

31st Riebeeck Wes Berg Marathon

Provisional Results

Based on Runners with ChampionChips

Marathon - 42.2km

Pos	RaceNo	Name	Age	Distance	Gender	Category	Club	Km/Hr	RaceTime	MinKm	Remarks
1	758	Anda Lubelwana	29	42	Male	Open	HOUT BAY HARRIERS	16.65	02:32:09	00:03:38	
2	789	Siyabulela Mpongwna	35	42	Male	Open	VOB	15.7	02:41:23	00:03:51	
3	624	Ncedo Makunga	24	42	Male	Open	NEDBANK	15.49	02:43:36	00:03:54	
4	801	Reuben Mhashu	27	42	Male	Open	HOUT BAY HARRIERS	15.43	02:44:13	00:03:55	
5	710	Tawanda Chomuzinda	38	42	Male	Open	GUGULETHU AC	15.01	02:48:48	00:04:02	
6	713	Mpendulo Sigwadi	28	42	Male	Open	GUGULETHU AC	14.71	02:52:17	00:04:07	
7	707	Luntu Kosana	39	42	Male	Open	GUGULETHU AC	14.5	02:54:40	00:04:10	
8	727	Lehlohonolo Nyombane	25	42	Male	Open	NEDBANK	14.42	02:55:40	00:04:11	
9	736	Julie Welkom	44	42	Male	Veteran	SWARTLAND AC	14.26	02:57:46	00:04:14	
10	798	Francis Jeke	46	42	Male	Veteran	HOUT BAY HARRIERS	13.75	03:04:16	00:04:24	
11	854	Zolani Mtsodo	52	42	Male	Master	SANDEF WP	13.32	03:10:15	00:04:32	
12	794	Galotlhomelwe Nathaniel Babuseng	35	42	Male	Open	FINLIME HARRIERS	13.28	03:10:42	00:04:33	
13	787	Dawid Andrews	50	42	Male	Master	HOPEFIELD AC	12.95	03:15:41	00:04:40	
14	863	Andile Mlandu	42	42	Male	Veteran	IN TOUCH AC	12.94	03:15:45	00:04:40	
15	868	Petros Kwashi Mercer	29	42	Male	Open	RCS GUGULETU ATHLETIC CLUB	12.82	03:17:39	00:04:43	
16	684	Adele Waldron	42	42	Female	Veteran	KPMG	12.81	03:17:45	00:04:43	
17	582	Randall Joshua	42	42	Male	Veteran	NANTES AC	12.74	03:18:55	00:04:45	
18	591	Njenyana Zwane	26	42	Male	Open	SWARTLAND AC	12.73	03:18:56	00:04:45	
19	698	Sidney Rustin	49	42	Male	Veteran	SANDEF WP	12.7	03:19:33	00:04:46	
20	788	Bongile Matshaya	34	42	Male	Open	GUGULETHU AC	12.66	03:20:08	00:04:46	
21	865	Christiaan Adonis	36	42	Male	Open	SWARTLAND AC	12.6	03:21:04	00:04:48	
22	565	Monty Sahn	33	42	Male	Open	BELLVILLE	12.58	03:21:29	00:04:48	
23	668	Nhlanhla Mlitwa	50	42	Male	Master	UCT	12.5	03:22:54	00:04:50	
24	830	Lee-Shay Willemse	22	42	Female	Open	VELOCITY AC	12.35	03:25:06	00:04:53	
25	761	Kosie Botha	60	42	Male	Grand Master	CORRECTIONAL SERVICES	12.35	03:25:17	00:04:54	
26	562	Elizabeth Brink	42	42	Female	Veteran	DURBANVILLE	12.29	03:26:08	00:04:55	
27	617	Theresa Brand	42	42	Female	Veteran	BELLVILLE	12.26	03:26:44	00:04:56	
28	587	Mark Kalis	41	42	Male	Veteran	CELTIC HARRIERS	12.23	03:27:12	00:04:56	
29	799	Moses Ndlovu	30	42	Male	Open	HOUT BAY HARRIERS	12.18	03:27:57	00:04:58	
30	596	Nicolaas De Jager	34	42	Male	Open	WORCESTER AC	12.12	03:28:59	00:04:59	
31	812	Lionel Cronje	35	42	Male	Open	BELLVILLE	12.05	03:30:28	00:05:01	
32	502	Andre Rocher	39	42	Male	Open	MATES	12	03:31:29	00:05:03	
33	856	Danie Van Zyl	25	42	Male	Open	WELLINGTON AC	11.99	03:31:31	00:05:03	
34	595	Richard Jacobs	53	42	Male	Master	WORCESTER AC	11.93	03:32:20	00:05:04	
35	734	Mlamli Mabu	40	42	Male	Veteran	EDGEMEAD RUNNERS	11.82	03:34:27	00:05:07	

36	689	Adam Clark	44	42	Male	Veteran	STELLENBOSCH ATHLETICS CLUB	11.76	03:35:29	00:05:08
37	DX4C8R5	Afrika Koopman	50	42	Male	Master	PAARL ATHLETICS CLUB	11.75	03:35:48	00:05:09
38	765	Hendrik Dourie	48	42	Male	Veteran	IN TOUCH AC	11.75	03:35:54	00:05:09
39	672	Sarette Van Den Heever	33	42	Female	Open	CAPE MULTISPORT	11.73	03:35:56	00:05:09
