



# 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
372	Sithembiso	Mqhele	M	28	RCS GUGULETHU ATHLETIC CLUB	42	O		2:40:23	2:40:19
676	Simphiwe	Vellem	M	40	RCS GUGULETHU ATHLETIC CLUB	42	V		2:43:51	2:43:46
711	Brandon	Pullen	M	24	ITHOKO	42	O		2:47:02	2:46:59
442	Neil	Broers	M	38	CAPE MULTISPORT CLUB	42	O		2:49:32	2:49:26
710	Marks	Mpekula	M	30	LANGEBAAN AC	42	O		2:53:19	2:53:16
570	Reuben	Mhashu	M	30	HOUT BAY HARRIERS	42	O		2:55:26	2:55:20
570	Reuben	Mhashu	M	30	HOUT BAY HARRIERS	42	O		2:55:27	2:55:21
308	Werner	Bruckner	M	38	METROPOLITAN AC	42	O		2:59:11	2:59:04
474	Sityhilo	Diko	M	27	NEDBANK RUNNING CLUB	42	O		3:00:35	3:00:31
600	Mduduzi Maurice	Nhleko	M	33	NEDBANK RUNNING CLUB	42	O		3:00:46	3:00:41
609	Lehlohonolo	Nyombane	M	28	NEDBANK RUNNING CLUB	42	O		3:04:12	3:04:09
458	Tawanda	Chomuzinda	M	41	RCS GUGULETHU ATHLETIC CLUB	42	V		3:04:48	3:04:43
689	Musa	Zweni	M	28	NEDBANK RUNNING CLUB	42	O		3:06:21	3:06:16
650	Gcobani	Sitsheke	M	33	EATERNS KRAAIFONTEIN AC	42	O		3:08:59	3:08:56
517	Francis	Jeke	M	49	HOUT BAY HARRIERS	42	V		3:09:29	3:09:24
326	Aseza	Nqeto	M	27	RCS GUGULETHU ATHLETIC CLUB	42	O		3:09:31	3:09:25
758	Mandla	Pangalele	M	41		42	V		3:10:23	3:10:18
720	Thebeetsile	Kgaswane	M	30	SANDB	42	O		3:13:10	3:12:58
322	Isaac	Manuel	M	54	EDGEMEAD RUNNERS	42	M		3:13:26	3:13:21
493	Werner	Geldenhuis	M	43	CAPEMULTISPORT	42	V		3:14:18	3:13:45
9M22YXK	Details Not Yet Captured		X	0		42	U		3:14:58	3:20:00
663	Jannie	Tieties	M	31	NAMAQUA ATHLETICS CLUB	42	O		3:15:31	3:15:18
663	Jannie	Tieties	M	31	NAMAQUA ATHLETICS CLUB	42	O		3:15:32	3:15:21
417	Abrahams	Afrika	M	44	SWARTLAND ATKLUB	42	V		3:16:32	3:16:28
730	Simphiwe	Tanga	M	29	NEDBANK RUNNING CLUB	42	O		3:20:22	3:20:16
311	Thanduxolo	Cetywayo	M	33	RCS GUGULETHU ATHLETIC CLUB	42	O		3:20:28	3:20:21
590	Mziwethu	Myali	M	39	BRACKENFEL ATHLETICS CLUB	42	O		3:21:01	3:20:56
536	Ben	Kooyman	M	31	CELTIC HARRIERS	42	O		3:21:09	3:21:02
668	Jana	Van Houwelingen	W	31	AAC	42	O		3:21:42	3:21:33
480	Jan	Du Toit	M	45	SANDB	42	V		3:23:54	3:23:49
327	Erhard	Sauer	M	29	ALIWAL ROAD RUNNERS	42	O		3:23:59	3:23:21
466	Paul	Conradie	M	48	BRACKENFELL ATHLETIC CLUB	42	V		3:25:00	3:24:49
366	Collen	Maroyeke	M	32	HOUT BAY HARRIERS	42	O		3:26:21	3:26:14
456	Girland	Chibaya	M	44	RUNZONE AC	42	V		3:26:41	3:26:35
608	Zolani	Mtsodo	M	55	SANDB ATHLETIC CLUB-WP	42	M		3:26:48	3:26:36
585	Christo	Muller	M	51	NEDBANK RUNNING CLUB	42	M		3:27:49	3:27:44
165	Dawid	Andrews	M	53	HOPEFIELD AC	42	M		3:27:53	3:27:45
525	Mark	Kalis	M	44	CELTIC HARRIERS	42	V		3:28:32	3:28:26
734	Melamane	Sesethu	W	35	IN TOUCH AC	42	O		3:29:09	3:29:02
573	ElmT	Middlemost	W	40	BRACKENFELL ATHLETIC CLUB	42	V		3:30:07	3:30:00
746	Albertus	Philander	M	44		42	V		3:30:08	3:30:03
750	Mpenduho	Sigwood	M	32		42	O		3:30:32	3:30:28
555	Mazotsho	Makolwa	M	48	RC LANGA	42	V		3:30:37	3:30:34
545	Nkosinathi	Losini	M	40	IN TOUCH AC	42	V		3:33:10	3:33:01
615	Andre	Pepler	M	56	WEST COAST ATHLETIC CLUB	42	M		3:33:40	3:33:15
593	Bheki	Ndlovu	M	37	AUTO STYLE A.C	42	O		3:34:11	3:34:01
444	Danie	Bruwer	M	39	CAPE MULTISPORT CLUB	42	O		3:34:47	3:34:24
741	Joel	Chokoe	M	32	FAT CATS AC	42	O		3:35:20	3:34:45
380	Rudy	Oliver	M	38	ATC RUNNING	42	O		3:35:20	3:35:12
