



# 34<sup>th</sup> 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
2545	Thomas	Struis	M	25	TYGERBERG ATHLETIC CLUB	21	O		1:14:21	1:14:18
2722	Tsingai	Mwanengeni	M	45		21	V		1:18:41	1:18:38
2649	Byron	Julius	M	17	LANGEBAAAN AC	21	J		1:22:55	1:22:48
2324	Jacques Benedictus	Basson	M	39	NAMAQUA ATHLETICS CLUB	21	O		1:23:06	1:23:03
2689	Mari	Rabie	W	32	THE ATHLETE ACADEMY	21	O		1:25:28	1:25:25
2022	Gavin Eben	Jurens	M	30		21	O		1:26:22	1:26:13
2123	Methuseli	Nkomo	M	33		21	O		1:28:00	1:27:57
2417	Warren	Hengst	M	43	DURBANVILLE ATHLETIC CLUB	21	V		1:28:05	1:28:01
2303	Annerien	Van Schalkwyk	W	40		21	V		1:28:12	1:28:10
2076	Mark	Bullivant	M	36	RCS GUGULETHU ATHLETIC CLUB	21	O		1:30:18	1:30:02
2645	Jafta	Hendricks	M	51	SWARTLAND AC	21	M		1:32:42	1:32:39
2178	Tumisang	Manong	M	31	FINLIME HARRIRES	21	O		1:32:55	1:31:58
2120	Hennie	Moses	M	58	CERES AC	21	M		1:33:02	1:33:02
2077	Greg	Calothi	M	31	WPCC	21	O		1:33:55	1:33:32
2335	Coert Johannes	Blom	M	49	SAPS	21	V		1:34:33	1:34:23
2610	Coenraad	Lambrechts	M	39		21	O		1:34:51	1:34:46
2618	Jolandi	Lucas	W	33	IN TOUCH AC	21	O		1:35:04	1:35:01
2224	Christo	Joubert	M	18	BRACKENFELL ATHLETIC CLUB	21	J		1:35:34	1:35:31
2195	Fransward	Welkom	M	32		21	O		1:36:32	1:36:26
2357	Jenny	Nel	W	41	CAPE MULTISPORT CLUB	21	V		1:36:36	1:36:32
2572	Julie	Welkom	M	47	SWARTLAND AC	21	V		1:36:42	1:36:36
2183	Andre	Pienaar	M	31		21	O		1:36:52	1:36:32
2595	Rianda	Gilliland	W	35	AAC	21	O		1:37:07	1:36:55
2447	Ashley	Kulsen	M	37	OLD MUTUAL AC	21	O		1:37:32	1:37:27
2135	Manie	Robinson	M	43	EERSTE RIVIER	21	V		1:37:33	1:36:46
2711	Mkhuseli	Gebenga	M	26	RCS GUGS ATHLETICS CLUB	21	O		1:37:37	1:37:34
2603	Aubrey	Muller	M	23		21	O		1:37:49	1:37:41
2109	Quinton	Lambert	M	38	CERES	21	O		1:37:50	1:37:45
2243	Desmond	Plaatjies	M	44	LANGEBAAAN AC	21	V		1:38:07	1:38:04
2329	Gerrie	Berner	M	39	SANLAM ATHLETIC CLUB	21	O		1:38:08	1:38:01
2700	Andrea	Weidemann	W	30		21	O		1:38:19	1:37:55
2116	John Ross	Mcgregor	M	54	SWARTLAND AC	21	M		1:38:29	1:38:22
2027	Liam	McCreedy	M	24		21	O		1:38:29	1:38:24
2273	Jacobus	Kruger	M	45	ATC RUNNING	21	V		1:38:57	1:38:53
2097	Andrico	Goosen	M	26	STELLENBOSCH ATHLETICS CLUB	21	O		1:39:03	1:38:52
2484	Roderick	Morrison	M	55	SAPS	21	M		1:40:14	1:40:04
2098	Nicolette	Hadden	W	44	EDGEMead RUNNERS	21	V		1:40:27	1:40:22
2486	Johan	Mostert	M	30	DURBANVILLE ATHLETIC CLUB	21	O		1:40:47	1:40:40
8DYESNN	Petros Kwashi	Mercer	M	32	GUGULETU ATHLETIC CLUB RCS	21	O		1:40:48	1:40:45
2249	Steven	Sutton	M	23	STELLENBOSCH ATHLETICS CLUB	21	O		1:40:50	1:40:36
2488	Nicol	Muller	W	32	CLUB MSM	21	O		1:40:57	1:40:54
2003	Dirk	Poggenpoel	M	28		21	O		1:41:26	1:41:20
2368	Herman	Crause	M	48	DURBANVILLE ATHLETIC CLUB	21	V		1:41:30	1:41:23
2550	Andries	Swarts	M	54	CERES AC	21	M		1:41:47	1:41:43
2037	Peter	Nagel	M	44		21	V		1:42:35	1:42:03
2108	Frans	Kotze	M	46	ATLANTIS HARRIES	21	V		1:42:53	1:42:25
2103	William	Kayser	M	40	WILDRUNNER	21	V		1:42:58	1:42:51
2348	Ronald	Brink	M	64		21	G		1:43:28	1:43:08
2013	Crystal	De Wet	W	27		21	O		1:45:07	1:44:59
2363	Brandon	Collyer	M	51	K-WAY VOB RUNNING CLUB	21	M		1:45:08	1:45:02
2646	Antonie	Christie	M	36	PINELANDS ATHLETIC CLUB	21	O		1:45:17	1:44:50
2399	Malcolm	Fritz	M	60	EDGEMead RUNNERS	21	G		1:45:20	1:45:05
2432	Leon	Janse Van Rensburg	M	27	NEDBANK RUNNING CLUB	21	O		1:45:22	1:44:50
2155	Raymond	Venables	M	68	LANGEBAAAN STRANDLOPERS	21	G		1:45:23	1:44:42
2051	Karin	Van Niekerk	W	44		21	V		1:45:52	1:45:46
2052	Christelle	Vermeulen	W	31		21	O		1:45:53	1:45:36
2558	Marisa	Van Der Merwe	W	37	CAPE MULTISPORT CLUB	21	O		1:46:03	1:45:46
2100	Nina	Hessler	W	23	UCT AC	21	O		1:46:14	1:46:00
2461	Christo	Lourens	M	29	BRACKENFELL ATHLETIC CLUB	21	O		1:46:25	1:46:20
2026	Jacques	Ludick	M	33		21	O		1:46:28	1:46:11
1ZH8DAF	Details Not Yet Captured		X	0		21	U		1:46:31	1:42:46
2186	Junior	Smith	M	31		21	O		1:46:37	1:46:29
2372	Johannes	De Goede	M	50	LANGEBAAAN STRANDLOPERS	21	M		1:46:39	1:46:32
2527	Simon	Schreuder	M	39	AAC	21	O		1:46:54	1:46:04
2298	Dirk	Steyn	M	45		21	V		1:46:58	1:46:08
2XWRKW9	Pierre	Rossouw	M	37		21	O		1:46:58	1:46:08
2231	Monwabisi	Maqashu	M	36	BRACKENFELL ATHLETIC CLUB	21	O		1:47:09	1:46:56
2421	Graham	Hough	M	63	WEST COAST ATHLETIC CLUB	21	G		1:47:10	1:46:58
2643	Alan	Shepherd	M	31		21	O		1:47:53	1:47:49
2616	Jacqueline	Misroll	W	49	PINELANDS ATHLETIC CLUB	21	V		1:47:59	1:47:33

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2402	Benjamin	Gillies	M	39	ATLANTIC ATHLETIC CLUB	21	O		1:48:17	1:47:47
