

# Valentine's (Boland) 10 Km Race 2018-02-14

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
1	T	Thomas	Struis	Male	23	Tygerberg AC	4271	Senior	00:34:07	1st Senior Men
2	A	Aswill	Clooco	Male	21	Worcester	504	Senior	00:34:29	2nd Senior Men
3	S	Shaun		Male	20	Robertson	1024	Senior	00:35:19	3rd Senior Men
4	H	Hilroy	Slingers	Male	27	Temporary	1022	Senior	00:35:36	
5	A	Andrea	Biffy	Male	24	Worcester	487	Senior	00:36:26	
6	A	Anele	Nadabeni	Male	19	Ceres	588	Junior	00:36:59	1st Junior Men
7	B	Benneth		Male	27	Worcester	478	Senior	00:37:01	
8	J	Johan	van Zyl	Male	40	Bellville	6610	40+	00:37:02	1st 40+ Men
9	A	Alexander	Evertson	Male	47	Worcester	490	40+	00:37:20	2nd 40+ Men
10	P	Philip-John		Male	25	Worcester	530	Senior	00:37:30	
11	R	Rowan	Prins	Male	30	Robertson	809	Senior	00:37:40	
12	D	Danzil	Willemse	Male	31	Worcester	546	Senior	00:38:49	
13	A	Abraham	Fielies	Male	54	Worcester	514	50+	00:39:22	1st 50+ Men
14	G	Gerald	Daniels	Male	40	Correctional Service	1042	40+	00:40:25	3rd 40+ Men
15	S	Stiaan		Male	48	Temporary	1027	40+	00:41:11	
16	T	Thomas	Moses	Male	61	Worcester	494	60+	00:41:18	1st 60+ Men
17	M	Marshall	Fransman	Male	51	Herbalife	10443	50+	00:41:36	2nd 50+ Men
18	J	Johny	Strydom	Male	48	Montagu	984	40+	00:42:23	
19	M	Mariette	Strauss	Female	55	Tygerberg AC	4242	50+	00:42:47	1st 50+ Lady
20	A	Anne-Maree	Mostert	Female	43	Temporary	1035	40+	00:43:15	1st 40+ Lady
21	C	Carli	Basson	Female	39	Bellville	6690	Senior	00:43:17	1st Senior Lady
22	P	Phillip	Naude	Male	29	Temporary	1050	Senior	00:43:41	
23	R	Richard	Jacobs	Male	55	Worcester	484	50+	00:44:53	3rd 50+ Men
24	L	Lola	van der Merwe	Female	41	Temporary	1018	40+	00:46:32	2nd 40+ Lady
25	C	Chestley	Saaiman	Male	28	Temporary	1016	Senior	00:47:23	
26	R	Razaan	Kamaldien	Female	18	Temporary	1007	Junior	00:47:30	1st Junior Lady
27	H	Humbulani	Nematswerani	Male	38	Temporary	1017	Senior	00:47:32	
28	T	Tanya	Ungerer	Female	39	Temporary	1038	Senior	00:48:00	2nd Senior Lady
29	C	Cailey	Bredenkamp	Male	54	Paarl	215	50+	00:48:05	
30	C	Carla	De Kock	Female	32	Temporary	1033	Senior	00:48:07	3rd Senior Lady
31	K	Kenneth	Wynne	Male	25	Temporary	1005	Senior	00:48:09	
32	C	Chris	Lourens	Male	62	Brackenfell	6062	60+	00:48:47	2nd 60+ Men
33	V	Vondra	Singleton	Female	50	Worcester	479	50+	00:48:54	2nd 50+ Lady
34	N	Natale	Roelofse	Male	64	Worcester	511	60+	00:48:57	3rd 60+ Men
35	J	Johan		Male	35	Worcester	485	Senior	00:49:42	
36	A	Andrew	van Wijk	Male	33	Worcester	527	Senior	00:50:03	
37	G	Glenda	Werth	Female	48	Sanlam	8568	40+	00:50:17	3rd 40+ Lady
38	S	Srikanth	Karumuri	Male	29	Brackenfell	6088	Senior	00:50:52	
39	S	Siviwe	Mente	Male	35	Intouch AC	12386	Senior	00:51:15	
40	J	Jaco	Engelbrecht	Male	32	Temporary	1030	Senior	00:51:17	
41	L	Lucreatia	Jansen	Female	30	Montagu	985	Senior	00:51:34	
42	R	Reganald	Crowster	Male	55	Tygerberg AC	4262	50+	00:51:51	
43	H	Henriette	van Tonder	Female	37	Temporary	1011	Senior	00:51:57	
44	W	William		Male	20	Temporary	1008	Senior	00:52:04	
45	M	M	Wessels	Female	54	Temporary		50+	00:52:38	3rd 50+ Lady
46	N	No Card		o		No Card		o	00:52:40	1st o Lady
47	J	Johan	Davel	Male	64	Temporary	1015	Senior	00:53:37	
48	H	Heidi	Brand	Female	44	Ceres	622	40+	00:54:14	
49	D	Dumisani	Mapete	Male	41	Correctional Service	1131	40+	00:54:19	
50	M	Marinda	Pheiffer	Female	46	Worcester	499	40+	00:54:21	
51	J	Juan		Male	26	Temporary	1001	Senior	00:54:26	
52	L	Len		Male	25	Nedbank WP	4134	Senior	00:54:40	
53	J	Jessika		Female	24	Temporary	1046	Senior	00:54:42	
54	J	Judith	Grove	Female	64	Tygerberg AC	4253	60+	00:55:08	
55	B	Bradley	Manthsi	Male		Temporary		Senior	00:55:25	

