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12km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1	Calvin Hammond	00:45:55	Male	Open		PINELANDS AC
2	Anele Nonzaba	00:49:24	Male	Open		RCS GUGULETU AC
3	Ruan Coetzee	00:49:29	Male	Junior		ATLANTIC AC
4	Lionel Cronje	00:49:50	Male	40-49		BRACKENFELL AC
5	James Lyster	00:49:54	Male	Junior		TOTALSPORTS VOB RUNNING CLUB
6	Lance Metrowich	00:51:57	Male	Open		
7	Yanela Siko	00:55:33	Male	Open		
8	Josh Daniel	00:55:33	Male	Open		
9	Cheyne Haupt	00:56:40	Male	Open		FISH HOEK AC
10	Ruben Human	00:57:56	Male	Junior		
11	Marko Van Der Colff	00:58:17	Male	Open		
12	Jarred Rothwell	00:58:24	Male	40-49		
13	Vaughn Olckers	00:58:29	Male	50-59		ATC RUNNING
14	Trevor Metrowich	00:59:12	Male	50-59		
15	Tinus Olivier	00:59:17	Male	40-49		GOODWOOD HARRIERS
16	Khanyisile Nyanga	00:59:18	Male	Open		
17	Quinley Wild	00:59:46	Male	Junior		
18	Tinashe Dzimiri	00:59:57	Male	40-49		CENTURY CITY AC
19	Busisiwe Matiwane	00:59:57	Female	40-49		NEDBANK RUNNING CLUB WP
20	David-alexandre Tremblay	01:00:11	Male	40-49		
21	Lihle Ngece	01:01:02	Male	Open		
22	Luke Brown	01:01:02	Male	40-49		
23	Ryan Murphy	01:01:18	Male	Open		
24	Gareth Edwardes	01:01:19	Male	Open		ATLANTIC AC
25	Chris Norman	01:01:25	Male	Open		
26	Barry Williams	01:02:02	Male	50-59		
27	Jenna Ashworth	01:02:18	Female	Junior		
28	Konrad Nel	01:02:22	Male	Open		
29	Will Whittaker	01:02:28	Male	Open		
30	Austin Phiri	01:02:34	Male	50-59		CENTURY CITY AC
31	Theodore Coetzee	01:02:40	Male	Open		
32	Anke Loubser	01:02:49	Female	Open		
33	Katane Dikgale	01:03:00	Male	Open		
34	Carsten Gertz	01:03:02	Male	40-49		
35	Dalingcebo Ngubane	01:03:22	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
36	Jean Rossouw	01:03:50	Male	Open		
37	Reneel Adams	01:04:15	Male	Open		
38	Colijn Strydom	01:04:21	Male	Open		
39	Glenda Hensley	01:04:45	Female	50-59		FISH HOEK AC
40	Reuben Smith	01:04:54	Male	Open		
41	Johan Van Der Merwe	01:05:08	Male	Open		
42	Michael Darby	01:05:44	Male	40-49		
43	Ashleigh Hartogh	01:05:50	Female	Junior		PINELANDS AC
44	Nhlanhla Msuthu	01:05:50	Male	Junior		KHAYELITSHA AC
45	Deidre Davids	01:05:51	Female	40-49		KUILS RIVER RC
46	Shaun Matthews	01:06:06	Male	Open		SACS ALUMNI RUNNING CLUB
47	Catherine Matthews	01:06:06	Female	Open		SACS ALUMNI RUNNING CLUB
48	Ari Skopelitis	01:06:31	Male	Open		
49	Benjamin Cox	01:06:31	Male	Open		
50	Ella-kari Muhl	01:06:37	Female	Open		
51	Rudolph Martin	01:07:01	Male	Open		
52	Russel Brueton	01:07:02	Male	Open		
53	Neville Frieslich	01:07:10	Male	70+		FISH HOEK AC
54	Dien-marie Kingsley	01:07:39	Female	40-49		
55	Emma Hellman	01:07:52	Female	Junior		
56	Hannah Humphreys	01:08:12	Female	Open		
57	Dirk Pieper	01:08:23	Male	Open		
58	Michael Bishop	01:08:25	Male	Open		
59	Pierre Myburg	01:08:37	Male	40-49		MAGNOLIA ROAD RUNNERS
60	Mary-ann Fairall	01:08:45	Female	Open		
61	Megan Bellinger	01:08:54	Female	Open		
62	Kaley Muller	01:08:55	Female	Open		
63	Amie Grier	01:08:57	Female	Open		
64	Rolf Johl	01:09:02	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
65	Geoffroy Lousse	01:09:06	Male	40-49		
66	Erin Heath	01:09:10	Female	Junior		
67	Alistair Clacherty	01:09:13	Male	60-69		ZANDVLEI AC
68	Adam Mendelsohn	01:09:22	Male	40-49		
69	Richard Van Heerden	01:09:28	Male	Open		
70	Nathalie Cloete	01:09:29	Female	50-59		TOTALSPORTS VOB RUNNING CLUB



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
71	Sarah Johl	01:09:35	Female	60-69	TOTALSPORTS VOB RUNNING CLUB	
72	Cathy Kirkman	01:09:37	Female	50-59		
73	Kim Rivalland	01:09:43	Female	Open		
74	Adham Hassan	01:09:44	Male	Junior		
75	Lynton Cassel	01:09:58	Male	40-49		
76	Karen Brown	01:10:13	Female	40-49		
77	Anna Dekker	01:10:32	Female	Open		
78	Jenna Rosmarin	01:10:37	Female	Open		
