



Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
1238	8TKDKYV	Lance Michals	10	J	M	19	ASHTON ATLETIEK KLUB	0:34:17
1454	3KHW86R	Gavin Eaton	10	J	M	11	Bredassorp	0:34:34
1481	3DHY116	Brace Maboza	10	J	M	14		0:35:36
1417	8YN10RX	Unathi Nteto	10	O	M	26	ATLANTIC AC	0:35:57
1240	3GM3W42	Justice Kanyonga	10	J	M	18	NEDBANK RUNNING CLUB	0:36:39
1424	3DH1T3V	Randall Smith	10	O	M	33		0:36:46
1545	3DNBYVR	Shano Erasmus	10	J	M	16	Bredasdorp	0:38:30
1542	8GHKY5W	Gift Vaaltyn	10	J	M	15		0:39:39
1477	6DHE3A4	Mlibaleni Nodabongo	10	40	M	45		0:40:01
1459	4NN04F6	Jandre Simons	10	O	M	20		0:41:16
1541	3TNH2DZ	Evandre Plaathies	10	J	M	14		0:41:33
1538	2FN8H7Y	Ashles Davids	10	60	M	69		0:41:55
1074	1GKDWR2	Nasheeta Majiet	10	50	M	54	ITHEKO AC	0:42:44
1525	1FNAV4F	Flippie Kotze	10	50	M	50	Kovises	0:43:25
1546	8YHTVET	Dimitri Pick	10	J	M	14		0:45:08
1390	8ZMM5F8	Joria Pick	10	J	W	15		0:46:38
1543	3EHHRV2	Imran September	10	J	M	15		0:46:44
1236	8WH6D28	Ethan Scheepers	10	J	M	18		0:47:30
1002	1ZVZ2H4	Tommy Bower	10	O	M	35		0:47:48
1209	7XK3DG4	Annmarie Steyn	10	40	W	49	WHALERS	0:47:55
1234	7NHZ8XS	Ruvan Theron	10	O	M	21		0:48:08
1068	1RH0WRT	Suné Chadwick	10	J	W	16	BREDASDORP ATLETIEK KLUB	0:48:16
1058	2XNSB2A	Eduard Venter	10	O	M	19		0:48:26
1095	2NW2CNS	Gerrit Louw	10	O	M	39		0:48:53
1515	6EM721G	Leethan Plaatjies	10	J	M	15		0:49:19
1539	8DH68NT	Anneri Mouten	10	O	W	37		0:50:01
1533	4NNW7W4	Albert Lambrecht	10	50	M	59		0:50:58
1211	DX4AA2Y	Johann Diener	10	60	M	68	STRAND AC	0:52:43
1192	8SV4GFM	Modjadji Maffa	10	40	W	46	STRAND	0:52:44
1227	3TK069E	Eon Peens	10	O	M	32		0:52:58
1142	4WVYN36	Jayden Treu	10	J	M	16	BREDASDORP AC	0:53:03
1537	8ZHDZ5F	Karel Robertson	10	50	W	51		0:53:07
1218	1DK0RPR	Orlene Kuhn	10	O	W	21		0:54:50
1532	6EHB0EN	Mari Verwey	10	O	W	30		0:54:52
1141	8DWVXPF	Hendrik Steyn	10	50	M	51	WHALERS	0:55:36
1045	4FHK87W	Johannes Snyman	10	O	M	26		0:55:48
1065	8ZKYHAV	Zahn-Mari Nel	10	O	W	26		0:56:36
1077	8GNFCB3	Brandon Allistor Pearce	10	40	M	44	OMMIEDRAAI AC	0:56:48
1114	2AWEE0Y	Mzwamadoda Zitha	10	40	M	45	HELDERSTROOM ATHLETICS CLUB	0:56:57
1059	4RVXDKA	Yolandi Venter	10	O	W	29		0:57:15
1529	2MMZYKK	Jes-Lin Simpson	10	J	W	17		0:57:16
2043	4AKV6AG	Karla Kilian	10	J	W	18		0:57:18
1447	4AKY7GN	Somia Annanéne Hanekom	10	J	W	16	ROCK RUNNERS	0:57:29
1514	8DZVP67	Mignon Roodt	10	40	W	48	ASWD	0:57:33
1031	1WK1P63	Lauren Neuper	10	O	W	30		0:58:46
1189	VX4VNHG	Peter Capes	10	50	M	59	HELDERBERG HARRIERS	0:59:37
373	CE13115	Mansoor Dhansay	10	50	M	57	ACSIS VOB RUNNING CLUB	1:00:10
1540	2XKC251	Johan Botha	10	40	M	48		1:00:28

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1000	1MHE34B	Milandi Joubert	10	40	W	45	DURBANVILLE AC	1:00:36
1223	2TWAH4S	Miekie Le Roux	10	O	W	24		1:00:45
1527	2XH4E9H	Maret Blom	10	O	W	24		1:00:47
1528	4WK9XPS	Jean De Wet	10	O	M	24		1:00:47
1526	8WHX32V	Robert Blom	10	50	M	50		1:00:49
1486	8GH3Z3D	Cara Pratt	10	J	M	15		1:00:49
1117	4WVH6CM	Niel Zondagh	10	O	M	22		1:00:55
1138	2NW20CW	Leon Padayachee	10	40	M	43	BOLAND CORRECTIONAL SERVICES	1:01:07
1215	2AVE7P7	Marinda Meyer	10	40	W	45		1:01:10
1125	8DWVX7V	Jaco Botma	10	50	M	51	IRON-JAWED MULTISPORT	1:01:11
1081	8DHBS9R	Lindi Spies	10	O	W	39	SWARTLAND	1:01:30
1099	4MZNBV5	Christine Mouton	10	O	W	20		1:01:37
1213	1WKF3KN	Clinton Reagan Stuurman	10	O	M	28	HELDERBERG HARRIERS	1:01:41
1241	1FN66FV	Ansu Rossouw	10	50	W	53		1:02:24
1039	3DNY5SK	Andre Plaatjies	10	O	M	26		1:02:30
1219	1NH9737	Werner Lansberg	10	40	M	44		1:02:35
1076	4AH3V46	Jessica Muller	10	O	W	34	BONNIEVALE ATHLETICS	1:02:48
2018	8WN6006	Christelle Alberts	10	40	W	46		1:03:07
1463	8ZH5FE	Stephen Krige	10	J	M	17		1:03:20
1420	8YZTH5A	Gerhard Nel	10	40	M	44	ARCELOR MITTAL SALDANHA ATHLETICS CLUB	1:03:26
1549	VX6PW4M	Adam Shapiro	10	40	M	49	CAPRICORN	1:03:42
1060	8GK8KK4	Janettad Williams	10	50	W	57	PAARL	1:04:23
1080	6YH2Z7Y	Conrad Spies	10	40	M	43	SWARTLAND	1:04:24
1556	8KHN1AH	Chauntoni Beyers	10	O	M	30		1:04:40
1555	1XHW1TF	Corlene Conradie	10	O	M	37		1:04:40
1108	8DZV2NC	Anje Tomlinson	10	40	W	43		1:04:44
1547	1RH7627	Neend Mulder	10	O	w	23		1:05:25
1544	8ZN7SFZ	Marthius Abrahams	10	O	M	38		1:05:41
1228	3GK6WK5	San-Marie Kotze	10	O	W	25		1:05:52
1462	4RYRH4F	Gilanie Steenkamp	10	O	W	39	BREDASDORP ATHLETIC CLUB	1:06:06
8YZRRM	8YZRRM	Jabez Wilhelmus Arnoldus Steenkamp	10	O	M	39	BREDASDORP ATHLETIC CLUB	1:06:07
1104	4RVXEPP	Liesl Paul	10	40	W	47		1:06:09
1072	3EMV3DR	Zubayr Isaacs	10	J	M	18	KENFAC SAC	1:06:14
1461	1WK1F1A	Elize Fouche	10	J	W	16	Bredasdorp	1:06:32
1225	VX4AR42	Anthony La Vita	10	50	M	59	IN TOUCH AC	1:06:32
1212	4WVWHY9A	Ismail Vallie	10	50	M	50	CENTRAL AC	1:06:56
1530	VX4AYMP	Elisabeth Taylor	10	50	W	57	SPARTAN HARRIERS	1:07:00
1164	3YH224N	Gareth Morgan	10	40	M	43		1:07:04
1101	2FWPFHK	Francisca Nieuwoudt	10	40	W	46		1:07:04
1516	1FH2NHT	Rory Dowrie	10	J	M	11		1:07:06
1132	1KW5207	Steve Lambrechts	10	O	M	36	DESPATCH ATHLETICS CLUB	1:07:07
1118	4MVN9ZV	Lesley Peck	10	60	W	64	WHALERS ATHLETICS CLUB	1:07:13
1055	4NMBSMG	Christelle Van Der Westhuizen	10	50	W	50		1:07:16
1518	8WKC09G	Graeme	10	50	M	50		1:07:17
1517	2XH405B	Magdalena Van Der Westhuizen	10	40	W	46		1:07:17
1200	VX45522	Robbie Lundie	10	60	M	63	ASSEGAAI	1:07:21
1217	4FKMNAS	Martie Prins	10	O	W	32		1:07:32
1216	4NN7AD2	Marius Prins	10	O	M	31		1:07:34
1043	8WHFBWR	Annette Smal	10	O	W	30		1:07:38
1022	8RH73PZ	Shano Macris	10	O	M	27		1:07:44
1012	1MHDGVV	Sarah-Lee Ferreira	10	O	W	26		1:07:45
1086	2FYPF0N	Gloudina Bezuidenhout	10	40	M	44	DURBANVILLE AC	1:07:47
1062	1AHTEBD	Aasiyah Abbas	10	J	W	15		1:08:09
1044	3DHAMK3	Sonja Smit	10	40	W	40		1:08:17

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1015	2FNYH0N	Berlize Groenewald	10	O	W	32		1:08:57
1510	8ZK1TKF	Suzy Botha	10	40	W	44	SPARTAN HARRIERS	1:09:09
1008	9NKHKVN	Anica Du Toit	10	O	W	20		1:09:17
1230	3DKDARR	Deon Bougardt	10	50	M	53	IN TOUCH AC	1:09:30
1016	3KHGKC9	Lumari Groenewald	10	O	W	28		1:10:12
1245	8WVNC12	Shane Roach	10	O	M	37		1:10:16
1035	4FH18X8	John Noble	10	60	M	66		1:10:39
1046	8KNB014	Martjie Snyman	10	O	W	26		1:11:02
1222	3GH30YM	Annalee King	10	O	W	28		1:11:05
1163	VX1DZMK	Duncan Morgan	10	40	M	46		1:11:15
1082	8KKWER4	Lindie Van Wyk	10	O	W	28	IN TOUCH AC	1:11:29
1010	1WKS72B	Mike Erasmus	10	O	M	26		1:11:51
1224	VX6F14B	Dolf Groenewald	10	40	M	41	STANDARD BANK AC	1:12:10
1208	8YW2NPV	Lindie Steenkamp	10	50	W	53	DURBANVILLE AC	1:12:11
1056	2FN85NP	Mariana Van Deventer	10	50	W	53		1:12:13
1013	6YH247A	Michelle Fritz	10	O	W	25		1:12:22
1036	3THTTA9	Phillip Noble	10	60	M	65		1:12:30
1049	2AHYVBP	Marlise Swanepoel	10	40	W	43		1:13:00
1102	1ZZPZ0M	Linda Olivier	10	O	W	36		1:13:22
1085	1KZ5DN5	David Oosthuizen	10	60	M	66	CAPE TOWN	1:13:25
1070	4ANG609	Patty Davids	10	40	M	47	RAVENSMEAD	1:14:22
1105	2NY2K0G	Jeanine Peters	10	O	W	34		1:14:22
1100	4MVNWE5	Belinda Muller	10	50	W	57		1:15:15
1195	VX4ZK0S	Robin Erfort	10	60	M	65	SPARTAN HARRIERS CLUB	1:15:49
1092	2FWP8HA	Willem Esterhuizen	10	50	M	52		1:15:59
1135	4WZHRKK	Jane Mouton	10	60	W	68	CAPE MULTISPORT CULB EDEN	1:16:02
1220	3SN3925	Soretha Landsberg	10	O	W	38		1:16:12
1023	8GMZYTR	Benjamin Matthee	10	O	M	29		1:16:14
1032	1AHT424	Esme Noble	10	60	W	62		1:17:04
1083	8TzM51W	Marina Athanasopoulos	10	O	W	31		1:17:20
1001	1KNHFBZ	Lourika Fourie	10	J	W	18	BRACKENFELL AC	1:17:32
1097	4WVYNC8	Zikhona Mgandela	10	O	W	38		1:17:37
1042	3TNFWAC	Lisa Shenton	10	50	W	50		1:18:00
1007	2XH4AGD	Hein Brand	10	50	M	50		1:18:00
1205	1ZNFK6W	Dolla Geldenhuys	10	70	W	71	CERES AC	1:18:09
1560	4MWNM1T	Bonita Booyesen	10	O	W	37	CENTURY CITY ATHLETICS	1:18:11
1127	4KWKKS	Alexandra Hoffman	10	O	W	20	STRAND AC	1:19:07
1128	2FWP9PH	Melissa Hoffman	10	J	W	17	STRAND ATHLETICS CLUB	1:19:07
WN8HGGC	WN8HGGC	Details Not Yet Captured	10	X	X	0		1:19:07
1040	6DNEDWY	Anlie Potgieter	10	O	W	28		1:19:31
1052	1AK53K9	Ancimi Theron	10	O	W	27		1:19:31
1521	8KHFY91	Karen Neethling	10	60	W	60		1:19:55
1522	1FMSZG9	Con Neethling	10	60	M	60		1:19:55
1024	3YN65VM	Christina Matthee	10	40	W	41		1:20:04
1025	4FH1TRX	Maria Matthee	10	O	W	27		1:20:05
1028	5SH64HK	Michelle Mc Goldrick	10	O	W	24		1:20:13
1536	3DHABAX	Eleawore Daries	10	60	W	60	R.A.C	1:20:32
1091	8YZR9HY	Japie Engelbrecht	10	40	M	44		1:20:45
1009	3YNNCRX	Japie Engelbrecht	10	70	M	71		1:20:45
1133	3EWGM6X	Ilze Le Roux	10	40	W	43	BELLVILLE AC	1:20:52
1136	3EYGV6	Marius Neethling	10	40	M	43	BELLVILLE AC	1:20:52
1069	8MHDG0P	Ivan Davids	10	40	M	40	BREDASDORP	1:20:55
1159	VX761E4	Martie Jordaan	10	60	W	64		1:21:13
1029	2XH4P5R	Tanya Meyer	10	O	W	28		1:21:28

Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
1019	6DKT21W	Michael Jacobs	10	O	M	28	CAPE TOWN	1:21:29
2XMNAD1	2XMNAD1	Details Not Yet Captured	10	X	X	0		1:21:31
1107	8TZMS7W	Jeannette Smit	10	40	W	45		1:22:12
1018	1AHTHDZ	Vicky Human	10	O	W	30		1:22:27
1094	8TZMSZA	Adele Krynauw	10	O	W	25		1:22:27
1110	1ZZP0ZM	Rochelle Van Der Merwe	10	O	W	30		1:22:28
1050	3DHAEKK	Christelle Swart	10	40	W	46		1:22:30
1051	2FN8D1N	Henriette Swart	10	50	W	57		1:23:14
1073	4MK32R8	Carl Koch	10	60	M	66	WEST COAST AC	1:23:20
1054	3DMSFAN	Wilfred Tromp	10	70	M	70		1:23:22
1048	1MM3BRR	Leonie Stuurman	10	60	W	64		1:23:23
1037	8YHZE99	Kerry Petrie	10	O	W	39	CAPE TOWN	1:23:40
1198	VX3PXKZ	Tina Heppe	10	40	W	46	FISH HOEK AC	1:23:57
1047	1SM8ZMZ	Mary Speelman	10	50	W	52		1:24:14
1112	1ZWPZ3M	Gerda Van Der Westhuizen	10	50	W	59		1:24:22
1124	2NY2C6H	Alett Van Zyl	10	60	W	62	BORN 2 RUN AC	1:24:44
1239	6EMTK8A	Lucy Everts	10	O	W	34	KNYSNA MARATHON CLUB	1:25:17
1017	4AMK74E	Nikki Horn	10	40	W	44		1:25:36
1214	8SW4PMB	John Walton	10	40	M	43		1:25:36
1221	3ZNRBP	Miemie Groenwald	10	60	W	66		1:25:55
1421	1KH85H5	Paulina Hammer	10	50	W	51		1:25:55
1088	4KWC1EC	Magdalena Burger	10	50	W	56		1:26:53
1064	8KKW1RH	Kobus Burger	10	50	M	58		1:26:54
1093	1GWAKCN	Alexandra Fraser	10	40	W	40	CAPE TOWN	1:28:24
1548	1XM2N9B	David Glass	10	O	M	39		1:28:24
1067	6EHN2YE	Farzana Abbas	10	40	W	41	ARD	1:28:47
1021	2FM34A3	Nadia Le Roux	10	40	W	40		1:28:52
1207	VX4TWBD	Elizabeth Smith	10	50	W	56	RAVENSMEAD AC	1:28:52
1427	6SHRW43	Andre Nel	10	J	M	17		1:28:53
1063	4AM3KVB	Esme Brand	10	40	W	46		1:28:55
1519	3DHAFB6	Claude Bester	10	50	M	55	EersteRivier AC	1:28:56
1194	1MNW6X9	Arlene Ehrenberg	10	70	W	79	WHALERS RUNNERS CLUB	1:32:06
1184	VX3MT07	Frederick Van Der Merwe	10	50	M	58	TELKOM AC	1:32:06
1119	4RYXBPP	Barry Coetzee	10	60	M	61	CAPE TOWN	1:32:23
1098	8DZVF11	Ada-Maré Mouton	10	40	W	48		1:32:45
1115	8DZVMT2	Charmaine Zondagh	10	50	W	54		1:32:46
1190	VX82422	Pierre Cloete	10	60	M	67	PINELANDS AC	1:32:50
1116	8SWCFHC	Leonardt Zondagh	10	50	M	53		1:32:52
1197	1FHTC5H	Mary-Ann Galli	10	50	W	58	WEST COAST AC	1:34:23
1053	8THAT2V	Johan Toit	10	J	M	18		1:34:27
1492	1KW5FC3	Henja Terblanche	10	O	W	28	HARTENBOS DRAWWERS	1:34:27
1137	2AWAPS8	Deneese Padayachee	10	40	W	41	BOLAND CORRECTIONAL SERVICES	1:34:49
1558	1KHHMDB	Elmarie Van Zyl	10	60	W	61		1:34:52
1034	1KMY4AN	George Noble	10	60	M	67		1:34:57
1033	1WNWSSR	Felicity Noble	10	60	W	67		1:35:01
1231	1ANB3W2	Jacqueline Bougardt	10	50	W	50	IN TOUCH AC	1:36:19
1229	8WHXM94	Claudette La Vita	10	50	W	54	IN TOUCH AC	1:36:19
1027	3WH6836	Lesley Mc Goldrick	10	50	W	56		1:36:44
1026	3SNY9RV	Jean Mc Evoy	10	50	W	54		1:37:05
1210	6TH0T3F	Togieda Bull	10	50	W	54	PINELANDS AC	1:37:13
1071	3TNF93D	Jaco Erasmus	10	O	M	34	HERMANUS	1:37:14
1237	9MKS1H5	Christoline Silver	10	50	W	50	K-WAY VOB RUNNING CLUB	1:38:23
1005	8YZRPZK	Josias Keith Africa	10	50	M	50	MPUMALANGA POLICE	1:38:46
1186	4MZNK38	Thandiswa Zitha	10	O	W	35	OLD MUTUAL ATHLETIC CLUB -EL	1:38:53

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1090	8YZREE1	Nomasango Dzado	10	O	W	34	HELDERSTROOM ATHLETICS CLUB	1:38:54
1144	4MVNN3K	Pieter Vermeulen	10	50	M	59	ROBERTSON	1:40:20
1030	8ANRB8Z	Jacqueline Musonda	10	40	W	46		1:41:02
1188	2NWW366	Edna Boucher	10	50	W	54	PRETORIA POLICE MARATHON CLUB	1:41:34
1106	9XY3PPW	Prudence Ramnath	10	O	W	36		1:42:25
1078	6TM0F9G	Valda Petersen	10	40	W	43	RUN WALK FOR LIFE WP (BRACKENFELL)	1:43:51
1503	3TK0R8Z	Pamela Duarte	10	40	W	44	PINELANDS AC	1:45:01
1079	6EKF28S	Nazlet Peterson	10	40	W	40	RAVENSMEAD	1:45:02
1122	8TZ71N1	Eileen Pieterse	10	40	W	40		1:45:27
1084	3EWG9N5	Marchean Delport	10	O	W	32		1:45:28
1087	4RYXZ7D	Jacques Burger	10	40	M	40		1:46:18
AC01861	AC01861	Details Not Yet Captured	10	X	X	0		1:51:51
1534	8DKR5EZ	At Putter	10	70	M	84		1:52:42
1559	1RH7TX3	Eileen Jansen Van Vuuren	10	60	W	69		1:52:44
1020	3TKF3X1	Maartin Jansen Van Vuuren	10	60	M	67		1:52:45
1123	2AYEDTM	Beatrix Gezina Britton	10	60	W	61	MEDIHELP AC	1:52:47
1191	8GW6GZF	Christel De Swardt	10	O	W	38	SANLAM AC	1:53:37
1535	3DHAE9V	Jamila Vergstimie	10	60	W	67	R.A.C	2:30:06
2490	4GKYRK4	Nkosinathi Madyo	21	O	M	31	ATLANTIC AC	1:14:35
2465	8YN4XAC	Gershwill Jacobs	21	O	M	29	NEDBANK SWD	1:14:59
2492	1YM3CAD	Mthandazo Qhina	21	40	M	42	NEDBANK RUNNING CLUB	1:15:09
2233	8DWV5NC	Tumelo Mokoatsi	21	O	M	32	CENTRAL ATHLETICS CLUB	1:18:58
2236	3EWGA1P	Tsungai Mwanengeni	21	40	M	45	RCSGUGS AC	1:25:57
2407	9GH8494	Philip Paulse	21	40	M	41	EERSTERIVIER AC	1:28:00
2075	3DHM06B	Andre-John Adriaawse	21	O	M	35		1:31:43
2154	8DZVKP1	Gareth Harrington	21	O	M	35		1:33:37
4209	8TY0F0R	Mlandeli Mkhohlakali	21	O	M	37	WHALERS ATHLETIC CLUB	1:35:50
2393	VX2G9XV	Marlon Mortlock	21	40	M	45	KNYSNA MARATHON CLUB	1:36:49
2459	3TNESC2	Lee-Roy Mitchell	21	O	M	32	EERSTERIVIER	1:40:54
2486	6DHDEP9	Obertina Kanyongo	21	50	W	52	NEDBANK RUNNING CLUB	1:42:56
2124	4FHK5WX	Manie Robinson	21	40	M	43	EERSTE RIVER	1:42:57
1103	8YZRYT2	Jean Oosthuizen	21	60	W	64	CAPE TOWN	1:43:08
2449	8YZB9ED	Marcel Yon	21	40	M	44	RCS GUGULETHU AC	1:44:05
2462	2NKD8RX	Herman Langenhoven	21	O	M	27		1:46:27
2168	4WVHBE2	Andrew Meeks	21	O	M	31	WIGSTON PHOENIX RC	1:46:27
2469	3DKE2RH	Jan George Steytler	21	O	M	24	ROCK RUNNERS	1:46:39
2481	6EKFDFC	Busisiwe Matiwane	21	40	W	44	RETAIL CAPITAL LANGA	1:47:23
2444	2NNV2G5	Brett Walker	21	40	M	45	CAPE MULTISPORT CLUB	1:49:46
2367	1ZZ9ANF	Jp Juries	21	O	M	35	WILDRUNNER AC	1:49:50
2387	4MW78RW	Junita Maree	21	O	W	39	BRACKENFELL AC	1:50:53
143	4AH84G9	Frank Gillion	21	60	M	61	WHALERS RUNNERS	1:51:56
2364	2NZGTG4	Terence Johnson	21	40	M	46	NANTES ATHLETIC CLUB	1:52:00
2467	8YMPTRZ	Magan Irene Hanekom	21	O	W	24	ROCK RUNNERS	1:52:19
2228	1GWSFM3	Eugene Marais	21	40	M	46	CAPE MULTISPORT CLUB	1:52:37
4103	8DYD3FR	Venchesco Adonis	21	O	M	25	PHOENIX VILLAGERS AC	1:53:25
2332	2RKDDMK	Bennie De Klerk	21	40	M	43	TYGERBERG AC	1:53:37
2478	VX5KVZ5	Matthys Heyns	21	40	M	49	LANGEBERG AC	1:53:46
2161	1ZWZMP4	Xolani Kubheka	21	O	M	33		1:54:54
2180	4KYKB6V	Chris-Ben Smit	21	J	M	16		1:54:57
2482	2NV257A	Nico Steyn	21	O	M	39	LANGEBERG AC	1:55:01
2331	9NK88T5	Christina De Jager	21	50	W	53	LANGEBERG AC	1:55:08
2391	3EWFN9E	Jacqueline Misroll	21	50	W	50	PINELANDS AC	1:55:29
2036	4AHSSK8	Tarryn Haikney	21	O	W	27		1:55:31
2116	1YN7C7F	Petra Oerson	21	O	W	32	BREDARSDORP	1:55:44

Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
2402	8YKY3ZP	James Ngxale	21	50	M	56	KNYSNA MARATHON CLUB	1:56:58
2464	2FYP849	Zanre Joubert	21	O	W	34	WELLINGTON AC	1:58:21
2021	6EKN8AG	Andries Boshoff	21	O	M	37		1:58:28
2284	8TKB331	Danie Ludick	21	O	M	34		1:58:29
2371	1GH15HR	Veruschke Kolbe	21	40	W	42	WILDRUNNER AC	1:58:33
2390	2XKC6G7	Michelle Minnaar	21	O	W	38		1:59:13
2034	4FND7G8	Gonzalo Gogorza	21	O	M	32		2:02:45
2264	4KYC1W1	Dionne Van Rensburg	21	O	M	59	OUTENIQUA HARRIERS	2:02:47
2426	1KWG4ZH	Francois Swart	21	O	M	32	HELDERBERG HARRIERS	2:02:48
2466	6SM43VS	Lodewikus Albertus Hanekom	21	60	M	60	ROCK RUNNERS	2:03:44
4ZN6E5Z	4ZN6E5Z	Rika Carstens	21	50	W	59		2:03:47
2275	8KKWKGZ	Warren Butler	21	O	M	32		2:04:05
2292	8SN87VP	Anje Truter	21	O	W	26		2:04:06
150	VX00BS1	Leon Van Niekerk	21	40	M	48	CAPE MULTISPORT CLUB	2:04:36
2346	8DWE6NE	Alison Giliomee	21	O	W	39	HARTENBOS DRAWWERS	2:04:54
2398	1GW3FHF	Jaco Nell	21	40	M	44	HARTENBOS DRAWWERS	2:04:54
2109	1WMNSRT	Louise Knipe	21	O	W	38	BONNIEVALE ATHLETICS CLUB	2:05:52
2143	9XY33CS	Ronelle De Vries	21	O	W	31		2:06:00
2078	1WH49VS	Kate Baldwin	21	O	W	38	CARBINEERS WP	2:06:05
2411	1ZV1KRR	Alexis Sacks	21	50	W	50	CARBINEERS WP	2:06:05
2472	2AYE214	Albert Claassen	21	O	M	36	HELDERBERG HARRIERS	2:06:58
2086	8ZK7ZPY	Novosti Buta	21	O	M	32	SANLAM AC	2:07:07
2445	8TZ0WN6	Catharina Warren	21	40	W	41	AMANZIMTOTI AC	2:07:09
2016	2NY583T	Michael Van Zyl	21	O	M	21		2:07:18
2218	8TWMV0X	Kobus Huisamen	21	O	M	53	FISH HOEK AC	2:07:28
2193	2FY0E35	Trevor Nel	21	O	M	55		2:08:30
2115	1MMR1XK	Aldré Nel	21	O	M	27	DESPATCH AC	2:08:30
2214	8DZHANK	Felicity Gallagher	21	50	W	51	SOMERSET STRIDERS AC	2:09:04
2417	2NY2BFZ	Julian Smith	21	O	M	34	PINELANDS AC	2:09:14
2487	2AYEPW9	Hendrik Engelbrecht	21	40	M	43	LANGEBERG AC	2:09:23
2322	VX0VMGT	Louis Brink	21	40	M	48	WILD RUNNER	2:09:24
2252	4MYF01P	Frederik Conrad Scheepers	21	O	M	35	WELLINGTON AC	2:09:26
2107	8RMM4DE	Bekithemba Jaceni	21	O	M	29	METROPOLITAN AC	2:09:54
2542	4FH96GE	Mario Moore	21	50	M	55	WELLINGTON AC	2:10:15
2084	4XH6TAA	Chandre Boshoff	21	40	W	42	OUTENIQUA HARRIERS	2:10:17
2164	2FYPSS1	Katharina Lieb	21	O	W	24		2:10:40
2541	VX00MN2	Diederick Jordaan	21	O	M	55	BELLVILLE AC	2:10:52
2224	1GWAX04	Jurgen Lesch	21	O	M	38	BREDASDORP	2:11:07
2262	1GZSWZ7	Hardus Van Der Westhuizen	21	50	M	58	VRYBURG MULTISPORT CLUB	2:11:11
2437	2AW8YDA	Piet Van Dyk	21	60	M	60	ARCELOR MITTAL SALDANHA	2:11:21
2488	1GKWDG6	Anneke Vaan As	21	O	W	34		2:11:44
2191	1KZG4ZD	Jacobus Daniel Lekota	21	60	M	67		2:12:19
2129	4XH68K9	Wilmien Uys	21	O	W	22	STELLENBOSCH	2:12:45
2103	3DM905G	Ian Glass	21	60	M	62	CELTIC HARRIERS	2:13:31
2104	1RH78FT	Jessica Glass	21	O	W	34	VOB	2:13:32
2141	8SY48W3	Adèle De Vries	21	O	W	36		2:13:33
2251	1KZ56ZM	Ronald Sauls	21	O	M	39	OMMIEDRAAI FRIENDS ATHLETICS CLUB	2:13:41
2226	1KZGMMZ	Ricardo Lotz	21	O	M	32	LANGEBERG AC	2:13:45
2480	8YYTSFB	Fanie Kamfer	21	O	M	30		2:13:49
2038	3DHAYVH	Aimee Hangone	21	O	W	31		2:14:04
2479	VX24401	Ashwin Silver	21	50	M	50	CORRECTIONAL SERVICES	2:14:06
2179	2FY0DMR	Albert Smit	21	J	M	18		2:15:40
2535	3EWNF3B	Penny Ingram	21	60	W	64		2:15:46
2373	VX7FSNH	Hester Kotze	21	70	W	71	DURBAC	2:16:15

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2485	4KVC87D	Donovan Geldenhuys	21	50	M	52	TYGERBERG NLC AC	2:16:35
2131	1RH73FA	Rhuwayne Vaughan	21	40	M	44	EEERSTE RIVIER CLUB	2:16:37
2032	2XMW3XE	James Fisher	21	50	M	53		2:16:56
2040	4NN7KAZ	Lucretia Johnson	21	O	W	30		2:17:10
2133	2AYEYN9	Shaun Stanley	21	O	M	38		2:17:24
2057	4RM9X4A	Eben Olivier	21	40	M	41		2:17:31
2404	VX48EMC	Zithulele Nqayi	21	50	M	52	KNYSNA MARATHON CLUB	2:17:59
2030	6SHRPF7	Donovan Farao	21	O	M	34		2:18:12
2545	6EHMR9V	Tameshia Hammer	21	O	W	33		2:18:18
2349	3EZFRD8	Francois Grobler	21	40	M	44	HELDERBERG HARRIERS	2:18:25
2446	8DZENX5	Russell Warren	21	50	M	50	AMANZIMTOTI AC	2:18:31
2167	1GZSV33	Isaac Masuku	21	40	M	44		2:18:37
2374	VX6M968	Glenville Kriel	21	50	M	59	DURBANVILLE AC	2:18:57
2062	8KKNWAF	Rian Singels	21	O	M	31		2:19:01
2037	4AH89GX	Nicola Hanekom	21	O	W	22		2:19:13
2453	1KH780D	Danie Van Der Merwe	21	O	M	34	STRAND AC	2:19:14
2047	4AKRDF7	Camilla Kotzé	21	O	W	28		2:19:28
2095	4NNW1HW	Francois De Villiers	21	40	M	44	CERES	2:19:29
2194	2FYPXH5	Jenna Pratt	21	O	W	24		2:19:29
2056	1KKEPES	Madwin Ashwill Oerson	21	O	M	24		2:19:34
2132	4FN15ZC	George Weilbach	21	O	M	22		2:19:48
2022	3YNZ8SM	Johann Bouwer	21	J	M	19		2:19:48
2123	4AHSPY7	David Retief	21	O	M	35	IN TOUCH AC	2:20:18
2092	1MNESZS	Jacques Cronje	21	50	M	52	HARFIELD HARRIERS	2:20:22
2240	8YWRFM2	Werner Olivier	21	O	M	35	DESPATCH ATHLETICS CLUB	2:20:48
2473	8YYT30H	Ewert Cornelissen	21	O	M	33		2:20:53
2440	4EN3DEW	Chris Van Wyk	21	60	M	64	BOKSBURG AC	2:20:53
2379	8DVDD3G	Hendrik Willem Le Roux	21	O	M	37	STELLENBOSCH AC	2:21:24
2100	4FH1488	Christo Gerber	21	40	M	44	DESPATCH ATHLETICS CLUB	2:21:41
2024	3GKRHZ7	Annemarie Buytendag	21	50	W	50		2:21:42
2138	4KYKAEM	Heather Dalton	21	O	W	39		2:21:46
2200	8YWR37D	Patrick Barlow - Jones	21	40	M	47	SOMERSET STRIDERS AC	2:22:09
2456	8DWHKMC	Ruben Jaars	21	O	M	36	HELDERBERG HARRIERS	2:22:10
2382	8SWCNME	Janine Linssen	21	40	W	48	WEST COAST AC	2:22:22
2381	VX4A2BN	Michel Levin	21	50	M	56	WEST COAST AC	2:22:22
2285	1GK1B6F	Sunel Ludick	21	O	W	34		2:22:28
2049	8KH0G4S	Arina Liebenberg	21	O	W	27		2:22:52
2281	VX1VN4S	Livia Jordaan	21	40	W	41		2:22:55
2146	4KYKDMF	Mi-Jeanne Du Plessis	21	O	W	32		2:22:55
2422	8DZDZM5	Dawie Steenkamp	21	50	M	55	DURBANVILLE AC	2:23:45
2238	2FWPFMD	Osmond Ngcizela	21	40	M	43	PETROSA RUNNING CLUB	2:23:54
2303	VX6N1N9	Piet Britton	21	60	M	65	MEDIHELP AC	2:23:57
2046	8SNKMK4	Christopher Kode	21	O	M	19		2:24:07
2461	4RMPW79	Anne Langenhoven	21	O	W	26		2:24:15
2279	VX8BBX6	Kathleen Germishuys	21	50	W	50		2:24:15
2097	4AM2TSV	Ewald Els	21	O	M	28	STELLENBOSCH	2:24:34
2177	2AWAMZD	Bradley Pascoe	21	40	M	46		2:24:44
2357	8KKF1FH	Delmarie Henning	21	50	W	58	HARTENBOS DRAWWERS	2:24:46
2044	3DNKZAT	Christopher Knutsen	21	O	M	25		2:25:30
2230	1ZWZRP5	Callie Mc Evoy	21	O	W	25	OLD EDWARDSIANS AC	2:25:30
2142	9XW3R1P	Gustav De Vries	21	O	M	36		2:25:35
2540	9XVK3HF	Tanja Swart	21	O	W	39	PAARL ATLECTIC CLUB	2:25:40
2150	2FWPWEN	Kezley Flint	21	40	M	49	TEMP LICENCE	2:26:06
2415	1GZ8FKV	Schalk Smit	21	50	M	52	STRAND AC	2:26:06

