	TEMP
875	Sulaiman	ALLIE	3312	Male	Senior	01:02:06	TEMP	TEMP
876	Sinead	HATTINGH	4077	Female	Senior	01:02:03	NEDBANK RUNNING CLUB WP	
877	Danielle	CARTER	5473	Female	Senior	01:02:06	TEMP	
878	David	DULLUM	3869	Male	Senior	01:02:07	TEMP	TEMP
879	Rameez	MC KECHNIE	5030	Male	40-49	01:02:09	ITHEKO SPORT ATHLETIC CLUB	10918
880	Any	O'HAGAN	4002	Female	Senior	01:02:11	TEMP	TEMP
881	Cantona	MATTHEWS	5182	Male	Senior	01:02:10	TEMP	
882	Lyndsay	REECE	4643	Female	Senior	01:02:11	TEMP	1
883	S'thandile C	KHUZWAYO	3333	Female	Senior	01:02:13	UMHLATUZE AC	7857
884	Ielyaas	GAMJET	4843	Male	Senior	01:02:15	VODACOM STRIDERS WP	4849
885	Hildegarde	HOPES	5099	Male	50-59	01:02:14	TEMP	TEMP

886	Claire	SWEIDAN	3825	Female	Senior	01:02:15	TEMP	TEMP
887	Reece Dan	CONNOLLY	3022	Male	Senior	01:02:16	TEMP	TEMP
888	Brendon	PIENAAR	3017	Male	Senior	01:02:16	TEMP	TEMP
889	Romy	KRUGER	4419	Female	Senior	01:02:22	TEMP	TEMP
890	Constance Bulelwa	KULATA	5147	Female	Senior	01:02:29	TEMP	TEMP
891	Mlami	MAGUGWANA	5118	Male	40-49	01:02:29	TEMP	
892	Ismail	BARADIEN	3841	Male	50-59	01:02:23	ITHEKO SPORT ATHLETIC CLUB	1772
893	Selwyn	MERCUUR	4324	Male	40-49	01:02:29	TEMP	TEMP
894	Natalie	SZOT-MYBURG	4045	Female	40-49	01:02:29	RUN WALK FOR LIFE WESTERN PROVINCE	
895	Naeema	MALLICK	4191	Female	50-59	01:02:30	MITCHELL'S PLAIN TITANS	
896	Anne	MAY	4778	Female	Senior	01:02:30	TEMP	TEMP
897	Nazliyah	GAMIET	3549	Female	40-49	01:02:33	ITHEKO SPORT ATHLETIC CLUB	1757
898	Nasrulla	ENUS	3293	Male	50-59	01:02:34	ARD ATHLETIC CLUB	2786
899	Hilary	JONSON	4628	Female	40-49	01:02:35	ACSIS VOB	846
900	Ron	CIMRING	5285	Male	60+	01:02:36	ATLANTIC ATHLETIC CLUB	
901	Brett	WIENBURG	4562	Male	Senior	01:02:36	TEMP	TEMP
902	Africa	MELANE	3436	Male	Senior	01:02:37	TEMP	TEMP
903	Carlyn	ADAMS	3456	Female	50-59	01:02:37	ITHEKO SPORT ATHLETIC CLUB	10553
904	Mbuyiselo Cecil	MGOBUZI	5429	Male	40-49	01:02:37	TEMP	
905	Colleen	KELLY	4964	Female	50-59	01:02:40	TEMP	TEMP
906	Jolene	KLEINGCHMIDT	4032	Female	50-59	01:02:40	CELTIC HARRIERS	
907	Abubakar	JACOBS	5088	Male	40-49	01:02:39	ACSIS VOB	
908	Andrea	OSLER	3551	Female	Senior	01:02:40	TEMP	TEMP
909	Janine	CASTLE	3187	Female	40-49	01:02:42	TEMP	TEMP
910	Laurette	VAN DER MERWE	5195	Female	40-49	01:02:41	TELKOM ATHLETICS CLUB	
911	Andre	HAWARDEN	3205	Male	60+	01:02:42	TEMP	TEMP
912	Angie	SKINNER	4900	Female	40-49	01:02:42	STRAND ATHLETIC CLUB	5894
913	Sofie	MOENS	4560	Female	Senior	01:02:43	ATLANTIC ATHLETIC CLUB	4564
914	Erica	BROPHY	4807	Female	Senior	01:02:50	TEMP	TEMP
915	Derick	BATT	3680	Male	50-59	01:02:50	TEMP	TEMP
916	Lee	PARK	4977	Male	40-49	01:02:49	CELTIC HARRIERS	2300
917	Ian	MCNAUGHT DAVIS	5093	Male	Senior	01:02:50	TEMP	TEMP
918	Chantal Noriko	ILIFFE	4939	Female	Senior	01:02:53	ATLANTIC ATHLETIC CLUB	4497
919	Christopher	BEUKMAN	4478	Male	Senior	01:02:55	TEMP	TEMP
920	Nopinki	GUSHA	5105	Female	40-49	01:02:58	TEMP	TEMP
921	Lyndsay	HART	3608	Female	Senior	01:02:58	TEMP	TEMP
922	Yushirie	VAN HAAGHT	3310	Male	Senior	01:03:01	TEMP	TEMP
923	Erika	MARAIS	3804	Female	40-49	01:03:02	TEMP	TEMP
924	Inge	HANSEN	4568	Female	Senior	01:03:04	ATC RUNNING	3867
925	Melissa-Anne	BOSCHMANS	4788	Female	Senior	01:03:05	TEMP	TEMP
926	Jennifer	PAPIER	5058	Female	40-49	01:03:06	RUN WALK FOR LIFE WESTERN PROVINCE	8344
927	Chezlin	DANIELS	3695	Male	Senior	01:03:07	TEMP	TEMP
928	Estelle	GALLOWITZ	3119	Female	50-59	01:03:17	NEW BALANCE MULTISPORT CLUB	6440
929	Noloyiso	MTEMBU	3177	Female	Senior	01:03:10	MATIES	451
930	Caryn	RUSHIN	3550	Female	Senior	01:03:17	SPARTAN HARRIERS	2873
931	Aadilah	SOLOMONS	3566	Female	Senior	01:03:19	OLD MUTUAL ATHLETIC CLUB	9226
932	Liezal	MARAIS	4427	Female	Senior	01:03:25	TEMP	TEMP
933	Patricia	SMIT	3898	Female	50-59	01:03:32	BRACKENFELL ATHLETIC CLUB	1335
934	Palil	JONKERS	5357	Male	40-49	01:03:35	BRACKENFELL ATHLETIC CLUB	
935	Jennifer	MISPLON	3175	Female	Senior	01:03:35	TEMP	TEMP
936	Sally-Jeanne	MISPLON	3247	Female	Senior	01:03:35	TEMP	TEMP
937	Warda	GERTSE	3879	Female	Senior	01:03:36	ITHEKO SPORT ATHLETIC CLUB	1654
938	Ronald	HENDRICKS	5172	Male	50-59	01:03:36	TEMP	
939	Karel	LABBERTE	4928	Male	40-49	01:03:39	TEMP	TEMP
940	Hayaatoenisa	ADAMS	3399	Female	50-59	01:03:39	ITHEKO SPORT ATHLETIC CLUB	1670
941	Seaaj	JAFFER	5037	Male	Senior	01:03:37	TEMP	TEMP
942	Adrian	WESSON	3580	Male	Senior	01:03:39	TEMP	TEMP
943	Elaine	HOLL	3353	Female	Senior	01:03:41	NEW BALANCE MULTISPORT CLUB	8016
944	Lattefa	ISMAIL	5173	Female	40-49	01:03:42	TEMP	TEMP
945	Mattine	ASKEW	5207	Female	50-59	01:03:43	TEMP	
946	Leonie	OOSTHUYSEN	4475	Female	50-59	01:03:42	SANLAM ATHLETIC CLUB	4104
947	Monica	VAN STADEN	3394	Female	Senior	01:03:43	FISH HOEK ATHLETIC CLUB	9996
948	Mark	ASKEW	5208	Male	Senior	01:03:44	TEMP	
949	Shaheem	KHAN	4150	Male	40-49	01:03:44	OMMIEDRAAI FRIENDS ATHLETIC CLUB	
950	Aisha	GAMIET	3648	Female	Senior	01:03:46	ITHEKO SPORT ATHLETIC CLUB	1685
951	Lauren	FULLER	5169	Female	Senior	01:03:48	UNIVERSITY OF CAPE TOWN	
952	Francois	SKINNER	4901	Male	40-49	01:03:49	STRAND ATHLETIC CLUB	5893
953	Tandi	SHAW-GRAY	4389	Female	Senior	01:03:50	TEMP	TEMP
954	Shakeel	KARJIEKER	4782	Male	Senior	01:03:52	TEMP	TEMP
955	Bridget	FARHAM	3515	Female	50-59	01:03:56	SATORI ATHLETICS CLUB	2977
956	Debra	GOLDSCHMIDT	3397	Female	Senior	01:03:57	ACSIS VOB	8175
957	Clarence	CATIN	3935	Male	40-49	01:03:58	TEMP	TEMP
958	Adiel	ALBERTYN	5283	Male	Senior	01:03:59	TEMP	
959	Achmad	MOHAMED	3828	Male	Senior	01:03:59	ITHEKO SPORT ATHLETIC CLUB	9931
960	Kgomotso	LEHABE	3521	Female	Senior	01:04:00	TEMP	TEMP
961	Fuad	SALIE	4139	Male	40-49	01:04:02	ITHEKO SPORT ATHLETIC CLUB	
962	Thanel	DU PLESSIS	5337	Male	Senior	01:04:10	TEMP	
963	Charmaine	VAN WILLING	4638	Female	50-59	01:04:02	TYGERBERG ATHLETIC CLUB	5701
964	Bridget	MINNAAR	4417	Female	Senior	01:04:10	SPARTAN HARRIERS	2838
965	Nabeel	NAZEER	5013	Male	Senior	01:04:11	ITHEKO SPORT ATHLETIC CLUB	10510
966	Megan	BRUINERS	4829	Female	Senior	01:04:12	METROPOLITAN ATHLETIC CLUB	10110
967	Tracy	BAX	5011	Female	40-49	01:04:13	TEMP	TEMP
968	Melanie	SHIRK	4017	Female	40-49	01:04:14	ACSIS VOB	
969	Daniel	BAILEY	3518	Male	Senior	01:04:19	TEMP	TEMP
970	Monique	BINGLE	3327	Female	Senior	01:04:20	ATC RUNNING	2102
971	Dalene	CLAASSENS	4851	Female	Senior	01:04:20	TEMP	TEMP
972	Adam	PAPIER	5057	Male	50-59	01:04:20	RUN WALK FOR LIFE WESTERN PROVINCE	8343
973	Luan	SCHEEPERS	4366	Male	Senior	01:04:21	TEMP	TEMP
974	Mark	ANDERSON	4704	Male	50-59	01:04:22	WEST COAST ATHLETIC CLUB	9379

975	Nada	DIEDRICKS	3618	Female	40-49	01:04:24	ITHEKO SPORT ATHLETIC CLUB	9458
976	Khalid	DHANSAY	3535	Male	Senior	01:04:32	TOP FORM ATHLETIC CLUB	6990
977	Henry	ADAMS	4184	Male	60+	01:04:29	VODACOM STRIDERS WP	
978	Basheerah	SWARTZ-EMANDIEN	4031	Female	50-59	01:04:32	TOP FORM ATHLETIC CLUB	
979	Carin	DE BEER	4332	Female	Senior	01:04:33	TEMP	TEMP
980	Katie	SCHWARZ	4333	Female	Senior	01:04:33	TEMP	TEMP
981	Majedy	SIEED	5425	Male	Senior	01:04:36	TEMP	
982	Danvers	RYAN	4004	Male	50-59	01:04:40	TEMP	TEMP
983	Sione	HUTH	4005	Female	40-49	01:04:40	TEMP	TEMP
984	Naushina	KHAN	3124	Female	Senior	01:04:40	TEMP	TEMP
985	Tersia	MOLDENHAUER	3295	Female	Senior	01:04:39	NEW BALANCE MULTISPORT CLUB	4299
986	Matt	STOPKA	4641	Male	50-59	01:04:40	TYGERBERG ATHLETIC CLUB	5729
987	Safwaan	DESAI	3123	Male	40-49	01:04:41	TEMP	TEMP
988	Fatima	AMARDIEN	3637	Female	Senior	01:04:43	ARD ATHLETIC CLUB	2772
989	Gadija	JACOBS	3262	Female	Senior	01:04:43	ARD ATHLETIC CLUB	9167
990	Arlene	CARELSE	4613	Female	Senior	01:04:46	PINELANDS ATHLETIC CLUB	2278
991	Dale	PERRINS	5315	Male	Senior	01:04:46	TEMP	
992	Tamsin	JONES	4410	Female	Senior	01:04:48	TEMP	TEMP
993	Mohamed Ebrahim Kp	RAWOOT	5041	Male	Senior	01:04:48	TEMP	TEMP
994	Darren	ROBERTSON	3370	Male	Senior	01:04:47	TEMP	TEMP
995	Emily	CHILD	4759	Female	Senior	01:04:50	TEMP	TEMP
996	Sarah	TORR	3574	Female	Senior	01:04:48	TEMP	TEMP
997	Karen	GRANT	4787	Female	40-49	01:04:50	SPARTAN HARRIERS	2913
998	Katie	BAKER	4761	Female	Senior	01:04:51	TEMP	TEMP
999	Togieda	BASSADIEN	3889	Female	50-59	01:04:51	ITHEKO SPORT ATHLETIC CLUB	1678
1000	Isgaak	SLAMDIEN	3588	Male	50-59	01:04:51	ITHEKO SPORT ATHLETIC CLUB	1630
1001	Nasreen	KARIEL	4461	Female	Senior	01:04:53	ARD ATHLETIC CLUB	2805
1002	Abduragmaan	JACOBS	3157	Male	Senior	01:04:52	ARD ATHLETIC CLUB	2764
1003	Firozah	KARIEM	3655	Female	Senior	01:04:53	ARD ATHLETIC CLUB	2778
1004	Megan	LORENZO	3632	Female	Senior	01:04:57	TEMP	TEMP
1005	Lorraine	VERWEY	4835	Female	50-59	01:04:57	BRACKENFELL ATHLETIC CLUB	7257
1006	Alastonia	FERREIRA	3641	Female	Senior	01:04:59	NEDBANK RUNNING CLUB WP	7909
1007	Marius-Malherbe	CONRADIE	4472	Male	Senior	01:04:59	TEMP	TEMP
1008	Jacques	THERON	4611	Male	Senior	01:04:59	TEMP	TEMP
1009	William	RANGWANI	3500	Male	50-59	01:05:00	TEMP	TEMP
1010	Lindsay	DENTLINGER	3563	Female	Senior	01:05:02	TEMP	TEMP
1011	Shafiek	BOOLEY	4737	Male	40-49	01:05:03	ITHEKO SPORT ATHLETIC CLUB	10594
1012	Tina	HSU	4434	Female	Senior	01:05:05	TEMP	TEMP
1013	Thandizo	MWAMBALA	4530	Female	Senior	01:05:03	UNIVERSITY OF CAPE TOWN	6103
1014	Jc	NALANGAMANDLA	1960	Male	Senior	01:05:05	CGA VARSITY	
1015	Rashaad	KANNEMEYER	4456	Male	40-49	01:05:06	ITHEKO SPORT ATHLETIC CLUB	7366
1016	Jeffery	HUMAN	4112	Male	50-59	01:05:08	TEMP	TEMP
1017	Erika	WESSELS	5397	Female	Senior	01:05:08	TEMP	
1018	Muhammed	SALIE	4043	Male	Senior	01:05:11	METROPOLITAN ATHLETIC CLUB	
1019	Lorna	ELY	3835	Female	Senior	01:05:12	TEMP	TEMP
1020	Beryl	MAHARAGE	1172	Female	40-49	01:05:14	TEMP	
1021	Mogamat Shafiek	TASSIEM	5416	Male	40-49	01:05:12	ITHEKO SPORT ATHLETIC CLUB	
1022	Patrick	OPPELT	4271	Male	Senior	01:05:14	TEMP	TEMP
1023	Rene	GLUCKMAN	3516	Female	40-49	01:05:18	TEMP	TEMP
1024	Rodney	MAHARACS	1044	Male	40-49	01:05:15	CELTIC HARRIERS	
1025	Ehsan	SHABODIEN	3275	Male	50-59	01:05:18	ITHEKO SPORT ATHLETIC CLUB	1956
1026	Gary	CLARK	3790	Male	Senior	01:05:21	TEMP	TEMP
1027	Nomawethu	NIKA	4262	Female	Senior	01:05:21	HOUT BAY HARRIERS	
1028	Mark	RIBEIRO	3789	Male	Senior	01:05:22	TEMP	TEMP
1029	Yvonne	HAINS	4359	Female	Senior	01:05:25	AC SIS VOB	8944
1030	Marlo	LOUW	4570	Male	Senior	01:05:33	TEMP	TEMP
1031	Bronwyn	AMM	4399	Female	Senior	01:05:34	TEMP	TEMP
1032	Sherene	DANIELS	3884	Female	40-49	01:05:38	TEMP	TEMP
1033	Mogamat Ridwaan	ABRAHAMS	4863	Male	50-59	01:05:41	ITHEKO SPORT ATHLETIC CLUB	8577
1034	Pauline	STAFFORD	5009	Female	50-59	01:05:39	RUN WALK FOR LIFE WESTERN PROVINCE	3124
1035	Leigh	HUNT	5303	Female	Senior	01:05:41	ATC RUNNING	
1036	Jessica	AXELSON	5448	Female	Senior	01:05:42	TEMP	TEMP
1037	Kouthar	MARTIN	3519	Female	Senior	01:05:44	ARD ATHLETIC CLUB	2797
1038	Anees	GAMIET	3740	Male	Senior	01:05:44	TEMP	TEMP
1039	Gunyazile	HLAZO	3827	Male	Senior	01:05:47	NEW BALANCE MULTISPORT CLUB	7675
1040	Lucelle	ROGERS	4489	Female	40-49	01:05:44	OMMIEDRAAI FRIENDS ATHLETIC CLUB	10546
1041	Stephane	NEGUEM TOHOKAM	4959	Male	Senior	01:05:47	TEMP	TEMP
1042	Niel	DIPPENAAR	5382	Male	Senior	01:05:48	TEMP	
1043	Shameemah	BEGG	3027	Female	Senior	01:05:56	ARD ATHLETIC CLUB	8300
1044	Ismaeel	PECK	3617	Male	Senior	01:05:53	VODACOM STRIDERS WP	7307
1045	Yasmien	JADWAT	3507	Female	40-49	01:05:56	ITHEKO SPORT ATHLETIC CLUB	1864
1046	Kashief	SAFFODIEN	5310	Male	Senior	01:06:00	TEMP	
1047	Razaan	NORDIEN	3878	Female	Senior	01:05:57	ARD ATHLETIC CLUB	2763
1048	Ilse	THEYS	5059	Female	Senior	01:06:00	TYGERBERG ATHLETIC CLUB	TEMP
1049	Oliver	ANNA	4088	Female	40-49	01:06:07	TEMP	TEMP
1050	Faried	FERRIS	3447	Male	Senior	01:06:07	TOP FORM ATHLETIC CLUB	5534
1051	Shamiel	WILLIAMS	5307	Male	Senior	01:06:01	TEMP	
1052	Marissa	MILLS	3530	Female	Senior	01:06:07	SANDEF WP	3489
1053	Aleks	STREZ	3839	Male	40-49	01:06:09	WILDRUNNER	5454
1054	Hela	STREZ	3512	Female	50-59	01:06:09	WILDRUNNER	5005
1055	Leon	THELANDER	5247	Male	40-49	01:06:09	TYGERBERG ATHLETIC CLUB	
1056	Derry-Ann	THURLING	3952	Female	Senior	01:06:09	TEMP	TEMP
1057	Fiyona	VALLI	3446	Female	Senior	01:06:10	TOP FORM ATHLETIC CLUB	5535
1058	Samier	LUTTA	3328	Male	Senior	01:06:12	TEMP	TEMP
1059	Fatima	KHAN	3418	Female	50-59	01:06:14	ITHEKO SPORT ATHLETIC CLUB	1665
1060	Tendai	CHAKABUDA	3590	Female	Senior	01:06:15	NEW BALANCE MULTISPORT CLUB	TEMP
1061	Quaseem	MOHAMED	5292	Male	Senior	01:06:15	ITHEKO SPORT ATHLETIC CLUB	
1062	April	NIKIAAS	5184	Male	60+	01:06:14	TEMP	
1063	Ian	DYAMOND	4554	Male	50-59	01:06:15	TEMP	TEMP

