

ASPEN HEIGHTS SPAR X-CEL HISTORIC 10KM - PORT ELIZABETH - 2011/01/22

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	564	861	KHAYALETHU	MAKALIMA	MPEP	M	27	SM	0.32.38	5
2	1787	1240	RICARDO	PLAATJIES	ELITEAC	M	27	SM	0.32.48	5
3	1452	1475	MILA	PASIYA	NEDBANK	M	31	SM	0.33.31	5
4	1762	2450	MARINUS	JOHNSON	NEDBANK	M	25	SM	0.33.44	5
5	132	1402	SANDILE	NGUNUZA	NEDBANK	M	28	SM	0.33.49	5
6	540	7410	ZANDISILE	MPISANE	MPEP	M	27	SM	0.33.54	5
7	129	2453	MTHANDAZO	LONI	NEDBANK	M	17	JM	0.33.56	5
8	1547	7467	KGOTSO	MAJARA	MPEP	M	30	SM	0.34.57	5
9	3106	61	SONWABO	HINA	PEAAC	M	21	SM	0.35.05	5
10	530	1481	MABOYISANA	MAZWAYI	NEDBANK	M	42	40-44M	0.35.15	5
11	11	1735	THANDO	BIXA	TRIANGLE	M	30	SM	0.35.32	5
12	4255	4255	MONWABISI	MTWISHA	TEMP	M	26	SM	0.36.04	0
13	3107	1645	TERRANCE	MJEKULA	TRIANGLE	M	38	35-39M	0.36.06	5
14	3136	1710	MUTEKILE	RASMENI	TRIANGLE	M	46	45-49M	0.36.24	5
15	3164	7385	FREDERIK	JANTJIES	MPEP	M	41	40-44M	0.36.35	5
16	1760	2449	SINEKHAYA	NDLAKUSE	NEDBANK	M	21	SM	0.36.56	4
17	1773	1566	RIAAN	KOCK	NEDBANK	M	40	40-44M	0.37.13	5
18	1757	835	DAVID	MAMA	ASPEN	M	35	35-39M	0.37.35	4
19	1778	1406	AUGUST	ESAU	NEDBANK	M	40	40-44M	0.37.58	5
20	505	188	RUAN	SMALBERGER	CSEP	M	21	SM	0.38.39	3
21	3131	13	MALUNGISA	OLAYI	PEAAC	M	32	SM	0.38.45	3
22	532	2077	JUAN	CORDIER	TREEC	M	25	SM	0.39.16	3
23	1548	2635	GRAHAM	ESHMADE	CRUSADE	M	33	SM	0.39.39	3
24	536	155	MELVILLE	JOSEPH	SANDFEP	M	47	45-49M	0.39.53	5
25	3189	1254	ALFRED	SPIERS	ELITEAC	M	50	50-54M	0.40.05	5
26	527	1757	MERVYN	JOHNSON	WILLARD	M	37	35-39M	0.40.13	3
27	83	7383	DAVERA	MAGSON	MPEP	F	36	35-39F	0.40.17	5
28	526	1177	DARYL	NORTH	ACH	M	33	SM	0.40.18	3
29	82	7382	MICHAEL	MAGSON	MPEP	M	34	SM	0.40.19	3
30	123	956	THEMBEKILE	MSIPA	CHARLO	M	36	35-39M	0.40.26	3
31	3188	1214	CHARLES	BAATJIES	ELITEAC	M	54	50-54M	0.40.33	5
32	128	1400	DELIWE	NYANGA	NEDBANK	F	21	SF	0.40.45	4
33	525	1779	VERNON	NEWFELDT	WILLARD	M	44	40-44M	0.40.47	3
34	3193	201	JOSEPH	BAIN	CSEP	M	51	50-54M	0.41.00	5
35	3105	1032	JACOB	ABRAHAM	BODYCON	M	44	40-44M	0.41.05	3
36	46	1184	SIZINZO	KAMA	ACH	M	59	55-59M	0.41.08	5
37	1764	1388	MARTIN	JANSEN	NEDBANK	M	42	40-44M	0.41.15	3
38	3117	1328	URAN	LE ROUX	VWAC	M	44	40-44M	0.41.21	3
39	552	1269	RANDALL	CUNNINGHAM	ELITEAC	M	49	45-49M	0.41.32	4
40	73	1216	RUDI	VAN TONDER	ELITEAC	M	38	35-39M	0.41.33	3
41	501	2018	JACQUES	BARNARD	TREEC	M	34	SM	0.41.34	3
42	310	1686	BILLY BOY	KIETAS	TRIANGLE	M	36	35-39M	0.41.52	3
43	1763	1517	FRIKKIE	BOSHOFF	NEDBANK	M	31	SM	0.41.53	2
44	531	1762	LEONARD	ERASMUS	WILLARD	M	52	50-54M	0.41.56	5
45	1435	1491	DEON	PRETORIUS	NEDBANK	M	45	45-49M	0.42.19	3
46	3168	7413	LEONARD	NKOSA	MPEP	M	42	40-44M	0.42.30	3
47	94	904	MICHAEL	CHARLEWOOD	CHARLO	M	44	40-44M	0.42.36	3
48	512	1196	PETER	VAN RENSBURG	ELITEAC	M	52	50-54M	0.42.50	4
49	549	1573	TAMSANQA	JUSAYI	NEDBANK	M	68	65-69M	0.42.55	5
50	563	563	NEAL	BOWKERS	TEMP	M	39	35-39M	0.42.57	0
51	75	2012	HENDRIK	VAN WYK	TREEC	M	46	45-49M	0.43.04	3
52	571	1450	DARRYL	BAGLEY	NEDBANK	M	35	35-39M	0.43.26	2
53	9559	1127	BRADLEY	MACKENZIE	ACH	M	39	35-39M	0.43.36	2
54	3116	170	WELLINGTON	TSHINGANE	SANDFEP	M	40	40-44M	0.43.45	2