2226	Martha	Koekemoer	W	44	ATLANTIC TRIATHLON CLUB	21	V		1:48:29	1:47:23
2008	Heinrich	Beer	M	47		21	V		1:48:41	1:48:11
2426	Neil	Jackson	M	54	WESTERN PROVINCE CRICKET CLUB	21	M		1:48:50	1:48:41
2163	Jan	Bester	M	34		21	O		1:48:57	1:48:13
571	Tshikani	Mhelembe	M	37	METROPOLITAN AC	21	O		1:48:59	1:48:01
2576	Garry	Wilford	M	63	DURBANVILLE ATHLETIC CLUB	21	G		1:49:07	1:49:01
2087	Janine	Du Toit	W	34	CAPE MULTISPORT CLUB	21	O		1:49:16	1:49:11
2287	Mark	Raa	M	31		21	O		1:49:18	1:49:15
2187	Peter John	Truter	M	47		21	V		1:49:42	1:49:28
2149	Zani	Truter	W	25	HELDERBERG HARRIERS	21	O		1:49:46	1:49:40
2371	Maira	Davids	W	40	EDGEMEAD RUNNERS	21	V		1:49:50	1:49:09
2423	Peter William	Hughes	M	57	MAZARS ATHLETICS CLUB	21	M		1:49:53	1:49:44
2498	Susan	O'connor	W	42	WILDRUNNER ATHLETIC CLUB	21	V		1:50:04	1:49:50
2638	Mark	Wagenheim	M	63	ATLANTIC ATHLETIC CLUB	21	G		1:50:04	1:49:51
2150	Carien	Van Der Berg	W	39	BRACKENFELL ATHLETIC CLUB	21	O		1:50:21	1:50:07
2289	Barry	Shamley	M	44		21	V		1:51:06	1:51:02
2041	Chris	Powell	M	25		21	O		1:51:12	1:50:57
2086	Luc	Du Plessis	M	34	CELTIC HARRIERS	21	O		1:51:31	1:51:23
2659	Clement	Whittle	M	42	ATLANTIC ATHLETIC	21	V		1:51:43	1:51:21
2068	Peter-John	Benn	M	37	LANGEBAAAN STRANDLOPERS	21	O		1:52:21	1:52:15
2448	Annerie	Lamprecht	W	30	ARCELOR MITTAL SALDANHA	21	O		1:52:28	1:51:58
2278	Sinawo	Majangaza	M	28		21	O		1:52:51	1:52:46
2340	Morne	Botha	M	40	WEST COAST ATHLETIC CLUB	21	V		1:52:53	1:51:54
2234	Claudia	Mota-Simoen	W	38	WEST COAST ATHLETIC CLUB	21	O		1:52:54	1:51:54
2503	Monica	Palmer	W	57	WEST COAST ATHLETIC CLUB	21	M		1:52:55	1:52:44
2438	Jozua	Joubert	M	44	BRACKENFELL ATHLETIC CLUB	21	V		1:53:03	1:52:09
703	Roldah	Orrie	W	54	ITHEKO ATHLETICS CLUB	21	M		1:53:09	1:53:06
2524	Danvin	Sars	M	45	CORRECTIONAL SERVICES	21	V		1:53:23	1:53:05
2396	Vivien	Fransman	W	60	NAMAQUA ATHLETICS CLUB	21	G		1:53:27	1:52:52
2650	Andre	Treurnich	M	51	BELLVILLE	21	M		1:53:29	1:53:14
2696	Erik	Bartmann	M	36		21	O		1:53:37	1:52:20
2164	Lionel	Booisen	M	34		21	O		1:53:45	1:53:29
2590	Lorraine	Rogers	W	59	DURBANVILLE ATHLETIC CLUB	21	M		1:53:47	1:53:41
2309	Shauneen	Viljoen	W	37		21	O		1:53:50	1:53:26
2404	Marcelle	Greef	W	46	ARCELOR MITTAL AC	21	V		1:53:53	1:53:28
2011	Donne	Bullivant	W	35		21	O		1:54:12	1:53:52
2044	Sean	Scott	M	35		21	O		1:54:19	1:54:09
2680	Jessika	Steyn	W	26	NEDBANK RUNNING CLUB	21	O		1:54:19	1:53:48
2166	Derek	Botha	M	27		21	O		1:54:24	1:53:46
2427	Adrian	Jacobs	M	52	PAARL AC	21	M		1:54:46	1:53:55
2420	Schalk	Hoon	M	70	HELDERBERG HARRIERS	21	GGM		1:55:12	1:55:04
2285	Francois	Raubenheimer	M	56		21	M		1:55:13	1:54:51
2469	Ivan	Marais	M	70	DURBANVILLE ATHLETIC CLUB	21	GGM		1:55:14	1:55:14
2444	Hester	Kotze	W	71	DURBANVILLE ATHLETIC CLUB	21	GGM		1:55:14	1:55:05
2267	Anna Maria	Dippenaar	W	72		21	GGM		1:55:19	1:55:19
2502	Lucinda	Olsen	W	47	DURBANVILLE ATHLETIC CLUB	21	V		1:55:27	1:55:18
2561	Piet	Van Dyk	M	60	ARCELOR MITTAL SALDANHA	21	G		1:55:32	1:55:17
2433	Pieter	Johnson	M	58	WORCESTER ATHLETICS CLUB	21	M		1:55:53	1:55:42
2158	Kyle	Johnston	M	33		21	O		1:56:15	1:56:04
2080	Nicole	Coetzee	W	25	ALIWAL ROAD RUNNERS	21	O		1:56:47	1:55:51
2055	Matthew	Wightman	M	26		21	O		1:56:48	1:55:58
2612	Fhulu	Lidzhade	M	49	RETAIL CLUB LANGA	21	V		1:57:03	1:55:27
2478	Brian	Merryweather	M	65	EDGEMEAD RUNNERS	21	G		1:57:14	1:56:33
2290	Gerald	Shaw	M	47	NULL	21	V		1:57:26	1:57:21
2375	Onke	Dlakana	M	27	RETAIL LANGA CAPITAL	21	O		1:57:28	1:56:48
2451	Ben-oni	Le Roux	M	39	DURBANVILLE ATHLETIC CLUB	21	O		1:57:33	1:57:03
2640	Thelma	Naude	W	56	WEST COAST ATHLETIC CLUB	21	M		1:57:35	1:57:22
2587	Daniel	Hauptfleisch	M	64	WELLINGTON	21	G		1:57:39	1:56:47
2522	David	Ruiter	M	44	CAPE MULTISPORT CLUB	21	V		1:57:41	1:57:29
2185	Lodric	Roux	M	20		21	O		1:57:45	1:57:25
2393	Andre	Filander	M	55	K-WAY VOB RUNNING CLUB	21	M		1:57:52	1:57:38
2328	Renier	Bekker	M	35	BOXER AC WP	21	O		1:57:54	1:57:09
2168	Devon-Mylles	Claasen	M	26		21	O		1:58:00	1:56:57
2406	Stephanie	Griffith-Richards	W	49	DURBANVILLE ATHLETICS CLUB (DURBAC)	21	V		1:58:01	1:57:31
2333	Pieter Hendrik Schaik	Bezuidenhout	M	62	PAARL AC	21	G		1:58:01	1:56:58
2194	Gladys	Venter	W	35		21	O		1:58:01	1:57:31
2537	Mervin	Smith	M	65	CELTICS	21	G		1:58:25	1:58:09
2053	Liam	Viljoen	M	36		21	O		1:58:26	1:57:24
2049	Michael	Theunissen	M	56		21	M		1:58:28	1:57:36
2539	Sonia	Smith	W	61	CELTIC HARRIERS	21	G		1:58:28	1:58:09