1064	Alison	SMITH	4260	Female	40-49	01:06:16	SPARTAN HARRIERS	
1065	Sandiswa	NDLEBE	5081	Female	Senior	01:06:15	CELTIC HARRIERS	9092
1066	Basheera	SURTY	3753	Female	Senior	01:06:16	TEMP	TEMP
1067	Cindy	SEPTEMBER	4353	Female	Senior	01:06:19	TEMP	TEMP
1068	Mike	COLBORNE	4256	Male	60+	01:06:20	ACSIS VOB	
1069	Hein	VISSER	5394	Male	Senior	01:06:19	TEMP	
1070	Petra	LAASER	4301	Female	50-59	01:06:21	TEMP	TEMP
1071	Moyisi	JOKA	5119	Male	40-49	01:06:20	TELKOM ATHLETICS CLUB	
1072	Robert	LAASER	4302	Male	Senior	01:06:21	TEMP	TEMP
1073	Aneekah	FATAAR	4387	Female	40-49	01:06:23	ITHEKO SPORT ATHLETIC CLUB	1971
1074	Colleen	JACOBS	5214	Female	40-49	01:06:22	TEMP	
1075	Stacy	VAIL	5360	Female	40-49	01:06:23	TEMP	
1076	Suzanne	LAMPEN	4534	Female	Senior	01:06:24	TEMP	TEMP
1077	Helgard	MEYER	3182	Male	Senior	01:06:24	TEMP	TEMP
1078	Belinda	LEWIS	4020	Female	40-49	01:06:26	ITHEKO SPORT ATHLETIC CLUB	
1079	Shafiek	BENJAMIN	5341	Male	40-49	01:06:25	FARNESE	
1080	Paul	ASPELING	4133	Male	40-49	01:06:26	ITHEKO SPORT ATHLETIC CLUB	
1081	Nazeem	CASSIEM	4646	Male	40-49	01:06:27	TEMP	TEMP
1082	Jeannine	NESTEL	3508	Female	40-49	01:06:26	SPARTAN HARRIERS	7701
1083	Taryn	MUNRO	4673	Female	Senior	01:06:27	TEMP	TEMP
1084	Rafaela	GALANTE	4341	Female	Senior	01:06:30	TEMP	TEMP
1085	Llyris	BERRY	3533	Female	50-59	01:06:28	ACSIS VOB	10658
1086	Viseslav	BOSKOVIC	4001	Male	Senior	01:06:31	TEMP	TEMP
1087	Ricardo	VILANI	3271	Male	Senior	01:06:30	TEMP	TEMP
1088	Suzanne	O'HAGAN	4000	Female	Senior	01:06:31	TEMP	TEMP
1089	Gina	MORRIS	3754	Female	Senior	01:06:33	TEMP	TEMP
1090	Launa	DREYER	3629	Female	40-49	01:06:33	TEMP	TEMP
1091	Siviwe	MATYELI	4110	Male	Senior	01:06:32	TEMP	TEMP
1092	Lisa	SPRINGER	3755	Female	Senior	01:06:33	TEMP	TEMP
1093	Beneko	BENEKE	5201	Male	Senior	01:06:35	ATC RUNNING	
1094	Mayenzeke	MATTHEWS	5264	Male	50-59	01:06:35	TEMP	
1095	Thaakirah	FREDERICKS	3837	Female	Senior	01:06:38	TEMP	TEMP
1096	Larenza	KRUGER	5078	Female	Senior	01:06:43	RUN WALK FOR LIFE WESTERN PROVINCE	3136
1097	Wayne	MC FALL	5080	Male	Senior	01:06:44	PLEXUS DURBANVILLE ATHLETIC CLUB	7857
1098	Elaine	BARBER	3545	Female	60+	01:06:46	FISH HOEK ATHLETIC CLUB	3883
1099	Gamiem	GAMIET	3318	Male	Senior	01:06:45	TEMP	TEMP
1100	Edith	SAMPSON	5187	Female	50-59	01:06:46	WELLINGTON ATHLETIC CLUB	
1101	Alan	JACOBS	4752	Male	Senior	01:06:50	TEMP	TEMP
1102	Leon	JAQUIRE	4970	Male	60+	01:06:52	TEMP	TEMP
1103	Sarah	CHANTLER	3239	Female	Senior	01:06:52	TEMP	TEMP
1104	Pamela	SCHREIBER	3840	Female	Senior	01:06:52	TEMP	TEMP
1105	Mercia	FARMER	4537	Female	50-59	01:06:53	TEMP	2708
1106	Pierre	BINNEMAN	3520	Male	60+	01:06:57	EDGEMEAD RUNNERS	WP1461
1107	Clarence	MADJOE	4768	Male	Senior	01:06:55	RAVENSMEAD AC	446
1108	Heinrich	WEEBER	3468	Male	Senior	01:06:57	TEMP	TEMP
1109	Chris	VAN RHYN	4468	Male	Senior	01:07:01	TEMP	TEMP
1110	Vuyokazi	KAKAZA	3286	Female	Senior	01:07:03	OLD MUTUAL ATHLETIC CLUB	1581
1111	Sonja	BRAND	4632	Female	40-49	01:07:12	TEMP	TEMP
1112	Msimelelo	SIGABI	4401	Male	Senior	01:07:09	TEMP	5051
1113	Ruwayda	KARRIEM	4062	Female	Senior	01:07:12	ESKOM AC WP	
1114	Monray	FIELLIES	4391	Male	Senior	01:07:15	TEMP	TEMP
1115	Mogamat	ALEXANDER	5369	Male	Senior	01:07:16	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1116	Zakiya	SOEKER-SAULS	3873	Female	Senior	01:07:15	TEMP	TEMP
1117	Torieq	ARENDSE	3931	Male	Senior	01:07:18	TEMP	TEMP
1118	Megan	SCHOUTEN	3893	Female	Senior	01:07:16	TEMP	TEMP
1119	Irene	VILJOEN	3576	Female	50-59	01:07:18	SANLAM ATHLETIC CLUB	4069
1120	Caroline	DAVIDS	4817	Female	40-49	01:07:22	ITHEKO SPORT ATHLETIC CLUB	2091
1121	Miquette	SOLOMONS	4266	Female	Senior	01:07:19	TEMP	TEMP
1122	Duane	MOSTERT	3982	Female	Senior	01:07:22	BRACKENFELL ATHLETIC CLUB	9671
1123	Kezzi	MILANI	5010	Female	40-49	01:07:24	ACSIS VOB	1020
1124	Ntombomzi	NYOSANA	5028	Female	Senior	01:07:25	RCS GUGULETU AC	TEMP
1125	Fatima	MARLIE	4451	Female	Senior	01:07:25	ITHEKO SPORT ATHLETIC CLUB	1872
1126	Weddaad	HENDRICKS	3412	Female	Senior	01:07:25	ITHEKO SPORT ATHLETIC CLUB	1681
1127	Reza	EBRAHIM	3499	Male	40-49	01:07:25	EDGEMEAD RUNNERS	5014
1128	Shauna	PETERSEN	4452	Female	Senior	01:07:25	SPARTAN HARRIERS	2939
1129	Litha	DUMSE	3728	Male	Senior	01:07:26	TEMP	TEMP
1130	Ayanda	VUMAZONKE	4753	Female	Senior	01:07:27	TEMP	TEMP
1131	Helen	WILLIAMS	3793	Female	Senior	01:07:30	TEMP	TEMP
1132	Bianca	WATERBERG	3421	Female	Senior	01:07:29	TEMP	TEMP
1133	Hardi	ZACHARIAS	5222	Male	Senior	01:07:30	TEMP	
1134	Marwaan	ABDUL	3495	Male	40-49	01:07:31	ITHEKO SPORT ATHLETIC CLUB	1837
1135	Jaweed	ADAM	4541	Male	Senior	01:07:31	TEMP	TEMP
1136	Andrew	FENNER	3978	Male	Senior	01:07:32	TEMP	TEMP
1137	Craig	WILLENBERG	4037	Male	40-49	01:07:33	TEMP	TEMP
1138	Asanda	NTUNZI	3622	Female	Senior	01:07:35	TEMP	TEMP
1139	Adam	SACK	5316	Male	Senior	01:07:35	TEMP	
1140	Tracy	FULLARD	3626	Female	Senior	01:07:38	TEMP	TEMP
1141	Kate	WESTON	3553	Female	Senior	01:07:40	WEST COAST ATHLETIC CLUB	7285
1142	Whelan	BESTER	4480	Male	Senior	01:07:43	TEMP	TEMP
1143	Camillah	ADAMS	3631	Female	Senior	01:07:46	TEMP	TEMP
1144	Brenton	ABRAHAMS	3511	Male	40-49	01:07:46	PINELANDS ATHLETIC CLUB	2257
1145	Lynda	MATTHEWS	3433	Female	50-59	01:07:44	TEMP	TEMP
1146	Ayesha	SALWARY	5390	Female	Senior	01:07:46	ACSIS VOB	
1147	Jennifer	SAMSODIEN	3816	Female	40-49	01:07:47	ITHEKO SPORT ATHLETIC CLUB	2004
1148	Trevor	SEPTEMBER	4690	Male	40-49	01:07:47	RCS GUGULETU AC	8695
1149	Nithaam	FAKIER	4674	Male	Senior	01:07:54	TEMP	00:00:00
1150	Odette	FOSTER	3998	Female	40-49	01:07:54	STRAND ATHLETIC CLUB	8245
1151	Yazeed	MOOS	3610	Male	Senior	01:07:55	TEMP	TEMP
1152	Ian	WALLACE	3830	Male	40-49	01:07:56	TEMP	TEMP

1153	Anmarie	SNYMAN	4492	Female	Senior	01:07:58	TEMP	TEMP
1154	Aisha	VAN DER ROSS	4974	Female	Senior	01:07:59	TEMP	TEMP
1155	Adnaan	MAJIET	3861	Male	40-49	01:08:00	ITHEKO SPORT ATHLETIC CLUB	2006
1156	Samantha	BAYLY	3561	Female	Senior	01:08:04	CELTIC HARRIERS	9119
1157	Fabian	JANUARY	4703	Male	Senior	01:08:04	TEMP	TEMP
1158	Ebrahim	SAMSODIEN	5236	Female	40-49	01:08:01	TEMP	
1159	Rudolf	ESTERHUYSE	3909	Male	Senior	01:08:05	TEMP	TEMP
1160	Fonette	ESTERHUYSE	3910	Female	Senior	01:08:05	TEMP	TEMP
1161	Takalani	MADZHADZHI	3099	Male	Senior	01:08:04	TEMP	TEMP
1162	Mike	STEWART	4120	Male	60+	01:08:05	ACSIS VOB	
1163	Ellen	GRAY	3527	Female	Senior	01:08:06	TEMP	TEMP
1164	Claire	MATHIESON	3398	Female	Senior	01:08:06	TEMP	TEMP
1165	Abdul Aziz	JACOBS	4764	Male	Senior	01:08:07	ITHEKO SPORT ATHLETIC CLUB	TEMP
1166	Karen	TRENGROVE	3991	Female	40-49	01:08:11	SPARTAN HARRIERS	10638
1167	Floripes	DE GOIS	4608	Female	50-59	01:08:16	TEMP	3163
1168	Nabeelah	ORRIE	4311	Female	Senior	01:08:20	ITHEKO SPORT ATHLETIC CLUB	9725
1169	Bilquis	PALEKAR	3847	Female	Senior	01:08:22	ITHEKO SPORT ATHLETIC CLUB	3177
1170	Suzanne	ALLDERMAN	3597	Female	Senior	01:08:24	TEMP	TEMP
1171	Badroenise	FREDERICKS	5354	Female	Senior	01:08:23	SPARTAN HARRIERS	
1172	Sharon	SILJEUR	5190	Female	Senior	01:08:24	RCS GUGULETU AC	
1173	Fatima	VAN DE RHEEDE	3431	Female	Senior	01:08:25	ITHEKO SPORT ATHLETIC CLUB	1413
1174	Nathier	PRICE	5387	Male	Senior	01:08:27	TEMP	
1175	Sadieka	PRICE	5386	Female	Senior	01:08:28	ITHEKO SPORT ATHLETIC CLUB	
1176	Stephanus	STEYN	3852	Male	50-59	01:08:28	PAARL ATHLETIC CLUB	929
1177	Mpho	CHAKA	3896	Female	40-49	01:08:29	ESKOM AC WP	6512
1178	Shavalen	MOODLEY	3422	Male	Senior	01:08:30	OLD MUTUAL ATHLETIC CLUB	1554
1179	Marlit Carol	VOS	4269	Female	50-59	01:08:31	ATLANTIC ATHLETIC CLUB	
1180	Bruce	CRUICKSHANK	5206	Male	50-59	01:08:34	TEMP	
1181	Badee	ESAU	4119	Male	Senior	01:08:37	TEMP	TEMP
1182	Adeela	SAMODIEN	3899	Female	50-59	01:08:39	ARD ATHLETIC CLUB	2784
1183	Zelna	JANSEN	5400	Female	Senior	01:08:40	ATLANTIC ATHLETIC CLUB	
1184	Vicki	FULLARD	5392	Female	Senior	01:08:42	TRANSNET RAIL ENGINEERING AC EP	
1185	Nomusa	KHUMALO	2035	Female	40-49	01:08:42	TEMP	
1186	Garrin	LAMBLEY	5091	Male	Senior	01:08:43	TEMP	TEMP
1187	Sally	HENDRICKS	5293	Female	40-49	01:08:45	RAVENSMEAD AC	
1188	Sajjed	SAYED	3615	Male	Senior	01:08:46	TEMP	TEMP
1189	Felicia	ABRAHAMS	3569	Female	Senior	01:08:49	PINELANDS ATHLETIC CLUB	2256
1190	Zaahieda	ISAACS	4701	Female	Senior	01:08:51	ITHEKO SPORT ATHLETIC CLUB	1911
1191	Faeron	WHEELER	4865	Female	Senior	01:08:50	HOUT BAY HARRIERS	5309
1192	Jasmina	KARIEM	5455	Female	40-49	01:08:51	ITHEKO SPORT ATHLETIC CLUB	
1193	Grant	RUSHIN	3368	Male	40-49	01:08:52	SPARTAN HARRIERS	2740
1194	Irene	EYGELAAR	3867	Female	60+	01:08:53	EDGEMEAD RUNNERS	1379
1195	Dominique	FULLARD	3661	Female	Senior	01:08:53	TEMP	TEMP
1196	Conrad	JOSEPH	4011	Male	Senior	01:08:57	TEMP	TEMP
1197	Julie	MAGGS	5445	Female	40-49	01:08:54	TEMP	
1198	Jill	OCTOBER	4010	Female	Senior	01:08:57	TEMP	TEMP
1199	Zaid	ORRIE	3863	Male	40-49	01:08:59	ARD ATHLETIC CLUB	2781
1200	Jared	GODWIN	4453	Male	Senior	01:09:00	TEMP	TEMP
1201	Hayley	SHARGEY	4487	Female	Senior	01:09:00	TEMP	TEMP
1202	Ian	ROHTBART	3654	Male	50-59	01:09:01	ACSIS VOB	999
1203	Veliswa	MAHUNDI	5054	Female	Senior	01:09:01	OMMIEDRAAI FRIENDS ATHETIC CLUB	5761
1204	Joubert	HOFMEYR	4967	Male	60+	01:09:01	ACSIS VOB	660
1205	Gerrit	VAN NIEKERK	3211	Male	60+	01:09:00	TEMP	TEMP
1206	Zaida	ADAMS	3826	Female	Senior	01:09:02	TEMP	TEMP
1207	Dickie	WEERS	5466	Male	60+	01:09:01	PINELANDS ATHLETIC CLUB	
1208	Refqah	JACOBS	3940	Female	Senior	01:09:03	TEMP	TEMP
1209	Charmaine	MANEVELDI	4084	Female	Senior	01:09:02	TEMP	TEMP
1210	Muhammad	LALKHEN	4566	Male	Senior	01:09:03	TEMP	TEMP
1211	John	JOSEPHS	4159	Male	60+	01:09:05	SOUTHERN STRIDERS	
1212	Leonie	MOLLENTZE	5051	Female	Senior	01:09:07	TEMP	TEMP
1213	Yen	NARRIHAM	5121	Female	40-49	01:09:12	ITHEKO SPORT ATHLETIC CLUB	
1214	Khalid	PARKER	3308	Male	Senior	01:09:13	TEMP	TEMP
1215	Rustum	MOHAMED	3457	Male	40-49	01:09:15	ITHEKO SPORT ATHLETIC CLUB	1613
1216	Cindy	SECONDS	4241	Female	Senior	01:09:16	TEMP	TEMP
1217	Ilse	BESTERFIELD	4395	Female	Senior	01:09:24	TEMP	TEMP
1218	Kim	ELLIS	4595	Female	Senior	01:09:24	TEMP	TEMP
1219	Anton	MAREE	5498	Male	50-59	01:09:24	PLEXUS DURBANVILLE ATHLETIC CLUB	
1220	Zukiswa	SIDLAYI	4224	Female	Senior	01:09:25	THOMAS MBIZA AC	
1221	Wiesa	BRITS	5497	Female	50-59	01:09:25	TEMP	
1222	Faghme	JARDINE	4538	Male	Senior	01:09:29	TEMP	TEMP
1223	Shireen	BEDFORD	4563	Female	Senior	01:09:29	TEMP	TEMP
1224	Anita	VOSLOO	4802	Female	40-49	01:09:25	RUN WALK FOR LIFE WESTERN PROVINCE	10865
1225	Wafiq	KIPPPIE	5040	Male	Senior	01:09:29	TEMP	TEMP
1226	Lara	MORRISON	3589	Female	40-49	01:09:30	TEMP	TEMP
1227	Nolene	JONES	4587	Female	40-49	01:09:32	PLEXUS DURBANVILLE ATHLETIC CLUB	7854
1228	Gadija	DAVIDS	4130	Female	40-49	01:09:41	ITHEKO SPORT ATHLETIC CLUB	
1229	Monique	BERMEISTER	4557	Female	Senior	01:09:35	TEMP	TEMP
1230	Anthony	FORTUIN	3670	Male	50-59	01:09:42	TEMP	TEMP
1231	Fatima	PARKER	4956	Female	Senior	01:09:42	TEMP	1726
1232	Taahirah	DAVIDS	4131	Female	Senior	01:09:41	ITHEKO SPORT ATHLETIC CLUB	
1233	Christopher	TURNER	4046	Male	40-49	01:09:42	TEMP	TEMP
1234	Mogamat Adlee	WAGGIE	5034	Male	50-59	01:09:46	ITHEKO SPORT ATHLETIC CLUB	9921
1235	Rose	HAMES	3559	Female	40-49	01:09:48	RUN WALK FOR LIFE WESTERN PROVINCE	4905
1236	Claudine	MENTOR	4814	Female	40-49	01:09:49	TOP FORM ATHLETIC CLUB	7018
1237	Leswin	HESWICK	4998	Male	Senior	01:09:50	TEMP	TEMP
1238	Gerty	BENEKE	4623	Female	40-49	01:09:51	TEMP	TEMP
1239	Gerrit	GELDENHUYS	3725	Male	40-49	01:09:53	SANLAM ATHLETIC CLUB	4067
1240	Waleed	ACKERS	4668	Male	Senior	01:09:54	TEMP	TEMP
1241	Tasliema	ALLISON	4847	Female	Senior	01:09:55	ARD ATHLETIC CLUB	9007