# Valentine's (Boland) 10 Km Race 2018-02-14

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
56	T	Thea	Roodman	Female	22	Temporary	1003	Senior	00:55:36	
57	H	Helen	Du Plessis	Female	65	Brackenfell	5965	60+	00:55:46	
58	L	Lewies		Male	57	Correctional Service	1195	50+	00:55:48	
59	C	Chris	Byleveld	Male	46	Temporary	1045	40+	00:56:09	
60	H	Hennie	Geldenhuys	Male	47	Temporary	1009	40+	00:56:21	
61	S	Stacey Lee	Raath	Female	25	Temporary		Senior	00:57:00	
62	O	Oosie	Oosthuizen	Male	66	Escom	488	Senior	00:57:01	
63	E	Erika	Marx	Female	34	Brackenfell	6124	Senior	00:57:34	
64	J	Jozua	Joubert	Male	43	Brackenfell	6074	40+	00:57:36	
65	N	No Card		o		No Card		o	00:57:37	
66	M	Mareta	Troskie	Female	46	Worcester	512	40+	00:57:42	
67	F	Francois	De Villiers	Male	43	Ceres	606	40+	00:57:43	
68	A	Annelise	Krynauw	Female	38	Temporary		Senior	00:58:14	
69	J	Joleen	Stemmet	Female	24	Temporary	1043	Senior	00:58:20	
70	N	Nicky	van Rensburg	Male	27	Temporary	1044	Senior	00:58:21	
71	T	Tracey	De Waal	Female	38	Temporary	1032	Senior	00:58:23	
72	D	Duncan	Bell	Male	55	Worcester	475	50+	00:58:29	
73	B	Berdehan	Brand	Male	54	Ceres	612	50+	00:58:38	
74	C	Corne		Female		Temporary	1026	Senior	00:58:42	
75	L	Lindsay	du Toit	Female	39	Temporary		Senior	01:00:13	
76	N	No Card		o		No Card		o	01:01:21	
77	J	Jaco		Male	35	Temporary	1025	Senior	01:01:49	
78	J	Jacob	De Villiers	Male	32	Temporary	1034	Senior	01:01:54	
79	J	Julia	Crotz	Female	53	Correctional Service	1199	50+	01:01:57	
80	R	Ryan	Manthey	Male	32	Temporary		Senior	01:01:58	
81	M	Maricia	Le Roux	Female	29	Temporary	1040	Senior	01:02:10	
82	S	Solomon		Male		Correctional Service	1264	Senior	01:02:13	
83	N	Nicky	du Toit	Female	45	Brackenfell	6114	40+	01:02:37	
84	A	Alexander	Hugo	Male	48	Brackenfell	6113	Senior	01:02:38	
85	N	No Card		o		No Card		o	01:03:08	
86	N	No Card		o		No Card		o	01:04:04	
87	T	Talita	Pool	Female	29	Temporary	1019	Senior	01:05:07	
88	R	Rudi	du Toit	Male	45	Temporary	1014	40+	01:05:21	
89	J	John	Hartnick	Male	64	Paarl AC	898	60+	01:06:28	
90	A	Amanda	van der Walt	Female	39	Temporary		Senior	01:07:31	
91	M	Martie	Lourens	Female	58	Brackenfell	6063	50+	01:09:12	
92	M	Marianne	Nelson	Female	74	Durbanville	2674	70+	01:09:52	
93	E	Eva	Rienhardt	Female	55	Nedbank WP	4175	50+	01:09:53	
94	D	Danfred	Africa	Male	30	Swartland	115	Senior	01:09:54	
95	E	Ekraam	Kamaldien	Male	56	Temporary	1006	50+	01:10:30	
96	M	Monica	Wessels	Female	47	Temporary		40+	01:10:32	
97	H	Heinrich	van der Sandt	Male	49	Intouch AC	7015	40+	01:11:25	
98	J	Junitta	Rossouw	Female	59	Temporary		50+	01:11:33	
99	J	Jacobus	Jansen	Male	59	Montagu	987	50+	01:11:59	
100	H	Hendrik	Verwoerd	Male	45	Temporary	1004	Senior	01:17:16	
101	J	Jakkie	Greyling	Male	71	Brackenfell	6115	70+	01:18:43	
102	D	Dolla	Geldenhuys	Female	70	Ceres	572	70+	01:19:51	
103	H	Hettie	Fourie	Female	55	Hartenbos Drawwers	1045	50+	01:20:09	
104	G	Gerhard	Fourie	Male	56	Hartenbos Drawwers	1046	50+	01:20:10	
105	M	Michelle	Williams	Female	35	Ommiedraai Friends	6776	Senior	01:21:04	
106	J	Jan	Du Plessis	Male	62	Helderberg	4545	60+	01:21:36	
107	J	Jasper	Steenkamp	Male	45	Temporary	1029	40+	01:21:37	
108	S	Sandra	van Niekerk	Female	44	Temporary	1028	40+	01:21:38	

