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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1	Sibusiso Madikizela	01:14:13	Male	Open		RCS GUGULETU AC
2	Tumelo Mokoatsi	01:14:17	Male	Open		KUILS RIVER RC
3	Kyle Bucklow	01:14:22	Male	Open		FISH HOEK AC
4	Gerda Steyn	01:18:04	Female	Open		PHANTANE AC
5	Lusindiso Mbuli	01:19:32	Male	40-49		HELDERBERG HARRIERS
6	Steven George	01:20:09	Male	Open		STRAND AC
7	Lucas Adams	01:20:59	Male	Open		CHAPPIES RUNNING CLUB
8	Bulelani Mkhosana	01:21:58	Male	40-49		KHAYELITSHA AC
9	Tsungai Mwanengeni	01:21:59	Male	50-59		RCS GUGULETU AC
10	Barry-John Pienaar	01:22:32	Male	Open		KUILS RIVER RC
11	Shawn Abrahams	01:23:28	Male	50-59		KUILS RIVER RC
12	Morne Kammies	01:23:28	Male	Open		KUILS RIVER RC
13	Alastair Leslie	01:23:44	Male	40-49		STELLA AC
14	Zwai Sancuzi	01:24:35	Male	Open		LWANDLE AC
15	Damian Will	01:24:56	Male	Open		PINELANDS AC
16	Greg Calothi	01:25:32	Male	Open		NEDBANK RUNNING CLUB WP
17	Christopher Burke	01:25:59	Male	40-49		NEDBANK RUNNING CLUB WP
18	Moses Skosana	01:26:16	Male	40-49		CENTURY CITY AC
19	Thembile Segoneco	01:26:47	Male	40-49		RETAIL CAPITAL LANGA AC
20	Thembaletu Smith	01:28:10	Male	Open		LWANDLE AC
21	Fortunate Chidzivo	01:28:47	Female	Open		RETAIL CAPITAL LANGA AC
22	Johnson Njoroge	01:28:53	Male	40-49		BELLVILLE AC
23	Lennart Leidgeb	01:29:03	Male	Open		
24	Melikhaya Bungane	01:29:25	Male	40-49		RCS GUGULETU AC
25	James Hamlyn	01:29:39	Male	Open		
26	Moegamat Sadick Fredericks	01:29:46	Male	50-59		BO-KAAP ATHLETICS
27	Dwayne Lackay	01:30:00	Male	Open		RETAIL CAPITAL LANGA AC
28	Sean Pape	01:30:36	Male	Open		ATHLETICS ACADEMY BOL
29	Mark Pikker	01:31:00	Male	40-49		TOTALSPORTS VOB RUNNING CLUB
30	Leo Russell	01:31:52	Male	Junior		
31	Masoi Mhlophe	01:33:02	Male	Open		BELLVILLE AC
32	Ivan De Villiers	01:33:10	Male	Open		
33	Richard Bedford	01:33:12	Male	50-59		HARFIELD HARRIERS
34	Kate Dixon	01:33:21	Female	Open		
35	Graeme Charles Klerck	01:33:23	Male	50-59		TOTALSPORTS VOB RUNNING CLUB



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
36	Christian Huusom	01:33:47	Male	Open		
37	Neil Hermann	01:33:57	Male	60-69		
38	Emeth Mafentile	01:34:19	Male	Open		WHALERS AC
39	Walter Masangu	01:34:26	Male	Open		JTH AFRICAN NATIONAL DEFENCE FORCE
40	James Marriner	01:34:33	Male	Open		KOWIE STRIDERS
41	Yuri Van Der Heijden	01:34:34	Male	40-49		
42	Paul Floquet	01:34:47	Male	50-59		TOTALSPORTS VOB RUNNING CLUB
43	John Potgieter	01:34:58	Male	Open		HELDERBERG HARRIERS
44	Jason Swemmer	01:35:16	Male	Open		PLETTENBERG BAY AC
45	Harry Banda	01:35:17	Male	Open		
46	Pieter Niemann	01:35:19	Male	Open		HELDERBERG HARRIERS
47	Noah Kahn	01:35:19	Male	Open		
48	Louise Lanham	01:35:25	Female	Open		
49	Thembiso Blaauw	01:35:26	Male	50-59		TEAM VITALITY CLUB WC
50	Marvin Weber	01:35:43	Male	Open		PINELANDS AC
51	Henry Paul Cieverts	01:35:45	Male	60-69		PINELANDS AC
52	Karol Michalowski	01:36:19	Male	40-49		
53	Charl Van Der Walt	01:36:29	Male	Open		
54	James Wisbeach	01:36:33	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
55	Jani Calitz	01:36:34	Female	40-49		DURBANVILLE AC
56	Jonathan Chibvongodze	01:36:47	Male	40-49		
57	Mark Papke	01:36:47	Male	Open		
58	Wonder Mathabela	01:37:47	Male	Open		UNIVERSITY OF CAPE TOWN AC
59	Castor Vrancken	01:37:52	Male	Open		
60	Obertina Kanyongo	01:37:53	Female	50-59		EDGEMEAD RUNNERS
61	Simphiwe Malinga	01:38:09	Male	Open		
62	Cassie Maree	01:38:12	Male	Open		
63	Marius Thomas	01:38:26	Male	Open		
64	David Elliott	01:38:33	Male	40-49		
65	Riaan De Jager	01:38:34	Male	Open		BELLVILLE AC
66	Dylan Labuschagne	01:38:36	Male	Open		
67	Serga Witkowsky	01:38:42	Male	40-49		ATC RUNNING
68	Clive Fredericks	01:38:47	Male	50-59		SPARTAN HARRIERS
69	Rishaad Ismail Vally	01:38:49	Male	Open		
70	Kudakwashe Muyambo	01:38:56	Male	40-49		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
71	Sidney Rustin	01:39:04	Male	50-59	JTH AFRICAN NATIONAL DEFENCE FORCE	
72	Elretha Burger	01:39:05	Female	Open	BELLVILLE AC	
73	Malcolm Freedman	01:39:08	Male	40-49	TOTALSPORTS VOB RUNNING CLUB	
74	Ester Brink	01:39:17	Female	50-59	STRAND AC	
75	Kennedy Simango	01:39:32	Male	Open	CELTIC HARRIERS	
76	James Steele	01:39:36	Male	Open		
77	Nkosinathi Chaza	01:40:24	Male	Open	KHAYELITSHA AC	
78	Rouben Kellner	01:40:26	Male	Open		
79	Simon Bruce	01:40:27	Male	Open		
80	William Ndayisaba	01:40:47	Male	Open	TOTALSPORTS VOB RUNNING CLUB	
81	Zara Vermeulen	01:40:58	Female	Open	STRAND AC	
82	Michael Mcgrath	01:41:27	Male	40-49	STRAND AC	
83	Morne Brand	01:41:35	Male	Open	DURBANVILLE AC	
84	Leigh Behr	01:41:35	Female	Open	TOTALSPORTS VOB RUNNING CLUB	
85	Rael Salkinder	01:41:51	Male	40-49	TOTALSPORTS VOB RUNNING CLUB	
86	Michelle Le Grange	01:41:51	Female	Open	NEDBANK RUNNING CLUB WP	
87	Carmen Buchacher	01:41:59	Female	Open		
88	Thabo Mithi	01:42:30	Male	Open	HELDERBERG HARRIERS	
89	Alexander Trimby	01:42:31	Male	Open		
90	Roy Gomizawa	01:42:46	Male	60-69	ATLANTIC AC	
91	Zane Du Randt	01:42:55	Male	Open		
92	Julian Schroeder	01:43:02	Male	40-49		
93	Francis Ronny Ssenabulya	01:43:36	Male	Open	BRIMSTONE ITHEKO SPORT AC	
94	Warren Hengst	01:43:36	Male	40-49	DURBANVILLE AC	
95	Victoria Reuvers	01:43:36	Female	40-49	WILD RUNNER WP	
96	Kim Corry	01:43:37	Female	40-49	WILD RUNNER WP	
97	Andrew Felton	01:43:48	Male	Open		
98	Lynn Davis	01:44:01	Female	50-59	ATLANTIC AC	
99	Pedro Fiuza	01:44:25	Male	50-59		
100	Shabeer Ebrahim	01:44:27	Male	50-59		
101	Anna Marx	01:44:29	Female	Open		
102	Ben Fisher	01:44:30	Male	Open		
103	Daniel Ryklief	01:44:33	Male	Open		
104	Yngvild Haldorsen	01:44:33	Female	Open		
105	Fhulu Lidzhade	01:44:36	Male	50-59	EDGEMEAD RUNNERS	