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2538	8ZKYBRK	Naas Vermaak	21	60	M	60		2:26:09
2181	4KVC5WT	Jessica Steffens	21	O	W	20		2:26:11
2222	4MYMW03	Ischke Lambrechts	21	O	W	35	DESPATCH ATHLETICS CLUB	2:26:14
2098	1AHBZRY	Gerhard Engelbrecht	21	O	M	28	STELLENBOSCH	2:26:15
2073	8SN6V6M	Glynn Mortimer	21	O	M	37	EERSTE RIVIER	2:26:21
2254	1GWA0HP	Retha Serdyn	21	40	W	44	WHALERS ATHLETIC CLUB	2:26:38
2255	8YWRBCV	Reinhardt Singleton	21	40	M	48	WHALERS ATHLETIC CLUB	2:26:40
2432	1KV56T4	Lungelo Tile	21	50	M	55	CORRECTIONAL SERVICES BOLAND	2:26:51
2376	1WW6YYG	Johan Kuypers	21	O	M	28	DURBANVILLE AC	2:26:52
2013	2FK8FRZ	Bernard Olivier	21	40	M	43	KNYSNA MARATHON CLUB	2:27:04
2014	4RNCD99	Caroline Olivier	21	O	W	38	KNYSNA MARATHON CLUB	2:27:04
2223	1GZSPZD	Rene Leonard	21	O	W	33	KNYSNA MARATHON CLUB	2:27:07
2149	2FYPBSR	Judy Finlaison	21	O	W	35		2:27:07
2392	1KW56WE	Aboebakar Moli	21	60	M	60	ARD ATHLETIC CLUB	2:27:14
2011	2MNTDBW	May Venter	21	O	W	28		2:27:24
2012	8RHM27C	Bernhard Bornman	21	O	M	29		2:27:24
133	3YH272S	Riaan Jooste	21	50	M	50	BREDASDORP AMATEUR AC	2:27:35
2298	6SK6HYD	Henrietta Charlotte Mathewson	21	O	W	38		2:27:49
2443	3EWG71M	Lindsay Visser	21	40	W	43	STRAND	2:27:49
2460	3SN3SYB	Mucha Mukosa	21	40	M	46	SELF	2:27:59
2162	2AYAS6B	Ricardo Leonard	21	O	M	27		2:28:02
2118	8TH3YR7	Wilma Pearce	21	40	M	45	OMMIEDRAAI AC	2:28:05
2439	1YN39PV	Aletta Van Rensburg	21	60	W	60	OUTENIQUA HARRIERS	2:28:05
2377	2FHRHHV	Miekie Lamprecht	21	50	W	55	ARCELOR MITTAL SALDANHA	2:28:21
2196	2NW2RZ4	Gert Petrus Terblanche	21	60	M	65		2:28:23
2028	4MNEW36	Elizma Du Toit	21	O	W	33		2:28:38
2433	8YYBT4N	Felicity Treu	21	40	W	49	BREDASDORP ATHLETIC CLUB	2:28:41
2198	2AYEPZN	Vera Adams	21	40	W	48	PINELANDS AC	2:28:58
82	1ZVZ8NT	Caroline Dalton	21	40	W	42		2:29:29
2536	9WK15V6	Karl Baker	21	50	M	59	GUGULETU AC RCS	2:29:34
2007	2AWASW3	Ronel Roux	21	40	W	43		2:29:35
2190	9XWK80M	Wilhelm Wolmarans	21	O	M	33		2:29:59
2414	1SKT1TH	Angelique Smit	21	40	W	41	STRAND AC	2:30:22
2121	4KNYE9T	Albertus Raubenheimer	21	40	M	44	NEDBANK SWD	2:30:53
2537	CA93062	Gary Ristow	21	60	M	68	EDGEMEAD RUNNERS	2:31:01
2184	4RYR415	Carien Van Dewenter	21	O	W	35		2:31:20
2001	8ZK1DF4	Sejin Kim	21	O	M	30		2:31:31
2258	4KYC2ER	Gareth Steenkamp	21	J	M	17	STRAND ATHLETICS CLUB	2:31:33
2227	1ZWZ5HE	Charles Malan	21	J	M	17	WHALERS	2:31:39
2312	VX6WTNE	Jacobus Barnard	21	50	M	55	DURBANVILLE AC	2:32:29
2159	1GWS3ZR	Hanelle Koch	21	O	W	38		2:32:33
2148	4RVXSW5	Elizanne Engelbrecht	21	O	W	38		2:32:34
2171	1ZWZ53D	Julie Moore	21	O	W	28		2:33:02
2336	8DZEMAM	Lisa Muller	21	40	W	43	STRAND AC	2:33:05
2059	8KKW1VC	Nicia Poci	21	O	W	28		2:33:07
2019	1MHEVKP	Marlene Albertyn	21	40	W	41		2:33:07
2006	3EWWG7T	Esmeralda Klopper	21	O	W	28		2:33:08
2324	2FVP4K5	Marilee Claase	21	O	W	23	BRACKENFELL WP	2:33:10
2321	2FWZK38	Renette Breedt	21	50	W	59	BRACKENFELL ATLETIEK KLUB	2:33:10
2207	4RWXZEZ	Moose Burger	21	40	M	45	GOODWOOD HARRIERS	2:33:18
2140	8YWT1ZG	Jacob De Villiers	21	O	M	34		2:33:34
2139	1ZWZ32	Elizabeth De Villiers	21	O	W	35		2:33:35
2033	4RKYWYX	Mariska Fourie	21	O	W	34		2:33:36
2455	8KKN1G9	Xavier Vernito Parnell	21	O	M	28		2:34:05

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2333	2FWVG71	Carole De Waal	21	60	W	64	WINGATE ROAD RUNNERS	2:34:11
2248	4MYNVM8	Clarisa Samuels	21	40	W	41	BRACKENFELL ATLETIEK KLUB	2:34:15
2394	4XMKC9W	Diana Mouton	21	40	W	42	NEDBANK RUNNING CLUB SWD	2:34:16
2294	3EWWW9X	Andriette Wessels	21	O	W	25		2:34:19
2272	2AYAVSR	Fabrizio Morgia	21	50	M	54		2:34:47
2069	2XKCN4S	Jana Van Zyl	21	40	W	41		2:35:17
2054	1AH24B1	Rolynne Meintjes	21	40	W	45		2:35:18
2338	9XYKGTC	Lezane Du Plooy	21	O	W	32	WELLINGTON AC	2:35:20
2273	8ZHY68H	Bielle Bellingham	21	O	W	33		2:35:47
2266	1GWAE6H	Riaan Vermeulen	21	60	M	61	HARTENBOS DRAWWERS	2:35:48
2360	2FYP2NY	Faizel Isaacs	21	40	M	47	KENFAC SAC	2:35:53
2323	1YNSA9P	Sydney Carstens	21	50	M	59	DURBANVILLE AC	2:36:03
2068	8KMRXG5	Maryka Van Deventer	21	O	W	19		2:36:23
2067	2NN1GMZ	John Phillip Van Deventer	21	40	M	45		2:36:24
94	8SV41H7	Madre Du Toit	21	50	W	52		2:36:36
2026	8TMAKRZ	Cinumzi Andries Dlamini	21	40	M	44		2:36:40
2071	3THPMGC	Gert Coetzee	21	50	M	56	HELDERBERG HARRIERS	2:36:42
2072	8WH6FRP	Lecinda Coetzee	21	40	W	44		2:36:42
2348	VX3N3HG	Stephanie Griffith-Richards	21	40	W	49	DURBANVILLE AC	2:36:43
2406	2NW2KMY	Zohra Parkar	21	40	W	47	OMMIEDRAAI AC	2:36:55
2156	8YWRKWV	Gavin Harvett	21	40	M	47		2:36:58
2166	2NW2CW1	Patrick Madiba	21	O	M	33		2:37:06
2454	4RYR1S4	Stuart Jackson	21	O	M	39		2:37:21
2144	2NY2D3K	Lilibet De Wet	21	O	W	31		2:37:22
2127	1FNA6AS	Pieter Smit	21	40	M	41	PINELANDS AC	2:37:49
130	9XH7CDN	Piet Smit	21	60	M	68	BREDASDORP ATHLETIC CLUB	2:37:49
2280	VX76173	David Jordaan	21	60	M	68		2:38:22
2041	8ZNAF8A	Gary Jones	21	O	M	29		2:38:22
2063	4AHSHG4	Jaco Smit	21	50	M	51		2:38:55
2378	2NZGCA6	Cheryl Le Roux	21	40	W	45	SOMERSET STRIDERS AC	2:39:18
2017	4XNBXD9	Schalk De Jager	21	40	M	46		2:39:20
2302	8YMKCXW	Barend Van Staden	21	40	M	42	BELLVILLE AC	2:39:36
2064	6EKFP97	Cobie Steinberg	21	O	W	38		2:39:36
2176	8DWVKN6	Mich Nieuwoudt	21	40	M	48		2:39:39
2195	9XYK1H3	Ruhan Rheeder	21	O	M	30		2:39:41
2202	2FWP4MW	Anna-Mare Brand	21	60	W	62	DURBANVILLE AC	2:39:48
2548	4KYCTPV	Pamella Mahlasela	21	O	W	24	KHAYELITSHA AC	2:40:03
2023	8GHF1FY	Ané Brink	21	J	W	19		2:40:15
2189	1KW5APX	André Wessels	21	40	M	41		2:40:34
2282	8YWR5EN	Estelle Kellerman	21	40	W	47	WELLINGTON ATHLETIC CLUB	2:40:35
2304	3EVGS55	Bernadette Alexander	21	50	W	51	MITCELLS PLAIN TITANS	2:40:49
2358	1KW52S9	Michelle Hine	21	40	M	40	DURBANVILLE AC	2:40:50
2110	4XHX2T7	Heidi Kotze	21	40	W	44	WHALERS AC	2:40:51
2421	1GWAZN9	Eldrich Steedsman	21	O	M	35	ATLANTIC AC	2:41:16
2484	3YK2G52	Winston Fischer	21	60	M	63	RAVENSMEAD	2:41:32
2106	6SK6K2D	Lindsey Nicholine Hess	21	O	W	39	ASHTON AC	2:41:43
2058	1ANBC64	Daniel Petrie	21	O	M	35		2:41:48
2035	4MHPF23	Anna Goldman	21	O	W	34		2:41:48
2274	9MKNVBZ	David Biles	21	O	M	36		2:41:48
1ZKBR6W	1ZKBR6W	Rina Van Papendorp	21	50	W	58	BREDASDORP ATLETIEKKLUB	2:41:50
2045	4GKVVWP	Celine Kode	21	J	W	17		2:41:51
2173	4MVNKW1	Kagiso Mosenki	21	O	M	25		2:42:07
2145	1GWSSM6	Pieter De Wet	21	O	M	30		2:42:30
2311	4WVHFNX	Bill Barkley	21	70	M	73	DURBAC	2:42:36

Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
2027	1MMBRY9	Bennie Du Toit	21	40	M	49		2:42:37
2065	3DH6BKA	Johann Ungerer	21	O	M	32		2:42:38
2031	3THPZY3	Hendrik Fielander	21	40	M	43		2:42:41
2328	0AND3GS	Shan Cornelius	21	40	M	47	MITCHELLS PLAIN TITANS AC	2:42:43
2051	4FN1P61	Yolanda Louw	21	40	W	45		2:43:10
2070	1WH0HKZ	Wendy West	21	O	W	31		2:43:10
2066	1ANBS72	Lizelle Van Den Berg	21	40	W	44		2:43:16
2158	4MYNC0V	Lauren Johnson	21	J	W	17		2:43:19
2113	3TK0GRV	Erica Mendes	21	50	W	51	WEST COAST AC	2:43:49
2130	8GHB8K2	Yolande Van Rooyen	21	40	W	40	DESPATCH ATHLETICS CLUB	2:43:57
2463	1MHVN46	Lily Joan Ithier	21	40	W	48	PINELANDS AC	2:44:32
4050	1ZZZTOK	Marelle Davel	21	40	W	47	WHALERS ATHLETIC CLUB	2:44:41
2544	1WH4094	Nicolaas Cupido	21	50	M	56		2:44:57
2169	2AWA814	Marius Meyer	21	50	M	57		2:45:11
2020	4RKYW2B	Zemonithea Bell	21	O	W	26		2:45:14
2369	VX82KHD	Liezel King	21	40	W	49	RANDBURG HARRIERS	2:45:16
2048	4MK4ZSF	Norbert Leicher	21	50	M	59		2:45:39
2386	VX5CEV5	Eileen Malan	21	40	W	47	TEAM VITALITY	2:45:57
2093	8TNVPM2	Rebecca Cronje	21	40	W	40	HARFIELD HARRIERS	2:46:06
2093	4WVHFGR	Rebecca Cronje	21	40	W	40	HARFIELD HARRIERS	2:46:06
2217	4RYXS61	Helga Heinrich	21	40	W	48	OMMIEDRAAI FAC	2:46:06
2081	4NHWWBB	Marelize Barnard	21	O	W	38	ATC RUNNING	2:46:13
2157	1KZ5671	Tereza Human	21	O	W	31		2:46:29
2061	6EKFNXD	Ryno Rooi	21	O	M	32		2:47:08
2060	4AHSN9N	Maylene Roeloffze	21	40	W	47	BREDASDORP AMATEUR AC	2:47:49
2388	VX8GC0W	Monique Martens	21	50	W	55	WEST COAST AC	2:47:53
2003	1ZZZ5SG	Nico Du Plooy	21	60	M	68	EDGEMEAD RR	2:48:24
2002	2AYAFPE	Liesl Both	21	O	W	37		2:48:25
2152	3EWWC3E	Nick Gooch	21	40	M	44		2:48:27
2355	VX2BWR8	Adrian Hayes	21	O	M	36	FISH HOEK AC	2:48:37
2435	VX0ZNMR	Stevet Turner	21	50	M	52	FISH HOEK ATHLETICS CLUB	2:48:38
2370	4WVW82	Gill Koch	21	60	W	63	WEST COAST AC	2:48:41
2087	8WN6BZR	Taryn Christie-Smith	21	O	W	36	PINELANDS AC	2:49:33
2197	8DWV9P7	Tracey Van Niekerk	21	40	W	47	HARTENBOS DRAWWERS	2:49:54
2076	8GMHE2H	Pauline Apollis	21	50	W	50	WELLINGTON AC	2:49:55
2361	4RYXV0W	Lameez Isaacs	21	40	W	46	KENFAC	2:50:44
2206	1GZSF0V	Chris Bruce	21	50	M	56	LANGEBERG AC	2:51:06
129	VX4MMZ7	Irma Zollner	21	60	W	60	HELDERBERG HARRIERS	2:51:18
2163	4MVN7PC	Lee-Anne Levi	21	O	W	37		2:51:30
2137	3EWWV67	Wayne Bedser	21	40	M	46		2:51:31
2434	9XYK60M	Tshepiso Tshabalala	21	O	W	30	K-WAY VOB RUNNING CLUB	2:52:12
2389	8TYMVXA	Faizal Miller	21	50	M	52	BRIMSTONE ITHEKO SPORT AC	2:52:12
2225	3EWGD73	Gail Levitt	21	40	W	44	CAPE MULTISPORT CLUB	2:52:16
2356	1AHBFV3	William Hendricks	21	70	M	70	EERSTE RIVIER	2:52:22
2135	3EYGANW	Mlungisi Bana	21	O	M	34		2:52:34
2268	2FYPPFSB	Yolande Willemse	21	O	W	39	OLD MUTUAL AC	2:52:36
2552	1MHDPK6	Ursula Moolman	21	50	W	55	BREDASDORP	2:52:50
85	VX0KE1A	Julia Barlow	21	60	W	63	WHALERS HERMANUS	2:53:32
2362	CB37894	Jakobus Jansen	21	70	M	71	WHALERS ATHLETIC CLUB	2:53:34
2153	2FWPWPM	Tracy Gooch	21	40	W	44		2:53:39
2182	1GWAPHY	Leonell Steyn	21	O	W	28		2:54:02
2239	1KZ5S1B	Sonwabile Ngcizela	21	O	W	38	HARTENBOS DRAWWERS	2:54:42
2368	2FW9WBY	David King	21	50	M	56	RANDBURG HARRIERS	2:55:08
2039	8EN6FBK	Fatima Jedaar	21	O	W	35		2:55:09

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2114	1ZH8VRB	Clifford Naude	21	50	M	50	WESTCOAST ATHLETICS CLUB	2:55:11
2136	2AWAFEC	Xolani Bebeza	21	O	M	29		2:55:34
2174	2AYAVEY	Lebogang Mosenki	21	O	M	29		2:55:36
2310	6SMCKYX	Ntombizanele Bakaqana	21	40	W	45	KHAYELITSHA AC	2:56:19
99	8MKVT43	Marlize Du Toit	21	40	W	41		2:56:54
2151	1KW5GZ2	Rozni Fourie	21	40	W	45		2:56:55
2096	4FNM7DF	Sophia Dorothea De Witt	21	O	W	36	WORCESTER ATHLETICS CLUB	2:57:13
2451	9XW32RK	Galiem Jacobs	21	60	M	62	ITHEKO AC	2:57:55
2025	8KHFPVZ	Nicolaas Coetzee	21	40	M	46		2:58:07
2452	8SKRGGR	Fatimah Jacobs	21	50	W	59	ITHEKO SPORT ATHLETIC CLUB	2:58:29
49	4MKTX4C	Karin Theron	21	50	W	51	BRACKENFELL ATLETIEKKLUB	2:58:54
2215	3EYG51M	Bernard Gantana	21	50	M	56	RAVENSMEAD AC	2:59:16
2546	1KW557A	Amaanoelah Solomon	21	50	M	52	ARD ATHLETIC CLUB	2:59:18
2301	2GMCCHG	Laurette Van Der Merwe	21	50	W	54	TELKOM AC	2:59:40
2170	2FY0ATB	Johannes Mokobodi	21	50	M	57		2:59:50
2204	2AYACZ1	Teresa Brooks	21	40	W	47	DURBANVILLE AC	3:02:11
144	4AHWXP4	Paulus Giliomee	21	60	M	66		3:02:11
2205	4MYNYT9	Rene Brown Rossouw	21	40	W	49	BAK	3:02:39
2320	2AV8EK3	Marius Bouwer	21	50	M	57	PRETORIA POLICE MARATHON CLUB	3:03:49
2458	4AMMK4D	Marion Du Plessis	21	40	W	44		3:04:41
2050	1RNWC25	Suline Louw	21	40	W	44		3:04:41
2288	VX1ENAC	Elsje Rossouw	21	40	W	44		3:04:45
2351	2FNG7NR	Janetta Harmse	21	50	W	52	HELDERSTROOM CORRECTIONAL SERV	3:05:02
2211	4RYR8H9	Sherene Daniels	21	50	W	54	TOP FORM	3:05:31
2412	3DNKA2W	Armien Samaai	21	50	M	56	TOPFORM AC	3:05:31
2250	2AYARCV	Zahraa Samaai	21	O	W	26	TOP FORM	3:05:32
142	2FKB9C6	Frieda Blignaut	21	60	W	69	SANLAM AC	3:06:05
2345	8SHY4TN	Mike Galli	21	50	M	59	WEST COAST AC	3:07:45
2380	2WNR25N	Phillipa Lever	21	50	W	52	PINELANDS AC	3:07:47
2289	VX1AHDP	Lynne Shannon	21	40	W	48		3:07:47
2326	VX8R2P5	Linda Coetzee	21	50	W	58	PINELANDS AC	3:07:49
2366	8SVCH5Y	Jolita Joseph	21	50	W	54	WELLINGTON ATHLETIC CLUB	3:08:10
2232	8TWMCN5	Asiphe Mgoqi	21	O	W	32	PETROSA	3:09:00
2265	1KZ541V	Chris Vermeulen	21	60	M	61	STRAND ATHLETICS CLUB	3:09:17
2290	8YNWKDY	George Steenberg	21	50	M	52		3:09:35
2256	1KZ506E	Gary Derek Smuts	21	40	M	47	RWFL BRACKENFELL	3:09:58
2220	2FYPS0T	Dorele Klein	21	40	W	45	RAVENSMEAD AC	3:10:00
2436	9XYK4W1	Heinrich Van Der Sandt	21	50	M	50	INTOUCH ATHLETIC CLUB	3:10:01
2241	1ZWZE7V	Lorna Paulse	21	40	W	44	SPARTAN HARRIERS	3:10:05
2441	3EZGN8A	Sonja Vermaak	21	50	W	50	RUN WALK FOR LIFE	3:10:06
2270	4RYRWPN	Gaynor Williams	21	O	W	39	GOODWOOD HARRIERS	3:10:23
2447	2AZAA9P	Paulvin Webster	21	O	M	33	MITCELLS PLAIN TITANS	3:10:23
2450	VX4F4HT	Klaus Zollner	21	60	M	64	HELDERBERG HARRIERS	3:11:13
135	VX4R67H	Willem Fransman	21	60	M	62	SANLAM AC	3:11:43
2295	1GZS7CA	Danfred Afrika	21	O	M	32	SWARTLAND AC	3:11:48
2203	2AWASTD	Floris Brand	21	60	M	63	DURBANVILLE AC	3:12:07
2547	2AYEA3M	Mariam Adams	21	O	W	39	ARD ATHLETIC CLUB	3:13:42
2287	1MHVAAN	D'malene Oberholzer	21	50	W	56		3:15:48
2305	4WNT017	Glenda Alexander	21	50	W	55	MITCHELLS PLAIN TITANS AC	3:16:19
2090	8GH3XK5	Cecile Collyer	21	O	W	36	EDGEMEAD RUNNERS	3:16:58
2246	8YWR36G	Myrna Roux	21	40	W	47	OLD MUTUAL - WP	3:16:58
2299	0NKY23D	Claudine Mentor	21	40	W	49	TOPFORM AC	3:17:30
2172	1KW5KE4	Karen Morgia	21	50	M	53		3:17:31
4263	3SYR4B8	Gideon Van Den Berg	21	60	M	64	WHALERS ATHLETICS CLUB	3:18:11