40	599	Kobus Oosthuizen	49	42	Male	Veteran	WELLINGTON AC	11.72	03:36:15	00:05:09
41	751	Caroline Wills	40	42	Female	Veteran	WILD RUNNER ATHLETIC CLUB	11.72	03:36:16	00:05:09
42	829	Albertus Philander	41	42	Male	Veteran	VELOCITY AC	11.71	03:36:22	00:05:10
43	613	Piet Smit	61	42	Male	Grand Master	SWARTLAND AC	11.51	03:40:09	00:05:15
44	757	Marius Kruger	41	42	Male	Veteran	CMC	11.5	03:40:38	00:05:16
45	703	Mark Carstens	50	42	Male	Master	TYGERBERG AC	11.46	03:41:10	00:05:16
46	603	Terence Johnson	42	42	Male	Veteran	NANTES	11.47	03:41:20	00:05:17
47	802	Michael Kupferberg	29	42	Male	Open	MELKBOS	11.45	03:41:32	00:05:17
48	777	Mzoliswa Pikinini	31	42	Male	Open	GUGULETHU AC	11.38	03:42:30	00:05:18
49	857	Terrence H Williams	33	42	Male	Open	WELLINGTON AC	11.39	03:42:31	00:05:18
50	790	Anneke Slabbert	45	42	Female	Veteran	STELLENBOSCH ATHLETICS CLUB	11.36	03:42:59	00:05:19
51	145	Jacobus Visagie	57	42	Male	Master	WELLINGTON AC	11.33	03:43:35	00:05:20
52	687	Kathleen Mc Quaide	51	42	Female	Master	K-WAY VOB	11.32	03:43:47	00:05:20
53	639	Nkululeko Steven Nkuzo	54	42	Male	Master		11.3	03:44:18	00:05:21
54	797	Heimie Misroll	45	42	Male	Veteran	PINELANDS ATHLETICS CLUB	11.32	03:44:19	00:05:21
55	663	Wilhelm Coetzee	59	42	Male	Master	WEST COAST ATHLETIC CLUB	11.25	03:45:11	00:05:22
56	AC01861	Details Not Yet Captured	0	42	Unknown	Unknown		11.22	03:45:52	00:05:23
57	804	Daniel Van Wyk	56	42	Male	Master	WELLINGTON AC	11.22	03:45:53	00:05:23
58	834	Marietjie De Vries	43	42	Female	Veteran	STRAND AC	11.2	03:46:14	00:05:24
59	503	Kgomotso Molefe	44	42	Male	Veteran	FOURWAYS ROAD RUNNERS	11.18	03:46:35	00:05:24
60	700	Clint Williams	35	42	Male	Open	WELLINGTON AC	11.14	03:47:25	00:05:25
61	737	Hans Maree	40	42	Male	Veteran	STELLENBOSCH ATHLETICS CLUB	11.09	03:48:37	00:05:27
62	803	Nathan Hefca	46	42	Male	Veteran	WELLINGTON AC	11.04	03:49:37	00:05:29
63	574	Tim Low	47	42	Male	Veteran	PINELANDS ATHLETICS CLUB	11.02	03:50:06	00:05:29
64	566	Arnoldus Kennedy	37	42	Male	Open	ORAK	11	03:50:24	00:05:30
65	566	Arnoldus Kennedy	37	42	Male	Open	ORAK	11	03:50:24	00:05:30
66	831	Sipho Sithole	46	42	Male	Veteran	CORRECTIONAL SERVICES	10.99	03:50:33	00:05:30
67	674	Martin Els	35	42	Male	Open		10.98	03:50:50	00:05:30
68	724	Cisce Coetzee	47	42	Male	Veteran	WELLINGTON AC	10.98	03:50:52	00:05:30
69	763	Marshall Fransman	49	42	Male	Veteran	HERBALIFE	10.99	03:51:01	00:05:31
70	762	Sollie Van Rooyen	53	42	Male	Master	WORCESTER AC	10.97	03:51:01	00:05:31
71	791	Hendrik Rooi	40	42	Male	Veteran	RAVENSMEAD AC	10.95	03:51:32	00:05:31
72	676	Sean Zanaxolo Silwana	43	42	Male	Veteran	RCS GUGULETU ATHLETIC CLUB	10.95	03:51:59	00:05:32
73	597	Mogamat Abrahams	30	42	Male	Open	DURBANVILLE	10.88	03:52:51	00:05:33
74	638	Jan Williams	48	42	Male	Veteran	WELLINGTON AC	10.83	03:54:01	00:05:35
75	523	Selbourne Makhomo	42	42	Male	Veteran	IN TOUCH AC	10.83	03:54:32	00:05:36
76	655	Charl De Villiers	38	42	Male	Open	MELKBOS	10.81	03:54:45	00:05:36
77	768	Francois Bothma	36	42	Male	Open	BREDASDORP AC	10.81	03:54:46	00:05:36

78	844	Trevor Lewin	47	42	Male	Veteran	NANTES AC	10.8	03:54:53	00:05:36
79	AC01400	Details Not Yet Captured	0	42	Unknown	Unknown		10.75	03:55:51	00:05:37