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
106	Johan Coetzee	01:44:40	Male	Open		SWARTLAND AC
107	David Solomon	01:44:48	Male	Open		
108	Sylvester Jeffries	01:44:52	Male	Open		TEAM VITALITY CLUB WC
109	Petri Ahlers	01:44:58	Female	Open		
110	Elmar Uys	01:45:03	Male	Open		BELLVILLE AC
111	Lamla Peskin	01:45:05	Female	Open		SPARTAN HARRIERS
112	Mark Baldwin	01:45:06	Male	60-69		FISH HOEK AC
113	Lindsay Crawford	01:45:16	Male	Open		ATLANTIC AC
114	Bryce Lenders	01:45:21	Male	Open		
115	Juandra Du Toit	01:45:24	Male	Open		TEAM VITALITY CLUB WC
116	Adam Fairall	01:45:29	Male	Open		
117	Darren Hemphill	01:45:37	Male	40-49		TOTALSPORTS VOB RUNNING CLUB
118	Warren Church	01:45:40	Male	40-49		
119	Jack Shooter	01:45:43	Male	Open		
120	Fayyaadh Bassier	01:45:43	Male	Open		BRIMSTONE ITHEKO SPORT AC
121	Chutshela Lungelo Kulu	01:45:48	Male	Open		STRAND AC
122	Simphiwe Duma	01:45:49	Male	Open		
123	Robyn Gerber	01:45:50	Female	Open		
124	Robert Jankielsohn	01:45:51	Male	Open		
125	Justin Tonkin	01:45:51	Male	40-49		
126	Viaan Janse Van Rensburg	01:45:53	Male	Open		
127	Neill De Jongh	01:45:54	Male	Open		TEAM VITALITY CLUB WC
128	Antony Stott	01:46:02	Male	40-49		
129	Linda Truscott	01:46:06	Female	50-59		MELKBOS AC
130	Ian Drummond	01:46:17	Male	40-49		
131	Gary Barham-smith	01:46:21	Male	40-49		TOTALSPORTS VOB RUNNING CLUB
132	Derrick Msibi	01:46:23	Male	50-59		DURBANVILLE AC
133	Rogan Heyns	01:46:26	Male	40-49		
134	Yazied Baker	01:46:29	Male	40-49		OMMIEDRAAI FRIENDS AC
135	Arthur De Baere	01:46:29	Male	Open		
136	Johannes Mietz	01:46:34	Male	Open		
137	Laurens De Groot	01:46:35	Male	Open		
138	Thulani Wiseman Baloyi	01:46:48	Male	Open		MANONI RUNNING CLUB
139	Darren Conyngham	01:46:56	Male	Open		CELTIC HARRIERS
140	Joshua Bearne	01:46:56	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
141	Justin Porteous	01:46:57	Male	40-49		Maverick Athletics Club
142	Michaela Ing	01:46:58	Female	Open		
143	Kyle Maurer	01:47:06	Male	Open		
144	Ebrahim Osman	01:47:07	Male	50-59		BRIMSTONE ITHEKO SPORT AC
145	Sadika Karbary	01:47:07	Female	40-49		BRIMSTONE ITHEKO SPORT AC
146	Jason Dunbar	01:47:09	Male	Open		BRIMSTONE ITHEKO SPORT AC
147	Adele Wannenburg	01:47:09	Female	40-49		Maverick Athletics Club
148	Chris Dunderdale	01:47:11	Male	Open		STELLENBOSCH AC
149	Damian Sparks	01:47:13	Male	Open		
150	Hessel Van Holten	01:47:31	Male	Open		
151	Dawid Joubert	01:47:36	Male	Open		
152	Yvette Human	01:47:37	Female	40-49		EASY EQUITIES BORN 2 RUN WP
153	Richard Johnson	01:47:52	Male	Open		MICHAEL HOUSE HIGH SCHOOL
154	Daniel Ing	01:47:56	Male	Junior		
155	Quade Hendricks	01:47:57	Male	Open		
156	Mary Malakou	01:47:57	Female	Open		TOTALSPORTS VOB RUNNING CLUB
157	David Hansen	01:48:02	Male	Open		
158	Khetho Mlombo	01:48:09	Male	Open		
159	Michael Davey	01:48:10	Male	Open		HARFIELD HARRIERS
160	Gordon Harvey	01:48:11	Male	40-49		MELKBOS AC
161	Hugo Tancred	01:48:16	Male	Open		
162	Lebogang Matshoane	01:48:27	Male	Open		
163	Muzamil Omar	01:48:29	Male	40-49		BRIMSTONE ITHEKO SPORT AC
164	Jens Van Leeuwen	01:48:32	Male	Open		
165	Martin Lerm	01:48:43	Male	40-49		CARBINEERS WP
166	Edwin Tait	01:48:50	Male	Open		
167	Erich Van Der Westhuizen	01:48:52	Male	Open		
168	Johannes Laetsch	01:48:53	Male	Open		
169	Stefan Schoeman	01:48:54	Male	Open		
170	Michael Thorne	01:48:54	Male	Open		PICK `N PAY AC WP
171	Heinrich Immelman	01:48:58	Male	Open		
172	Kimberly Sher	01:49:21	Female	Open		
173	Wayne De Kock	01:49:34	Male	40-49		DURBANVILLE AC
174	Jonas Retschlag	01:49:38	Male	Open		
175	Jarryd Buratovich	01:49:40	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
176	Chanel Dankert	01:49:40	Female	Open		
177	Rodrique Celliers	01:49:48	Male	40-49		EDGEMEAD RUNNERS
178	Kurt Lalin	01:49:48	Male	40-49		EDGEMEAD RUNNERS
179	Trui Fien Lingier	01:49:49	Female	Open		
180	Riaan De Ridder	01:49:56	Male	40-49		MELKBOS AC
181	Elzette Myburg	01:49:59	Female	40-49		MAGNOLIA ROAD RUNNERS
182	Franz Von Esebeck	01:50:01	Male	Open		
183	Edwin Bath	01:50:03	Male	Open		TEAM VITALITY CLUB WC
184	Duayne Le Roux	01:50:14	Male	Open		
185	Libby Hughes	01:50:20	Female	40-49		
186	Xolisiwe Booii	01:50:24	Female	Open		EDGEMEAD RUNNERS
187	Shaheed Essa	01:50:24	Male	50-59		TOP FORM AC
188	Karoline Hanks	01:50:27	Female	50-59		
189	Coert Blom	01:50:29	Male	50-59		TYGERBERG AC
190	Dave Hutchison	01:50:36	Male	Open		
191	Rebecca Pein	01:50:38	Female	Open		
192	Gregory Lubner	01:50:38	Male	Open		
193	Jeremy Mckechnie	01:50:47	Male	Open		
194	Rikus Du Toit	01:50:47	Male	Junior		
195	Andrew White	01:50:48	Male	40-49		RCS GUGULETU AC
196	Marc Van Olst	01:50:49	Male	40-49		PIRATES ROAD RUNNING CLUB
197	Khatija Kadwa	01:50:50	Female	40-49		BRIMSTONE ITHEKO SPORT AC
198	Sandra Farrenkothen	01:50:59	Female	40-49		ATLANTIC AC
199	Marius Cope	01:51:04	Male	50-59		DURBANVILLE AC
200	Matlagolo Maserame	01:51:11	Male	40-49		PARLIAMENT OF RSA AC
201	Arlene Brooks	01:51:14	Female	40-49		TOTALSPORTS VOB RUNNING CLUB
202	Thabo Thito	01:51:16	Male	Open		RETAIL CAPITAL LANGA AC
203	Richmond Matsama	01:51:18	Male	Open		ATC RUNNING
204	Pit-morris Pinnow	01:51:24	Male	Open		
205	Michael Mynhardt	01:51:29	Male	Open		
206	Sithembele Mpokeli	01:51:38	Male	40-49		PETROSA RUNNING CLUB
207	Sebastian Okeefe	01:51:39	Male	40-49		
208	Tapiwa Mutangadura	01:51:40	Male	40-49		TEAM VITALITY CLUB WC
209	Andrew Mccann	01:51:43	Male	50-59		FISH HOEK AC
210	Manuel De Jesus	01:51:50	Male	40-49		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
211	Christopher Rushton	01:51:52	Male	Open		
212	Khalil Edwards	01:51:54	Male	Open		OMMIEDRAAI FRIENDS AC
213	Gavin Craig	01:52:01	Male	50-59		SOUTHERN STRIDERS
214	Toni Wilkinson	01:52:02	Female	40-49		
215	Connor Muirhead	01:52:06	Male	Open		TEAM VITALITY CLUB WC
216	Andrew Farndell	01:52:13	Male	50-59		DURBANVILLE AC
217	Chad Weber	01:52:14	Male	40-49		CELTIC HARRIERS
218	Michael Gamble	01:52:14	Male	40-49		TEAM VITALITY CLUB WC
219	Fadl Salie	01:52:15	Male	40-49		OMMIEDRAAI FRIENDS AC
220	Marc Von Romburgh	01:52:22	Male	Open		
221	Louise Fobe	01:52:22	Female	Open		
222	Bryce Alexander Gibson	01:52:23	Male	Open		
223	Lesyl Potgieter	01:52:29	Female	50-59		ATC RUNNING
224	Vincent Leichtfuss	01:52:35	Male	Open		
225	Tania Simpson	01:52:43	Female	40-49		BELLVILLE AC
226	Berne Burger	01:52:43	Male	Open		
227	Tonny Banda	01:52:45	Male	40-49		
228	Jane Obree	01:52:49	Female	Open		ATC RUNNING
229	Gary Allen	01:52:52	Male	Open		
230	Andrew Walsh	01:52:53	Male	60-69		SOCIAL RUNNERS CLUB
231	Helen Ellison	01:52:55	Female	40-49		HARFIELD HARRIERS
232	Carol-anne Smuts	01:53:03	Female	50-59		
233	Aashiq Knipe	01:53:07	Male	50-59		EDGEMEAD RUNNERS
234	Michael Smith	01:53:11	Male	50-59		DURBANVILLE AC
235	Petrus Groenewald	01:53:11	Male	Open		DURBANVILLE AC
236	Rory Hurt	01:53:11	Male	Open		SOUTHERN STRIDERS
237	Matt Brownell	01:53:16	Male	40-49		
238	Malcolm Fritz	01:53:20	Male	60-69		EDGEMEAD RUNNERS
239	Dale Smith	01:53:21	Male	40-49		
240	Ilhaam Smith	01:53:22	Female	Open		
241	Tijn Van Rooij	01:53:23	Male	Open		
242	Zach Bresler	01:53:25	Male	Open		
243	Craig Knowles	01:53:26	Male	Open		
244	Richard Eltringham	01:53:35	Male	Open		FISH HOEK AC
245	Matthew Wilkinson	01:53:36	Male	40-49		





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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
246	Timothy Irvine	01:53:40	Male	50-59		WESTERN PROVINCE CRICKET CLUB
247	Ryan Beavon	01:53:40	Male	Open		HELDERBERG HARRIERS
248	Richard Dorman	01:53:43	Male	50-59		
249	Jaco Du Plooy	01:53:46	Male	40-49		
250	Elmarie Bezuidenhout	01:53:49	Female	40-49		DURBANVILLE AC
251	Damon Walmsley	01:53:50	Male	40-49		SOUTHERN STRIDERS
252	Harsheel Desai	01:53:54	Male	Open		WESTERN PROVINCE CRICKET CLUB
253	James Koen	01:53:58	Male	Open		
254	Stavros Kyriacos	01:54:00	Male	Open		
255	Stuwart Musekiwa	01:54:03	Male	40-49		CELTIC HARRIERS
256	Juan Dean	01:54:08	Male	Open		
257	Bianca Coetzee	01:54:09	Female	Open		BELLVILLE AC
258	Mafalda De Freitas	01:54:10	Female	Open		BELLVILLE AC
259	Daniel Griesel	01:54:10	Male	Open		
260	Jack Scott-king	01:54:12	Male	Open		
261	Storm Lanfear	01:54:12	Male	Open		
262	Frank Simon	01:54:14	Male	60-69		
263	Kagiso Ramasika	01:54:16	Male	40-49		HOLLYWOOD BETS AC
264	Chris Deoliveira	01:54:19	Male	50-59		EDGEMEAD RUNNERS
265	Susan Gluckman	01:54:23	Female	50-59		RUN WALK FOR LIFE WP
266	David Mawby	01:54:25	Male	Open		
267	Andre Treurnich	01:54:27	Male	50-59		BELLVILLE AC
268	Herman Van Der Werf	01:54:28	Male	50-59		BELLVILLE AC
269	Thendo Lidzhade	01:54:28	Male	Junior		EDGEMEAD RUNNERS
270	Darryl Stander	01:54:31	Male	Open		HELDERBERG HARRIERS
271	Costa Saridakis	01:54:35	Male	40-49		MSA MULTISPORT
272	Deano Goodman	01:54:35	Male	40-49		GOODWOOD HARRIERS
273	Tristan Penver	01:54:35	Male	40-49		
274	Justin Sangster	01:54:41	Male	Open		SPARTAN HARRIERS
275	Albert Wienand	01:54:42	Male	Open		
276	Jackson Vilic	01:54:48	Male	Open		
277	Danny Diliberto	01:54:48	Male	50-59		
278	Suzanne Van Wyk	01:54:50	Female	50-59		CAPE MULTI SPORT CLUB
279	Jessie Davey	01:54:52	Female	60-69		SOUTHERN STRIDERS
280	Jean-paul Moodie	01:54:52	Male	40-49		CELTIC HARRIERS





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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
281	Joubert Schoeman	01:54:56	Male	Open		
282	Ana Niemann	01:54:58	Female	40-49		PICK `N PAY AC WP
283	Tony Steward	01:54:59	Male	60-69		
284	Andre Van Der Merwe	01:55:02	Male	60-69		STELLENBOSCH AC
285	Carl Scholz	01:55:06	Male	Open		
286	Mogamad Salieg Salie	01:55:07	Male	50-59		BRIMSTONE ITHEKO SPORT AC
287	Joshua Nel	01:55:10	Male	Open		
288	Susan Winckworth	01:55:14	Female	40-49		ATLANTIC AC
289	Helen Mcguirk	01:55:20	Female	50-59		WHALERS AC
290	Rory Mcguirk	01:55:21	Male	50-59		WHALERS AC
291	Marileen Odendaal	01:55:23	Female	Open		
292	Evert De Goede	01:55:23	Male	Open		TEAM VITALITY CLUB WC
293	Ethan Watson	01:55:25	Male	Open		
294	Alushca Buyskes	01:55:28	Female	Open		TEAM VITALITY CLUB WC
295	Ian Du Plessis	01:55:28	Male	50-59		EDGEMEAD RUNNERS
296	Tori Gardner	01:55:28	Female	Open		
297	Rohuan De Jager	01:55:30	Male	40-49		FISH HOEK AC
298	Celaste Paterson	01:55:33	Female	40-49		
299	Thembaletu Vico	01:55:33	Male	40-49		ADVENTISTS AC WP
300	Gavin Smith	01:55:34	Male	50-59		
301	Steve Smith	01:55:34	Male	50-59		
302	Mike Sims	01:55:40	Male	Open		
303	Le Roi Van Niekerk	01:55:43	Male	40-49		
304	Rudolph Erasmus	01:55:45	Male	Junior		
305	Jannicke Boyle	01:55:46	Female	Open		HARFIELD HARRIERS
306	Stephanie Austin	01:55:50	Female	Open		
307	Tsevi Rosenthal	01:55:54	Male	Open		
308	Jared Charters	01:56:01	Male	Open		
309	Craig Price	01:56:08	Male	40-49		TOTALSPORTS VOB RUNNING CLUB
310	Michael Zvidzayi	01:56:10	Male	Open		TOTALSPORTS VOB RUNNING CLUB
311	John Russel Bulpin	01:56:11	Male	Open		TOTALSPORTS VOB RUNNING CLUB
312	Matthew Fridjhon	01:56:14	Male	Junior		
313	Josh Barker	01:56:14	Male	Open		
314	Rhett Kenneth Barker	01:56:14	Male	50-59		THE COUNTRY CLUB JOHANNESBURG
315	Luke Barker	01:56:14	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
316	Robdog De Monk	01:56:17	Male	50-59	TOTALSPORTS VOB RUNNING CLUB	
317	Franco Van Schalkwyk	01:56:18	Male	Open		
318	Ashley Dawson	01:56:39	Female	Open		
319	Kyle Biccari	01:56:40	Male	40-49		
320	Graeme Meintjes	01:56:47	Male	50-59	RCS GUGULETU AC	
321	Griet Zakarian	01:56:51	Female	60-69	MELKBOS AC	
322	Faiza Geyer	01:56:52	Female	40-49	CARBINEERS WP	
323	Duncan Mcguire	01:56:53	Male	40-49		
324	Dale Carr	01:56:56	Female	Open		
325	Marietjie De Vries	01:56:58	Female	50-59	STRAND AC	
326	Maahir Salie	01:57:01	Male	Open	OMMIEDRAAI FRIENDS AC	
327	Ross Smyth	01:57:12	Male	40-49	SPARTAN HARRIERS	
328	Marilee Claase	01:57:17	Female	Open	DURBANVILLE AC	
329	Rossouw Strydom	01:57:17	Male	Open		
330	Johann Claassen	01:57:18	Male	40-49	32Gi RUNNING CLUB CG	
331	Alan Power	01:57:19	Male	50-59		
332	Sinclair Machiu	01:57:21	Male	40-49	TEAM VITALITY CLUB WC	
333	Llewellyn Crocker	01:57:21	Male	40-49	TEAM VITALITY CLUB WC	
334	Sachar Radhakrishnan	01:57:25	Male	Open		
335	Danie Van Der Merwe	01:57:25	Male	50-59	STELLENBOSCH AC	
336	Lene Koch	01:57:29	Female	Open		
337	Nic Low	01:57:34	Male	40-49		
338	Madeleine Du Toit	01:57:35	Female	40-49	DURBANVILLE AC	
339	James Low	01:57:36	Male	Open		
340	Bartho Vermeulen	01:57:40	Male	Open		
341	Ethan Marrs	01:57:40	Male	Open		
342	Dawn Saunders	01:57:41	Female	60-69	HELDERBERG HARRIERS	
343	Karabo Lehabe	01:57:44	Male	Open	AEL RC	
344	Aidan Lang	01:57:47	Male	Junior		
345	Daniel Wise	01:57:48	Male	Junior		
346	Desmond Torr	01:57:51	Male	40-49		
347	Phenyo Peloeng	01:57:53	Male	40-49	RETAIL CAPITAL LANGA AC	
348	Adiel Adams	01:57:54	Male	50-59	ATLANTIC AC	
349	Christopher Lewis	01:57:54	Male	50-59	SPARTAN HARRIERS	
350	Simon White	01:57:55	Male	50-59	CELTIC HARRIERS	