## Men's Results - Valentine's (Boland) 10 Km Race 2018-02-14

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
1	T	Thomas	Struis	Male	23	Tygerberg AC	4271	Senior	12:34:07 AM	1st Senior Men
2	A	Aswill	Clooco	Male	21	Worcester	504	Senior	12:34:29 AM	2nd Senior Men
3	S	Shaun		Male	20	Robertson	1024	Senior	12:35:19 AM	3rd Senior Men
4	H	Hilroy	Slingers	Male	27	Temporary	1022	Senior	12:35:36 AM	
5	A	Andrea	Biffy	Male	24	Worcester	487	Senior	12:36:26 AM	
6	A	Anele	Nadabeni	Male	19	Ceres	588	Junior	12:36:59 AM	1st Junior Men
7	B	Benneth		Male	27	Worcester	478	Senior	12:37:01 AM	
8	J	Johan	van Zyl	Male	40	Bellville	6610	40+	12:37:02 AM	1st 40+ Men
9	A	Alexander	Evertson	Male	47	Worcester	490	40+	12:37:20 AM	2nd 40+ Men
10	P	Philip-John		Male	25	Worcester	530	Senior	12:37:30 AM	
11	R	Rowan	Prins	Male	30	Robertson	809	Senior	12:37:40 AM	
12	D	Danzil	Willemse	Male	31	Worcester	546	Senior	12:38:49 AM	
13	A	Abraham	Fielies	Male	54	Worcester	514	50+	12:39:22 AM	1st 50+ Men
14	G	Gerald	Daniels	Male	40	Correctional Service	1042	40+	12:40:25 AM	3rd 40+ Men
15	S	Stiaan		Male	48	Temporary	1027	40+	12:41:11 AM	
16	T	Thomas	Moses	Male	61	Worcester	494	60+	12:41:18 AM	1st 60+ Men
17	M	Marshall	Fransman	Male	51	Herbalife	10443	50+	12:41:36 AM	2nd 50+ Men
18	J	Johny	Strydom	Male	48	Montagu	984	40+	12:42:23 AM	
22	P	Phillip	Naude	Male	29	Temporary	1050	Senior	12:43:41 AM	
23	R	Richard	Jacobs	Male	55	Worcester	484	50+	12:44:53 AM	3rd 50+ Men
25	C	Chestley	Saaiman	Male	28	Temporary	1016	Senior	12:47:23 AM	
27	H	Humbulani	Nematswerani	Male	38	Temporary	1017	Senior	12:47:32 AM	
29	C	Cailey	Bredenkamp	Male	54	Paarl	215	50+	12:48:05 AM	
31	K	Kenneth	Wynne	Male	25	Temporary	1005	Senior	12:48:09 AM	
32	C	Chris	Lourens	Male	62	Brackenfell	6062	60+	12:48:47 AM	2nd 60+ Men
34	N	Natale	Roelofse	Male	64	Worcester	511	60+	12:48:57 AM	3rd 60+ Men
35	J	Johan		Male	35	Worcester	485	Senior	12:49:42 AM	
36	A	Andrew	van Wijk	Male	33	Worcester	527	Senior	12:50:03 AM	
38	S	Srikanth	Karumuri	Male	29	Brackenfell	6088	Senior	12:50:52 AM	