80	656	Kanakana Mushanganyisi	40	42	Male	Veteran	PINELANDS ATHLETICS CLUB	10.73	03:56:22	00:05:38
81	733	Mbulelo Madlolo	36	42	Male	Open	EDGEMEAD RUNNERS	10.71	03:56:47	00:05:39
82	855	Andile Mphunga	36	42	Male	Open	EDGEMEAD RUNNERS	10.71	03:56:48	00:05:39
83	667	Derick Adams	37	42	Male	Open		10.67	03:57:28	00:05:40
84	517	Rowland Jansen	54	42	Male	Master	NEDBANK	10.66	03:57:35	00:05:40
85	570	Ronnie Retief	46	42	Male	Veteran	DURBANVILLE	10.61	03:58:52	00:05:42
86	742	Bekker Van Niekerk	46	42	Male	Veteran	WELLINGTON AC	10.6	03:59:06	00:05:42
87	809	Quentin Meintjes	35	42	Male	Open	WEST COAST ATHLETIC CLUB	10.59	03:59:40	00:05:43
88	529	Veruschke Kolbe	38	42	Female	Open	IN TOUCH AC	10.58	03:59:41	00:05:43
89	625	Faseegh Fortune	30	42	Male	Open	WESTERN PROVINCE NEDBANK	10.58	03:59:42	00:05:43
90	576	Annalie Rich	45	42	Female	Veteran	CARBINEERS WP	10.57	03:59:42	00:05:43
91	559	Nkosie Malinga	33	42	Male	Open	LANGEBAAAN STRANDLOPERS	10.57	03:59:43	00:05:43
92	657	Karl Baker	56	42	Male	Master	RCS GUGULETU ATHLETIC CLUB	10.57	03:59:43	00:05:43
93	611	Henry Cieverts	58	42	Male	Master	TOPFORM AC	10.58	03:59:44	00:05:43
94	612	Martha Pretorius	46	42	Female	Veteran	NANTES	10.58	03:59:44	00:05:43
95	622	Brent Morgenrood	44	42	Male	Veteran	K-WAY VOB	10.59	03:59:46	00:05:43
96	669	Lindie Lbouwer	31	42	Female	Open	NEDBANK	10.56	04:00:02	00:05:43
97	580	Anwell Prince	38	42	Male	Open	IN TOUCH AC	10.5	04:01:10	00:05:45
98	842	Don Lungile Moferi	57	42	Male	Master	TELKOM ATHLETICS CLUB	10.51	04:01:20	00:05:45
99	771	Colin J Anthony	54	42	Male	Master	CORRECTIONAL SERVICES	10.49	04:01:33	00:05:46
100	679	Nerina Bester	37	42	Female	Open	SWARTLAND AC	10.49	04:01:34	00:05:46
101	775	Bianca Daniels	43	42	Female	Veteran	TOPFORM AC	10.49	04:01:50	00:05:46
102	688	Johann KotzT	41	42	Male	Veteran	WHALERS AC	10.47	04:02:16	00:05:47
103	675	Elizabeth Bax	55	42	Female	Master	PINELANDS ATHLETICS CLUB	10.44	04:02:38	00:05:47
104	549	Marks Ramoshaba	32	42	Male	Open	RCS GUGULETU ATHLETIC CLUB	10.46	04:02:41	00:05:47
105	835	Lizo Bango	38	42	Male	Open	GUGULETHU AC	10.44	04:03:09	00:05:48
106	177	Peter - John August	51	42	Male	Master	CELTIC HARRIERS	10.39	04:04:23	00:05:50
107	531	Jeremy Petersen	47	42	Male	Veteran	ELSIES RIVER ATHLETIC CLUB	10.39	04:04:23	00:05:50
108	832	Rudzani Nemutudi	46	42	Male	Veteran	IN TOUCH AC	10.36	04:04:33	00:05:50
109	119	Matilda Le Roux	55	42	Female	Master	DURBANVILLE	10.35	04:04:44	00:05:50
110	581	Charles Parry	57	42	Male	Master	PINELANDS ATHLETICS CLUB	10.33	04:05:18	00:05:51
111	846	Nkosinathi A Williams	38	42	Male	Open	CORRECTIONAL SERVICES	10.33	04:05:25	00:05:51
112	544	Herman Van Der Werf	43	42	Male	Veteran	BELLVILLE	10.33	04:05:41	00:05:51
113	590	Barend Kotze	49	42	Male	Veteran	BREDASDORP AC	10.31	04:05:51	00:05:52
114	592	Franke Sadie	37	42	Male	Open	NEDBANK	10.3	04:06:03	00:05:52
115	850	Zibele Atwwwel Sokuyeka	48	42	Male	Veteran	CORRECTIONAL SERVICES	10.29	04:06:26	00:05:53
116	745	Cathy Alison	52	42	Female	Master	WEST COAST ATHLETICS CLIB	10.27	04:06:52	00:05:53
117	158	Frik Nelson	50	42	Male	Master	BELLVILLE	10.27	04:07:01	00:05:53
118	571	Tamsyn Lentz	38	42	Female	Open	DURBANVILLE	10.24	04:07:32	00:05:54
119	635	Jaco Claassens	39	42	Male	Open	BRACKENFELL	10.24	04:07:46	00:05:54