2662	Izak	Rossouw	M	41	FOURWAYS ROAD RUNNERS	21	V		1:58:29	1:57:51
2035	Marcel	Mundt	M	29		21	O		1:58:46	1:58:10
587	Zahn	Munch	W	56	STELLENBOSCH ATHLETICS CLUB	21	M		1:58:50	1:58:24
2468	Colin	Marais	M	35	DURBANVILLE ATHLETIC CLUB	21	O		1:58:53	1:58:28
2034	Cecil	Munch	M	58		21	M		1:58:54	1:58:54
2205	Andrew	Blane	M	28	CLUB MSM	21	O		1:58:55	1:58:26
2434	Tom	Johnson	M	64	AURECON ATHLETICS CLUB	21	G		1:59:21	1:59:01
2230	Janine	Linssen	W	48	WEST COAST AC	21	V		1:59:27	1:58:55
2456	Michel	Levin	M	56	WEST COAST ATHLETIC CLUB	21	M		1:59:27	1:58:53

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2222	Anjanette	Jones	W	38	TEAM VITALITY	21	O		1:59:36	1:55:40
2040	Lize	Piek	W	36		21	O		1:59:36	1:58:43
1007	Karin	Bartman	V	35		21	O	0.083068287	0.082458912	
2532	Phillip	Simali	M	39	FARANANI ATHLETIC CLUB	21	O		1:59:38	1:58:35
2352	James	Carollessen	M	47	CELTIC HARRIERS	21	V		1:59:42	1:58:34
2157	Magrietha	Willemse	W	35	CERES AC	21	O		2:00:29	2:00:25
2667	Dirk	Van Niekerk	M	25	NULL	21	O		2:00:46	1:59:59
2515	Inge	Reissenzahn	W	48	CARBINEERS WP	21	V		2:00:51	2:00:21
2291	Stian	Shaw	M	45	NULL	21	V		2:01:00	2:00:55
2425	Lindsay	Lowe	W	61	K-WAY VOB RUNNING CLUB	21	G		2:01:08	2:00:49
2038	Clayton	Nel	M	29		21	O		2:01:11	2:00:11
2487	Anne	Muller	W	54	EDGEHEAD RUNNERS	21	M		2:01:30	2:00:44
2463	Nndivheni	Mabidi	M	40	FARANANI ATHLETIC CLUB	21	V		2:01:33	2:00:22
2214	Monelle	Erasmus	W	26	CERES	21	O		2:01:54	2:01:18
2204	Guy	Blackwell	M	39	WEST COAST AC	21	O		2:01:55	2:00:55
2181	Bakang Mcirven	Oepeng	M	26	FIN LIME HARRIERS	21	O		2:02:00	2:01:06
2360	Elizabeth	Coertzen	W	38	NAMAQUA ATHLETICS CLUB	21	O		2:02:20	2:01:50
2436	Sheralee	Jones	W	43	DURBANVILLE ATHLETIC CLUB	21	V		2:02:44	2:02:11
2355	Wanda	Carstens	W	57	SWARTLAND AC	21	M		2:02:47	2:02:24
2196	Barry	Radloff	M	44	WEST COAST AC	21	V		2:02:49	2:01:41
2141	Kevin	Smith	M	27	DURBANVILLE ATHLETIC CLUB	21	O		2:03:09	2:02:14
2256	Lindsay	Visser	W	43	STRAND ATHLETIC CLUB	21	V		2:03:36	2:02:29
2131	Donette	Rabe	W	40	DURBANVILLE ATHLETIC CLUB	21	V		2:03:43	2:02:31
2713	Shaune	Van Der Vywer	M	39		21	O		2:03:47	2:03:21
2280	Alan	Mc Naughton	M	59		21	M		2:03:52	2:03:44
2477	Noelleen	Mcnaughton	W	56	DURBANVILLE ATHLETIC CLUB	21	M		2:03:52	2:03:44
2653	Nico	Steenkamp	M	46	WELLINGTON	21	V		2:04:10	2:03:42
2540	Marina	Smuts	W	59	ARCENOL MITTAL SALDANHA	21	M		2:04:11	2:03:31
2017	Pule Gordon	Goeieman	M	41		21	V		2:04:15	2:04:10
2083	Francois	De Villiers	M	44	CERES	21	V		2:04:25	2:03:55
2221	Samanthia	Holmes	W	28	WEST COAST ATHLETIC CLUB	21	O		2:04:28	2:03:43
2608	Cyril	May	M	54	NANTES ATHLETIC CLUB	21	M		2:04:34	2:03:24
2223	Johan	Jones	M	39	TEAM VITALITY	21	O		2:04:40	2:00:45
2233	Glynn	Mortimer	M	37	EERSTERVIER	21	O		2:04:43	2:03:41
2492	Sandra	Nel	W	47	PAARL AC	21	V		2:04:56	2:04:37
2387	Anita	Engelbrecht	W	26	BELLVILLE	21	O		2:05:28	2:03:39
2489	Hilton	Murray	M	52	BELLVILLE	21	M		2:05:29	2:03:39
2430	Lodewyk	Janawaarie	M	45		21	V		2:05:45	2:04:30
2216	Donovan	Geldenhuis	M	52	TYGERBERG ATHLETIC CLUB	21	M		2:05:45	2:05:10
2010	Annell	Boshoff	W	35		21	O		2:05:49	2:05:04
2073	Cornelis	Boshoff	M	36	WELLINGTON	21	O		2:05:49	2:05:04
2476	Anda	Mbambalala	W	28	RETAIL CLUB LANGA	21	O		2:05:49	2:04:35
2695	Maryke	Calitz	W	36		21	O		2:05:58	2:04:42
2526	Heleene	Schreuder	W	33	NAMAQUA ATHLETICS CLUB	21	O		2:06:03	2:05:48
2318	Logan-lee	Appollis	M	29	TEAM VITALITY	21	O		2:06:05	2:05:29
2082	Amanda	Conway	W	40	WEST COAST ATHLETIC CLUB	21	V		2:06:06	2:05:05
2260	Hennie	Coetzee	M	41		21	V		2:06:09	2:05:49
2551	Elize	Taylor	W	56	ATC RUNNING	21	M		2:06:10	2:06:00
2104	Mukonazwothe	Khalushi	W	33	SANLAM ATHLETIC CLUB	21	O		2:06:18	2:06:02
2555	Linda	Truscott	W	52	MELKBOS ATHLETIC CLUB	21	M		2:06:22	2:05:36
2449	Miekie	Lamprecht	W	54	ARCELOR MITTAL SALDANHA	21	M		2:06:29	2:06:03
2366	Catherine	Constable	W	40	SANDE	21	V		2:06:35	2:06:26
2062	Karin	Burger	W	45	DURBANVILLE ATHLETIC CLUB	21	V		2:06:37	2:06:16
2263	Annarie	Bruwer	W	43		21	V		2:06:43	2:06:12
2177	Emily	Lilford	W	30		21	O		2:06:44	2:06:16
2208	Reed	Connelly	M	48	DURBANVILLE ATHLETIC CLUB	21	V		2:06:50	2:06:40
2269	Karin	Hesse	W	38		21	O		2:06:56	2:06:25
2345	Dewald	Brand	M	36	BRACKENFELL ATHLETIC CLUB	21	O		2:06:57	2:06:23
2358	Jaco	Claassens	M	42	BRACKENFELL ATHLETIC CLUB	21	V		2:06:57	2:06:23
2407	Paula-Jo	Grobler	W	48	WEST COAST ATHLETIC CLUB	21	V		2:07:03	2:06:01
2161	Brian	Sparg	M	53	MULTISPORTS MANIACS	21	M		2:07:26	2:07:09