55	3195	1801	PETER	WILDSCHUT	CADBURY	M	34	SM	0.43.53	2
56	3172	2344	DEON	CLAASSEN	PROFILES	M	35	35-39M	0.43.55	0
57	95	906	CHARLES	CORBY	CHARLO	M	40	40-44M	0.44.01	2
58	560	1168	ANDREW	PORTER	ACH	M	39	35-39M	0.44.04	2
59	1767	1354	HANNES	ELS	MADIBA	M	61	60-64M	0.44.14	5
60	541	1206	ANTON	VON MOLENDORFF	ELITEAC	M	47	45-49M	0.44.21	3
61	1461	1258	JOHANN	POSTMA	ELITEAC	M	45	45-49M	0.44.22	3
62	1785	40	ANDILE	GO	PEAAC	M	39	35-39M	0.44.27	2
63	97	915	JOHN	WARNES	CHARLO	M	47	45-49M	0.44.34	3
64	3198	1771	DEON	MIGGELS	WILLARD	M	40	40-44M	0.44.43	2
65	3148	7414	NOXOLO	MARKS	MPEP	F	24	SF	0.44.44	3
66	3146	1905	BUNTU	JINA	BLUEBAY	M	32	SM	0.44.47	2
67	51	1156	BRUCE	MCEWAN	ACH	M	57	55-59M	0.44.55	4

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68	550	1803	SHANE	WEIDEMAN	CADBURY	M	38	35-39M	0.45.14	2
69	514	2619	GAVIN	ASSAM	ASPEN	M	36	35-39M	0.45.15	2
70	4249	4249	REYNO	MOMBERG	TEMP	M	27	SM	0.45.16	0
71	14	1148	PERCY	DALTON	ACH	M	62	60-64M	0.45.17	5
72	1546	1863	SIERAAGH	NORDIEN	MALABAR	M	47	45-49M	0.45.19	2
73	4253	4253	JAKOB	MATROOS	TEMP	M	38	35-39M	0.45.20	0
74	1769	1561	CILLIERS	SWART	NEDBANK	M	64	60-64M	0.45.21	5
75	1414	1251	DANIEL	FERREIRA	ELITEAC	M	52	50-54M	0.45.27	3
76	559	1093	WAYNE	MITCHELL	ACH	M	37	35-39M	0.45.31	2
77	4265	4265	JULIUS	WHITEBOOI	TEMP	M	35	35-39M	0.45.37	0
78	3181	1108	GRIZELDA	PIETERSEN	ACH	F	42	40-44F	0.45.38	3
79	68	1103	CHRIS	TERBLANCHE	ACH	M	55	55-59M	0.45.53	3
80	1742	221	GRAHAM	BUBB	CSEP	M	42	40-44M	0.46.02	2
81	523	14551	NICHOLAS	AFFAT	RAC	M	17	JM	0.46.04	0
82	3196	1792	EUGENE	AFRICA	CADBURY	M	43	40-44M	0.46.10	2
83	547	1259	STEPHEN	KLUE	ELITEAC	M	52	50-54M	0.46.12	3
84	101	930	ELMARIE	BEZUIDENHOUT	CHARLO	F	28	SF	0.46.19	2
85	1783	1102	ROGER	TRADER	ACH	M	57	55-59M	0.46.19	3
86	114	967	MIKE	BURGER	CHARLO	M	51	50-54M	0.46.26	3
87	566	323	CLIVE	VAN RAYNER	MUIRITE	M	43	40-44M	0.47.06	2
88	67	1248	LIZETTE	SYDIEN	ELITEAC	F	24	SF	0.47.08	2
89	3145	132	ERROL	ROSSOUW	PEAAC	M	61	60-64M	0.47.11	3
90	3178	303	DE WET	WILLIAMS	MUIRITE	M	48	45-49M	0.47.15	2
91	1775	606	DONEVIN	LESCH	COEGA AC	M	37	35-39M	0.47.19	2
92	3194	91	RENIER	VAN VUUREN	PEAAC	M	53	50-54M	0.47.23	2
93	1449	1802	JACOBUS	JULIUS	CADBURY	M	36	35-39M	0.47.32	2
94	1451	1309	CARMENO	COETZEE	VWAC	M	36	35-39M	0.47.35	2
95	3135	225	KERNEELS	MEINTJIES	CSEP	M	51	50-54M	0.47.36	2
96	3177	1224	CLIVE	WEWERS	ELITEAC	M	50	50-54M	0.47.40	2
97	504	2017	HANLIE	VAN DER WESTHUIZEN	TREEC	F	54	50-54F	0.47.41	4
98	31	2029	FERDINAND	GROBLER	TREEC	M	52	50-54M	0.47.41	2
99	1421	2031	HELGARD	POTGIETER	TREEC	M	38	35-39M	0.47.41	2
100	3170	1027	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	50	50-54F	0.47.45	4
101	1415	337	JOHANNES	HERBST	MUIRITE	M	64	60-64M	0.48.00	3
102	1429	1906	GRANT	BOWLES	BLUEBAY	M	29	SM	0.48.08	2
103	3114	246	ZIYAAD	DOLLEY	MALABAR	M	42	40-44M	0.48.16	2
104	127	1010	JAN	VAN EEDEN	NEDBANK	M	52	50-54M	0.48.21	2
105	1430	1585	KOOS	OLIVIER	NEDBANK	M	53	50-54M	0.48.31	2
106	120	914	MARIUS	INGRAM	CHARLO	M	46	45-49M	0.48.32	2
107	1788	1603	MORNE	VAN WYK	NEDBANK	M	40	40-44M	0.48.33	2
108	3161	7417	BAFUMANE	NYANGA	MPEP	M	50	50-54M	0.48.41	2