79	Lily Callaghan	01:10:42	Female	Junior		
80	Janco Botes	01:10:43	Male	Open		
81	Erika Minnaar	01:10:44	Female	Open		
82	Marvin Nicholson	01:10:52	Male	40-49		
83	Charmaine Cupido	01:11:07	Female	60-69	NEDBANK RUNNING CLUB WP	
84	Pinny Hack	01:11:16	Male	40-49		
85	Karel Van Der Vyver	01:11:20	Male	Open		
86	Moose Burger	01:11:22	Male	50-59	GOODWOOD HARRIERS	
87	Kay Longman	01:11:22	Female	70+	FISH HOEK AC	
88	Alex Swartz	01:11:23	Male	Open		
89	Fran Knight	01:11:27	Female	40-49		
90	Emma Lundy	01:11:48	Female	50-59		
91	Matthew Graser	01:11:54	Male	Junior		
92	Candi Warren-Smith	01:12:06	Female	40-49		
93	Alvin Emmanuel	01:12:09	Male	40-49		
94	Pamela Martinez	01:12:21	Female	Open		
95	Lyndall Coburn-coyles	01:12:44	Female	40-49		
96	Leah Bessa	01:12:46	Female	Open		
97	Brogan Poulton	01:12:46	Female	Open	PINELANDS AC	
98	Bev Charters	01:12:54	Female	60-69	TOTALSPORTS VOB RUNNING CLUB	
99	Darren Sheldon	01:13:13	Male	Open		
100	Sophie Goodall	01:13:17	Female	Open		
101	Jill Sindle	01:13:28	Female	40-49		
102	Suzanne Everaerts-brown	01:13:31	Female	40-49		
103	Ian Rist	01:13:45	Male	40-49		
104	Blake Mortimer	01:13:51	Male	Open	SACS ALUMNI RUNNING CLUB	
105	Bridget Berndt	01:13:55	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
106	Abdu-razeen Stemmet	01:14:21	Male	Junior		TOP FORM AC
107	Reganald Crowster	01:14:25	Male	60-69		TYGERBERG AC
108	Robyn Gedrych	01:14:36	Female	Open		
109	Sam Mcquirk	01:14:36	Male	Open		
110	Anita Mooi-erasmus	01:14:38	Female	Open		
111	Justin Gomes	01:14:45	Male	50-59		
112	Heather Schiff	01:14:46	Female	40-49		
113	Monique Lange	01:14:50	Female	Open		
114	Zeyaad Essa	01:15:03	Male	50-59		TEAM VITALITY CLUB WC
115	Raymond Owen Starke	01:15:05	Male	Open		DURBANVILLE AC
116	Shaun Henshilwood	01:15:08	Male	Open		TEAM VITALITY CLUB WC
117	Khara Doyle	01:15:13	Female	Open		
118	Jacky Mc Innes	01:15:43	Female	50-59		
119	Diane Obree	01:15:44	Female	40-49		
120	Michelle Bristow	01:15:45	Female	50-59		
121	Emilia Bergmann	01:15:46	Female	Junior		
122	William Langenhoven	01:15:46	Male	50-59		ATC RUNNING
123	Andrea Mendelsohn	01:15:50	Female	40-49		
124	Lourens Schoeman	01:15:56	Male	60-69		
125	Rory Sheldon	01:16:00	Male	Open		
126	Fairwell Mnyamana	01:16:03	Male	40-49		
127	Margaret Moller	01:16:09	Female	60-69		PICK `N PAY AC WP
128	Bruce Bonthuys	01:16:13	Male	Open		
129	Wilhelm Kruger	01:16:25	Male	Open		
130	Bella Du Preez	01:16:26	Female	Open		
131	Judith Grove	01:16:28	Female	70+		TYGERBERG AC
132	Jeffrey Kahari	01:16:39	Male	40-49		
133	Neil Coetzee	01:16:42	Male	Open		
134	Ronel Coetzee	01:16:46	Female	Open		
135	Milla Baesa	01:17:06	Female	Junior		
136	Meike Zumpt	01:17:07	Female	50-59		
137	M Zumpt	01:17:07	Male	50-59		
138	Paul Wilson	01:17:09	Male	50-59		
139	Frank Sokolka	01:17:13	Male	60-69		
140	Kayla Van Rooyen	01:17:16	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
141	Tiaan Rossouw	01:17:19	Male	Open		
142	Johane Le Roux	01:17:20	Female	Open		
143	Hilton Murray	01:17:23	Male	50-59		BELLVILLE AC
144	Tom Barnard	01:17:25	Male	Junior		
145	Yvette Mynhardt	01:17:29	Female	40-49		
146	Pearl Matsane	01:17:33	Female	Open		
147	Teresa Rooney	01:17:38	Female	60-69		SACS ALUMNI RUNNING CLUB
148	Debbie Lillie	01:17:38	Female	50-59		
149	Richard Knaggs	01:17:46	Male	50-59		WEST COAST AC
150	Annie Jerling	01:17:50	Female	50-59		
151	Gehardt Muller	01:17:54	Male	40-49		
152	Brad Castle	01:17:58	Male	40-49		
153	Robert Morrell	01:18:03	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
154	Emile De Klerk	01:18:05	Male	Open		
155	Nande Maqubela	01:18:10	Male	Open		
156	Trudie Els	01:18:11	Female	50-59		BELLVILLE AC
157	Ryan Abrahams	01:18:17	Male	Open		OMMIEDRAAI FRIENDS AC
158	Janet Hodkin	01:18:47	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
