



34th PPC Riebeek Bergmarathon

3 August 2019

42,2km | 21,1km | 10km | 5km

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
5116	Kananelo	Thulo	M	20	CERES AC	10	O		0:31:51	0:31:48
5301	Alfonso	Prins	M	15	CERES AC	10	J		0:36:50	0:36:47
5288	Ayanda	Matshini	M	26	STELLENBOSCH CLUB	10	O		0:36:53	0:36:51
5100	Cado	George	M	15	CERES	10	J		0:37:16	0:37:13
5114	Jayden-Lee	Seryners	M	16	CERES AC	10	J		0:37:30	0:37:27
5109	Ron-Lee	Ockhuis	M	14	CERES AC	10	J		0:37:43	0:37:41
5112	Lee Than	Rooi	M	15	CARES AC	10	J		0:37:55	0:37:53
2265	Richard	Corder	M	23		10	O		0:37:59	0:37:53
5379	Garith	Maarman	M	33		10	O		0:38:22	0:38:16
5122	Oloff	Van Zyl	M	50	CPUT	10	M		0:38:38	0:38:35
5321	Solly	Van Rooyen	M	56		10	M		0:39:16	0:39:07
5004	Bronwin	Adams	M	16		10	J		0:39:39	0:39:37
5090	Shailyn	Christians	M	15	CERES AC	10	J		0:40:05	0:40:03
5128	Denzil	Waterboer	M	17	CERES AC	10	J		0:40:30	0:40:28
5177	Clive Patrick	Cupido	M	53	LANGEBAAAN AC	10	M		0:41:12	0:41:07
5092	Nolan	Damons	M	16	CERES AC	10	J		0:41:33	0:41:30
5169	Ashill	Swarts	M	22		10	O		0:41:52	0:41:43
5257	Lionel	Cronje	M	38		10	O		0:42:35	0:42:30
5315	Mariette	Strauss	W	57	TYGERBERG ATHLETIC CLUB	10	M		0:43:22	0:43:19
5232	Marc	Van Der Merwe	M	22		10	O		0:43:31	0:43:31
5196	Jason	Beukes	M	33	TEMPORY	10	O		0:43:53	0:43:49
5281	Nicolaas	Kees	M	56	ASHTON ATHLETICS	10	M		0:44:10	0:44:08
5309	Piet	Smit	M	64	SWARTLAND AC	10	G		0:45:24	0:45:21
5279	Eric	Judd	M	60	OBSERVATORY RUNNING CLUB	10	G		0:45:46	0:45:41
5164	Hendrik	Van Huyssteen	M	32		10	O		0:46:47	0:46:41
5184	Neville	Menezes	M	36	DURBANVILLE ATHLETIC CLUB	10	O		0:47:09	0:47:02
5194	Floris	Venter	M	29	ARCELOR MITTAL AC	10	O		0:47:14	0:47:03
5042	Thapelo	Mooketsi	M	32		10	O		0:47:23	0:47:17
5244	Tumisang	Totong	M	35	PPCSLURRY CLUB	10	O		0:47:23	0:47:17
5381	Christophai	Booise	M	20		10	O		0:48:00	0:47:58
5361	Lance	Michals	M	19	ASHTON AC	10	J		0:48:00	0:47:58
5113	Reagan	Rooi	M	18	CERES AC	10	J		0:48:00	0:47:58
5383	Wellington	Chidodo	M	37		10	O		0:48:01	0:47:58
5234	Martin	Van Schalkwyk	M	54		10	M		0:48:03	0:47:57
5356	Wichardt	Von Molendorff	M	40		10	V		0:48:12	0:48:06
5149	Lindie	Jacobs	W	36		10	O		0:48:17	0:48:03
5065	Gaylian	Swarts	W	34		10	O		0:48:32	0:48:29
5074	Jd	Visser	M	34		10	O		0:48:36	0:47:50
5141	Corlia	Coetzee	W	44		10	V		0:48:37	0:48:21
5138	Albert	Burger	M	43		10	V		0:49:03	0:48:55
5036	Gerrith	Louw	M	39		10	O		0:49:37	0:49:27
5157	Wynand	Myburgh	M	40		10	V		0:50:16	0:50:00