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
351	Amanda Lawrence	01:58:00	Female	40-49		
352	Rowenna Rood	01:58:05	Female	40-49		
353	Bridgid Hamilton Russell	01:58:07	Female	60-69		HARFIELD HARRIERS
354	Faldien Wilson	01:58:07	Male	Open		NANTES AC
355	Kevin Tsiane	01:58:08	Male	Open		
356	Jacobus Potgieter	01:58:08	Male	50-59		TOTALSPORTS VOB RUNNING CLUB
357	Linzi Thomas	01:58:20	Female	50-59		HARFIELD HARRIERS
358	Ashraf Mallick	01:58:22	Male	40-49		TEAM VITALITY CLUB WC
359	Nicola Ballantyne	01:58:26	Female	40-49		ATLANTIC AC
360	Trish Schuin	01:58:38	Female	50-59		SOMERSET EAST AC
361	Muaath Abdullatief	01:58:43	Male	Open		
362	Ruben Hazelzet	01:58:43	Male	Open		
363	Ashton Marsden	01:58:47	Female	Open		
364	Gabriele James	01:58:53	Female	Open		
365	Donovan Du Plessis	01:58:57	Male	Open		BELLVILLE AC
366	Richard Chiwa	01:58:57	Male	40-49		
367	Korbinian Loerz	01:58:58	Male	Open		
368	Carl May	01:59:07	Male	Open		MITCHELLS PLAIN TITANS
369	Chantal September	01:59:09	Female	40-49		SPARTAN HARRIERS
370	Ishan Holland	01:59:09	Male	Open		ZANDVLEI AC
371	Tavon Petersen	01:59:09	Male	Open		STRAGGLERS AC WP
372	Bridget Kahts	01:59:10	Female	Open		TEAM VITALITY CLUB WC
373	Xolani Xaba	01:59:10	Male	Open		DRDL AC GN
374	Julie Arguile	01:59:10	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
375	Jeremy Clampett	01:59:11	Male	70+		FISH HOEK AC
376	Louis-philipp Raude	01:59:11	Male	Open		
377	Bryden Arthur	01:59:12	Male	Open		HARFIELD HARRIERS
378	Sifiso Masina	01:59:13	Male	40-49		ADVENTISTS AC GN
379	Arno Brown	01:59:14	Male	50-59		TEAM VITALITY CLUB WC
380	Yolanda Hlakweni	01:59:15	Male	Open		ADVENTISTS AC GN
381	Jeovana Naidoo	01:59:19	Female	Open		
382	Divan De Koning	01:59:21	Male	Open		
383	Remi Guiot	01:59:27	Male	Open		
384	Godwin Kinnear	01:59:30	Male	Open		
385	Charl Du Plessis	01:59:32	Male	50-59		TEAM VITALITY CLUB WC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
386	Ricardo Julie	01:59:35	Male	50-59		
387	Lauren Mcenery	01:59:35	Female	Open		
388	Bruce Barr	01:59:42	Male	40-49		
389	Dirk Van Duivenbooden	01:59:45	Male	50-59		BELLVILLE AC
390	Wendy Harrison	01:59:45	Female	50-59		HARFIELD HARRIERS
391	Faan Rossouw	01:59:46	Male	Open		
392	Anneri Swart	01:59:49	Female	Junior		
393	Yamkela Welaphi	01:59:52	Female	Open		CELTIC HARRIERS
394	Lindsey Biccari	01:59:58	Female	Open		TEAM VITALITY CLUB WC
395	Waheed Abrahams	01:59:59	Male	50-59		CENTRAL ATHLETICS
396	Anika Boshoff	02:00:00	Female	Open		
397	Karen Trotman-pitt	02:00:05	Female	50-59		WILD RUNNER WP
398	Sotirios Ladopoulos	02:00:05	Male	50-59		WILD RUNNER WP
399	Kenya Chappel	02:00:06	Female	Open		
400	Georgina Chappel	02:00:06	Female	Open		
401	Lomso Trom	02:00:12	Male	Open		KHAYELITSHA AC
402	Kristen Bassett	02:00:14	Female	Open		
403	Megan-Louise Wilson	02:00:14	Female	Open		HARFIELD HARRIERS
404	David Smith	02:00:16	Male	50-59		TOTALSPORTS VOB RUNNING CLUB
405	Rachael Mujuru	02:00:19	Female	40-49		ADVENTISTS AC WP
406	George October	02:00:21	Male	60-69		DURBANVILLE AC
407	Lorien Pask	02:00:24	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
408	Raymond Fuller	02:00:31	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
409	Neal Tennant	02:00:31	Male	Open		
410	Roldah Orrie	02:00:40	Female	50-59		BRIMSTONE ITHEKO SPORT AC
411	Josh De Rocher	02:00:42	Male	Open		
412	Emily Erasmus	02:00:43	Female	Open		CELTIC HARRIERS
413	Ross Mackinnon	02:00:44	Male	Open		
414	Andrew Allison	02:00:49	Male	40-49		
415	Rowan Gordon	02:00:50	Male	50-59		WESTERN PROVINCE CRICKET CLUB
416	Wade Witbooi	02:00:56	Male	Open		SANLAM AC WP
417	Zukisani Funiselo	02:01:00	Male	Open		CORRECTIONAL SERVICES WP
418	Feroz Mahatey	02:01:01	Male	40-49		BRIMSTONE ITHEKO SPORT AC
419	Robin Patterson	02:01:06	Male	60-69		CELTIC HARRIERS
420	Bianca Benade	02:01:07	Female	Open		EDGEMEAD RUNNERS



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
421	Ernest Blommaert	02:01:07	Male	40-49		
422	Tiaan Vivier	02:01:07	Male	Open		
423	Jan Abraham Smuts	02:01:08	Male	Open		
424	Michael Marchant	02:01:16	Male	Open		
425	Michelle Bey	02:01:18	Female	50-59		CELTIC HARRIERS
426	Jasper Schuemann	02:01:23	Male	Open		
427	Warren Espey	02:01:35	Male	40-49		TOTALSPORTS VOB RUNNING CLUB
428	Kieran Casserley	02:01:35	Male	Open		
429	Roy Lyle	02:01:40	Male	40-49		PINELANDS AC
430	Johannes Burger	02:01:42	Male	Open		
431	Chris Steenekamp	02:01:44	Male	Open		
432	Micaela Steenekamp	02:01:46	Female	Open		
433	Ellen Schuler	02:01:49	Female	Open		
434	Jaco De Villiers	02:02:09	Male	40-49		BELLVILLE AC
435	Westley Cockrell	02:02:12	Male	Open		JEFFREYS BAY AC
436	Benjamin Pein	02:02:14	Male	60-69		
437	Barend Nieuwoudt	02:02:16	Male	Open		BRACKENFELL AC
438	Nigel Waldron	02:02:21	Male	50-59		TEAM VITALITY CLUB WC
439	Gerda Henn	02:02:21	Female	40-49		WILD RUNNER WP
440	Azelle Park	02:02:29	Female	Open		TEAM VITALITY CLUB WC
441	Richard Rautenbach	02:02:32	Male	Open		
442	Ina Zoe Maroy	02:02:36	Female	Open		
443	Yasmin Falk	02:02:40	Female	Open		
444	Marsha Wessels	02:02:46	Female	50-59		JTH AFRICAN NATIONAL DEFENCE FORCE
445	Joel Motaung	02:02:49	Male	40-49		LESEDI AC
446	Melanie De Vos	02:02:51	Female	40-49		PAARL AC
447	Hanro Steenekamp	02:02:53	Male	Open		
448	Tanith Ahmed	02:03:02	Female	Open		WEST COAST AC
449	Damian Leipert	02:03:04	Male	Open		
450	Tim Johnson	02:03:05	Male	Open		
451	Dave Scheppening	02:03:09	Male	40-49		PINELANDS AC
452	Colin Lawson	02:03:12	Male	Open		
453	Tamsin Hodgson	02:03:18	Female	Open		HELDERBERG HARRIERS
454	Werner Smit	02:03:18	Male	40-49		
455	John Peters	02:03:21	Male	50-59		WEST COAST AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
456	Amy Silberbauer	02:03:29	Female	Open		
457	Nancy Will	02:03:35	Female	70+		PINELANDS AC
458	Michelle Acton	02:03:43	Female	40-49		MIDRAND STRIDERS
459	Monique Hendricks	02:03:45	Female	Open		CELTIC HARRIERS
460	Brandon Scott	02:03:48	Male	Open		TEAM VITALITY CLUB WC
461	Karel Scott	02:03:51	Male	40-49		
462	Thabo Mashologu	02:03:53	Male	50-59		RCS GUGULETU AC
463	Wesley Soule	02:03:53	Male	Open		
464	Jakoet Qasim	02:03:55	Male	40-49		WALMERS AC WP
465	Brian Mccurrach	02:03:56	Male	50-59		TEAM VITALITY CLUB WC
466	Brian Van Wyk	02:03:58	Male	50-59		EDGEMEAD RUNNERS
467	Harley Nash	02:03:59	Male	Open		
468	Mohammed Allie	02:04:07	Male	40-49		TOP FORM AC
469	Rosemary Brien	02:04:07	Female	50-59		HARFIELD HARRIERS
470	Fabian Trost	02:04:15	Male	Open		
471	Cornelia Lamb	02:04:15	Female	40-49		TEAM VITALITY CLUB WC
472	Ryan Roberts	02:04:18	Male	40-49		OMMIEDRAAI FRIENDS AC
473	Oliver Allen	02:04:20	Male	Open		TEAM VITALITY CLUB WC
474	Wouter Liebneberg	02:04:22	Male	Open		STRAND AC
475	Jan Botha	02:04:28	Male	40-49		STRAND AC
476	Makororo Mafolo	02:04:28	Male	Open		RETAIL CAPITAL LANGA AC
477	Reed Olivier	02:04:37	Male	60-69		
478	Riette De Ridder	02:04:39	Female	40-49		MELKBOS AC
479	Adrian Klug	02:04:40	Male	Open		
480	Lesha Pretorius	02:04:40	Female	Open		DURBANVILLE AC
481	Ilse-marie Krog	02:04:41	Female	40-49		HELDERBERG HARRIERS
482	Andre Human	02:04:43	Male	40-49		
483	James Mynhardt	02:04:45	Male	50-59		ATC RUNNING
484	Elton Bezuidenhout	02:04:54	Male	40-49		CARBINEERS WP
485	Denzil Jacobs	02:04:55	Male	50-59		PINELANDS AC
486	Jan Ahlemeyer	02:04:55	Male	Open		
487	Johan Badenhorst	02:04:57	Male	50-59		STELLENBOSCH AC
488	Anton Cartwright	02:04:58	Male	50-59		
489	Johan Boot	02:05:11	Male	50-59		BELLVILLE AC
490	Carlo Scott	02:05:15	Male	40-49		EDGEMEAD RUNNERS