1242	Soraya	ISAACS	4849	Female	Senior	01:09:56	ARD ATHLETIC CLUB	9006
1243	Natasha	WEST	3900	Female	Senior	01:09:57	TEMP	TEMP
1244	Theresa	RENNIE	4508	Female	40-49	01:09:59	ACSIS VOB	748
1245	Ntombivumile	SPARKS	5148	Female	Senior	01:10:01	TEMP	TEMP
1246	Terence	MAKAPAN	5032	Male	Senior	01:10:02	TEMP	TEMP
1247	Robyn	MARTIN	4751	Female	Senior	01:10:04	TEMP	TEMP
1248	Natassia	FREDERICKS	3558	Female	Senior	01:10:05	ITHEKO SPORT ATHLETIC CLUB	9494
1249	Jamiel	MAISTRY	5396	Male	Senior	01:10:07	TEMP	
1250	Justin	MOODLEY	3855	Male	Senior	01:10:08	TEMP	TEMP
1251	Fatima	GELDENHUYS	4993	Female	40-49	01:10:10	TEMP	TEMP
1252	Jyh-Shiuan	MA	4575	Female	Senior	01:10:18	TEMP	TEMP
1253	Estee	LAZARUS	5413	Female	Senior	01:10:12	TEMP	
1254	Ronny Chong Pung	TACK	4576	Male	Senior	01:10:18	TEMP	TEMP
1255	Michael	PITMAN	3292	Male	Senior	01:10:21	TEMP	TEMP
1256	Nazreen	HARPER	4922	Female	Senior	01:10:29	ITHEKO SPORT ATHLETIC CLUB	1604
1257	Zarina	FRANCIS	4047	Female	40-49	01:10:31	ITHEKO SPORT ATHLETIC CLUB	
1258	Belinda	MULLER	3531	Female	Senior	01:10:32	EDGEMead RUNNERS	1473
1259	Laiqah	ADAMS	3585	Female	Senior	01:10:37	ARD ATHLETIC CLUB	2768
1260	Aglaak	MAHMOOD	3640	Male	40-49	01:10:38	TEMP	TEMP
1261	Julia	SALOMON	4368	Female	Senior	01:10:40	TEMP	TEMP
1262	Rifqah	BARDIEN	4126	Female	Senior	01:10:40	ARD ATHLETIC CLUB	
1263	Amina	FAKIR	4667	Female	Senior	01:10:40	TEMP	TEMP
1264	Gustav	SALOMON	4369	Male	50-59	01:10:40	TEMP	TEMP
1265	Anja	SMIT	3897	Female	Senior	01:10:43	BRACKENFELL ATHLETIC CLUB	1334
1266	Manie	SMIT	3915	Male	60+	01:10:43	BRACKENFELL ATHLETIC CLUB	TEMP
1267	Reginaldt	MADJOE	4767	Male	40-49	01:10:44	RAVENSMEAD AC	9885
1268	Naomi	BURGER	3380	Female	50-59	01:10:45	TYGERBERG ATHLETIC CLUB	5658
1269	Alyssa	ARENDSE	5250	Female	Senior	01:10:46	TEMP	
1270	Daniel	NORTJE	5235	Male	40-49	01:10:46	TEMP	
1271	Fatima	MOHAMED	4496	Female	Senior	01:10:47	ITHEKO SPORT ATHLETIC CLUB	1800
1272	Karina	BAGLEY	1513	Female	Senior	01:10:55	TEMP	TEMP
1273	Ilse	JANSEN	3866	Female	Senior	01:10:52	EDGEMead RUNNERS	4982
1274	Lizelle	BOTHMA	3807	Female	Senior	01:10:55	EDGEMead RUNNERS	1478
1275	Rhoda	ABRAHAMS	5043	Female	Senior	01:10:55	TEMP	TEMP
1276	Melaney	WELLS	4208	Female	Senior	01:10:55	TEMP	TEMP
1277	Bongani	HUTAMO	4716	Male	Senior	01:11:00	TEMP	TEMP
1278	Ismail	VAN DER SCHYFF	4190	Male	40-49	01:11:01	ITHEKO SPORT ATHLETIC CLUB	
1279	Lindsay	SMEETON	4498	Female	Senior	01:11:04	TEMP	TEMP
1280	Marwaan	DOVE	3657	Male	Senior	01:11:05	ITHEKO SPORT ATHLETIC CLUB	1650
1281	Jeanine	LAWLOR	3819	Female	Senior	01:11:05	TEMP	TEMP
1282	Taryn	GORDON-FINLAYSON	4355	Female	Senior	01:11:07	TEMP	TEMP
1283	Cathy	STEELE-GRAY	4354	Female	Senior	01:11:09	ACSIS VOB	612
1284	Alton Gerald	ESTERHUIZEN	5322	Male	Senior	01:11:14	TEMP	
1285	Toffeeq	HARGEY	4135	Male	50-59	01:11:16	ITHEKO SPORT ATHLETIC CLUB	
1286	Wendy	DAFFARN	4346	Female	Senior	01:11:17	TEMP	TEMP
1287	Siraj	BREWER	4096	Male	Senior	01:11:18	ITHEKO SPORT ATHLETIC CLUB	
1288	Ingrid	FOUCHE	4822	Female	50-59	01:11:19	TEMP	TEMP
1289	Emmelia	FOUCHE	4819	Female	Senior	01:11:19	TEMP	TEMP
1290	Shameema	SALIE	5026	Female	Senior	01:11:18	ITHEKO SPORT ATHLETIC CLUB	10850
1291	Sameera	GAMIET	4239	Female	Senior	01:11:21	ITHEKO SPORT ATHLETIC CLUB	
1292	Pragasan	NAIR	3882	Male	50-59	01:11:21	CELTIC HARRIERS	9104
1293	Rosaline	FREDRICKS	5294	Female	50-59	01:11:19	RAVENSMEAD AC	
1294	Sorayah	NAIR	3883	Female	50-59	01:11:21	CELTIC HARRIERS	9102
1295	Sadrudin	ADAM	4540	Male	Senior	01:11:22	ITHEKO SPORT ATHLETIC CLUB	9918
1296	Yusuf	MOWLANA	3565	Male	Senior	01:11:24	TEMP	TEMP
1297	Tamrin	ROMBURGH	4708	Female	Senior	01:11:25	TEMP	TEMP
1298	Stephen	KNOTT	3321	Male	Senior	01:11:29	TEMP	TEMP
1299	Wasielah	ADAMS	4567	Female	50-59	01:11:30	OMMIEDRAAI FRIENDS ATHETIC CLUB	6762
1300	Ruth	KOOPMAN	4689	Female	40-49	01:11:30	SPARTAN HARRIERS	8845
1301	Roger	ESAU	3757	Male	Senior	01:11:33	TEMP	TEMP
1302	Ntombizonke	KHESWA	3875	Female	40-49	01:11:34	TEMP	TEMP
1303	Shereen	MAJIEI	3890	Female	40-49	01:11:34	ITHEKO SPORT ATHLETIC CLUB	2005
1304	Thinus	POTGIETER	4379	Male	Senior	01:11:40	WEST COAST ATHLETIC CLUB	3749
1305	Ronald	DAW	3509	Male	60+	01:11:40	WEST COAST ATHLETIC CLUB	3751
1306	Glenn	WEGENER	4934	Male	Senior	01:11:39	ATLANTIC ATHLETIC CLUB	9956
1307	Debbie	STADLER	3906	Female	Senior	01:11:40	EDGEMead RUNNERS	1507
1308	Nazneen	GANIEF	4791	Female	Senior	01:11:43	ITHEKO SPORT ATHLETIC CLUB	10944
1309	Lucinda	DOLLEY	4935	Female	Senior	01:11:43	TEMP	TEMP
1310	Dilshad	GAMIELDIEN	4665	Female	40-49	01:11:43	ITHEKO SPORT ATHLETIC CLUB	10511
1311	Wilma	ORANGE	5418	Female	50-59	01:11:41	IN TOUCH WALK & RUN	
1312	Adala	GERTSE	3903	Female	50-59	01:11:43	ITHEKO SPORT ATHLETIC CLUB	1653
1313	Faldie	RYKLIEF	3546	Male	50-59	01:11:43	ITHEKO SPORT ATHLETIC CLUB	2002
1314	Rochelle	MYERS	3587	Female	40-49	01:11:44	TEMP	TEMP
1315	Ameen	AMOD	4983	Male	40-49	01:11:45	ITHEKO SPORT ATHLETIC CLUB	TEMP
1316	Duane	FALCONER	4960	Male	Senior	01:11:59	TEMP	TEMP
1317	Yusrah	JACOBS	4500	Female	Senior	01:11:57	ARD ATHLETIC CLUB	8298
1318	Alex	PEEL	4579	Female	Senior	01:11:59	TEMP	TEMP
1319	Nawaal	RYKLIEF	4308	Female	Senior	01:12:00	ITHEKO SPORT ATHLETIC CLUB	10601
1320	Colin	ADAMS	4686	Male	Senior	01:12:02	TEMP	TEMP
1321	Patricia	MC CLINTON	4081	Female	60+	01:12:03	CELTIC HARRIERS	
1322	Walter	JAFTHA	4076	Male	60+	01:12:05	TEMP	TEMP
1323	Helena	JANSE VAN RENSBURG	3634	Female	Senior	01:12:06	EDGEMead RUNNERS	1478
1324	Cynthia	KAVANAGH	4728	Female	60+	01:12:07	EDGEMead RUNNERS	1440
1325	Elizabeth-Ann	DANIELS	5407	Female	40-49	01:12:10	TEMP	
1326	Lizel	PLAATJIES	3620	Female	Senior	01:12:10	BRACKENFELL ATHLETIC CLUB	1314
1327	Mogamat Tawfiq	ADAMS	4149	Male	Senior	01:12:11	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1328	Mary	PETERSEN	4122	Female	40-49	01:12:12	TEMP	TEMP
1329	Shane	ABRAHAMS	5289	Male	Senior	01:12:13	TEMP	
1330	Melany	DU PLESSIS	4123	Female	40-49	01:12:20	PINELANDS ATHLETIC CLUB	

1331	Michael	MALLON	5181	Male	50-59	01:12:20	PINELANDS ATHLETIC CLUB	
1332	Sedick	TALIEP	5045	Male	Senior	01:12:29	TEMP	TEMP
1333	Nabila	BASSADIEN	3336	Female	Senior	01:12:30	TEMP	TEMP
1334	Hanneke	LOUBSER	3296	Female	Senior	01:12:37	TEMP	TEMP
1335	Ajmuddien	DALVIE	4212	Male	Senior	01:12:30	TEMP	TEMP
1336	Simone Ann	REDELINGHUYS	5403	Female	Senior	01:12:37	HEWAT AC	
1337	Elton	NELSON	4317	Male	Senior	01:12:38	TEMP	TEMP
1338	Michelle Leonor	VAN ROOYEN	3824	Female	Senior	01:12:45	TEMP	TEMP
1339	Geno	BALANCO	3785	Male	40-49	01:12:54	TEMP	TEMP
1340	Robynn	PATON	4372	Female	Senior	01:12:58	TEMP	TEMP
1341	Morakane	KHAHLEDI	5047	Female	Senior	01:12:59	TEMP	TEMP
1342	Rob	BILLET	3945	Male	50-59	01:13:00	TEMP	TEMP
1343	Nandi	ODENDAL	4524	Female	Senior	01:13:04	TEMP	TEMP
1344	Marsha	ORGILL	4439	Female	Senior	01:13:01	TEMP	TEMP
1345	Zahiedah	TOEFY	3731	Female	Senior	01:13:04	CELTIC HARRIERS	496
1346	Sonja	LANGENHOVEN	3469	Female	40-49	01:13:07	TEMP	TEMP
1347	Katie	MAYHEW	3683	Female	Senior	01:13:08	WESTERN PROVINCE CRICKET CLUB	6205
1348	Jill	POLLOCK-PERKS	4824	Female	50-59	01:13:08	RUN WALK FOR LIFE WESTERN PROVINCE	3128
1349	Willem	FRANSMAN	4229	Male	50-59	01:13:09	RAVENSMOOR AC	
1350	Wendy	HANSBY	3881	Female	Senior	01:13:09	EDGEHEAD RUNNERS	1519
1351	Wageeda	MUSTAPHA	4688	Female	Senior	01:13:16	ITHEKO SPORT ATHLETIC CLUB	TEMP
1352	Emil	BOEKE	3662	Male	60+	01:13:19	SANLAM ATHLETIC CLUB	4097
1353	Walter	UYS	3692	Male	40-49	01:13:21	STRAND ATHLETIC CLUB	TEMP
1354	Annatjie	BERNTZEN	4012	Female	60+	01:13:24	TYGERBERG ATHLETIC CLUB	
1355	Wilemina	SULLIJAN	4065	Female	50-59	01:13:22	TEMP	TEMP
1356	Ashraf	HENDRICKS	3330	Male	40-49	01:13:24	PINELANDS ATHLETIC CLUB	2229
1357	John	VAN ROOYEN	4034	Male	60+	01:13:27	VODACOM STRIDERS WP	
1358	Claire	MOORHOUSE	4593	Female	Senior	01:13:31	TEMP	TEMP
1359	Ingrid	THOMSON	4925	Female	Senior	01:13:29	TEMP	TEMP
1360	Annake	MULLER	4393	Female	40-49	01:13:31	TEMP	TEMP
1361	Zainuneesa	UNGERER	3557	Female	Senior	01:13:32	ARD ATHLETIC CLUB	2783
1362	Hassiem	SAMODIEN	3874	Male	50-59	01:13:34	ARD ATHLETIC CLUB	2785
1363	Ayesha	ASMAL	4145	Female	SENIOR	01:13:38	OMMIEDRAAI FRIENDS ATHLETIC CLUB	
1364	Elelanore	DARIES	5248	Female	50-59	01:13:39	TEMP	
1365	Rayaanah	TOYER	4350	Female	Senior	01:13:45	ITHEKO SPORT ATHLETIC CLUB	1731
1366	Russell	MEHL	3443	Male	40-49	01:13:47	TOP FORM ATHLETIC CLUB	7742
1367	Fahrunisa	NACKWA	3592	Female	Senior	01:13:48	TEMP	TEMP
1368	Shaukat	PARKER	3591	Male	Senior	01:13:48	TEMP	TEMP
1369	Lucia	FERNANDES	4607	Female	60+	01:13:49	TEMP	3165
1370	Cheryl	MUIR	4432	Female	Senior	01:13:52	TEMP	TEMP
1371	Samat	ADAMS	5157	Male	50-59	01:13:52	FARNESE	
1372	Ernest	MATIWANE	4225	Male	40-49	01:13:50	TEMP	TEMP
1373	Amina	OMAR	5346	Female	60+	01:13:52	ITHEKO SPORT ATHLETIC CLUB	
1374	Angela	BEHAN	4796	Female	Senior	01:13:56	TEMP	TEMP
1375	Bilqees	KHATIEB	4497	Female	Senior	01:13:55	OMMIEDRAAI FRIENDS ATHLETIC CLUB	6728
1376	Rabia	MAHMOOD	3678	Female	40-49	01:13:56	TEMP	TEMP
1377	Stephan	KRUIS	4793	Male	Senior	01:13:57	TEMP	TEMP
1378	Aysha	CLOETE	3628	Female	50-59	01:13:59	ITHEKO SPORT ATHLETIC CLUB	1714
1379	Shumsoonessa	SALIE	3028	Female	50-59	01:13:58	ARD ATHLETIC CLUB	6550
1380	Rashid	CLOETE	3525	Male	50-59	01:14:00	ITHEKO SPORT ATHLETIC CLUB	1713
1381	Sulaiman	BASSIER	4463	Male	50-59	01:14:00	ITHEKO SPORT ATHLETIC CLUB	10509
1382	Ruwayda	TAMBE	3616	Female	50-59	01:13:59	ITHEKO SPORT ATHLETIC CLUB	10882
1383	Aziza	ADAMS	3593	Female	Senior	01:14:00	ARD ATHLETIC CLUB	2760
1384	Bronwyn	PITMAN	3426	Female	Senior	01:14:00	TEMP	TEMP
1385	Rene	DICK	4259	Female	40-49	01:14:03	ACSIS VOB	
1386	Aziza	RYKLIEF	5345	Female	50-59	01:14:01	ITHEKO SPORT ATHLETIC CLUB	
1387	Liesl	GOUWS	3700	Female	Senior	01:14:03	TEMP	TEMP
1388	Jeanette	HARRIS	4924	Female	Senior	01:14:06	TEMP	TEMP
1389	Ackerdien	REYAAD	3933	Male	Senior	01:14:09	ITHEKO SPORT ATHLETIC CLUB	1973
1390	Nabeelah	OMAR	4583	Female	Senior	01:14:10	OMMIEDRAAI FRIENDS ATHLETIC CLUB	9882
1391	Rudi	HEYDENRYCH	4932	Male	Senior	01:14:11	TEMP	2012ASA
1392	Michele	DOYLE	5065	Female	40-49	01:14:16	TEMP	TEMP
1393	Rafeeqah	GALANT	5319	Female	Senior	01:14:16	TEMP	
1394	Shireen	GALANT	4794	Female	50-59	01:14:17	ITHEKO SPORT ATHLETIC CLUB	2007
1395	Des	WYMERS	3761	Female	40-49	01:14:20	ITHEKO SPORT ATHLETIC CLUB	1907
1396	Mogamat Shaheed	ABDULLATIEF	3581	Male	50-59	01:14:22	ITHEKO SPORT ATHLETIC CLUB	9489
1397	Buyaphi	PHILISIWE	4243	Female	Senior	01:14:22	UNIVERSITY OF WESTERN CAPE	
1398	Ameen	STEMMET	3673	Male	Senior	01:14:23	TOP FORM ATHLETIC CLUB	7025
1399	Phuti	MABULA	5145	Male	Senior	01:14:29	TEMP	
1400	Waleed	STEMMET	5029	Male	Senior	01:14:23	TEMP	TEMP
1401	Shireen	MC KECHNIE	5022	Female	40-49	01:14:29	ITHEKO SPORT ATHLETIC CLUB	9491
1402	Richard	KAYS	3653	Male	40-49	01:14:39	TEMP	TEMP
1403	Zubeida	KADRI	5002	Female	40-49	01:14:33	TEMP	TEMP
1404	Jeremy	KERCHHOFF	3652	Male	40-49	01:14:39	TEMP	TEMP
1405	Lynn	MARQUIS	4449	Female	40-49	01:14:39	TEMP	TEMP
1406	Gareth	HOLMES	4196	Male	50-59	01:14:40	TEMP	TEMP
1407	Henry	DU PLESSIS	4124	Male	40-49	01:14:41	PINELANDS ATHLETIC CLUB	
1408	Mike	GALLI	4599	Male	50-59	01:14:42	SUNWARD ATHLETICS CLUB	8125
1409	Merle	KOCK	3582	Female	Senior	01:14:42	TEMP	TEMP
1410	Melissa	SMITHDORF	3936	Female	Senior	01:14:44	TEMP	TEMP
1411	Zaahida	SHABOODIEN	4722	Female	Senior	01:14:50	TEMP	TEMP
1412	Angela	SUTHERLAND	4347	Female	Senior	01:14:55	TEMP	TEMP
1413	Hiddy	SONDAY	5306	Female	Senior	01:15:01	TEMP	TEMP
1414	Tamlin	PETERSEN	3752	Female	Senior	01:15:10	TEMP	TEMP
1415	Liezl	GIRLING	5419	Female	Senior	01:15:13	TEMP	
1416	Madeleine	MORGAN	4624	Female	Senior	01:15:16	TEMP	TEMP
1417	Claire	WALLACE	3832	Female	Senior	01:15:15	TEMP	TEMP
1418	Sune	LOUW	4897	Female	Senior	01:15:16	TEMP	TEMP
1419	Deidre	FARIS	4669	Female	Senior	01:15:17	TEMP	TEMP