5001	Tim	Acker	M	31		10	O		0:51:19	0:50:45
5325	Antoinette	Williams	W	47	TYGERBERG CLUB	10	V		0:51:46	0:51:37
5387	Ashley Wayne	Meisenheimer	M	29	ATLANTIS HARRIES	10	O		0:51:48	0:51:37
5249	Duncan	Bell	M	57	WORCESTER AC	10	M		0:51:59	0:51:36
5189	Ashwill	Petersen	M	36	CERES AC	10	O		0:52:11	0:51:55
5187	Jeanri	Naude	W	24	CAPE MULTISPORT CLUB	10	O		0:52:38	0:52:16
5127	Nichouze Poronique	Visache	W	29	CORRECTIONAL SERVICES	10	O		0:52:55	0:52:34
5153	Lemmy Darren	Malay	M	35	TEAM PPC	10	O		0:53:09	0:52:52
5319	Michelle	Van Dyk	W	45	WCAC	10	V		0:53:29	0:53:19
5190	Alwyn	Richards	M	35	ATLANTIS HARRIERS	10	O		0:53:36	0:53:25
4MWN2SD	Details Not Yet Captured		X	0		10	U		0:53:37	0:53:30
5071	Jacques	Van Velze	M	28		10	O		0:53:41	0:53:33
5333	Marijke	West	W	35		10	O		0:53:46	0:53:11
5221	Mervin	Morris	M	46		10	V		0:53:46	0:53:43
5147	August	Diedericks	M	56	RCS GUGULETHU ATHLETIC CLUB	10	M		0:53:57	0:53:36
5261	Salmon	De Bruin	M	45	SWARTLAND AC	10	V		0:54:05	0:54:00
5340	Kevin	Mcdonald	M	47	CERES	10	V		0:54:05	0:54:05
5015	Johan	De Wet	M	27		10	O		0:54:32	0:53:54
5264	Modjadjji	Maffa	W	46	STRAND ATHLETIC CLUB	10	V		0:54:49	0:54:43
5135	Fransche	Beukes	W	29		10	O		0:55:15	0:54:52
5275	Richard	Jackson	M	60	SWARTLAND AC	10	G		0:55:27	0:55:19

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
5186	Hanajtjie	Naude	W	52	CAPE MULTISPORT CLUB	10	M		0:55:33	0:55:10
5241	Albert	Minassian	M	61	ATLANTIC ATHLETIC CLUB	10	G		0:55:36	0:55:04
5080	Alistair	Corder	M	55		10	M		0:55:42	0:55:29
5034	Erich	Liebenberg	M	31		10	O		0:56:16	0:55:59
5253	Heidi	Brand	W	46	CERES ATHLETICS CLUB	10	V		0:56:25	0:56:18
5018	Michael	Erasmus	M	50		10	M		0:56:37	0:56:20
5110	Leon	Otto	M	73	ARCELOR MITTALSALDANA AC	10	GGM		0:57:06	0:57:00
5335	Samantha	Braid	W	39	SPARTAN HARRIERS	10	O		0:57:25	0:57:11
5167	Juandre	Visser	M	25		10	O		0:57:27	0:57:06
5330	Loutjie	Swartz	M	68	SWARTLAND AC	10	G		0:57:37	0:57:20
5148	Alex	Jacobs	M	33		10	O		0:57:46	0:57:32
5057	Lucian Conrad	Slinger	M	40		10	V		0:58:07	0:57:22
5142	Mark	Couzens	M	52		10	M		0:58:13	0:58:01
5286	Erica	Maree	W	51		10	M		0:58:13	0:58:00
5095	Jacques	De Kock	M	32	MELKBOS ATHLETICS CLUB	10	O		0:58:15	0:57:40
5343	Craig	Stokell	M	49	DURBANVILLE ATHLETIC CLUB	10	V		0:58:19	0:58:09
5119	Retha	Van Schalkwyk	W	51	CERES	10	M		0:58:58	0:58:52
5108	Dennis Maingi	Munyaka	M	37	FAT CATS AC	10	O		0:59:04	0:58:59
5291	Lise	Mocke	W	28	SWARTLAND ATLETIEK	10	O		0:59:20	0:58:55