588	Vincent	Mwangi	M	41	FAT CATS AC	42	V		3:35:20	3:34:44
688	Clint	Williams	M	38	WELLINGTON ATHLETICS	42	O		3:35:51	3:35:22
713	Mashoro	Masemola	M	32	SANDB	42	O		3:36:37	3:36:26
465	Wilhelm	Coetzee	M	62	WEST COAST ATHLETIC CLUB	42	G		3:37:00	3:36:48
664	Nhlanhla	Tshabalala	M	31	IN TOUCH AC	42	O		3:37:16	3:37:08
715	Confrence Lucas	Khoza	M	29	SANDB	42	O		3:38:31	3:37:56
428	Michiel	Basson	M	38	STELLENBOSCH ATHLETICS CLUB	42	O		3:39:41	3:39:18
656	Johny	Strydom	M	50	ASHTON ATHLETIC	42	M		3:40:25	3:40:19
751	Dumisa	Dyantyi	M	37		42	O		3:41:24	3:41:07
603	Leslie	Norris	M	58	CAPE MULTISPORT CLUB	42	M		3:42:14	3:41:56
745	Thomas	Moses	M	62	WORCESTER AK	42	G		3:42:55	3:42:42
9FHC3C5	Details Not Yet Captured		X	0		42	U		3:43:01	3:42:55
513	Richard	Jacobs	M	56	WORCESTER ATHLETICS CLUB	42	M		3:43:03	3:42:48
754	Adrian Stephen	Goliath	M	34		42	O		3:43:33	3:43:25
534	Marietjie	Kohn	W	37	BORN 2 RUN AC	42	O		3:44:16	3:44:07
449	Victor	Buso	M	41	TSUTSUMANI ATHLETICS CLUB	42	V		3:46:31	3:45:55

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
597	Sam	Newton	M	44	BELLVILLE	42	V		3:47:02	3:46:43
381	Sifiso	Radebe	M	27	NEDBANK RUNNING CLUB	42	O		3:47:31	3:47:22
718	Sinethemba	Mrulwa	M	32	K-WAY VOB RUNNING CLUB	42	O		3:47:56	3:47:46
345	Christopher	Tomlinson	M	38	WEST COAST ATHLETIC CLUB	42	O		3:48:23	3:47:56
690	Philip-John	Du Toit	M	26	NEDBANK RUNNING CLUB	42	O		3:48:26	3:48:20
641	Edrees	Sedick	M	34	OMMIEDRAAI	42	O		3:48:58	3:48:40
451	Tawanda	Bwerinofa	M	36	GOODWOOD HARRIERS	42	O		3:49:06	3:48:41
515	Peter	Jaehne	M	54	OUTENIQUA HARRIERS	42	M		3:49:29	3:49:17
622	Tshifhiwa	Ratombo	M	41	DURBANVILLE ATHLETIC CLUB	42	V		3:50:13	3:50:08
719	Zibusiso	Ngwenya	M	46		42	V		3:50:18	3:50:09
712	Stephen	Rondganger	M	41	EASTERNS ATHLETIC CLUB KRAAIFONTEIN	42	V		3:50:21	3:50:14
341	David	Askew	M	45	CELTIC HARRIERS	42	V		3:51:45	3:51:39
743	Kudzai	Mahachi	M	38		42	O		3:53:01	3:52:54
332	Danie	Van Der Merwe	M	51	STELLENBOSCH ATHLETICS CLUB	42	M		3:53:07	3:52:43
393	Derick	Adams	M	40		42	V		3:53:33	3:53:28
476	Hendrik	Dourie	M	51	IN TOUCH ATHLETICS	42	M		3:54:34	3:54:04
670	Bekker	Van Niekerk	M	49	WELLINGTON	42	V		3:54:47	3:54:34
565	Vincent	Masingi	M	36	PARLIAMENT OF RSA	42	O		3:54:48	3:54:32
472	Karen	De Kock-wentzel	W	42	DURBANVILLE ATHLETIC CLUB	42	V		3:54:56	3:54:44
432	Elmarie	Bosman	W	37	DURBANVILLE ATHLETIC CLUB	42	O		3:55:38	3:55:30
628	Monique	Roberts	W	37	EDGEMEAD RUNNERS	42	O		3:55:53	3:55:44
660	Laura	Peddle	W	36	STRAND ATHLETIC CLUB	42	O		3:55:58	3:55:43
556	Leon	Malan	M	34	MELKBOS ATHLETIC CLUB	42	O		3:55:59	3:55:42
702	Ashraf	Orrie	M	51	ITHEKO ATHLETICS CLUB	42	M		3:56:00	3:55:58
740	Vuyani	Jara	M	41	RCS GUGULETHU ATHLETIC CLUB	42	V		3:56:20	3:56:05
642	Mahlogonolo Lucky	Selowa	M	38	OBSERVATORY RUNNING CLUB	42	O		3:56:20	3:55:57
552	Selbourne	Makhomo	M	45	IN TOUCH AC	42	V		3:56:37	3:56:04
178	Louis	Van Der Walt	M	56	LANGEBAAN STRANDLOPERS	42	M		3:57:15	3:57:05
727	Jonathan	Lak	M	32		42	O		3:57:27	3:57:08
502	Charisse	Hansen	W	54	LANGEBAAN STRANDLOPERS	42	M		3:58:16	3:58:06
738	Munzhelele	Mashudu	M	35	METROPOLITAN AC	42	O		3:58:19	3:58:15
408	Johannes	Strauss	M	61	CPUT ATHLETIC CLUB	42	G		3:58:21	3:58:07
535	Veruschke	Kolbe	W	41	WILDRUNNER AC	42	V		3:58:22	3:58:15