120	827	Jerome Mentor	47	42	Male	Veteran	TOPFORM AC	10.23	04:07:52	00:05:55
121	718	Diederick J Coetzee	37	42	Male	Open	EDGEMEAD RUNNERS	10.23	04:08:07	00:05:55
122	708	Letitia Smith	45	42	Female	Veteran	NANTES AC	10.21	04:08:15	00:05:55
123	646	Roldah Orrie	51	42	Female	Master	ITHEKO AC	10.2	04:08:26	00:05:55
124	563	Jean-Pierre Smit	30	42	Male	Open		10.18	04:08:57	00:05:56
125	785	Tembelani Sarhiliias	35	42	Female	Open	LANGEBAAAN STRANDLOPERS	10.29	04:09:26	00:05:57
126	558	Ralph Gotsell	31	42	Male	Open		10.16	04:09:27	00:05:57
127	196	Gerhard Brink	52	42	Male	Master		10.15	04:09:44	00:05:57
128	585	Beulah Paulse	40	42	Female	Veteran	TOPFORM AC	10.15	04:10:07	00:05:58
129	670	Nico Steenkamp	43	42	Male	Veteran	PAARL ATHLETICS CLUB	10.13	04:10:20	00:05:58
130	825	Mojalifa Mokwena	36	42	Male	Open	SANDB WP	10.1	04:10:53	00:05:59
131	681	Neil Pretorius	36	42	Male	Open	CAPE MULTI SPORT	10.1	04:10:54	00:05:59
132	780	Sinethemba Masana	25	42	Female	Open	SANDB WP	10.1	04:10:58	00:05:59
133	649	Andre Van Rooyen	53	42	Male	Master	SWARTLAND AC	10.1	04:11:01	00:05:59
134	643	Caroline Balkwill	42	42	Female	Veteran	ATLANTIS AC	10.11	04:11:03	00:05:59
135	807	Johannes Kammies	36	42	Male	Open	IN TOUCH AC	10.09	04:11:09	00:05:59
136	636	Strymar Strydom	48	42	Male	Veteran	BLUE DOWNS AC	10.08	04:11:16	00:05:59
137	578	Muhammad Abduroaf	37	42	Male	Open	ITHEKO AC	10.07	04:11:36	00:06:00
138	769	Mchonga Mahlangu	41	42	Male	Veteran		10.05	04:12:02	00:06:01
139	189	Julian Karp	55	42	Male	Master	MELKBOS	10.05	04:12:19	00:06:01
140	173	Cailey Bredenkamp	53	42	Female	Master	PAARL ATHLETICS CLUB	10.02	04:12:57	00:06:02
141	536	Danie Bruwer	36	42	Male	Open	CAPE MULTISPORT	9.99	04:13:33	00:06:03
142	584	Izaan Venter	35	42	Female	Open	DURBANVILLE	9.99	04:13:33	00:06:03
143	520	Sydney Carstens	56	42	Male	Master	DURBANVILLE	9.99	04:13:33	00:06:03
144	534	Johan Coetzee	28	42	Male	Open	OLIFANTS RIVIER ATLETIEK KLUB	9.98	04:14:19	00:06:04
145	557	Robert Edson	51	42	Male	Master	IN TOUCH AC	9.98	04:14:29	00:06:04
146	604	Eddy Wendzich	53	42	Male	Master	LANGEBAAAN STRANDLOPERS	9.95	04:14:36	00:06:04
147	870	Andre Vermeulen	28	42	Male	Open	SANLAM	9.95	04:14:46	00:06:04
148	810	Rezani Scholtz	42	42	Female	Veteran	STELLENBOSCH ATHLETICS CLUB	9.9	04:16:20	00:06:07
149	8TM26AK	Hendri Visser	40	42	Male	Veteran	PAARL ATHLETICS CLUB	9.88	04:16:33	00:06:07
150	519	Sekubedi Thoka	28	42	Male	Open		9.87	04:16:38	00:06:07
151	508	Abraham Jacobus Maree	37	42	Male	Open	ATLANTIS AC	9.86	04:17:02	00:06:08
152	743	Marcel Vermeulen	41	42	Male	Veteran	PAARL ATHLETICS CLUB	9.85	04:17:25	00:06:08
153	556	Annelie Van Der Linde	63	42	Female	Grand Master	DURBANVILLE	9.83	04:17:38	00:06:09
154	660	Darryn Poole	27	42	Male	Open	ELSIES RIVER ATHLETICS CLUB	9.81	04:18:27	00:06:10
155	182	Michele Murry	54	42	Female	Master	ATLANTIS AC	9.8	04:18:31	00:06:10
156	598	Trixie Vlok	42	42	Female	Veteran	DURBANVILLE	9.8	04:18:58	00:06:10
157	756	Natasha Kruger	42	42	Female	Veteran	CMC	9.8	04:18:58	00:06:10
158	540	Diederick Jordaan	52	42	Male	Master	BELLVILLE	9.78	04:19:19	00:06:11
159	509	Sabine Muller	51	42	Female	Master	HOUT BAY HARRIERS	9.77	04:19:41	00:06:11
160	637	Mthobisi Sihluku	45	42	Male	Veteran	GUGULETHU AC	9.76	04:19:48	00:06:12