1420	Michelle	MULLINEUX-TUBBY	4408	Female	Senior	01:15:16	EDGEHEAD RUNNERS	1474
1421	Vanessa	FIELLIES	3405	Female	Senior	01:15:17	NEW BALANCE MULTISPORT CLUB	5980
1422	Andries	DU TOIT	558	Male	40-49	01:15:20	RUNNING INN ATHLETICS CLUB	8295
1423	Hanna	AKOKPARI	5159	Female	40-49	01:15:25	UNIVERSITY OF CAPE TOWN	
1424	Sammy	HARRIS	4141	Male	50-59	01:15:26	METROPOLITAN ATHLETIC CLUB	
1425	Aesha	WYATT	3596	Female	Senior	01:15:26	TOP FORM ATHLETIC CLUB	9290
1426	Elizabeth	CORNELIUS	4166	Female	40-49	01:15:27	TEMP	TEMP
1427	Samantha	JONES	3927	Female	Senior	01:15:30	TEMP	TEMP
1428	Dalene	HENSEN	5323	Female	40-49	01:15:31	TEMP	
1429	Aletta	GARDNER	5090	Female	Senior	01:15:38	TEMP	TEMP
1430	Adeela	KAPERY	3639	Female	Senior	01:15:38	ARD ATHLETIC CLUB	8301
1431	Fatima	SALIE	3876	Female	Senior	01:15:38	ARD ATHLETIC CLUB	2777
1432	Fiona	SCHEDER-BIESCHIN	4179	Female	40-49	01:15:38	TEMP	TEMP
1433	Kenwyn	SMART	3669	Male	Senior	01:15:44	TEMP	TEMP
1434	Natalie	LOUW	5381	Female	Senior	01:15:45	TEMP	
1435	Rifqa	ADAMS	5439	Female	Senior	01:15:46	ITHEKO SPORT ATHLETIC CLUB	1944
1436	Somaya	HARTNICK	4132	Female	40-49	01:15:46	ITHEKO SPORT ATHLETIC CLUB	
1437	Ayesha	SHA	3636	Female	Senior	01:15:46	TEMP	TEMP
1438	Phila Aubrey	NGLEBA	5212	Male	50-59	01:15:48	TEMP	
1439	Christyl	POTGIETER	5115	Female	Senior	01:15:50	TEMP	TEMP
1440	Farieda	HASSAN	4818	Female	50-59	01:15:49	ITHEKO SPORT ATHLETIC CLUB	1960
1441	Gadidja	RYKLIEF	3586	Female	50-59	01:15:50	ITHEKO SPORT ATHLETIC CLUB	1795
1442	Gretel	ENGELBRECHT	4907	Female	Senior	01:15:51	TEMP	TEMP
1443	Kashief	MAJIET	3645	Male	40-49	01:15:55	METROPOLITAN ATHLETIC CLUB	5140
1444	Rita	VAN DER MERWE	3607	Female	40-49	01:15:55	NEW BALANCE MULTISPORT CLUB	10805
1445	Debra	ROSS	4428	Female	50-59	01:15:56	TEMP	TEMP
1446	Abdullah	ELY	3706	Male	50-59	01:15:58	ITHEKO SPORT ATHLETIC CLUB	10603
1447	Jacqueline	VERNETTI	3647	Female	50-59	01:15:59	NEW BALANCE MULTISPORT CLUB	6440
1448	Diane	DENNIS	4382	Female	60+	01:16:02	EDGEHEAD RUNNERS	1429
1449	Tracy	KITCHING	3937	Female	Senior	01:16:02	TEMP	TEMP
1450	Adilah	MUSSON	5238	Female	40-49	01:16:03	TEMP	
1451	James	MANN	4612	Male	Senior	01:16:07	TEMP	4467
1452	Peter	MANN	4615	Male	50-59	01:16:07	TEMP	4461
1453	Nicole	MANN	4614	Female	Senior	01:16:07	TEMP	4458
1454	Fuad	ADAMS	5050	Male	40-49	01:16:09	ITHEKO SPORT ATHLETIC CLUB	1933
1455	Faiek	SONDAY	4584	Male	Senior	01:16:07	TEMP	12345
1456	Shiehaam	DARRIES	3815	Female	Senior	01:16:10	ITHEKO SPORT ATHLETIC CLUB	1900
1457	Zukisa	NDLELANA	3954	Male	Senior	01:16:09	TOP FORM ATHLETIC CLUB	TEMP
1458	Harold	JOHANNES	4153	Male	40-49	01:16:19	RAVENSMEAD AC	
1459	Sarah	BEY-LEVELD	4304	Female	Senior	01:16:19	TEMP	TEMP
1460	Chanelle	LE ROUX	3784	Female	Senior	01:16:10	TEMP	TEMP
1461	Juan	UYS	4685	Male	40-49	01:16:19	TEMP	TEMP
1462	Stephanie	WILD	3476	Female	Senior	01:16:20	ACSIS VOB	10293
1463	Shukri	KADRI	5442	Male	Senior	01:16:21	TEMP	
1464	Andre	WILD	3464	Male	40-49	01:16:22	ACSIS VOB	552
1465	Lelethu	XALISA	5483	Female	Senior	01:16:24	TEMP	
1466	Imtiaz	DALVIE	4213	Male	Senior	01:16:27	TEMP	TEMP
1467	Janet	LABBERTE	4927	Female	40-49	01:16:36	TEMP	4924
1468	Sohhyeon	KIM	4335	Female	Senior	01:16:37	TEMP	TEMP
1469	Gadija	ISAACS	4040	Male	40-49	01:16:39	ITHEKO SPORT ATHLETIC CLUB	
1470	Aalia	KARJIEKER	4780	Female	Senior	01:16:41	TEMP	TEMP
1471	Yazeed	ABRAHAMS	3522	Male	Senior	01:16:48	ITHEKO SPORT ATHLETIC CLUB	1616
1472	Lameez	RAIZENBERG	3721	Female	Senior	01:16:46	TEMP	TEMP
1473	Ursela	GEORGE	5149	Female	60+	01:16:48	MITCHELL'S PLAIN TITANS	TEMP
1474	Gary	GRANT	5273	Male	Senior	01:16:50	PINELANDS ATHLETIC CLUB	
1475	Zohra	ABRAHAMS	3908	Female	Senior	01:16:49	ITHEKO SPORT ATHLETIC CLUB	9250
1476	Roseline	MINNIES	5061	Female	Senior	01:16:50	TEMP	TEMP
1477	Quaanitah	PALEKER	4660	Female	Senior	01:16:51	TEMP	TEMP
1478	Jessica	MANTEL	4659	Female	Senior	01:16:52	TEMP	TEMP
1479	Carol	WITZ	4786	Female	50-59	01:16:54	WILDRUNNER	5487
1480	Richard	COGILL	4571	Male	60+	01:16:55	SPARTAN HARRIERS	2889
1481	Christiaan	PANSEAROUW	5435	Male	Senior	01:16:55	TEMP	
1482	Kurt	VAN REENEN	4211	Male	Senior	01:16:58	TEMP	TEMP
1483	Ebrahim	WAJOODIEN	5367	Male	Senior	01:16:59	TEMP	
1484	Ramonde	RIDDLES	5330	Female	Senior	01:17:00	TEMP	
1485	Tracy	DRUMMOND	4509	Female	50-59	01:17:02	ACSIS VOB	632
1486	Nashleen	DILRAJH	4875	Female	Senior	01:17:06	TEMP	TEMP
1487	Rochelle	TARRENTAAL	5109	Female	Senior	01:17:05	TEMP	TEMP
1488	Erika	EICKER	3939	Female	40-49	01:17:06	TEMP	TEMP
1489	Francisca	NAUDE	3756	Female	40-49	01:17:07	TEMP	TEMP
1490	Wardah	CLARKE	3814	Female	Senior	01:17:08	ITHEKO SPORT ATHLETIC CLUB	2040
1491	Trusha	MAKAN	5336	Female	Senior	01:17:08	TEMP	
1492	Tracy	SCHWARTZ	3478	Female	40-49	01:17:14	SOUTHERN STRIDERS	4028
1493	Glenda	SNOWBALL	3623	Female	40-49	01:17:14	CENTURY CITY ATHLETIC CLUB	7922
1494	Megan	CLARKE	3560	Female	Senior	01:17:14	TEMP	TEMP
1495	Seleste	VENTER	3773	Female	Senior	01:17:14	TEMP	TEMP
1496	Desiree	BROWN	5254	Female	50-59	01:17:16	RAVENSMEAD AC	
1497	Nadia	KHAN	5389	Female	Senior	01:17:19	TEMP	
1498	Merlisa	NELSON	4316	Female	Senior	01:17:21	TEMP	TEMP
1499	Noreen	NOMDOE	4750	Female	50-59	01:17:22	TEMP	TEMP
1500	Esmerelda	WHITE	5128	Female	Senior	01:17:33	IN TOUCH WALK & RUN	
1501	Shuaib	KRIEL	3684	Male	Senior	01:17:35	TEMP	TEMP
1502	Charles	SMITH	4267	Male	50-59	01:17:38	SPARTAN HARRIERS	
1503	Belinda	BURNS	3658	Female	40-49	01:17:43	IN TOUCH WALK & RUN	3642
1504	Edwina	FRANSMAN	4230	Female	50-59	01:17:45	RAVENSMEAD AC	
1505	Samantha	WILBY	4412	Female	40-49	01:17:47	TEMP	TEMP
1506	Cindy	MAREE	3599	Female	40-49	01:17:48	TELKOM ATHLETICS CLUB	9289
1507	Michele	SHANAPHY	4526	Female	40-49	01:17:48	TEMP	TEMP
1508	David	TAITZ	4594	Male	40-49	01:17:49	TEMP	TEMP

1509	Geoffrey	ERASMUS	5471	Male	Senior	01:17:50	TEMP	
1510	Eva	DREYER	3547	Female	40-49	01:17:51	TYGERBERG ATHLETIC CLUB	5721
1511	Faldila	GASSIEP	3675	Female	40-49	01:17:51	ARD ATHLETIC CLUB	9005
1512	Bongiwe Jessie	MSIBI	4709	Female	Senior	01:17:52	TEMP	
1513	Ghaironesa	ALLIE	4857	Female	50-59	01:17:55	OMMIEDRAAI FRIENDS ATHETIC CLUB	6747
1514	Ridhaa	PETERSON	5432	Male	Senior	01:17:58	TEMP	
1515	Tasneem	KHAN	5177	Female	Senior	01:17:59	TOP FORM ATHLETIC CLUB	
1516	Shanaaz	MAHOMED	4649	Female	50-59	01:17:59	TEMP	TEMP
1517	Nazlie	YASIN	3950	Female	50-59	01:18:00	TOP FORM ATHLETIC CLUB	5505WP
1518	Yasmin	THEUNISSEN	4445	Female	50-59	01:17:59	TOP FORM ATHLETIC CLUB	5551
1519	Ebrahim	STEMMET	3191	Male	50-59	01:18:00	TOP FORM ATHLETIC CLUB	5565
1520	Jeffrey	HENDRICKS	4199	Male	40-49	01:18:00	TEMP	TEMP
1521	Soraya	YASIN HARNEKAR	3870	Female	50-59	01:18:00	TOP FORM ATHLETIC CLUB	7023 WP
1522	Mariam	ELISSAC	4079	Female	50-59	01:18:02	ITHEKO SPORT ATHLETIC CLUB	
1523	Kyle	ARENDSE	5112	Male	Senior	01:18:11	TEMP	
1524	Lynne	LLOYD	4991	Female	50-59	01:18:14	TEMP	TEMP
1525	Hanim	ABADER	4948	Female	Senior	01:18:22	TEMP	TEMP
1526	Jacqueline	AFRICA	4251	Female	40-49	01:18:25	CELTIC HARRIERS	
1527	Shameela	DRAMAT	5165	Female	Senior	01:18:26	TEMP	TEMP
1528	Rashaad	LANDERS	3602	Male	50-59	01:18:27	TEMP	TEMP
1529	Shahida	SALIE	4828	Female	40-49	01:18:30	ITHEKO SPORT ATHLETIC CLUB	1970
1530	Octavia	BOSHOFF	4268	Female	40-49	01:18:37	EDGEMEAD RUNNERS	
1531	Abram	MADIEHE	5406	Male	40-49	01:18:38	TEMP	
1532	Sharief	PANDEY	3905	Male	40-49	01:18:39	ITHEKO SPORT ATHLETIC CLUB	9462
1533	Gino	DU PLESSIS	5135	Male	Senior	01:18:40	TEMP	
1534	Sharif	BHIKOO	5161	Male	60+	01:18:43	METROPOLITAN ATHLETIC CLUB	
1535	Waheed	SABAN	4630	Male	Senior	01:18:44	ITHEKO SPORT ATHLETIC CLUB	TEMP
1536	Khayaletu	CENGIMBO	4719	Male	Senior	01:18:46	TEMP	TEMP
1537	Salmaan	MILLER	4743	Male	Senior	01:18:53	TEMP	TEMP
1538	Charmaine	GELDENHUYS	3660	Female	40-49	01:18:51	NAMAQUA ATHLETIC CLUB	7107
1539	Siddiqah	SOLOMON	4741	Female	Senior	01:18:53	TEMP	TEMP
1540	Mario	COETZEE	4246	Male	Senior	01:18:56	TEMP	TEMP
1541	Myrna	MENTOOR	4210	Female	50-59	01:18:57	TEMP	TEMP
1542	Yasheerah	KANNEMEYER	4992	Female	Senior	01:19:02	TOP FORM ATHLETIC CLUB	8227
1543	Soraya	ABRAHAMS	4129	Female	40-49	01:19:03	ITHEKO SPORT ATHLETIC CLUB	
1544	Megan	DE KOCK	4060	Female	40-49	01:19:14	SPARTAN HARRIERS	
1545	Tumeka	NDLAZI	4398	Female	Senior	01:19:15	TEMP	TEMP
1546	Salma	ALEXANDER	4143	Female	Senior	01:19:22	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1547	La'eeqah	SYLVESTER	4755	Female	Senior	01:19:22	TEMP	TEMP
1548	Mujaahid	PHILANDER	4894	Male	Senior	01:19:24	ARD ATHLETIC CLUB	2792
1549	Sean	GOTTSCHALK	3918	Male	40-49	01:19:26	TEMP	TEMP
1550	Fazlen	KATIEB	5237	Female	50-59	01:19:27	TEMP	
1551	Shireen	SITY	4823	Female	40-49	01:19:29	ITHEKO SPORT ATHLETIC CLUB	1703
1552	Ayesha	SOLOMONS	4565	Female	Senior	01:19:30	TEMP	TEMP
1553	Juliet	THOMATOS	3668	Female	Senior	01:19:36	TEMP	TEMP
1554	Leanne	FERIS	4339	Female	Senior	01:19:41	TEMP	TEMP
1555	Wilma	VORSTER	4490	Female	50-59	01:19:38	OMMIEDRAAI FRIENDS ATHETIC CLUB	10713
1556	Susanne	NEUBERT	3716	Female	Senior	01:19:41	TEMP	TEMP
1557	Nadia	PADAYACHI	3795	Female	Senior	01:19:41	TEMP	TEMP
1558	Lise	KOTZE	3667	Female	40-49	01:19:42	BRACKENFELL ATHLETIC CLUB	1296
1559	Arlene	HANMER	3594	Female	50-59	01:19:56	WILDRUNNER	5483
1560	Jackie	HENRICK	4075	Female	50-59	01:19:56	WILDRUNNER	
1561	Doreen	DU TOIT	4103	Female	50-59	01:20:05	MITCHELL'S PLAIN TITANS	
1562	Sekeena	SALIE	5000	Female	50-59	01:20:05	ARD ATHLETIC CLUB	wp 2776
1563	Soraya	DOLLIE	3523	Female	40-49	01:20:27	ITHEKO SPORT ATHLETIC CLUB	1808
1564	Collin	BRAND	4102	Male	40-49	01:20:07	ACSIS VOB	
1565	Shehnaaz	KIMMIE	3649	Female	40-49	01:20:27	ITHEKO SPORT ATHLETIC CLUB	1867
1566	Nelisa	SANGOTSHA	4859	Female	Senior	01:20:28	RCS GUGULETU AC	8682
1567	Juliette	OHLSON	5049	Female	Senior	01:20:34	TEMP	TEMP
1568	Kim	VAN DER SCHYFF	3635	Female	Senior	01:20:34	ITHEKO SPORT ATHLETIC CLUB	10869
1569	Arendse	SANDRA	5262	Female	40-49	01:20:34	TEMP	
1570	Natalie	WILLIAMS	4625	Female	40-49	01:20:34	ITHEKO SPORT ATHLETIC CLUB	10564
1571	Nadeema	MARKS	3613	Female	40-49	01:20:35	PINELANDS ATHLETIC CLUB	2167
1572	Fatima	ADAMS	5035	Female	Senior	01:20:37	TEMP	TEMP
1573	Coenraad	DE BEER	3744	Male	50-59	01:20:38	TEMP	TEMP
1574	Michael	ARENDSE	5261	Male	50-59	01:20:47	TEMP	
1575	Abdullah	PETERSEN	3891	Male	Senior	01:20:48	ARD ATHLETIC CLUB	2798
1576	Kim-Lynn Amy	BASTIAN	4254	Female	Senior	01:20:49	TEMP	TEMP
1577	Crystal	KROS	4515	Female	Senior	01:20:50	EDGEMEAD RUNNERS	5096
1578	Ingrid	MULLER	3440	Female	40-49	01:20:54	TEMP	TEMP
1579	Vivien	BUCHMANN	3722	Female	Senior	01:20:55	HARFIELD HARRIERS	TEMP
1580	Camilla	KANNEMEYER	4294	Female	Senior	01:20:55	SPARTAN HARRIERS	10627
1581	Trudi	MILLER	3778	Female	50-59	01:20:56	TEMP	TEMP
1582	Alistair	KANNEMEYER	4092	Male	40-49	01:20:57	TOP FORM ATHLETIC CLUB	
1583	Caroline	KEEBINE	3732	Female	40-49	01:20:57	TEMP	TEMP
1584	Francois	MARAI	4426	Male	Senior	01:20:58	TEMP	TEMP
1585	Arangie	JOHANICE	4303	Female	Senior	01:21:04	BRACKENFELL ATHLETIC CLUB	1172
1586	Michael	ARBUTHNOT	5016	Male	60+	01:21:00	COLLEGIANS HARRIERS	3403
1587	Juanita	THERON	4297	Female	40-49	01:21:04	BRACKENFELL ATHLETIC CLUB	1171
1588	Laura	MALONEY	3686	Female	Senior	01:21:12	TEMP	TEMP
1589	Melissa	UDEMAN	4446	Female	Senior	01:21:09	TEMP	TEMP
1590	Claire Louise	MALONEY	4971	Female	Senior	01:21:12	TEMP	TEMP
1591	Audrey	CLARKE	4203	Female	50-59	01:21:20	SANDF WP	
1592	Chantelle	BEER	4833	Female	Senior	01:21:22	EDGEMEAD RUNNERS	5078
1593	Michelle	COETZEE	4887	Female	Senior	01:21:25	TEMP	TEMP
1594	Shafiek	GALIEL	5004	Male	Senior	01:21:32	TEMP	TEMP
1595	Ghayatunisa	PETERSEN	3729	Female	50-59	01:21:33	ARD ATHLETIC CLUB	2767
1596	Shaheen	PETERSEN	5414	Male	40-49	01:21:36	ITHEKO SPORT ATHLETIC CLUB	
1597	Sharon	SCHOUTEN	3894	Female	40-49	01:21:41	TEMP	TEMP