5139	Megan	Claasen	W	35		10	O		0:59:34	0:59:28
5299	Mike	Paterson	M	65	WEST COAST ATHLETIC CLUB	10	G		1:00:11	1:00:07
5345	Janine	Van Zyl	W	47	WEST COAST AC	10	V		1:00:22	1:00:17
5027	David	Kannemeyer	M	47		10	V		1:00:22	1:00:05
5086	Rachelle	Bester	W	31	STELLENBOSCH ATHLETICS CLUB	10	O		1:00:23	1:00:07
5266	Chanice Nicole	Fortuin	W	16	ASHTON AC	10	J		1:00:24	1:00:24
2060	Tamsin	Jones	W	43		10	V		1:00:30	1:00:13
5072	Kate	Van Velze	W	27		10	O		1:00:33	1:00:26
5085	Arne	Bester	W	28	DURBANVILLE ATHLETIC CLUB	10	O		1:00:41	1:00:25
5195	Marie	Bekeer	W	47		10	V		1:00:47	1:00:39
5213	Janet	Hunter	W	59		10	M		1:00:50	1:00:28
5073	Karen	Van Zyl	W	49		10	V		1:00:55	1:00:38
5374	Isandri	Lottering	W	29		10	O		1:01:26	1:01:07
5012	Motsamai	Chata	M	45		10	V		1:01:31	1:01:24
5166	Willemien	Viljoen	W	39		10	O		1:01:35	1:01:02
5131	Lourens	Geldenhuis	M	45		10	V		1:01:45	1:01:16
5081	Shaun	Filander	M	31	K-WAY VOB RUNNING CLUB	10	O		1:02:03	1:01:53
5037	Moyanabo Eliphus	Makgothoma	M	40		10	V		1:02:04	1:01:57
5150	Lauren	Kingston-Radloff	W	42		10	V		1:02:11	1:01:56
5197	Hilton	Booisen	M	39		10	O		1:02:35	1:01:52
5185	Romeo Wayne	Merkuur	M	32	ATLANTIS HARRIERS	10	O		1:02:36	1:01:53
5248	Nicolette	Beffels	W	40	PAARL AC	10	V		1:02:37	1:02:28
5284	Martie	Lourens	W	60	BRACKENFELL ATHLETIC CLUB	10	G		1:03:04	1:02:53
5140	Biance	Claassen	W	22		10	O		1:03:08	1:02:46
5277	Lucreatia	Jansen	W	32	ASHTON AC	10	O		1:03:19	1:03:07
5115	Anne-Marie	Stroebel	W	64	RWFL WESTERN PROVINCE	10	G		1:03:26	1:03:06
5068	Anthea Susan	Van Der Byl	W	19		10	J		1:03:27	1:02:53
5129	Magdeline	Wildschutt	M	43	CERES AC	10	V		1:03:39	1:03:32
5055	Monnapula Patrick	Seele	M	41		10	V		1:03:41	1:03:34
5303	Anna	Rainsford	W	63	SWARTLAND AC	10	G		1:03:57	1:03:49
5103	Lindsey Nicholine	Hess	W	39	ASHTON AC	10	O		1:04:23	1:04:15
5056	Fungai	Sitima	M	38		10	O		1:04:43	1:04:04
5045	Gibbs	Mungoya	M	46		10	V		1:04:43	1:04:03
5181	Karliem	Martens	W	27	ARCELOR MITTAL AC	10	O		1:04:59	1:04:49
5061	Irmilind	Speelman	W	30		10	O		1:05:10	1:04:44
5044	Elsje	Mundt	W	29		10	O		1:05:13	1:04:35
5227	Brenda	Steyn	W	58		10	M		1:05:14	1:04:34
5143	Duann	Cronje	M	28		10	O		1:05:17	1:04:42
5269	Rob	Gardner	M	55	DURBANVILLE ATHLETIC CLUB	10	M		1:05:18	1:05:04
5163	Michelle	Van Aswegen	W	39		10	O		1:05:36	1:05:17
5388	Litesha	Coetzee	W	13	LANGEBAAAN AC	10	J		1:06:08	1:05:49
5156	Ronell	Muller	W	47		10	V		1:06:15	1:06:02
5118	Jan	Van Schalkwyk	M	58	CERES	10	M		1:06:17	1:06:12
5152	Howard	Ludick	M	35		10	O		1:06:20	1:05:53