161	586	Ralph Adams	56	42	Male	Master	TOPFORM AC	9.77	04:20:01	00:06:12

162	709	Stuart Mann	40	42	Male	Veteran	VELOCITY AC	9.75	04:20:15	00:06:12
163	749	Hanlie Burger	33	42	Female	Open	RUNWALK FOR LIFE	9.73	04:20:29	00:06:13
164	752	Clement Whittle	39	42	Male	Open	ATLANTIS AC	9.71	04:21:35	00:06:14
165	682	Ilan Russon	30	42	Male	Open	ATLANTIS AC	9.71	04:21:35	00:06:14
166	772	Dawid Sass	54	42	Male	Master	CORRECTIONAL SERVICES	9.63	04:23:05	00:06:16
167	511	Ken Gibbs	51	42	Male	Master	SAVAGES	9.64	04:23:16	00:06:17
168	501	Armin Gretschel	39	42	Male	Open	CLUB MSM	9.62	04:23:49	00:06:17
169	593	Nazeen Africa	44	42	Male	Veteran	SWARTLAND AC	9.58	04:24:23	00:06:18
170	776	Charmaine Meyer	53	42	Female	Master	MITCHELLS PLAIN TITANS	9.55	04:25:23	00:06:20
171	754	Ebrahim Abrahams	45	42	Male	Veteran	ITHEKO AC	9.57	04:25:27	00:06:20
172	614	Annelize Mulder	42	42	Female	Veteran	CAPE MULTISPORT	9.51	04:26:53	00:06:22
173	54	Alan Jacobs	59	42	Male	Master	SPARTAN HARRIERS	9.47	04:27:46	00:06:23
174	5607	Mc Stander	29	42	Male	Open		9.46	04:27:56	00:06:23
175	594	Samuel Ngidiwe	41	42	Male	Veteran	PINELANDS ATHLETICS CLUB	9.45	04:28:14	00:06:24
176	16	Irma Zollner	57	42	Female	Master	HELDERBERG HARRIERS	9.45	04:28:15	00:06:24
177	838	Isaac De Jager	38	42	Male	Open	PAARL ATHLETICS CLUB	9.45	04:28:28	00:06:24
178	175	Margaretha De Kock	56	42	Female	Master	BELLVILLE	9.44	04:28:35	00:06:24
179	7	Brian Rothman	63	42	Male	Grand Master	BRACKENFELL	9.41	04:29:18	00:06:25
180	823	Shaun Maregele	43	42	Male	Veteran	IN TOUCH AC	9.41	04:29:41	00:06:26
181	705	Gavin E Lucas	54	42	Male	Master	IN TOUCH AC	9.41	04:29:41	00:06:26
182	664	Hubert Nteyi	62	42	Male	Grand Master	CELTIC HARRIERS	9.38	04:30:09	00:06:26
183	179	John Allies	55	42	Male	Master	OLD MUTUAL	9.33	04:31:40	00:06:29
184	555	Marthinus Olivier	39	42	Male	Open	DURBANVILLE	9.31	04:32:16	00:06:29
185	513	Shirwa Rohm	38	42	Female	Open	MELKBOS ATHLETICS CLUB	9.31	04:32:16	00:06:29
186	843	Hannes Pieters	50	42	Male	Master	SWARTLAND AC	9.3	04:32:22	00:06:30
187	696	Hanselie Swarts	45	42	Female	Veteran	SWARTLAND AC	9.3	04:32:25	00:06:30
188	837	Carl Punt	33	42	Male	Open	STRAND AC	9.29	04:32:48	00:06:30
189	507	Ivonne Meyer	40	42	Female	Veteran		9.28	04:33:30	00:06:31
190	550	Zola Mlungisi Mbulawa	40	42	Male	Veteran	PINELANDS ATHLETICS CLUB	9.24	04:34:29	00:06:33
191	774	Richard Mundembe	46	42	Male	Veteran	WEST COAST ATHLETIC CLUB	9.22	04:34:46	00:06:33
192	147	Peter Capes	55	42	Male	Master	HELDERBERG HARRIERS	9.23	04:34:47	00:06:33
193	634	Charles Jullies	50	42	Male	Master	MACASSAR RWC	9.23	04:34:47	00:06:33
194	525	Stephen Seymour	55	42	Male	Master	ATLANTIS AC	9.22	04:35:03	00:06:33
195	601	Ryan Whitehead	34	42	Male	Open		9.22	04:35:04	00:06:33
196	551	Liezel Camacho	35	42	Female	Open	BRACKENFELL	9.18	04:36:05	00:06:35
197	561	Toppie Scheepers	45	42	Male	Veteran	BRACKENFELL	9.18	04:36:09	00:06:35
198	770	Patrick Aronse	47	42	Male	Veteran	CORRECTIONAL SERVICES	9.17	04:36:19	00:06:35
199	833	Theresa Visser	45	42	Female	Veteran	WELLINGTON AC	9.16	04:36:33	00:06:36
200	86	Daniel Hauptfleisch	61	42	Male	Grand Master	WELLINGTON AC	9.16	04:36:34	00:06:36
201	690	Jacques Herbert	38	42	Male	Open	IN TOUCH AC	9.17	04:36:50	00:06:36