547	Brandon	Lyners	M	37	RCS GUGULETHU ATHLETIC CLUB	42	O		3:58:23	3:58:16
196	Gerhard	Brink	M	55	WELLINGTON	42	M		3:58:29	3:57:56
173	Cailey	Bredenkamp	W	56	PAARL AC	42	M		3:58:33	3:58:22
616	Tavon	Petersen	M	28	STRAGGLERS	42	O		3:58:36	3:58:24
693	Unathi	Solora	M	38	PINELANDS ATHLETIC CLUB	42	O		3:58:42	3:58:28
621	Siraaj	Rabin	M	45	ITHEKO ATHLETICS CLUB	42	V		3:58:50	3:58:43
531	Tshediso	Khahledi	M	43	INTOUC AC	42	V		3:58:50	3:58:39
634	Siraj	Salie	M	46	BRIMSTONE ITHEKO SAC	42	V		3:58:51	3:58:46
406	Nhlanhla	Mlitwa	M	53	UNIVCERSITY OF CAPE TOWN ATHLETIC CLUB	42	M		3:59:07	3:58:32
584	Ebeny	Mukanhairi	M	37	HOUT BAY HARRIERS	42	O		3:59:23	3:59:17
568	Mxoli	Sigenu	M	50	RCS GUGULETHU ATHLETIC CLUB	42	M		3:59:48	3:59:40
735	Sandile	Gwala	M	32	SANDE	42	O		3:59:48	3:59:37
523	Mnikeli	Kakaza	M	27	RCS GUGULETHU ATHLETIC CLUB	42	O		4:01:14	4:00:57
576	Sithembinkosi	Mngadi	M	40	RCS GUGULETHU ATHLETIC CLUB	42	V		4:01:14	4:00:56
691	Press M	Lefefa	M	32	RCS GUGULETHU ATHLETIC CLUB	42	O		4:01:15	4:00:35
145	Jacobus	Visagie	M	60	WELLINGTON AC	42	G		4:01:25	4:01:18
733	Musawakhe	Khoza	M	46	RCS GUGULETHU ATHLETIC CLUB	42	V		4:01:32	4:01:21
522	Jp	Juries	M	35	WILDRUNNER AC	42	O		4:01:49	4:01:42
716	Quinton	Jacobs	M	44	MITCHELL'S PLAIN TITANS	42	V		4:01:51	4:01:41
397	Gerard	Retief	M	38		42	O		4:01:54	4:01:16
580	Patrick	Moshiga	M	59	RCS GUGULETHU ATHLETIC CLUB	42	M		4:02:35	4:02:19
478	Barend	Du Toit	M	46	BRACKENFELL ATHLETICS	42	V		4:02:58	4:02:40
338	Richard	Gore	M	34		42	O		4:03:26	4:03:15
749	Nazeen	Afrika	M	47		42	V		4:04:09	4:04:00
497	Megan	Goliath	W	43	BRACKENFELL ATHLETIC CLUB	42	V		4:04:48	4:04:37
583	Mzotando	Mtikitiki	M	41	BRACKENFELL ATHLETIC CLUB	42	V		4:05:59	4:05:47
596	Helma	Nel	W	46	WELLINGTON	42	V		4:06:59	4:06:21
462	Anene	Claassen	W	29	DURBANVILLE ATHLETICS CLUB (DURBAC)	42	O		4:07:07	4:06:55
148	Andre	Van Rooyen	M	56	SWARTLAND AC	42	M		4:07:59	4:07:35
316	Keagan	Jay	M	34	K-WAY VOB RUNNING CLUB	42	O		4:08:05	4:07:45
553	Loyd	Makie	M	53	FIN LIME HARRIERS	42	M		4:09:08	4:08:55
549	Thando	Mabuza	M	30	RCS GUGULETHU ATHLETIC CLUB	42	O		4:09:31	4:09:14
469	Mike	Cruywagen	M	36	STELLENBOSCH ATLETIEKKUB	42	O		4:09:39	4:09:15
485	Keith	Enzlin	M	51	EDGEMEAD RUNNERS	42	M		4:10:31	4:10:20
119	Matilda	Le Roux	W	58	DURBANVILLE ATHLETIC CLUB	42	M		4:10:43	4:10:34
349	Chris	De Oliveira	M	49	EDGEMEAD RUNNERS	42	V		4:11:36	4:11:23
443	James	Brusatori	M	30	SANLAM ATHLETIC CLUB	42	O		4:12:00	4:11:29
507	Ashley	Isaacs	M	44	K-WAY VOB RUNNING CLUB	42	V		4:12:45	4:12:19
353	Jaco	Engelbrecht	M	33	WORCESTER AC	42	O		4:12:53	4:12:39
352	Odwa	Dubula	M	45	RETAIL CLUB LANGA	42	V		4:13:08	4:13:03
602	Masixole	Nkosana	M	33	RCS GUGULETHU ATHLETIC CLUB	42	O		4:13:28	4:13:10
516	Rowland	Jansen	M	57	GOODWOOD HARRIERS	42	M		4:13:46	4:12:59

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
391	Gavin	Williams	M	38	LANGEBAAAN AC	42	O		4:13:47	4:13:09
501	Jesaja Petrus	Groenewald	M	31	BRACKENFELL ATHLETIC CLUB	42	O		4:13:47	4:13:27
418	Tasley	Alexander	M	55	MITCHELLS PLAIN TITANS AC	42	M		4:14:03	4:13:17
519	Samuel	Jones	M	62	MITCHELL'S PLAIN TITANS AC	42	G		4:14:03	4:13:50
468	Reganald	Crowster	M	56	TYGERBERG ATHLETIC CLUB	42	M		4:14:21	4:14:17
614	Phenyo	Peloeng	M	35	RETAIL CLUB LANGA	42	O		4:14:52	4:14:35