159	Johan Rademan	01:18:50	Male	60-69		
160	Zandri Rademan	01:18:51	Female	Open		
161	Pamela Migalska	01:19:00	Female	Open		
162	Bernadette Tomlin	01:19:01	Female	50-59		SPARTAN HARRIERS
163	Megan Rainsford	01:19:20	Female	Open		
164	Branden Rainsford	01:19:21	Male	Open		
165	Jordyn McCarthy	01:19:23	Female	Open		
166	Kirsty Gilmour	01:19:23	Female	40-49		
167	Chantal Pieters	01:19:24	Female	50-59		ATLANTIC AC
168	Joshua Edgar	01:19:40	Male	Open		
169	Amanda Marth	01:19:52	Female	50-59		WEST COAST AC
170	Kerwyn August	01:19:52	Male	Open		
171	Shane Muller	01:19:55	Male	Open		
172	Angelica Vigliotta	01:19:55	Female	Open		
173	Clare Naude	01:20:06	Female	Open		SPARTAN HARRIERS
174	Amanda Blevins	01:20:17	Female	40-49		
175	Andre Serfontein	01:20:22	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
176	Delano Morris	01:20:23	Male	40-49		
177	Shannon Mcdougall	01:20:23	Female	40-49		
178	Lee-Anne Saunders	01:20:24	Female	50-59		
179	Denzil Pohlmann	01:20:25	Male	40-49		
180	Jessica Gagiano	01:20:36	Female	Open		
181	Annemie Palm	01:20:41	Female	Open		
182	Anne-marie Van Beerlere	01:20:46	Female	Open		
183	James Ord	01:20:48	Male	40-49		
184	Patricia Joy Francois	01:20:54	Female	40-49		
185	Nelia Dc Smee	01:21:03	Female	40-49		
186	Grant Smee	01:21:05	Male	40-49		
187	Maryka Treurnich	01:21:11	Female	40-49		BELLVILLE AC
188	Brian Davey	01:21:20	Male	60-69		
189	Natalie Church	01:21:21	Female	40-49		
190	Milly Zimmermann	01:21:25	Female	Open		STRAND AC
191	Amy Cullinan	01:21:28	Female	Open		FISH HOEK AC
192	Kurt Jacobus	01:21:55	Male	Open		
193	Catherine Del Monte	01:22:05	Female	Open		
194	Johanna Breakey	01:22:09	Female	40-49		
195	Merle Kallis	01:22:09	Female	60-69		WEST COAST AC
196	Fay Maathuis	01:22:13	Female	Open		
197	Leopoldt Nothling	01:22:22	Male	Open		
198	Louise Nothling	01:22:24	Female	Open		
199	Michael Jason	01:22:31	Male	60-69		EDGEMEAD RUNNERS
200	Renske Van Hardenbroek Van	01:22:32	Female	Open		
201	Liam Mckenna	01:22:32	Male	Junior		WEST COAST AC
202	Jabulani Nyoni	01:22:44	Male	Open		TEAM VITALITY CLUB WC
203	Riette Muller	01:22:59	Female	40-49		
204	Cornelia Garmann	01:22:59	Female	40-49		
205	Patricia Daniel	01:23:07	Female	50-59		
206	Leila Shirley	01:23:11	Female	Open		
207	Corlene Maass	01:23:11	Female	Junior		
208	Nicola Visser	01:23:12	Female	Open		
209	Hendrik Lange	01:23:17	Male	Open		
210	Lyndsay Reece	01:23:19	Female	40-49		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
211	Lisa White	01:23:23	Female	50-59		
212	Phillip Gittins	01:23:35	Male	40-49		
213	Daniell Lemmer	01:23:35	Female	Open		
214	Rayne Alexander	01:23:38	Female	Open		
215	Zack Van Onselen	01:23:38	Male	Open		
216	Carmen Vervaart	01:23:38	Female	Open		
217	Jarryd Doyle	01:23:40	Male	Open		
218	Mish-al Magiet	01:23:40	Male	Open		
219	Kara Dean	01:23:43	Female	Open		
220	Andrea Thwaites	01:23:47	Female	40-49		
221	Annemieke Van Der Valk	01:23:48	Female	40-49		
222	Nai-fu Hu	01:23:49	Male	Open		
223	Tessa Barker	01:24:04	Female	50-59		TEAM VITALITY CLUB CG
224	Donna Mathews	01:24:09	Female	40-49		
225	Penny De Vos	01:24:15	Female	60-69		
226	Jillian Edwardes	01:24:20	Female	60-69		ATLANTIC AC
227	Xoliswa Sithole	01:24:26	Female	Open		
228	Ronald Banda	01:24:30	Male	Open		
229	Mickyle Du Preez	01:24:41	Male	Open		
230	Sonia Harlock	01:24:43	Female	60-69		FISH HOEK AC
231	Debbie Konick	01:24:51	Female	50-59		SATORI AC
232	Christelle Groenewald	01:25:01	Female	Open		
233	Julie Branquinho	01:25:11	Female	40-49		
234	Keegan Titus	01:25:13	Male	Open		
235	Amanda Dovey	01:25:15	Female	40-49		FISH HOEK AC
236	Nick Chadwick	01:25:25	Male	50-59		
237	Andrew Boule	01:25:25	Male	50-59		
238	Andrea Power	01:25:26	Female	40-49		
239	Sumien Coetzer	01:25:36	Female	40-49		