202	641	Patrick Jack Nceba	56	42	Male	Master	SANDF WP	9.15	04:37:09	00:06:36
203	714	Anele Kosana	28	42	Male	Open	GUGULETHU AC	9.13	04:37:24	00:06:37

204	569	Pieter Botha	26	42	Male	Open	K-WAY VOB	9.13	04:37:51	00:06:37
205	608	Gregory Swartz	49	42	Male	Veteran	WPCC	9.12	04:38:14	00:06:38
206	815	Llewellyn Skermandt	49	42	Male	Veteran	METROPOLITAN AC	9.12	04:38:14	00:06:38
207	505	Jonathan Kaplan	49	42	Male	Veteran	ATLANTIS AC	9.12	04:38:16	00:06:38
208	524	Lisa Osrin	40	42	Female	Veteran	K-WAY VOB	9.12	04:38:16	00:06:38
209	642	Stemmet Oliphant	57	42	Male	Master	WELLINGTON AC	9.09	04:38:49	00:06:39
210	673	Wayne Jeneker	48	42	Male	Veteran	BIDVEST AC	9.06	04:39:43	00:06:40
211	506	Anthea Jacobs	47	42	Female	Veteran	IN TOUCH AC	9.06	04:40:12	00:06:41
212	813	La Douce Janine	41	42	Female	Veteran	LANGEBAAAN STRANDLOPERS	9.05	04:40:17	00:06:41
213	666	Stanley Congo	52	42	Male	Master	METROPOLITAN AC	9.05	04:40:18	00:06:41
214	811	Ismail Isaacs	45	42	Male	Veteran	TYGERBERG AC	9.05	04:40:21	00:06:41
215	732	Sandra Bester	38	42	Female	Open	LANGEBAAAN STRANDLOPERS	9.05	04:40:30	00:06:41
216	836	Frankie Gordon	62	42	Male	Grand Master	CORRECTIONAL SERVICES	9.04	04:40:38	00:06:41
217	814	Steven Morgenrood	30	42	Male	Open	IN TOUCH AC	9.02	04:41:14	00:06:42
218	510	Barry Wainman	52	42	Male	Master	ATLANTIS AC	9	04:41:45	00:06:43
219	717	Michelle Coetzee	34	42	Female	Open	EDGEMEAD RUNNERS	9	04:41:49	00:06:43
220	554	Matumelo Mainaakae	35	42	Female	Open	ESKOM AC	8.96	04:42:48	00:06:44
221	778	Bhekithemba V Nyembe	31	42	Male	Open	IN TOUCH AC	8.98	04:43:18	00:06:45
222	522	Cameron Bain	53	42	Male	Master	MELKBOS ATHLETIC	8.95	04:43:31	00:06:46
223	795	Mawethu Nyakatya	43	42	Male	Veteran	CAPE MULTI SPORT	8.92	04:44:19	00:06:47
224	735	Carla Bekker	32	42	Female	Open		8.92	04:44:34	00:06:47
225	192	Pieter Swarts	51	42	Male	Master	GUGULETHU AC	8.9	04:44:48	00:06:47
226	648	Ebrahim Jacobs	51	42	Male	Master	ITHEKO AC	8.88	04:45:23	00:06:48
227	845	Roesdien M Sunday	28	42	Male	Open	IN TOUCH AC	8.86	04:46:06	00:06:49
228	819	Gerhard Nel	41	42	Male	Veteran	ARCELOR MITTAL	8.85	04:46:15	00:06:49
229	588	Raymond Herron	34	42	Male	Open	BELLVILLE	8.85	04:46:18	00:06:49
230	692	Paul Scheepers	45	42	Male	Veteran	K-WAY VOB	8.85	04:46:29	00:06:50
231	706	Willem J Du Toit	35	42	Male	Open		8.84	04:46:45	00:06:50
232	644	Dirk C Hanekom	36	42	Male	Open	DURBANVILLE	8.84	04:46:46	00:06:50
233	746	Theo Van Zyl	40	42	Male	Veteran	DURBANVILLE	8.84	04:46:56	00:06:50
234	699	Schalk Schreuder	30	42	Male	Open		8.84	04:46:58	00:06:50
235	8DWETB8	Kingwell Manyaka	38	42	Male	Open	WEST COAST ATHLETIC CLUB	8.83	04:47:02	00:06:51
236	658	Paul Kotze	38	42	Male	Open	DURBANVILLE	8.81	04:47:34	00:06:51
237	626	Coenie Nel	36	42	Male	Open	DURBANVILLE	8.81	04:47:39	00:06:51
238	572	Wynand Moller	46	42	Male	Veteran	DURBANVILLE	8.81	04:47:39	00:06:51
239	766	Waheed Hattas	43	42	Male	Veteran	TOPFORM AC	8.82	04:47:46	00:06:52
240	701	Elizabeth Smal	49	42	Female	Veteran	RAVENSMEAD AC	8.78	04:48:43	00:06:53
241	767	Rodger Arendse	41	42	Male	Veteran	AUTOPAGE SWARTLAND ATHLETIC CLUB	8.77	04:48:43	00:06:53
242	839	Andre Stubbe	53	42	Male	Master	STRAND AC	8.78	04:48:47	00:06:53
243	773	Ella Baartman	51	42	Female	Master	CORRECTIONAL SERVICES	8.76	04:49:10	00:06:54