2534	Mietz	Smit	W	48	ARCELOTTMITTAL SALDANHA	21	V		2:07:50	2:07:41
2514	George	Reissenzahn	M	50	PINELANDS ATHLETIC CLUB	21	M		2:08:02	2:07:16
2159	Annalene	Mostert	W	27		21	O		2:08:20	2:07:42
2039	Lorraine	Oberholzer	W	42		21	V		2:08:47	2:07:53
2117	Susan	Meiring	W	39	SPARTAN HARRIERS	21	O		2:09:20	2:08:44
2441	Mia	Mocke	W	32	STRAND ATHLETIC CLUB	21	O		2:09:25	2:08:37
2029	Hein	Mocke	M	34		21	O		2:09:26	2:08:34
2210	Marie-Louise	De Villiers	W	46	NEW BALANCE MULTISPORT	21	V		2:09:28	2:08:41
2092	Mariana	Galvin	W	51	PAARL AC	21	M		2:09:42	2:09:19
2549	Tanja	Swart	W	39	PAARL AC	21	O		2:09:43	2:09:20
2281	Annemarie	Merkle	W	65	PINE NUTS	21	G		2:09:47	2:09:22
2325	James	Beckett	M	66	K-WAY VOB RUNNING CLUB	21	G		2:09:47	2:09:21
2202	Isak	Bester	M	35	CAPE MULTISPORT CLUB	21	O		2:09:50	2:09:30
2021	Natassja	Janse Van Rensburg	W	22		21	O		2:09:52	2:08:53
2262	Robert	Blake	M	32		21	O		2:09:53	2:08:42
2156	Jeremy	Wagner	M	57	NEDBANK RUNNING CLUB GEORGE	21	M		2:09:59	2:09:12
2365	Kurt	Conradie	M	42	WELLINGTON	21	V		2:10:05	2:09:05
2349	Harry	Burger	M	42	LANGEBAAAN STRANDLOPERS	21	V		2:10:11	2:10:04
2431	Chris	Jansche Van Rensburg	M	50	GOODWOOD HARRIERS	21	M		2:10:35	2:09:59

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2070	Lydia	Bester	W	37	OLD MUTUAL AC	21	O		2:10:58	2:09:47
2544	Theo	Steenkamp	M	64	BELLVILLE	21	G		2:11:09	2:09:57
2054	Elise	Wightman	W	50		21	M		2:11:13	2:10:24
2266	Sonnyboy	Dipedi	M	54	FIN LIME HARRIERS	21	M		2:11:19	2:10:52
2056	Matthew	Williams	M	21		21	O		2:11:22	2:10:04
2415	Anthony	Hawkridge	M	56	SATORI	21	M		2:11:25	2:10:31
2189	Jasper	Vd Westhuizen	M	41		21	V		2:11:38	2:11:19
2472	Nico	Maritz	M	31	SANLAM ATHLETIC CLUB	21	O		2:11:38	2:11:18
2391	Terry	Esterhuizen	M	60	LANGEBAAAN STRANDLOPERS	21	G		2:11:43	2:11:01
4WWWV3P6	Mpho	Mmualefe	M	39		21	O		2:12:08	2:12:04
2174	Francois	Koegelenberg	M	51		21	M		2:12:10	2:11:35
2440	Jonathan	Kaplan	M	52	ATLANTIC ATHLETIC CLUB	21	M		2:12:18	2:11:53
2445	Glenville	Kriel	M	59	DURBANVILLE ATHLETIC CLUB	21	M		2:12:24	2:11:56
2184	Hanneke	Pienaar	W	44		21	V		2:12:30	2:12:05
2530	Latasha	Sidone	W	43	NEDBANK RUNNING CLUB	21	V		2:12:34	2:11:51
2507	Buyiswe Eugenia	Phuncu	W	36	FATCATS AC	21	O		2:12:59	2:11:54
2102	Lynn	Hough	W	32	LANGEBAAAN STRANDLOOPERS	21	O		2:13:02	2:12:54
2257	Erwin	Wallendorf	M	33	DURBANVILLE ATHLETIC CLUB	21	O		2:13:05	2:12:37
2165	Emile	Borman	M	33		21	O		2:13:09	2:12:50
2337	Anel	Borman	W	33	CAPE MULTISPORT CLUB	21	O		2:13:09	2:12:50
2094	Shelley	Gardner	W	54	DURBANVILLE ATHLETIC CLUB	21	M		2:13:10	2:12:48
2577	Gavin	Williams	M	53	METROPOLITAN AC	21	M		2:13:17	2:11:47
2057	Nicole	Williams	W	27		21	O		2:13:17	2:11:47
2190	Bennu	Viljoen	M	27		21	O		2:13:28	2:13:20
422	Philna	Badenhorst	W	42	CELTIC HARRIERS	21	V		2:13:29	2:13:09
2347	Renette	Breedt	W	59	BRACKENFELL ATHLETIC CLUB	21	M		2:13:44	2:13:29
2383	Sandra	Eardly	W	63	K-WAY VOB RUNNING CLUB	21	G		2:13:48	2:13:32
2151	George	Van Niekerk	M	47	EERSTE RIVIER	21	V		2:13:50	2:13:50
2268	Louise	Muller	W	28		21	O		2:14:11	2:13:28
2212	Lezane	Du Plooy	W	32	WELLINGTON	21	O		2:14:23	2:13:46
2344	Charles	Botman	M	52	WELLINGTON	21	M		2:14:24	2:13:15
2175	Izak	Kotze	M	64		21	G		2:14:50	2:14:29
2025	Janitha	Livingstone-Louw	W	29	NULL	21	O		2:14:51	2:13:56
2398	Deneeze	Fritz	W	57	EDGEMEAD RUNNERS	21	M		2:14:57	2:14:11
2154	Cedrick	Van Wyk	M	51	WELLINGTON	21	M		2:14:58	2:13:43
2012	Jamaine	Cloete	M	36		21	O		2:15:06	2:13:59
2292	Kallie	Skippers	M	55		21	M		2:15:07	2:15:02
2717	Jan	Mentoor	M	63	MAMRE AC	21	G		2:15:13	2:14:32
2453	Carien	Lees	W	39	SANLAM ATHLETIC CLUB	21	O		2:15:17	2:14:45
2552	Ronel	Terblanche	W	49	WELLINGTON	21	V		2:15:17	2:14:40
2701	Thabiso	Naha	M	34	MANDELA PARK	21	O		2:15:30	2:15:16
2315	Cathy	Alger	W	56	EDGEMEAD RUNNERS	21	M		2:15:36	2:14:24
2678	Namhla	Dondi	W	36	FAT CATS AC	21	O		2:15:56	2:14:31
2253	Marissa	Van Dyk	W	39	SRANDLOPERS LANGEBAAAN	21	O		2:16:00	2:15:52
2153	Tanya	Van Rooi	W	41	PAARL AC	21	V		2:16:01	2:15:37
2629	Mary	Mwai	W	38	FATCATS AC	21	O		2:16:02	2:14:56
2493	Venita	Nel	W	49	GOODWOOD HARRIERS	21	V		2:16:30	2:16:23
2546	Rosemary	Sutcliffe	W	50	CELTIC HARRIERS	21	M		2:16:52	2:16:16
2201	Asanda	Beba	W	32	RETAIL CLUB LANGA	21	O		2:16:52	2:16:46
2220	Michelle	Hine	M	40	DURBANVILLE ATHLETIC CLUB	21	V		2:16:58	2:16:43
2199	Susan	Schnetler	W	59	PINELANDS ATHLETIC CLUB	21	M		2:17:01	2:16:22
2429	Hlotywa Eric	Jakuja	M	33	RETAIL CAPITAL LANGA RUNNING CLUB	21	O		2:17:18	2:16:34