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2242	4RYXCPK	Amelia Pieters	21	O	W	37	OLD MUTUAL AC	3:18:30
2231	1ZZZXTG	Taryn Mckenzie	21	O	W	28	OLD MUTUAL AC	3:18:31
2175	3EYGF77	Kristien Nel Van Zyl	21	O	W	28		3:18:42
2186	4MYNHZK	Jacques Van Zyl	21	O	M	28		3:18:43
2431	2NYGYDX	Ilse Sabrina Theys	21	O	W	37	NATAL CARBINEERS AC	3:18:56
2234	8DZVK73	Elizabeth Moller	21	40	W	48	DURBANVILLE ATHLETICS	3:19:23
2128	3EKE629	Jerry Stander	21	40	M	43	KNYSNA MARATHON CLUB	3:19:37
2257	4WZHM43	Salome Smuts	21	40	W	45	RWFL BRACKENFELL	3:19:44
2199	8TZMP0B	Peter Arendse	21	50	M	52	PINELANDSE	3:20:05
2111	1ZYZGY5	Maria Lewis	21	60	W	60	OMMIEDRAAI AC	3:20:08
2216	2NW2635	Fatima Geldenhuys	21	50	W	52	OLD MUTUAL - WP	3:20:26
2409	1ZW14TM	Jayne Roestorf	21	40	W	48	PINELANDS AC	3:20:30
2088	3KHF75E	Belinda Claassen	21	50	W	56	RAVENSMEAD AC	3:20:55
2271	4RVXPC1	Nazeema Williams	21	40	W	41	BRIMESTONE ITHEKO	3:21:00
2247	4KYKZP2	Sarah Salie	21	O	W	36	BRIMSTONE ITHEKO SAC	3:21:01
2269	4WVHBTV	Abdillah Williams	21	40	M	46	BRIMESTONE ITHEKO	3:21:02
2260	9XYKVT6	Alana Thomas	21	40	W	41	OLD MUTUAL -WP	3:21:52
2448	VX6MEF4	Etnah Wolfaardt	21	60	W	63	ALPHA CENTURION RUNNERS	3:22:58
2403	2AYEEWK	Kanyisa Nohako	21	O	W	35	BRACKENFELL AC	3:27:01
2363	1WNBWS6	Sandra Jansen	21	40	W	49	TOPFORM AC	3:28:03
2244	4WZHBF3	Winston Richards	21	50	M	53	SPARTAN HARRIERS	3:29:33
2102	1RNW85E	Louise Gillett	21	40	W	42	WELLINGTON AC	3:30:03
2263	8SW481G	Hendrik Van Der Westhuizen	21	O	M	23	VRYBURG MULTISPORT CLUB	3:31:22
2384	2AWKSF8	Joey Louwrens	21	60	W	69	TEAM VITALITY	3:32:06
2430	1GH97XC	Phillipine Theron	21	60	W	60	IN TOUCH AC	3:32:14
2122	4GMH3FK	Caroline Raubenheimer	21	40	W	47	NEDBANK SWD	3:34:36
2079	4ANHNH	Michelle Barends	21	50	W	54	MITCHELLSPLAIN TITANS	3:34:37
2201	3EYGVCE	Shanaaz Behardien	21	50	W	52	OLD MUTUAL - WP	3:38:06
2405	2AYS602	Thulasizwe Ntsele	21	O	M	33	"TEA	3:39:41
2074	8WKCK9Y	Mymoena Abrahams	21	40	W	45	NEDBANK RUNNING CLUB	3:39:42
2083	3DM34X8	Mary Bergh	21	50	W	52	BRACKENFELL AC	3:39:58
2089	1WK1T67	John Claassen	21	50	M	55	RAVENSMEAD AC	3:40:12
2235	4MZNHFZ	Cameron Morgan	21	40	M	46	KENFAC SAC	3:42:05
2229	4RVXBW2	Flora Masamba	21	50	W	54	OMMIEDRAAI AC	3:42:06
2353	9XYKGGGA	Sammy Harris	21	50	M	59	METROPOLITAN AC	3:42:07
4	VX4XW7D	Marie Hill	21	70	W	74	CERES ATHLETIC CLUB	3:44:22
116	VX9NK7S	Lionel Hill	21	70	M	78	CERES ATHLETIC CLUB	3:44:23
2278	VX464ZF	Karin Donald	21	50	W	56	VARSITY OLD BOYS RUNNING CLUB	3:45:26
2082	3YKBFDE	Joseph Bergh	21	50	M	50	BRACKENFELL AC	3:45:30
2101	3SN1AAT	Lesley Gillett	21	40	W	42	WELLINGTON AC	3:45:36
2125	1MH9FCP	Habieba Ryklief	21	60	W	60	TOPFORM AC	3:45:48
2117	6SKX18E	Deirdre Joy Orr	21	50	W	50	RAVENSMEAD ATHLETICS CLUB	3:45:53
2354	8TWMPPC	Karen Hattingh	21	50	W	51	RUN WALK FOR LIFE	3:47:59
2209	4MYNPPT	Charne Coetzee	21	40	W	46	RUN WALK FOR LIFE BRACKENFELL	3:48:01
2212	3EWGE63	Shelley Dormer-Karsten	21	O	W	38	RUN WALK FOR LIFE WP	3:48:01
2375	8DVHX9D	Nomonde Kubheka	21	40	W	40	PINELANDS AC	3:54:10
2119	3GH863D	Motshepuwa Ramaipato	21	40	W	45	PHOENIX ATHLETICS CLUB	3:54:15
2077	4WNNRKW	Jackie Aproskie	21	40	W	43	SPARTAN HARRIERS	3:55:23
2105	4NNWS79	Carol-Ann Hansen	21	50	W	54	SPARTAN HARRIERS	3:55:25
2208	8TW7WNM	Joy Cloete	21	40	W	48	SPARTAN HARRIERS	3:55:30
2213	1ZWZ71D	Sophia Maria Eygelaar	21	O	W	22	EDGEMEAD RUNNERS	3:56:13
2383	1GKEW8N	Joey Louwrens	21	60	W	69	BOKSBURG AC	3:57:30
2120	4AH87Y2	Tadimo Ramaipato	21	O	M	28	PHOENIX ATHLETICS CLUB	3:58:30
2042	1NKZ9F1	Gail Josephs	21	50	W	50		4:00:54

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2359	8TW0X2T	Brenda Human	21	50	W	54	WILD RUNNER ATHLETIC CLUB	4:05:37
2343	4BH9A53	Ruth Felix	21	60	W	64	MITCELLS PLAIN TITANS	4:05:49
148	8SW45MA	Helena Eygelaar	21	50	W	52		4:06:04
2427	VX4C94X	Jan Swart	21	60	M	60	FIT2000WP	4:12:18
2401	2WN6ESP	Jean Nepgen	21	70	M	74	KOWIE STRIDERS	4:12:20
2108	3YKBZ9C	Hanrie Joubert	21	50	W	56	BRACKENFELL AC	4:13:53
2099	1RH7S4F	Nadine Ferreira	21	40	W	46	BRACKENFELL AC	4:13:53
149	6SHXNFX	Magdaline Johnson	21	70	W	83	TYGERBERG AC	4:14:43
2112	4RNVAAP	Nadeema Marks	21	50	M	52	PINELANDS AC	4:14:43
147	VX5NRKG	Mercia Smith	21	50	W	52	PINELANDS AC	4:14:44
2340	8DWVE51	Florence Dzimwasha	21	40	W	46	WEST COAST AC	4:17:01
2400	0FNK80V	Carol Nepgen	21	60	W	68	KOWIE STRIDERS	4:17:29
1503	8DW8V7A	Pamela Duarte	21	40	W	44	PINELANDS AC	4:21:49
2243	4KYKNP5	Lucille Richards	21	50	W	52	SPARTAN HARRIERS	4:21:56
2396	1GWS55Z	Veena Naran-Smith	21	O	W	33	PINELANDS AC	4:24:38
4238	2NZ51PN	Tarisai Rukadza	42	O	M	38	RCS GUGULETHU AC	2:38:24
4309	4FNDYK2	Moses Njodzi	42	O	M	35	BRIMSTONE ITHEKO SPORT AC	2:44:56
4087	4RN0REV	Admire Rushika	42	O	M	33	VOB	2:48:58
4017	1RNG0AK	Anele Mavkewa	42	O	M	39	ELGIN GRABOUW ATHLETICS	2:59:52
4144	1KYN6D5	Richard Flint	42	O	M	35	KWAY VOB RUNNING CLUB	3:02:32
4377	4FHK7P9	Jamat Witbooi	42	O	M	33	Bonnievale Act Club	3:05:36
4232	VX25997	Quinton Prince	42	40	M	46	METROPOLITAN AC	3:08:00
4027	3YK6TF8	Phumlani Kumbaca	42	O	M	33	WHALERS	3:08:05
4305	8SY45NM	Sibusiso Mahlangu	42	O	M	33	EDGEMEAD RUNNERS	3:09:14
4272	VX4WN7Y	Johan Van Zyl	42	40	M	42	BELLVILLE AC	3:09:30
4249	8TZ7T12	Moses Skosana	42	O	M	38	CENTURY CITY RUNNING CLUB	3:09:56
242	VX42GV9	Johan Stemmet	42	40	M	45	LANGEBERG ATLETIEK KLUB	3:13:25
4029	4AN39T8	Johan Oerson	42	O	M	29	BREDARSDORP	3:14:39
4126	1KWF2ZP	Tawanda Chimozi	42	O	M	34	GUGULETU AC RCS	3:16:17
4290	2AVEKPM	Thembinkosi Sojola	42	O	M	35	PETROSA RUNNING CLUB	3:17:38
4296	3EYW4NG	Francois Olivier	42	O	M	29	DURBANVILLE RUNNING CLUB	3:20:31
4378	1MM3C5S	Lwando Ntshuntshe	42	O	M	25	Mandela Park Ac	3:22:48
4289	4NNRP58	Michael Maruza	42	40	M	46	BREDASDORP AC	3:22:57
4379	1AH0KHS	Luvuyo Twala	42	O	M	34	Mandela Park Ac	3:24:29
4287	DX4STHV	Hendrik Rooi	42	40	M	43	RAVENSMEAD AC	3:29:14
4112	3SW6X72	Wiaan Beeton	42	O	M	32	STELLA AC	3:29:19
4145	4WWDBCT	Khaya Fokwana	42	O	M	36	ACSIS VOB RUNNING CLUB	3:33:01
4219	4WVYDW9	Vincent Mwangi	42	40	M	42	FAT CATS AC	3:34:06
4005	8DVDC32	Arnold Lawrence	42	O	M	50	PHOBIANS	3:38:32
4206	4WYV352	ElmT Middlemost	42	40	W	41	BRACKENFELL AC	3:39:55
4152	9XM2CP1	Candyce Hall	42	O	W	35	CARBINEERS WP	3:40:55
4115	4WNSP4Z	Garreth Bornman	42	O	M	36	EDGEMEAD RUNNERS	3:42:31
4195	3EZFCMY	Vincent Masingi	42	O	M	36	PARLIAMENT AC	3:45:10
4163	3SWXZHB	Bertie Janse Van Rensburg	42	O	M	38	NEDBANK RUNNING CLUB SWD	3:45:35
4109	8EMF5KF	Kerryn Armstrong	42	O	W	34	ATLANTIC ATHLETICS CLUB (AAC)	3:45:45
4258	2FZ9MBS	Laura Peddle	42	O	W	36	STRAND ATLETIEK KLUB	3:45:46
4254	8SZ4WA9	Johny Strydom	42	50	M	50	ASHTON	3:46:52
4251	VX4AGGG	Simon Smith	42	O	M	50	KEARSNEY STRIDERS	3:46:55
4189	4WVDR73	Charles Malan	42	O	M	50	WHALERS ATHLETIC CLUB	3:47:39
4307	4WWDA76	Anel Van Wyk	42	40	W	40	NEDBANK RUNNING CLUB - SWD	3:48:16
4216	VX5S3ZK	Eddie Mouton	42	40	M	45	NEDBANK RUNNING CLUB SWD	3:48:16
4138	4MKTP1Y	Martin Delport	42	O	M	35	ATLANTIC ATHLETICS CLUB (AAC)	3:49:21
4099	VX3NG0K	Paul Adams	42	40	M	48	ARD ATHLETICS CLUB	3:49:34
4330	3EV789Y	Daniel Van Wyk	42	50	M	59	WELLINGTON ATHLETIC CLUB	3:51:51

Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
4139	4MVNETS	Stefan Diener	42	40	M	40	STRAND AC	3:52:03
4139	1MMBS2R	Stefan Diener	42	40	M	40	STRAND AC	3:52:04
4032	6DME1AV	Paul Steyn	42	O	M	39	STRAND AC	3:52:04
4008	8YMB9TF	Cassim Goolam	42	O	M	57	DURBANVILLE AC	3:52:19
4301	8DKNREP	Zibeke Memela	42	50	M	53	METROPOLITAN AC	3:52:29
323	VX4EADP	Jacobus Visagie	42	60	M	60	WELLINGTON ATLETIEK KLUB	3:53:47
4187	3TNF0ZP	Susan Mackinnon	42	40	W	48	MAXED ELITE	3:55:00
4217	4RZTVBH	Nicholas Mpontshane	42	40	M	45	SANLAM AC	3:55:20
383	8WN6XTM	Lorenzo Terence Lucas	42	50	M	57	NEDBANK RUNNING CLUB	3:55:50
4286	9XW4Y67	Arnold Woodward	42	40	M	42	CARBINEERS WP	3:56:23
4119	VX19B47	Andre Bresler	42	40	M	47	GOODWOOD HARRIERS	3:56:43
4007	4RW25S6	Schalk Engelbrecht	42	40	M	41	MORNINGSIDE COUNTRY CLUB	3:57:00
4016	1ANW10E	Bryce Haikney	42	O	M	30		3:57:41
4011	8YZB8SV	Thabo Matsaseng	42	40	M	44	BELLVILLE AC	3:58:32
4001	4RNAVKR	Mart-Merie Reyneke	42	O	W	29	ACHILLES AMATEUR CLUB	3:59:24
4153	VX2FVTC	Malcolm Harrington	42	60	M	61	WILDRUNNER	4:00:19
4041	8DYVENS	Mark Hutchinson	42	O	M	36	FISH HOEK AC	4:01:34
4085	VX4HR1F	Jerome Mentor	42	50	M	50	TOPFORM AC	4:01:57
402	1WVTSEK	Gerhard Brink	42	50	M	56	WELLINGTON ATHLETIC CLUB	4:02:22
4181	2NY5TKF	Deon Lotz	42	40	M	40	DURBANVILLE AC	4:02:31
4213	8SZ4XYF	Calvin Mole	42	O	M	29	CELTIC HARRIERS	4:05:27
4171	2FNGYBY	Charles Jaars	42	50	M	56	CORRECTIONAL SERVICES	4:05:36
4118	VX0TP7E	Cailey Bredenkamp	42	50	W	56	PAARL AC	4:06:16
4293	8DZEBYR	Nerida Lubbe	42	40	W	43	HARTENBOS DRAWWERS	4:06:32
4151	9XY3KPV	Jesaja Petrus Groenewald	42	O	M	31	BRACKENFELL AC	4:06:52
4093	4ZKSDPE	Jan Williams	42	50	M	51	WELLINGTON ATHLETIC CLUB	4:07:52
390	4ANBRZG	Martha Pretorius	42	40	W	49	NANTES AC	4:08:07
4210	8DWVPZR	Luvuyo Mngese	42	O	M	36	PETROSA RUNNING CLUB	4:09:09
401	VX5C21F	Pieter Hanekom	42	50	M	50	NEDBANK RUNNING CLUB	4:09:47
4278	1GZ8EVP	Willem Visser	42	50	M	50	STRAND	4:10:00
4297	1TM70YX	Quinton Jacobs	42	40	M	45	MITCHELLS PLAIN TITANS AC	4:11:00
4282	9AMHPE5	Dale Weitz	42	O	M	27	ATC RUNNING	4:11:00
4137	1KZG1SY	Jeannie De Vynck	42	40	W	46	WHALERS ATHLETICS CLUB	4:11:28
4079	8TZ7CG8	Nyasha Mhindurwa Janhi	42	O	M	36	WHALERS ATHLETIC CLUB	4:13:01
4074	3EZW0SC	Reece Brooks	42	50	M	56	DURBANVILLE AC	4:13:21
4014	8SHA0F8	Lisa Alexander	42	40	W	49	STRAND AC	4:13:28
4067	3SWBNH3	Susan Du Toit	42	50	W	51		4:14:23
4129	9XW42ES	Amanda Cloete	42	O	W	35	IRENE AC	4:14:34
4130	VX4AC1N	Dirk Cloete	42	50	M	51	IRENE AC	4:14:35
4224	3EVGB6G	Sinoyolo Vincent Nodangala	42	O	M	36	MITCELLS PLAIN TITANS	4:14:47
4088	2NYWV45	Siraj Salie	42	40	M	46		4:14:47
4148	1ZZXS2	Dian Giliomee	42	40	M	40	BREDASDORP ATHLETIC CLUB	4:16:00
4040	4WVHYP3	Edmund O'ehley	42	40	M	41		4:16:01
4230	9XY30GV	Tavon Petersen	42	O	M	28	STRAGGLERS	4:16:10
4056	8YWTGS7	Emeth Stembele Mafentile	42	O	M	34	WHALERS ATHLETIC CLUB	4:16:30
4113	4MV74SE	Percival Boezak	42	40	M	49	BRACKENFELL AC	4:17:05
4157	1ENDR8R	Chanelle Hoffman	42	40	W	48	STRAND AC	4:17:11
4270	7XNS2E8	Johanna Van Wyk	42	50	W	56	BOKSBURG AC	4:18:00
384	9NKC9HB	Maxwell Godloza	42	50	M	59	MANDELA PARK ATHLETICS CLUB	4:18:10
4218	1ZZZVXC	Conrad Muller	42	O	M	36	PAARL	4:18:55
382	1KWFG13	Shaun Maregele	42	40	M	46	GOODWOOD HARRIERS	4:21:18
4073	1DHT5HD	Renier Bekker	42	O	M	35	BRACKENFELL ATHLETICS KLUB	4:22:17
4247	2AZ8CM7	Sean Zanoxolo Silwana	42	40	M	46	RCS GUGULETHU AC	4:24:08
4208	2AZSSZ2	Liaan Minnaar	42	40	M	46	CORRECTIONAL SERVICES - WC	4:24:17

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279	9RKZSS7	Henry Pietersen	42	40	M	49	NEDBANK RUNNING CLUB WPA	4:24:32
4229	2FYP1PM	John Peters	42	50	M	54	WEST COAST AC	4:24:58
4202	4WM9WEF	David Mdladlamba	42	50	M	50	CORRECTIONAL SERVICES BOLAND	4:25:02
4114	1ZW18W2	Louis Booysen	42	50	M	52	LANGEBERG AC	4:25:06
4136	2AWARZZ	Chris De Oliveira	42	40	M	49	EDGEMEAD RUNNERS	4:25:07
4094	8SV4ACX	Tommy Du Plooy	42	50	M	50	BORN 2 RUN AC	4:25:14
4211	8SZ4W73	Don Lungile Moferi	42	60	M	60	PHOENIX ATHLETE CLUB	4:25:25
4239	VX30EM1	Franke Sadie	42	40	M	40	WELLINGTON ATLETIEK KLUB	4:25:44
4168	4MW1KKA	Jeanette Jordan	42	50	W	55	TEAM VITALITY	4:27:18
4037	3EYGCPT	Johan Prinsloo	42	O	M	28		4:27:46
4045	1KW5KT8	Willa Botland	42	40	M	43	REELVA KORREKTIEWE DIENSTE	4:27:59
4184	VX45573	Tes Lundie	42	60	W	61	ASSEGAAI	4:29:18
4133	3EWNTTY	Johan Conradie	42	40	M	41	CORRECTIONAL SERVICES BOLAND AC	4:29:33
4064	8DYVDNX	Andries Van Aswegen	42	40	M	49	NEDBANK RUNNING CLUB	4:30:17
4064	VX4MAMX	Andries Van Aswegen	42	40	M	49	NEDBANK RUNNING CLUB	4:30:17
4193	8YWT4T8	Monwabisi Maqashu	42	O	M	36	BRACKENFELL AC	4:30:35
4304	1GM8H7W	Hannes Pieters	42	50	M	53	SWARTLAND ATLETIEK KLUB	4:31:14
4123	0XNNFD8	Liezel Camacho	42	O	W	39	BRACKENFELL AC	4:31:21
4156	1RH70B4	Nicki Hill	42	50	W	52	CARBINEERS WP	4:31:40
4159	1ZZ92HA	Anuzka Human	42	O	W	29	CARBINEERS WP	4:32:24
4019	4RN4P8N	Gerd Pieper	42	40	M	45		4:32:25
4201	4RZ5D84	Gary Mc Gowan	42	O	M	38	KWAY VOB RUNNING CLUB	4:32:31
4036	4NHYZ6	Sw Verster	42	40	M	43	STELLENBOSCH	4:32:54
4161	2NY5CZD	Ashley Isaacs	42	40	M	44	K-WAY VOB RUNNING CLUB	4:33:32
102	1EKVAWH	Bernie Temmers	42	50	M	56	RETAIL CAPITAL LANGA	4:33:53
4135	1KNTR78	Gregory Crowder	42	50	M	59	PHOENIX VILLAGERS AC	4:33:53
4042	8YVT47F	Colin Souness	42	O	M	37		4:34:06
4276	2XY6Y89	Leon Visser	42	40	M	49	BRACKENFELL AC	4:36:10
4141	4WYYZ1D	Barend Du Toit	42	40	M	47	BRACKENFELL AC	4:36:10
4190	2AWARS2	Henriette Manefeldt	42	40	W	41	PAARL ATHLETIC	4:37:56
4055	1GZA7N4	Anethemba Mafanga	42	O	M	28	PETROSA RUNNING CLUB	4:38:40
4261	1RH7WX9	Vincent Tshabane	42	O	M	32	NEDBANK ASWD	4:38:40
4051	3EWW4M8	Babst Fouche	42	40	M	47	SANDF	4:38:49
4150	VX93BXN	Archibald Groener	42	50	M	58	DURBANVILLE AC	4:38:52
4084	9XYC50X	Michael Hilton Mcleod	42	40	M	46	WEST COAST AC	4:38:54
4279	CB28284	Ernest Viviers	42	40	M	47	IRON-JAWED MULTISPORT	4:39:46
4018	3YHR5C6	Michael Noakes	42	O	M	29		4:39:49
4162	4MWMY6N	David Isaacs	42	40	M	48	PINELANDS AC	4:40:09
4186	8DWHZZD	Brandon Lyners	42	O	M	37	RCS GUGULETHU AC	4:40:13
4097	1GY8TPF	Mari Ackerman	42	40	W	45	BRACKENFELL AC	4:41:26
4132	1ZWZ7B4	Kevin Coetzee	42	40	M	46	BRACKENFELL AC	4:41:26
400	VX3Z1GB	Mark Barron	42	60	M	65	MATES	4:41:35
4204	4KNDVR7	Charmaine Meyer	42	50	W	56	NATAL CARBINEERS AC	4:42:21
146	8DWSY64	Josua Blom	42	40	M	49	WHALERS ATHLETIC CLUB	4:42:50
4177	2XKCKY4	Johann Kotze	42	40	M	44	WHALERS ATHLETIC CLUB	4:42:51
4134	DX4E67K	Wilhelm Cooper	42	40	M	49	WHALERS AC	4:42:51
4280	8YYR27C	Christo Vlotman	42	O	M	37	WHALERS AC	4:42:52
4223	1EMG1PH	Busiwe Nkoloza	42	O	W	34	KHAYELITSHA AC	4:42:55
4179	4MMPEXN	Annerie Lamprecht	42	O	W	30	ARCELOR MITTAL SALDANHA	4:43:53
4176	8YYB3R9	Jaco-Chris Koorts	42	O	M	31	DURBANVILLE AC	4:43:54
385	2FK50VM	Neil Leibrandt	42	50	M	56	OLD MUTUAL AC	4:44:03
4098	2AYSKCK	Angelo Adams	42	O	M	39	KENFAC SAC	4:44:40
4269	4RZRE4D	Esmund Van Wyk	42	O	M	37	KENFAC	4:44:41
4039	4RYR1NZ	Siya Bashe	42	40	W	45		4:46:14

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4225	4KVKH04	Luvo Ntezo	42	O	M	36	DURBANVILLE AC	4:46:15
4245	2ZH2CPX	Mthobisi Sihluku	42	40	M	48	RETAIL CAPITAL LANGA	4:46:31
4128	1KYFMT4	Alex Clark	42	40	M	42	CERES	4:46:57
4246	4MYNHBD	Likho Sikutshwa	42	O	W	29	PINELANDS AC	4:47:30
399	CB54738	Ralph Adams	42	60	M	60	TOPFORM AC	4:47:49
4259	2NW5RE1	Hannes Theron	42	O	M	38	CERES ATHLETIC CLUB	4:47:54
4065	4MYM8NF	Deon Van Schalkwyk	42	O	M	39	SANLAM AC	4:48:56
4264	4KY4W2E	Melissa Van Der Westhuizen	42	O	W	31	SANLAM AC	4:48:57
4178	8SYCACT	Michelle Kuyper	42	O	W	27	DURBANVILLE AC	4:48:57
4010	2NY24ZW	Msizi Jaca	42	O	M	37	TEAM VITALITY	4:50:10
4302	4RWB1BR	Siyabonga Ndlumbini	42	40	M	46	MANDELA PARK	4:50:37
4188	1KKG6P9	Matumelo Mainaakae	42	O	W	38	CARBINEERS WP	4:50:48
4260	3EWW1EE	Malcolm Lindsay Thomas	42	40	M	44	GOODWOOD HARRIERS	4:50:50
4285	4WVH5S9	Zaid Williams	42	O	M	38	GOODWOOD HARRIERS	4:50:50
4234	4WN71NB	Samad Razzak	42	60	M	62	TOPFORM AC	4:51:02
4026	6EHV9SP	Betrand Alrich Hoorn	42	O	M	29	EEERSTE RIVER	4:51:19
4231	3EK7T11	Richard Price	42	50	M	51	EDGEMEAD RUNNERS	4:51:38
4089	3YK2V5V	Francois Van Dyk	42	50	M	56	EDGEMEAD RUNNERS	4:51:38
326	DX43RGE	Andre Filander	42	50	M	55	K-WAY VOB RUNNING CLUB	4:52:35
4235	4MVNC04	Ferdi Rhoda	42	40	M	45	OMMIEDRAAI AC	4:52:42
357	VX4ZSG7	Peter Bennett	42	40	M	44	EDGEMEAD RUNNERS	4:53:11
4081	VX43GFM	Gavin Kode	42	50	M	52	HARFIELD HARRIERS	4:53:16
4075	VX2TE02	Jonathan Cloete	42	50	M	55	PHOENIX VILLAGERS AC	4:53:35
4013	8TWMNT3	Craig Joubert	42	40	M	42		4:53:35
99	VX7W0SM	Stuart Mann	42	40	M	43	FOURWAYS ROAD RUNNERS	4:53:53
4288	9NN5Y1V	Riaan Britz	42	O	M	37		4:54:06
4267	1KYG8S8	Neville Van Schalkwyk	42	O	M	38	EASTERNS AC KRAAIFONTEIN	4:54:25
4380	8SWCHWW	Deidre Tajaard	42	O	W	32	GOODWOOD HARRIERS	4:54:36
4380	4RYR3W6	Deidre Taljaard	42	O	W	32	GOODWOOD HARRIERS	4:54:36
4043	8YZTCZV	Nizaamudien Abbas	42	O	M	37	CENTURY CITY ATHLETICS	4:54:46
4155	3SV6Z3K	Marna Herbst	42	40	W	43	FISH HOEK AC	4:55:27
4165	VX1123W	David Jenkins	42	50	M	52	FISH HOEK AC	4:55:28
4295	8TWMRHK	John Hanekom	42	40	M	47	STELLENBOSCH AC	4:55:54
4030	3EHE98S	Herman Scheepers	42	40	M	44	CHARLO AC	4:56:00
4122	9XZC1FP	Lesley-Ann Bush	42	40	W	47	DESPATCH ATHLETIC CLUB	4:56:00
4095	2AKK2WR	Mustaq Abbas	42	40	M	43	OLD MUTUAL AC	4:56:07
4284	2FZZ566	Lourens Wiese	42	40	M	40	BRACKENFELL AC	4:57:18
4215	8DZV7SX	Thapelo Moloisane	42	O	M	30	RCS GUGULETU	4:57:24
4035	1AHTD88	Johan Van Der Watt	42	40	M	41	STRAND	4:57:25
4222	4RNA1ZW	Malusi Ninela	42	O	M	31	KHAYELITSHA AC	4:57:29
4104	8TZMSA1	Tasley Alexander	42	50	M	55	MITCELLS PLAIN TITANS	4:57:32
4262	8TY0WYH	Justin Valentine	42	40	M	41	MITCELLS PLAIN TITANS	4:57:33
4025	1AHTCY1	Donovan Davids	42	O	M	38	MITCELLS PLAIN TITANS	4:57:33
4200	4KNDEAF	Maureen Mbatha	42	O	W	36	TEAM VITALITY	4:59:41
4003	9XW39PD	Malixole Sikupela	42	O	M	35		4:59:43
4028	8WH62YA	Wayne Mac Gear	42	50	M	56	MADIBAZ ATHLETICS CLUB	4:59:46
4194	4WVD323	Tlou Masehela	42	O	M	34	PINELANDS AC	4:59:53
4083	8TY7SXC	Nicolaas Loubser	42	50	M	58	WEST COAST AC	5:01:26
4273	2AN94HS	Ree Coetzer	42	50	W	50	PAARL AC	5:01:31
4275	1KMG2ET	Hilton Vergotine	42	40	M	46	MEDIHELP AC	5:01:31
4252	4MWPFRE	Wendal Smith	42	50	M	51	PINELANDS AC	5:01:34
4228	2AVA5M2	Michael Otto	42	O	M	37	STRAND AC	5:02:12
243	VX4SD6R	Paul Roos	42	50	M	58	NEDBANK RUNNING CLUB	5:02:18
4250	VX24CKM	Mariet Smit	42	40	W	49	SANLAM AC - WP	5:02:28