560	Shaun	Maregele	M	46	GOODWOOD HARRIERS	42	V		4:14:53	4:14:34
426	Eugene	Barnard	M	40	WEST COAST ATHLETIC CLUB	42	V		4:14:53	4:14:32
640	Damian	Seale	M	42	RAVERNSMEAD ATHLETIC'S CLUB	42	V		4:14:53	4:14:49
647	Sean Zanoxolo	Silwana	M	46	RCS GUGULETHU ATHLETIC CLUB	42	V		4:15:08	4:14:42
177	Peter - John	August	M	54	K-WAY VOB RUNNING CLUB	42	M		4:15:39	4:15:15
364	Tinashe	Madziko	M	31	HOUT BAY HARRIERS	42	O		4:16:07	4:16:07
636	Kashief	Sardien	M	63	OMMIEDRAAI	42	G		4:16:07	4:15:45
630	Andre	Rohm	M	32	MEDIHELP ATHLETIC CLUB	42	O		4:16:08	4:15:31
675	Julian	Veermeer	M	37	STELLENBOSCH ATHLETICS CLUB	42	O		4:16:58	4:16:32
562	Caswell	Maripane	M	41	EDGEMEAD RUNNERS	42	V		4:17:02	4:16:48
557	Stuart	Mann	M	43	FOURWAYS ROAD RUNNERS	42	V		4:17:22	4:16:41
324	Sikhumbule	Matamo	M	33	LWANDLE AC	42	O		4:17:37	4:17:04
413	Muhammad	Abduroaf	M	40	ITHEKO ATHLETICS CLUB	42	V		4:17:51	4:17:44
757	Zanre	Joubert	W	34	NEDBANK RUNNING CLUB	42	O		4:18:26	4:17:49
856	Daneel	Rossouw	M	51	NEDBANK RUNNING CLUB	42	M		4:18:26	4:17:51
529	Tebogo	Kgafela	M	32	SANDB	42	O		4:18:30	4:18:17
203	Jan	Williams	M	51	WELLINGTON	42	M		4:18:33	4:18:02
419	Myles	Apsey	M	45	WEST COAST ATHLETIC	42	V		4:18:37	4:18:02
387	Trevor	Twine	M	50	K-WAY VOB RUNNING CLUB	42	M		4:19:04	4:18:51
747	Hendrik	Rooi	M	43		42	V		4:19:19	4:19:15
521	Nadia	Joubert	W	41	WELLINGTON	42	V		4:19:21	4:18:42
643	Bradwin	Shaw	M	35	K-WAY VOB RUNNING CLUB	42	O		4:19:47	4:19:05
360	Kobus	Horn	M	41		42	V		4:20:14	4:20:04
618	Hannes	Pieters	M	53	SWARTLAND AC	42	M		4:20:25	4:20:16
200	Franke	Sadie	M	40	WELLINGTON	42	V		4:20:54	4:20:22
314	Zola John	Gatyana	M	37	SAPS WP AC	42	O		4:21:14	4:20:39
591	Indrin	Naidoo	M	50	EDGEMEAD RUNNERS	42	M		4:22:49	4:22:17
506	Gouwa	Hoosain	W	35	WALMER	42	O		4:23:00	4:22:50
415	Ebrahim	Abrahams	M	48	ITHEKO ATHLETICS CLUB	42	V		4:23:00	4:22:51
315	Michelle	Goosen	W	37	BRACKENFELL ATHLETIC CLUB	42	O		4:23:55	4:23:35
452	Liesel	Camacho	W	38	BRACKENFELL ATHLETIC CLUB	42	O		4:23:56	4:23:35
373	Thobela Felix	Mtshizana	M	48	SANLAM ATHLETIC CLUB	42	V		4:24:13	4:24:09
654	Tanja	Spamer	W	49	NEDBANK RUNNING CLUB	42	V		4:24:29	4:23:51
678	Marcel	Vermeulen	M	44	PAARL AC	42	V		4:24:36	4:24:00
463	Johan	Coetzee	M	31	NAMAQUA ATHLETICS CLUB	42	O		4:24:53	4:24:37
460	Gysbertus	Cloete	M	50	CENTURY CITY ATHLETIC CLUB	42	M		4:24:57	4:24:38
94	Jacob	Erasmus	M	63	CERES	42	G		4:25:01	4:24:55
369	Zamubuntu	Maxakana	M	64	RCS GUGULETHU ATHLETIC CLUB	42	G		4:25:17	4:21:08
619	Henry	Pietersen	M	49	NEDBANK RUNNING CLUB WPA	42	V		4:25:39	4:25:05
302	Adriaan	Kuhn	M	42		42	V		4:25:51	4:25:23
551	Matumelo	Mainaakae	W	38	CARBINEERS WP	42	O		4:26:01	4:25:39
544	Maria	Losini	W	37	IN TOUCH AC	42	O		4:26:01	4:25:40
612	Michael	Otto	M	36	STRAND ATHLETIC CLUB	42	O		4:27:07	4:26:51
620	Richard	Price	M	51	EDGEMEAD RUNNERS	42	M		4:27:16	4:27:02
680	Leon	Visser	M	49	BRACKENFELL ATHLETIC CLUB	42	V		4:28:29	4:28:10
717	Sizwe	Petse	M	42	SANLAM ATHLETIC CLUB	42	V		4:28:31	4:28:22
724	Siphokazi	Mondiwa	W	38	NEDBANK RUNNING CLUB	42	O		4:28:35	4:28:31
394	Mcebo	Mkhize	M	35		42	O		4:28:55	4:28:43
692	Sinazo	Mbebe	M	33	RCS GUGULETHU ATHLETIC CLUB	42	O		4:29:08	4:28:29
350	Nicole	Deetlefs	W	23	TEAM VITALITY	42	O		4:29:08	4:28:41
