



Final Results

Date Updated:

09/12/2020

## 10km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1	Mika'eel Essa	10km	00:37:53	Male	Open	PnP
2	Mila Geldenhuys	10km	00:45:36	Female	Open	UCT Athletics Club
3	Michael Denysschen	10km	00:48:38	Male	Open	
4	Eike Moriz	10km	00:51:54	Male	40 - 49 (40)	Hout Bay Harriers
5	Connie Blom	10km	00:55:13	Female	50 - 59 (50)	Runavation
6	Neil Ebing	10km	00:55:19	Male	60 - 69 (60)	K-Way VOB
7	Rashiq Fataar	10km	00:59:06	Male	Open	
8	Angelica Munoz-cordoba	10km	00:59:20	Female	40 - 49 (40)	Vitality
9	Bronwen Maynier	10km	00:59:29	Female	Open	RWFL
10	Carien Van Der Berg	10km	01:01:33	Female	40 - 49 (40)	Brackenfell Running Club
11	Sunette Swart	10km	01:04:03	Female	50 - 59 (50)	Nedbank WP
12	Juanne Vos	10km	01:05:16	Female	50 - 59 (50)	
13	Nedine Pieters	10km	01:05:32	Female	40 - 49 (40)	West Coast Athletics Club
14	Rossouw Nel	10km	01:06:14	Male	Open	
15	Natasha Huggett-henchie	10km	01:06:16	Female	40 - 49 (40)	
16	Andre Swart	10km	01:06:22	Male	60 - 69 (60)	Nedbank WP
17	Raymond Mark Dodgen	10km	01:06:30	Male	40 - 49 (40)	West Coast Athletics Club
18	Trezinha De Beer	10km	01:07:00	Female	50 - 59 (50)	Durbac
19	Sue Wardrop	10km	01:07:18	Female	60 - 69 (60)	
20	Melanie Meyer	10km	01:08:03	Female	Open	Edgemead Runners
21	Rafeek Abdurahman	10km	01:09:27	Male	40 - 49 (40)	
22	Shena De Beer	10km	01:09:35	Female	Open	Durbac
23	Nina Daniels	10km	01:13:54	Female	40 - 49 (40)	Spartan Harriers
24	Nicolet Smit	10km	01:14:00	Female	Open	Stellenbosch AC
25	Helene Fouche	10km	01:14:06	Female	40 - 49 (40)	

**HOUT BAY**

**SPAR**



**VELOCITY**

HEALTH • FITNESS • WELLNESS



Final Results

Date Updated:

09/12/2020

## 10km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
26	Marguerita Perez	10km	01:15:00	Female	60 - 69 (60)	Spartan Harriers
27	Sue Hook	10km	01:15:00	Female	60 - 69 (60)	Foresters
28	Trish Gilmour	10km	01:15:31	Female	50 - 59 (50)	K-Way VOB
29	Judy Collins	10km	01:16:00	Female	60 - 69 (60)	K-Way VOB
30	Ilona Du Plessis	10km	01:18:00	Female	Open	West Coast Athletics Club
31	Luqmaan Slarmie	10km	01:18:05	Male	Junior (J) (16+)	
32	Michele King	10km	01:18:31	Female	50 - 59 (50)	Spartan Harriers
33	Charlene Maartens	10km	01:19:20	Female	50 - 59 (50)	Edgemead Runners
34	Stella Elliott	10km	01:20:21	Female	40 - 49 (40)	
35	Nawawie Slarmie	10km	01:24:38	Male	40 - 49 (40)	
36	Errol De Kock	10km	01:25:22	Male	60 - 69 (60)	
37	Judy Coleman	10km	01:29:57	Female	40 - 49 (40)	Cape Multisport
38	Lindsay De Kock	10km	01:33:20	Female	60 - 69 (60)	
39	Ilse Theys	10km	01:38:00			
40	Ilse Sabrina Theys Woodward	10km	01:38:00	Female	Open	Carbineers WP
41	Mary-Ann Galli	10km	01:45:31	Female	50 - 59 (50)	West Coast Athletics Club
42	Amanda Jacobs	10km	01:45:31	Female	40 - 49 (40)	
43	Karen Smit	10km	01:47:05	Female	60 - 69 (60)	Ommiedraai Friends AC
44	Zarina Mohamed-fakier	10km	01:51.23	Female	40 - 49 (40)	Itheko
45	Carina Smit	10km	02:04:25	Female	Open	Ommiedraai Friends AC

HOUT BAY

SPAR



VELOCITY

HEALTH • FITNESS • WELLNESS