

31st Riebeeck Wes Berg Marathon

Provisional Results

Based on Runners with ChampionChips

Half Marathon - 21.1km

Pos	RaceNo	Name	Age	Distance	Gender	Category	Club	Km/Hr	RaceTime	MinKm	Remarks
1	5565	Siviwe Nkombi	27	21	Male	Open	ITHEKO AC	17.86	01:10:59	00:03:23	
2	5131	Mthandazo Qhina	38	21	Male	Open	NEDBANK	17.65	01:11:49	00:03:26	
3	5130	Sive Ngubo	22	21	Male	Open	NEDBANK	17.18	01:13:45	00:03:31	
4	5545	Lebogang V Mpona	27	21	Male	Open	FINLIME HARRIERS	16.7	01:15:53	00:03:37	
5	5399	Riaan Wildskut	29	21	Male	Open	EASTERNS KRAAIFONTEIN	16.62	01:16:17	00:03:38	
6	5398	Bongile Tshewula	30	21	Male	Open	EASTERNS KRAAIFONTEIN	16.21	01:18:12	00:03:44	
7	5395	Phumezo Gelem	31	21	Male	Open	EASTERNS KRAAIFONTEIN	16.1	01:18:43	00:03:45	
8	5504	Derek S Baartman	26	21	Male	Open	CORRECTIONAL SERVICES	15.75	01:20:31	00:03:51	
9	5476	Michael Gombart	28	21	Male	Open	ATLANTIC AC	15.73	01:20:34	00:03:51	
10	8415	Dawid Gous	33	21	Male	Open	SWARTLAND AC	15.31	01:22:48	00:03:57	
11	8428	Mogale Wilson Piloso	45	21	Male	Veteran	SANDEF WP	15.26	01:23:06	00:03:58	
12	5039	Roston Isaacs	54	21	Male	Master	NEDBANK	14.86	01:25:17	00:04:04	
13	5518	Tholang Moloji	47	21	Male	Veteran	SANDEF WP	14.83	01:25:27	00:04:05	
14	5627	Japhta Nero	46	21	Male	Veteran		14.73	01:26:13	00:04:07	
15	5397	Gcobani Sitsheke	30	21	Male	Open	EASTERNS KRAAIFONTEIN	14.57	01:27:00	00:04:09	
16	5251	Aldo Opper	42	21	Male	Veteran	NEDBANK	14.55	01:27:04	00:04:09	
17	5458	Nkululeko Manzana	26	21	Male	Open	NEDBANK	14.49	01:27:28	00:04:10	
18	5562	Thomas Moses	59	21	Male	Master	WORCESTER AC	14.39	01:28:11	00:04:12	
19	5388	Louis Claassen	60	21	Male	Grand Master	AMSAC	14.37	01:28:16	00:04:13	
20	5452	Joe Newbert	41	21	Male	Veteran	ACSIS VOB	14.36	01:28:32	00:04:13	
21	5383	Wilhelm Du Plooy	40	21	Male	Veteran		13.97	01:30:45	00:04:20	
22	5145	Tanya Posthumus	35	21	Female	Open	CENTURY CITY ATHLETICS CLUB	13.83	01:31:36	00:04:22	
23	5444	Renier Bekker	32	21	Male	Open	BRACKENFELL	13.8	01:31:48	00:04:23	
24	5396	Aaron Boyisi	34	21	Male	Open	EASTERNS KRAAIFONTEIN	13.8	01:31:52	00:04:23	
25	5137	Jarryd Collins	28	21	Male	Open	IN TOUCH AC	13.75	01:32:13	00:04:24	
26	5619	Chantel Simpson	46	21	Female	Veteran	NEDBANK	13.73	01:32:17	00:04:24	
27	5172	Simon Schreuder	36	21	Male	Open	ATLANTIS AC	13.72	01:32:34	00:04:25	
28	5425	Zunaid Ismael	35	21	Male	Open	LION OF AFRICA ITHEKO	13.6	01:33:16	00:04:27	
29	5167	Paul Adams	45	21	Male	Veteran	SPARTAN HARRIERS	13.59	01:33:17	00:04:27	
30	5443	Mervin Moses	31	21	Male	Open		13.5	01:33:52	00:04:29	
31	5608	Sierd Van Der Bij	27	21	Male	Open		13.45	01:34:15	00:04:30	
32	5170	Andries Zeeman	43	21	Male	Veteran		13.38	01:34:43	00:04:31	

33	5181 Gerrie Berner	36	21 Male	Open	SANLAM	13.29	01:35:28	00:04:33
34	739 Cecil Reid	39	21 Male	Open	CELTIC HARRIERS	13.27	01:35:42	00:04:34
35	5662 Colin Williams	61	21 Male	Grand Master	WELLINGTON AC	13.19	01:36:07	00:04:35
36	5243 Marlize Van Schaik	40	21 Female	Veteran	DURBANVILLE	13.18	01:36:15	00:04:35
37	5658 Brandon Collyer	48	21 Male	Veteran	K-WAY VOB	13.17	01:36:16	00:04:36
38	5595 Jan Theron	37	21 Male	Open		13.05	01:37:08	00:04:38
39	5328 Andries Swarts	51	21 Male	Master	CERES AC	12.95	01:37:51	00:04:40
40	5347 Albert Poole	51	21 Male	Master	CORRECTIONAL SERVICES	12.96	01:37:52	00:04:40
41	5008 Robert Johnson	24	21 Male	Open		12.91	01:38:40	00:04:42
42	5666 Ashley G Kulsen	34	21 Male	Open		12.83	01:38:46	00:04:43
43	5023 Johan Mostert	27	21 Male	Open	DURBANVILLE	12.92	01:38:48	00:04:43
44	5217 Mark Wagenheim	60	21 Male	Grand Master	AAC	12.78	01:39:19	00:04:44
45	5617 Ashwin Silver	46	21 Male	Veteran	CORRECTIONAL SERVICES	12.7	01:39:48	00:04:46
46	5650 Reece C Barnes	22	21 Male	Open		12.77	01:39:58	00:04:46
47	5587 Keithwill Adams	16	21 Male	Juniors	PAARL ATHLETICS CLUB	12.64	01:40:15	00:04:47
48	5379 Langton Paton-Ash	28	21 Male	Open	LANGEBAAAN STRANDLOPERS	12.66	01:40:18	00:04:47
49	5471 Jana Van Houwelingen	28	21 Female	Open	ATLANTIS AC	12.6	01:40:42	00:04:48
50	5302 Petrus Myburgh	52	21 Male	Master	SWARTLAND AC	12.56	01:40:56	00:04:49
51	5453 Rob Meintjes	47	21 Male	Veteran	LANGEBAAAN STRANDLOPERS	12.55	01:41:00	00:04:49
52	5400 Roland Brits	32	21 Male	Open	WEST COAST ATHLETICS CLUB	12.55	01:41:06	00:04:49
53	5486 David Metelerkamp	25	21 Male	Open	WEST COAST ATHLETIC CLUB	12.54	01:41:07	00:04:49
54	5578 Kyle Meintjes	16	21 Male	Juniors	LANGEBAAAN STRANDLOPERS	12.53	01:41:15	00:04:50
55	5598 Karlwim Heese	50	21 Male	Master	LANGEBAAAN STRANDLOPERS	12.52	01:41:18	00:04:50
56	5041 Cornel Wright	32	21 Male	Open	WELLINGTON AC	12.55	01:41:19	00:04:50
57	5514 Joseph Mullin	34	21 Male	Open	NEDBANK	12.47	01:41:38	00:04:51
58	5262 Rob Billimore	45	21 Male	Veteran	WEST COAST ATHLETICS CLUB	12.39	01:42:21	00:04:53
59	5588 Andre Viljoen	47	21 Male	Veteran	TYGERBERG AC	12.39	01:42:31	00:04:53
60	5087 Philip Purchase	32	21 Male	Open	WELLINGTON AC	12.36	01:42:32	00:04:53
61	5274 Clinton Hill	33	21 Male	Open	CAPE MULTISPORT	12.33	01:42:49	00:04:54
62	5521 Andre Van Der Merwe	56	21 Male	Master	STELLENBOSCH ATHLETICS CLUB	12.32	01:42:59	00:04:55
63	5116 Rob Williams	28	21 Male	Open	WEST COAST ATHLETIC CLUB	12.3	01:43:05	00:04:55
64	5671 Russel Mathews	41	21 Male	Veteran	WELLINGTON AC	12.29	01:43:31	00:04:56
65	5211 Louis Brink	45	21 Male	Veteran	WILD RUNNER ATHLETIC CLUB	12.23	01:43:42	00:04:57
66	5465 Christine De Kock	20	21 Female	Open	DURBANVILLE	12.21	01:43:45	00:04:57
67	5644 John Van Der Byl	50	21 Male	Master	VOB	12.22	01:43:46	00:04:57
68	5648 Jacqueline Misroll	46	21 Female	Veteran	PINELANDS ATHLETICS CLUB	12.2	01:43:56	00:04:57
69	5498 Justin Hulme	32	21 Male	Open		12.24	01:44:17	00:04:58
70	5283 Isabel Elsje Hugo	42	21 Female	Veteran	CERES AC	12.1	01:45:01	00:05:01
71	5577 Riaan Potgieter	40	21 Male	Veteran	CERES AC	12.1	01:45:02	00:05:01