644	Sandile	Sigila	M	43	RCS GUGULETHU ATHLETIC CLUB	42	V		4:29:20	4:28:51
346	Rudean	Breet	W	42	DURBANVILLE ATHLETIC CLUB	42	V		4:29:35	4:28:54
586	Karin	Oelofsen	W	49	NEDBANK RUNNING CLUB	42	V		4:29:51	4:29:45
461	Marilee	Claase	W	23	BRACKENFELL ATHLETIC CLUB	42	O		4:29:53	4:29:37
430	Sandra	Bester	W	41	LANGEBAAAN AC	42	V		4:30:21	4:30:02
486	Asanda	Faku	M	31	SANLAM ATHLETIC CLUB	42	O		4:30:22	4:30:14
487	Ronnie	Fanampe	M	50	RCS GUGULETHU ATHLETIC CLUB	42	M		4:30:23	4:30:03
305	Benson	Waweru	M	37		42	O		4:30:55	4:30:18
434	Vuyokazi	Bikwana	W	37	BELLVILLE	42	O		4:31:51	4:31:40
313	Wesley	Gabriels	M	39	CELTIC HARRIERS	42	O		4:32:00	4:31:39
313	Wesley	Gabriels	M	39	CELTIC HARRIERS	42	O		4:32:01	4:31:40
496	Maxwell Mncedi	Godwana	M	48	RCS GUGULETHU ATHLETIC CLUB	42	V		4:32:34	4:32:10
399	Romano Lorenzo	Samuels	M	29		42	O		4:32:52	4:32:24
412	Lukho	Ruthula	M	34	BELLVILLE	42	O		4:33:23	4:33:18
446	Werner	Burger	M	39	SANLAM PADWEDLOPEKLUK	42	O		4:33:39	4:33:29
514	Wesley	Jacobs	M	44	PAARL AC	42	V		4:33:46	4:33:08
447	John	Burns	M	46	ATC RUNNING	42	V		4:33:54	4:33:45
357	Sinalo	Gola	W	32	SANLAM ATHLETIC CLUB	42	O		4:34:29	4:33:57
450	Linda Velenkosni	Buthelezi	M	34	TEAM VITALITY	42	O		4:34:46	4:34:31

Bib	FirstName	LastName	Sex	Age	Club	Distance	Category	Memo	Gun Finish	Mat Finish
665	Annelie	Van Der Linde	W	66	DURBANVILLE ATHLETIC CLUB	42	G		4:35:01	4:34:51
390	Lee-ann	Whitehead	W	26	BELLVILLE	42	O		4:35:03	4:34:35
21	Francois	Kellerman	M	42	BELLVILLE	42	V		4:35:04	4:34:34
527	Frank	Kellerman	M	36	BELLVILLE	42	O		4:35:04	4:34:36
629	Sujitra	Rodhiran	W	43	EDGEMEAD RUNNERS	42	V		4:36:31	4:36:03
429	Peter	Bennett	M	44	EDGE MEAD RUNNERS	42	V		4:36:37	4:36:23
344	Christaan	Pansegrouw	M	37	EDGEMEAD RUNNERS	42	O		4:36:51	4:36:43
737	Ernst	Burger	M	41	K-WAY VOB RUNNING CLUB	42	V		4:36:51	4:36:44
194	Anne	Pool	W	58	STRAND ATHLETIC CLUB	42	M		4:36:52	4:36:37
508	David	Isaacs	M	48	PINELANDS ATHLETIC CLUB	42	V		4:37:04	4:36:45
483	Michael	Elias	M	47	SPARTAN HARRIERS	42	V		4:37:04	4:36:46
329	Carmen	Thompson	W	29	SPARTAN HARRIERS	42	O		4:37:47	4:37:30
440	Patrick	Boyd	M	66	DURBANVILLE ATHLETIC CLUB	42	G		4:37:54	4:37:31
158	Frik	Nelson	M	53	BELLVILLE	42	M		4:37:55	4:37:30
538	Natasha	Kruger	W	45	SANLAM ATHLETIC CLUB	42	V		4:37:56	4:37:30
537	Marius	Kruger	M	44	CAPITEC	42	V		4:37:56	4:37:30
504	Jennifer	Heynecke	W	54	HOUT BAY HARRIERS	42	M		4:38:32	4:37:59
728	Caroline	Sands	W	63	HOUT BAY HARRIERS	42	G		4:38:32	4:37:58
645	Mthobisi	Sihluku	M	48	RETAIL CAPITAL LANGA ATHLETICS CLUB	42	V		4:38:32	4:38:04
739	Dinilesizwe	Gudindlu	M	36	CENTURY CITY ATHLETIC CLUB	42	O		4:38:49	4:38:29
467	Fareed	Cozyn	M	47	OMMIEDRAAI	42	V		4:39:40	4:39:24
524	Abdul-Malick	Kalam	M	46	RCS GUGULETHU ATHLETIC CLUB	42	V		4:39:46	4:39:25
464	Marina	Coetzee	W	59	PRETORIA MARATHON CLUB	42	M		4:39:57	4:39:28
548	Rafeal	Lyster	M	35	HOPEFIELD AC	42	O		4:40:17	4:40:11
377	Jabulani	Nkosi	M	33	EDGEMEAD RUNNERS	42	O		4:40:51	4:40:24
309	Jacques	Carstens	M	40	CAPE MULTISPORT CLUB	42	V		4:41:03	4:40:37
300	Carin	Carstens	W	37		42	O		4:41:17	4:40:50
374	Carrington	Mukwasi	M	39	GOODWOOD	42	O		4:41:41	4:41:02
459	Alex	Clark	M	41	CERES	42	V		4:41:43	4:41:13
697	Stanley	Tordiffe	M	46	OLD	42	V		4:42:00	4:41:37