240	Kate Standley	01:25:37	Female	40-49		
241	Lochlann Jain	01:25:37	Male	50-59		
242	Emma Adriaanse	01:25:42	Female	Open		
243	Janke Schutte	01:25:43	Female	Open		
244	Bianca Mynhardt	01:25:47	Female	Open		
245	Brigitte Burger	01:25:48	Female	Junior		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
246	Andy Papaspyrou	01:25:49	Male	Open		
247	Nai-chung Hu	01:25:53	Male	Open		
248	Vernon Davids Do	01:25:54	Male	50-59		
249	Glenn Rooseboom	01:25:58	Male	40-49		
250	Kate Rooseboom	01:25:59	Female	40-49		
251	Suzanne Olivier	01:26:16	Female	50-59		
252	Thobelinkosi Zulu	01:26:33	Male	Open		
253	Nicolene Sheldon	01:26:41	Female	Open		
254	Debbie Flanagan	01:26:42	Female	40-49		VITAL FITNESS AC
255	Simone Du Plessis	01:26:42	Female	Open		
256	Kelly Bekker	01:26:42	Female	40-49		TEAM VITALITY CLUB WC
257	Michelle Barnard	01:26:45	Female	40-49		
258	Olivia Van Helden	01:26:45	Female	40-49		
259	Marcelle Pieper	01:26:45	Female	40-49		
260	Taariq Stemmet	01:26:47	Male	Junior		TOP FORM AC
261	Sarah Young	01:27:03	Female	Open		
262	Jillian Cloete	01:27:03	Female	Open		
263	Jacqui Kaufmann	01:27:13	Female	40-49		TOTALSPORTS VOB RUNNING CLUB
264	Gavin Henry	01:27:19	Male	50-59		CARBINEERS WP
265	Shade Jansen	01:27:20	Female	Open		WILD RUNNER WP
266	Zayaan Jakoet	01:27:21	Female	40-49		WALMERS AC WP
267	Jarred Prins	01:27:28	Male	Junior		EDGEMEAD RUNNERS
268	Lucinda Hawes	01:27:59	Female	50-59		
269	Ellaine Madziwa	01:28:03	Female	Open		
270	Lisa Jacobus	01:28:07	Female	Open		
271	Colleen Mealing	01:28:16	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
272	Nikki Pinder	01:28:18	Female	50-59		
273	Jorina Smeda	01:28:20	Female	40-49		
274	Marlize Boshoff	01:28:20	Female	40-49		HELDERBERG HARRIERS
275	Helgah Joubert	01:28:20	Female	50-59		
276	Annemie Brand	01:28:21	Female	40-49		
277	Caryn Wepener	01:28:49	Female	40-49		
278	Shane Blows	01:28:52	Male	60-69		TEAM VITALITY CLUB WC
279	Helena Davids	01:28:56	Female	Open		CELTIC HARRIERS
280	Ruth Poulton	01:29:01	Female	50-59		PINELANDS AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
281	Shaun Holmwood	01:29:05	Male	40-49		
282	Judy Collins	01:29:09	Female	70+	TOTALSPORTS VOB RUNNING CLUB	
283	Elijah Sherman	01:29:13	Male	Open		
284	Linda Drummond	01:29:20	Female	40-49	TOTAL SPORTS VOB RUNNING CLUB	
285	Andrea Pullen	01:29:25	Female	Open		
286	Madeleine Scheppening	01:29:42	Female	40-49		PINELANDS AC
287	Victoria Lacey	01:29:42	Female	Open		PINELANDS AC
288	Harriet Burke	01:29:42	Female	Open		
289	Francois De Jager	01:29:45	Male	Open		BELLVILLE AC
290	Judi Graser	01:29:46	Female	40-49		
291	Stephani Holland	01:29:46	Female	Open		ZANDVLEI AC
292	Lee-ann Watters	01:30:00	Female	Open		HARFIELD HARRIERS
293	Elsare Van Der Walt	01:30:26	Female	40-49		
294	R_ Aebischer	01:30:35	Male	60-69		CELTIC HARRIERS
295	Amokelane Maluleke	01:30:38	Female	Open		
296	Anene Van Staden	01:30:39	Female	Open		
297	Everjoy Shumba	01:30:39	Female	Open		
298	Karen Skopelitis	01:30:41	Female	40-49		
299	Carla Moolman	01:30:46	Female	Open		DURBANVILLE AC
300	Lindsay Walmsley	01:30:49	Female	Open		
301	Leanne Van Duiker	01:30:49	Female	Open		
302	Lucas Rosenfield	01:30:55	Male	Open		
303	Mavis Julies	01:30:55	Female	40-49		
304	Lissa Mufanebadza	01:31:16	Female	Open		
305	Carla Mowat	01:31:18	Female	Open		
306	Sean Mowat	01:31:19	Male	Open		
307	Deidre Cottee	01:31:24	Female	40-49		MIDAS SPARTANS AC
308	Desigan Naiker	01:31:31	Male	Open		
309	Emma Koster	01:31:42	Female	Open		
310	Theresa Rennie	01:31:42	Female	50-59	TOTALSPORTS VOB RUNNING CLUB	
311	Lynette Cronje	01:32:01	Female	Open		ATLANTIC AC
312	Kevin Cronje	01:32:01	Male	Open		ATLANTIC AC
313	Tiana Purdon	01:32:01	Female	Open		
314	Jacques Pretorius	01:32:15	Male	Open		