72	5563 Pieter Johnson	55	21 Male	Master	WORCESTER AC	12.13	01:45:10	00:05:01
73	5493 Ena Gous	46	21 Female	Veteran	WORCESTER AC	12.16	01:45:10	00:05:01
74	5531 Dawid Pelser	41	21 Male	Veteran	SALDANHA AC	12.03	01:45:39	00:05:02
75	5256 Maxwell Mncedi Godwana	45	21 Male	Veteran	SASOL MARATHON CLUB	12.07	01:45:41	00:05:02
76	5154 Andrew Boyes	25	21 Male	Open		12	01:45:41	00:05:02
77	5559 Conrad Cloete	44	21 Male	Veteran		11.99	01:45:49	00:05:03
78	5152 Danie Van Der Merwe	48	21 Male	Veteran	STELLENBOSCH ATHLETICS CLUB	11.98	01:45:57	00:05:03
79	5651 Jarryd K Barnes	22	21 Male	Open		12.04	01:45:59	00:05:03
80	5389 George Reissenzahn	47	21 Male	Veteran	PINELANDS ATHLETICS CLUB	11.96	01:46:09	00:05:04
81	5234 Duncan Warburg	36	21 Male	Open	STELLENBOSCH ATHLETICS CLUB	11.9	01:46:38	00:05:05
82	5032 Johannes De Goede	47	21 Male	Veteran	LANGEBAAAN STRANDLOPERS	11.9	01:46:46	00:05:06
83	5189 Koos Smit	59	21 Male	Master	LANGEBERG ATHLETIC CLUB	11.85	01:46:56	00:05:06
84	5139 Johandie De Kock	28	21 Female	Open	CAPE MULTISPORT	11.85	01:46:58	00:05:06
85	5155 Alan Horn	52	21 Male	Master		11.87	01:47:04	00:05:06
86	5492 Nel Meiring	48	21 Male	Veteran	WORCESTER AC	11.93	01:47:11	00:05:07
87	5255 Ami Williams	31	21 Female	Open		11.8	01:47:29	00:05:08
88	5580 Rico Hunter	24	21 Male	Open	WORCESTER AC	11.89	01:47:37	00:05:08
89	5109 Renier Coetzee	36	21 Male	Open	UNIVERSITY OF THE WESTERN CAPE	11.84	01:47:45	00:05:08
90	5271 Marietjie Kohn	34	21 Female	Open		11.77	01:47:47	00:05:08
91	5146 Liesl Bestbier	37	21 Female	Open	MELKBOS ATHLETIC CLUB	11.78	01:47:55	00:05:09
92	5355 Susan Du Toit	48	21 Female	Veteran	SWARTLAND AC	11.76	01:48:08	00:05:09
93	5436 Freek Fortuin	44	21 Male	Veteran	MONTAGU AC	11.71	01:48:14	00:05:10
94	5337 Tania Van Der Meulen	33	21 Female	Open		11.77	01:48:29	00:05:10
95	5522 Ashley Isaacs	41	21 Male	Veteran	TEMP LICENSE	11.73	01:48:31	00:05:11
96	5363 David Howard	45	21 Male	Veteran		11.75	01:48:31	00:05:11
97	5404 Nardus Le Grange	48	21 Male	Veteran	CAPE MULTISPORT	11.75	01:48:31	00:05:11
98	5270 Helena Bester	37	21 Female	Open		11.66	01:48:54	00:05:12
99	5413 Kobus Rossouw	36	21 Male	Open		11.62	01:49:10	00:05:12
100	5250 Liezel Marais	33	21 Female	Open	AAC	11.59	01:49:21	00:05:13
101	5560 Ann - Doree Koegelenberg	44	21 Female	Veteran		11.6	01:49:23	00:05:13
102	5335 Anne Muller	51	21 Female	Master	RUNWALK FOR LIFE	11.66	01:49:23	00:05:13
103	5678 David Schneider	49	21 Male	Veteran	AAC	11.56	01:49:49	00:05:14
104	5300 Bradley Robinson	24	21 Male	Open		11.54	01:50:00	00:05:15
105	5254 Wilson Moloto	36	21	Open		11.49	01:50:24	00:05:16
106	5547 Loyd Makie	50	21 Male	Master	FINLIME HARRIERS	11.47	01:50:30	00:05:16
107	5118 Meryl Odendaal	49	21 Female	Veteran	RANDBURG HARRIERS	11.51	01:50:30	00:05:16
108	5119 Kevin Odendaal	49	21 Male	Veteran	RANDBURG HARRIERS	11.5	01:50:31	00:05:16
109	5218 Xinxan Budweg	20	21 Male	Open		11.56	01:50:31	00:05:16
110	5581 Matthew Webster	26	21 Male	Open		11.49	01:50:36	00:05:16