567	Cinzia	Matrascia	W	26	ITHEKO BRIMSTONE	42	O		4:42:27	4:42:04
753	Kgotso	Jonase	M	38		42	O		4:42:29	4:41:45
425	Ropafadzo	Banhwa	W	28	RCS GUGULETHU ATHLETIC CLUB	42	O		4:42:31	4:42:16
700	Jen	Muller	W	36	DURBANVILLE ATHLETIC CLUB	42	O		4:42:45	4:42:23
701	Rachel	Steele-Smith	W	44	DURBANVILLE ATHLETIC CLUB	42	V		4:42:45	4:42:24
637	Henry	Scholtz	M	57	NAMAQUA ATHLETICS CLUB	42	M		4:42:53	4:42:32
441	Roelof	Briers	M	40	BELLVILLE	42	V		4:43:39	4:43:10
421	Warda	Arya	W	49	MY TRAINING DAY	42	V		4:44:21	4:43:50
657	Mohamed Aziem	Sulaiman	M	45	MSA	42	V		4:44:37	4:43:54
566	Lesego	Masite	M	40	TEAM VITALITY	42	V		4:45:16	4:44:48
416	Mogamat	Abrahams	M	33	DURBANVILLE ATHLETIC CLUB	42	O		4:45:34	4:45:17
445	Shandre	Buitendach	W	32	MELKBOS ATHLETICS CLUB	42	O		4:46:05	4:45:36
396	Darryn	Poole	M	30		42	O		4:46:29	4:46:01
575	Heimie	Misroll	M	48	PINELANDS ATHLETIC CLUB	42	V		4:46:58	4:46:22
572	Taruona	Mhuru	M	38	EDGEMEAD RUNNERS	42	O		4:47:12	4:46:45
658	Hanselie	Swarts	W	48	SWARTLAND AC	42	V		4:47:20	4:47:16
725	Shaheed	Jakoet	M	57	CENTRAL	42	M		4:47:34	4:47:17
722	Sefako	Motaung	M	36	TEAM VITALITY	42	O		4:47:46	4:47:24
427	Craig	Barron	M	39	SPARTAN HARRIERS	42	O		4:48:11	4:47:50
635	Leighton	Samuels	M	43	K-WAY VOB RUNNING CLUB	42	V		4:48:12	4:47:50
696	Abdul-muizh	Lewin	M	39	ARD ATHLETIC CLUB	42	O		4:49:01	4:46:23
742	Fadl	Salie	M	35	OMMIEDRAAI	42	O		4:49:02	4:48:42
414	Denzil	Abrahams	M	60	CELTIC HARRIERS	42	G		4:49:23	4:48:52
347	Peter	Chong	M	40	WEST COAST ATHLETIC CLUB	42	V		4:49:41	4:49:07
491	Maryke	Fourie	W	34	PAARL AC	42	O		4:49:48	4:49:19
626	Annalie	Rich	W	48	DURBANVILLE ATHLETIC CLUB	42	V		4:49:51	4:49:40
592	Sydlyn	Naidoo	W	35	GOODWOOD HARRIERS	42	O		4:50:17	4:49:52
633	Nosipho	Saki	W	37	RC LANGA	42	O		4:50:39	4:50:35
607	Donald	Ntlapo	M	35	FAT CATS AC	42	O		4:50:40	4:49:52
389	Geoffrey	Vlok	M	46	WELLINGTON	42	V		4:51:07	4:50:43
503	Achmat	Hattas	M	58	OMMIEDRAAI	42	M		4:52:01	4:51:45
477	Charl	Du Plessis	M	51	MELKBOS ATHLETIC CLUB	42	M		4:52:17	4:51:47
448	Robin	Buske	M	31	BELLVILLE	42	O		4:52:23	4:51:39
304	Stephan	Ohst	M	49		42	V		4:52:49	4:52:06
323	Lettie Dibeela	Mashimbyi	W	36		42	O		4:53:22	4:52:38
383	Simthembile	Reuben	M	44	SANLAM ATHLETIC CLUB	42	V		4:53:23	4:52:37
9XV3K6M	Quintin	Williams	M	46	PAARL AC	42	V		4:54:13	4:53:36
559	Abraham Jacobus	Maree	M	40	ATLANTIC ATHLETIC CLUB	42	V		4:54:29	4:53:49
520	Diederick	Jordaan	M	55	BELLVILLE	42	M		4:55:20	4:54:53
674	Sunelle	Van Zyl-Briers	W	37	BELLVILLE	42	O		4:55:20	4:54:51
540	Geoffrey	Lee	M	48	BELLVILLE	42	V		4:55:21	4:54:54
631	Patricia Louise	Roux	W	53	BELLVILLE	42	M		4:55:23	4:54:37
651	Alison	Smith	W	42	PINELANDS ATHLETIC CLUB	42	V		4:55:42	4:55:10
627	Delyse	Rist	W	57	PINELANDS ATHLETIC CLUB	42	M		4:55:42	4:55:10
505	Heather	Hill	W	42	PINELANDS ATHLETIC CLUB	42	V		4:55:43	4:55:10

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424	Mfundi	Bangiso	M	39	HOPEFIELD	42	O		4:56:05	4:55:49
420	Rodger	Arendse	M	44	SWARTLAND ATLETIEK CLUB	42	V		4:56:11	4:56:06
632	Loyiso	Ruthula	M	38	RCS GUGULETHU ATHLETIC CLUB	42	O		4:56:43	4:56:32
325	Cetshwayo	Mnguni	M	35	WEST COAST AC	42	O		4:57:12	4:56:28
356	Catherine	Futter	W	41	CELTICS HARRIERS	42	V		4:57:29	4:56:51
481	Gaynore	Duthie	W	49	PAARL AC	42	V		4:57:35	4:57:08