2036	Emma	Murphy	W	25		21	O		2:17:25	2:17:20
2198	Bill	Barkley	M	72	DURBANVILLE ATHLETIC CLUB	21	GGM		2:18:01	2:17:40
2350	Rob	Burns	M	69	DURBANVILLE ATHLETIC CLUB	21	G		2:18:05	2:17:30
2244	Nikiwe	Polo	W	36	BRACKENFELL ATHLETIC CLUB	21	O		2:18:06	2:17:21
2016	Sarah	Glenday	W	33	ATC RUNNING	21	O		2:18:11	2:17:42
2435	Peter	Johnstone	M	66	SANDF	21	G		2:18:11	2:17:38
2483	Elzaine	Morgan	W	46	KENFAC - SAC	21	V		2:18:12	2:17:35
2145	Frank Joseph	Steyn	M	32	EERSTE RIVER	21	O		2:18:12	2:17:11
2564	Surina	Van Zyl	W	44	GOODWOOD HARRIERS	21	V		2:18:21	2:17:44
2499	Nicola	October	W	38	PAARL AC	21	O		2:18:22	2:17:56
2144	Lindi	Spies	W	39	SWARTLAND AC	21	O		2:18:25	2:17:26
2684	Leonie	Vorster	W	44	DURBANVILLE ATHLETIC CLUB	21	V		2:18:26	2:17:23
2209	Siraaj	Dauids	M	47	DURBANVILLE ATHLETIC CLUB	21	V		2:18:26	2:17:54
2640	Thelma	Naude	W	56	WEST COAST ATHLETIC CLUB	21	M		2:18:27	2:18:04
2341	Thea	Botha	W	59	BRACKENFELL ATHLETIC CLUB	21	M		2:18:44	2:18:27
2354	Sydney	Carstens	M	59	DURBANVILLE ATHLETIC CLUB	21	M		2:18:45	2:18:17
2574	Kalvin	Whittles	M	63	CPUT ATHLETICS CLUB	21	G		2:18:47	2:17:38
2559	Conru	Van Der Westhuizen	W	41	SANLAM ATHLETIC CLUB	21	V		2:18:55	2:17:46
2140	Estérna	Smith	W	37	DURBANVILLE ATHLETIC CLUB	21	O		2:19:01	2:17:50
2600	D B	Hauptfleisch	M	33		21	O		2:19:09	2:18:59
3EYMDRF	Insaf	Kamish	W	44	ITHEKO ATHLETICS CLUB	21	V		2:19:10	2:18:25
2128	Linda	Payton	W	56	SPARTAN HARRIERS	21	M		2:19:23	2:18:30
2326	Jana	Beckett	W	59	K-WAY VOB RUNNING CLUB	21	M		2:19:25	2:18:59
2197	David	Simon	M	55	KUILS RIVER	21	M		2:19:30	2:18:16
2282	Dagmar	Merkle	W	51	PINE NUTS	21	M		2:19:42	2:19:16
2295	Marina	Smith	W	58		21	M		2:19:46	2:19:28
2589	Michele	Murry	W	57	EDGEMEAD RUNNERS	21	M		2:20:00	2:19:26
2698	Gavin	George	M	41	BELLVILLE	21	V		2:20:11	2:20:02

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2170	Heinrich	Gersbach	M	33		21	O		2:20:16	2:19:40
2301	Olivia	Van Der Merwe	W	59		21	M		2:20:51	2:20:11
2583	Milly	Zimmermann	W	47	EDGEHEAD RUNNERS	21	V		2:20:53	2:20:19
2261	Dion	Forster	M	47		21	V		2:21:18	2:20:18
2302	Rachel	Van Eyk	W	46	THE PINE NUTS	21	V		2:21:32	2:21:08
2459	Marizanne	Lombard	W	54	PAARL A C	21	M		2:21:33	2:20:49
2538	Sandra	Amith	W	50	K-WAY VOB RUNNING CLUB	21	M		2:21:52	2:21:33
2535	Julian	Smith	M	34	PINELANDS ATHLETIC CLUB	21	O		2:21:53	2:21:40
2531	Saseka	Sihlwayi	W	40	EASTERNS ATHLETIC CLUB KRAAIFONTEIN	21	V		2:21:59	2:21:01
2450	Simphiwe	Languza	M	37	RETAIL CLUB LANGA	21	O		2:22:18	2:21:34
1GWS14D	Details Not Yet Captured		X	0		21	U		2:22:20	2:21:25
2311	Mari	Ackerman	W	44	BRACKENFELL ATHLETIC CLUB	21	V		2:22:21	2:21:28
2401	Annelize	Geldenhuis	W	48	BRACKENFELL ATHLETIC CLUB	21	V		2:22:22	2:21:30
2001	Pamela Ann	De Wet	W	39	NAMAQUA WINES	21	O		2:22:25	2:21:24
2002	Rudolf	De Wet	M	42	NAMAQUA WINES	21	V		2:22:25	2:21:24
2694	Theo	Pieterse	M	52	BELLVILLE	21	M		2:22:43	2:22:30
2528	Stephen	Seymour	M	58	ATLANTIC ATHLETIC CLUB	21	M		2:22:54	2:22:31
2101	Shannon	Holcroft	W	25	ARCELOR MITTAL SALDANHA	21	O		2:23:04	2:22:23
2669	Amanda	Mclean	W	46	CARBINEERS WP	21	V		2:23:17	2:22:20
2668	Sean	Davids	M	40	CARBINEERS WP	21	V		2:23:18	2:22:20
2418	Derrize	Hoffman	W	28	DURBANVILLE ATHLETIC CLUB	21	O		2:23:23	2:23:12
2617	Magdalene	Misroll	W	39	PINELANDS ATHLETIC CLUB	21	O		2:23:36	2:23:09
2142	Marlize	Smith	W	27	DURBANVILLE ATHLETIC CLUB	21	O		2:23:41	2:22:46
2129	Tania	Pheiffer	W	43	CAPE MULTISPORT CLUB	21	V		2:23:44	2:23:38
2112	Roslin	Losper	W	49	PAARL AC	21	V		2:23:50	2:23:26
2506	Nasser	Petersen	M	60	KENFAC	21	G		2:24:04	2:22:49
2136	Anel	Rossouw	W	37	ARCELOR MITTAL AC	21	O		2:24:06	2:23:32
2272	Len	Kok	M	51		21	M		2:24:10	2:23:09
2723	Charlene	Maartens	W	49	EDGEHEAD RUNNING CLUB	21	V		2:24:35	2:23:44
2286	Aletta	Roux	W	53		21	M		2:24:40	2:24:20
2286	Aletta	Roux	W	53		21	M		2:24:40	2:24:40
2283	Itumeleng	Morulane	M	54		21	M		2:25:07	2:24:55
2581	Charlotte	Young	W	42	K-WAY VOB RUNNING CLUB	21	V		2:25:12	2:24:44
2353	Neil	Carrick	M	46	K-WAY VOB RUNNING CLUB	21	V		2:25:12	2:24:46
2543	Nomfundiso Sweetness	Soyeye	W	43	RETAIL CLUB LANGA	21	V		2:25:18	2:25:11
2118	Emiline	Miller	W	23	EASTERNS ATHLETIC CLUB KRAAIFONTEIN	21	O		2:25:20	2:24:23
2206	Moose	Burger	M	45	GOODWOOD HARRIERS	21	V		2:25:20	2:24:32
2314	Bernadette	Alexander	W	50	MITCHELLS PLAIN TITANS AC	21	M		2:25:32	2:25:15
2594	Gustav	West	M	41		21	V		2:25:53	2:25:40
2627	Linda	Sparks	W	58	HOUT BAY HARRIERS	21	M		2:25:54	2:24:40
2047	Lwandle	Sobhayi	W	39		21	O		2:26:01	2:24:40