111	5178 Styntjie Prins	62	21 Female	Grand Master	PAARL ATHLETICS CLUB	11.45	01:50:47	00:05:17
112	5318 Erik Smit	36	21 Male	Open	WEST COAST ATHLETICS CLUB	11.44	01:50:52	00:05:17
113	5378 Johann Claassen	37	21 Male	Open	SANLAM	11.49	01:51:03	00:05:18
114	5261 Stuart Thomas	28	21 Male	Open	HARFIELD HARRIERS	11.39	01:51:15	00:05:18
115	5124 Jenni Horn	52	21 Female	Master		11.36	01:51:52	00:05:20
116	5677 Martine Cohen	31	21 Female	Open	ATLANTIS AC	11.33	01:51:58	00:05:20
117	5031 Dillon Belstead	20	21 Male	Open		11.36	01:52:04	00:05:21
118	5382 Marisa Van Der Merwe	34	21 Female	Open	CAPE MULTISPORT	11.31	01:52:10	00:05:21
119	5241 Riaan Van Zyl	42	21 Male	Veteran	CAPE MULTISPORT	11.32	01:52:11	00:05:21
120	5589 Lubina Du Buisson	42	21 Female	Veteran		11.27	01:52:33	00:05:22
121	5021 Mark Bullivant	33	21 Male	Open		11.24	01:52:45	00:05:23
122	5457 Pule Goeieman	38	21 Male	Open		11.24	01:52:46	00:05:23
123	5663 Gezina Jordaan	46	21 Female	Veteran	SWARTLAND AC	11.24	01:53:07	00:05:24
124	5354 Marentius Arendse	41	21 Male	Veteran	CAPE MULTI SPORT	11.22	01:53:10	00:05:24
125	5630 Lorien Pask	49	21 Female	Veteran	VOB	11.25	01:53:18	00:05:24
126	5599 Anel Wedgwood	39	21 Female	Open	BORN 2 RUN	11.14	01:53:49	00:05:26
127	5417 Caroline Weinel	58	21 Female	Master	DURBANVILLE	11.12	01:54:03	00:05:26
128	5390 Inge Reissenzahn	45	21 Female	Veteran	CABINEERS WP	11.09	01:54:26	00:05:27
129	5054 Bryan English	35	21 Male	Open		11.07	01:54:34	00:05:28
130	5134 Tom Johnson	61	21 Male	Grand Master	AURECON	11.06	01:54:38	00:05:28
131	5306 Faiza Geyer	32	21 Female	Open	SPARTAN HARRIER	11.11	01:54:44	00:05:28
132	5047 Hester Kotze	68	21 Female	Grand Master	DURBANVILLE	11.05	01:54:46	00:05:28
133	5515 Michelle Van Dyk	42	21 Female	Veteran	CLUB MSM	11.06	01:54:46	00:05:28
134	5631 John Bush	63	21 Male	Grand Master		11.03	01:55:04	00:05:29
135	5323 Arne Johann Mulder	43	21 Male	Veteran	SANLAM	10.98	01:55:27	00:05:30
136	5042 Madeleine Du Toit	37	21 Female	Open	DURBANVILLE	11.02	01:55:38	00:05:31
137	5000 Marika Buchanan	40	21 Female	Veteran		10.98	01:55:43	00:05:31
138	5136 Lynn Etheridge	50	21 Female	Master	K-WAY VOB	10.96	01:55:53	00:05:32
139	5657 Deon Brand	42	21 Male	Veteran	BELLVILLE	11	01:55:54	00:05:32
140	5380 Keegan Cranna	21	21 Male	Open		11.02	01:55:59	00:05:32
141	5353 Jenita Du Plessis	44	21 Female	Veteran	SWARTLAND AC	10.94	01:56:00	00:05:32
142	686 Warda Arya	46	21 Female	Veteran	CELTIC HARRIERS	11.01	01:56:00	00:05:32
143	5153 Corlise Van Staden	41	21 Female	Veteran	LAERSKOOL RUSTENBURG-NOORD	10.93	01:56:03	00:05:32
144	5158 Robin Tooth	58	21 Male	Master	DURBANVILLE	10.93	01:56:03	00:05:32
145	5385 Susan Devlin	43	21 Female	Veteran	MELKBOS	10.95	01:56:03	00:05:32
146	5317 Guy Fann	56	21 Male	Master		10.94	01:56:03	00:05:32
147	5369 Marc Van Der Merwe	19	21 Male	Juniors		11.01	01:56:04	00:05:32
148	5359 Alex Peo	60	21 Male	Grand Master	RUNWALK FOR LIFE	10.93	01:56:20	00:05:33
149	5024 Moira Davids	37	21 Female	Open	RWFL WESTERN PROVINCE	10.93	01:56:32	00:05:33

150	5185	Marnus Chris Venter	24	21	Male	Open		10.93	01:56:33	00:05:33
151	5030	Craig Belstead	47	21	Male	Veteran		10.89	01:56:49	00:05:34
152	5332	Hernus Kotze	41	21	Male	Veteran	CORRECTIONAL SERVICES	10.86	01:56:49	00:05:34
153	5091	Daniel Van Der Bank	39	21	Male	Open		10.87	01:57:07	00:05:35
154	5079	Jd Visser	31	21	Male	Open		10.88	01:57:12	00:05:35
155	5546	Gopolelang Thebeyagae	58	21	Male	Master	FINLIME HARRIERS	10.86	01:57:18	00:05:36
156	5216	Caro Jordaan	25	21	Female	Open	DURBANVILLE	10.81	01:57:21	00:05:36
157	5298	Alexa Brown	25	21	Female	Open		10.81	01:57:28	00:05:36
158	5081	Lucinda Olsen	44	21	Female	Veteran	BRACKENFELL	10.79	01:57:34	00:05:36
159	5424	Jurgen Gouws	34	21	Male	Open		10.86	01:57:39	00:05:37
160	5003	Romano Lorenzo Samuels	26	21	Male	Open		10.79	01:57:51	00:05:37
161	5370	Elsabet Van Coller	43	21	Female	Veteran	BORN 2 RUN	10.74	01:58:01	00:05:38
162	5103	Heleene Steenkamp	30	21	Female	Open	CAPE MULTISPORT	10.75	01:58:01	00:05:38
163	5520	Sunelle Van Zyl-Briers	34	21	Female	Open	BELLVILLE	10.75	01:58:07	00:05:38
164	5010	Gabriele Toerien	39	21	Female	Open	BELLVILLE	10.75	01:58:08	00:05:38
165	5198	Darryl Kriedemann	43	21	Male	Veteran	RUN WALK FOR LIFE	10.72	01:58:31	00:05:39
166	5069	Jacqueline Du Plessis	47	21	Female	Veteran		10.7	01:58:51	00:05:40
167	5068	Leon Du Plessis	49	21	Male	Veteran		10.71	01:58:51	00:05:40
168	5528	Sunette Swart	48	21	Female	Veteran	METROPOLITAN AC	10.64	01:59:12	00:05:41
169	5135	Lindsay Lowe	58	21	Female	Master	K-WAY VOB	10.65	01:59:14	00:05:41
170	5266	Penny Ingram	61	21	Female	Grand Master		10.65	01:59:16	00:05:41
171	5095	Marlize Van Niekerk	41	21	Female	Veteran	METROPOLITAN AC	10.59	01:59:32	00:05:42
172	5265	Cyril May	51	21	Male	Master	NANTES AC	10.67	01:59:32	00:05:42
173	5661	Jacques G Du Toit	32	21	Male	Open		10.64	01:59:36	00:05:42
174	5058	Matilda Pieters	33	21	Female	Open	SALDANHA AC	10.57	02:00:02	00:05:43
175	5315	Tamara Billimore	43	21	Female	Veteran	WEST COAST ATHLETIC CLUB	10.58	02:00:02	00:05:43
176	5344	Diana Oosthuizen	37	21	Female	Open	BRACKENFELL	10.57	02:00:05	00:05:44
177	5235	Kobus Toua	51	21	Male	Master		10.55	02:00:11	00:05:44
178	3SZ645G	Details Not Yet Captured	0	21	Unknown	Unknown		10.61	02:00:13	00:05:44
179	5579	Clinton Meyer	28	21	Male	Open		10.58	02:00:14	00:05:44
180	5437	Dawn Lubbe	46	21	Female	Veteran		10.61	02:00:18	00:05:44
181	5276	Tarryn O'brien	25	21	Female	Open	K-WAY VOB	10.53	02:00:35	00:05:45
182	5478	Latasha Sidone	40	21	Female	Veteran	NEDBANK	10.52	02:00:39	00:05:45
183	5330	Richard Corder	20	21	Male	Open		10.51	02:01:35	00:05:48
184	5184	Ena-MariF Carstens	24	21	Female	Open	STELLENBOSCH ATHLETICS CLUB	10.45	02:01:49	00:05:49
185	5633	HandrT Durand	44	21	Male	Veteran		10.43	02:01:59	00:05:49
186	5634	Christien Durand	33	21	Female	Open		10.43	02:02:00	00:05:49
187	5343	Thelma C Rossouw	66	21	Male	Grand Master	WORCESTER AC	10.39	02:02:08	00:05:49
188	5197	Karin Hesse	35	21	Female	Open	BRACKENFELL	10.45	02:02:12	00:05:50