5136	Lynette	Botha	W	40		10	V		1:06:42	1:06:21
5101	Colleen	Gomas	W	33	SWARTLAND AC	10	O		1:06:50	1:06:45
5332	Annalisa	Faro	W	41		10	V		1:06:50	1:06:21
5311	Jannie	Smuts	M	59	ARCENOL MITTAL SALDANHA	10	M		1:07:22	1:06:55
5226	Linzi	Smyth	W	48	ATLANTIC ATHLETIC CLUB	10	V		1:07:35	1:07:08
4RWTPMG	Chanice	Fortuin	W	16	ASHTON AC	10	J		1:08:06	1:08:02
5246	Adele	Ambrosini	W	36	ARCELOR MITTAL AC	10	O		1:08:16	1:08:07
5272	Johanna	Harmse	W	46	ARCELOR MITTAL AC	10	V		1:08:29	1:08:19
5260	Juanita	Davids	W	46	CELTIC	10	V		1:08:41	1:08:16

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
5009	Rita	Bruwer	W	50		10	M		1:08:52	1:08:18
5052	Mariaan	Rossouw	W	46		10	V		1:08:54	1:08:21
5287	Cindy	Marsh	W	57	EDGEMEAD RUNNERS	10	M		1:08:56	1:08:24
5329	Nico	Swanepoel	M	62	NULL	10	G		1:09:02	1:08:22
5158	Wanita	Nicol	W	37		10	O		1:09:04	1:08:23
5038	Wilmien	Malan	W	33		10	O		1:09:30	1:09:16
5024	Lizl	Hinderberger	W	46		10	V		1:09:31	1:09:07
5179	Corli	Groenewald	W	29	ARCELOR MITTAL AC	10	O		1:09:35	1:09:23
5035	Jacolene	Lombaard	W	42		10	V		1:09:38	1:09:06
5219	Mariette	Lourens	W	39		10	O		1:09:44	1:09:27
5069	Geraldine	Van Der Merwe	W	37		10	O		1:09:45	1:09:27
5282	Gary	Keitzman	M	62	EDGEMEAD RUNNERS	10	G		1:09:51	1:09:22
2033	Kyle Brent	Mooi	M	25		10	O		1:10:10	1:09:24
5371	Stephanus	Steyn	M	64	PAARL AC	10	G		1:10:15	1:09:46
5067	Johann	Ungerer	M	32		10	O		1:10:28	1:09:41
5228	Mario	Strauss	M	35		10	O		1:11:11	1:10:33
5259	Anita M	Davids	W	46	LANGEBAAAN AC	10	V		1:11:17	1:11:06
5041	Emmanuel	Mmolqwa	M	36		10	O		1:11:46	1:11:39
5262	Floripes	De Gois	W	65	LANGHEAAN STRANDLOPER	10	G		1:11:55	1:11:51
5014	Fabian	De Beer	M	54		10	M		1:11:58	1:11:42
5322	Rita	Van Tonder	W	67	LANGEBAAAN STRANDLOPERS	10	G		1:12:08	1:11:49
5155	Lee	Moosa	M	12		10	J		1:12:10	1:11:45
5010	Jaymoan	Burrows	M	12		10	J		1:12:10	1:11:46
5066	Karen	Thomas	W	47		10	V		1:12:19	1:11:56
2162	Sarah	Bartlett	W	42		10	V		1:13:18	1:13:01
5327	Jacobus	Jansen	M	61	ASHTON AC	10	G		1:13:24	1:13:02
5094	Trezinha	De Beer	W	51	DURBANVILLE ATHLETIC CLUB	10	M		1:13:34	1:13:19
5121	Quendoline	Van Wyk	W	46	SANDB	10	V		1:13:55	1:13:41
5151	Hester	Louw	W	34		10	O		1:13:58	1:13:43
5317	Ursula	Teuchert	W	65	SWARTLAND AC	10	G		1:14:01	1:13:53
5278	Sandra	Joubert	W	46	BRACKENFELL ATHLETIC CLUB	10	V		1:14:02	1:13:50
5082	Lourika	Fourie	W	18	BRACKENFELL ATHLETIC CLUB	10	J		1:14:03	1:13:50
5026	Michelle	Houghton	W	44		10	V		1:14:06	1:13:26