2628	Michele	Priestman	W	60	K-WAY VOB RUNNING CLUB	21	G		2:26:02	2:24:47
2548	Pierre	Swanepoel	M	31	LANGEBERG ATHLETICS CLUB	21	O		2:26:03	2:25:20
2648	Maryka	Treurnich	W	36	BELLVILLE	21	O		2:26:12	2:25:59
2255	Werner	Viljoen	M	38	PAARL AC	21	O		2:26:16	2:25:25
2179	Hanli	Marais	W	55	DURBANVILLE ATHLETIC CLUB	21	M		2:26:23	2:25:44
2169	Elmarie	De Bruin	W	55		21	M		2:26:23	2:25:46
2072	Allan	Bird	M	52	IN TOUCH AC	21	M		2:26:29	2:25:39
2414	Sean	Harris	M	55	PINELANDS ATHLETIC CLUB	21	M		2:26:51	2:26:09
2139	Phaphama	Sikundla	M	30	FAT CATS AC	21	O		2:27:00	2:25:45
2064	Pauline	Apollis	W	49	WELLINGTON	21	V		2:27:19	2:26:59
2271	La Douce	Janine	W	44		21	V		2:27:22	2:26:33
2203	Kirk Jaco	Beukes	M	55	SANDB	21	M		2:27:23	2:26:44
2119	Walter	Minnaar	M	53	RAVENSMEAD AC	21	M		2:27:48	2:27:29
2716	George	Lewis	M	63	MAMRS AC	21	G		2:27:49	2:27:06
2111	Edward Erick	Libbie	M	59	TOPFORM AC	21	M		2:28:10	2:27:52
2110	Butch	Leask	M	64	WEST COAST ATHLETIC CLUB	21	G		2:28:11	2:27:42
2464	Beryl	Maharage	W	53	CELTIC HARRIERS	21	M		2:28:32	2:27:07
2465	Rodney	Maharage	M	56	CELTIC HARRIERS	21	M		2:28:32	2:27:06
2160	Clifford	Reddell	M	37		21	O		2:28:58	2:28:18
2692	Karin	Theron	W	51	BRACKENFELL ATHLETIC CLUB	21	M		2:29:02	2:28:45
2342	Yolanda	Botha	W	51	BRACKENFELL ATHLETIC CLUB	21	M		2:29:18	2:29:00
2246	Louise	Stander	W	29	CERES	21	O		2:29:21	2:28:45
2099	Jaco	Hanekom	M	35	DURBANVILLE ATHLETIC CLUB	21	O		2:29:33	2:28:39
2676	Boet	Delpport	M	63	WEST COAST ATHLETIC CLUB	21	G		2:29:45	2:29:20
2697	Meyer	Dalton	M	35	BELLVILLE	21	O		2:29:46	2:29:34
2523	Moesa	Safaar	M	59	TOPFORM	21	M		2:29:49	2:28:47
2416	Moegammad	Hendricks	M	56	RCS EUGS	21	M		2:29:52	2:29:03
2232	Donavan	Matthews	M	52	GOODWOOD HARRIERS	21	M		2:29:59	2:29:22
2443	Gill	Koch	W	63	WEST COAST ATHLETIC CLUB	21	G		2:30:12	2:29:20
2173	Estelle	Kellerman	W	46		21	V		2:30:16	2:29:28
2621	Adell	Erasmus	W	47	WELLINGTON	21	V		2:30:16	2:29:28
2014	Petra	Erasmus	W	25		21	O		2:30:26	2:29:31
2090	Natania	Esterhuizen	W	25	SWARTLAND AC	21	O		2:30:34	2:29:39
2134	Jerome	Richards	M	47	RAVENSMEAD AC	21	V		2:30:39	2:30:26
2133	Cecelia	Richards	W	53	RAVENSMEAD AC	21	M		2:30:39	2:30:24
2042	Lee	Reynecke	M	33		21	O		2:30:40	2:29:43
2586	Caspar	Greeff	M	84	ATLANLETIC CLUBTIC ATH	21	GGM		2:30:41	2:30:08
2513	Zimkhitha	Qwetha	W	35	RETAIL CLUB LANGA	21	O		2:30:47	2:29:55
2671	Aviwe	Mgijima	M	31	KHAYELITSHA AC	21	O		2:30:48	2:30:44

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2024	Christopher	Lee	M	45		21	V		2:31:32	2:25:55
2171	Di	Glenday	W	60		21	G		2:31:53	2:31:23
2322	Noeline	Barclay	W	54	ARCELOR MITTAL AC	21	M		2:32:04	2:31:25
2296	Willem	Smith	M	55		21	M		2:32:19	2:32:02
2176	Realeboga Maleho	Lencwane	M	28	FIN LIME HARRIERS	21	O		2:32:22	2:31:27
2428	Salome	Jacobs	W	33	CORRECTIONAL SERVICES	21	O		2:32:40	2:32:22
2390	Sarie	Erasmus	W	69	SWARTLAND AC	21	G		2:32:57	2:32:20
2235	Lunga	Mpondo	M	21	EERSTERVIER	21	O		2:33:16	2:32:16
2702	Michael	Kellett	M	46	WEST COAST ATHLETIC CLUB	21	V		2:33:36	2:32:18
2046	Natasja	Smuts	W	30		21	O		2:33:49	2:33:26
2009	Santi	Blom	W	37		21	O		2:34:42	2:33:45
2023	Carmen	Koch	W	31		21	O		2:34:42	2:33:45
2015	Niki	Giles	W	44		21	V		2:34:53	2:34:21
2130	Adre	Pieterse	W	44	BAK	21	V		2:34:59	2:34:48
2252	Paula	Van Der Merwe	W	55	WEST COAST ATHLETIC CLUB	21	M		2:35:39	2:34:27
2385	Robert	Edson	M	54	IN TOUCH AC	21	M		2:35:47	2:34:56
2652	Hester	Fortune	W	63	BRACKENFELL ATHLETIC CLUB	21	G		2:36:13	2:36:03
2067	Raoul	Barnes	M	51	CPUT ATHLETICS CLUB	21	M		2:36:26	2:35:39
2630	Siyasanga	Mjxenane	W	36	EDGEMEAD RUNNERS	21	O		2:36:30	2:36:16
2045	Cobus	Smuts	M	35		21	O		2:36:49	2:36:26
2710	Neil	Braaf	M	38		21	O		2:36:50	2:35:49
2245	Khanyisa	Skosana	W	33	RCS GUGULETHU ATHLETIC CLUB	21	O		2:37:09	2:35:48
2240	Adian	Ockhuis	M	39	WELLINGTON	21	O		2:37:16	2:36:56
2677	Natasha	Jantjies	W	32	LANGEBAAAN AC	21	O		2:37:32	2:37:04
2408	Chantal	Groenewald	W	41	SPARTAN HARRIERS	21	V		2:37:41	2:36:49
2557	Lionie	Van Den Bergh	W	30	ATC RUNNING	21	O		2:38:28	2:38:01
2115	Zonke	Mbindela	W	48	WCAC	21	V		2:38:35	2:37:23
2437	Jolita	Joseph	W	54	WELLINGTON	21	M		2:38:42	2:38:21
2188	Samantha	Van Den Berg	W	47		21	V		2:38:42	2:38:13
2685	Marjorie	Swartz	W	65	ELSIES	21	G		2:39:01	2:38:53
2666	Justin	De Klerk	M	43	WEST COAST ATHLETIC CLUB	21	V		2:39:10	2:38:23
2529	Kim Leigh	Shaw	W	36	K-WAY VOB RUNNING CLUB	21	O		2:39:13	2:38:42
2442	Lynette	King	W	55	EDGEMEAD RUNNERS	21	M		2:39:32	2:38:59