244	537	Hein Visser	33	42	Male	Open	CARBINEERS WESTERN PROVINCE	8.76	04:49:12	00:06:54
245	722	Joan Cuthbert	47	42	Female	Veteran	KNYSNA	8.75	04:49:37	00:06:54

246	782	Donald Fisher	56	42	Male	Master	TYGERBERG AC	8.75	04:50:07	00:06:55
247	654	Don Ross-Watt	70	42	Male	Grand Master	FHAC	8.73	04:50:13	00:06:55
248	662	Hilton Kearns	49	42	Male	Veteran	CELTIC HARRIERS	8.74	04:50:14	00:06:55
249	741	Gary Harris	51	42	Male	Master	METROPOLITAN AC	8.72	04:51:04	00:06:56
250	750	Eddyeon Rhode	48	42	Male	Veteran	CPUT ATHLETIC CLUB	8.66	04:52:25	00:06:58
251	744	Lorraine Horne	46	42	Female	Veteran	ELSIES RIVIER AC	8.66	04:52:52	00:06:59
252	567	Mervyn Franciscus	47	42	Male	Veteran	PINELANDS ATHLETICS CLUB	8.64	04:53:30	00:07:00
253	623	Heidi Du Plessis	52	42	Female	Master	RUN WALK FOR LIFE	8.63	04:53:42	00:07:00
254	820	Lynette Voigt	60	42	Female	Grand Master	WILD RUNNER ATHLETIC CLUB	8.62	04:54:22	00:07:01
255	518	Mohamed Aziem Sulaiman	42	42	Male	Veteran	NANTES	8.61	04:54:42	00:07:01
256	702	Zethena October	46	42	Female	Veteran	RAVENSMEAD AC	8.59	04:54:57	00:07:02
257	826	Sibusiso Nkosi	35	42	Male	Open	SANDF WP	8.59	04:55:21	00:07:02
258	546	Daniel Charles	44	42	Male	Veteran	SANDF WP	8.59	04:55:22	00:07:02
259	615	Moegammad Hendricks	53	42	Male	Master	RCS GUGULETU ATHLETIC CLUB	8.57	04:56:08	00:07:04
260	781	Robert Engeldoe	60	42	Male	Grand Master	WELLINGTON AC	8.55	04:56:18	00:07:04
261	577	Patrick Craythorne	29	42	Male	Open	TYGERBERG AC	8.57	04:56:29	00:07:04
262	805	Joppie Fischer	51	42	Male	Master	LANGEBAAAN STRANDLOPERS	8.54	04:56:54	00:07:05
263	671	Zintle Mapekula	36	42	Female	Open	NEDBANK	8.53	04:57:13	00:07:05
264	806	Willem Pretorius	44	42	Male	Veteran	MELKBOSSTRAND	8.53	04:57:27	00:07:05
265	653	Leon Du Preez	61	42	Male	Grand Master	MELKBOS ATHLETIC CLUB	8.53	04:57:28	00:07:05
266	747	Petronella Van Dyk	49	42	Female	Veteran	MONTAGU AC	8.51	04:58:03	00:07:06
267	726	Ishmet Davidson	50	42	Male	Master	CENTRAL ATHLETICS	8.48	04:58:51	00:07:07
268	647	Ashraf Orrie	48	42	Male	Veteran	ITHEKO AC	8.47	04:58:59	00:07:08
269	547	Catherine Futter	38	42	Female	Open	CELTICS HARRIERS	8.47	04:59:28	00:07:08
270	760	Abdul-Malick Kalam	43	42	Male	Veteran	RCS GUGULETU ATHLETIC CLUB	8.46	04:59:58	00:07:09
271	711	Daniella Myburgh	28	42	Female	Open		8.45	05:00:12	00:07:09
272	862	Ratlali Finger	60	42	Male	Grand Master	EASTERNS AC	8.44	05:00:17	00:07:09
273	712	Johan N Van Zyl	29	42	Male	Open		8.45	05:00:18	00:07:09
274	533	Desmond Klue	48	42	Male	Veteran	SA POLICE WP	8.43	05:00:57	00:07:10
275	852	Anthony Pienaar	40	42	Male	Veteran	SOLIDARITY AC	8.34	05:04:06	00:07:15
276	632	Moegammad Beghardien	56	42	Male	Master	GUGULETHU AC	8.33	05:04:48	00:07:16
277	678	Linda Coetzee	55	42	Female	Master	PINELANDS ATHLETICS CLUB	8.3	05:05:21	00:07:17
278	652	Jaco Van Heerden	47	42	Male	Veteran	TYGERBERG AC	8.23	05:07:44	00:07:20
279	661	Mary-Ann Kearns	44	42	Female	Veteran	CELTIC HARRIERS	8.22	05:08:24	00:07:21
280	514	John Child	65	42	Male	Grand Master	SPARTAN HARRIERS	8.21	05:08:41	00:07:21
281	725	Bradley Koen	49	42	Male	Veteran	VOB	8.22	05:08:42	00:07:21
282	848	Gayudien Lakay	28	42	Male	Open		8.17	05:10:15	00:07:24