5250	Johanna	Bergoff	W	70	WELLINGTON	10	GGM		1:14:19	1:14:19
5283	Cecile	Kidson	W	78	LANGEBAAAN STRANDLOPERS	10	GGM		1:14:22	1:14:16
5350	Johan	Kriegler	M	35	LANGEBAAAN AC	10	O		1:14:26	1:14:14
5170	Sylvia	Van Den Heever	W	39	BOESMANLAND HARRIERS	10	O		1:14:31	1:14:16
5030	Nico	Kotze	M	29		10	O		1:14:32	1:14:26
5268	Mike	Galli	M	58	WEST COAST AC	10	M		1:14:33	1:14:05
5270	Dolla	Geldenhuis	W	71	CERES	10	GGM		1:15:00	1:14:52
5165	Kara	Van Zyl	M	37		10	O		1:15:30	1:14:57
5025	Anria	Horn	W	36		10	O		1:15:30	1:14:57
5176	Veronica	Coetzee	W	54	PINELANDS ATHLETIC CLUB	10	M		1:15:57	1:15:14
5180	Ruhshana	Isaacs	W	33	OMMIEDRAAI	10	O		1:16:14	1:16:04
5084	Liesel	Barron	W	40	SPARTAN HARRIERS	10	V		1:16:19	1:15:43
5231	Louise	Van Den Aardweg	W	56		10	M		1:16:29	1:15:58
5323	Deon	Viljoen	M	61	SWARTLAND AC	10	G		1:16:38	1:16:05
5182	Colleen	Matthews	W	54	GOODWOOD HARRIERS	10	M		1:16:40	1:16:06
5019	Dawn Crystal	Fisher	W	22	SOCIAL	10	O		1:16:49	1:16:02
5020	Terence	Fisher	M	55	SOCIAL	10	M		1:16:50	1:16:02
5212	Christopher John	Hoare	M	39		10	O		1:16:50	1:16:23
AC00179	Details Not Yet Captured		X	0		10	U		1:16:51	1:16:23
5093	Shena	De Beer	W	25	DURBANVILLE ATHLETIC CLUB	10	O		1:16:55	1:16:40
5087	Maryna	Bezuidenhoudt	W	69	ARCELOR MITTAL SALDANHA	10	G		1:16:56	1:16:25
5160	Melisme	Peda	W	48		10	V		1:17:20	1:16:56
5326	Richard	Butcher	M	70	SWARTLAND AC	10	GGM		1:17:39	1:17:02
5240	Christa	Marais	W	57		10	M		1:17:43	1:17:32
5023	Gerhard Van Deventer	Havenga	M	25		10	O		1:18:11	1:17:49
5265	Lucia	Fernandes	W	71	LANGHEAAN STRANDTOPER	10	GGM		1:18:38	1:18:32
5117	Adelina	Van Niekerk	W	60	RUN WALK FOR LIFE	10	G		1:18:42	1:18:21
5378	Paul	Van Der Merwe	M	34		10	O		1:18:43	1:18:23
5003	August	Adams	M	51		10	M		1:19:06	1:18:29
5351	Imeal	Thoms	M	24	LANGEBAAAN AC	10	O		1:19:22	1:19:14
5097	Pierre	Du Plessis	M	68	STRAND ATHLETIC CLUB	10	G		1:19:42	1:19:16
5047	Gilbert	Oliphant	M	30		10	O		1:19:55	1:19:20
5062	Yolande	Stevens	W	41		10	V		1:20:14	1:19:51
5099	Joshua	Gantana	M	19	RAVENSMEAD ATHLETICS CLUB	10	O		1:20:27	1:20:19
5076	Esther	Warnich	W	67		10	G		1:20:27	1:19:54
5168	Michelle	Welman	W	42		10	V		1:20:32	1:20:04
2316	Xandra	Anderson	W	59	WEST COAST ATHLETIC CLUB	10	M		1:21:05	1:20:23
5091	Dalené	Claassens	W	38	BRACKENFELL ATHLETIC CLUB	10	O		1:21:07	1:20:41
5211	Dewald	Hesse	M	41		10	V		1:21:07	1:20:42

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5174	Michelle	Brand	W	36	BRACKENFELL ATHLETIC CLUB	10	O		1:21:09	1:20:43