1598	Errol	DAVIDS	4813	Male	50-59	01:21:44	TYGERBERG ATHLETIC CLUB	5711
1599	Abdurove	CORNELIUS	4173	Male	40-49	01:21:47	TEMP	TEMP
1600	Dorothy	DU TOIT	4810	Female	50-59	01:21:55	SPARTAN HARRIERS	3253
1601	Bryan	FORBES	4670	Male	40-49	01:21:49	TEMP	108068
1602	Ramnur	MOHAMED	5053	Female	40-49	01:21:55	ITHEKO SPORT ATHLETIC CLUB	10907
1603	Adnaan	MOHAMED	5024	Male	40-49	01:21:56	ITHEKO SPORT ATHLETIC CLUB	2050
1604	Vera	SEALS	4989	Female	Senior	01:21:57	TYGERBERG ATHLETIC CLUB	5722
1605	Charlotte	KETTLEWELL	4063	Female	60+	01:22:00	ACISIS VOB	
1606	Faieka	SLEMMING	3577	Female	Senior	01:22:03	ITHEKO SPORT ATHLETIC CLUB	1752
1607	Amanda	DE BEER	3745	Female	50-59	01:22:01	TEMP	TEMP
1608	Olivia	SOLOMONS	3694	Female	Senior	01:22:03	TEMP	TEMP
1609	Jennifer	RUSHIN	3624	Female	40-49	01:22:04	SPARTAN HARRIERS	2919
1610	Farheen	MAHMOOD	3701	Female	Senior	01:22:05	TEMP	TEMP
1611	Andre	NEL	5228	Male	40-49	01:22:08	CELTIC HARRIERS	
1612	Sharon	WHITTLE	4061	Female	40-49	01:22:06	TEMP	TEMP
1613	Monica	DU TOIT	3727	Female	Senior	01:22:13	BRACKENFELL ATHLETIC CLUB	1233
1614	Lynette	SLABBERT	4602	Female	50-59	01:22:08	SOUTHERN STRIDERS	4041
1615	Ruth	FELIX	4069	Female	50-59	01:22:13	MITCHELL'S PLAIN TITANS	
1616	Cecilia	AFRICA	4760	Female	40-49	01:22:19	SPARTAN HARRIERS	3251
1617	Nadima	ABDULLATIEF	3920	Female	50-59	01:22:20	ITHEKO SPORT ATHLETIC CLUB	2019
1618	Verena	CORZILLIUS	4766	Female	Senior	01:22:20	ITHEKO SPORT ATHLETIC CLUB	1918
1619	Shanaz	ISAACS	5027	Female	50-59	01:22:21	OMMIEDRAAI FRIENDS ATHETIC CLUB	8541
1620	Sharon	BEY-LEVELD	4305	Female	40-49	01:22:31	TEMP	TEMP
1621	Rosa Maria	DE GOIS-CORNEY	4658	Female	Senior	01:22:32	TEMP	5179
1622	Cecelia	JANAWAARIE	5295	Female	40-49	01:22:38	TEMP	
1623	Andre	SLABBERT	4601	Male	50-59	01:22:35	SOUTHERN STRIDERS	4042
1624	Lodewyk	JANAWAARIE	4107	Male	Senior	01:22:38	RAVENSMEAD AC	
1625	Yusuf	KARIEM	4460	Male	40-49	01:22:45	ARD ATHLETIC CLUB	TEMP
1626	Jenna	ENGLEDOE	4798	Female	Senior	01:22:47	SPARTAN HARRIERS	3226
1627	Phumeza	MASIZA	5103	Female	40-49	01:22:59	TEMP	TEMP
1628	George	STEVENS	4093	Male	40-49	01:22:57	TEMP	TEMP
1629	Imithaal	PHIL	5001	Female	Senior	01:22:59	ARD ATHLETIC CLUB	2791
1630	Petro	MILLER	4777	Female	40-49	01:23:13	BRACKENFELL ATHLETIC CLUB	9280
1631	Soraya	BROWN	4952	Female	40-49	01:23:00	TEMP	TEMP
1632	Candice	SCHOUTEN	3895	Female	Senior	01:23:13	TEMP	TEMP
1633	Nurunnesa	BARADIEN	3685	Female	50-59	01:23:26	ITHEKO SPORT ATHLETIC CLUB	1773
1634	Ubaidah	ASMAL	4911	Female	Senior	01:23:21	TEMP	TEMP
1635	Nasreen	HASSEN	5383	Female	Senior	01:23:26	ITHEKO SPORT ATHLETIC CLUB	
1636	Cassiem	MOHAMED	3921	Male	50-59	01:23:26	ITHEKO SPORT ATHLETIC CLUB	9249
1637	Nomalibongwe	MTSHOTSHISA	5055	Female	40-49	01:23:29	OMMIEDRAAI FRIENDS ATHETIC CLUB	60
1638	Jane	WRIGHT	4957	Female	40-49	01:23:28	ACISIS VOB	690
1639	Habiba	RYKLIEF	5372	Female	50-59	01:23:29	TOP FORM ATHLETIC CLUB	
1640	Muhammad Kauthar	HAROON	3934	Male	Senior	01:23:36	ITHEKO SPORT ATHLETIC CLUB	10064
1641	Achmat Faick	BASSIER	4219	Male	50-59	01:23:37	ITHEKO SPORT ATHLETIC CLUB	
1642	Razeen	DAVIDS	4134	Male	40-49	01:23:37	ITHEKO SPORT ATHLETIC CLUB	
1643	Jacques	BADENHORST	5494	Male	Senior	01:23:38	TEMP	
1644	Bilqees	SLAMDIEN	3705	Female	Senior	01:23:40	TEMP	TEMP
1645	Hilary	RHODE	5359	Female	50-59	01:23:41	EDGEMEAD RUNNERS	
1646	Rasheeda	DAVIDS	3704	Female	Senior	01:23:41	TEMP	TEMP
1647	Debra	WARD	3856	Female	40-49	01:23:41	EDGEMEAD RUNNERS	5002
1648	Winfried	RUSCHZYK	3697	Male	60+	01:23:43	MOMENTUM SPORTSKLUB	5150
1649	Michail	PRETORIUS	4652	Male	Senior	01:23:54	TEMP	TEMP
1650	Annadene	PLAATJIES	4830	Female	Senior	01:24:06	METROPOLITAN ATHLETIC CLUB	5199
1651	Hester	GRONDEL	4721	Female	60+	01:24:09	TYGERBERG ATHLETIC CLUB	5700
1652	Susan	WILLIAMS	5005	Female	Senior	01:24:09	TEMP	TEMP
1653	Faradieba	PETERSEN	4306	Female	50-59	01:24:21	ITHEKO SPORT ATHLETIC CLUB	1628
1654	Tamryn	VIVIAN	3941	Female	Senior	01:24:13	TEMP	TEMP
1655	Khadeeja	SAMSODIEN	3818	Female	Senior	01:24:21	ITHEKO SPORT ATHLETIC CLUB	1980
1656	Annetjie	CLAASSEN	3627	Female	50-59	01:24:22	SANLAM ATHLETIC CLUB	4150
1657	Warda	ALBERTYN	4954	Female	40-49	01:24:30	TEMP	TEMP
1658	Isghaak	HARTLEY	3709	Male	60+	01:24:31	TEMP	TEMP
1659	Melissa	LIU	4545	Female	Senior	01:24:31	TEMP	TEMP
1660	Fatima	JAKOET	3708	Female	50-59	01:24:32	TEMP	TEMP
1661	Thobile	XALISA	5484	Male	Senior	01:24:36	TEMP	
1662	Shanaazz	SOEKER	4710	Female	40-49	01:24:43	ITHEKO SPORT ATHLETIC CLUB	10517
1663	Portia	KEEBLE-MERCUUR	4313	Female	40-49	01:24:44	TEMP	TEMP
1664	Junita	MEYER	4105	Female	50-59	01:24:45	MITCHELL'S PLAIN TITANS	
1665	Mariize	BURGER	3556	Female	Senior	01:24:48	CELTIC HARRIERS	388
1666	Nazima	BANDERKER	4617	Female	50-59	01:24:49	TEMP	TEMP
1667	Shaheen	ORRIE	4517	Male	Senior	01:24:50	ARD ATHLETIC CLUB	2766
1668	Henk	SCHIPPER	5258	Male	60+	01:24:53	RUN WALK FOR LIFE AGN	
1669	Sedick	PHILANDER	4892	Male	50-59	01:24:50	ARD ATHLETIC CLUB	2793
1670	Leana	VAN DER SPUY	4235	Female	40-49	01:24:53	RUN WALK FOR LIFE WESTERN PROVINCE	
1671	Zainab	SOLOMON	5084	Female	40-49	01:24:57	TEMP	
1672	Abu' bakr	MARCUS	5097	Male	60+	01:24:58	ARD ATHLETIC CLUB	
1673	Zelda	BURGER	3646	Female	50-59	01:25:03	SWARTLAND ATHLETIC CLUB	60
1674	Thabeta	HENDRICKS	4222	Female	60+	01:25:01	ITHEKO SPORT ATHLETIC CLUB	
1675	Liza	WILSON	4091	Female	Senior	01:25:03	SPARTAN HARRIERS	
1676	Jacqueline	SMITH	4929	Female	40-49	01:25:05	TEMP	TEMP
1677	Viola	JANSEN	4933	Female	40-49	01:25:07	TEMP	TEMP
1678	Vinicia	WOOD	4249	Female	40-49	01:25:09	MITCHELL'S PLAIN TITANS	
1679	Sebiena	AMERIKA	4194	Female	40-49	01:25:11	TEMP	TEMP
1680	Samke	MLEBUKA	3682	Female	Senior	01:25:13	TEMP	TEMP
1681	Francis	SUMAYAH	5491	Female	40-49	01:25:13	ITHEKO SPORT ATHLETIC CLUB	
1682	Anne	MULLER	5452	Female	50-59	01:25:16	TEMP	
1683	Abeedah	ELDAWOODY	3342	Female	Senior	01:25:22	TEMP	TEMP
1684	Zodwa	SITHOLE	4114	Female	40-49	01:25:30	CORRECTIONAL SERVICES WP	
1685	Anne	MACDONALD	5067	Female	60+	01:25:31	TEMP	TEMP
1686	Rachmat	LEVY	4019	Female	Senior	01:25:37	ITHEKO SPORT ATHLETIC CLUB	

1687	Moejahied	LEVY	4036	Male	Senior	01:25:37	ITHEKO SPORT ATHLETIC CLUB	
1688	Teegan	VIEDGE	4682	Female	Senior	01:25:43	TEMP	TEMP
1689	Michael	LUMB	4156	Male	60+	01:25:49	RUN WALK FOR LIFE WESTERN PROVINCE	
1690	Karabo	MAILE	4691	Male	Senior	01:25:52	TEMP	
1691	Fraces	FICK	4176	Male	40-49	01:25:54	TEMP	TEMP
1692	Zarina	MEYER-BREWER	4094	Female	Senior	01:25:57	ITHEKO SPORT ATHLETIC CLUB	
1693	Faadiela	JARDINE	3904	Female	40-49	01:25:56	ITHEKO SPORT ATHLETIC CLUB	2043
1694	Shehaam	ARNOLD	4792	Female	50-59	01:25:58	ITHEKO SPORT ATHLETIC CLUB	1939
1695	Koelsum	RYKLIEF	3659	Female	50-59	01:25:57	ITHEKO SPORT ATHLETIC CLUB	2003
1696	Nomfundo	MKHONTO	3860	Female	Senior	01:25:59	TEMP	TEMP
1697	Tegan Micaela	JONES	5364	Female	Senior	01:25:58	TEMP	
1698	Petros	TSERERE	5019	Male	40-49	01:25:59	TEMP	
1699	Petra	ELLIS	3665	Female	40-49	01:26:07	SANLAM ATHLETIC CLUB	4081
1700	Diana	DUBE	4547	Female	Senior	01:26:11	TEMP	TEMP
1701	Daphne	LODEWYK	4250	Female	50-59	01:26:15	MITCHELL'S PLAIN TITANS	
1702	Fahiema	DANIELS	3922	Female	Senior	01:26:18	TEMP	TEMP
1703	Asa	MILLWARD	4867	Female	40-49	01:26:19	PINELANDS ATHLETIC CLUB	2349
1704	Ingrid	FRANKE	5168	Female	40-49	01:26:31	HELDERBERG HARRIERS	
1705	Manthako Elizabeth	MOEMISE	3423	Female	Senior	01:26:26	BREAKTHRU MIDRAND STRIDERS	17283
1706	Estelle	FRANCKE	5167	Female	40-49	01:26:31	HELDERBERG HARRIERS	
1707	Aletta	DU TOIT	4099	Female	60+	01:26:31	BELLVILLE ATHLETIC CLUB	
1708	Elize	GROBBELAAR	4097	Female	60+	01:26:31	BELLVILLE ATHLETIC CLUB	
1709	Aminah	SHABODIEN	3776	Female	Senior	01:26:42	TEMP	TEMP
1710	Jacobus	LOOTS	3812	Male	60+	01:26:44	RUNNING INN ATHLETICS CLUB	8733
1711	Mercia	SMITH	3598	Female	40-49	01:26:49	PINELANDS ATHLETIC CLUB	2345
1712	Shakierah	BOOLEY	4740	Female	Senior	01:26:49	ITHEKO SPORT ATHLETIC CLUB	9855
1713	Ruchda	KLEINSMIDT	4147	Female	Senior	01:26:45	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1714	Caren	GEORGE	5373	Female	Senior	01:26:50	TEMP	
1715	Ryan	STEENKAMP	3902	Male	Senior	01:26:49	TEMP	TEMP
1716	Vencollin	WILLIAMS	3690	Female	Senior	01:26:50	PINELANDS ATHLETIC CLUB	10311
1717	Adelaide	TRUEBODY	5232	Female	50-59	01:26:53	ITHEKO SPORT ATHLETIC CLUB	
1718	Maudle	NEL	5257	Female	60+	01:27:03	TEMP	
1719	Mariana	BLOM	3707	Female	Senior	01:27:06	TYGERBERG ATHLETIC CLUB	5691
1720	Andrew	COETZEE	4889	Male	Senior	01:27:06	TEMP	TEMP
1721	Kasefa	ABRAHAMS	4556	Female	Senior	01:27:10	OMMIEDRAAI FRIENDS ATHETIC CLUB	6716
1722	Sharon	THORPE	4058	Female	40-49	01:27:17	TEMP	TEMP
1723	Annelie	BOTES	3715	Female	Senior	01:27:18	TEMP	TEMP
1724	Charl	COETZEE	3689	Male	Senior	01:27:18	TEMP	TEMP
1725	Xandra	ANDERSON	4702	Female	50-59	01:27:24	WEST COAST ATHLETIC CLUB	7364
1726	Zainab	BENJAMIN	4028	Female	60+	01:27:26	TOP FORM ATHLETIC CLUB	
1727	Wilma	HANS	3944	Female	50-59	01:27:24	IN TOUCH WALK & RUN	8276
1728	Ebrahim	ARNOLD	4790	Male	50-59	01:27:28	ITHEKO SPORT ATHLETIC CLUB	1938
1729	Anna	DIEDERICKS	5325	Female	50-59	01:27:26	TEMP	
1730	Mary-Ann	GALLI	4600	Female	50-59	01:27:28	SUNWARD ATHLETICS CLUB	8198
1731	Basheer	SMITH	3702	Male	40-49	01:27:35	OMMIEDRAAI FRIENDS ATHETIC CLUB	8265
1732	Saywed	ESTERHUIZEN	4026	Female	Senior	01:27:33	TEMP	TEMP
1733	Amina	SMITH	3737	Female	40-49	01:27:35	TEMP	8264
1734	Nazema	DIEDERICKS	4168	Female	50-59	01:27:38	TEMP	TEMP
1735	Mogamat	GALANT	4797	Male	50-59	01:27:39	ITHEKO SPORT ATHLETIC CLUB	TEMP
1736	Raisa	PETERSEN	3949	Female	Senior	01:27:43	TEMP	TEMP
1737	Veena	NARAN	3676	Female	Senior	01:27:45	TEMP	TEMP
1738	Shireen	KADER	5033	Female	40-49	01:27:46	TEMP	TEMP
1739	Lucia	LODEWYK	4041	Female	50-59	01:27:48	BELLVILLE ATHLETIC CLUB	
1740	Nabeel	SOEKER	4776	Male	Senior	01:27:53	TEMP	TEMP
1741	Lindy	MATZKE	4397	Female	Senior	01:27:55	EDGEMEAD RUNNERS	1515
1742	Nicola	OLD	4573	Female	40-49	01:27:55	EDGEMEAD RUNNERS	4987
1743	Kae Cherng	CHANG	4942	Male	Senior	01:28:04	TEMP	TEMP
1744	Rugaya	SALIE	5241	Female	40-49	01:27:55	TEMP	
1745	Sofwa	ISMAIL	3544	Female	Senior	01:28:04	ITHEKO SPORT ATHLETIC CLUB	2027
1746	David Maningi	MKHONTO	3858	Male	40-49	01:28:16	SANDF WP	3439
1747	Vuyani	MALAMBA	5102	Male	Senior	01:28:17	TEMP	
1748	Cikizwa	BANTOM	4724	Female	Senior	01:28:19	TEMP	TEMP
1749	Shaheem	AMARDIEN	4581	Male	Senior	01:28:24	TEMP	TEMP
1750	Samuel	MILNER	5213	Male	60+	01:28:21	SPARTAN HARRIERS	
1751	Sheryldene	DU PLESSIS	3691	Female	40-49	01:28:25	TEMP	TEMP
1752	Ebrahim	CORNELIUS	3104	Male	40-49	01:28:24	ARD ATHLETIC CLUB	2761
1753	Anton	GITTENS	3384	Male	Senior	01:28:25	TEMP	TEMP
1754	Marius	BENEKE	4825	Male	50-59	01:28:27	TEMP	TEMP
1755	Gayaat	VAN DER SCHYF	4171	Female	Senior	01:28:29	TEMP	TEMP
1756	Faeza	APPELS	4163	Female	50-59	01:28:33	TEMP	TEMP
1757	Mogamat Armien	APPELS	4172	Male	50-59	01:28:33	TEMP	TEMP
1758	Gasant	ALLIE	3606	Male	50-59	01:28:38	ITHEKO SPORT ATHLETIC CLUB	1959
1759	Faith	KWAZA	5100	Female	Senior	01:28:33	TEMP	TEMP
1760	Fierdouz	ALLIE	3743	Female	50-59	01:28:38	ITHEKO SPORT ATHLETIC CLUB	1958
1761	Harmes	COLETTE	3562	Female	40-49	01:28:42	SATORI ATHLETICS CLUB	00:00:00
1762	Tasneem	FAKIER	3343	Female	Senior	01:28:43	TEMP	TEMP
1763	Susan	SWANEPOEL	5312	Female	50-59	01:28:58	NEW BALANCE MULTISPORT CLUB	
1764	Lillian	GOREDEMA	3914	Female	50-59	01:29:02	ACSIS VOB	744
1765	Colleen	COX	3746	Female	50-59	01:29:13	TEMP	TEMP
1766	Virginia	GREENWOOD	3703	Female	50-59	01:29:14	TEMP	TEMP
1767	Nolwazi	NODADA	4837	Female	Senior	01:29:19	TEMP	TEMP
1768	Tracy	PETERS	4318	Female	40-49	01:29:21	SPARTAN HARRIERS	WPA 3263
1769	Sean	GREYBE	4319	Male	40-49	01:29:20	SPARTAN HARRIERS	WPA 3264
1770	Karen	HARTLEY	4551	Female	40-49	01:29:25	HOUT BAY HARRIERS	5263
1771	Michelle	VERITY	4891	Female	40-49	01:29:21	NEDBANK RUNNING CLUB BOLAND	1973
1772	Alison	PIETERSEN	3833	Female	40-49	01:29:30	TEMP	TEMP
1773	Camat	NOORDIEN	5186	Male	50-59	01:29:25	TEMP	
1774	Miles	PIETERSEN	3834	Male	50-59	01:29:30	TEMP	TEMP
1775	Esala	ABENE	5495	Male	Senior	01:29:34	TEMP	