109	3128	2786	ZITHOBILE	MAHA	SAPPE	M	31	SM	0.48.42	2
110	1754	1519	ZUKILE	GODUKA	NEDBANK	M	34	SM	0.48.55	2
111	1417	1486	JOHAN	FERREIRA	NEDBANK	M	49	45-49M	0.48.57	2
112	537	2036	DANIEL	PIETERSE	TREEC	M	48	45-49M	0.49.01	2
113	1432	2007	JACOBUS	WYATT	TREEC	M	47	45-49M	0.49.01	2
114	27	1202	JAKKIE	GERBER	ELITEAC	M	50	50-54M	0.49.02	2
115	4256	1568	TINNY	MOFU	NEDBANK	M	44	40-44M	0.49.06	2
116	122	939	MXOLISI	SIZIBA	CHARLO	M	40	40-44M	0.49.13	2
117	509	1764	DEON	SMITH	WILLARD	M	42	40-44M	0.49.15	2
118	77	770	ROBERT	BUTTON	OLDSELB	M	51	50-54M	0.49.16	0
119	38	71	ANDREW	HIGGS	PEAAC	M	39	35-39M	0.49.17	2
120	1453	2010	PAUL	STEFFENS	TREEC	M	59	55-59M	0.49.19	2
121	1458	2794	ANDRE	NEL	SAPPE	M	50	50-54M	0.49.27	2
122	1425	2413	SHANNON	SWART	PROFILES	F	28	SF	0.49.30	2
123	99	925	DEBBIE	DODD	CHARLO	F	40	40-44F	0.49.33	2
124	535	1320	PLAAITJIE	DAMONS	VWAC	M	47	45-49M	0.49.35	2
125	1424	1363	LEON	GROENEWALD	MADIBA	M	44	40-44M	0.49.40	2
126	502	220	BENNIE	THYSSE	CSEP	M	53	50-54M	0.49.50	2
127	569	305	RIAAN	CLAASSEN	MUIRITE	M	41	40-44M	0.49.54	2
128	3174	190	ADELE	NEL	CSEP	F	37	35-39F	0.50.00	2
129	1448	1698	DONALD	MANCASA	TRIANGLE	M	56	55-59M	0.50.16	2
130	1438	2326	STEFFEN	NOTLEY	PROFILES	M	26	SM	0.50.19	1
131	96	911	CHRISTO	SCRIVEN	CHARLO	M	28	SM	0.50.22	1
132	3176	1524	SAM	ERASMUS	NEDBANK	M	53	50-54M	0.50.22	2
133	568	234	MARK	ROCKMAN	MALABAR	M	42	40-44M	0.50.25	2
134	3137	236	YOUNUS	AMOD	MALABAR	M	57	55-59M	0.50.30	2
135	9539	1909	WIMPIE	HERBST	BLUEBAY	M	49	45-49M	0.50.31	2

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
136	1447	713	MBULELO	SOBIKWA	CRUSADE	M	56	55-59M	0.50.35	2
137	508	2078	TIANI	CLAASSEN	TREEC	F	20	SF	0.50.38	2
138	3134	1452	PHUMLANI	WILLIE	NEDBANK	M	24	SM	0.50.43	1
139	1416	209	LINDIE	STANDER	CSEP	F	26	SF	0.50.44	2
140	1545	1237	GEORGE	BOTHA	ELITEAC	M	57	55-59M	0.50.46	2
141	1776	2682	FAISAL	ACKERDIEN	MALABAR	M	35	35-39M	0.50.49	1
142	3111	1212	RIAAN	ROELOFSE	ELITEAC	M	34	SM	0.50.53	1
143	3123	1338	WILFRED	FRASER	VWAC	M	54	50-54M	0.50.56	2
144	3126	1784	WAVERN	DACE	WILLARD	M	43	40-44M	0.51.14	1
145	3158	366	CHRISTO	VAN DER WALT	MUIRITE	M	39	35-39M	0.51.16	1
146	4176	4176	SHAUN	DAVIES	TEMP	M	28	SM	0.51.18	0
147	47	142	ALEX	KHUZWAYO	PEAAC	M	47	45-49M	0.51.31	2
148	74	1220	NOEL	VAN WILLING	ELITEAC	M	44	40-44M	0.51.40	1
149	503	1304	ABRAHAM	JACOBS	EBENEZER	M	40	40-44M	0.52.13	1
150	3197	1317	ZANDISILE	MBALI	VWAC	M	29	SM	0.52.13	1
151	1748	1393	DAVID	O'RIELLY	NEDBANK	M	63	60-64M	0.52.32	2
152	1551	1110	BRAMWELL	FLEURS	ACH	M	32	SM	0.52.39	1
153	125	994	PHILLIP	HEINE	CHARLO	M	19	SM	0.52.39	1
154	562	1284	GAVIN	MUNIZ	EBENEZER	M	49	45-49M	0.52.40	1
155	1766	88	PAUL	FROSLER	PEAAC	M	40	40-44M	0.52.42	1
156	3157	367	DEWALD	VAN DER WALT	MUIRITE	M	35	35-39M	0.52.55	1
157	104	934	LEON	STEYN	CHARLO	M	43	40-44M	0.52.56	1
158	1431	214	THEUNIS	MARAIS	CSEP	M	44	40-44M	0.52.57	1
159	3115	2681	SAMEER	AGHERDIEN	MALABAR	M	35	35-39M	0.52.58	1
160	1765	2321	CRAIG	HAMILTON	PROFILES	M	36	35-39M	0.53.01	1
161	25	1540	JOHAN	FERREIRA	NEDBANK	M	37	35-39M	0.53.01	1
162	1457	2331	YOLANDIE	GREEN	PROFILES	F	35	35-39F	0.53.19	1