2254	Marili	Viljoen	W	36	DURBANVILLE ATHLETIC CLUB	21	O		2:40:02	2:38:51
2412	Peter-John	Harmse	M	55	CORRECTIONAL SERVICES	21	M		2:40:06	2:39:52
2312	Wendy	Adams	W	57	RCS GUGULETHU ATHLETIC CLUB	21	M		2:40:54	2:40:32
2217	Jako	Grundling	M	40	ATC RUNNING	21	V		2:40:57	2:39:59
2455	Marius	Leuvennink	M	61	STELLENBOSCH ATHLETIC CLUB	21	G		2:41:56	2:41:20
2367	Ayesha	Cozyn	W	46	OMMIEDRAAI	21	V		2:41:58	2:41:25
9XMH2PH	Shanaaz	Price	W	60	OMMIEDRAAI RUNNERS	21	G		2:42:00	2:41:27
2294	Marthie	Smit	W	46		21	V		2:42:16	2:41:20
2277	Ragie	Le Roux	M	61		21	G		2:42:17	2:41:21
2275	Chris	Lausberg	M	20		21	O		2:43:03	2:42:21
2481	William Robert	Milford	M	47	SWARTLAND AC	21	V		2:43:36	2:42:26
2518	Andrew	Rich	M	49	DURAC	21	V		2:43:58	2:43:39
2682	Rickey	Govindsami	M	54	BLUEDOWNS AC	21	M		2:44:14	2:43:25
2107	Nico	Kock	M	51	AAC ATLANTIC ATHLETICS CLUB	21	M		2:44:25	2:43:42
2664	Ms-Dani	Lindelwa	W	35	NEDBANK RUNNING CLUB	21	O		2:44:56	2:43:48
2242	Nicky	Philander	W	45	OMMIEDRAAI	21	V		2:44:56	2:44:04
2215	Jamil	Forsyth-Githahu	M	42	OMMIEDRAAI	21	V		2:44:57	2:44:00
2567	Sonja	Vermaak	W	50	RUN WALK FOR LIFE	21	M		2:44:59	2:44:59
2362	Linda	Coetzee	W	58	PINELANDS ATHLETIC CLUB	21	M		2:45:03	2:39:30
2466	Linda	Mallon	W	57	PINELANDS ATHLETIC CLUB	21	M		2:45:03	2:44:21
2225	Audrey	Kayster	M	41	BRACKENFELL ATHLETIC CLUB	21	V		2:45:37	2:45:21
2636	Heinrich Irvin	Van Der Sandt	M	50	INTOUCH ATHLETIC CLUB	21	M		2:45:42	2:44:51
2125	Christel	Nossek	W	36	SPARTAN HARRIERS	21	O		2:46:04	2:45:19
2467	Wandile	Mangxola	M	46	RCS GUGULETHU ATHLETIC CLUB	21	V		2:46:09	2:45:58
2126	Steven	Oconnor	M	33	WEST COAST ATHLETIC CLUB	21	O		2:46:35	2:45:23
2382	Kholiwe	Dubula	W	37	RETAIL CLUB LANGA	21	O		2:46:45	2:45:52
2573	Franz	Wetzl	M	73	FIT 2000	21	GGM		2:47:08	2:46:41
2085	Anushka	Du Plessis	W	27	DURBANVILLE ATHLETIC CLUB	21	O		2:47:29	2:46:25
2394	Donald	Fisher	M	59	TYGERBERG ATHLETIC CLUB	21	M		2:48:12	2:43:32
2078	Belinda	Claassen	W	56	RAVENSMEAD AC	21	M		2:48:19	2:48:09
2258	Susan	Wangui	W	23	FAT CATS AC	21	O		2:48:20	2:47:16
2413	Lee-ann	Harris	W	52	PINELANDS ATHLETIC CLUB	21	M		2:48:41	2:48:02
2601	Rene	Warnes	W	27		21	O		2:48:41	2:48:02
2065	Peter	Arendse	M	52	PINELANDS CLUB	21	M		2:48:55	2:48:14
2410	Janetta	Harmse	W	52	CORRECTIONAL SERVICES	21	M		2:49:08	2:48:50
2623	Palesa	Molikeng	W	37	KHAYELITSHA AC	21	O		2:50:05	2:49:08
2122	Sebenzile	Ngobeni	W	28	SANDB	21	O		2:50:08	2:49:57
2726	Jayne	Roestorf	W	47	PINELANDS ATHLETIC CLUB	21	V		2:50:13	2:50:13
2397	Willem	Fransman	M	62	SANLAM ATHLETIC CLUB	21	G		2:50:26	2:49:38
2058	Denise	Ziegelasch	W	42		21	V		2:50:38	2:49:46
2356	Juan	Clarence	M	48	BELLVILLE	21	V		2:50:50	2:49:36
2490	Lizet	Murray	W	47	BELLVILLE	21	V		2:50:51	2:49:37
3S2X76C	Details Not Yet Captured		X	0		21	U		2:50:52	2:49:37
2471	Andre	Mariano	M	47	BELLVILLE	21	V		2:50:52	2:49:40
2541	Gerhard	Snyman	M	60	BELLVILLE	21	G		2:50:54	2:49:40
2247	Sharon	Steenkamp	W	45	WEST COAST AC	21	V		2:50:56	2:49:45
2379	Janice	Du Plessis	W	58	EDGEMEAD RUNNERS	21	M		2:51:04	2:50:14

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2143	Conrad	Spies	M	43	SWARTLAND AC	21	V		2:51:17	2:50:18
2681	Leanne	Loubser	W	44	WEST COAST ATHLETIC CLUB	21	V		2:51:34	2:50:23
2607	Clint	Conrad	M	39	CELTIC HARRIERS	21	O		2:51:45	2:50:37
2622	Sumayah	Allie	W	42	ITHEKO ATHLETICS CLUB	21	V		2:52:00	2:51:13
2259	Jonathan	Williams	M	37	RCS GUGULETHU ATHLETIC CLUB	21	O		2:52:31	2:51:22
2411	Percival	Harmse	M	28	CORRECTIONAL SERVICES	21	O		2:52:39	2:52:18
2384	Clair	Edson	W	48	IN TOUCH AC	21	V		2:52:42	2:51:55
2211	Abigail	Dourie	W	34	CORRECTIONAL SERVICES	21	O		2:52:46	2:52:26
2081	Cecile	Collyer	W	36	EDGEMEAD RUNNERS	21	O		2:52:47	2:51:40
2241	Naz	Parker	M	48	WEST COAST ATHLETIC CLUB	21	V		2:53:05	2:51:54
2361	Adel	Coetzee	W	56	WEST COAST ATHLETIC CLUB	21	M		2:53:05	2:51:48
2096	Louise	Gillett	W	41	WELLINGTON	21	V		2:53:56	2:52:50
2582	Marjorie	Young	W	46	STRAND ATHLETIC CLUB	21	V		2:54:43	2:54:06
2106	Judy	Kock	W	47	AAC ATLANTIC ATHLETICS CLUB	21	V		2:54:44	2:54:00
2422	Trudy	Hough	W	59	WEST COAST ATHLETIC CLUB	21	M		2:54:45	2:53:31
2644	Charles	Rhodes	M	59	ATLANTIS HARRIERS	21	M		2:55:02	2:54:24
2395	Dawood	Fortune	M	64	TOPFORM ATHLETIC CLUB	21	G		2:55:06	2:54:02
2462	Neolene	Heunis	W	49	BELLVILLE	21	V		2:55:17	2:55:05
2305	Danie	Lourens	M	55		21	M		2:55:17	2:55:03
2250	Vatiswa	Swaartbooi	W	36	RCS GUGULETHU ATHLETIC CLUB	21	O		2:55:18	2:53:56
2236	Palesa	Mtswane	W	34	FAT CATS AC	21	O		2:55:19	2:53:58