315	Danielle Pike	01:32:16	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
316	Raymunde Mizon	01:32:17	Female	70+		CELTIC HARRIERS
317	Lara Muller	01:32:26	Female	40-49		
318	Delene Rivers	01:32:28	Female	40-49		
319	Ronel Van Vollenhoven	01:32:31	Female	40-49		
320	Zelipa Mwanza	01:32:31	Female	40-49		
321	Andrea-rae Schoon	01:32:37	Female	Open		
322	Fatima Amardien	01:32:38	Female	40-49		TEAM VITALITY CLUB WC
323	Yvonne Schoeman	01:32:41	Female	50-59		
324	Keenan Romans	01:32:46	Male	Junior		
325	Kauther Gamba	01:32:47	Female	Junior		
326	Olivia Agneessens	01:32:57	Female	Open		
327	Kyle Maher	01:32:58	Female	Open		
328	Joanne Van Der Valk	01:32:59	Female	60-69		CELTIC HARRIERS
329	Khaliq Dollie	01:33:01	Male	50-59		ATC RUNNING
330	Lerato Mantambo-Bravo	01:33:19	Female	Open		
331	Thandeka Mafe	01:33:22	Female	40-49		
332	Lauren Mitchell	01:33:23	Female	Open		
333	Melanie Rafferty	01:33:26	Female	40-49		EDGEMEAD RUNNERS
334	Samantha Murphy	01:33:36	Female	50-59		SOUTHERN STRIDERS
335	Francis Christian Hamiltom	01:33:37	Male	Open		
336	Sandra Kitto	01:34:00	Female	50-59		
337	Jenny Van Zyl	01:34:01	Female	50-59		
338	Nomvuyo Malife	01:34:12	Female	50-59		TEAM VITALITY CLUB WC
339	Christa Pretorius	01:34:18	Female	50-59		
340	Bronwen Mackrill	01:34:23	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
341	Barbara Briggs-davies	01:34:34	Female	40-49		MELKBOS AC
342	Eleanora Bresler	01:34:49	Female	50-59		
343	Cecilia Maarman	01:35:28	Female	40-49		KUILS RIVER RC
344	Rennae Duncan Cook	01:35:38	Female	50-59		OMMIEDRAAI FRIENDS AC
345	Yolande Verhoef	01:35:43	Female	40-49		
346	Rachel De Beer	01:35:46	Female	Junior		
347	Zoe Maud Hamilton	01:35:48	Female	Open		
348	Laylah Sujee	01:36:01	Female	Open		
349	Craig Adams	01:36:02	Male	50-59		SPARTAN HARRIERS
350	Nabeel Soeker	01:36:04	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
351	Theresa Craig	01:36:17	Female	40-49		SAVE ORION AC
352	Phillip Robinson	01:36:19	Male	40-49		ATLANTIC AC
353	Karen Mostert	01:36:20	Female	40-49		CHAEI SPORTS & RECREATION CLUB
354	Rashmi Raga	01:36:22	Female	50-59		OMMIEDRAAI FRIENDS AC
355	Louise De Jonge	01:36:24	Female	50-59		DURBANVILLE AC
356	Stephanie Schoeman	01:36:29	Female	Open		TEAM VITALITY CLUB WC
357	Bulelwa Noma	01:36:37	Female	40-49		WEST COAST AC
358	Uviwe Sogoni	01:36:39	Female	Open		
359	Awongiwe Siyolise Nkata	01:36:40	Female	Open		
360	Sonia Gimenez	01:36:40	Female	40-49		
361	Juan Wiese	01:36:44	Male	40-49		CARBINEERS WP
362	Oxana Evstigneeva	01:36:47	Female	40-49		
363	Florence Majo	01:36:57	Female	Open		
364	Zeynep Gursesler	01:37:16	Female	40-49		
365	Martie Lourens	01:37:26	Female	60-69		BRACKENFELL AC
366	Michelle Du Toit	01:37:38	Female	Open		SPARTAN HARRIERS
367	Melinda Els	01:37:47	Female	50-59		BELLVILLE AC
368	Gabi Burgess	01:37:48	Female	Open		
369	Angelique Olivier	01:37:49	Female	40-49		TOTALSPORTS VOB RUNNING CLUB
370	Stella Rossouw	01:37:53	Female	50-59		
371	Ayla Brown	01:38:20	Female	Open		
372	Georgina Swain	01:38:27	Female	40-49		SPARTAN HARRIERS
373	Caitlin Sithole	01:38:29	Female	Open		
374	Zoe Sithole	01:38:31	Female	Open		
375	Jason Wilmans	01:38:38	Male	40-49		
376	Ashley Craig	01:38:39	Female	Junior		
377	Rob Craig	01:38:40	Male	40-49		SAVE ORION AC
378	Oscar Petersen	01:38:45	Male	50-59		WILD RUNNER WP
379	Lientjie Venter	01:38:59	Female	50-59		MELKBOS AC
380	Julie Pohlmann	01:39:03	Female	40-49		
381	Georgia De Goede	01:39:12	Female	Open		
382	Colette Solomons	01:39:18	Female	40-49		MIDAS SPARTANS AC
383	Grant Williamson	01:39:18	Male	40-49		
384	Suvar Hariparsad	01:39:19	Male	Open		
385	Natalie Murray	01:39:20	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
386	Linsen Loots	01:39:20	Male	Open		
387	Caroline Chowles	01:39:26	Female	40-49		