163	1418	364	LIZ	GRUNDLINGH	MUIRITE	F	64	60-64F	0.53.27	3
164	4257	4257	GERT	NELL	TEMP	M	52	50-54M	0.53.35	0
165	35	1493	VUYO	GROOTBOOM	NEDBANK	M	33	SM	0.53.53	1
166	543	1132	GARY	SCOTT	ACH	M	45	45-49M	0.54.00	1
167	10	1797	WAYNE	MAGNUS	CADBURY	M	42	40-44M	0.54.10	1
168	1460	1001	RUSSELL	WEYER	BODYCON	M	35	35-39M	0.54.10	1
169	546	2339	JUSTIN	GERAGHTY	PROFILES	M	35	35-39M	0.54.11	1
170	570	237	WAJDIE	SOLOMON	MALABAR	M	46	45-49M	0.54.12	1
171	110	951	MEGAN	WILSON	CHARLO	F	15	JF	0.54.16	1
172	3183	1617	YADRE	GOUWS	TRIANGLE	M	37	35-39M	0.54.20	1
173	516	244	DINESH	COOPOO	MALABAR	M	43	40-44M	0.54.26	1
174	49	1191	YOLANDE	KNOETZE	ELITEAC	F	43	40-44F	0.54.27	1
175	4261	4261	SERA	GANYANA	TEMP	F	24	SF	0.54.40	0
176	107	943	DENISE	DARLOW	CHARLO	F	42	40-44F	0.54.41	1
177	3175	189	PIET	MEYER	CSEP	M	61	60-64M	0.54.44	2
178	1	1949	GILES	HOBSON	BLUEBAY	M	56	55-59M	0.54.50	1
179	1462	213	LINDIE	STEYN	KIMR	F	23	SF	0.54.54	0
180	33	194	JOHANNES	GOUWS	CSEP	M	34	SM	0.54.58	1
181	3120	1423	DEWALT	VAN VUUREN	NEDBANK	M	28	SM	0.55.01	1
182	3190	720	PATRICK	SCOTT	CRUSADE	M	51	50-54M	0.55.03	1
183	3122	1440	TOYS	WATSON	NEDBANK	M	44	40-44M	0.55.04	1
184	1770	1560	SAM	ERASMUS	NEDBANK	M	51	50-54M	0.55.08	1
185	21	1204	ANDRE	FOURIE	ELITEAC	M	63	60-64M	0.55.11	1
186	55	1322	JOHAN	NEL	VWAC	M	54	50-54M	0.55.19	1
187	1445	2027	FANIE	CLAASSEN	TREEC	M	53	50-54M	0.55.19	1
188	70	2035	DEON	VAN DER MERWE	TREEC	M	41	40-44M	0.55.20	1
189	62	1332	CHRISTINE	SNYMAN	VWAC	F	54	50-54F	0.55.21	2
190	7	760	ALETTA	JOUBERT	CRUSADE	F	49	45-49F	0.55.21	1
191	556	2020	CHRIS	BEKKER	TREEC	M	58	55-59M	0.55.22	1
192	542	1112	ROBIN	COYLE-DOWLING	ACH	M	45	45-49M	0.55.30	1
193	1768	1355	JOS	ELS	MADIBA	F	58	55-59F	0.55.37	2
194	91	31	YVETTE	KLEINBOOI	PEAAC	F	48	45-49F	0.55.40	1
195	3103	1788	ESTELEEN	KRAMER	CADBURY	F	49	45-49F	0.55.43	1
196	4295	4295	MOENIER	SAFEDIEN	TEMP	M	40	40-44M	0.55.44	0
197	6139	577	BARRY	NELSON	LEGACY	M	59	55-59M	0.55.51	1
198	3159	56	LIESL	BARKER	PEAAC	F	44	40-44F	0.55.54	1
199	539	1205	ROZELLE	VON MOLENDORFF	ELITEAC	F	46	45-49F	0.55.54	1
200	1758	2789	COLLEEN	MOSES	SAPPE	F	35	35-39F	0.55.55	1
201	1759	2788	ANDREW	MOSES	SAPPE	M	37	35-39M	0.55.55	1
202	1456	2330	KELLIE	HARRIS	PROFILES	F	21	SF	0.55.56	1
203	548	2337	ANDRE	KOEKEMOER	PROFILES	M	29	SM	0.55.56	1

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204	4175	4175	JABULANI	SIBOTO	TEMP	M	26	SM	0.55.57	0
205	1446	64	JOSEPH	SERFONTEIN	PEAAC	M	60	60-64M	0.55.58	1
206	3167	83	THOMAS	GROENER	PEAAC	M	63	60-64M	0.55.59	1
207	4263	4263	AMANDA	WOLMARANS	TEMP	F	52	50-54F	0.56.00	0
208	515	223	SHARON	SMUTS	CSEP	F	44	40-44F	0.56.02	1
209	3124	3124	HENRY	BAATJIES	TEMP	M	48	45-49M	0.56.04	0
210	36	195	SUNET	HARRIS	CSEP	F	37	35-39F	0.56.05	1
211	4177	4177	REMY	BRECHT	TEMP	M	25	SM	0.56.08	0
212	92	19	MINNIE	TRIMALLY	PEAAC	F	61	60-64F	0.56.09	2
213	93	903	TREVOR	SMITH	CHARLO	M	45	45-49M	0.56.11	1
214	4269	259	TONY	KLAASEN	MALABAR	M	49	45-49M	0.56.13	1
215	115	969	GARY	KELLEHER	CHARLO	M	53	50-54M	0.56.14	1
216	4267	4267	DELME	REDCLIFFE	TEMP	F	27	SF	0.56.17	0