189	5621	Marike Wannenburg	35	21 Female	Open	STELLENBOSCH ATHLETICS CLUB	10.41	02:02:22	00:05:50
190	5454	Cajsa Meintjes	41	21 Female	Veteran	LANGEBAAAN STRANDLOPERS	10.34	02:02:39	00:05:51
191	5121	Julie Colman	48	21 Female	Veteran	WEST COAST ATHLETIC CLUB	10.3	02:03:11	00:05:52
192	5534	Marcelle Greef	43	21 Female	Veteran		10.31	02:03:21	00:05:53
193	5105	Christelle Van Der Watt	26	21 Female	Open	ATLANTIS AC	10.31	02:03:46	00:05:54
194	5292	Wimpie Van Der Berg	44	21 Male	Veteran	DURBANVILLE	10.28	02:03:47	00:05:54
195	5200	Wynand Smythe	41	21 Male	Veteran		10.24	02:03:54	00:05:54
196	5201	Tamara Smythe	38	21 Female	Open		10.24	02:03:54	00:05:54
197	5246	Elton Bezuidenhout	38	21 Male	Open	SPARTAN HARRIERS	10.29	02:03:56	00:05:55
198	5463	Johan Herman Meyer	31	21 Male	Open		10.29	02:04:03	00:05:55
199	5203	Richard Hook	61	21 Male	Grand Master	WPCC	10.26	02:04:04	00:05:55
200	5647	Esther Patience	47	21 Female	Veteran	ATLANTIS AC	10.24	02:04:05	00:05:55
201	5199	Nicol Carstens	37	21 Male	Open	ATLANTIS AC	10.24	02:04:06	00:05:55
202	5044	Amir Tal	30	21 Male	Open		10.22	02:04:17	00:05:56
203	5331	Noelette Dykes	30	21 Female	Open		10.24	02:04:29	00:05:56
204	5665	Donovane Van Rooyen	46	21 Male	Veteran	OLD MUTUAL	10.17	02:04:41	00:05:57
205	5682	Martin Geustyn	52	21 Male	Master	BELLVILLE	10.18	02:05:10	00:05:58
206	5110	Wikus Pretorius	54	21 Male	Master	CAPE MULTISPORT	10.17	02:05:12	00:05:58
207	5085	David Retief	32	21 Male	Open	IN TOUCH AC	10.13	02:05:40	00:06:00
208	4KH9HCH	Adell Erasmus	22	21 Female	Open	WELLINGTON AC	10.13	02:05:41	00:06:00
209	5672	Jamaine Cloete	33	21 Male	Open		10.07	02:05:42	00:06:00
210	5209	Frankie Johnston	55	21 Female	Master	WESTERN PROVINCE CRICKET CLUB	10.1	02:05:59	00:06:00
211	5220	Theo Steenkamp	61	21 Male	Grand Master	BELLVILLE	10.11	02:06:02	00:06:01
212	5496	Garrath J Rosslee	47	21 Male	Veteran		10.06	02:06:06	00:06:01
213	5649	Magdalene Misroll	36	21 Female	Open	PINELANDS ATHLETICS CLUB	10.04	02:06:15	00:06:01
214	5594	Lyron Julius	30	21 Male	Open		10.06	02:06:16	00:06:01
215	5605	MarilT Willemse	28	21 Female	Open	STRAND AC	10.07	02:06:23	00:06:02
216	5319	Douglas Smith	26	21 Male	Open	ARCELOR MITTAL	10.04	02:06:50	00:06:03
217	5080	Rowena Van Der Merwe	29	21 Female	Open		10	02:06:52	00:06:03
218	5177	Nelma Von Wielligh	37	21 Female	Open		10.03	02:06:56	00:06:03
219	5539	David Sylvester	59	21 Male	Master	CAPRICORN AC	10.04	02:07:08	00:06:04
220	5019	Tisha Gibbs	45	21 Female	Veteran		10.04	02:07:09	00:06:04
221	5016	Peter Koen	39	21 Male	Open	HARFIELD HARRIERS	9.99	02:07:28	00:06:05
222	5299	Harry Burger	39	21 Male	Open	LANGEBAAAN STRANDLOPERS	10	02:07:29	00:06:05
223	5242	John Kolbe	59	21 Male	Master	SPARTAN HARRIERS	9.97	02:07:39	00:06:05
224	5558	John Williams	42	21 Male	Veteran	SWARTLAND AC	9.96	02:07:46	00:06:06
225	5005	Madelie Feldman	29	21 Female	Open		9.99	02:07:50	00:06:06
226	5325	Gerson Banda	56	21 Male	Master	ATLANTIC AC	9.93	02:08:05	00:06:06
227	5305	Amelia Van Wyk	35	21 Female	Open		9.91	02:08:08	00:06:07