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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
491	Siraj Rabin	02:05:18	Male	50-59		BRIMSTONE ITHEKO SPORT AC
492	Franziska Limberger	02:05:18	Female	40-49		
493	Siraj Salie	02:05:19	Male	50-59		BRIMSTONE ITHEKO SPORT AC
494	Sarah Larter	02:05:22	Female	40-49		
495	Brandon Olckers	02:05:24	Male	Open		
496	Marina Barnard	02:05:25	Female	Open		BELLVILLE AC
497	Erich Smith	02:05:27	Male	Open		STRAND AC
498	Leigh Cupido	02:05:27	Male	Open		
499	Natasha Scholten	02:05:30	Female	40-49		IDC AC
500	Pauline Zengeni	02:05:31	Female	Open		CHILLIE RUNNING CLUB WC
501	Isabella De Beer	02:05:33	Female	Open		
502	Schalk Griebenow	02:05:36	Male	Open		TEAM VITALITY CLUB WC
503	Daniel Phahla	02:05:43	Male	Open		ADVENTISTS AC WP
504	Ridha Hartley	02:05:44	Male	40-49		
505	Carlo Both	02:05:46	Male	Open		
506	Lize Muller	02:05:46	Female	Open		
507	Clinton Sparks	02:05:49	Male	50-59		
508	Lauren Tuck	02:05:49	Female	Open		FISH HOEK AC
509	Juanique Vally	02:05:53	Female	Open		
510	Tinus Cloete	02:05:58	Male	Open		CHAEI SPORTS & RECREATION CLUB
511	Abdul Mohamed	02:05:58	Male	Open		
512	Siphiwe Mphuthi	02:05:59	Male	Open		UNIVERSITY OF CAPE TOWN AC
513	Amanda Van Der Westhuizen	02:06:03	Female	40-49		BELLVILLE AC
514	Liezel Brits	02:06:04	Female	40-49		HELDERBERG HARRIERS
515	G_Howie	02:06:04	Male	60-69		CHILTERN AC
516	A_Gensicke	02:06:05	Male	50-59		PINELANDS AC
517	Florian Schweikart	02:06:05	Male	Open		
518	Leon Reeding	02:06:06	Male	50-59		HELDERBERG HARRIERS
519	Desree Turnbull	02:06:06	Female	60-69		
520	Dan Fenton	02:06:07	Male	40-49		
521	Rikki Hoogenhout	02:06:13	Female	40-49		
522	Sipho Evans	02:06:25	Male	Open		
523	Evan Eiselen	02:06:26	Male	Open		
524	Nicola Hendriks	02:06:29	Female	40-49		
525	Francois Janse Van Rensburg	02:06:30	Male	50-59		





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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
526	Roger Coyles	02:06:31	Male	40-49		ATLANTIC AC
527	Jacqueline Kazmaier	02:06:33	Female	Open		
528	Bernd Rohrmuller	02:06:33	Male	Open		
529	Emma Carpenter	02:06:33	Female	40-49		ATLANTIC AC
530	Craig Maulson	02:06:34	Male	40-49		WEST COAST AC
531	Paul Jacobs	02:06:35	Male	50-59		DURBANVILLE AC
532	Salman Ahjum-mathee	02:06:35	Male	Open		BRIMSTONE ITHEKO SPORT AC
533	Ashley Naidoo	02:06:36	Male	Open		
534	Nikara Mahadeo	02:06:37	Female	Open		TEAM VITALITY CLUB WC
535	Zhandre Naidoo	02:06:42	Female	Open		
536	Dean Van Rooyen	02:06:43	Male	Open		
537	Reece Brooks	02:06:50	Male	60-69		DURBANVILLE AC
538	Justine Ryan	02:06:52	Female	40-49		
539	Nicolette Morris	02:06:53	Female	Open		
540	Courtney Botha	02:06:53	Female	Open		
541	Geoff Dods	02:06:54	Male	Open		
542	Elisa Brandts	02:06:56	Female	Open		
543	Patrick Benade	02:06:56	Male	60-69		FISH HOEK AC
544	Kim Patricia Van Nuus	02:06:56	Female	Open		
545	Sarah Rich	02:06:58	Female	40-49		PAARL AC
546	Tania De Waal	02:06:59	Female	50-59		CARBINEERS WP
547	Gavin White	02:07:00	Male	Open		
548	Andile Kraba	02:07:01	Male	40-49		TEAM VITALITY CLUB WC
549	Amy Randelhoff	02:07:05	Female	Open		
550	Avril Brown	02:07:06	Female	50-59		STRAND AC
551	Karl Schaberg	02:07:08	Male	Open		TEAM VITALITY CLUB WC
552	Fernando De Sousa	02:07:14	Male	50-59		EDGEMEAD RUNNERS
553	Surita Jansen Van Vuuren	02:07:18	Female	Open		ATLANTIC AC
554	Njabulo Mnguni	02:07:19	Male	50-59		ADVENTISTS AC WP
555	Evrin Coban	02:07:21	Male	Open		
556	Jason Sam	02:07:22	Male	Open		SOUTHERN STRIDERS
557	Craig Dolly	02:07:26	Male	50-59		
558	Nick Pinder	02:07:28	Male	50-59		
559	Alison Upton	02:07:30	Female	Open		WESTERN PROVINCE CRICKET CLUB
560	Sean McCormack	02:07:39	Male	60-69		EDGEMEAD RUNNERS



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
561	Shaun Meyer	02:07:43	Male	Open		
562	Monique Griesel	02:07:46	Female	Open		
563	Shawn Abrahams	02:07:49	Male	40-49		
564	Lizette Badenhorst	02:07:50	Female	50-59		STELLENBOSCH AC
565	Simon Speck	02:07:51	Male	60-69		CARBINEERS WP
566	Sthembiso Majosi	02:08:02	Male	Open		RETAIL CAPITAL LANGA AC
567	Kristine Maciejewski	02:08:03	Female	40-49		
568	Joanna Samsonowicz	02:08:04	Female	40-49		RUN WALK FOR LIFE WP
569	Stefan Schoeman	02:08:05	Male	Open		
570	Shuayb Galant	02:08:08	Male	Open		BRIMSTONE ITHEKO SPORT AC
571	Eulogi Rheeder	02:08:17	Female	40-49		ATC RUNNING
572	Claudia Cieverts	02:08:20	Female	Open		CELTIC HARRIERS
573	Kim Botti	02:08:22	Female	50-59		ATLANTIC AC
574	Michael Jansen Van Rensburg	02:08:24	Male	50-59		
575	Chris Wise	02:08:26	Male	50-59		
576	Simone Sobreira	02:08:41	Female	Open		
577	Wayne Pittendrigh	02:08:44	Male	60-69		RUN WALK FOR LIFE WP
578	Nina Vass	02:08:54	Female	40-49		
579	Bianca Chaston	02:08:55	Female	Open		
580	Lucy Franklin	02:08:55	Female	40-49		HARFIELD HARRIERS
581	Justin Mcgill	02:08:56	Male	Open		
582	Ryan Devlin	02:08:57	Male	Open		
583	Keyon Mehrtash	02:08:58	Male	Open		
584	Jack Heaney	02:08:59	Male	Open		
585	Marcos Martiny	02:08:59	Male	Open		
586	Shamiel Harris	02:09:00	Male	40-49		BRIMSTONE ITHEKO SPORT AC
587	Raymond Haramis	02:09:01	Male	40-49		
588	Anjanette Jones	02:09:02	Female	40-49		TEAM VITALITY ATHLETIC CLUB GN
589	Johan Jones	02:09:03	Male	40-49		TEAM VITALITY ATHLETIC CLUB GN
590	Sanele Mkhize	02:09:04	Male	Open		WEST COAST AC
591	William Hart	02:09:08	Male	Open		
592	Barry Ponsford	02:09:12	Male	60-69		CELTIC HARRIERS
593	Paul Meeser	02:09:13	Male	Open		PINELANDS AC
594	Fikanomusa Makhathini	02:09:17	Male	40-49		WEST COAST AC
595	Zubeida Lippert	02:09:18	Female	60-69		CELTIC HARRIERS



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
596	Marna Cheney	02:09:21	Female	40-49		FISH HOEK AC
597	Ben Burger	02:09:23	Male	40-49		
598	Jade Henderson	02:09:23	Female	Open		SOCIAL RUNNERS CLUB
599	Pieter Smith	02:09:24	Male	50-59		
600	Travis Currie	02:09:25	Male	40-49		AOT RUNNING
601	Lee-ann Davids	02:09:25	Female	40-49		BELLVILLE AC
602	Spencer Wheaton	02:09:26	Male	40-49		CELTIC HARRIERS
603	Millicent Ngubane	02:09:31	Female	Open		TEAM VITALITY CLUB WC
604	Unity Liyacha	02:09:37	Female	40-49		NEDBANK RUNNING CLUB WP
605	Edden Kift	02:09:38	Male	50-59		
606	Christo Lourens	02:09:38	Male	Open		BRACKENFELL AC
607	Ashraf Orrie	02:09:38	Male	50-59		BRIMSTONE ITHEKO SPORT AC
608	Ziyaad Halday	02:09:39	Male	Open		
609	Robert Broll	02:09:39	Male	40-49		
610	Johandre Van Deventer	02:09:40	Male	Open		WEST COAST AC
611	Nick Warncke	02:09:40	Male	40-49		
612	Caroline Van Zilla	02:09:48	Female	60-69		BELLVILLE AC
613	Pip Goode	02:09:49	Male	50-59		
614	Belinda Gordon	02:09:54	Female	50-59		WESTERN PROVINCE CRICKET CLUB
615	Matthew Sawyer	02:09:54	Male	Open		
616	Tom Weckes	02:09:56	Male	Open		
617	Melitia Van Wyk	02:09:57	Female	40-49		BELLVILLE AC
618	Donna Tockenbuerger	02:09:57	Female	Open		
619	Tebogo Motubatse	02:09:57	Male	Open		EDGEMEAD RUNNERS
620	Hanselie Swarts	02:10:05	Female	50-59		SWARTLAND AC
621	India Leier	02:10:06	Female	Open		
622	Brian Merryweather	02:10:17	Male	70+		EDGEMEAD RUNNERS
623	Richard Lundie	02:10:21	Male	40-49		
624	Dave Curry	02:10:22	Male	50-59		
625	Angelique Smit	02:10:45	Female	40-49		STRAND AC
626	Storm Ross	02:10:46	Female	Open		
627	Pulana Bridgette Ratsaka	02:10:49	Female	Open		JTH AFRICAN NATIONAL DEFENCE FORCE
628	Wendy Jansen	02:10:53	Female	50-59		EDGEMEAD RUNNERS
629	Bongani Khumalo	02:10:56	Male	Open		CHILLIE RUNNING CLUB WC
630	Jenny Da Silva	02:10:58	Female	60-69		ARD AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
631	Janke Geldenhuys	02:11:00	Female	Open		
632	Ruvan Erasmus	02:11:00	Male	Open		
633	Jonathan Arnold	02:11:02	Male	40-49		
634	Ghaleb Gassiep	02:11:04	Male	Open		PICK `N PAY AC WP
635	Christelle Botha	02:11:09	Female	40-49		
636	Jacques Botha	02:11:10	Male	50-59		
637	Junaid Solomons	02:11:13	Male	Open		
638	Sam Hayes	02:11:13	Male	Open		
639	Andre Mclachlan	02:11:14	Male	Open		TEAM VITALITY CLUB WC
640	Tshepo Maboja	02:11:21	Male	40-49		TEAM VITALITY CLUB WC
641	Jason September	02:11:22	Male	Open		
642	Tertia Brand	02:11:24	Female	40-49		STRAND AC
643	Mariette Conning	02:11:24	Female	40-49		STRAND AC
644	Jasper Kehr	02:11:24	Male	Open		
645	Schalk Smit	02:11:36	Male	50-59		STRAND AC
646	Lizette Gibson	02:11:37	Female	50-59		SOMERSET STRIDERS
647	Mark De Roubaix	02:11:39	Male	60-69		EDGEMEAD RUNNERS
648	Tijn Donders	02:11:40	Male	Open		
649	Adellyn Thorndike	02:11:47	Female	60-69		RUN ZONE AC
650	Jimmy Jansen	02:11:48	Male	50-59		PINELANDS AC
651	Warrick Joe	02:11:51	Male	50-59		
652	Christopher Schollar	02:11:52	Male	Open		
653	Lize Maartens	02:11:57	Female	Open		ATC RUNNING
654	Michelle Smit-stemmet	02:11:59	Female	40-49		BELLVILLE AC
655	Zander Oliver	02:12:00	Male	40-49		BELLVILLE AC
656	Stephan Wiid	02:12:01	Male	Open		
657	Sibongile Chafanza	02:12:20	Female	Open		CELTIC HARRIERS
658	Otto Hale	02:12:20	Male	Junior		
659	Leon Visser	02:12:23	Male	50-59		TEAM VITALITY CLUB WC
660	Schalk Lesch	02:12:27	Male	40-49		
661	Etienne Buys	02:12:34	Male	40-49		
662	Gloria Chitedze	02:12:36	Female	Open		ATLANTIC AC
663	Chris Lourens	02:12:39	Male	60-69		BRACKENFELL AC
664	Nicola Nowosiad	02:12:41	Female	Open		
665	Ivy Kuypers	02:12:41	Female	Open		