217	567	1795	SHAUN	HUNTER	CADBURY	M	43	40-44M	0.56.20	1
218	517	2058	RONNIE	JONKER	TREEC	M	41	40-44M	0.56.20	1
219	24	461	ELDON	FORTMANN	WAC	M	60	60-64M	0.56.21	1
220	119	1000	ROY	HEINE	CHARLO	M	55	55-59M	0.56.25	1
221	88	260	MUBIN	PEERBHAI	MALABAR	M	46	45-49M	0.56.26	1
222	90	1306	DAVID	RENSBURG	EBENEZER	M	45	45-49M	0.56.31	1
223	8	249	NURUNNISA	MADATT	MALABAR	F	48	45-49F	0.56.34	1
224	506	1135	MOF	BOTHA	ACH	M	55	55-59M	0.56.38	1
225	57	496	JOHN	PEREIRA	WAC	M	30	SM	0.56.45	1
226	3163	227	STRINIVASEN	GOVENDER	MALABAR	M	40	40-44M	0.56.47	1
227	4270	4270	EDWARD	DAVIES	TEMP	M	27	SM	0.57.04	0
228	3138	7229	LWAZI	BANZI	MALABAR	M	19	SM	0.57.07	1
229	3191	1192	DORIS	LIBERTY	ELITEAC	F	50	50-54F	0.57.15	1
230	22	191	ERIKA	FOREMAN	CSEP	F	40	40-44F	0.57.17	1
231	1749	7420	BENEDICT	WILSON	NEDBANK	M	32	SM	0.57.27	1
232	3130	2079	MARIUS	VAN DEVENTER	TREEC	M	39	35-39M	0.57.29	1
233	4	1940	SUNELLE	HORNE	BLUEBAY	F	36	35-39F	0.57.31	1
234	528	2699	MONDE	NCOYO	ASPEN	M	54	50-54M	0.57.32	1
235	3187	472	LETA	DOS SANTOS	WAC	F	46	45-49F	0.57.41	1
236	3	1944	ANDRE	PIENAAR	BLUEBAY	M	48	45-49M	0.57.51	1
237	507	2006	WERNER	CLAASSEN	TREEC	M	46	45-49M	0.58.14	1
238	555	1222	CHARLOTTE	VAN COLLER	ELITEAC	F	42	40-44F	0.58.21	1
239	554	1270	RIAAN	BARNARD	ELITEAC	M	42	40-44M	0.58.21	1
240	28	213	JAMES	GEORGE	CSEP	M	48	45-49M	0.58.23	1
241	1761	2140	DERRICK	HOSHE	NMMU	M	52	50-54M	0.58.30	1
242	109	948	KRISH	PILLAY	CHARLO	M	49	45-49M	0.58.32	1
243	1467	1195	RONELL	NIKSCH	ELITEAC	F	48	45-49F	0.58.33	1
244	1411	1243	WILLIAM	GROBLER	ELITEAC	M	62	60-64M	0.58.34	1
245	9	737	ROSEMARY	JOUBERT	CRUSADE	F	50	50-54F	0.58.51	1
246	1781	1552	BRENT	AH KEE	NEDBANK	M	41	40-44M	0.58.56	1
247	3113	212	THEO	WAIT	CSEP	M	53	50-54M	0.59.04	1
248	2	1901	PETRA	PIENAAR	BLUEBAY	F	46	45-49F	0.59.07	1
249	533	1555	WAYNE	MAC GEAR	NEDBANK	M	47	45-49M	0.59.23	1
250	3121	1515	YOLANDE	WATSON	NEDBANK	F	48	45-49F	0.59.27	1
251	3147	3147	TOZAMILE	FUMBECHE	TEMP	M	46	45-49M	0.59.27	0
252	42	1146	GERALD	HOXLEY	ACH	M	70	70+M	0.59.30	1
253	44	2030	DIRK	JANSEN	TREEC	M	61	60-64M	0.59.35	1
254	4266	4266	WALDO	ROBERTSON	TEMP	M	31	SM	0.59.43	0
255	3109	2774	VICTOR	MARAIS	SAPPE	M	41	40-44M	0.59.45	1
256	1774	1567	ELAINE	KOCK	NEDBANK	F	41	40-44F	0.59.49	1
257	3119	1448	NATASJA	VORSTER	NEDBANK	F	31	SF	0.59.51	1
258	118	981	HELEN	SHORT	CHARLO	F	35	35-39F	0.59.58	1
259	117	977	JEREMY	SHORT	CHARLO	M	36	35-39M	0.59.58	1
260	1466	243	CRESEN	BALAKISTEN	MALABAR	M	51	50-54M	1.00.07	1
261	1779	1280	RIAAN	STEYN	VWAC	M	27	SM	1.00.09	1
262	3104	1283	CARRON	FORBES	VWAC	F	24	SF	1.00.12	1
263	1782	1553	LEONIE	AH KEE	NEDBANK	F	37	35-39F	1.00.20	1
264	1459	2008	CATHY	ALLERS	TREEC	F	49	45-49F	1.00.21	1
265	572	836	KATIE	MORRIS	CRUSADE	F	27	SF	1.00.21	1
266	6	761	CHARLENE	DE CONING	CRUSADE	F	46	45-49F	1.00.22	1
267	53	363	CAROL	MALLETT	MUIRITE	F	42	40-44F	1.00.28	1
268	15	2778	MICHAEL	DEKKER	SAPPE	M	38	35-39M	1.00.30	1
269	76	187	SYLMA	WATKINS	CSEP	F	42	40-44F	1.00.32	1
270	4258	4258	NILAN	SCHEUBLE	TEMP	M	38	35-39M	1.00.40	0
271	3186	469	JOSE	DOS SANTOS	WAC	M	45	45-49M	1.00.40	1

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