228	5207 Jean Jones	47	21 Female	Veteran	PINELANDS ATHLETICS CLUB	9.94	02:08:16	00:06:07
229	5149 Nadia Joubert	38	21 Female	Open		9.91	02:08:28	00:06:08
230	5275 Jeremy Wagner	54	21 Male	Master		9.92	02:08:30	00:06:08
231	5249 Francois Marais	33	21 Male	Open	AAC	9.91	02:08:33	00:06:08
232	5503 Lionel P Booisen	31	21 Male	Open		9.89	02:08:34	00:06:08
233	5151 Emma Price	32	21 Female	Open	DURBANVILLE	9.85	02:08:36	00:06:08
234	5329 Mervyn Lee	61	21 Male	Grand Master	EDGEMEAD RUNNERS	9.9	02:08:44	00:06:08
235	5160 Andrea Herron	31	21 Female	Open	BELLVILLE	9.86	02:08:48	00:06:08
236	5210 Samantha Hewett	38	21 Female	Open	WILD RUNNER ATHLETIC CLUB	9.84	02:08:50	00:06:09
237	5195 Chris Davey	51	21 Male	Master	K-WAY VOB	9.88	02:08:57	00:06:09
238	5532 Werner Moolman	47	21 Male	Veteran		9.9	02:08:59	00:06:09
239	5527 Andre Swart	59	21 Male	Master	METROPOLITAN AC	9.82	02:09:10	00:06:10
240	5205 Tlou Thema	24	21 Female	Open	RCS GUGULETU ATHLETIC CLUB	9.82	02:09:18	00:06:10
241	5664 Rocco Tromp	49	21 Male	Veteran		9.81	02:09:45	00:06:11
242	5670 Lara Kaplan	48	21 Female	Veteran	ATLANTIC AC	9.77	02:09:55	00:06:12
243	5148 Elisha Rabinowitz	43	21 Female	Veteran	ATLANTIC AC	9.76	02:09:55	00:06:12
244	5585 Ann-Mari Hofinger	38	21 Female	Open	ATLANTIS AC	9.77	02:09:56	00:06:12
245	5384 Belia King	42	21 Female	Veteran		9.78	02:10:11	00:06:12
246	5494 Dean De Goede	26	21 Male	Open		9.79	02:10:15	00:06:13
247	5495 Jade De Goede	23	21 Male	Open		9.79	02:10:15	00:06:13
248	5418 Annel Van Der Merwe	60	21 Female	Grand Master	LANGEBAAAN STRANDLOPERS	9.74	02:10:37	00:06:14
249	5423 Samantha Van Den Berg	44	21 Female	Veteran	MELKBOS ATHLETICS CLUB	9.74	02:10:45	00:06:14
250	5351 Jakobus Jansen	68	21 Male	Grand Master	WHALERS AC	9.72	02:10:48	00:06:14
251	5622 Donovan Geldenhuys	49	21 Male	Veteran	TYGERBERG AC	9.67	02:11:32	00:06:16
252	5307 Andrea Levitt	34	21 Female	Open	ATLANTIS AC	9.65	02:11:33	00:06:16
253	5314 Llewellyn Allen	35	21 Male	Open		9.65	02:11:33	00:06:16
254	5352 Julia Curtis	49	21 Female	Veteran	ATLANTIS AC	9.64	02:11:39	00:06:17
255	5548 Sonnyboy Dipedi	51	21 Male	Master		9.66	02:11:44	00:06:17
256	5550 Valtyn Timotheus	53	21 Male	Master	SWARTLAND AC	9.58	02:12:14	00:06:18
257	5416 Olga Harris	25	21 Female	Open	METROPOLITAN AC	9.6	02:12:19	00:06:19
258	5517 Zanele Kwayiman	26	21 Female	Open	SANDEF WP	9.57	02:12:27	00:06:19
259	5120 Nigel Krotz	33	21 Male	Open		9.57	02:12:32	00:06:19
260	5320 Robert Clover	39	21 Male	Open		9.6	02:12:37	00:06:19
261	5190 Edward Taylor	34	21 Male	Open		9.59	02:12:46	00:06:20
262	5586 Sillene Oppel	58	21 Female	Master	GOODWOOD HARRIERS	9.52	02:13:23	00:06:22
263	5022 Hendrik Bezuidenhout	30	21 Male	Open		9.51	02:13:30	00:06:22
264	5575 Celeste Petersen	38	21 Female	Open	SOUTHERN STRIDERS ATHLETIC CLUB	9.49	02:13:48	00:06:23
265	5574 Shane Kooyman	40	21 Male	Veteran	SOUTHERN STRIDERS ATHLETIC CLUB	9.49	02:13:49	00:06:23
266	5442 Chris Lausberg	17	21 Male	Juniors	NEDBANK	9.49	02:13:57	00:06:23

267	5046 Owen Martin	42	21 Male	Veteran	EDGEMEAD RUNNERS	9.48	02:14:28	00:06:25
268	5122 Paul Colman	48	21 Male	Veteran	WEST COAST ATHLETIC CLUB	9.43	02:14:28	00:06:25
269	5208 Johan Bester	34	21 Male	Open	VAN DER MERWE & ROBERTSON DURBANVILLE	9.38	02:15:05	00:06:26
270	5519 Lorato Zwane	35	21 Male	Open	SANDF WP	9.38	02:15:08	00:06:27
271	5287 Janine Weideman	48	21 Female	Veteran	SWARTLAND AC	9.38	02:15:30	00:06:28
272	5533 Anelle Steyn	27	21 Female	Open		9.41	02:15:32	00:06:28
273	5681 Anthea Johnson	40	21 Female	Veteran	NANTES	9.4	02:15:37	00:06:28
274	5584 Lawrence Bailie	33	21 Male	Open	LANGEBAAAN STRANDLOPERS	9.4	02:15:37	00:06:28
275	5669 Ben Abrey	37	21 Male	Open		9.41	02:15:38	00:06:28
276	5050 Michael Swart	54	21 Male	Master		9.36	02:15:41	00:06:28
277	5435 Lee-Ann Barnes	38	21 Female	Open	MSM	9.38	02:15:50	00:06:29
278	5540 Trevor Busby	66	21 Male	Grand Master	CAPRICORN AC	9.34	02:16:23	00:06:30
279	5206 Zelda Cottle	42	21 Female	Veteran	SPARTAN HARRIER	9.31	02:16:30	00:06:30
280	5582 Sophie Germanier	31	21 Female	Open		9.3	02:16:34	00:06:31
281	5193 Larita Esterhuizen	25	21 Female	Open		9.33	02:16:48	00:06:31
282	5421 Jacques Leukes	18	21 Male	Juniors		9.28	02:16:51	00:06:31
283	5187 Hennie Fouche	57	21 Male	Master		9.3	02:16:55	00:06:32
284	5499 Maxine Nelson	21	21 Female	Open		9.26	02:16:58	00:06:32
285	5668 Jade Nelson	21	21 Female	Open		9.26	02:16:59	00:06:32
286	5564 Siraj Brewer	40	21 Male	Veteran	ITHEKO AC	9.29	02:17:17	00:06:33
287	5088 Rachel Pritchard	36	21 Female	Open	FITNESS GLOW	9.26	02:17:23	00:06:33
288	5055 Shadley Hercules	32	21 Male	Open		9.26	02:17:26	00:06:33
289	5123 Andrew Rich	46	21 Male	Veteran	CARBINEERS WP	9.24	02:17:28	00:06:33
290	5112 Jana Beckett	56	21 Female	Master	K-WAY VOB	9.22	02:17:46	00:06:34
291	5259 Mariette Lourens	36	21 Female	Open	SWARTLAND AC	9.2	02:17:51	00:06:34
292	5313 Dagmar Merkle	48	21 Female	Veteran		9.21	02:17:55	00:06:35
293	5269 Jan Mentoer	60	21 Male	Grand Master	ESKOM AC	9.21	02:17:55	00:06:35
294	5143 Grant Arbuthnot	58	21 Male	Master	SAVAGES	9.24	02:17:59	00:06:35
295	5142 Diane Dunstan	57	21 Female	Master	K-WAY VOB	9.24	02:18:00	00:06:35
296	5392 Lize Smith	42	21 Female	Veteran	PAARL ATHLETICS CLUB	9.2	02:18:00	00:06:35
297	5098 Janet Hunter	56	21 Female	Master		9.22	02:18:16	00:06:36
298	5481 Fidelia Van Der Linde	32	21 Female	Open	LANGEBAAAN STRANDLOPERS	9.16	02:18:36	00:06:36
299	5288 Donovan Hartogh	44	21 Male	Veteran		9.18	02:18:44	00:06:37
300	5263 Joanne Van Der Valk	61	21 Female	Grand Master	CELTIC HARRIERS	9.19	02:18:49	00:06:37
301	5006 Heather Johnson	50	21 Female	Master		9.16	02:18:49	00:06:37
302	5104 Linzi Smyth	45	21 Female	Veteran	AAC	9.13	02:18:51	00:06:37
303	5470 Faieza Desai	57	21 Female	Master	LION OF AFRICA ITHEKO	9.16	02:19:11	00:06:38
304	5070 Juliana De Wit	60	21 Male	Grand Master	NEDBANK	9.1	02:19:11	00:06:38
305	5303 Enrico Roman	28	21 Male	Open	DURBANVILLE	9.13	02:19:38	00:06:39