1776	Bertram	JACOBS	4187	Male	50-59	01:29:37	PINELANDS ATHLETIC CLUB	
1777	Yusuf	SALIE	5242	Male	50-59	01:29:39	TEMP	
1778	Kim	CUPIDO	3666	Female	40-49	01:29:43	SPARTAN HARRIERS	2887
1779	Valenta	GEDULD	4362	Female	Senior	01:29:43	SPARTAN HARRIERS	3227
1780	Armina	EBRAHIM	5404	Female	50-59	01:29:44	TEMP	
1781	Shanaaz	EFFENDI	3769	Female	Senior	01:29:44	ITHEKO SPORT ATHLETIC CLUB	TEMP
1782	Glenda	CLARKE	4248	Female	40-49	01:29:48	MITCHELL'S PLAIN TITANS	
1783	Veena	SUKHA	3809	Female	40-49	01:29:47	TOP FORM ATHLETIC CLUB	5531
1784	Zuwieda	ESAU	4240	Female	40-49	01:29:48	MITCHELL'S PLAIN TITANS	
1785	Danrelia	GROENEWOLD	4109	Female	50-59	01:29:53	TEMP	TEMP
1786	Petro	VAN DER MERWE	4108	Female	50-59	01:29:53	TEMP	TEMP
1787	Zainunisha	ARIEFF	4770	Female	60+	01:29:58	CELTIC HARRIERS	521
1788	Jacqueline	FERMO	3738	Female	40-49	01:30:00	TEMP	TEMP
1789	Ursula	FREDRICKS	5225	Female	60+	01:30:02	TEMP	
1790	Elizabeth	HENDRICKS	5171	Female	40-49	01:30:02	TEMP	TEMP
1791	Leandre	BRAND	4101	Female	Senior	01:30:01	ACSIS VOB	
1792	Margaret	ESAU	5166	Female	40-49	01:30:02	TEMP	TEMP
1793	Clinton	SOLOMON	4056	Male	60+	01:30:02	TEMP	TEMP
1794	Felicity	GYSENBERG	3762	Female	50-59	01:30:04	MITCHELL'S PLAIN TITANS	8255
1795	Fay	LINDER	3758	Female	60+	01:30:09	ACSIS VOB	WP608
1796	Bonnie	KOSMAS	5131	Female	60+	01:30:09	HELDERBERG HARRIERS	TEMP
1797	Valerie	LUMB	4160	Female	60+	01:30:09	SPARTAN HARRIERS	
1798	Collette	TENNISON	4405	Female	Senior	01:30:12	TEMP	TEMP
1799	Jomaine	DU PLESSIS	5134	Female	Senior	01:30:25	TEMP	TEMP
1800	Marissa	VAN NIEKERK	5133	Female	Senior	01:30:25	TEMP	TEMP
1801	Melody	MAKHANYA	4836	Female	Senior	01:30:44	TEMP	TEMP
1802	Shamima	WOLMARANS	4148	Female	40-49	01:30:46	OMMIEDRAAI FRIENDS ATHLETIC CLUB	
1803	Aneka	ABRAHAMS	3942	Female	Senior	01:30:47	ITHEKO SPORT ATHLETIC CLUB	10561
1804	Shameega	OPPERMAN	3943	Female	Senior	01:30:49	ITHEKO SPORT ATHLETIC CLUB	10516
1805	Nazeerah	BEGHARDIEN	4116	Male	Senior	01:30:50	TEMP	TEMP
1806	Nomthandazo	NTSHANGASE	4834	Female	Senior	01:30:55	TEMP	TEMP
1807	Lilian	LEEN	5335	Female	50-59	01:30:58	TEMP	
1808	Michelle	CUPIDO	3534	Female	40-49	01:31:05	PINELANDS ATHLETIC CLUB	2246
1809	Mary	LANGEBRINK	5348	Female	Senior	01:31:29	RUN WALK FOR LIFE WESTERN PROVINCE	4057
1810	Ilene	BARRINGTON	5347	Female	40-49	01:31:30	RUN WALK FOR LIFE WESTERN PROVINCE	5750
1811	Mariam	KHAN	4146	Female	60+	01:31:42	OMMIEDRAAI FRIENDS ATHLETIC CLUB	
1812	Gaynor	NEL	3919	Female	Senior	01:31:41	TEMP	TEMP
1813	Mogamad Nasif	MOSOVAL	5481	Male	Senior	01:31:42	TEMP	
1814	Cillia	MPHEPHU	4841	Female	40-49	01:31:44	TOP FORM ATHLETIC CLUB	5525
1815	Kabelo	MPHEPHU	4842	Female	Senior	01:31:44	TOP FORM ATHLETIC CLUB	9640
1816	Heather	LITTLETON	5433	Female	40-49	01:31:47	TEMP	
1817	Ismail	FAYROOZ	5434	Female	50-59	01:31:49	TEMP	
1818	Bahiesha	SOLOMONS	4951	Female	40-49	01:31:51	TEMP	TEMP
1819	Wazeer	BASSADIEN	5474	Male	Senior	01:31:53	ITHEKO SPORT ATHLETIC CLUB	1699
1820	Tim	CUBITT	4218	Male	50-59	01:31:52	NEW BALANCE MULTISPORT CLUB	
1821	Fiona	RABIE	4762	Female	50-59	01:31:53	RAVENSMEAD AC	6279
1822	Chanelle	ADAMSON	4182	Female	Senior	01:31:57	CELTIC HARRIERS	
1823	Patrick	ADAMSON	4183	Male	50-59	01:31:58	CELTIC HARRIERS	
1824	Elizabeth	OKES	5376	Female	Senior	01:31:58	PINELANDS ATHLETIC CLUB	2225
1825	Louise	ALBERTYN	4664	Female	Senior	01:32:05	TEMP	TEMP
1826	Nicola	OKES	3733	Female	Senior	01:32:00	TEMP	TEMP
1827	Carryn	ORTLEPP	3584	Female	Senior	01:32:05	TEMP	TEMP
1828	Jill	SASMAN	4209	Female	Senior	01:32:12	FORESTERS RUNNING CLUB	
1829	Petro	WILLIAMS	5031	Female	40-49	01:32:18	TEMP	TEMP
1830	Pamella	MELAPI	5014	Female	Senior	01:32:20	RCS GUGULETU AC	TEMP
1831	Shereen	SEPTEMBER	4181	Female	40-49	01:32:21	TEMP	TEMP
1832	Ayanda	THWALA	3953	Female	Senior	01:32:25	TEMP	TEMP
1833	Sabaagh	ADAMS CHOGLE	3771	Female	Senior	01:32:32	ITHEKO SPORT ATHLETIC CLUB	10878
1834	Zainab	PETERSEN	3948	Female	Senior	01:32:32	ITHEKO SPORT ATHLETIC CLUB	10901
1835	Robin	DENNIS	4381	Male	60+	01:32:32	EDGEMead RUNNERS	1428
1836	Farnaaz	MOHAMED	4548	Female	Senior	01:32:30	TEMP	TEMP
1837	Samierah	PETERSEN	4723	Female	Senior	01:32:32	ITHEKO SPORT ATHLETIC CLUB	TEMP
1838	Samantha	FREDERICKS	4327	Female	Senior	01:32:33	ITHEKO SPORT ATHLETIC CLUB	10842
1839	Jasmina	MOHAMED	3460	Female	50-59	01:32:33	ITHEKO SPORT ATHLETIC CLUB	TEMP
1840	Masoodah	CHIKTE	5301	Female	40-49	01:32:33	ITHEKO SPORT ATHLETIC CLUB	
1841	Mohamed	KAJEE	3772	Male	50-59	01:32:33	ITHEKO SPORT ATHLETIC CLUB	1098
1842	Jo-Anne	HENDRICKS	4869	Female	40-49	01:32:33	TEMP	TEMP
1843	Liesel	HOPPE	4816	Female	Senior	01:32:33	TEMP	10902
1844	Claudia	SOLOMONS	4170	Female	40-49	01:32:33	TEMP	TEMP
1845	Amorett	TRUEBODY	5113	Male	50-59	01:32:33	ITHEKO SPORT ATHLETIC CLUB	
1846	Farees	ISAACS	5243	Male	50-59	01:32:35	TEMP	
1847	Suzette	WOUTERSE	4772	Female	40-49	01:32:38	SANLAM ATHLETIC CLUB	4080
1848	Elaine	BOSMAN	5431	Female	40-49	01:32:57	TEMP	
1849	Yvette	ANDREWS	5111	Female	Senior	01:32:59	TEMP	TEMP
1850	Mareldia	ISMAIL	4962	Female	40-49	01:33:14	TEMP	10877
1851	Tienia	VAN ZYL	3741	Male	60+	01:33:24	BELLVILLE ATHLETIC CLUB	7555
1852	Sumaya	CORNELIUS	4167	Female	40-49	01:33:25	TEMP	TEMP
1853	Carlina	PRETORIUS	4072	Male	50-59	01:33:29	NEW BALANCE MULTISPORT CLUB	
1854	Sumaya	ISAAC	5253	Female	Senior	01:33:41	TEMP	
1855	Salna	ALLIE	5409	Female	40-49	01:33:58	TOP FORM ATHLETIC CLUB	
1856	Christel	DU BUISSON	3794	Female	Senior	01:34:06	TEMP	TEMP
1857	Chrischay	PETERSEN	4941	Female	Senior	01:33:58	TEMP	TEMP
1858	Mandi	DU PLESSIS	3696	Female	Senior	01:34:06	TEMP	TEMP
1859	Dan	EDWARDS	4385	Male	Senior	01:34:07	WILDRUNNER	5460
1860	Janet	LANNING	4423	Female	60+	01:34:09	ATLANTIC ATHLETIC CLUB	4591
1861	Claudelle	ABRAHAMS	5287	Female	40-49	01:34:20	TEMP	
1862	Genevieve	BESTER	4479	Female	Senior	01:34:11	TEMP	TEMP
1863	Shasta	ABRAHAMS	5290	Female	Senior	01:34:20	TEMP	
1864	Anthony	GODONGWANA	3029	Male	Senior	01:34:34	TRANSNET GAUTENG NORTH	9821

1865	Christo	ABRAHAMS	5288	Male	40-49	01:34:30	TEMP	
1866	Tanith	MAXWELL	3000	Female	Senior	01:34:34	BOXER SUPERSTORES ATHLETICS CLUB	8401
1867	Thozama	APRIL	3045	Female	Senior	01:34:35	TRANSNET GAUTENG NORTH	2365
1868	Saudah	ASMAL	4913	Female	Senior	01:34:36	TEMP	TEMP
1869	Beverley	JACOBS	4104	Female	60+	01:34:35	RCS GUGULETU AC	
1870	Saarah	ASMAL	4910	Female	Senior	01:34:36	OMMIEDRAAI FRIENDS ATHETIC CLUB	10062
1871	Dhesan	MOODLEY	1898	Male	Senior	01:34:36	TEMP	
1872	Faranaaz	SAMSODIEN	3763	Female	Senior	01:34:42	ITHEKO SPORT ATHLETIC CLUB	1647
1873	Nandita	DASS	3792	Female	Senior	01:34:50	TEMP	TEMP
1874	Khasief	OCKHUIZEN	4054	Male	Senior	01:34:44	TEMP	TEMP
1875	Vashisht	RAMSUNDER	3791	Male	Senior	01:34:50	TEMP	TEMP
1876	Ntombodumo	BALENI	5116	Female	Senior	01:34:55	TEMP	TEMP
1877	Nombuso	MAHLANGU	5108	Female	Senior	01:34:55	TEMP	TEMP
1878	Iris	KEEBLE	4325	Female	60+	01:34:56	TEMP	TEMP
1879	Ruwaida	ABRAHAMS	4162	Female	Senior	01:35:04	THOMAS MBIZA AC	TEMP
1880	Mogamat	HAROUN	4197	Male	50-59	01:35:12	ITHEKO SPORT ATHLETIC CLUB	
1881	Reza	ABADER	3938	Male	40-49	01:35:11	TEMP	TEMP
1882	Igshaan	KAMISH	4529	Male	Senior	01:35:12	ITHEKO SPORT ATHLETIC CLUB	10841
1883	Denise	MOUTON	3768	Female	50-59	01:35:13	WELLINGTON ATHLETIC CLUB	1484
1884	Rubiena	ISMAIL	3625	Female	40-49	01:35:14	TEMP	TEMP
1885	Abdul	LOSPER	5408	Male	Senior	01:35:15	TEMP	
1886	Rizqah	THEUSISSEN	5410	Female	Senior	01:35:15	TOP FORM ATHLETIC CLUB	
1887	Natalie Kay	JONES	5365	Female	40-49	01:35:24	TEMP	
1888	Antonia	ENGELBRECHT	4915	Female	40-49	01:35:36	TEMP	TEMP
1889	Boitumelo	LEEUEW	3278	Female	Senior	01:35:48	TEMP	TEMP
1890	Faiezah	ALBERTYN	4972	Female	50-59	01:35:50	ITHEKO SPORT ATHLETIC CLUB	1715
1891	Kagiso	ZWANE	5023	Male	Senior	01:35:48	TEMP	TEMP
1892	Tamen	SEPTEMBER	4180	Male	Senior	01:35:50	MITCHELL'S PLAIN TITANS	WP9354
1893	Pamela	ARCHER	1512	Female	40-49	01:35:54	TEMP	
1894	Joyce	ARCHER	1587	Female	60+	01:35:54	TEMP	
1895	Nkosinoxolo	SONQABIDO	5274	Male	Senior	01:35:56	TRANSNET GAUTENG NORTH	
1896	Zainulisa	ARIEFDIEN	4144	Female	40-49	01:36:09	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1897	Gaynor	BOCK	5326	Female	Senior	01:36:23	TEMP	
1898	Charles	ENGELBRECHT	4916	Male	50-59	01:36:24	TEMP	TEMP
1899	Sedick	PETERSEN	5368	Male	Senior	01:36:36	TEMP	
1900	Fuad	SEAT	5188	Male	40-49	01:36:50	TEMP	
1901	Aadiela	KIMMIE	5366	Female	Senior	01:36:45	OMMIEDRAAI FRIENDS ATHETIC CLUB	
1902	Amme	VAN DIEMEN	5196	Female	50-59	01:36:50	TEMP	TEMP
1903	Juanita	STEENVELD	4799	Female	40-49	01:36:51	SPARTAN HARRIERS	2833
1904	Joy	PETERSEN	4687	Female	40-49	01:36:52	TEMP	TEMP
1905	Portia	MARGEMAN	3751	Female	40-49	01:36:53	TEMP	TEMP
1906	Abduraghman	JACOBS	5106	Male	50-59	01:36:58	ITHEKO SPORT ATHLETIC CLUB	
1907	Cairncross	BRONWIN	5170	Male	40-49	01:37:07	ITHEKO SPORT ATHLETIC CLUB	
1908	Najmunesa	EBRAHIM	3698	Female	Senior	01:37:07	ITHEKO SPORT ATHLETIC CLUB	1609
1909	Carla	BOTHA	4080	Female	Senior	01:37:09	BRACKENFELL ATHLETIC CLUB	
1910	Antonio Alfred	VAN DER RHEEDE	5311	Male	40-49	01:37:10	TEMP	
1911	Janine	FORBES	4671	Female	Senior	01:37:27	TEMP	108070
1912	Keith	JACOBS	4106	Male	50-59	01:37:27	RCS GUGULETU AC	
1913	Angeliq	BURGER	3679	Female	Senior	01:37:28	TEMP	TEMP
1914	Togeyda	CHARLES	5018	Female	40-49	01:37:33	TELKOM ATHLETICS CLUB	2125
1915	Leoni	MOTT	4672	Female	50-59	01:37:55	TEMP	TEMP
1916	Phumza	MAGWANISHE	5117	Female	Senior	01:37:57	TEMP	TEMP
1917	Kerry	GHERBAVAZ	4999	Female	Senior	01:38:01	TEMP	TEMP
1918	Janine	COBOZ	5441	Female	Senior	01:38:00	TEMP	
1919	Yoliswa	LANDU	5101	Female	Senior	01:38:01	TEMP	TEMP
1920	Helen	DIVARIS	4996	Female	Senior	01:38:02	TEMP	TEMP
1921	Rob	LANNING	4424	Male	60+	01:38:09	ATLANTIC ATHLETIC CLUB	4590
1922	Luchell	SIMONS	4499	Female	40-49	01:38:05	PAARL ATHLETIC CLUB	926
1923	Botha	PRETORIUS	4528	Male	50-59	01:38:09	STELLENBOSCH AC	Bo1 1412
1924	Caylin	CONRADIE	4473	Female	Senior	01:38:10	TEMP	TEMP
1925	Shannon	INNELL	4367	Female	Senior	01:38:10	TEMP	TEMP
1926	Hantie	NELSON	3868	Female	40-49	01:38:23	BELLVILLE ATHLETIC CLUB	3566
1927	Corrie	BENNETT	4024	Female	60+	01:38:22	EDGEMEAD RUNNERS	
1928	Elri	STRAUSS	3907	Female	40-49	01:38:23	RUN WALK FOR LIFE WESTERN PROVINCE	3177
1929	Sam	CHAN	5277	Male	Senior	01:38:43	TEMP	
1930	Lauren	NICHOLSON	5276	Female	Senior	01:38:43	TEMP	
1931	Holli	HARTMAN	5219	Female	40-49	01:39:10	TEMP	
1932	Bijean	JACOBS	3672	Male	Senior	01:39:22	ITHEKO SPORT ATHLETIC CLUB	1758
1933	Gillian	GROBBELAAR	3777	Female	40-49	01:39:26	RUN WALK FOR LIFE WESTERN PROVINCE	4056
1934	Nadiya	HAROUN	4198	Female	50-59	01:39:27	ITHEKO SPORT ATHLETIC CLUB	
1935	Denise	CLOETE	4165	Female	60+	01:39:30	TEMP	TEMP
1936	Fadneela	PATEL	5384	Female	Senior	01:39:56	ITHEKO SPORT ATHLETIC CLUB	
1937	Rizeaha	ASHRAFF	4631	Female	Senior	01:40:51	ITHEKO SPORT ATHLETIC CLUB	1954
1938	Bedelene	VAN ROOY	5399	Female	Senior	01:39:59	TEMP	
1939	Mymoena	JABAAR	5377	Female	40-49	01:41:04	ARD ATHLETIC CLUB	
1940	Haniyah	JACOBS	3724	Female	Senior	01:40:51	ITHEKO SPORT ATHLETIC CLUB	1759
1941	Shaheed	JABAAR	5378	Male	40-49	01:41:04	TEMP	
1942	Ellen	HURST	4430	Female	Senior	01:41:07	TEMP	TEMP
1943	Sharon	DODD	5221	Female	50-59	01:41:16	RUN WALK FOR LIFE WESTERN PROVINCE	
1944	Christel Ulrike	DE SWARDT	3764	Female	Senior	01:41:30	TEMP	TEMP
1945	Jean Helen	ERASMUS	5270	Female	40-49	01:41:37	TEMP	
1946	Melanie	WILLIAMS	5272	Female	40-49	01:41:38	TEMP	
1947	Najmunisa	FERRIS	4700	Female	40-49	01:42:02	TEMP	TEMP
1948	Salama	DAVIDS	3946	Female	40-49	01:42:02	TEMP	TEMP
1949	Baraneez	FRANCIS	4694	Female	40-49	01:42:02	TEMP	TEMP
1950	Shanaaz	HASSAN	4679	Female	Senior	01:42:08	TEMP	TEMP
1951	Warda	KHAN	4677	Female	Senior	01:42:08	OMMIEDRAAI FRIENDS ATHETIC CLUB	8534
1952	Mandla	MKABELA	853	Male	50-59	01:42:34	CORRECTIONAL SERVICES WP	5761
1953	Sue	SPRAKE	3765	Female	60+	01:42:37	RUN WALK FOR LIFE WESTERN PROVINCE	4059

1954	Ann Patricia	BENJAMIN	4164	Female	50-59	01:42:46	TEMP	TEMP
1955	Patricia	DOMINGO	4155	Female	60+	01:42:43	RUN WALK FOR LIFE WESTERN PROVINCE	
1956	Cecilia	MC GLEN	4169	Female	60+	01:42:46	TEMP	TEMP
1957	Omelia	RUITERS	5137	Female	Senior	01:42:53	TEMP	TEMP
1958	Marita	DU PLESSIS	5136	Female	40-49	01:43:08	TEMP	TEMP
1959	Victoria	CHABANGU	3781	Female	Senior	01:43:13	TEMP	TEMP
1960	Chantelie	BRUNNER	4491	Female	Senior	01:44:30	TEMP	TEMP
1961	Mogamat	FRANCIS	4696	Male	50-59	01:44:29	TEMP	TEMP
1962	Riedwaan	DAVIDS	3947	Male	40-49	01:44:30	TEMP	TEMP
1963	Rene	VAN VUUREN	4806	Female	Senior	01:44:32	TEMP	TEMP
1964	Flora	MAY	4598	Female	50-59	01:44:34	TELKOM ATHLETICS CLUB	8612
1965	Badiyah	JARDINE	4192	Female	40-49	01:44:37	TELKOM ATHLETICS CLUB	
1966	Norma	ALARD	4053	Female	40-49	01:44:38	TEMP	TEMP
1967	Andrea	JOHNSTON	4052	Female	Senior	01:44:39	TEMP	TEMP
1968	Ulla	PAUL	4215	Female	60+	01:44:58	SPARTAN HARRIERS	
1969	Elarne	SOLOMON	4055	Female	Senior	01:45:13	TEMP	TEMP
1970	Lynette	LAMBERT	4697	Female	40-49	01:45:31	TEMP	TEMP
1971	Stirling	MC BRIDE	3583	Male	50-59	01:45:32	TEMP	TEMP
1972	Lilia	MCBRIDE	3872	Female	Senior	01:45:32	TEMP	TEMP
1973	Salwa	ISAACS	5244	Male	50-59	01:45:45	TEMP	
1974	Shaun	LIDDLE	4656	Male	Senior	01:45:51	TEMP	TEMP
1975	Robert	LAURIE	4627	Male	Senior	01:45:52	TEMP	TEMP
1976	David	WINGRIN	3930	Male	60+	01:46:03	HELDERBERG HARRIERS	2371
1977	Jan	SWART	4356	Male	50-59	01:46:04	FIT 2000 WP	4368
1978	Mehboob	FOFLONKER	3604	Male	40-49	01:46:38	TEMP	TEMP
1979	Eleanor Denise	DAMON	4883	Female	50-59	01:46:38	DWARS RIVER ATHLETICS CLUB	1154
1980	Shinoa	FOFLONKER	4718	Female	Senior	01:46:38	TEMP	TEMP
1981	Tracy-Lee	ABRHAMS	5202	Female	Senior	01:46:50	TEMP	
1982	Shameegah	CARR	4920	Female	Senior	01:47:09	ITHEKO SPORT ATHLETIC CLUB	1815
1983	Lucia	DAVADOSS	5203	Female	50-59	01:46:51	TEMP	
1984	Wasiema	SLEMMING	3656	Female	Senior	01:47:09	ITHEKO SPORT ATHLETIC CLUB	1753
1985	Linda	FARRENHEM	5446	Female	60+	01:47:30	TEMP	
1986	Rochelle	LOGGENBERG	5460	Female	Senior	01:47:33	TEMP	
1987	Urther	DAKERS	5132	Male	60+	01:48:08	HELDERBERG HARRIERS	
1988	Lydia	TERBLANCHE	4597	Female	40-49	01:48:12	TELKOM ATHLETICS CLUB	8611
1989	Buddy	HARLIEM	3748	Female	40-49	01:48:46	TEMP	TEMP
1990	Hester	KERAAN	3749	Female	50-59	01:48:52	TEMP	TEMP
1991	Cleo	DROOMER	4918	Male	Senior	01:48:53	TEMP	TEMP
1992	Julian	BERGSTEDT	4884	Female	60+	01:49:23	DWARS RIVER ATHLETICS CLUB	1165
1993	Ebrahim	JEEWA	3786	Male	Senior	01:53:51	TEMP	TEMP
1994	Julie	WILSON	4775	Female	60+	01:49:26	CELTIC HARRIERS	344
1995	Robyn Lucia	SMITH	3787	Female	Senior	01:53:51	TEMP	TEMP
1996	Charlotte	JAFTHA	4252	Female	60+	01:55:28	TEMP	TEMP
1997	Rewayda	PETERSEN	4921	Female	50-59	01:55:47	ITHEKO SPORT ATHLETIC CLUB	1782
1998	Laura	AFRICA	5098	Female	60+	01:55:50	TEMP	TEMP
1999	Usuf	CHIKTE	5440	Male	50-59	02:00:14	ITHEKO SPORT ATHLETIC CLUB	
2000	Sharleen	SCOTT	3621	Female	40-49	02:26:39	MITCHELL'S PLAIN TITANS	6305
2000	Lennox	LEYILE	5281	Male	40-49	02:27:09	TEMP	
	Chris	WALE	4481	Male	Senior		TEMP	TEMP
	Renee	THOMPSON	3650	Female	Senior		ATLANTIC ATHLETIC CLUB	4572
	Tom	STODEL	4945	Male	60+		TEMP	TEMP
	Tom	LUSASENI	5180	Male	Senior		ACISIS VOB	
	Charles	ABBOTT	4616	Male	60+		TEMP	TEMP
	Ebrahim	ABRAHAMS	3988	Male	40-49		ITHEKO SPORT ATHLETIC CLUB	10843
	Safia	ABRAHAMS	4938	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	10900
	Shane	ABRAHAMS	5110	Male	Senior		TEMP	
	Aonald	ABRAHAMS	5154	Male	40-49		RCS GUGULETU AC	
	Renee	ABRAHAMSE	3997	Female	Senior		EDGEMead RUNNERS	1432
	Craig	ACKERMANN	3454	Male	Senior		TEMP	TEMP
	Margie	ADCOCK	4467	Female	60+		TEMP	TEMP
	Clive	ADDENDORFF	3238	Male	50-59		IN TOUCH WALK & RUN	6470
	Sumaya	AGNEW	5486	Female	Senior		OMMIEDRAAI FRIENDS ATHETIC CLUB	
	Lincoln	ALEXANDER	4521	Male	40-49		SANLAM ATHLETIC CLUB	4110
	Vanda	AMOS	4312	Female	50-59		WEST COAST ATHLETIC CLUB	7296
	Jeromy	ANDREAS	3030	Male	Senior		ABSA UNIVERSITY OF JOHANNESBURG AC	11239
	Ciska	ANDREW	3813	Female	Senior		CENTURY CITY ATHLETIC CLUB	6775
	Chester	ANDREWS	4336	Male	Senior		TEMP	TEMP
	Ilia	ANGUELOV	5469	Male	Senior			
	Mark	ANTHONY	5223	Male	40-49			
	William	APPEL	3775	Male	40-49		TEMP	TEMP
	Inge	APPELGRYN	4376	Female	Senior		TEMP	TEMP
	Richard	ARNOTT	3798	Male	Senior		WEST COAST ATHLETIC CLUB	3678
	Jessica	ASHLEY-COOPER	4188	Female	Senior		TEMP	TEMP
	Richard	ATKINSON	3214	Male	Senior		TEMP	TEMP
	Ian	ATMORE	4905	Male	40-49		NEW BALANCE MULTISPORT CLUB	TEMP
	Rashieda	BADROODIEN	3926	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	10600
	Diego Jose	BAEZA	4980	Male	Senior		TEMP	TEMP
	Ismail	BAKER	4074	Male	50-59		ITHEKO SPORT ATHLETIC CLUB	
	Becky	BALDEO	4288	Female	Senior		TEMP	TEMP
	Leann	BARRON	3605	Female	Senior		TEMP	TEMP
	Edwina	BARTENS	5465	Female	40-49		PINELANDS ATHLETIC CLUB	
	Jocelyn	BARTOSCH	3291	Female	Senior		ATC RUNNING	3862
	Jody	BAUMGARTEN	5412	Male	40-49			
	Clio	BAX	3376	Female	Senior		TEMP	TEMP
	Faheemud-Deen	BEGHARDIEN	4117	Male	Senior		TEMP	TEMP
	Rameez	BEHARDIEN	3402	Male	Senior		TEMP	TEMP
	Olivia	BELL	4596	Female	Senior		ATLANTIC ATHLETIC CLUB	11022
	Marise	BESTER	4885	Female	Senior		TEMP	TEMP
	Brendon	BESTERFIELD	4326	Male	Senior		TEMP	TEMP