388	Melanie Beck	01:39:32	Female	Open		
389	Tarryn Clarke	01:39:33	Female	Open		
390	Suzanne Beck	01:39:37	Female	Open		PINELANDS AC
391	Nuhaa Soeker	01:39:45	Female	Open		
392	Claire Forrest	01:39:51	Female	40-49		
393	Liam Schneider	01:40:03	Male	Open		
394	Tanielle Van Der Schyff	01:40:06	Female	Open		
395	Nicole Wilding	01:40:15	Female	Open		
396	Hilary Smith	01:40:15	Female	Open		
397	Jonas Wittenstein	01:40:20	Male	Open		
398	Rebecca Briggs-davies	01:40:20	Female	Open		MELKBOS AC
399	Phumi Mlotshwa	01:40:45	Female	Open		CELTIC HARRIERS
400	Maria Magdalena Loubser	01:40:54	Female	70+		BELLVILLE AC
401	Chanzel Hammond	01:41:06	Female	Junior		
402	Henrico Fourie	01:41:10	Male	50-59		
403	Nikki Bester	01:41:40	Female	40-49		EDGEMEAD RUNNERS
404	Kathleen Gardner	01:41:41	Female	40-49		
405	Theresa Vermeulen	01:41:48	Female	50-59		STRAND AC
406	Matthew Bell	01:41:48	Male	Open		
407	Noxolo Thomas	01:41:49	Female	60-69		
408	Mieke Bell	01:41:49	Female	Open		
409	Kundai Mungate	01:42:09	Female	Open		
410	Charles Goredema	01:42:15	Male	60-69		
411	Zaahir Mukadam	01:42:15	Male	Open		
412	Fazlin Suliman	01:42:15	Female	Open		
413	Zerahn Sujee	01:42:18	Female	Open		
414	Mandy Alsemgeest	01:42:21	Female	50-59		SPARTAN HARRIERS
415	Zaida Ismail	01:42:22	Female	50-59		BRIMSTONE ITHEKO SPORT AC
416	Liezl O'kenedy	01:42:24	Female	Open		
417	Nicky Davis	01:42:27	Female	60-69		
418	Christaline Sawka	01:42:31	Female	40-49		WEST COAST AC
419	Jane Hobbs	01:42:36	Female	50-59		
420	Sonica Mongie	01:42:39	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
421	Lindiwe Bokana	01:42:50	Female	40-49		
422	Helena Higgs	01:42:52	Female	Open		HELDERBERG HARRIERS
423	Aarya Dusruth	01:42:58	Female	Open		
424	Ishara Wheatley	01:43:00	Female	Open		
425	Jane Fuller	01:43:01	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
426	Mercia Hendricks	01:43:01	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
427	Angela Prins	01:43:05	Female	50-59		EDGEMEAD RUNNERS
428	Lauren Edwards	01:43:11	Female	Open		
429	Tania Kherekar	01:43:20	Female	40-49		TEAM VITALITY CLUB WC
430	Liam September	01:43:21	Male	Open		
431	Anna Rousseau	01:43:30	Female	Open		
432	Kiran Reddy	01:43:31	Male	40-49		
433	Kelly Arendse	01:43:32	Female	40-49		ATLANTIC AC
434	Colleen Lea	01:43:49	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
435	Margaret Harrison	01:43:49	Female	70+		FISH HOEK AC
436	Erin O'brien	01:43:58	Female	40-49		SPARTAN HARRIERS
437	Gavin Rivers	01:43:59	Male	50-59		
438	Precious Gumbo	01:44:01	Female	40-49		ZANDVLEI AC
439	Sara Mally	01:44:04	Female	Open		
440	Imaan Mally	01:44:06	Female	Open		
441	Simone O'ryan	01:44:07	Female	Open		
442	Candice Jaftha	01:44:12	Female	Open		SPARTAN HARRIERS
443	Venetta Pietersen	01:44:12	Female	Open		SPARTAN HARRIERS
444	Emma White	01:44:13	Female	Open		
445	Megan White	01:44:13	Female	Open		
446	Libbie Louw	01:44:25	Female	Open		BELLVILLE AC
447	Sabera Wadiwala	01:44:41	Female	60-69		NANTES AC
448	Lauren Koorts	01:44:42	Female	Open		
449	Tumelo Fali	01:44:45	Male	Open		
450	Linda Fielding	01:45:16	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
451	Renee Sasman	01:45:17	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
452	Masoodah Chikte	01:45:21	Female	50-59		BRIMSTONE ITHEKO SPORT AC
453	Merle Mulder	01:45:35	Female	50-59		MIDAS SPARTANS AC
454	Lamees Ismail	01:45:36	Female	Open		BRIMSTONE ITHEKO SPORT AC
455	Lorna Mulder	01:45:37	Female	60-69		CELTIC HARRIERS



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
456	Ganief Ismail	01:45:42	Male	50-59		BRIMSTONE ITHEKO SPORT AC
457	Robyn Middleton	01:45:48	Female	60-69		SPARTAN HARRIERS
458	Liz Brink	01:46:12	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
459	Anelle Van Heerden	01:46:12	Female	40-49		WEST COAST AC