306	5414 Nicolet Smit	31	21 Female	Open	STELLENBOSCH ATHLETICS CLUB	9.08	02:19:47	00:06:40
307	5489 Nicolene Blankenberg	17	21 Female	Juniors	MONTAGU AC	9.05	02:20:03	00:06:41
308	5374 Danelle Esterhuizen	33	21 Female	Open		9.06	02:20:10	00:06:41
309	5373 De Waal Esterhuizen	36	21 Male	Open		9.06	02:20:10	00:06:41
310	5183 Charlotte Getrud Casteling	24	21 Female	Open		9.07	02:20:17	00:06:41
311	5164 Etienne Jooste	65	21 Male	Grand Master	STRAND AC	9.05	02:20:25	00:06:42
312	5284 Andries Daniel Van Wyk	61	21 Male	Grand Master	MOORREESBURG	9.05	02:20:25	00:06:42
313	5083 Graeme Mccree	33	21 Male	Open	CAPE MULTISPORT	9.06	02:20:49	00:06:43
314	5345 Carmen Gouws	26	21 Female	Open	SALDANHA AC	9	02:21:07	00:06:44
315	5182 Helgard Muller	32	21 Male	Open	IN TOUCH AC	9	02:21:15	00:06:44
316	5590 Kathy Christy	56	21 Female	Master	RUNWALK FOR LIFE	8.96	02:21:25	00:06:45
317	5691 Susanna Du Toit	49	21 Female	Veteran		8.98	02:21:33	00:06:45
318	5445 Nicky Stander	37	21 Female	Open	RWFL WESTERN PROVINCE	8.96	02:21:44	00:06:45
319	5611 Raymond J Sauls	43	21 Male	Veteran		8.95	02:21:44	00:06:45
320	5077 Jacqueline Van Heerden	28	21 Female	Open		8.94	02:21:55	00:06:46
321	5078 Sarel Van Der Westhuizen	33	21 Male	Open		8.94	02:21:55	00:06:46
322	5427 Rachele Bester	28	21 Female	Open	STELLENBOSCH ATHLETICS CLUB	8.93	02:21:56	00:06:46
323	5430 Beatrix Coetzee	30	21 Female	Open	OLIFANTS RIVIER ATLETIEK KLUB	8.93	02:21:56	00:06:46
324	5176 Lana Geldenhuys	38	21 Female	Open	BRACKENFELL	8.96	02:22:04	00:06:46
325	5610 Felicia St. Clair	46	21 Female	Veteran	IN TOUCH AC	8.92	02:22:14	00:06:47
326	5391 Brenda Arentsen	61	21 Female	Grand Master		8.96	02:22:23	00:06:47
327	5082 Roger King	41	21 Male	Veteran	CAPE MULTISPORT	8.96	02:22:23	00:06:47
328	5282 Alita De Witt	39	21 Female	Open	WEST COAST ATHLETIC CLUB	8.94	02:22:44	00:06:48
329	5247 Saville Riberts	45	21 Male	Veteran	JAGUARS AC	8.92	02:23:02	00:06:49
330	5117 Farieda Williams	57	21 Female	Master	K WAY VOB RUNNING CLUB	8.88	02:23:32	00:06:51
331	5097 Duan Thirion	38	21 Male	Open		8.86	02:23:52	00:06:52
332	5544 Ronald G Olyn	26	21 Male	Open		8.82	02:23:53	00:06:52
333	5219 Sharon James	57	21 Female	Master	PINELANDS ATHLETICS CLUB	8.84	02:24:01	00:06:52
334	5086 Marjorie Young	43	21 Female	Veteran	STRAND AC	8.82	02:24:07	00:06:52
335	5084 Linda Payton	53	21 Female	Master	SPARTAN HARRIERS	8.8	02:24:23	00:06:53
336	5231 Mieke Barry	39	21 Female	Open	WCAC	8.81	02:24:41	00:06:54
337	5551 Melissa Newton	29	21 Female	Open		8.74	02:25:14	00:06:55
338	5552 Marco Schlorf	36	21 Male	Open		8.74	02:25:15	00:06:55
339	5063 Roland Gordon	48	21 Male	Veteran	PAARL ATHLETICS CLUB	8.77	02:25:16	00:06:56
340	5694 Tougieda Allie	54	21 Female	Master	LION OF AFRICA ITHEKO	8.73	02:25:19	00:06:56
341	5227 Cindy Havenga	54	21 Female	Master	EDGEMEAD RUNNERS	8.75	02:25:38	00:06:57
342	5501 Ruth Nelson	39	21 Female	Open		8.7	02:25:38	00:06:57
343	5569 Sadia Sedick	49	21 Female	Veteran	ITHEKO AC	8.75	02:25:39	00:06:57
344	5448 Naazia Hoosain	32	21 Female	Open	ITHEKO AC	8.75	02:25:39	00:06:57

345	5464 Adenaan Omar	57	21 Male	Master	LION OF AFRICA ITHEKO	8.75	02:25:39	00:06:57
346	5624 Carel T Lloyd	29	21 Male	Open		8.74	02:25:52	00:06:57
347	5230 Justin De Klerk	40	21 Male	Veteran	WEST COAST ATHLETIC CLUB	8.7	02:26:00	00:06:58
348	5099 Jayne Roestorf	44	21 Female	Veteran	RUN WALK FOR LIFE	8.7	02:26:01	00:06:58
349	5573 Rugaya Solomons	41	21 Female	Veteran	NEDBANK	8.7	02:26:35	00:06:59
350	5477 Kareemah Carelse	42	21 Female	Veteran	ITHEKO AC	8.69	02:26:36	00:06:59
351	5451 Fatima Abrahams	32	21 Female	Open	ITHEKO AC	8.69	02:26:36	00:06:59
352	5460 Nashreen Talip	34	21 Female	Open	ITHEKO AC	8.69	02:26:36	00:06:59
353	5461 Nurunnesa Baradien	58	21 Female	Master	LION OF AFRICA ITHEKO	8.7	02:26:37	00:06:59
354	5508 Zulfah Samaai	44	21 Female	Veteran		8.7	02:26:37	00:06:59
355	5094 Marthie Smit	43	21 Female	Veteran	STRAND AC	8.68	02:26:50	00:07:00
356	5570 Ragie Le Roux	58	21 Male	Master	STRAND AC	8.68	02:26:50	00:07:00
357	5604 HendrT Willemse	27	21 Male	Open	STRAND AC	8.66	02:26:51	00:07:00
358	5419 Engela Olivier	27	21 Female	Open	DURBANVILLE	8.65	02:26:56	00:07:00
359	5420 Vinzeigh Leukes	25	21 Male	Open		8.64	02:26:57	00:07:00
360	5615 Christoline Silver	47	21 Female	Veteran	VOB	8.64	02:27:21	00:07:01
361	5441 Karen Lausberg	42	21 Female	Veteran	NEDBANK	8.61	02:27:46	00:07:03
362	5439 Celius Lausberg	45	21 Male	Veteran	NEDBANK	8.61	02:27:47	00:07:03
363	5338 Renee Wicomb	49	21 Female	Veteran	WELLINGTON AC	8.6	02:27:49	00:07:03
364	5674 Abdul - Aziz Dollie	42	21 Male	Veteran	TOPFORM AC	8.57	02:28:04	00:07:04
365	5667 Wilhelm Vermeulen	28	21 Male	Open	BELLVILLE	8.57	02:28:40	00:07:05
366	5368 Heather Cooke	75	21 Female	Grand Master		8.54	02:28:53	00:07:06
367	5214 Rachel Van Eyk	43	21 Female	Veteran	THE PINE NUTS	8.53	02:28:53	00:07:06
368	5289 Sandra Allen	59	21 Female	Master		8.53	02:28:53	00:07:06
369	5113 James Beckett	63	21 Male	Grand Master	K-WAY VOB	8.53	02:28:54	00:07:06
370	5362 Carina Martin	39	21 Female	Open	PAARL ATHLETICS CLUB	8.54	02:29:22	00:07:07
371	5067 Anton Jooste	34	21 Male	Open		8.54	02:29:23	00:07:07
372	5161 Michelle Cronje	25	21 Female	Open		8.53	02:29:28	00:07:08
373	5357 Cathy Alger	53	21 Female	Master	ESKOM AC	8.52	02:29:31	00:07:08
374	5358 David Green	62	21 Male	Grand Master	ESKOM AC	8.52	02:29:31	00:07:08
375	5549 Maurice Wicomb	69	21 Male	Grand Master	OUDTSHOORN AC	8.47	02:29:47	00:07:08
376	5496 Garrath Roslee	47	21 Male	Veteran		8.48	02:29:47	00:07:08
377	5653 Rachel Daniels	49	21 Female	Veteran	VOORBERG AC	8.49	02:29:48	00:07:08
378	5641 Bradley A Klein	41	21 Male	Veteran		8.47	02:30:07	00:07:09
379	5642 Francina Titus	42	21 Female	Veteran		8.47	02:30:07	00:07:09
380	5637 Vicky Mellet	39	21 Female	Open		8.45	02:30:13	00:07:10
381	5293 Sulani Rysbergen	37	21 Female	Open	CAPE MULTISPORT	8.42	02:30:47	00:07:11
382	5075 Suzanne Van Rooyen	37	21 Female	Open		8.42	02:30:48	00:07:11
383	5238 Wendy Adams	54	21 Female	Master	GUGULETHU AC	8.41	02:30:56	00:07:12