39	S	Siviwe	Mente	Male	35	Intouch AC	12386	Senior	12:51:15 AM	
40	J	Jaco	Engelbrecht	Male	32	Temporary	1030	Senior	12:51:17 AM	
42	R	Reganald	Crowster	Male	55	Tygerberg AC	4262	50+	12:51:51 AM	
44	W	William		Male	20	Temporary	1008	Senior	12:52:04 AM	
47	J	Johan	Davel	Male	64	Temporary	1015	Senior	12:53:37 AM	
49	D	Dumisani	Mapete	Male	41	Correctional Service	1131	40+	12:54:19 AM	
51	J	Juan		Male	26	Temporary	1001	Senior	12:54:26 AM	
52	L	Len		Male	25	Nedbank WP	4134	Senior	12:54:40 AM	
55	B	Bradley	Manthsi	Male	0	Temporary	0	Senior	12:55:25 AM	
58	L	Lewies		Male	57	Correctional Service	1195	50+	12:55:48 AM	
59	C	Chris	Byleveld	Male	46	Temporary	1045	40+	12:56:09 AM	
60	H	Hennie	Geldenduys	Male	47	Temporary	1009	40+	12:56:21 AM	
62	O	Oosie	Oosthuizen	Male	66	Escom	488	Senior	12:57:01 AM	
64	J	Jozua	Joubert	Male	43	Brackenfell	6074	40+	12:57:36 AM	
67	F	Francois	De Villiers	Male	43	Ceres	606	40+	12:57:43 AM	
70	N	Nicky	van Rensburg	Male	27	Temporary	1044	Senior	12:58:21 AM	
72	D	Duncan	Bell	Male	55	Worcester	475	50+	12:58:29 AM	
73	B	Berdehan	Brand	Male	54	Ceres	612	50+	12:58:38 AM	
77	J	Jaco		Male	35	Temporary	1025	Senior	1:01:49 AM	
78	J	Jacob	De Villiers	Male	32	Temporary	1034	Senior	1:01:54 AM	
80	R	Ryan	Manthey	Male	32	Temporary	0	Senior	1:01:58 AM	
82	S	Solomon		Male	0	Correctional Service	1264	Senior	1:02:13 AM	
84	A	Alexander	Hugo	Male	48	Brackenfell	6113	Senior	1:02:38 AM	
88	R	Rudi	du Toit	Male	45	Temporary	1014	40+	1:05:21 AM	
89	J	John	Hartnick	Male	64	Paarl AC	898	60+	1:06:28 AM	
94	D	Danfred	Africa	Male	30	Swartland	115	Senior	1:09:54 AM	
95	E	Ekraam	Kamaldien	Male	56	Temporary	1006	50+	1:10:30 AM	
97	H	Heinrich	van der Sandt	Male	49	Intouch AC	7015	40+	1:11:25 AM	
99	J	Jacobus	Jansen	Male	59	Montagu	987	50+	1:11:59 AM	
100	H	Hendrik	Verwoerd	Male	45	Temporary	1004	Senior	1:17:16 AM	
101	J	Jakkie	Greyling	Male	71	Brackenfell	6115	70+	1:18:43 AM	
104	G	Gerhard	Fourie	Male	56	Hartenbos Drawwers	1046	50+	1:20:10 AM	
106	J	Jan	Du Plessis	Male	62	Helderberg	4545	60+	1:21:36 AM	
107	J	Jasper	Steenkamp	Male	45	Temporary	1029	40+	1:21:37 AM	