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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
666	Mila Johanna Paloma Van Dam	02:12:42	Female	Open		
667	Ine Van Der Schueren	02:12:43	Female	Open		
668	Roland Jurd	02:12:44	Male	Open		
669	Gilly Frew	02:12:45	Female	50-59		
670	Ben Bowker	02:12:56	Male	Junior		
671	Morgan Du Plessis	02:12:57	Female	Open		
672	Hybra Reeding	02:12:58	Female	40-49		HELDERBERG HARRIERS
673	Nikki Parker	02:12:59	Female	40-49		CELTIC HARRIERS
674	Nicholas Ngwili	02:13:01	Male	Open		
675	Alex Watkins-baker	02:13:02	Male	Open		
676	Teboho Juda	02:13:04	Male	50-59		SPARTAN HARRIERS
677	Adrienne Hodson	02:13:06	Female	Open		
678	Sanri Carstens	02:13:16	Female	Open		HANGKLIP AC
679	Njabulo Mangena	02:13:18	Male	Open		PINELANDS AC
680	Heidi Jansen	02:13:22	Female	50-59		ACHILLES AMATEUR ATHLETIC ASS
681	Antonio Perrone	02:13:23	Male	Open		HOUT BAY HARRIERS
682	Deon Van Schalkwyk	02:13:26	Male	40-49		DURBANVILLE AC
683	Nicholas Norman	02:13:27	Male	Open		
684	Ismail Sadek	02:13:35	Male	50-59		OASIS CRESCENT RUNNERS
685	Daine Abrahams	02:13:38	Male	Open		
686	Lyndsay Jackson	02:13:42	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
687	Marlet Pelser	02:13:45	Female	40-49		
688	Tasneem Salie-knipe	02:13:47	Female	40-49		EDGEMEAD RUNNERS
689	Megan Van Schoor	02:13:48	Female	Open		PINELANDS AC
690	Zaynub Parker	02:13:51	Female	40-49		
691	Charlton Petersen	02:13:52	Male	Open		FAT CATS AC
692	Lloyd Goliath	02:13:52	Male	40-49		EDGEMEAD RUNNERS
693	Jaco Jansen Van Vuuren	02:13:55	Male	40-49		ASICS AC WP
694	Kyle Pietersen	02:13:57	Male	Open		TEAM VITALITY CLUB WC
695	Ruby Katz-wright	02:14:01	Female	Open		
696	Jonas Gensicke	02:14:02	Male	Open		
697	Pieter Malan	02:14:03	Male	50-59		CAPE MULTI SPORT CLUB
698	Jessica Thomson	02:14:06	Female	Open		
699	Josh Meltz	02:14:08	Male	Open		
700	Kelsey De Haas	02:14:09	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
701	Stephan Jordaan	02:14:10	Male	40-49		
702	Ryan Van Heerden	02:14:12	Male	Junior		
703	Andor Reyneke	02:14:13	Male	Junior		
704	Rochelle Van Aswegen	02:14:15	Female	Open		
705	Frans Kellerman	02:14:16	Male	Open		
706	Dorian Esau	02:14:17	Male	40-49		SPARTAN HARRIERS
707	David Isaacs	02:14:17	Male	50-59		PINELANDS AC
708	Quinton Williams	02:14:18	Male	40-49		SPARTAN HARRIERS
709	Gawie Van Der Schyf	02:14:19	Male	40-49		MELKBOS AC
710	Mu Abduroaf	02:14:19	Male	40-49		BRIMSTONE ITHEKO SPORT AC
711	Glenn Muller	02:14:19	Male	50-59		CELTIC HARRIERS
712	Zander Twine	02:14:20	Male	Open		DURBANVILLE AC
713	Andrew Tucker	02:14:23	Male	50-59		
714	Wico Els	02:14:24	Male	Open		
715	Juan Clarence	02:14:25	Male	50-59		BELLVILLE AC
716	Wimpie Els	02:14:25	Male	50-59		BELLVILLE AC
717	Lies Deneys	02:14:38	Female	40-49		
718	Carla Vermeulen	02:14:39	Female	40-49		GOODWOOD HARRIERS
719	Michelle Smith	02:14:40	Female	Open		TEAM VITALITY CLUB WC
720	David Moseley	02:14:41	Male	40-49		ATC RUNNING
721	Ciretta Frezza	02:14:42	Female	Open		
722	Jared Haynes	02:15:04	Male	Open		TEAM VITALITY CLUB WP
723	Gadi Perl	02:15:04	Male	50-59		
724	Wezi Mahone	02:15:06	Male	Junior		
725	Benjamin Blumenthal	02:15:06	Male	40-49		
726	Melanie Markey	02:15:07	Female	40-49		WEST COAST AC
727	Zishaan Fredericks	02:15:07	Male	Open		BRIMSTONE ITHEKO SPORT AC
728	Maritsa Bosch	02:15:08	Female	40-49		GOODWOOD HARRIERS
729	Kamaar Taliep	02:15:09	Male	Open		NANTES AC
730	Li-mari Du Plessis	02:15:09	Female	Open		
731	Kim Westcott	02:15:09	Female	Open		
732	Lauren Elizabeth Bresler	02:15:10	Female	Open		
733	Allie Zireena	02:15:11	Female	50-59		BRIMSTONE ITHEKO SPORT AC
734	Adriaan Du Plessis	02:15:16	Male	Open		EDGEMEAD RUNNERS
735	Keorapetse Lephogole	02:15:17	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
736	Armand Nel	02:15:21	Male	Open		
737	Megan Mcwilliam	02:15:22	Female	Open		TOTALSPORTS VOB RUNNING CLUB
738	Kylie Nel	02:15:22	Female	Open		
739	Derek Griffin	02:15:23	Male	70+		
740	Janine Bearne	02:15:26	Female	50-59		SPARTAN HARRIERS
741	Gene Peters	02:15:28	Female	50-59		
742	Svantje Bergmann	02:15:33	Female	40-49		
743	Bernard Van Der Westhuizen	02:15:46	Male	40-49		SPARTAN HARRIERS
744	Ayesha Cozyn	02:15:51	Female	50-59		OMMIEDRAAI FRIENDS AC
745	Sulaiman Bassier	02:15:51	Male	60-69		BRIMSTONE ITHEKO SPORT AC
746	Thiven Reddy	02:15:52	Male	60-69		BRIMSTONE ITHEKO SPORT AC
747	Jessica Olckers	02:15:59	Female	Open		TEAM VITALITY CLUB WP
748	Daniel Smith	02:16:01	Male	Open		TEAM VITALITY CLUB WC
749	Barry Tyson	02:16:03	Male	60-69		
750	Tekedi Moselana	02:16:12	Male	40-49		BELLVILLE AC
751	Chris Guedes	02:16:14	Male	Open		
752	Never Kondo	02:16:16	Male	40-49		
753	Natasha Kruger	02:16:18	Female	50-59		SANLAM AC WP
754	Sunelle Van Zyl-Briers	02:16:18	Female	40-49		BELLVILLE AC
755	Nicole Sieberhagen	02:16:26	Female	Open		
756	Leonie Berge	02:16:29	Female	Open		
757	William Barfoot	02:16:31	Male	50-59		PHOBIANS
758	Glyn Morris	02:16:34	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
759	Celia Pienaar	02:16:34	Female	60-69		STRAND AC
760	Onele Ncokwana	02:16:47	Male	Open		
761	Gary Fargher	02:16:53	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
762	Katya Soggot	02:16:54	Female	40-49		
763	Toni Bedford	02:16:55	Female	50-59		
764	Stephan Van Biljon	02:16:56	Male	Open		
765	Tayla Rose Warner	02:16:57	Female	Open		
766	Frank Lin	02:16:58	Male	Open		ATLANTIC AC
767	Leigh Stott	02:16:58	Female	40-49		SPARTAN HARRIERS
768	Shannon Holcroft	02:16:59	Female	Open		
769	Rob Ruhmund	02:17:07	Male	40-49		
770	Jana Boot	02:17:11	Female	50-59		BELLVILLE AC





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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
771	Abdullah Achmad	02:17:14	Male	50-59		OMMIEDRAAI FRIENDS AC
772	Steve Mathew	02:17:19	Male	50-59		HARFIELD HARRIERS
773	Shamlin Naidoo	02:17:20	Male	Open		
774	Mthobisi Cameron Sihluku	02:17:21	Male	50-59		RETAIL CAPITAL LANGA AC
775	Faseegh Fortune	02:17:21	Male	Open		TOP FORM AC
776	Mumtaz Abbas	02:17:22	Female	Open		ARD AC
777	Tanya Lord	02:17:24	Female	50-59		
778	Richard Lord	02:17:26	Male	50-59		PINELANDS AC
779	Rosemary Mitchell	02:17:32	Female	60-69		RUN WALK FOR LIFE WP
780	Geoff Schreiner	02:17:34	Male	60-69		
781	Imraan Schmidt	02:17:34	Male	Open		
782	Debri-lee De Jager	02:17:35	Female	40-49		
783	Alexander Molteno	02:17:37	Male	Open		
784	Barbara Hutton	02:17:45	Female	60-69		CELTIC HARRIERS
785	Karen Soules	02:17:47	Female	40-49		TEAM VITALITY CLUB WC
786	Kgomotso Mocumi	02:17:49	Male	Open		TEAM VITALITY CLUB WC
787	Terence Davidson	02:17:49	Male	50-59		TEAM VITALITY CLUB WC
788	Jeanne Malan	02:17:50	Female	50-59		CAPE MULTI SPORT CLUB
789	Mzimasi Ludziya	02:17:54	Male	Open		KHAYELITSHA AC
790	Daniel Vosloo	02:17:54	Male	Open		
791	Ohnah Booley	02:17:59	Female	Open		OMMIEDRAAI FRIENDS AC
792	Samantha Lohr-kempen	02:18:00	Female	Open		DURBANVILLE AC
793	John Maree	02:18:05	Male	Open		
794	Anneline Peters	02:18:05	Female	Open		
795	Wayne Adriaanse	02:18:06	Male	Open		
796	Xolani Mabaso	02:18:09	Male	Open		HOLLYWOOD BETS AC
797	Michael Koning	02:18:12	Male	70+		FISH HOEK AC
798	Salmaan Hawtrey	02:18:15	Male	Open		DURBANVILLE AC
799	Wesley Naude	02:18:20	Male	Open		RUN WALK FOR LIFE WP
800	Craig Harrison	02:18:20	Male	60-69		
801	Tarryn King	02:18:21	Female	Open		
802	Thomas King	02:18:22	Male	Open		
803	Eugene Sadie	02:18:23	Male	Open		DURBANVILLE AC
804	Carika Mulder	02:18:23	Female	Open		DURBANVILLE AC
805	Sediqa Khatieb	02:18:29	Female	40-49		OMMIEDRAAI FRIENDS AC