272	20	1203	HELEN	FOURIE	ELITEAC	F	41	40-44F	1.00.45	1
273	557	41	THEMBISILE	NTONI	PEAAC	M	63	60-64M	1.00.51	1
274	3108	2772	BONISILE	MGODUKA	SAPPE	M	54	50-54M	1.00.53	1
275	3133	1009	MARCELLE	HARRAN	BODYCON	F	56	55-59F	1.00.56	1
276	529	1276	XAVIER	JANUARIE	VWAC	M	28	SM	1.00.56	1
277	3182	844	WENDY	DENSTON	ASPEN	F	37	35-39F	1.00.59	1
278	1780	451	LYNETTE	CRAUSE	WAC	F	50	50-54F	1.01.00	1
279	113	960	JAN	WESTRAADT	CHARLO	M	34	SM	1.01.05	1
280	106	941	CLAIRE	WEDDERBURN	CHARLO	F	33	SF	1.01.06	1
281	72	1489	MARTIE	VAN SCHALKWYK	NEDBANK	F	46	45-49F	1.01.06	1
282	1784	1787	NOLEEN	NORRIS	CADBURY	F	53	50-54F	1.01.43	1
283	1464	1277	PIETER	STEYN	VWAC	M	52	50-54M	1.02.00	1
284	3184	1800	TREVOR	CAMPHER	CADBURY	M	43	40-44M	1.02.24	1
285	3112	743	MARY-LOU	EMSLIE	CRUSADE	F	47	45-49F	1.02.26	1
286	4268	465	HELMUT	TERBLANS	WAC	M	45	45-49M	1.02.40	1
287	1420	336	ARNOLD	RAS	MUIRITE	M	49	45-49M	1.02.49	1
288	4254	4254	EUGENE	MACGEAR	TEMP	M	42	40-44M	1.03.04	0
289	553	123	ELIAS	KASE	PEAAC	M	41	40-44M	1.03.05	1
290	513	1760	PEARL	DAMONS	WILLARD	F	47	45-49F	1.03.10	1
291	43	1426	CHARMELL	JANSEN	NEDBANK	F	31	SF	1.03.11	1
292	518	2059	YVETTE	JONKER	TREEC	F	38	35-39F	1.03.25	1
293	3140	565	FAIQ	JAPPIE	ASPEN	M	38	35-39M	1.03.27	1
294	3129	2080	KAREN	MELS	TREEC	F	45	45-49F	1.03.28	1
295	3125	256	TULSIDAS	NARAN	MALABAR	M	56	55-59M	1.03.30	1
296	98	918	TANYA	WILSON	CHARLO	F	18	JF	1.03.44	1
297	102	932	LUCY	WENTZEL	CHARLO	F	41	40-44F	1.03.51	1
298	56	500	ALAN	PENNEY	WAC	M	64	60-64M	1.03.55	1
299	32	2028	TERTIA	GROBLER	TREEC	F	51	50-54F	1.04.00	1
300	23	2780	HENRY	FREDERICKS	SAPPE	M	57	55-59M	1.04.02	1
301	71	1208	JAN	VON MOLLENDORF	ELITEAC	M	65	65-69M	1.04.06	1
302	80	1775	DAVID	UITHALER	WILLARD	M	64	60-64M	1.04.07	1
303	3185	856	PIET	SCHOLTZ	QH	M	46	45-49M	1.04.09	0
304	545	1200	ANTONIE	GROBLER	ELITEAC	M	58	55-59M	1.04.11	1
305	1791	2343	SHEENA	WILSON	PROFILES	F	41	40-44F	1.04.20	1
306	1422	326	LUKAS	ELS	MUIRITE	M	40	40-44M	1.04.20	1
307	100	929	ANUSHA	NAIDU	CHARLO	F	44	40-44F	1.04.42	1
308	3141	588	RALTON	TERBLANCHE	LEGACY	M	48	45-49M	1.04.53	1
309	544	1587	ALBERT	BOTHA	NEDBANK	M	47	45-49M	1.05.09	1
310	1789	193	JACKIE	VAN TONDER	CSEP	F	34	SF	1.05.12	1
311	1777	1279	ERIKA	BOUWER	VWAC	F	25	SF	1.05.13	1
312	3150	2054	NICO	DE WET	TREEC	M	36	35-39M	1.05.15	1
313	4262	4262	ROME	ASSAM	TEMP	F	38	35-39F	1.05.25	0
314	4252	4252	BENNETT	NAPOLEON	TEMP	M	35	35-39M	1.05.40	0
315	111	952	KIMBERLEY	WILSON	CHARLO	F	15	JF	1.05.44	1
316	112	953	MANUELA	WILSON	CHARLO	F	40	40-44F	1.05.44	1
317	1772	1433	IRMA	INGRAM	NEDBANK	F	45	45-49F	1.06.00	1
318	1433	99	CHARLES	GOLDSWAIN	PEAAC	M	26	SM	1.06.06	1
319	40	3	DOROTHY	HART	PEAAC	F	72	70+F	1.06.06	1
320	1443	1226	BELINDA-ANN	PEREIRA DA SILVA	ELITEAC	F	34	SF	1.06.09	1
321	1444	2335	TRACY	DOMONEY	PROFILES	F	38	35-39F	1.06.47	1
322	1423	2026	VERNA	CLAASSEN	TREEC	F	48	45-49F	1.06.47	1
323	3160	701	SELWYN	SOLOMON	CRUSADE	M	72	70+M	1.07.08	1
324	534	1323	WILNA	BASSON	VWAC	F	47	45-49F	1.07.31	1
325	63	1333	ANTON	SNYMAN	VWAC	M	55	55-59M	1.07.32	1
326	1434	1679	GENEVIEVE	LAYCOCK	TRIANGLE	F	41	40-44F	1.07.40	1