5022	Pamela	Harris	W	63		10	G		1:21:15	1:20:45
2400	Zukiswa	Gaxela	W	46	RCS-GUGULETHU	10	V		1:21:16	1:20:47
5083	Dirk	Bantan	M	53	CERES AC	10	M		1:21:33	1:21:24
5171	Lynette	Afrika	W	56	SWARTLAND AC	10	M		1:21:55	1:21:46
5146	Tania	De Kock	W	29		10	O		1:21:56	1:21:26
5178	Eldeen	Green	W	43	SWARTLAND AC	10	V		1:22:02	1:21:58
5339	Marentius	Arendse	M	44	CAPE MULTISPORT CLUB	10	V		1:22:50	1:22:18
5274	Marie	Hill	W	74	CERES	10	GGM		1:23:00	1:22:54
5021	Jacques	Greyling	M	44		10	V		1:23:05	1:22:34
5064	Simone	Swanepoel	W	32		10	O		1:23:05	1:22:32
5290	Cathrine	Meyer	W	58	WELLINGTON	10	M		1:23:28	1:23:16
5050	Zelda	Pieterse	W	41		10	V		1:23:40	1:22:59
5238	Michay	Adonis	W	27		10	O		1:23:41	1:22:51
5237	Daniel	Adonis	M	32	MITCHELLS PLAIN TITANS AC	10	O		1:23:42	1:22:51
5016	Azrah	Domeyer	W	12		10	J		1:23:50	1:23:28
5125	Pieter	Vermeulen	M	59	ROBERTSON AC	10	M		1:24:06	1:23:33
5032	Isabel	Lausberg	W	16		10	J		1:24:18	1:24:08
5192	Waseema	Saiet	W	46	SWARTLAND AC	10	V		1:24:18	1:24:13
5313	Anita	Spreeth	W	50	SWARTLAND ATHLETICS CLUB	10	M		1:24:45	1:24:34
5320	Tiekie	Van Heerden	M	67	ARCELOR MITTAL AC	10	G		1:24:46	1:24:34
5049	Kevin Oswald	Persens	M	50		10	M		1:24:53	1:24:44
5307	Laura	Schreuder	W	47	SWARTLAND AC	10	V		1:25:01	1:24:52
5201	Sarah	Bukkies	W	50		10	M		1:25:21	1:25:12
5354	Joey	Willians	W	50		10	M		1:25:24	1:25:12
2494	Carol	Nepgen	W	68	KOWIE STRIDERS	10	G		1:26:17	1:25:40
5385	Marietjie	Viljoen	W	63	SWARTLAND AC	10	G		1:26:34	1:26:14
5188	Anton	Nel	M	49	WELLINGTON	10	V		1:26:59	1:26:18
5154	Dj	Matthee	M	48		10	V		1:26:59	1:26:18
5280	Mana	Judd	W	60	OBSERVATORY RUNNING CLUB	10	G		1:27:06	1:26:38
5316	Hendrik	Swarts	M	55	RCS GUGULETHU A C	10	M		1:27:30	1:26:54
5013	Annelize	Cordon	W	42		10	V		1:27:52	1:27:15
5033	Nico	Le Roux	M	64		10	G		1:27:58	1:27:18
2424	Brenda	Human	W	54	WILDRUNNER ATHLETIC CLUB	10	M		1:28:05	1:27:35
5111	Randy	Pieterse	M	63	GOODWOOD HARRIERS	10	G		1:28:05	1:27:21
5368	Sipho	Gumbi	M	45		10	V		1:28:33	1:28:02
5008	Suzette	Botha	W	62		10	G		1:29:03	1:28:49
5162	Pauline	Trautmann	W	31		10	O		1:29:20	1:28:35
5070	Anneen	Van Reenen	W	32		10	O		1:30:01	1:29:53
5126	Annette	Verster	W	73	CERES	10	GGM		1:30:07	1:30:02
5267	Mary-Ann	Galli	W	57	WEST COAST AC	10	M		1:30:25	1:30:02
5308	Phumzile	Simelela	M	49	DURBANVILLE ATHLETIC CLUB	10	V		1:30:37	1:30:05
5310	Owen	Smith	M	48	WELLINGTON	10	V		1:30:47	1:30:42
5256	Rika	Carstens	W	58	DURBANVILLE ATHLETIC CLUB	10	M		1:31:28	1:31:14