358	Thando	Gwe	M	42	RCS GUGULETHU ATHLETIC CLUB	42	V		4:57:55	4:57:09
367	RenT	Martheze	W	39	IN TOUCH AC	42	O		4:58:07	4:57:21
543	Esterlene	Levendal	W	58	IN TOUCH AC	42	M		4:58:08	4:57:33
382	Nothemba	Ranana	W	39	CAPE MULTISPORT CLUB	42	O		4:58:22	4:57:36
685	Barry	Wainman	M	55	ATLANTIC ATHLETIC CLUB	42	M		4:58:50	4:58:11
7	Brian	Rothman	M	66	BRACKENFELL ATHLETIC CLUB	42	G		4:58:52	4:58:32
541	Eugene	Lekay	M	54	CARBINEERS (WP)	42	M		4:58:52	4:58:21
435	Joy-Lyn	Booyesen	W	49	RES GUGS	42	V		4:59:06	4:58:40
653	Vukile	Sonandzi	M	45	KHAYELITSHA AC	42	V		4:59:08	4:58:45
376	Ndumiso	Ngobese	M	31	LANGEBAAAN STRANDLOPERS	42	O		4:59:53	4:59:46
378	Maxwell	Ntabankulu	M	36	RCS GUGULETHU ATHLETIC CLUB	42	O		4:59:53	4:59:33
436	Warren	Booyesen	M	50	RES GUGS	42	M		5:01:02	5:00:36
453	Bennie	Carstens	M	33	SWARTLAND AC	42	O		5:01:51	5:01:25
351	Evert Arend	Dippenaar	M	38	DURBANVILLE ATHLETIC CLUB	42	O		5:01:59	5:01:31
403	Bheki	Hadebe	M	43	LANGA RC	42	V		5:02:02	5:01:29
625	Eddyeon	Rhode	M	51	CPUT ATHLETIC CLUB	42	M		5:02:03	5:01:49
683	Melanie	Vollenhoven	W	42	GOODWOOD	42	V		5:04:47	5:04:23
662	Malcolm Lindsay	Thomas	M	44	GOODWOOD HARRIS	42	V		5:04:49	5:04:24
385	Deidre	Tajaard	W	32	GOODWOOD HARRIS	42	O		5:04:50	5:04:50
385	Deidre	Taljaard	W	32	GOODWOOD HARRIS	42	O		5:04:50	5:04:50
671	Carmen	Van Niekerk	W	39	GOODWOOD HARRIERS	42	O		5:04:51	5:04:28
1KYG858	Details Not Yet Captured		X	0		42	U		5:05:03	5:02:23
682	Ernest	Viviers	M	46	IRON-JAWED MULTISPORT	42	V		5:05:11	5:04:58
723	Kingwell	Manyaka	M	41	WEST COAST ATHLETIC CLUB	42	V		5:05:28	5:04:45
581	Thandi	Motswalo	W	32	CHILLIE RUNNING CLUB	42	O		5:05:29	5:04:46
306	Duane	Adams	M	47	IN TOUCH AC	42	V		5:05:53	5:05:08
550	Taction	Mafatle	M	45	IN TOUCH AC	42	V		5:05:54	5:05:11
564	Sibongile	Mashiyi	W	43	HEALTH IS WEALTH	42	V		5:05:55	5:05:47
495	Justin	Gilham	M	51	OLD EDWARDSIANS AC	42	M		5:07:20	5:06:48
471	Valmon	De Bruyn	M	47	BRACKENFELL ATHLETIC CLUB	42	V		5:07:25	5:06:51
561	Ric	Marini	M	64	RAND AC	42	G		5:07:30	5:07:02
661	Michelle	Taylor	W	50	EDGEMEAD RUNNERS	42	M		5:07:30	5:07:02
354	Judy	Fischer	M	44	IN TOUCH AC	42	V		5:07:32	5:06:59
528	Bandla	Kema	W	38	RCS GUGULETHU ATHLETIC CLUB	42	O		5:08:08	5:07:45
569	Shaun	Mberengwa	M	31	BRIMSTONE ITHEKO	42	O		5:08:17	5:07:54
546	Nicolaas	Loubser	M	58	WEST COAST ATHLETIC CLUB	42	M		5:08:29	5:07:55
731	Lorraine	Horne	W	49	ELSIES	42	V		5:08:58	5:08:42
732	Charles	Jullies	M	53	EL	42	M		5:08:59	5:08:43
624	Ferdi	Rhoda	M	45	OMMIEDRAAI	42	V		5:08:59	5:08:48
492	Mervyn	Franciscus	M	50	PINELANDS ATHLETIC CLUB	42	M		5:09:20	5:08:44
191	Wendal	Smith	M	51	PINELANDS ATHLETIC CLUB	42	M		5:09:20	5:08:36
554	Andile	Makina	M	57	RCS GUGULETHU ATHLETIC CLUB	42	M		5:09:30	5:03:50
648	Deborah	Singh	W	49	NEDBANK RUNNING CLUB	42	V		5:10:20	5:09:49
303	Biggie	Kuyimba	M	39		42	O		5:12:18	5:11:52
672	Rene	Van Staden	W	32	BRACKENFELL ATHLETIC CLUB	42	O		5:14:26	5:14:07
681	Trudie	Cremer	W	41	BRACKENFELL ATHLETIC CLUB	42	V		5:14:26	5:14:07
335	Monde	Dimanda	M	36		42	O		5:14:53	5:14:11
542	Moses Diketso	Lekgwathi	M	42	SAPSAGW	42	V		5:15:40	5:15:17
455	Visvanathan	Chetty	M	38	BLUEDOWNS AC	42	O		5:16:23	5:15:38
35	Daniel	Van Eck	M	64	BELLVILLE KLUB	42	G		5:16:46	5:16:16