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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
806	Karen Humphreys	02:18:30	Female	40-49		WEST COAST AC
807	Ayshaa Arend	02:18:44	Female	40-49		BRIMSTONE ITHEKO SPORT AC
808	Mogammad Adams	02:18:51	Male	60-69		KENSINGTON & FACTRETON SAC
809	Michel Bastenie	02:19:03	Male	50-59		
810	Shelley Van Der Westhuizen	02:19:05	Female	50-59		
811	Lorna Sikanda	02:19:12	Female	Open		ADVENTISTS AC WP
812	Nadia Niemann	02:19:15	Female	40-49		STELLENBOSCH AC
813	Johan De Swardt	02:19:18	Male	Open		
814	Elydia De Monk	02:19:19	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
815	Heather Bougard	02:19:19	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
816	Rob Logan	02:19:22	Male	70+		PINELANDS AC
817	Andrew Pickering	02:19:30	Male	50-59		
818	Romano Swarts	02:19:32	Male	Open		
819	Keanan Landore	02:19:35	Male	Open		TEAM VITALITY CLUB WC
820	Andrew Roper	02:19:36	Male	50-59		FISH HOEK AC
821	Evan Philip Saunders	02:19:37	Male	40-49		
822	Chrizelda Davel	02:19:38	Female	50-59		WEST COAST AC
823	Zamangoma Matlhare	02:19:40	Female	40-49		TEAM VITALITY CLUB WC
824	Abshir Ahmed	02:19:40	Male	Open		
825	Deborah Rothschild Stone	02:19:41	Female	40-49		
826	Riaan Davel	02:19:43	Male	40-49		WEST COAST AC
827	Karla Delport	02:19:44	Female	Open		
828	Victoria Meyer	02:19:45	Female	Open		
829	Helen Maslin	02:19:52	Female	Open		
830	Kimberly Park	02:19:53	Female	Open		
831	David Azer	02:19:59	Male	50-59		STELLENBOSCH AC
832	Graham Spiro	02:20:02	Male	60-69		PIRATES ROAD RUNNING CLUB
833	Anna-lena Becker	02:20:05	Female	Open		
834	Adrian Jessop	02:20:07	Male	Open		TOTALSPORTS VOB RUNNING CLUB
835	Sunette Swart	02:20:08	Female	50-59		NEDBANK RUNNING CLUB WP
836	Ra-eesa Petersen-adams	02:20:08	Female	50-59		OMMIEDRAAI FRIENDS AC
837	Samanthia Knaggs	02:20:12	Female	Open		WEST COAST AC
838	Kerry Edwards	02:20:13	Female	40-49		PINELANDS AC
839	Tendani Sinyosi	02:20:16	Female	Open		
840	Zaahir Teladia	02:20:25	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
841	Shanaaz Jaffer	02:20:30	Female	50-59		OMMIEDRAAI FRIENDS AC
842	Meghann Bayer	02:20:34	Female	40-49		PINELANDS AC
843	Pumza Kobus	02:20:35	Female	50-59		WEST COAST AC
844	Simamnkele Fali	02:20:38	Female	Open		
845	Mashudu Phalanndwa	02:20:39	Male	40-49		TEAM VITALITY CLUB WC
846	Grant Sauls	02:20:42	Male	Open		
847	Russel Williams	02:20:45	Male	50-59		TEAM VITALITY CLUB WC
848	Marisia Koch	02:20:46	Female	50-59		IRENE ROAD RUNNING CLUB
849	Andrew O'Brien	02:20:53	Male	Open		
850	Kelello Mota	02:20:54	Male	Open		TEAM VITALITY CLUB WC
851	Liz Rivett	02:20:58	Female	40-49		CELTIC HARRIERS
852	Jemma Wood	02:20:58	Female	40-49		
853	Jana Beckett	02:21:00	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
854	Michael Williams	02:21:22	Male	40-49		PINELANDS AC
855	Kuhle Dumeduze	02:21:28	Female	Open		CENTURY CITY AC
856	Jacq Adams	02:21:32	Male	40-49		HELDERBERG HARRIERS
857	Farhaad Haffejee	02:21:32	Male	50-59		OMMIEDRAAI FRIENDS AC
858	Andrew Hansen	02:21:37	Male	40-49		SPARTAN HARRIERS
859	Lyle Eckstein	02:21:40	Male	40-49		
860	Sonia Smith	02:21:41	Female	60-69		CELTIC HARRIERS
861	Conita Henry	02:21:55	Female	60-69		STELLENBOSCH AC
862	Mary-ann Davies	02:22:00	Female	50-59		ATLANTIC AC
863	Mapula Mnisi	02:22:01	Female	40-49		POLOKWANE AC
864	Yolanda Walton	02:22:02	Female	50-59		WEST COAST AC
865	Lebo Mathatho	02:22:04	Female	40-49		TEAM VITALITY CLUB WC
866	Nickie Terrell	02:22:05	Male	40-49		MELKBOS AC
867	Zonika Venter	02:22:06	Female	Open		MELKBOS AC
868	Cecilia Van Der Walt	02:22:07	Female	Open		MELKBOS AC
869	Riaan Pretorius	02:22:08	Male	50-59		MELKBOS AC
870	Allan Johns	02:22:11	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
871	Goosain Abass	02:22:15	Male	60-69		BO-KAAP ATHLETICS
872	Natalie Visagie	02:22:16	Female	40-49		NANTES AC
873	Ian Gillespie	02:22:19	Male	40-49		BELLVILLE AC
874	Sara Makhabane	02:22:21	Female	Open		TEAM VITALITY ATHLETIC CLUB GN
875	Grasia Chibvongodze	02:22:22	Female	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
876	Chelsea Tucker	02:22:25	Female	Open		
877	Haylea Heyns	02:22:30	Female	Open		
878	Annemie Marx	02:22:32	Female	Open		
879	Ntuthuko Kunene	02:22:32	Male	Open		TEAM VITALITY CLUB WC
880	Sue Dods	02:22:34	Female	60-69		
881	Adrian Scholtz	02:22:39	Male	40-49		
882	Neichel Laura	02:22:40	Female	Open		
883	Suzy Barr	02:22:41	Female	40-49		DURBANVILLE AC
884	Judith Gertz	02:22:42	Female	40-49		PINELANDS AC
885	Lee-Ann Buitendach	02:22:44	Female	50-59		GOLDFIELDS AC
886	Yonas Lamnabhi	02:22:44	Male	Open		
887	Roshan Davids	02:22:45	Female	50-59		TEAM VITALITY CLUB WC
888	Samantha Wyngaard	02:22:45	Female	50-59		RUN WALK FOR LIFE WP
889	Siyabulela Tshali	02:22:45	Male	Open		TEAM VITALITY CLUB WC
890	Leigh Mannheim-strachan	02:22:48	Female	Open		
891	Maxwell Godloza	02:22:53	Male	60-69		MANDELA PARK AC
892	Karla Strydom	02:22:57	Female	Junior		
893	Liesel Hugo	02:22:59	Female	40-49		CELTIC HARRIERS
894	Melanie Harrison	02:23:00	Female	40-49		
895	Omar Arend	02:23:00	Male	40-49		BRIMSTONE ITHEKO SPORT AC
896	Michael Steyn	02:23:03	Male	Open		TEAM VITALITY CLUB WP
897	Nike Dickinson-mes	02:23:11	Female	Open		
898	Lorraine Strydom	02:23:12	Female	40-49		VIKING ATHLETICS CLUB
899	Kevin Dickinson	02:23:14	Male	Open		
900	Adrian Mckenna	02:23:17	Male	50-59		WEST COAST AC
901	Sonja Brand	02:23:25	Female	60-69		WEST COAST AC
902	Liz Brash	02:23:25	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
903	Sandile Maghoboza	02:23:27	Male	Open		
904	R_ Gensicke	02:23:28	Female	50-59		PINELANDS AC
905	Gavin Williams	02:23:30	Male	50-59		METROPOLITAN AC
906	Bradwyn Booysen	02:23:34	Male	50-59		TOP FORM AC
907	Basheer Losper	02:23:36	Male	Open		TOP FORM AC
908	Lesley De Koker	02:23:37	Female	Open		TOTALSPORTS VOB RUNNING CLUB
909	Samantha Brink	02:23:41	Female	40-49		WILD RUNNER WP
910	Charlton Pretorius	02:23:42	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
911	Dominic Bowers	02:23:46	Male	Open		
912	Deon Botha	02:23:49	Male	60-69		WEST COAST AC
913	Chante Du Preez	02:23:52	Female	Open		
914	Pia Pretorius	02:23:58	Female	50-59		CELTIC HARRIERS
915	Teresa Lawler	02:23:59	Female	40-49		CELTIC HARRIERS
916	Myra Miller	02:24:03	Female	50-59		EASY EQUITIES BORN 2 RUN WP
917	Charlene Da Silva	02:24:04	Female	40-49		TEAM VITALITY CLUB WC
918	Theoneil Veldhuizen	02:24:04	Male	40-49		ATLANTIC AC
919	Willem Vandaele	02:24:10	Male	Open		
920	Nico Vandaele	02:24:11	Male	50-59		
921	Caitlin Turok	02:24:16	Female	Open		
922	Aneeka Savahl	02:24:19	Female	40-49		
923	Thuli Mfundisi	02:24:20	Female	40-49		RETAIL CAPITAL LANGA AC
924	Marlon May	02:24:22	Male	40-49		MITCHELLS PLAIN TITANS
925	Sonika Gerber	02:24:23	Female	40-49		TEAM VITALITY CLUB WC
926	Sarah Von Holdt	02:24:29	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
927	Mpilwenhle Ndhrazi	02:24:32	Female	Open		GOODWOOD HARRIERS
928	James Beckett	02:24:35	Male	70+		TOTALSPORTS VOB RUNNING CLUB
929	Gasant Orrie	02:24:43	Male	50-59		
930	Stuart Thomas	02:24:45	Male	Open		HARFIELD HARRIERS
931	Melissa Thomas	02:24:47	Female	40-49		CELTIC HARRIERS
932	Ilona Du Plessis	02:24:51	Female	Open		CENTURY CITY AC
933	Zola Ngwevela	02:24:55	Male	40-49		CHILLIE RUNNING CLUB BL
934	Adrian Smith	02:24:58	Male	Open		
935	Allison Brown	02:25:02	Female	50-59		WEST COAST AC
936	Armien Simons	02:25:04	Male	50-59		TEAM VITALITY CLUB WC
937	Clarisa Samuels	02:25:05	Female	40-49		BRACKENFELL AC
938	Ingrid Mare	02:25:05	Female	Open		
939	Cheryl Simons	02:25:06	Female	50-59		CELTIC HARRIERS
940	Ghite Scholtz	02:25:06	Female	Open		
941	Mienette Oosthuizen	02:25:07	Female	Junior		
942	Drew Goatley	02:25:07	Female	Open		
943	Lize Van Rooyen	02:25:08	Female	Open		
944	Lucelle Delpont	02:25:08	Female	Open		
945	Gerrit Delpont	02:25:09	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
946	Lari Opperman	02:25:19	Female	Open		
947	Trudie Visser	02:25:29	Female	40-49	EASY EQUITIES BORN 2 RUN WP	
948	Griffin De Ru	02:25:36	Male	Open	RUN WALK FOR LIFE WP	
949	Justin Dettmann	02:25:39	Male	40-49	BELLVILLE AC	
950	Liezl Dettmann	02:25:40	Female	50-59	BELLVILLE AC	
951	Mervin Smith	02:25:45	Male	70+	CELTIC HARRIERS	
952	Deonatus Abrahams	02:25:49	Male	40-49		
953	Gaba Torr	02:25:51	Female	40-49		
954	Izelle Den Breeijen	02:25:52	Female	50-59		
955	Chrystal Meintjes	02:25:54	Female	Open	DURBANVILLE AC	
956	Rob Baird	02:25:57	Male	40-49		
957	Leanri Van Niekerk	02:25:59	Female	Open	BELLVILLE AC	
958	Maritza Breytenbach	02:26:01	Female	40-49		
959	Tommy Huang	02:26:13	Male	Open		
960	Nanini Mzamane	02:26:14	Female	Open	TEAM VITALITY CLUB CG	
961	Mandlenkosi Moyo	02:26:14	Male	40-49	PINELANDS AC	
962	Charmaine Cronje	02:26:16	Female	50-59		
963	Lauren Koch	02:26:17	Female	Open	Fish Hoek Athletics Club	
964	Mhindi White	02:26:17	Female	Open		
965	Rike Sitas	02:26:19	Female	40-49		
966	Satish Antony	02:26:20	Male	40-49	TOTALSPORTS VOB RUNNING CLUB	
967	Miranda Parker	02:26:22	Female	60-69	SPARTAN HARRIERS	
968	Marga Leite	02:26:23	Female	Open	WEST COAST AC	
969	Juliet Stromin	02:26:23	Female	Open		
970	Gareth Van Schoor	02:26:27	Male	Open		
971	Tshepo Lethea	02:26:34	Male	Open		
972	Fazlin Basson	02:26:35	Female	40-49	NANTES AC	
973	Jocelyn Jansen Van Rensburg	02:26:37	Female	50-59		
974	Pleasance Manhamo	02:26:42	Female	Open	FISH HOEK AC	
975	Elouise Lourens	02:27:00	Female	Open	BELLVILLE AC	
976	Brad Nadauld	02:27:01	Male	40-49	SPARTAN HARRIERS	
977	Tamsyn May	02:27:03	Female	Open	CELTIC HARRIERS	
978	Kelly May	02:27:05	Female	Open	MITCHELLS PLAIN TITANS	
979	Lindy Duncan	02:27:06	Female	50-59	UNIVERSITY OF CAPE TOWN AC	
980	Vuyelwa Radebe	02:27:19	Female	Open	STELLENBOSCH AC	



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
981	Lauren Lyons	02:27:21	Female	Open		
982	Sanjay Tewary	02:27:22	Male	50-59		
983	Jason Renaud	02:27:22	Male	40-49		SPARTAN HARRIERS
984	James Clarke	02:27:23	Male	Open		
985	Alyson Meintjes	02:27:23	Female	Open		
986	Flynn Africa	02:27:23	Male	Open		HELDERBERG HARRIERS
987	Claire Hoey	02:27:25	Female	40-49		
988	Stephni Coetzee	02:27:28	Female	Open		
989	Clova Mabin	02:27:29	Female	40-49		
990	Eleanor Hutchings	02:27:29	Female	40-49		CARBINEERS WP
991	Alida Gous	02:27:31	Female	40-49		HANGKLIP AC
992	Farahnaaz Khan	02:27:31	Female	40-49		OMMIEDRAAI FRIENDS AC
993	Colin Doyle	02:27:32	Male	60-69		STRAND AC
994	Catherine Venter	02:27:35	Female	50-59		
995	Benita Rixton	02:27:37	Female	40-49		
996	Carel Theo Lloyd	02:27:52	Male	Open		
997	Jeremy Nefdt	02:28:05	Male	Open		
998	Rosa-lee Fourie	02:28:06	Female	Open		
999	Pam Chiyanika	02:28:09	Female	40-49		TEAM VITALITY CLUB WC
1000	Abdul Basier Mollagee	02:28:09	Male	Open		TEAM VITALITY CLUB WC
1001	Robyn Derwin	02:28:10	Female	Open		
1002	Lerato Nkwenkwezi	02:28:11	Female	Open		KHAYELITSHA AC
1003	Everan Chetty	02:28:23	Male	Open		TEAM VITALITY CLUB WC
1004	Andrea Jones	02:28:24	Female	Open		CARBINEERS WP
1005	Mark Calvert	02:28:32	Male	40-49		
1006	Delle Reese Philander	02:28:35	Female	40-49		PINELANDS AC
1007	Alan Gibb	02:28:53	Male	60-69		TOTALSPORTS VOB RUNNING CLUB
1008	Danyal Salie	02:28:53	Male	Open		SACS ALUMNI RUNNING CLUB
1009	Aditya Kumar	02:28:56	Male	40-49		
1010	Mike Kellett	02:28:58	Male	50-59		WEST COAST AC
1011	Joanne Amunjela	02:29:01	Female	Open		CELTIC HARRIERS
1012	Tim Beavon	02:29:03	Male	50-59		HELDERBERG HARRIERS
1013	Kim Ellman	02:29:04	Female	40-49		VIKING ATHLETICS CLUB
1014	Natasha Dyers	02:29:05	Female	40-49		WATERFALL AC
1015	Anthony Bulcraig	02:29:08	Male	60-69		