## Ladies Results - Valentine's (Boland) 10 Km Race 2018-02-14

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
19	M	Mariette	Strauss	Female	55	Tygerberg AC	4242	50+	12:42:47 AM	1st 50+ Lady
20	A	Anne-Maree	Mostert	Female	43	Temporary	1035	40+	12:43:15 AM	1st 40+ Lady
21	C	Carli	Basson	Female	39	Bellville	6690	Senior	12:43:17 AM	1st Senior Lady
24	L	Lola	van der Merwe	Female	41	Temporary	1018	40+	12:46:32 AM	2nd 40+ Lady
26	R	Razaan	Kamaldien	Female	18	Temporary	1007	Junior	12:47:30 AM	1st Junior Lady
28	T	Tanya	Ungerer	Female	39	Temporary	1038	Senior	12:48:00 AM	2nd Senior Lady
30	C	Carla	De Kock	Female	32	Temporary	1033	Senior	12:48:07 AM	3rd Senior Lady
33	V	Vondra	Singleton	Female	50	Worcester	479	50+	12:48:54 AM	2nd 50+ Lady
37	G	Glenda	Werth	Female	48	Sanlam	8568	40+	12:50:17 AM	3rd 40+ Lady
41	L	Lucreatia	Jansen	Female	30	Montagu	985	Senior	12:51:34 AM	
43	H	Henriette	van Tonder	Female	37	Temporary	1011	Senior	12:51:57 AM	
45	M	M	Wessels	Female	54	Temporary	0	50+	12:52:38 AM	3rd 50+ Lady
48	H	Heidi	Brand	Female	44	Ceres	622	40+	12:54:14 AM	
50	M	Marinda	Pheiffer	Female	46	Worcester	499	40+	12:54:21 AM	
53	J	Jessika		Female	24	Temporary	1046	Senior	12:54:42 AM	
54	J	Judith	Grove	Female	64	Tygerberg AC	4253	60+	12:55:08 AM	
56	T	Thea	Roodman	Female	22	Temporary	1003	Senior	12:55:36 AM	
57	H	Helen	Du Plessis	Female	65	Brackenfell	5965	60+	12:55:46 AM	
61	S	Stacey Lee	Raath	Female	25	Temporary	0	Senior	12:57:00 AM	
63	E	Erika	Marx	Female	34	Brackenfell	6124	Senior	12:57:34 AM	
66	M	Mareta	Troskie	Female	46	Worcester	512	40+	12:57:42 AM	
68	A	Annelise	Krynauw	Female	38	Temporary	0	Senior	12:58:14 AM	
69	J	Joleen	Stemmet	Female	24	Temporary	1043	Senior	12:58:20 AM	
71	T	Tracey	De Waal	Female	38	Temporary	1032	Senior	12:58:23 AM	
74	C	Corne		Female	0	Temporary	1026	Senior	12:58:42 AM	
75	L	Lindsay	du Toit	Female	39	Temporary	0	Senior	1:00:13 AM	
79	J	Julia	Crotz	Female	53	Correctional Service	1199	50+	1:01:57 AM	
81	M	Maricia	Le Roux	Female	29	Temporary	1040	Senior	1:02:10 AM	
83	N	Nicky	du Toit	Female	45	Brackenfell	6114	40+	1:02:37 AM	
87	T	Talita	Pool	Female	29	Temporary	1019	Senior	1:05:07 AM	
90	A	Amanda	van der Walt	Female	39	Temporary	0	Senior	1:07:31 AM	
91	M	Martie	Lourens	Female	58	Brackenfell	6063	50+	1:09:12 AM	
92	M	Marianne	Nelson	Female	74	Durbanville	2674	70+	1:09:52 AM	
93	E	Eva	Rienhardt	Female	55	Nedbank WP	4175	50+	1:09:53 AM	
96	M	Monica	Wessels	Female	47	Temporary	0	40+	1:10:32 AM	
98	J	Junitta	Rossouw	Female	59	Temporary	0	50+	1:11:33 AM	
102	D	Dolla	Geldenhuis	Female	70	Ceres	572	70+	1:19:51 AM	
103	H	Hettie	Fourie	Female	55	Hartenbos Drawwers	1045	50+	1:20:09 AM	
105	M	Michelle	Williams	Female	35	Ommiedraai Friends	6776	Senior	1:21:04 AM	
108	S	Sandra	van Niekerk	Female	44	Temporary	1028	40+	1:21:38 AM	