362	Mangope	Kgwadi	M	43	EDGEMEAD RUNNERS	42	V		5:16:53	5:16:37
646	Likho	Sikutshwa	W	29	PINELANDS ATHLETIC CLUB	42	O		5:17:21	5:16:49
563	Tlou	Masehela	M	34	PINELANDS ATHLETIC CLUB	42	O		5:17:22	5:16:50
598	Loyiso	Ngqwemla	M	44	RCS GUGULETHU ATHLETIC CLUB	42	V		5:17:42	5:17:05
707	Gavin E	Lucas	M	57	INTOUCH ATHLETIC CLUB	42	M		5:17:56	5:17:36
337	Wynand	Du Plooy	M	31		42	O		5:18:04	5:17:51
699	Shamiela	Mohammed	W	35	CENTURY CITY ATHLETIC CLUB	42	O		5:18:10	5:17:50
368	Precious	Mashanda	W	36	GOODWOOD HARRIERS	42	O		5:18:44	5:18:16
317	Zelda	Joseph	M	58	TYGERBERG ATHLETIC CLUB	42	M		5:20:02	5:19:52
509	Ismail	Isaacs	M	48	TYGERBERG ATHLETICS	42	V		5:20:02	5:19:52
526	Srikanth Reddy	Karumuri	M	31	BRACKENFELL ATHLETIC CLUB	42	O		5:21:52	5:21:33
339	Magdalena	Lamprecht	W	44		42	V		5:21:52	5:21:10
454	Frikkie	Carstens	M	57	SWARTLAND AC	42	M		5:22:07	5:21:50
687	Esmerelda	White	W	40	IN TOUCH AC	42	V		5:23:04	5:22:24
499	Gareth	Griffiths	M	60	WHALERS	42	G		5:24:30	5:23:49
666	Danie	Van Der Merwe	M	62	OUTENLUGA HARRIES	42	G		5:24:30	5:23:56
482	Jaco	Ekkerd	M	45	IRON JAWED MULTISPORT	42	V		5:24:31	5:23:57
639	Tracy	Schwartz	W	46	CENTURY CITY ATHLETIC CLUB	42	V		5:24:32	5:24:12
578	Don Lungile	Moferi	M	60	PHOENIX	42	G		5:24:32	5:24:32

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736	Hein	Lakey	M	49	WILDRUNNER ATHLETIC CLUB	42	V		5:25:38	5:24:57
312	Tylen	February	M	33	UWC	42	O		5:25:38	5:24:57
342	Abdul Kader	Hassan	M	49	CARBINEERS WP	42	V		5:28:12	5:27:56
361	Faizel	Isaacs	M	47	KENFAC - SAC	42	V		5:30:18	5:29:35
307	Nonzukiso	Booi	W	34	LWANDLE AC	42	O		5:30:29	5:29:55
695	Jillian	Bower	W	30	SAPS PE MARATHON CLUB	42	O		5:32:57	5:32:57
423	Ayoub	Banderker	M	45	CENTRAL ATHLETIC CLUB	42	V		5:33:49	5:33:49
190	Gordon	Amann	M	78	RUN WALK FOR LIFE	42	GGM		5:36:26	5:35:52
348	Alverina	Dawson	W	52	IN TOUCH AC	42	M		5:44:34	5:43:57
320	Sipho	Lupoko	M	29	LWANDLE AC	42	O		5:44:34	5:44:01
530	Morakane	Khahledi	W	37	INTOUC AC	42	O		5:44:35	5:43:50
359	Alugumi	Hlungwane	M	34	KHAYELITSHA AC	42	O		5:44:35	5:44:15
433	Terence	Bezuidenhout	M	52	BELLVILLE	42	M		5:44:36	5:44:24
595	Thobile	Ndzube	M	49	RCS GUGULETHU ATHLETIC CLUB	42	V		5:45:59	5:45:17
518	Barbara	Johnston-Read	W	60	ATLANTIC ATHLETIC CLUB	42	G		5:47:37	5:47:13
318	Allouise	Kirby	W	37	TYGERBERG ATHLETIC CLUB	42	O		5:48:32	5:48:23
321	Honest	Machaka	M	57	EASTERNS ATHLETIC CLUB KRAAIFONTEIN	42	M	DNF		
328	Mncedisi	Tembani	M	35	LANGA RUNNING CLUB	42	O	DNF		
331	Kate	Van Den Aardweg	W	26	AAC	42	O	DNF		
363	Louisa	Lombard	W	40	IN TOUCH AC	42	V	DNF		
365	Refiloe	Mafatle	M	37	IN TOUCH AC	42	O	DNF		
370	Mokotji	Moses	W	44	RCS GUGULETHU ATHLETIC CLUB	42	V	DNF		
384	Suzette	Rohm	W	31	MEDIHELP ATHLETICS CLUB	42	O	DNF		
475	Sithabiso	Dlamuka	M	44	ETHEKWINI AC	42	V	DNF		
484	Martin	Els	M	38	WELLINGTON	42	O	DNF		
489	Hassiem	Fisher	M	50	BRIMSTONE ITHEKO	42	M	DNF		
500	Mariaan	Griffiths	W	56	WHALERS	42	M	DNF		
510	Lameez	Isaacs	W	46	KENFAC - SAC	42	V	DNF		
511	Mogamed Rezah	Isaacs	M	35	OMMIEDRAAI	42	O	DNF		
599	Sicelo	Ngxonono	M	35	RCS GUGULETHU ATHLETIC CLUB	42	O	DNF		
606	Gopolang Patrick	Nthekang	M	48	FIN LIME HARRIERS	42	V	DNF		
610	Zethena	October	W	49	RAVENSMEAD AC	42	V	DNF		
649	Nwabisa	Sishuba	W	42	FAT CATS AC	42	V	DNF		