384	5479	Nicoleen Roets	34	21	Male	Open		8.44	02:30:58	00:07:12
385	5440	Faiza Adams	40	21	Female	Veteran	CENTRAL ATHLETICS	8.44	02:30:58	00:07:12
386	5609	Barry Shamley	41	21	Male	Veteran	CELTIC HARRIERS	8.43	02:31:18	00:07:13
387	5102	Logan Ehlers	23	21	Male	Open	EDGEMEAD RUNNERS	8.37	02:31:33	00:07:13
388	5679	Sello Samuel Segalwe	59	21	Male	Master	FINLIME HARRIERS	8.38	02:31:46	00:07:14
389	5401	Dion Forster	44	21	Male	Veteran		8.37	02:32:05	00:07:15
390	5334	Tom Beasor	65	21	Male	Grand Master		8.34	02:32:12	00:07:15
391	5412	Margaret Rossouw	38	21	Female	Open		8.33	02:32:16	00:07:16
392	5173	Verity Dyason	49	21	Male	Veteran	WORCESTER AC	8.33	02:32:42	00:07:17
393	5229	Sharon Brandes	48	21	Female	Veteran	EDGEMEAD RUNNERS	8.33	02:32:51	00:07:17
394	5646	Neil Spann	57	21	Male	Master	BRACKENFELL	8.31	02:33:06	00:07:18
395	5346	San Viljoen	69	21	Female	Grand Master	PAARL ATHLETICS CLUB	8.21	02:34:54	00:07:23
396	5361	Joslyn Van Rooyen	30	21	Female	Open		8.22	02:34:54	00:07:23
397	5360	Charlotte Young	39	21	Female	Open	K-WAY VOB	8.22	02:34:54	00:07:23
398	5281	Tanya Van Rooi	39	21	Female	Open	PAARL ATHLETICS CLUB	8.19	02:35:00	00:07:23
399	5482	Keith Cullis	54	21	Male	Master	WESTERN PROVINCE CRICKET CLUB	8.2	02:35:03	00:07:23
400	5202	Roslin Losper	46	21	Female	Veteran	PAARL ATHLETICS CLUB	8.18	02:35:05	00:07:24
401	5258	Danielle Barends	40	21	Female	Veteran	LANGEBAAN STRANDLOPERS	8.18	02:35:28	00:07:25
402	5341	Peter-John Harmse	52	21	Male	Master	CORRECTIONAL SERVICES	8.13	02:35:49	00:07:26
403	5268	Christian Mathews	63	21	Male	Grand Master	ATLANTIS AC	8.14	02:36:25	00:07:27
404	5432	Delmarie Ungerer	34	21	Female	Open	WILD RUNNER ATHLETIC CLUB	8.12	02:36:32	00:07:28
405	5433	Farrell Ungerer	60	21	Male	Grand Master	HARTENBOS DRAWWERS	8.12	02:36:32	00:07:28
406	5422	Adel Coetzee	53	21	Female	Master	WEST COAST ATHLETIC CLUB	8.12	02:36:44	00:07:28
407	5301	Trudy Hough	56	21	Female	Master	WEST COAST ATHLETIC CLUB	8.12	02:36:44	00:07:28
408	5654	Ann Taljaard	55	21	Female	Master	SAPS	8.06	02:37:28	00:07:30
409	5632	Sanet Du Toit	47	21	Female	Veteran	BRACKENFELL	8.09	02:37:29	00:07:30
410	5685	Elizka Hendrikse	45	21	Female	Veteran	DURBANVILLE	8.09	02:37:29	00:07:30
411	5144	Des Wymers	46	21	Female	Veteran	TOPFORM AC	8.08	02:37:45	00:07:31
412	5316	Elizabeth Holder	50	21	Female	Master	RUN WALK FOR LIFE	8.03	02:38:14	00:07:33
413	5191	Eileen Christians	42	21	Female	Veteran	RUN WALK FOR LIFE	7.96	02:39:11	00:07:35
414	5333	Avril De Lapelin Dumont	72	21	Female	Grand Master	WESTCOAST ATHLETIC CLUB	7.97	02:39:35	00:07:36
415	5488	Jacobus Jansen	58	21	Male	Master	MONTAGU AC	7.92	02:40:08	00:07:38
416	5114	Freddie Nel	65	21	Male	Grand Master	WORCESTER AC	7.96	02:40:17	00:07:38
417	5572	Marcia Gordon	43	21	Female	Veteran	SPARTAN HARRIERS	7.92	02:40:43	00:07:40
418	5530	Chaldene Misroll	43	21	Female	Veteran	PINELANDS ATHLETICS CLUB	7.83	02:42:05	00:07:44
419	5326	Sarie Erasmus	66	21	Female	Grand Master	SWARTLAND AC	7.83	02:42:34	00:07:45
420	5686	Andrea Visser	40	21	Female	Veteran	WELLINGTON AC	7.8	02:42:49	00:07:46
421	5602	Mariam Elissac	56	21	Female	Master	ITHEKO AC	7.77	02:43:00	00:07:46
422	5606	Claudine Mentor	46	21	Female	Veteran	TOPFORM AC	7.81	02:43:11	00:07:47