## Mens Age Group Winners - Valentine's (Boland) 10 Km Race 2018-02-14

### Senior Men

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
1	T	Thomas	Struis	Male	23	Tygerberg AC	4271	Senior	00:34:07	1st Senior Men
2	A	Aswill	Clooco	Male	21	Worcester	504	Senior	00:34:29	2nd Senior Men
3	S	Shaun		Male	20	Robertson	1024	Senior	00:35:19	3rd Senior Men

### Junior Men

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
6	A	Anele	Nadabeni	Male	19	Ceres	588	Junior	00:36:59	1st Junior Men

### Men 40+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
8	J	Johan	van Zyl	Male	40	Bellville	6610	40+	00:37:02	1st 40+ Men
9	A	Alexander	Evertson	Male	47	Worcester	490	40+	00:37:20	2nd 40+ Men
14	G	Gerald	Daniels	Male	40	Correctional S	1042	40+	00:40:25	3rd 40+ Men

### Men 50+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
13	A	Abraham	Fielies	Male	54	Worcester	514	50+	00:39:22	1st 50+ Men
17	M	Marshall	Fransman	Male	51	Herbalife	10443	50+	00:41:36	2nd 50+ Men
23	R	Richard	Jacobs	Male	55	Worcester	484	50+	00:44:53	3rd 50+ Men

### Men 60+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
16	T	Thomas	Moses	Male	61	Worcester	494	60+	00:41:18	1st 60+ Men
32	C	Chris	Lourens	Male	62	Brackenfell	6062	60+	00:48:47	2nd 60+ Men
34	N	Natale	Roelofse	Male	64	Worcester	511	60+	00:48:57	3rd 60+ Men

### Men 70+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
101	J	Jakkie	Greyling	Male	71	Brackenfell	6115	70+	01:18:43	

## Ladies Age Group Winners - Valentine's (Boland) 10 Km Race 2018-02-14

### Senior Ladies

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
19	M	Mariette	Strauss	Female	55	Tygerberg AC	4242	50+	00:42:47	1st 50+ Lady
20	A	Anne-Maree	Mostert	Female	43	Temporary	1035	40+	00:43:15	1st 40+ Lady
21	C	Carli	Basson	Female	39	Bellville	6690	Senior	00:43:17	1st Senior Lady

### Junior Ladies

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
26	R	Razaan	Kamaldiei	Female	18	Temporary	1007	Junior	00:47:30	1st Junior Lady

### Ladies 40+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
20	A	Anne-Maree	Mostert	Female	43	Temporary	1035	40+	00:43:15	1st 40+ Lady
24	L	Lola	van der M	Female	41	Temporary	1018	40+	00:46:32	2nd 40+ Lady
37	G	Glenda	Werth	Female	48	Sanlam	8568	40+	00:50:17	3rd 40+ Lady

### Ladies 50+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
19	M	Mariette	Strauss	Female	55	Tygerberg AC	4242	50+	00:42:47	1st 50+ Lady
33	V	Vondra	Singleton	Female	50	Worcester	479	50+	00:48:54	2nd 50+ Lady
45	M	M	Wessels	Female	54	Temporary	0	50+	00:52:38	3rd 50+ Lady

### Ladies 60+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
54	J	Judith	Grove	Female	64	Tygerberg AC	4253	60+	00:55:08	
57	H	Helen	Du Plessis	Female	65	Brackenfell	5965	60+	00:55:46	

### Ladies 70+

Position	Initial	Name	Surname	Gender	Age	Club	Licence No.	Category	Finish Time	Comment
92	M	Marianne	Nelson	Female	74	Durbanville	2674	70+	01:09:52	
102	D	Dolla	Geldenhu	Female	70	Ceres	572	70+	01:19:51	