327	3153	1464	LINTON	LE GRANGE	NEDBANK	M	44	40-44M	1.07.45	1
328	3171	114	DAVID	HIGGS	PEAAC	M	41	40-44M	1.08.04	1
329	524	331	MARGARET	DU TOIT	MUIRITE	F	49	45-49F	1.08.29	1
330	1442	715	HILARY	PRITCHARD	CRUSADE	M	76	70+M	1.08.47	1
331	561	759	ODETTE	VOSLOO	CRUSADE	F	51	50-54F	1.08.59	1
332	511	2043	AMANDA	BLIGNAULT	TREEC	F	51	50-54F	1.09.00	1
333	3179	1723	CLIVE	BATTY	TRIANGLE	M	66	65-69M	1.09.07	1
334	34	1256	MARIUS	GREYLING	ELITEAC	M	54	50-54M	1.09.08	1
335	3180	1412	GLENYS	JOUBERT	NEDBANK	F	59	55-59F	1.09.08	1
336	3102	14	LORRAINE	SIEBRITS	OUTENH	F	60	60-64F	1.09.09	0
337	3101	11	ALF	ZEHMKE	OUTENH	M	71	70+M	1.09.09	0
338	519	579	SHIRLEEN	CLARKE	LEGACY	F	48	45-49F	1.09.10	1
339	1440	1197	CHRISTINE	FOURIE	ELITEAC	F	64	60-64F	1.09.12	1

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
340	1465	1608	SHAHEED	ABRAHAMS	NEDBANK	M	49	45-49M	1.09.42	1
341	89	1307	VOLENTE	RENSBURG	EBENEZER	F	34	SF	1.09.44	1
342	103	933	JO-ANNE	OSBORN	CHARLO	F	38	35-39F	1.10.18	1
343	116	973	SEAN	VOSLOO	CHARLO	M	46	45-49M	1.10.18	1
344	16	2779	HERMAN	DEKKER	SAPPE	M	66	65-69M	1.10.24	1
345	58	510	ELIZABETH	PEREIRA	WAC	F	52	50-54F	1.10.27	1
346	522	329	ORGIA	NELL	MUIRITE	F	67	65-69F	1.10.40	1
347	510	2044	BLIKKIES	BLIGNAULT	TREEC	M	57	55-59M	1.11.00	1
348	3162	140	SICELO	THABETHE	PEAAC	M	37	35-39M	1.11.05	1
349	50	144	HEATHER	LANGFORD	PEAAC	F	39	35-39F	1.11.05	1
350	3139	566	RUSHDA	JAPPIE	ASPEN	F	40	40-44F	1.11.10	1
351	69	473	DENISE	TERBLANCHE	WAC	F	63	60-64F	1.11.28	1
352	565	2081	THANDISWA	NGXUKUMESHE	NMMU	F	40	40-44F	1.11.35	1
353	3144	749	NAMBITHA	DAMBUZA-MAYOSI	CRUSADE	F	46	45-49F	1.11.36	1
354	3132	610	NOSICELO	BIYANA	COEGA AC	F	34	SF	1.11.42	1
355	3155	7350	SANET	VAN NIEKERK	VWAC	F	41	40-44F	1.11.47	1
356	1419	1282	VERONICA	BOSHOFF	VWAC	F	49	45-49F	1.12.15	1
357	3156	745	ROY	LAURIE	CRUSADE	M	55	55-59M	1.12.35	1
358	1549	2634	CAROL	HUNT	CRUSADE	F	47	45-49F	1.12.36	1
359	17	2777	HESTER	DEKKER	SAPPE	F	38	35-39F	1.12.37	1
360	18	210	GERT	DEYZEL	CSEP	M	61	60-64M	1.12.38	1
361	521	1545	BERENICE	SMITH	NEDBANK	F	46	45-49F	1.12.39	1
362	9561	1285	ELEANOR	MUNIZ	EBENEZER	F	50	50-54F	1.12.40	1
363	59	1601	JOHN	PEART	NEDBANK	M	74	70+M	1.12.41	1
364	108	947	EUSENTHA	PILLAY	CHARLO	F	45	45-49F	1.12.42	1
365	13	2002	HENDRINA	CLAASSEN	TREEC	F	54	50-54F	1.13.40	1
366	81	2735	CLARE	MACLEOD	ASPEN	M	39	35-39M	1.13.44	1
367	3154	1311	MARYKA	ELS	VWAC	F	50	50-54F	1.13.55	1
368	4264	4264	MARIUS	WOLMARANS	TEMP	M	53	50-54M	1.13.57	0
369	60	20	BRIAN	SMITH	PEAAC	M	67	65-69M	1.14.02	1
370	1437	1382	CHARMAINE	JORDAAN	NEDBANK	F	27	SF	1.14.42	1
371	1436	1381	WILLEM	JORDAAN	NEDBANK	M	28	SM	1.14.43	1
372	4259	4259	MARIUS	NEL	TEMP	M	46	45-49M	1.15.04	0
373	26	1201	ENID	GERBER	ELITEAC	F	49	45-49F	1.15.27	1
374	1450	1793	FARAHNAS	VISAGIE	CADBURY	F	41	40-44F	1.15.47	1
375	54	1327	ADELE	NEL	VWAC	F	51	50-54F	1.15.50	1
376	3149	2055	THERESA	DE WET	TREEC	F	30	SF	1.16.37	1
377	1439	2327	LEZANNE	NOTLEY	PROFILES	F	27	SF	1.17.07	1
378	1463	2045	REINET	STEYN	TREEC	F	49	45-49F	1.17.29	1
379	12	2001	NICOLAAS	CLAASSEN	TREEC	M	57	55-59M	1.17.29	1
380	124	983	MARIUS	CROUCAMP	CHARLO	M	56	55-59M	1.17.37	1