Michelle	BEY	3484	Female	40-49		CELTIC HARRIERS	192
Megan	BEZUIDENHOUT	3166	Female	Senior		TEMP	TEMP
Abdul	BGATON	5239	Male	Senior			
Alexa	BICCARI	5339	Female	Senior			
Jacob	BINGLE	3039	Male	Senior		ATC RUNNING	2101
Miriam	BLUMENKRANTZ	3414	Female	40-49		TEMP	TEMP
Sonia	BODLA	4732	Female	Senior		TEMP	TEMP
Hanna	BOEKE	3710	Female	60+		TEMP	TEMP
Thandeka	BOLOTI	4315	Female	Senior		TEMP	TEMP
Margaret	BOOYSEN	5321	Female	60+			
Kim	BOSHOFF	4514	Female	Senior		EDGEHEAD RUNNERS	5073
Ewald	BOTHA	3859	Male	Senior		TEMP	TEMP
Bianca	BOUWER	4284	Female	Senior		TEMP	TEMP
Raquel	BRAUNS	5468	Female	Senior			
Giancarlo	BRAVETTI	4314	Male	Senior		TEMP	TEMP
Liz	BRINK	3301	Female	50-59		ACSIS VOB	664
Andrew	BRITS	3163	Male	Senior		TEMP	TEMP
Bauke	BROUWER	3092	Male	Senior		TEMP	TEMP
Storm	BROWN	4882	Female	Senior		TEMP	TEMP
Sue	BRUNDRIT	4904	Female	40-49		TEMP	TEMP
Tracey	BUBB	4470	Female	Senior		TEMP	TEMP
Ninie	BULABULA	3723	Female	Senior		TEMP	TEMP
Greta	BULL	5487	Female	40-49			
Joanie	CALITZ	4676	Female	Senior		TEMP	TEMP
Nathan	CARLSE	4692	Male	Senior		ITHEKO SPORT ATHLETIC CLUB	1663
Olga	CARMICHAEL-GREEN	3461	Female	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	5597
Keagan	CARR	3287	Male	Senior		BRACKENFELL ATHLETIC CLUB	7215
Monia	CASTRO	3462	Female	Senior		WILDRUNNER	5482
Elroy	CHARTERS	4539	Male	Senior		TEMP	TEMP
John	CHASE	3693	Male	50-59		WESTERN PROVINCE CRICKET CLUB	00:00:00
Shane	CHEMINAIS	3153	Male	50-59		TEMP	TEMP
Samba Lorraine	CHISEYA	4808	Female	Senior		TEMP	TEMP
Ruwayda	CHRISTIANS	4488	Female	40-49		OMMIEDRAAI FRIENDS ATHETIC CLUB	6740
Claudia	CIEVERTS	4909	Female	Senior		TOP FORM ATHLETIC CLUB	7004
Lizelle	CILLIERS	3432	Female	40-49		TEMP	TEMP
Rafeeqah	CLARKE	5056	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	WP1812
Kerry	COCHRANE	4944	Female	Senior		ACSIS VOB	841
Ian	COETZEE	3463	Male	Senior		TEMP	TEMP
Pf	COETZEE	4525	Male	Senior		TEMP	TEMP
Bianca	COETZEE	4748	Female	Senior		TEMP	E67731
Andre	COETZEE	4749	Male	Senior		TEMP	TEMP
Sarah	COTTON	4680	Female	Senior		TEMP	TEMP
Bronwen	COUSINS	3280	Female	Senior		TEMP	TEMP
Shireen	CROTZ	3913	Female	40-49		EERSTE RIVER ATHLETIC CLUB	8603
Clint	CROWSTER	3779	Male	Senior		TEMP	TEMP
Charles	CUGNET	4435	Male	Senior		TEMP	TEMP
Jerome	CUPIDO	3417	Male	Senior		TEMP	TEMP
Deon	CUPIDO	3619	Male	40-49		SPARTAN HARRIERS	3243
Miltoinette	CUPIDO	4577	Female	Senior		TEMP	TEMP
Michael	DALY	4321	Male	Senior		TEMP	TEMP
Robert	DAMERELL	3156	Male	40-49		HARFIELD HARRIERS	6535
Sean	DARGE	3735	Male	Senior		TEMP	TEMP
Jennifer	DARLINGTON	5008	Female	Senior		TEMP	TEMP
Marlein	DAVEL	4609	Female	Senior		ATC RUNNING	3833
Hennie	DAVEL	4610	Male	Senior		ATC RUNNING	3832
Faatimah	DAVIDS	4848	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	TEMP
Shumiera	DAVIDS	5120	Female	Senior		TEMP	TEMP
Nazeemah	DAVIDSON	5211	Female	40-49			
Tania	DAVIES	4414	Female	Senior		TEMP	1000
Karen	DE BEER	4886	Female	40-49		TEMP	TEMP
Lucy	DE CANHA	4390	Female	Senior		TEMP	TEMP
Tanya	DE JAGER	3854	Female	Senior		TEMP	TEMP
Jaco	DE JAGER	4174	Male	Senior		TEMP	TEMP
Michael	DE KLERK	3196	Male	40-49		TEMP	TEMP
Johandie	DE KOCK	4516	Female	Senior		TYGERBERG ATHLETIC CLUB	5710
Blyda	DE WAAL	4374	Female	Senior		TEMP	TEMP
Carmen	DEWEY	3528	Female	Senior		TEMP	TEMP
Dilshaad	DHARSEY-KAMALIE	3425	Female	Senior		TEMP	TEMP
Roger	DICKSON	3041	Male	Senior		ACSIS VOB	1150
Joanne	DIEDERIKS	3730	Female	Senior		NEDBANK RUNNING CLUB WP	7913
Thomas	DIXON	4906	Male	50-59		TEMP	TEMP
Kate	DOCHERTY-SURTEES	4406	Female	40-49		ACSIS VOB	1151
Rob	DOWDESWELL	3178	Male	60+		RUSTENBURG MARATHON CLUB	77
David	DREW	4908	Male	40-49		ATLANTIC ATHLETIC CLUB	4548
Stella	DSHURINA	4331	Female	Senior		TEMP	TEMP
Leon	DU PREEZ	4644	Male	50-59		MELKBOS ATHLETIC CLUB	6357
Anna	DUBANIEWICZ	3162	Female	Senior		TEMP	TEMP
Nicola	DUBBINI	4485	Male	Senior		TEMP	TEMP
Gabi	DUMARESQ	3316	Female	Senior		SACS OLD BOYS RUNNING CLUB	TEMP
Rowan	DUNNE	4286	Male	Senior		TEMP	TEMP
Julia	DURRANT	4280	Female	Senior		TEMP	TEMP
Rayner	DUVEEN	3395	Female	Senior		ATLANTIC ATHLETIC CLUB	8515
Louise	DYAMOND	4553	Female	40-49		HOUT BAY HARRIERS	5264
Julie	EARNE	3923	Female	Senior		TEMP	TEMP
Lou	ERASMUS	3143	Female	Senior		TEMP	TEMP
Ane	ERASMUS	3253	Female	Senior		NEW BALANCE MULTISPORT CLUB	4201
Lisa	ESPINASSE	4726	Female	Senior		TEMP	2337
Ine	ESPOST	3853	Female	Senior		HELDERBERG HARRIERS	2386
Anlevine	EVERTS	4152	Female	Senior		RAVENSMEAD AC	

Cornelia	EYMAN	5152	Female	50-59		NEDBANK RUNNING CLUB WP	3058
Derri	FARENHEM	5447	Male	60+			
Craig	FARHAM	3548	Male	50-59		SATORI ATHLETICS CLUB	2978
Claudine	FARRELL	3379	Female	Senior		VODACOM STRIDERS WP	4820
Nazeemah	FELDMAN	4785	Female	50-59		SPARTAN HARRIERS	2955
James	FELIX	4175	Male	60+		TEMP	TEMP
David	FENNIE	5391	Male	40-49		METROPOLITAN ATHLETIC CLUB	
Graham	FORBES	3391	Male	Senior		TEMP	TEMP
Bernard	FORD	4275	Male	50-59		TEMP	TEMP
Faseegh	FORTUNE	4392	Male	Senior		NEDBANK RUNNING CLUB WP	3086
Mike	FOUCHE	3570	Male	40-49		WEST COAST ATHLETIC CLUB	9400
Anna-Mart	FOURIE	4282	Female	Senior		TEMP	TEMP
Louis	FOURIE	4342	Male	Senior		TEMP	TEMP
Leona	FOX	5304	Female	Senior			
Lisa	FRANKEN	3496	Female	40-49		SANDEF WP	3514
Liam	FRASER	3065	Male	Senior		TEMP	TEMP
Tara	FROHLICH	4845	Female	Senior		ATC RUNNING	3835
Beverly	FULLER	3179	Female	Senior		RAND ATHLETIC CLUB	434
Chanine	GABRIELS	4914	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	2058
Henry Howard	GALLANT	5333	Male	50-59			
Givenese	GALLANT	5334	Female	Senior			
Firzana	GALSOOLKER	4890	Female	Senior		CENTURY CITY ATHLETIC CLUB	8308
Julie	GARDINER	4730	Female	Senior		TEMP	TEMP
Elroy	GELANT	3959	Male	Senior		TEMP	691 ACNW
Esther	GELDENHUYS	3404	Female	Senior		ATLANTIC ATHLETIC CLUB	8509
Emma	GOLDMAN	4879	Female	Senior		TEMP	TEMP
Gary	GOLIATH	3994	Male	Senior		TEMP	TEMP
Geraldine	GORGENS	4763	Female	Senior		TEMP	TEMP
Dinika	GOVENDER	4852	Female	Senior		TEMP	1110
Monique	GRANGER	4343	Female	Senior		TEMP	TEMP
Pieter	GREEFF	3200	Male	Senior		TEMP	TEMP
San-Marie	GREEFF	5052	Female	Senior		TEMP	TEMP
Loren	GREYLING	4375	Female	40-49		TEMP	TEMP
Chivonne	GROENEVELT	3251	Female	Senior		TEMP	TEMP
Brian	HAEFELE	4429	Male	Senior		TEMP	TEMP
Cornelius	HAHNDIEK	3572	Male	Senior		TEMP	TEMP
Melissa	HALL	4809	Female	Senior		TEMP	TEMP
Ashleigh	HAMILTON	3261	Female	Senior		TEMP	TEMP
Bilal	HARGEY	3234	Male	Senior		TEMP	TEMP
Jade	HARTLAND	4476	Female	Senior		TEMP	TEMP
Lyle	HARTZENBERG	4621	Male	Senior		MITCHELL'S PLAIN TITANS	8999
Mishka	HASSEN	4651	Female	40-49		TEMP	TEMP
Nassiema	HASSIEM	5130	Female	50-59		TEMP	TEMP
Dominique	HAU	4328	Female	Senior		TEMP	TEMP
Danielle	HAU	4329	Female	Senior		TEMP	TEMP
Michelle	HAUPTFLEISCH	3413	Female	Senior		TEMP	TEMP
Juliet	HAZELL	3901	Female	Senior		CELTIC HARRIERS	TEMP
Jeremy	HAZELL	4629	Male	60+		TEMP	7756
Myka	HECHT-WENDT	4283	Female	Senior		TEMP	TEMP
Mary	HENDRICKS	3912	Female	40-49		EERSTE RIVER ATHLETIC CLUB	8600
Sedick	HENDRICKS	3928	Male	40-49		TEMP	TEMP
Mikhail	HENDRICKS	4482	Male	Senior		TEMP	TEMP
Reza	HENDRICKSE	3129	Male	Senior		ITHEKO SPORT ATHLETIC CLUB	2024
Tegan	HENEKE	3642	Female	Senior		TEMP	TEMP
Giscard	HERADIEN	4394	Male	Senior		SPARTAN HARRIERS	2839
Bradley	HEYDENRYCH	3190	Male	Senior		TEMP	TEMP
Robyn	HOBSON	3489	Female	Senior		TEMP	TEMP
Michelle	HONDY	4979	Female	Senior		UNIVERSITY OF CAPE TOWN	6017
Zaheer	HOOSAIN	3165	Male	Senior		WILDRUNNER	9205
Phumela	HOZA	3951	Female	Senior		TEMP	TEMP
Shannon	HUGHES	3851	Female	Senior		TEMP	TEMP
Johnine	HUGHES	4844	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	10849
Matthew	HURST	3579	Male	Senior		TEMP	TEMP
Simon	INGMAN	3458	Male	50-59		TEMP	TEMP
Paul	INGPEN	3966	Male	40-49		TEMP	TEMP
Derek	IRWIN	3299	Male	40-49		TEMP	TEMP
Waleed	ISAACS	4042	Male	40-49		ITHEKO SPORT ATHLETIC CLUB	
Mogamat	ISMAIL	3782	Male	50-59		TEMP	TEMP
Faizel	JACOBS	3133	Male	Senior		ITHEKO SPORT ATHLETIC CLUB	1729
Armien	JACOBS	4462	Male	Senior		ARD ATHLETIC CLUB	2796
Irefaan	JACOBS	5077	Male	40-49		ITHEKO SPORT ATHLETIC CLUB	7999
Allen	JAFFE	3538	Male	Senior		ATLANTIC ATHLETIC CLUB	TEMP
Dawid	JAKOBUS	4881	Male	40-49		DWARS RIVER ATHLETICS CLUB	1170
Sarah	JAN	3564	Female	Senior		TEMP	TEMP
Miriam	JANSE	4064	Female	50-59		TEMP	TEMP
Helie	JANSE VAN RENSBURG	3633	Female	50-59		BELLVILLE ATHLETIC CLUB	3600
Jenen	JANSEN	5332	Female	Senior			
Loynes	JENKERSON	4330	Male	40-49		WALMER AC	817
Kana	JOEL	3976	Male	Senior		TEMP	TEMP
Gerome	JOHNSON	3242	Male	Senior		TEMP	TEMP
Susan	JOHNSTON	3218	Female	Senior		TEMP	TEMP
Mark	JONES	3439	Male	Senior		TEMP	TEMP
Ann	JONES	3526	Female	Senior		TEMP	4852
Kim	JONES	4622	Female	Senior		MITCHELL'S PLAIN TITANS	8998
Sulaiman	JONES	4898	Male	Senior		TEMP	TEMP
Arthur	JONES	5096	Male	Senior		TEMP	TEMP
Thandile	JOSEPH	5176	Male	Senior		EASTERNS KRAAIFONTEIN ATHLETIC CLUB	
Cindy-Lou	JOSEPH	5361	Female	Senior			
Lauren	KAMINSKAS	3450	Female	Senior		TEMP	TEMP