423	5096 Johann Van Niekerk	48	21 Male	Veteran	METROPOLITAN AC	7.78	02:43:16	00:07:47
424	5468 Bruce Cruickshank	62	21 Male	Grand Master	WPCC	7.75	02:44:08	00:07:49
425	5639 Ernesta Klue	61	21 Female	Grand Master	TYGERBERG AC	7.7	02:44:44	00:07:51
426	2FVDFNA Ingrid Rodgers	49	21 Female	Veteran	LANGEBAAAN STRANDLOPERS	7.72	02:44:44	00:07:51
427	5051 Anita Spreeth	47	21 Female	Veteran	SWARTLAND AC	7.7	02:44:53	00:07:52
428	5462 Adala Heugh Gertse	54	21 Female	Master	LION OF AFRICA ITHEKO	7.7	02:45:21	00:07:53
429	5340 Janetta Harmse	49	21 Female	Veteran	CORRECTIONAL SERVICES	7.69	02:45:34	00:07:54
430	5406 Leon Coetzee	59	21 Male	Master	WELLINGTON AC	7.69	02:45:36	00:07:54
431	5408 Krige Siebrits	49	21 Male	Veteran		7.68	02:45:37	00:07:54
432	5620 Anne Grainsford	60	21 Female	Grand Master	GUGULETHU AC	7.66	02:45:47	00:07:54
433	5342 Percival Harmse	25	21 Male	Open	CORRECTIONAL SERVICES	7.65	02:45:48	00:07:54
434	5188 Laurette Van Der Merwe	50	21 Female	Master	TELKOM ATHLETICS CLUB	7.68	02:45:56	00:07:55
435	5223 Dick Bradshaw	66	21 Male	Grand Master	K-WAY VOB	7.65	02:46:00	00:07:55
436	5071 Rudi Jansen	38	21 Male	Open	IN TOUCH AC	7.65	02:46:09	00:07:55
437	5090 Clair Edson	45	21 Female	Veteran	IN TOUCH AC	7.65	02:46:09	00:07:55
438	5645 Sherryl Ann Elkin	51	21 Female	Master	BRACKENFELL	7.59	02:47:33	00:07:59
439	5163 Catherine Austin	46	21 Female	Veteran	RUN WALK FOR LIFE	7.57	02:47:36	00:07:59
440	5324 Klaus Zollner	60	21 Male	Grand Master	HELDERBERG HARRIERS	7.54	02:48:03	00:08:01
441	5635 Welna Boshoff	36	21 Female	Open		7.58	02:48:11	00:08:01
442	5239 Rene Tepper	67	21 Female	Grand Master	ESKOM AC	7.54	02:48:30	00:08:02
443	5233 Reze Van Zyl	23	21 Female	Open	DURBANVILLE	7.53	02:49:13	00:08:04
444	5553 Edith W Sampson	55	21 Female	Master	WELLINGTON AC	7.49	02:49:26	00:08:05
445	5505 Sandra M Bottom	48	21 Female	Veteran		7.46	02:49:53	00:08:06
446	5506 Marlene Y Kamfer	43	21 Female	Veteran		7.46	02:49:53	00:08:06
447	628 Christiaan Walters	51	21 Male	Master	PAARL ATHLETICS CLUB	7.46	02:50:44	00:08:08
448	5640 Sharif Bhikoo	63	21 Male	Grand Master	METROPOLITAN AC	7.42	02:51:18	00:08:10
449	5555 Aziza Lakay	52	21 Female	Master	TYGERBERG AC	7.4	02:51:31	00:08:11
450	5415 Fuzlan Gamielien	51	21 Female	Master	ITHEKO AC	7.39	02:52:17	00:08:13
451	5232 Duncan Mackintosh	68	21 Male	Grand Master	K-WAY VOB	7.37	02:52:22	00:08:13
452	5491 Charlene Meiring	40	21 Female	Veteran	WORCESTER AC	7.36	02:53:11	00:08:15
453	5638 Christopher Kudyahakudadirwe	56	21 Male	Master	GUGULETHU AC	7.3	02:53:34	00:08:16
454	5568 Farouk Meyer	64	21 Male	Grand Master	ITHEKO AC	7.3	02:53:56	00:08:17
455	5376 Margi Eksteen	60	21 Female	Grand Master	STRAND AC	7.29	02:54:15	00:08:18
456	5048 Melanie Rossouw	31	21 Female	Open	NEDBANK	7.27	02:54:17	00:08:18
457	5248 Elizabeth Smith	52	21 Female	Master	RAVENSMEAD AC	7.27	02:54:32	00:08:19
458	5013 Natasha Van Wyk	46	21 Female	Veteran	CAPE MULTI SPORT	7.3	02:54:32	00:08:19
459	5165 Magrieta Marcelli	58	21 Female	Master		7.25	02:54:47	00:08:20
460	5101 RenT Bosman	58	21 Female	Master	RUNWALK FOR LIFE	7.23	02:55:28	00:08:22
461	5411 Hantie Nelson	49	21 Female	Veteran	BELLVILLE	7.09	02:58:50	00:08:31

462	5889 Cindy Maree	47	21 Female	Veteran	PINELANDS ATHLETICS CLUB	7.07	02:59:30	00:08:33
463	5483 Somaya Du Toit	49	21 Female	Veteran	ITHEKO AC	7.03	03:01:03	00:08:38
464	5643 Leaticia A Lewin	47	21 Female	Veteran	NANTES AC	6.96	03:02:42	00:08:42
465	5240 Willem Smith	52	21 Male	Master		6.89	03:04:59	00:08:49
466	5375 Anton Maree	62	21 Male	Grand Master	DURBANVILLE	6.84	03:05:39	00:08:51
467	5428 Almarie Du Toit	54	21 Female	Master		6.85	03:05:53	00:08:52
468	5017 Pete Riches	66	21 Male	Grand Master	K-WAY VOB	6.72	03:08:52	00:09:00
469	5509 Beryl Sharpe	49	21 Female	Veteran		6.71	03:09:33	00:09:02
470	5186 Sam Sterban	76	21 Male	Grand Master	RUN WALK FOR LIFE	6.71	03:09:34	00:09:02
471	5100 Craig Brown	67	21 Male	Grand Master	K WAY VOB RUNNING CLUB	6.65	03:11:17	00:09:07
472	5652 Hilary Maarman	51	21 Female	Master	VOORBERG AC	6.6	03:12:34	00:09:11
473	5093 Gerhard Smit	47	21 Male	Veteran	RUNWALK FOR LIFE	6.58	03:12:47	00:09:11
474	5434 Chrina Laker	50	21 Female	Master	PAARL ATHLETICS CLUB	6.58	03:13:36	00:09:14
475	4WV343K Christopher Rodgers	43	21 Male	Veteran	LANGEBAAAN STRANDLOPERS	6.47	03:16:28	00:09:22
476	5366 Rika Carstens	55	21 Female	Master	RUNWALK FOR LIFE	6.44	03:17:10	00:09:24
477	5012 Jan Swart	57	21 Male	Master	FIT 2000 WP	6.46	03:17:11	00:09:24
478	5029 Marie Uys	60	21 Female	Grand Master	IN TOUCH AC	6.36	03:19:51	00:09:31
479	5173 Verity Dyason	49	21 Male	Veteran	WORCESTER AC	6.26	03:22:58	00:09:40
480	5557 Juan Wiese	38	21 Male	Open	SWARTLAND AC	6.17	03:25:27	00:09:47
481	5237 Jan Du Plessis	61	21 Male	Grand Master	HELDERBERG HARRIERS	6.12	03:27:11	00:09:52
482	5542 Elizabeth Sale	53	21 Female	Master		6.08	03:29:02	00:09:58
483	5272 Christel De Swardt	35	21 Female	Open	CAPE MULTISPORT	5.75	03:40:32	00:10:31
484	5636 Johannes J Erasmus	45	21 Male	Veteran		5.68	03:44:00	00:10:40
485	5064 Pieter Vrey	75	21 Male	Grand Master	DURBANVILLE	5.68	03:44:02	00:10:41

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