381	1771	1717	MARIANA	JANSE VAN RENSBURG	TRIANGLE	F	47	45-49F	1.17.38	1
382	3165	1434	DIANNE	HARTZENBERG	NEDBANK	F	52	50-54F	1.17.43	1
383	3152	1728	EDITH	SCHMIDT	TRIANGLE	F	50	50-54F	1.19.04	1
384	3151	1729	PETER	SCHMIDT	TRIANGLE	M	56	55-59M	1.19.05	1
385	3166	1584	FIDELIA	BAATJES	NEDBANK	F	38	35-39F	1.19.19	1
386	87	87	SHANNON	VAN DE PUTTE	PEAAC	F	25	SF	1.19.56	1
387	3173	22	GAYNOR	FROSLER	PEAAC	F	39	35-39F	1.20.35	1
388	1441	1229	RINA	BARNARD	ELITEAC	F	57	55-59F	1.21.23	1
389	30	1331	ROY	GERTENBACH	VWAC	M	58	55-59M	1.22.34	1
390	29	1319	KATHLEEN	GERTENBACH	VWAC	F	50	50-54F	1.22.34	1
391	1455	585	DEBBIE	OEOFSE	LEGACY	F	64	60-64F	1.22.40	1
392	1413	35	RITA	VOSLOO	PEAAC	F	55	55-59F	1.23.06	1
393	1412	2072	SHARON	NEL	TREEC	F	46	45-49F	1.23.15	1
394	1454	117	TRACY	GOLDSWAIN	PEAAC	F	17	JF	1.23.18	1
395	520	578	SHELDINE	SEPTOE	LEGACY	F	49	45-49F	1.23.46	1
396	41	494	STEPHANIE	HAY	WAC	F	55	55-59F	1.24.02	1
397	4260	4260	OPHELIA	EDWARDS	TEMP	F	32	SF	1.24.11	0
398	37	137	ELMARIE	HARMSE	PEAAC	F	41	40-44F	1.24.25	1
399	65	15	ANTHEA	SCHNETLER	PEAAC	F	15	JF	1.24.39	1
400	66	11	CORDELL	SCHNETLER	PEAAC	M	40	40-44M	1.24.40	1
401	64	9	ANNA	SCHNETLER	PEAAC	F	63	60-64F	1.24.40	1
402	85	275	CAROL	NEPGEN	KOWIE	F	59	55-59F	1.27.33	1
403	86	277	JEAN	NEPGEN	KOWIE	M	66	65-69M	1.27.35	1
404	1786	335	MAUREEN	DICKASON	MUIRITE	F	54	50-54F	1.29.28	1
405	3127	623	NOZUKO	MABALA	COEGA AC	F	42	40-44F	1.32.36	0
HELPERS RUN										
H1	6001	1780	GILROY	DOMINGO	WILLARD	M	38	35-39M	0.42.40	3

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H2	6002	1772	CYRIL	UITHALER	WILLARD	M	48	45-49M	0.46.14	2
H3	6003	2520	GODFREY	GELDERBLOEM	X-CEL	M	42	40-44M	0.47.23	2
H4	6004	1755	ROLAND	DACE	WILLARD	M	56	55-59M	0.49.23	2
H5	6005	1072	JEROME	MAY	X-CEL	M	44	40-44M	0.49.30	2
H6	6006	2462	CHESTER	BROOKS	X-CEL	M	52	50-54M	0.50.01	2
H7	6007	1810	GODFREY	KARIEM	CADBURY	M	70	70+M	0.51.30	3
H8	6008	1060	JONATHAN	GESWINDT	X-CEL	M	51	50-54M	0.52.47	1
H9	6009	1334	NOEL	MCMASTER	VWAC	M	45	45-49M	0.53.16	1
H10	6010	1783	LEONARD	GROVES	WILLARD	M	46	45-49M	0.53.38	1
H11	6011	2473	EUGENE	VAN WYK	X-CEL	M	39	35-39M	0.55.06	1
H12	6012	2465	SHAUN	COETZEE	X-CEL	M	41	40-44M	0.55.07	1
H13	6013	2469	TOMMY	FALTAIN	X-CEL	M	48	45-49M	0.55.09	1
H14	6014	1753	DESIREE	EBRAHIM	WILLARD	F	45	45-49F	0.55.26	1
H15	6015	1776	PETER	BASHELA	WILLARD	M	58	55-59M	0.58.23	1
H16	6016	1778	KEITH	SEZOE	WILLARD	M	40	40-44M	0.58.45	1
H17	6017	7044	LORENZO	SAMUELS	X-CEL	M	25	SM	0.59.00	1
H18	6018	7045	BRANDON	GROENER	X-CEL	M	32	SM	0.59.01	1
H19	6019	2464	GARRISON	COETZEE	X-CEL	M	16	JM	0.59.45	1
H20	6020	1930	GLYNIS	SCOTT	BLUEBAY	F	50	50-54F	0.59.57	1
H21	6021	7042	QUENTIN	BURRELL	X-CEL	M	48	45-49M	1.09.20	1
H22	6022	1070	MALCOLM	FIGG	X-CEL	M	52	50-54M	1.10.00	1
H23	6023	2466	GLYNIS	PIETERSE	X-CEL	F	45	45-49F	1.10.11	1
H24	6024	2461	DEAN	KIVIDO	X-CEL	M	39	35-39M	1.10.12	1
H25	6025	2472	DEON	PRINSLOO	X-CEL	M	44	40-44M	1.20.11	1
H26	6026	1945	LLEWELLYN	WILLIAMS	BLUEBAY	M	56	55-59M	1.22.22	1
H27	6027	2467	SELWYN	FELIX	X-CEL	M	53	50-54M	1.22.28	1
H28	6028	2404	NIGEL	DANIELS	X-CEL	M	35	35-39M	0.51.54	1