George	KANE-SMITH	3472	Male	60+		AC SIS VOB	11055
Veronique	KAZIE-RAVAT	3281	Female	40-49		TEMP	TEMP
Felicia	KELLERMAN	3774	Female	Senior		BELLVILLE ATHLETIC CLUB	3524
Janine	KEMPEN	4512	Female	Senior		NEW BALANCE MULTISPORT CLUB	4254
Phillip	KEMPEN	4513	Male	40-49		NEW BALANCE MULTISPORT CLUB	4255
Tasneem	KHAN	4505	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	1679
Zahiera	KHATIB	4635	Female	Senior		TEMP	TEMP
Mahmood	KHATIB	4657	Male	Senior		TEMP	TEMP
Sydlyn	KLAARTJIES	3411	Female	Senior		CELTIC HARRIERS	378
Franette	KLERCK	3537	Female	40-49		TEMP	TEMP
Monica	KNOESEN	3871	Female	Senior		NEDBANK RUNNING CLUB WP	93
Michael	KOECH	4758	Male	40-49		TEMP	TEMP
Bernice	KOEKEMOER	3453	Female	Senior		TEMP	TEMP
Rikus	KOTZE	3821	Male	Senior		TEMP	TEMP
Frans	KOTZE	5062	Male	60+		PAARL ATHLETIC CLUB	275
Mieke	KRIEL	3302	Female	Senior		TEMP	TEMP
Andre	KRITZINGER	3664	Male	Senior		TEMP	TEMP
Settie	KRUGER	5079	Female	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	3135
Tilda	KRUGMANN	3096	Female	50-59		WEST COAST ATHLETIC CLUB	3804
Imgard	KRUGMANN	3139	Female	Senior		WEST COAST ATHLETIC CLUB	1315
Nomonde	KUBHEKA	4821	Female	Senior		TEMP	TEMP
Zella	KUHN	4409	Female	Senior		TEMP	TEMP
Charmaine	LASSCHE	3916	Female	50-59		TEMP	TEMP
Kirsty	LAWRENCE	4300	Female	Senior		BRACKENFELL ATHLETIC CLUB	7253
Thomas	LAWRENCE	5430	Male	Senior			
Gerda	LE GRANGE	3363	Female	Senior		TYGERBERG ATHLETIC CLUB	10954
Jean Pierre	LE ROUX	3230	Male	Senior		TEMP	TEMP
Ilze	LE ROUX	3718	Female	Senior		BELLVILLE ATHLETIC CLUB	3611
Brian	LEARY	3164	Male	Senior		AC SIS VOB	8791
Chanel	LEWIS	3503	Female	Senior		TEMP	TEMP
Chanel	LEWIS	5411	Male	Senior			
D	LILLIE	3699	Female	40-49		WILDRUNNER	5468
Christlynne	LIMBERG	3808	Female	Senior		TEMP	TEMP
Noelle	LISZKAY	4296	Female	Senior		CELTIC HARRIERS	384
Kerry	LITTLEWOOD	4415	Female	Senior		TEMP	TEMP
Lena	LOTTER	3049	Female	Senior		TEMP	TEMP
Pieter	LOURENS	4396	Male	50-59		STRAND ATHLETIC CLUB	6819
Sivuyile Patrick	MABUTHO	3090	Male	Senior		TEMP	2012 ASA
Coll	MACDONALD	3108	Male	50-59		TEMP	TEMP
Xoliswa	MADLINGOZI	3494	Female	40-49		TEMP	TEMP
Yoliswa	MADLINGOZI	4416	Female	Senior		TEMP	TEMP
Khalid	MAHOMED	4648	Male	Senior		TEMP	TEMP
Sumaya	MAJIET	3924	Female	50-59		RUN WALK FOR LIFE WESTERN PROVINCE	4894
Fungai	MAKAWA	4975	Male	Senior		TEMP	TEMP
Zolile	MAKELENI	4234	Male	Senior		TEMP	TEMP
Peane	MALEKA	4558	Male	Senior		TEMP	TEMP
Isaac	MALGAS	5398	Male	40-49		EDGEMEAD RUNNERS	WPA 1491
Nomvuyo	MALIFE	4504	Female	40-49		TEMP	TEMP
Ntsika	MANCOBA	3917	Male	Senior		TEMP	TEMP
Zoleka	MAPELA	5143	Female	Senior		TEMP	TEMP
Liezel	MARAI	4840	Female	40-49		NEW BALANCE MULTISPORT CLUB	8035
Vernon	MARINUS	4038	Male	50-59		TEMP	TEMP
Elizabeth	MARTHINUS	4206	Female	40-49		WILDRUNNER	
Mennen	MATHEUS	3210	Male	Senior		TEMP	TEMP
Tasneem	MATTHEWS	4349	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	1631
Fezeka	MAVUSO	3720	Female	40-49		TEMP	TEMP
Vanessn	MCEWAN	4098	Female	Senior		BELLVILLE ATHLETIC CLUB	
Rory	MCGUIRE	5126	Male	40-49		EDGEMEAD RUNNERS	
Wongalethu	MELENI	4121	Male	Senior		AC SIS VOB	
Marnette	MEYER	4846	Female	40-49		NEW BALANCE MULTISPORT CLUB	6430
Mkholisi	MGUTYWA	4502	Male	Senior		TEMP	TEMP
Tracey	MILES	3020	Female	Senior		AC SIS VOB	984
Lynn	MISPLON	4675	Female	40-49		TEMP	TEMP
Leilani	MITCHELL	5331	Female	Senior			
Amanda	MLANGENI	3739	Female	40-49		TEMP	TEMP
Siyabulela	MNGXEKEZA	4893	Male	Senior		TEMP	TEMP
Piri	MNTUMNI	3355	Male	Senior		TEMP	TEMP
Keletso	MODISE	3663	Female	Senior		TEMP	TEMP
Umayr	MOHAMED	3118	Male	Senior		ITHEKO SPORT ATHLETIC CLUB	TEMP
Babalwa Asanda	MOKO	5087	Female	Senior		TEMP	TEMP
Radesh	MOODLEY	3609	Male	Senior		ATLANTIC ATHLETIC CLUB	4567
Mohamed	MOOLA	4639	Male	Senior		TEMP	TEMP
Imraan	MOOLA	4699	Male	Senior		TEMP	TEMP
Ryan	MOORE-BARNES	4344	Male	Senior		TEMP	TEMP
Mokhiti	MORAKE	4555	Male	Senior		TEMP	TEMP
Wade	MORGAN	4733	Male	Senior		TEMP	TEMP
Neil	MORGAN	5138	Male	50-59		ATC RUNNING	
Duane	MORRIS	5385	Male	Senior		METROPOLITAN ATHLETIC CLUB	
Che	MOSHESH	5271	Male	Senior		PINELANDS ATHLETIC CLUB	
Liezel	MOSS	4531	Female	40-49			TEMP
Thuthukile	MPUNGOSE	5142	Female	40-49		TEMP	TEMP
Lindikhaya	MTHANGAYI	5275	Male	Senior			
Nompumemelelo	MTSHALI	3711	Female	Senior		TEMP	TEMP
Jen	MULLER	4363	Female	Senior		TEMP	TEMP
Theresa	MUNIEN	3888	Female	40-49		EDGEMEAD RUNNERS	1512
Jenelle	MURRAY	4205	Female	40-49		EDGEMEAD RUNNERS	
Mohamed	MUSSON	5240	Male	Senior			
Lyn	MUZONDO	3783	Female	Senior		TEMP	TEMP
Bakari Jumaa	MWANDARO	5183	Male	40-49			

Jerry	NAIDOO	4647	Male	40-49		CORRECTIONAL SERVICES WP	6511
Kumashree	NAIKER	3554	Male	Senior		ABSA UNIVERSITY OF JOHANNESBURG AC	9999
Sofia	NAMBABI	3053	Female	Senior		TEMP	TEMP
Ndileka	NDZOLO	4503	Female	Senior		TEMP	TEMP
Rna	NEETHLING	4323	Female	Senior		TYGERBERG ATHLETIC CLUB	9332
Christeen	NEETLING	5224	Female	40-49			
Maryke	NEL	3848	Female	Senior		TEMP	TEMP
Jamal	NEWSON	4411	Male	Senior		UNIVERSITY OF CAPE TOWN	TEMP
Zukisani	NGADLELA	3270	Male	Senior		OLD MUTUAL ATHLETIC CLUB	1556
Sivuyile	NGESI	3767	Male	Senior		TEMP	TEMP
Nwabisa	NGEWU	3677	Female	Senior		TEMP	00:00:00
Greg	NORMAN	4784	Male	Senior		ATC RUNNING	TEMP
Yvonne	NOVEMBER	4237	Female	40-49		CORRECTIONAL SERVICES WP	
Richard	OAKLEY	4477	Male	Senior		TEMP	TEMP
Faizel	OCTOBER	5328	Male	Senior		ITHEKO SPORT ATHLETIC CLUB	
Ina	ODENDAAL	3843	Female	Senior		WORCESTER ATHLETIC CLUB	TEMP
Neda	O'DONOVAN	4425	Female	40-49		TEMP	TEMP
Rashieda	OMAR	5210	Female	40-49			
Carol	ORTON	4292	Female	40-49		SPARTAN HARRIERS	8821
Jayson	ORTON	4295	Male	Senior		SPARTAN HARRIERS	8822
Roseline	OVIS	4345	Female	Senior		TEMP	TEMP
Marcelle	PALMER	3844	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	1677
Gary	PALMER	4919	Male	Senior		TEMP	TEMP
Fadwah	PANDEY	4988	Female	40-49		ITHEKO SPORT ATHLETIC CLUB	10607
Zakira	PARKER	3378	Female	Senior		TEMP	TEMP
Rukshana	PARKER	4073	Female	Senior		TEMP	TEMP
Sonal	PEMA	4637	Female	Senior		TEMP	TEMP
Marius	PERTERSON	4270	Male	Senior		HELDERBERG HARRIERS	
Ashley	PETER	4912	Female	Senior		ACSIS VOB	TEMP
Brett	PETZER	3474	Male	Senior		TEMP	TEMP
Lee-Anne	PIENAAR	3245	Female	Senior		PLEXUS DURBANVILLE ATHLETIC CLUB	2613
Jacques	PIENAAR	4789	Male	Senior		TEMP	TEMP
Alec	PIETERSE	5370	Male	Senior			
Alison	POHL	3532	Female	40-49		CENTURY CITY ATHLETIC CLUB	7920
Tammy	POMBO	3568	Female	Senior		TEMP	4857
Frederick	POST	3011	Male	Senior		MELKBOS ATHLETIC CLUB	100
Sean	POWER	3770	Male	Senior		TEMP	TEMP
Amy-Jean	PRENTICE	3571	Female	Senior		TEMP	TEMP
Mandy	PRESTON	3671	Female	40-49		TEMP	60600013HSP8
Robert	PRINGLE	3257	Male	Senior		RAND ATHLETIC CLUB	2002
Marco	PRINSLOO	5082	Male	Senior		NEW BALANCE MULTISPORT CLUB	6401
Victoria	PUTTER	3023	Female	Senior		TEMP	TEMP
Alexia	QUAIL	4322	Female	40-49		TEMP	TEMP
Lynne	QUICK	3611	Female	Senior		TEMP	TEMP
Lance	QUICK	3612	Male	Senior		TEMP	TEMP
Qwe	QWERT	4273	Male	40-49		TEMP	TEMP
Qwe	QWERT	4274	Female	Senior		TEMP	TEMP
Qwe	QWERT	4338	Male	Senior		TEMP	TEMP
Takalani	RADALI	196	Male	Senior		NEW BALANCE MULTISPORT CLUB	4279
Wiehann	RADYN	4666	Male	Senior		TEMP	TEMP
Perumal	RAJOO	4860	Male	40-49		TEMP	4859
Matau	RAMOSHABA	4937	Female	Senior		TEMP	TEMP
Achmat	RASDIEN	4544	Male	Senior		TEMP	TEMP
Sarah	REED	4404	Female	Senior		EDGEMEAD RUNNERS	5095
Steven	REYNOLDS	3990	Male	40-49		TEMP	TEMP
Yolandi	RIBBENS-KLEIN	3297	Female	Senior		TEMP	TEMP
Miles	ROBINSON	3184	Male	Senior		TEMP	TEMP
Kate	ROMBURGH	4287	Female	Senior		TEMP	TEMP
Leila	ROOKNODIEN	4634	Female	Senior		TEMP	TEMP
Tasneem	RORICH	4418	Female	Senior		TEMP	TEMP
Vicky	ROWE	4289	Female	Senior		TEMP	TEMP
Omar	ROYKER	4642	Male	Senior		TEMP	TEMP
Beneke	RUAN	5122	Male	Senior		ATC RUNNING	
Nicholas	RUPANGA	3040	Male	Senior		CELTIC HARRIERS	243
Joanna	RYAN	4290	Female	Senior		TEMP	TEMP
Andrew	RYAN	4298	Male	Senior		TEMP	TEMP
Gesant	RYKLIEF	4142	Male	50-59		NEW BALANCE MULTISPORT CLUB	
Petru	SAAL	4277	Female	Senior		TEMP	TEMP
Yusuf	SABAN	4486	Male	Senior		TEMP	TEMP
Sam	SAFVITZON	5500	Male	Senior			
Widaad	SALIE	5083	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	1982
Muniera	SALWARY	5114	Female	40-49		TEMP	TEMP
Emily	SALZWEDEL	3687	Female	Senior		MELKBOS ATHLETIC CLUB	TEMP
Jason	SALZWEDEL	3688	Male	Senior		MELKBOS ATHLETIC CLUB	TEMP
Lynn	SAMUELS	3324	Female	40-49		TEMP	TEMP
Ricardo	SAMUELS	4713	Male	Senior		TEMP	TEMP
Michael.	SANTANA	3435	Male	Senior		TEMP	TEMP
Ian	SAVITZON	5499	Male	60+			
Nicola	SCHERMER	3396	Female	Senior		TEMP	TEMP
Elizabeth	SCHICKERLING	4370	Female	Senior		TEMP	TEMP
Carla	SCHOEMAN	3415	Female	Senior		TEMP	TEMP
Mogamat Majidie	SCHROEDER	4454	Male	50-59		ITHEKO SPORT ATHLETIC CLUB	1928
Carl	SCHULTZ	3811	Male	40-49		PLEXUS DURBANVILLE ATHLETIC CLUB	2619
Aida	SCHUTTE	3360	Female	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	7785
Lynsay	SCOTT	3409	Female	Senior		TEMP	TEMP
Chantal	SEGERS	3734	Female	Senior		CELTIC HARRIERS	364
Giada	SEGNERI	5375	Female	Senior		SANLAM ATHLETIC CLUB	4146
Emma	SELFE	3736	Female	Senior		TEMP	TEMP
Godfrey	SEPTEMBER	3806	Male	Senior		NEDBANK RUNNING CLUB WP	7910

Felicity	SEPTEMBER	5107	Female	Senior		MITCHELL'S PLAIN TITANS	
Gino	SERRA	4278	Male	40-49		WEST COAST ATHLETIC CLUB	3691
Milan	SHARMA	4293	Male	Senior		ATLANTIC ATHLETIC CLUB	5487
Chelsea	SHEARER	3788	Female	Senior		TEMP	TEMP
Sarah	SHONFELD	3573	Female	Senior		TEMP	TEMP
Mark	SIDDONS	5025	Male	50-59		PLEXUS DURBANVILLE ATHLETIC CLUB	9200
Philiswa	SIKHILONGO	4853	Female	Senior		TEMP	TEMP
Thiago	SIQUEIRA	4348	Male	Senior		TEMP	TEMP
Khululekani	SITWAYI	4443	Male	Senior		TEMP	TEMP
Jason	SIVE	3194	Male	Senior		TEMP	TEMP
Nomfuneko	SIYO	4201	Female	Senior		TEMP	TEMP
Susan	SMALBERGER	4403	Female	40-49		TEMP	TEMP
Ruan	SMALL	3269	Male	Senior		TEMP	1235
Marinda	SMALL	3712	Female	40-49		TEMP	1234
Carl	SMALL	3713	Male	40-49		TEMP	1236
Jakob Van Rouendal	SMIT	3473	Male	Senior		TEMP	TEMP
Elmora	SMIT	4023	Female	60+		TYGERBERG ATHLETIC CLUB	
Shanel	SMITH	3382	Female	Senior		CELTIC HARRIERS	426
Dion	SMITH	3441	Male	40-49		WESTERN PROVINCE CRICKET CLUB	6186
Linelle	SMITH	3442	Female	40-49		WESTERN PROVINCE CRICKET CLUB	6189
Anastasia	SMITH	3543	Female	Senior		TEMP	TEMP
Ali Su	SMITH	3747	Female	Senior		TEMP	TEMP
Marga	SMITH	3829	Female	Senior		TEMP	TEMP
Victoria	SMITH	4291	Female	Senior		TEMP	TEMP
Dustin	SMITH	4936	Male	Senior		TEMP	TEMP
Darren	SMITH	5072	Male	Senior		ATLANTIC ATHLETIC CLUB	9976
Unathi	SOMAGACA	4444	Female	Senior		TEMP	TEMP
Nyameka Patience	SONJICA	3957	Female	Senior		TEMP	TEMP
Carol	SOWRAY	3644	Female	60+		FORESTERS RUNNING CLUB	6960
Hayley	ST LEGER	5305	Female	Senior			
Scharon	STACEY	4532	Female	Senior		TEMP	TEMP
Craigie	STANLEY	3089	Male	Senior		TEMP	TEMP
Wilby	STEENKAMP	3601	Male	50-59		NEDBANK RUNNING CLUB WP	3050
Terence	STEENKAMP	3614	Male	Senior		ATLANTIC ATHLETIC CLUB	8521
Pauline	STEENKAMP	4450	Female	Senior		ATLANTIC ATHLETIC CLUB	8508
Brent	STEIN	4605	Male	Senior		TEMP	TEMP
Stacie	STENDER	4653	Female	40-49		TEMP	TEMP
Catherine	STERREBERG	5427	Female	Senior			
Vanessa	STEVENS	3925	Female	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	4895
Charis	STEYN	3887	Female	50-59		TEMP	TEMP
Sheneen	STEYN	3911	Female	Senior		BELLVILLE ATHLETIC CLUB	WPA7542
Shedon	STEYN	3929	Female	Senior		TEMP	TEMP
Thena	STEYN	4987	Female	Senior		TEMP	TEMP
Howard	STOFFELS	4510	Male	50-59		TEMP	TEMP
Wendy	STOPFORTH	4407	Female	Senior		TEMP	TEMP
Charlene	STUART	3726	Female	Senior		TEMP	TEMP
Sailesh	SUKHA	4636	Male	Senior		TEMP	TEMP
John	SVOSVE	4895	Male	Senior		TEMP	TEMP
Marinda	SWANEPOEL	3857	Female	40-49		TEMP	TEMP
Dawn	SWART	3892	Female	Senior		TEMP	TEMP
Andries	SWART	4245	Male	40-49		ATLANTIC ATHLETIC CLUB	
Andre	SWARTZ	3126	Male	Senior		TEMP	TEMP
Carey	TAYLOR	4285	Female	Senior		TEMP	TEMP
William	TAYLOR	5492	Male	50-59		WEST COAST ATHLETIC CLUB	7276
Sheilla	THOMAS	4337	Female	Senior		TEMP	TEMP
Lona	THOMPSON	5193	Female	50-59			TEMP
Ethan	THOMPSON	5194	Male	Senior			
Nicola	TIPPING	4715	Female	50-59		ATLANTIC ATHLETIC CLUB	4669
Regan	TITUS	3766	Male	Senior		TEMP	TEMP
Gemjikile	TOM	4044	Male	50-59		ESKOM AC WP	
Vita Maria	TREDOUX	3366	Female	40-49		SPARTAN HARRIERS	8851
Albert Louis	TREDOUX	3367	Male	50-59		SPARTAN HARRIERS	TEMP
Julia	TREMMEL	4520	Female	Senior		TEMP	TEMP
Andiswa	TYHALI	3864	Female	Senior		TEMP	TEMP
Maie	UYS	4413	Female	50-59		IN TOUCH WALK & RUN	3633
Ronel	VAN COLLER	4377	Female	40-49		PAARL ATHLETIC CLUB	923
Anton	VAN DER BERGH	4800	Male	Senior		TEMP	TEMP
Willem	VAN DER MERWE	3350	Male	Senior		TEMP	TEMP
Welmarie	VAN DER SPUY	3719	Female	Senior		TEMP	TEMP
Heinrich	VAN DER VUVER	4352	Male	40-49		TEMP	TEMP
Francois Jan	VAN DER WESTHUIZEN	3100	Male	Senior		TEMP	TEMP
Nikki	VAN DIERMEN	3603	Female	Senior		TEMP	TEMP
Francois	VAN ECK	3204	Male	Senior		TEMP	TEMP
Amanda	VAN EEDEN	4803	Female	40-49		STELLENBOSCH AC	2038
Riaan	VAN HEERDEN	3144	Male	Senior		HELDERBERG HARRIERS	2385
Lieve	VAN LEEUW	5401	Female	Senior		ATLANTIC ATHLETIC CLUB	
Penelope	VAN MAASDYK	3128	Female	40-49		TEMP	TEMP
Janelle	VAN ONSELEN	3542	Female	Senior		TEMP	TEMP
Ricki	VAN RENSBURG	3401	Male	Senior		TEMP	TEMP
Jason	VAN STAVEL	4276	Male	Senior		TEMP	TEMP
Riaan	VAN ZYL	3168	Male	Senior		TEMP	TEMP
Lizette	VILJOEN	5362	Female	40-49		NEW BALANCE MULTISPORT CLUB	7619
Chris	VILJOEN	5363	Male	40-49		NEW BALANCE MULTISPORT CLUB	
Renate	VORSTER	3643	Female	40-49		RUN WALK FOR LIFE WESTERN PROVINCE	2252
Tarryn	VOSKUIL	3331	Female	Senior		ITHEKO SPORT ATHLETIC CLUB	1805
Andrea	WAITERS	5197	Female	Senior			TEMP
Robyn	WALKER	4878	Female	Senior		TEMP	TEMP
Alton	WALKER	5063	Male	Senior		TEMP	TEMP
Eric	WEBSTER	4030	Male	60+		CELTIC HARRIERS	

Gavin	WEIR	4720	Male	40-49		TEMP	TEMP
Gershom	WELMAN	3298	Male	40-49		TEMP	TEMP
Caryn	WEPENER	3279	Female	Senior		TEMP	TEMP
Aurea	WESTFEHLING	4021	Female	Senior		TEMP	TEMP
Marc	WIGHARD	3315	Male	Senior		SACS OLD BOYS RUNNING CLUB	TEMP
Dale	WILLARS	5085	Male	Senior		TEMP	TEMP
Quintus	WILLEMSE	3106	Male	40-49		TEMP	TEMP
Shane	WILLENBERG	3101	Male	Senior		TEMP	12345
Mario	WILLIAMS	4729	Male	Senior		TEMP	TEMP
Kim	WILLIAMS	4731	Female	Senior		TEMP	TEMP
Isaac	WILLIAMS	4744	Male	50-59		TEMP	TEMP
Shaun	WILLIAMS	5198	Male	40-49		OLD MUTUAL ATHLETIC CLUB	
Brian	WILLIS	4968	Male	Senior		ACSIS VOB	9945
Michelle	WILSON	3406	Female	Senior		FISH HOEK ATHLETIC CLUB	9232
Craig	YEATS	4588	Male	Senior		TEMP	TEMP
Anda	ZANTSI	4448	Female	Senior		TEMP	TEMP
Daniella	ZAVERDINOS	3026	Female	Senior		TEMP	TEMP
Tania	ZEEDERBERG	4361	Female	Senior		PINELANDS ATHLETIC CLUB	2341
Shantel	ZIMRI	4281	Female	Senior		TEMP	TEMP