5005	Sally	Adams	W	60		10	G		1:31:38	1:30:59
5133	Ntombikile	Mthembu	W	34		10	O		1:31:55	1:31:37
5123	Alison	Venables	W	64	LANGEBAAAN STRANDLOPERS	10	G		1:33:07	1:32:35
5202	Tereza	Burger	W	47		10	V		1:33:38	1:33:12
5173	Linda	Bala	W	41	RETAIL CLUB LANGA	10	V		1:33:43	1:33:06
5386	Samukelisiwe	Fika	W	45	RETAIL CLUB LANGA	10	V		1:33:43	1:33:06
5353	Janet	Aguihas	W	52		10	M		1:34:18	1:34:11
5059	Danie	Smith	M	60		10	G		1:35:02	1:34:44
5058	Annette	Smith	W	61		10	G		1:35:02	1:34:44
5006	Kaydon	Africa	M	12		10	J		1:35:28	1:35:06
5017	Imtiyaaz	Domeyer	M	14		10	J		1:35:28	1:35:07
5172	Natalie	Andrew	W	39	WEST COAST ATHLETIC	10	O		1:35:39	1:35:19
5106	Gaopalelwe	Moroane	W	30	WEST COAST ATHLETIC CLUB	10	O		1:35:39	1:35:21
5011	Martha	Carstens	W	62		10	G		1:35:41	1:35:28
5063	Carine	Strydom	W	61		10	G		1:37:09	1:36:57
5060	Matie H G	Spangenberg	W	65		10	G		1:37:09	1:36:56
5191	Paul	Rist	M	58	PINELANDS ATHLETIC CLUB	10	M		1:37:16	1:36:32
5107	Zakithi	Msindwana	W	32	KHAYELITSHA AC	10	O		1:37:21	1:36:43
5314	Sam	Sterban	M	79	RUN WALK FOR LIFE	10	GGM		1:38:20	1:37:38
5096	Francois	Dorfling	M	49	CAPE MULTISPORT CLUB	10	V		1:38:23	1:37:41
5079	Liza	Carstens	W	26		10	O		1:38:23	1:37:58
5304	Mariska	Rossouw	W	34	SWARTLAND AC	10	O		1:38:23	1:38:00
5048	Elizabeth	Pedro	W	38		10	O		1:40:54	1:40:16
5098	Jaco	Erasmus	M	34	SWARTLAND AC	10	O		1:41:21	1:41:11
5051	Retha	Prinsloo	W	53	NULL	10	M		1:41:30	1:41:15
5305	Hester	Rothman	W	63	BRACKENFELL ATHLETIC CLUB	10	G		1:41:44	1:41:30
5312	Suska	Snyman	W	55	NAMAQUA ATHLETICS CLUB	10	M		1:42:18	1:41:46
5130	Sheulene Sandra	Williams	W	41	WELLINGTON ATHLETICS	10	V		1:42:50	1:42:16

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
5046	Sanna	Nero	W	57		10	M		1:44:17	1:43:38
5369	Vuyisile Samuel	Mqweba	M	30		10	O		1:44:19	1:43:56
5144	Azraah	Dawood	M	12		10	J		1:44:54	1:44:30
5134	Moegmad Suhail	Bardien	M	13		10	J		1:44:57	1:44:33
5137	Vivien	Buchmann	W	43	ALTANTIC RUNNERS	10	V		1:46:25	1:46:09
5380	Karin	Zandberg	W	42		10	V		1:48:14	1:47:33
5054	Ronel	Schwartz	W	47		10	V		1:48:15	1:47:34
5102	Ingrid	Hermanson	W	54	EDGEMEAD RUNNERS CLUB	10	M		1:49:46	1:49:16
5377	Jennifer	Law	W	50	PLANET FITNESS MODERN ATHLETE	10	M		3:48:43	3:48:43
2331	Nerina	Bester	W	40	CAPE MULTISPORT CLUB	10	V	DNF		
5002	Yvonne	Acker	W	31		10	O	DNF		
5028	Bilqis	Khan	W	16		10	J	DNF		
5029	Nusrat	Khan	W	15		10	J	DNF		
5159	Andrea	Osler	W	43		10	V	DNF		
5273	Lionel	Hill	M	78	CERES	10	GGM	DNF		