2137	Edith Wilma	Sampson	W	58	WELLINGTON	21	M		2:55:20	2:54:58
2475	Bill	Maycock	M	76	RUN WALK FOR LIFE	21	GGM		2:55:29	2:54:57
2409	Gavin	Hardres - Williams	M	75	RUN WALK FOR LIFE	21	GGM		2:55:29	2:54:58
2386	Daniel	Eigelaar	M	41	AAC	21	V		2:55:32	2:55:10
2336	Candice	Boonzaaier	W	42	CPUT	21	V		2:55:48	2:54:57
2132	Belinda	Rhodes	W	48	PINELANDS ATHLETIC CLUB	21	V		2:56:12	2:55:32
2688	Mohammed	Kasker	M	46	HEWAT ATHLETIC CLUB	21	V		2:57:32	2:56:48
2061	Cathleen	Matthee	W	43	RAVENSMEAD AC	21	V		2:57:38	2:57:22
2059	Samir	Elamri	M	36		21	O		2:57:39	2:56:58
2063	Chantal	Adams	W	43	IN TOUCH AC	21	V		2:58:11	2:57:02
2339	Welna	Boshoff	W	39	DURBANVILLE ATHLETIC CLUB	21	O		2:58:43	2:57:37
2613	Abubakar	Salie	M	46	GOODWOOD HARRIERS	21	V		2:59:12	2:58:25
2093	Bernard	Gantana	M	55	RAVENSMEAD ATHLETICS CLUB	21	M		2:59:27	2:59:10
2592	Carmen Amelia	Jansen	W	36	STRAND ATHLETIC CLUB	21	O		2:59:47	2:57:38
2334	Sharif	Bhikoo	M	66		21	G		3:00:44	2:59:55
2330	Annatjie	Berntzen	W	77	GOODWOOD HARRIERS	21	GGM		3:01:13	3:01:09
2238	Kanyisa	Nohako	W	34	BRACKENFELL ATHLETIC CLUB	21	O		3:01:14	3:00:28
2004	Keith	Apolles	M	63		21	G		3:01:36	3:00:40
2200	Danfred	Afrika	M	31	SWARTLAND AC	21	O		3:01:55	3:01:13
2218	Feziwe	Gwe	W	41	FAT CATS AC	21	V		3:02:41	3:01:21
2364	Stanley	Congo	M	55	METROPOLITAN AC	21	M		3:03:20	3:02:21
2276	Karen	Lausberg	W	45		21	V		3:03:48	3:03:06
2274	Celius	Lausberg	M	48		21	V		3:03:51	3:03:13
2114	Flora	Masamba	W	54	OMMIEDRAAI	21	M		3:07:12	3:06:41
2721	Sammy	Harris	M	59		21	M		3:07:14	3:06:02
2005	Naomi	Apolles	W	64		21	G		3:08:35	3:07:40
2480	Nandi	Mgingqi	W	38	KHAYELITSHA AC	21	O		3:08:58	3:08:15
2074	Terri-Lee	Boucher	W	28	DURBANVILLE ATHLETIC CLUB	21	O		3:09:25	3:09:01
2389	Johannes	Erasmus	M	48	DURBANVILLE ATHLETIC CLUB	21	V		3:09:27	3:08:20
2XNWWHG	Details Not Yet Captured		X	0		21	U		3:10:30	3:10:22
2095	Lesley	Gillett	W	41	WELLINGTON	21	V		3:10:37	3:09:30
2585	Lewis	Collyer	M	64	EDGEMEAD RUNNERS	21	G		3:10:39	3:09:32
2127	Deirdre Joy	Orr	W	50	RAVENSMEAD AC	21	M		3:10:57	3:10:13
2089	Chantel	Erasmus	W	42	RAVENSMEAD AC	21	V		3:11:02	3:10:48
2712	Brigitte	Fell	W	30	CARBINEERS WESTERN CAPE	21	O		3:11:27	3:10:25
2124	Johrine	Nortje	W	62	SANLAM RUN CLUB	21	G		3:12:19	3:11:28
2088	Riana	Engelbrecht	W	46	ARCELOR MITTAL AC	21	V		3:12:56	3:12:08
2673	Roegseena	Stevens	W	44	PINELANDS ATHLETIC CLUB	21	V		3:12:58	3:12:11
2299	Anneen	Swanepoel	W	58		21	M		3:13:17	3:12:33
326	Aseza	Nqeto	M	27	RCS GUGULETHU ATHLETIC CLUB	21	O		3:13:54	3:12:34
2066	Hanzel	Baker	M	44	KENFAC	21	V		3:14:11	3:13:33
VX1H63N	Christopher	Meyer	M	73	TYGERBERG ATHLETIC CLUB	21	GGM		3:15:09	3:14:59
2239	Nondumiso	Nomlala-Nqaphi	W	34	SAPS EASTERN PROVINCE ATHLETICS CLUB	21	O		3:16:20	3:15:05
2293	Gerhard	Smit	M	50	RUN WALK FOR LIFE	21	M		3:16:45	3:16:12
2138	Mari	Schade	W	50	CENTURY CITY ATHLETIC CLUB	21	M		3:20:25	3:19:25
2536	Mercia	Smith	W	51	PINELANDS ATHLETIC CLUB	21	M		3:24:07	3:23:01
2079	John	Claassen	M	55	RAVENSMEAD AC	21	M		3:24:19	3:24:08
2381	Pamela	Duarte	W	44	PINELANDS ATHLETIC CLUB	21	V		3:25:15	3:24:10
2496	Josephine	Norodien	W	43	PINELANDS ATHLETIC CLUB	21	V		3:25:16	3:24:10
2213	Florence	Dzimwasha	W	45	WEST COAST ATHLETIC CLUB	21	V		3:28:00	3:27:34
DN7FEAD	Dermott	Devine	M	84	AC SIS VOB	21	GGM		3:28:47	3:27:43
2248	Bianca	Strijdom	W	33	WEST COAST ATHLETIC CLUB	21	O		3:30:43	3:29:31
2497	Susan	Oconnor	W	59	WEST COAST ATHLETIC CLUB	21	M		3:30:54	3:29:41
2672	Aqeelah	Ceres	W	26	PINELANDS ATHLETIC CLUB	21	O		3:34:11	3:33:04
2674	Adiel	Ceres	M	53	PINELANDS ATHLETIC CLUB	21	M		3:34:12	3:32:56
2237	Veena	Naran-Smith	W	33	PINELANDS ATHLETIC CLUB	21	O		3:40:29	3:40:14
2495	Jean	Nepgen	M	74	KOWIE STRIDERS	21	GGM		3:40:48	3:39:40
2378	Jan	Du Plessis	M	64	HELDERBERG HARRIERS	21	G		3:43:30	3:42:21
2591	Jan	Swart	M	60	FIT2000WP	21	G		3:43:31	3:42:27

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
2091	Willie	Gagiano	M	45	GOODWOOD	21	V		3:43:36	3:43:29
2373	Christel	De Swardt	W	38	SANLAM ATHLETIC CLUB	21	O		3:47:42	3:47:35
2219	Kulsoembibi	Hassan	W	50	CARBINEERS WP	21	M		3:48:53	3:48:38
2229	Nicolaas	Laubscher	M	51	TYGERBERG ATHLETIC CLUB	21	M		3:55:34	3:54:40
2148	Carmen	Taylor	W	39	CELTIC HARRIERS	21	O	DNF		
2167	Alan	Breakey	M	51		21	M	DNF		
2405	David	Green	M	65	EDGE MEAD RUNNERS	21	G	DNF		
2675	Monique	Martens	W	55	WEST COAST ATHLETIC CLUB	21	M	DNF		
1ZVVKNC	Bea	Theunissen	W	36	STELLE BOSCH ATHLETICS	21	O	DNF		