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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1016	Shakoor Johaar	02:29:11	Male	Open		
1017	Quintell Sally Schoeman	02:29:14	Female	Open		NEDBANK RUNNING CLUB CG
1018	Loyiso Ngqwemla	02:29:14	Male	40-49		RCS GUGULETU AC
1019	James Buchanan	02:29:15	Male	Open		
1020	Jessica Ballantyne	02:29:17	Female	Open		RETAIL CAPITAL LANGA AC
1021	Xoliswa Khiba	02:29:20	Female	Open		JTH AFRICAN NATIONAL DEFENCE FORCE
1022	Rina Van Der Merwe	02:29:25	Female	50-59		BELLVILLE AC
1023	Sharon Carter	02:29:25	Female	Open		EDGEMEAD RUNNERS
1024	Margie Foord	02:29:27	Female	50-59		EDGEMEAD RUNNERS
1025	Candice Rademeyer	02:29:28	Female	40-49		EDGEMEAD RUNNERS
1026	John Powell	02:29:31	Male	Open		
1027	Lance Raftesath	02:29:34	Male	50-59		TOTALSPORTS VOB RUNNING CLUB
1028	Shane Kooyman	02:29:35	Male	40-49		
1029	Londoloza Memani	02:29:39	Male	50-59		ADVENTISTS AC WP
1030	Gasam Sulaiman	02:29:44	Male	50-59		
1031	Liezl Lewis	02:29:51	Female	40-49		ATC RUNNING
1032	Torbjarn Aaberge Nes	02:29:52	Male	Open		
1033	Kath Basson	02:29:53	Female	60-69		ATC RUNNING
1034	Luqmaan Rawat	02:29:57	Male	Open		
1035	Amanullah Allie	02:29:58	Male	40-49		CELTIC HARRIERS
1036	Agmat Abrahams	02:30:00	Male	Open		
1037	Carriem Ismail	02:30:00	Male	50-59		WALMERS AC WP
1038	Carmin Burton	02:30:01	Female	50-59		CHAEI SPORTS & RECREATION CLUB
1039	Lauren Pinder	02:30:01	Female	Open		
1040	Jeremy De Mink	02:30:03	Male	40-49		
1041	Paul Murphy	02:30:03	Male	60-69		CARBINEERS WP
1042	Celeste Kooyman	02:30:03	Female	40-49		
1043	Jamie Rixton	02:30:04	Male	40-49		
1044	Refiloe Nkhasi	02:30:04	Female	Open		
1045	Sameer Rawoot	02:30:04	Male	Open		NANTES AC
1046	Nicky Mcgurk	02:30:04	Female	40-49		EDGEMEAD RUNNERS
1047	Sbucy Mdhluli	02:30:04	Female	Open		TEAM VITALITY CLUB KZN
1048	Sithombo Maqungo	02:30:05	Male	40-49		CARBINEERS WP
1049	Henry Jones	02:30:05	Male	60-69		SPARTAN HARRIERS
1050	Fuad Davids	02:30:06	Male	60-69		OMMIEDRAAI FRIENDS AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1051	Mindlo Mdhului	02:30:07	Male	40-49		TEAM VITALITY CLUB KZN
1052	Shamsudien Dhansay	02:30:12	Male	50-59		BRIMSTONE ITHEKO SPORT AC
1053	Nina Crawford	02:30:14	Female	Open		SPARTAN HARRIERS
1054	Zani Watts	02:30:18	Female	40-49		
1055	Muhammad Sanglay	02:30:19	Male	Open		TOP FORM AC
1056	Nadeem Sanglay	02:30:20	Male	Open		TOP FORM AC
1057	Muhammed Asgar Dalvie	02:30:21	Male	40-49		TOP FORM AC
1058	Yanga Vava	02:30:22	Male	Open		
1059	Lazola Ndima	02:30:23	Male	Open		TEAM VITALITY CLUB WC
1060	Linda Boyd	02:30:23	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
1061	Sandra Jonathan	02:30:26	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
1062	Rue Adonis	02:30:32	Female	40-49		EDGEMEAD RUNNERS
1063	Likhona Booi	02:30:37	Female	Open		
1064	Renee Adams	02:30:42	Female	Open		
1065	Carlo Marra	02:30:44	Male	40-49		RCS GUGULETU AC
1066	Bea Theunissen	02:30:46	Female	40-49		CARBINEERS WP
1067	Deborah Horn-botha	02:30:54	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
1068	Cherelle Leong	02:30:55	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
1069	Matthew Maritz	02:30:59	Male	50-59		TEAM VITALITY CLUB WC
1070	Brian Abdoll	02:31:09	Male	50-59		DURBANVILLE AC
1071	Crystle-lynn Moore	02:31:15	Female	Open		KUILS RIVER RC
1072	Trevor Eckleton	02:31:18	Male	50-59		KUILS RIVER RC
1073	Tracy Orione	02:31:19	Female	50-59		
1074	Rialize Joubert	02:31:25	Female	50-59		STRAND AC
1075	Tertia De Waal	02:31:25	Female	50-59		STRAND AC
1076	Jarryd David Bresler	02:31:27	Male	Open		
1077	Shelley Janssonius	02:31:39	Female	40-49		MELKBOS AC
1078	Folkert Mulder	02:31:40	Male	50-59		
1079	Jikke Mulder	02:31:42	Female	Open		
1080	Marilize Brits	02:31:48	Female	Open		CAPE MULTI SPORT CLUB
1081	Melanie Bellingan	02:31:57	Female	50-59		RETAIL CAPITAL LANGA AC
1082	Mario Bellingan	02:31:59	Male	40-49		RETAIL CAPITAL LANGA AC
1083	Fabian De Beer	02:31:59	Male	60-69		DURBANVILLE AC
1084	Trezinha De Beer	02:32:00	Female	50-59		DURBANVILLE AC
1085	Sandra Smith	02:32:08	Female	50-59		TOTALSPORTS VOB RUNNING CLUB



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1086	Musa Vanqa	02:32:12	Male	Open		STUTTERHEIM AC
1087	Fergus Payne	02:32:14	Male	40-49		BRACKENFELL AC
1088	Cindy Tembo	02:32:16	Female	Open		PINELANDS AC
1089	Lisa Pereira	02:32:18	Female	50-59		
1090	Susanna Johanna Barnard	02:32:28	Female	Open		
1091	Anja Leonard	02:32:31	Female	50-59		PINELANDS AC
1092	Greg Butters	02:32:36	Male	Open		CELTIC HARRIERS
1093	Wilma Van Wyk	02:33:09	Female	40-49		BRACKENFELL AC
1094	Kathleen Van Der Westhuizen	02:33:15	Female	50-59		CARBINEERS WP
1095	Muhammed Madhi	02:33:25	Male	Open		NANTES AC
1096	Taariq Paulsen	02:33:33	Male	40-49		
1097	Preshendran Odayar	02:33:36	Male	Open		JACARANDA AC
1098	Francoise Baillie-cooper	02:33:40	Female	50-59		SPARTAN HARRIERS
1099	Da-eun Kim	02:33:45	Female	Open		TEAM VITALITY CLUB WC
1100	Clemens Bott	02:33:46	Male	Open		
1101	Catherine Creamer	02:33:46	Female	Open		
1102	Daniel Lindner	02:33:46	Male	Open		
1103	Moritz Kohlhas	02:33:47	Male	Open		
1104	Justin Fourie	02:33:48	Male	40-49		
1105	Belinda Toth	02:34:03	Female	50-59		
1106	Karen Crawcour	02:34:04	Female	50-59		TEAM VITALITY CLUB WC
1107	Ntomboxolo Williams	02:34:08	Female	Open		
1108	Conrad Joseph	02:34:09	Male	40-49		GOODWOOD HARRIERS
1109	Mujeeb Gangrakar	02:34:09	Male	50-59		BRIMSTONE ITHEKO SPORT AC
1110	Lauren Steyn	02:34:13	Female	50-59		TEAM VITALITY CLUB WC
1111	Julie Hornby	02:34:15	Female	60-69		DOLPHIN COAST STRIDERS
1112	Ilham Omar	02:34:18	Female	Open		OMMIEDRAAI FRIENDS AC
1113	Sumayah Jonkers	02:34:20	Female	40-49		BRIMSTONE ITHEKO SPORT AC
1114	Malika Kalam	02:34:20	Female	40-49		OMMIEDRAAI FRIENDS AC
1115	Glynis Gossmann	02:34:22	Female	40-49		CELTIC HARRIERS
1116	Martine Sandler	02:34:26	Female	Open		
1117	Marjorie Dawn Alexander	02:34:27	Female	Open		EDGEMEAD RUNNERS
1118	Lee Reynecke	02:34:27	Male	Open		WEST COAST AC
1119	Firdoze Daniels	02:34:30	Female	Open		ASICS AC WP
1120	Anton Friend	02:34:32	Male	50-59		



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## 21.1km Results

Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1121	Paula Van Der Merwe	02:34:33	Female	Open		WEST COAST AC
1122	Christo Werth	02:34:35	Male	Open		TEAM VITALITY CLUB WC
1123	Corinne De Vries	02:34:35	Female	Open		
1124	Nathan Cassels	02:34:48	Male	Open		
1125	Kereesha Govindasamy	02:34:49	Female	Open		
1126	Megan Horne	02:34:53	Female	Open		
1127	Chamoze Snyders	02:34:55	Female	Open		
1128	Sarah Teich	02:35:06	Female	Open		
1129	Katherine Alice Usher	02:35:06	Female	Open		TEAM VITALITY CLUB WC
1130	Asavela Msweli	02:35:17	Female	Open		RCS GUGULETU AC
1131	Bridgette Apollis	02:35:20	Female	60-69		SPARTAN HARRIERS
1132	Gary Andrews	02:35:31	Male	50-59		ATLANTIC AC
1133	Isabel Steenkamp	02:35:35	Female	50-59		WEST COAST AC
1134	Asma Achmad	02:35:36	Female	50-59		ARD AC
1135	Fareed Cozyn	02:35:37	Male	50-59		OMMIEDRAAI FRIENDS AC
1136	Warren Hurd	02:35:49	Male	50-59		CELTIC HARRIERS
1137	Rene Barnard	02:35:53	Female	Open		
1138	Mas'ood Dangor	02:36:00	Male	Open		TEAM VITALITY CLUB WC
1139	Nonkosazana Nyamakazi	02:36:01	Female	Open		ADVENTISTS AC WP
1140	Simone Bezuidenhout	02:36:06	Female	Open		TOTALSPORTS VOB RUNNING CLUB
1141	Jenny Bright	02:36:09	Female	40-49		
1142	Garth Littlewood	02:36:10	Male	60-69		
1143	Ingrid Brigitte Crowder	02:36:14	Female	50-59		EDGEMEAD RUNNERS
1144	Jimmy Adonis	02:36:16	Male	70+		RCS GUGULETU AC
1145	Edgar Julies	02:36:24	Male	40-49		PINELANDS AC
1146	Ingrid Benn	02:36:26	Female	Open		TEAM VITALITY CLUB WC
1147	Monique Martens	02:36:28	Female	60-69		WEST COAST AC
1148	Noel Goosen	02:36:30	Male	Open		GOODWOOD HARRIERS
1149	Ane De Kock	02:36:31	Female	Open		
1150	Giorgia Ruckard	02:36:35	Female	Open		
1151	Lavinia Montagna	02:36:42	Female	Open		
1152	Samantha Harper	02:36:48	Female	40-49		MELKBOS AC
1153	Malena Van Der Merwe	02:36:49	Female	40-49		
1154	Sally Sage	02:36:59	Female	50-59		
1155	Lorraine Nevin	02:37:07	Female	60-69		TOTALSPORTS VOB RUNNING CLUB