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4077	8DNPWTY	Nichloas Festus	42	50	M	58	CELTIC HARRIERS	5:02:34
4221	VX6ECGC	Frederick Nel	42	50	M	56	NEDBANK RUNNING CLUB	5:02:40
4281	1KZG9M1	Melanie Vollenhoven	42	40	W	42	GOODWOOD HARRIERS	5:03:31
4086	9XV3K71	Elzaine Morgan	42	40	W	47	KENFAC SAC	5:03:32
4080	VX9C7P9	Retha Janse Van Rensburg	42	50	W	51	LEGOGOTE VILLAGERS	5:04:51
4283	8YWB2G1	Linelle Whitehead	42	O	W	38	NEDBANK SWD	5:06:40
4021	3SKZDWM	Liana Van Der Merwe	42	40	W	41	STELLA AC	5:07:19
4167	8DM8WRG	Yvette Jonker	42	40	W	47	DESPATCH ATHLETICS CLUB	5:07:55
4227	8SVCXHW	Mariska Olivier	42	O	W	32	DESPATCH ATHLETIC CLUB	5:07:56
4147	4MVN187	Anize Gerber	42	40	W	46	DESPATCH ATHLETIC CLUB	5:07:56
65	VX4ATYC	Pieter Swart	42	60	M	61		5:08:18
4182	4RZR94K	Gavin E Lucas	42	50	M	58	IN TOUCH AC	5:08:44
4108	9XZKWFR	Neil Arendse	42	40	M	49	HEWAT ATHLETIC CLUB	5:09:27
4299	1WH4SG6	Annelie Brits	42	40	W	45	GOODWOOD HARRIERS	5:09:29
4298	1MHDRAB	Francois Herselman	42	40	M	40	GOODWOOD HARRIERS	5:09:30
4143	4KH6C8E	Anthony Edson	42	50	M	56	PHOENIX VILLAGERS AC	5:10:12
4174	8YZTGNZ	Mangope Kgwadi	42	40	M	43	EDGEMEAD RUNNERS	5:10:37
4205	4WVWHYKG	Rowena Meyer	42	40	W	49	TITAN ADVENTURES	5:11:20
4121	9XZCV5E	Eben Brummer	42	40	M	43	ARD ATHLETIC CLUB	5:11:41
4127	4MYNKPA	Peter Chong	42	40	M	40	WEST COAST AC	5:11:52
4244	1GW339X	Nosiphiwe Sibango	42	O	W	32	GUGULETU AC RCS	5:12:24
4076	VX23MTN	Jessie Davey	42	50	W	55	SOUTHERN STRIDERS	5:12:29
4096	4MZMMKE	Meesha Aboo	42	40	W	41	SOUTHERN STRIDERS ATHLETICS CLUB	5:12:30
78	1GWSYSG	Dougie Engelke	42	60	M	61	HANGKLIP ATHLETICS CLUB	5:13:08
4034	4NMFAKS	Carmen Thompson	42	O	W	29	SPARTAN HARRIERS	5:15:17
4024	2AH5BKS	Hylton Christie-Smith	42	O	M	37	PINELANDS AC	5:15:18
4046	1GWA03N	Sharron Brouckaert	42	50	W	50	SPARTAN HARRIERS	5:17:40
4291	1KW5R1R	Siphosethu Ntswayi	42	O	W	28	RCS GUGULETHU AC	5:18:33
4292	2FV97X5	Bryge Wachipa	42	O	M	38	MZANSI AC	5:18:47
4091	4RVXK0R	Ghaneemah Wallace	42	40	W	45	ARD ATHLETIC CLUB	5:20:18
4092	2AVA2MK	Zieyaad Wallace	42	40	M	45	ARD ATHLETIC CLUB	5:20:24
4303	1GW32AX	Frank Ohlson	42	50	M	58	RAVENSMEAD AC	5:22:57
4059	8DVVP7R	Gerrit Oosthuizen	42	40	M	48	WHALERS	5:22:58
4306	VX119FB	Warda Arya	42	40	W	49	CELTIC HARRIERS	5:23:06
4175	2NZG5G5	Marguerite King	42	50	W	50	SOUTHERN STRIDERS	5:23:12
4060	4RYXDHA	Trevor Pascoe	42	50	M	54	RUN/WALK FOR LIFE WP	5:23:20
4243	4TM9MS3	Alida Sequeira	42	50	W	50	ALBERTON AMATEUR AC	5:23:20
4268	1WYT3M4	Rene Van Staden	42	O	W	32	BRACKENFELL AC	5:23:21
4277	1DNKV3N	Trudie Visser	42	40	W	41	BRACKENFELL AC	5:23:22
4058	4KYCMNR	Edward Matthys	42	60	M	60	HEWAT AC	5:23:26
4020	8KKW9FT	Dirk Van Der Merwe	42	40	M	46	STELLENBOSCH	5:24:20
4012	4MW1FN5	Donovan Thebus	42	40	M	48	IRENE AC	5:26:15
4241	9NKCDEN	Fundiswa Sandi	42	O	W	38	RAVENSMEAD AC	5:26:26
68	VX4EN7C	Henry Hill	42	60	M	62	OUTENIQUA HARRIERS	5:26:37
4203	1KYW019	Nigel Meier	42	40	M	46	K-WAY VOB RUNNING CLUB	5:26:42
4054	4WYHGE9	Niezaam Jedaar	42	O	M	35	BELLVILLE AC	5:29:04
4120	VX82CYN	Samantha Hewett	42	40	W	41	WILD RUNNER	5:30:19
4308	8YWT45C	Pierre Kleinsmith	42	40	M	42	GUGULETU AC	5:31:39
4248	3SZ6T3T	Deborah Singh	42	40	W	49	NEDBANK RUNNING CLUB	5:32:10
4149	1ZY1KDT	Joseph Ginindza	42	O	M	34	PARLIAMENT AC	5:33:42
4212	3EYM9BX	Neezaam Mohamed	42	40	M	42	OMMIEDRAAI ATHLETICS CLUB	5:33:43
4062	3EYGSFN	Robyn-Leigh Roscher	42	O	W	38	HOUTBAY HARRIERS	5:33:43
4198	9XZKT7T	Cyril May	42	50	M	54	NANTES AC	5:33:49
4105	4KYKH1E	Tasneem Alexander	42	40	W	44	NANTES ATHLETIC CLUB	5:34:08

Bib	ChipCode	Athlete	Distance	Category	Gender	Age	Club	Time
4166	8SW4DM8	Anthea Johnson	42	40	W	43	NANTES A.C	5:34:08
4183	8DZDPPB	Tanya Lund	42	40	W	45	PINELANDS AC	5:35:58
4052	4RYXNP9	Edwina Hendricks	42	40	W	48	ARD	5:36:22
4082	VX2K0AE	Eugene Lekay	42	50	M	54	NATAL CARBINEERS AC	5:38:35
4124	2NWFGT9	Girland Chibaya	42	40	M	44	RUN ZONE AC	5:38:35
4117	9MKFHK1	Magda Botma	42	50	W	54	IRON-JAWED MULTISPORT	5:38:54
4266	4MYM5XN	Eugene Van Rooyen	42	O	M	38	DESPATCH ATHLETIC CLUB	5:38:58
4047	1KY5XMR	Lena Clarke	42	40	M	40	STRAND	5:41:17
4048	8TZMYCD	Michael Clarke	42	40	M	49	STRAND	5:41:18
4090	VX8ZPRY	Vuyisile Vena	42	50	M	59	MANDELA PARK ACC	5:43:11
4044	2NW21P3	Wayne Barends	42	40	M	42	OMMIEDRAAI AC	5:43:13
4154	8DVDM4N	Donovan Hartogh	42	40	M	48	PINELANDS AC	5:43:16
4101	2ZMV8N4	Stanley Adams	42	50	M	53	PINELANDS AC	5:43:16
4173	3EZWYMD	Charl Kelland	42	40	M	45	PINELANDS AC	5:43:17
4192	2FNCZR3	Cecil Manuel	42	60	M	61	METROPOLITAN AC	5:44:42
4053	1KZ5F0P	Marius Hess	42	50	M	56	TYGERBERG AC	5:47:21
354	DX43PMW	Edwin Boucher	42	50	M	55	BREDASDORP ATHLETIC CLUB	5:47:40
4125	DX48PHW	John Child	42	60	M	68	SPARTAN HARRIERS	5:47:52
4207	2FZZB4M	Kagisho Mihi	42	40	M	45	CENTURY CITY ATHLETICS	5:49:54
4100	8TY0FH1	Shaheed Adams	42	60	M	62	ARD ATHLETIC CLUB	5:50:46
4131	VX3W36H	Jeanette Cloete	42	40	W	46	PHOENIX AC	5:51:15
4172	9XVKHZZ	Srikanth Reddy Karumuri	42	O	M	31	BRACKENFELL AC	5:51:18
4116	1AHB5BF	Lizelle Bothma	42	40	W	40	EDGEMEAD RUNNERS	5:54:01
4242	2NMW3HA	Branden Scott-Hayward	42	40	M	46	EDGEMEAD RUNNERS	5:54:02
4038	9XW37ZB	Geoff Walton	42	40	M	47		5:54:36
4384	DX48K8R	Nico Davids	42	50	M	59	SANDF	6:00:29
4185	8YYTK6M	Xolani Luvuno	42	O	M	35	SUNBIRD STRIDERS	6:01:02
4294	DY9YHSK	John Sefako Mokolo	42	40	M	47	AIRPORTS AC	6:24:03