283	621	Charmaine Viviers	31	42	Female	Open	PAARL ATHLETICS CLUB	8.14	05:11:10	00:07:25
284	619	Sandra Nel	44	42	Female	Veteran	PAARL ATHLETICS CLUB	8.14	05:11:11	00:07:25
285	786	Noloyiso Mtembu	37	42	Female	Open	NEDBANK	8.12	05:12:24	00:07:27
286	731	Cassiem Lewis	48	42	Male	Veteran	TOPFORM AC	8.12	05:12:26	00:07:27
287	129	George Lewis	60	42	Male	Grand Master	MAMRE AC	8.11	05:12:37	00:07:27

288	548	Theresa De Vries	43	42	Female	Veteran	STRAND AC	8.08	05:13:20	00:07:28
289	191	Wendal Smith	48	42	Male	Veteran	PINELANDS ATHLETICS CLUB	8.07	05:14:36	00:07:30
290	609	Frederick Van Der Merwe	55	42	Male	Master	TELKOM ATHLETICS CLUB	8.07	05:14:37	00:07:30
291	753	Yolanda Adriaanse	52	42	Female	Master	EASTERNS KRAAIFONTEIN	8.06	05:14:46	00:07:30
292	759	Itumeleng Morulane	51	42	Male	Master		8.04	05:15:04	00:07:31
293	552	Alison Smith	39	42	Female	Open	PINELANDS ATHLETICS CLUB	8.03	05:15:41	00:07:31
294	723	Linda Mallon	54	42	Female	Master	PINELANDS ATHLETICS CLUB	8.03	05:15:42	00:07:31
295	545	Delyse Rist	54	42	Female	Master	PINELANDS ATHLETICS CLUB	8.03	05:15:43	00:07:32
296	721	Judith Davidse	35	42	Female	Open	PINELANDS ATHLETICS CLUB	8.03	05:15:43	00:07:32
297	755	Marius Leuvennink	58	42	Male	Master	STELLENBOSCH ATHLETICS CLUB	8.02	05:16:16	00:07:32
298	748	Adele Ungerer	61	42	Female	Grand Master	HARTENBOS DRAWWERS	7.99	05:17:15	00:07:34
299	851	Andile Mbende	44	42	Male	Veteran	GUGULETHU AC	7.98	05:17:45	00:07:34
300	720	Varsha Gihwala	53	42	Female	Master	CELTIC HARRIERS	7.98	05:17:46	00:07:34
301	3	John Kemp	68	42	Male	Grand Master	BRACKENFELL	7.95	05:18:49	00:07:36
302	500	Pam Gretschel	36	42	Female	Open	CLUB MSM	7.95	05:19:07	00:07:36
303	697	Carl Hendricks	73	42	Male	Grand Master	ELSIES RIVER ATHLETIC CLUB	7.92	05:20:25	00:07:38
304	783	Jan Otto	44	42	Male	Veteran	SWARTLAND AC	7.88	05:21:34	00:07:40
305	685	Thobile Ndzube	46	42	Male	Veteran	RCS GUGULETU ATHLETIC CLUB	7.85	05:23:04	00:07:42
306	740	Julia Crotz	52	42	Female	Master	BRANDVLEI CORRECTIONAL SERVICES ATHLETICS CLUB	7.84	05:23:34	00:07:43
307	796	Esmerelda White	37	42	Female	Open	IN TOUCH AC	7.84	05:23:34	00:07:43
308	817	Pearl Rondganger	56	42	Female	Master	TELKOM ATHLETICS CLUB	7.84	05:23:35	00:07:43
309	816	Derrick Rondganger	59	42	Male	Master	TELKOM ATHLETICS CLUB	7.84	05:23:36	00:07:43
310	808	Weziwe Jonas	40	42	Female	Veteran	NEDBANK	7.84	05:23:36	00:07:43
311	190	Gordon Amann	75	42	Male	Grand Master	RUNWALK FOR LIFE	7.83	05:23:55	00:07:43
312	716	Bruce Shapiro	63	42	Male	Grand Master	HELDERBERG HARRIERS	7.82	05:24:57	00:07:45
313	610	Tshego Oshupeng	30	42	Female	Open	ACSA	7.79	05:25:32	00:07:46
314	135	Caspar Greeff	81	42	Male	Grand Master	ATLANTIS AC	7.77	05:26:06	00:07:46
315	860	Graham Mitchell	48	42	Male	Veteran	CELTIC HARRIERS	7.77	05:26:21	00:07:47
316	151	Hilton Van Aarde	47	42	Male	Veteran	NAMAQUA ATLETIEK KLUB	7.76	05:26:55	00:07:48
317	633	Anthony Daniels	43	42	Male	Veteran	SANLAM	7.71	05:28:49	00:07:50
318	568	Nonhlanhla Mntoninzi	32	42	Female	Open	METROPOLITAN AC	7.69	05:29:57	00:07:52
319	841	Muneer Kamaar	24	42	Male	Open	TYGERBERG AC	7.6	05:34:04	00:07:58
320	589	Vuyokazi Goba	33	42	Female	Open	RCS GUGULETU ATHLETIC CLUB	7.54	05:36:20	00:08:01
321	645	Julian Ohlson	58	42	Male	Master	CAPE MULTISPORT	7.35	05:44:51	00:08:13