460	Lumka Tshobeni	01:46:23	Female	50-59		
461	Paula Wallace-pickering	01:46:53	Female	40-49		
462	Nazli Daniels	01:46:54	Female	40-49		
463	Brian Short	01:47:28	Male	40-49		
464	Liezel Short	01:47:29	Female	Open		
465	Derick Marcisz	01:47:33	Male	60-69		SPARTAN HARRIERS
466	Caren George	01:47:52	Female	40-49		
467	Nashreen Davids	01:48:01	Female	Open		OMMIEDRAAI FRIENDS AC
468	Pumeza Xinti	01:48:02	Female	Open		
469	Chantal Gillespie	01:48:11	Female	40-49		
470	Narima Ismail	01:48:22	Female	50-59		WALMERS AC WP
471	Catherine Bosman	01:48:43	Female	40-49		TEAM VITALITY CLUB WC
472	Candice Boucher	01:48:44	Female	Open		
473	Chrisna Nothling	01:48:47	Female	Open		
474	Marjorie Young	01:48:57	Female	50-59		HELDERBERG HARRIERS
475	Nuraan Salie	01:49:09	Female	50-59		BRIMSTONE ITHEKO SPORT AC
476	Antoinette Kaseketa	01:49:10	Female	Open		
477	Nomtha Macala	01:49:25	Female	40-49		ZANDVLEI AC
478	Lara Stutz	01:49:35	Female	Open		
479	Luciana Gregory	01:50:02	Female	60-69		PINELANDS AC
480	Carmen Cupido	01:50:14	Female	50-59		
481	Chantelle Horn	01:50:15	Female	40-49		
482	Alex Marais	01:50:38	Male	Open		
483	Chenaed Nicholson	01:50:41	Female	Open		
484	Faiza Ruiters	01:50:51	Female	60-69		OMMIEDRAAI FRIENDS AC
485	Lulama Lobola	01:50:56	Female	Open		
486	Jacqui Samson	01:51:07	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
487	Dorian Benson	01:51:09	Male	50-59		
488	Monica Visser	01:51:29	Female	40-49		
489	Conraad Visser	01:51:30	Male	Open		
490	Jaclyn Hansen	01:51:33	Female	Open		SPARTAN HARRIERS



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
491	Nabila Laher	01:51:42	Female	Open		
492	Annemieke Nel	01:51:52	Female	Open		
493	Dale Knowles	01:52:04	Male	40-49		
494	Hilary Osborn	01:52:17	Female	50-59		TOP FORM AC
495	Chris Osborn	01:52:18	Male	50-59		TOP FORM AC
496	Meloney Knaap	01:52:19	Female	50-59		WEST COAST AC
497	Jeanette Everson	01:53:03	Female	40-49		OMMIEDRAAI FRIENDS AC
498	Stephanie Louw	01:53:09	Female	Open		DURBANVILLE AC
499	Jessica Millar	01:53:10	Female	Open		DURBANVILLE AC
500	Arno Bekker	01:53:37	Male	50-59		
501	Saar-rah Ohlson	01:53:40	Female	40-49		
502	Erin Pretorius	01:53:42	Female	Open		
503	Darren Reid	01:53:46	Male	40-49		
504	Mhinti Pato	01:54:11	Female	40-49		
505	Campbell White	01:54:12	Male	Open		
506	Emeraan Kherekar	01:54:21	Male	50-59		TEAM VITALITY CLUB WC
507	Charity Samutela	01:55:32	Female	Open		TEAM VITALITY CLUB WC
508	Vuyokazi Mataela	01:55:32	Female	Open		MANONG AC
509	Badia Abass	01:55:43	Female	50-59		
510	Carlo Opperman	01:56:17	Male	Open		
511	Cathryn Bourhilll	01:56:27	Female	Open		SPARTAN HARRIERS
512	Barbara Jaftha	01:56:28	Female	50-59		WEST COAST AC
513	Nana Erasmus	01:56:28	Female	50-59		
514	Lameez Cooper	01:56:49	Female	Open		NANTES AC
515	Shinice Jackson	01:56:50	Female	Open		NANTES AC
516	Thassia Azevedo	01:57:06	Female	Open		
517	Lucas Santos	01:57:06	Male	Open		
518	Tracy Cramer	01:57:10	Female	40-49		
519	Jane Knight	01:57:23	Female	Open		PINELANDS AC
520	Theo Snitcher	01:57:28	Male	60-69		
521	Rezelda Draai	01:57:30	Female	40-49		SPARTAN HARRIERS
522	Angela Lindeque	01:57:30	Female	60-69		SPARTAN HARRIERS
523	Leigh-ann Pringle	01:57:32	Female	40-49		
524	Christa De Beer	01:57:32	Female	50-59		WEST COAST AC
525	Bernard Johannes	01:57:33	Male	50-59		BONTEHEUWEL AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
526	Mari Schade	01:58:10	Female	50-59		WEST COAST AC
527	Gemma De Beer	01:58:58	Female	Open		
528	Adri Raubenheimer	01:59:12	Female	50-59		NEDBANK RUNNING CLUB SWD
529	Daniel Pieterse Raubenheimer	01:59:13	Male	50-59		NEDBANK RUNNING CLUB SWD
530	Charlene Maartens	01:59:17	Female	50-59		EDGEMEAD RUNNERS
531	Sharon Steenkamp	01:59:17	Female	50-59		EDGEMEAD RUNNERS
532	Clare De Beer	01:59:50	Female	40-49		
533	Rageema Joseph	02:00:28	Female	Open		
534	Ian Reynolds	02:00:30	Male	40-49		BRIMSTONE ITHEKO SPORT AC
535	Shaad Williams	02:00:32	Female	Junior		
536	Direshnee Naiker	02:00:34	Female	Open		
537	Randy Pieterse	02:01:04	Male	60-69		GOODWOOD HARRIERS
538	Heidi Weichbold	02:01:07	Female	40-49		
539	Razia Hisham	02:01:09	Female	50-59		PICK `N PAY AC WP
540	Ronnett Seldon	02:01:17	Female	50-59		
541	Esther Mazengera	02:01:31	Female	40-49		
542	Ameen Stemmet	02:02:30	Male	40-49		TOP FORM AC
543	Thakira Stemmet	02:02:32	Female	40-49		TOP FORM AC
544	Lisakhanya Green	02:02:45	Female	Open		
545	Zeenat Dalwai	02:02:52	Female	Open		
546	Shaun Smith	02:03:24	Male	40-49		
547	Bronwyn Viegeland	02:03:27	Female	Open		
548	Ian Tomlin	02:03:44	Male	60-69		SPARTAN HARRIERS
549	Petunia Mafolo	02:03:59	Female	Open		RETAIL CAPITAL LANGA AC
550	Rochelle Roode	02:04:15	Female	Open		
551	Mario Roode	02:04:19	Male	Open		
552	Joanne Kyle	02:04:23	Female	40-49		MELKBOS AC
553	Kariema Simons	02:04:31	Female	60-69		PINELANDS AC
554	Zukiswa Lobola	02:04:46	Female	Open		
555	Zukiswa Lobola	02:04:51	Female	50-59		
556	Visisiwe Ntutu	02:05:05	Female	Open		
557	Katlego Noma	02:05:18	Female	Open		TEAM VITALITY CLUB WC
558	Kerry Joubert	02:05:43	Female	Open		
559	Lindsay Jones	02:05:43	Female	Open		
560	Bridget Gough	02:06:15	Female	60-69		CENTURY CITY AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
561	Rene Dick	02:06:22	Female	60-69	TOTALSPORTS VOB RUNNING CLUB	
562	Marianna Manuel	02:06:22	Female	50-59	TOTALSPORTS VOB RUNNING CLUB	
563	Tshepang Makhetha	02:06:25	Female	Open		
564	Wendy Gallant	02:06:29	Female	60-69		
565	Michael Gallant	02:06:29	Male	60-69		
566	Gloudine Van Niekerk	02:06:30	Female	Open	TEAM VITALITY CLUB WC	
567	Michel Theron	02:06:31	Female	Open		
568	Fayruz Willoughby	02:07:04	Female	Open	ARD AC	
569	Janine Johannes	02:07:05	Female	50-59	ARD AC	
570	Jean Hargreaves	02:07:26	Female	60-69	SPARTAN HARRIERS	
571	Faatima Kholvadia	02:08:03	Female	40-49		
572	Lillian Harris	02:08:46	Female	50-59	ARD AC	
573	Tendai Chikochi	02:09:07	Female	Open		
574	Ayesha Chotia	02:09:10	Female	40-49		
575	Jacinta Jones-sardien	02:09:39	Female	Open	SPARTAN HARRIERS	
576	Emily O'ryan	02:10:09	Female	Junior		
577	Susan Williams	02:10:19	Female	40-49		
578	Samukelisiwe Zwane	02:10:27	Female	Junior		
579	Patrice Williams	02:10:37	Female	50-59		
580	Zizopho Sogoni	02:11:03	Female	Open		
581	Hein Horn	02:11:18	Male	50-59		
582	Tania Booyens	02:11:19	Female	50-59		
583	Vanessa Cowgill	02:11:19	Female	50-59	TEAM VITALITY CLUB WC	
584	Casey Davis	02:11:40	Female	Junior		
585	Glenn Thompson	02:12:17	Female	60-69	BRIMSTONE ITHEKO SPORT AC	
586	Annelize Buys	02:12:19	Female	50-59	CHAEI SPORTS & RECREATION CLUB	
587	Erin Van Rensburg	02:15:44	Female	Junior		
588	Zainab Fredericks	02:15:51	Female	Open		
589	Anwar Richards	02:15:52	Male	Open		
590	Melanie Bonnin	02:16:37	Female	50-59		
591	Diane Trout	02:16:38	Female	60-69		
592	Lynette Slabbert	02:17:09	Female	60-69	SOUTHERN STRIDERS	
593	Andre Slabbert	02:17:15	Male	70+	CELTIC HARRIERS	
594	Vimbai Siziba	02:17:25	Female	Open		
595	Antoinette Zimmermann	02:18:16	Female	50-59	TEAM VITALITY CLUB WC	



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
596	Maureen Kuboka	02:21:16	Female	Open		
597	Jerome Oryan	02:21:25	Male	60-69		
598	Damaris Ndilau	02:21:48	Female	Open		
599	Nokuthokoza Masondo	02:23:38	Female	Open		STRAND AC
600	Jannah Ruthven	02:25:28	Female	Open		
601	Sara-jane Roux	02:25:28	Female	Open		
602	Monique Anthony	02:29:09	Female	Open		
603	Miriam Chikwanda	02:30:20	Female	40-49		
604	Dereen Orsmond	02:32:51	Female	Open		
605	Rhoda Osman	02:43:47	Female	40-49		
606	Tracey-leigh Kennedy	02:43:47	Female	Open		WEST COAST AC