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1156	Brett Sparks	02:37:08	Male	Open		
1157	Jude-rhys Schroter	02:37:08	Male	Open		TEAM VITALITY CLUB KZN
1158	Shaun Leonard	02:37:08	Male	Open		TEAM VITALITY CLUB WC
1159	Deanne Gomes	02:37:09	Female	40-49		TEAM VITALITY CLUB KZN
1160	Natasha Erichsen	02:37:17	Female	40-49		
1161	Nqabakazi Qikwa	02:37:22	Female	Open		LWANDLE AC
1162	Yolande Tharratt	02:37:24	Female	40-49		
1163	Carla Pottas	02:37:26	Female	40-49		
1164	Abduragheem Slamang	02:37:27	Male	Open		BO-KAAP ATHLETICS
1165	Tracey Miles	02:37:36	Female	40-49		
1166	Cheryl Mostert	02:37:40	Female	40-49		CELTIC HARRIERS
1167	Ivan Mclean	02:37:41	Male	50-59		ZANDVLEI AC
1168	Yolandie Janse Van Vuuren	02:37:42	Female	Open		MELKBOS AC
1169	Desiree Maggott	02:37:43	Female	Open		MELKBOS AC
1170	Owen Hendricks	02:37:47	Male	60-69		CELTIC HARRIERS
1171	Carla Bester	02:38:02	Female	50-59		BRACKENFELL AC
1172	Isabel Naude	02:38:05	Female	Open		BELLVILLE AC
1173	Cheryl Jamieson	02:38:06	Female	40-49		RUN WALK FOR LIFE WP
1174	Andrew Jamieson	02:38:06	Male	50-59		RUN WALK FOR LIFE WP
1175	Meyburgh Hofmeyr	02:38:08	Male	50-59		MELKBOS AC
1176	Sune Olivier	02:38:08	Female	Open		MELKBOS AC
1177	Tracy Schwartz	02:38:19	Female	50-59		TEAM VITALITY CLUB WC
1178	Wendy Cuninghame	02:38:22	Female	50-59		
1179	Vera Nagtegaal	02:38:27	Female	40-49		TOTALSPORTS VOB RUNNING CLUB
1180	Jeanine Henning	02:38:27	Female	40-49		
1181	Elsa Kerschbaumer	02:38:29	Female	40-49		MOUNTAIN AND TRAIL ENTHUSIASTS
1182	Claire Hoving	02:38:30	Female	40-49		MOUNTAIN AND TRAIL ENTHUSIASTS
1183	Karlien Bruwer	02:38:36	Female	Open		
1184	Melanie Mcewan	02:38:41	Female	Open		PINELANDS AC
1185	Riyaas Hendricks	02:38:41	Male	Open		
1186	John Dawes	02:38:43	Male	60-69		PINELANDS AC
1187	Nina Breitenbach	02:38:43	Female	Junior		
1188	Rob Smith	02:38:46	Male	Open		
1189	Kassabaine Petersen	02:39:01	Female	50-59		WEST COAST AC
1190	Deepesh Karsan	02:39:02	Male	Open		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1191	Russell Narunsky	02:39:07	Male	50-59		
1192	Sean Harris	02:39:10	Male	60-69		PINELANDS AC
1193	Mona-lisa Bango	02:39:19	Female	Open		
1194	Lindiwe Ninini	02:39:20	Female	40-49		TEAM VITALITY CLUB WC
1195	Hermann Swart	02:39:32	Male	40-49		HELDERBERG HARRIERS
1196	Mira Leibowitz	02:39:46	Female	Open		
1197	Amrita Pande	02:40:16	Female	40-49		
1198	Pumla Ndomile	02:40:23	Female	60-69		TEAM VITALITY CLUB WC
1199	Mogamat Seraj Alawie	02:40:26	Male	40-49		GOODWOOD HARRIERS
1200	Belinda Petersen	02:40:28	Female	50-59		GOODWOOD HARRIERS
1201	Tasneem Alexander	02:40:28	Female	40-49		GOODWOOD HARRIERS
1202	Carol Pick	02:40:28	Female	50-59		SPARTAN HARRIERS
1203	Neil Spann	02:40:28	Male	60-69		HELDERBERG HARRIERS
1204	Gcina Dlulane	02:40:33	Female	Open		RCS GUGULETU AC
1205	Shena De Beer	02:40:34	Female	Open		DURBANVILLE AC
1206	Henry Du Plessis	02:40:35	Male	50-59		PINELANDS AC
1207	Delyse Rist	02:40:35	Female	60-69		PINELANDS AC
1208	Marilyn Rorich	02:40:35	Female	50-59		PINELANDS AC
1209	Edgar Rorich	02:40:36	Male	60-69		PINELANDS AC
1210	Natasha Ferreira	02:40:40	Female	40-49		DURBANVILLE AC
1211	Matumelo Mainaakae	02:40:51	Female	40-49		TEAM VITALITY CLUB WC
1212	Sune Conradie	02:41:02	Female	Open		BELLVILLE AC
1213	Malcolm Farrell	02:41:05	Male	60-69		TEAM VITALITY CLUB WC
1214	Kami Thebus	02:41:05	Female	50-59		OMMIEDRAAI FRIENDS AC
1215	Zinhle Ndubazi	02:41:09	Female	Open		
1216	Darren Adams	02:41:14	Male	Open		
1217	Mikayhla Joubert	02:41:15	Female	Open		
1218	Landon-j Olivier	02:41:16	Male	Open		
1219	Leanne Sparks	02:41:20	Female	40-49		
1220	Jaikhomba Singha	02:41:24	Male	Open		
1221	Nicola Old	02:41:29	Female	50-59		EDGEMEAD RUNNERS
1222	Erwin Rencken	02:41:30	Male	40-49		EDGEMEAD RUNNERS
1223	Heather Brading	02:41:31	Female	50-59		FISH HOEK AC
1224	Daryl Faure	02:41:32	Female	50-59		FISH HOEK AC
1225	Anri Jooste	02:41:48	Female	Open		MELKBOS AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1226	Suzaan Schoeman	02:41:49	Female	40-49		MELKBOS AC
1227	Cassandra Randall	02:42:04	Female	Open		
1228	Maretha Wessels	02:42:06	Female	50-59		BELLVILLE AC
1229	Jo Van Den Berg	02:42:07	Female	40-49		BELLVILLE AC
1230	Richard Norman	02:42:07	Male	50-59		BELLVILLE AC
1231	Riaan Oosthuizen	02:42:08	Male	50-59		BELLVILLE AC
1232	Adetola Okunlola-browning	02:42:22	Female	Open		
1233	Darlene Lubbe	02:42:24	Female	50-59		
1234	Saabier Mohamed	02:42:24	Male	Open		OMMIEDRAAI FRIENDS AC
1235	Kaygee Phala	02:42:25	Female	Open		TEAM VITALITY CLUB WC
1236	Jaylee Brink	02:42:47	Female	Open		CARBINEERS WP
1237	Kashiefa Edwards	02:42:51	Female	50-59		
1238	Charlene Rhode	02:42:52	Female	50-59		SPARTAN HARRIERS
1239	Pinky Siwele	02:42:55	Female	50-59		TEAM VITALITY CLUB WC
1240	Bonita Fredericks	02:43:04	Female	50-59		SPARTAN HARRIERS
1241	Tracey Da Mata	02:43:04	Female	50-59		SPARTAN HARRIERS
1242	Katherine Darvall	02:43:09	Female	50-59		BRACKENFELL AC
1243	Bernice October	02:43:20	Female	60-69		DURBANVILLE AC
1244	Deneeze Fritz	02:43:21	Female	60-69		EDGEMEAD RUNNERS
1245	Nihaad Jacobs	02:43:24	Female	Open		TOP FORM AC
1246	Amanda Jackson	02:43:33	Female	60-69		TOTALSPORTS VOB RUNNING CLUB
1247	Renee Cupid	02:44:09	Female	50-59		BRIMSTONE ITHEKO SPORT AC
1248	Patrick Andries	02:44:09	Male	50-59		EDGEMEAD RUNNERS
1249	Melissa Van Der Merwe	02:44:09	Female	Open		TEAM VITALITY CLUB WC
1250	Dee Klassen Pearce	02:44:10	Female	40-49		CARBINEERS WP
1251	Nyameka Nogixa	02:44:10	Female	Open		TEAM VITALITY CLUB WC
1252	Caronne Jones	02:44:10	Female	Open		CELTIC HARRIERS
1253	Janeen De Klerk	02:44:26	Female	60-69		
1254	Nicky Smith	02:44:27	Female	40-49		EDGEMEAD RUNNERS
1255	Yolanda Jason	02:44:28	Female	50-59		EDGEMEAD RUNNERS
1256	Sinoxolo Nyika	02:44:53	Female	Open		TEAM VITALITY CLUB WC
1257	Alicia Velaphi	02:45:16	Female	Open		LWANDLE AC
1258	Nkopodi Sherperd Maepa	02:45:21	Male	Open		
1259	Odette Geldenhuys	02:45:22	Female	60-69		
1260	Crystal Ritchie	02:45:25	Female	50-59		RCS GUGULETU AC





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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1261	Ncumisa Matu	02:45:28	Female	Open		STUTTERHEIM AC
1262	Benjamin Gatley-dewing	02:45:28	Male	Junior		
1263	Nicole Adams	02:45:39	Female	Open		EDGEMEAD RUNNERS
1264	Elizabeth Mamacos	02:45:42	Female	40-49		CELTIC HARRIERS
1265	Lance Hermanus	02:46:01	Male	Open		
1266	Herchelle Hermanus	02:46:03	Male	Open		
1267	Wendy Marock	02:46:04	Female	50-59		
1268	Gadija Davids	02:46:15	Female	50-59		BRIMSTONE ITHEKO SPORT AC
1269	Evan Craig	02:46:16	Male	Open		
1270	Razeen Davids	02:46:17	Male	60-69		BRIMSTONE ITHEKO SPORT AC
1271	Bernice Adams	02:46:26	Female	Open		PAARL AC
1272	Dikgapane Makhetha	02:46:30	Female	50-59		ADVENTISTS AC WP
1273	Freddie Le Roux	02:46:44	Male	40-49		
1274	Preston Lewis	02:46:47	Male	Junior		
1275	Dominique Lewis	02:46:48	Female	Open		PICK `N PAY AC WP
1276	Michelle Lewis	02:46:48	Female	50-59		BELLVILLE AC
1277	Marc Wyllie	02:46:48	Male	40-49		PICK `N PAY AC WP
1278	Sarah Salie	02:47:01	Female	40-49		BRIMSTONE ITHEKO SPORT AC
1279	Anna Retief	02:47:09	Female	50-59		SPARTAN HARRIERS
1280	Kerry Collins	02:47:11	Female	60-69		
1281	Elizma Kotze	02:47:17	Female	50-59		
1282	Sigqibo Shoba	02:47:21	Male	Open		RCS GUGULETU AC
1283	Glenda Monson	02:47:30	Female	70+		CELTIC HARRIERS
1284	Carlyn Julius-grove	02:47:31	Female	40-49		TEAM VITALITY CLUB WC
1285	Teresa Brooks	02:47:33	Female	50-59		DURBANVILLE AC
1286	Jeanne Adonis	02:47:35	Female	50-59		DURBANVILLE AC
1287	Landisiwe Mzukwa	02:47:40	Female	Open		TEAM VITALITY CLUB CG
1288	Mpho Mokhethi	02:47:51	Female	Open		TEAM VITALITY CLUB WC
1289	Fumane Matebele	02:48:06	Female	Open		TEAM VITALITY CLUB WC
1290	Coco Fanie	02:48:08	Female	40-49		PICK `N PAY AC WP
1291	Isgaak Ebrahim	02:48:13	Male	50-59		OMMIEDRAAI FRIENDS AC
1292	Shahied Kalam	02:48:15	Male	50-59		OMMIEDRAAI FRIENDS AC
1293	Melany Du Plessis	02:48:54	Female	50-59		PINELANDS AC
1294	Lee-ann Harris	02:48:54	Female	50-59		PINELANDS AC
1295	Andre Daniels	02:48:58	Male	40-49		WEST COAST AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1296	Cherge Geswint	02:48:59	Male	Open		ASICS AC WP
1297	Zolisa Arosi	02:49:10	Male	Open		TEAM VITALITY CLUB WC
1298	Danjelle Midgley	02:49:27	Female	Open		TEAM VITALITY CLUB WC
1299	Maria Makhabane	02:49:41	Female	Open		TEAM VITALITY CLUB CG
1300	Pauline Basera	02:49:42	Female	Open		LWANDLE AC
1301	Pamela Jamjam	02:49:46	Female	40-49		
1302	Tracey McGee	02:50:03	Female	60-69		EDGEMEAD RUNNERS
1303	Zurainah Davids	02:50:03	Female	50-59		GOODWOOD HARRIERS
1304	Penelope Martin	02:50:05	Female	60-69		GOODWOOD HARRIERS
1305	Vuyiseka Zikolo	02:50:08	Female	40-49		MANONI RUNNING CLUB
1306	Ilse De Wet	02:50:10	Female	40-49		CELTIC HARRIERS
1307	Sherin Antony	02:50:11	Female	Open		TOTALSPORTS VOB RUNNING CLUB
1308	Lindokuhle Methula	02:50:11	Female	Open		
1309	Catherine Shore	02:50:18	Female	50-59		PINELANDS AC
1310	Raymonde Van Der Scholtz	02:50:20	Female	50-59		PINELANDS AC
1311	Michele King	02:51:07	Female	60-69		SPARTAN HARRIERS
1312	Michelle Huggins	02:51:07	Female	Open		
1313	Taka Dube	02:51:28	Male	Open		TEAM VITALITY CLUB WC
1314	Steve Lazaro	02:51:38	Male	40-49		DRDLR AC WP
1315	Donovan Hartogh	02:51:39	Male	50-59		PINELANDS AC
1316	Liz Hudson	02:51:51	Female	60-69		SPARTAN HARRIERS
1317	Lisl Van Niekerk	02:51:53	Female	40-49		SPARTAN HARRIERS
1318	Holly Mkhize	02:51:55	Male	40-49		
1319	Kayla Mkhize	02:51:56	Female	Open		
1320	Nicole Clayton	02:51:59	Female	40-49		
1321	Victoria De La Cour	02:52:01	Female	40-49		MOUNTAIN AND TRAIL ENTHUSIASTS
1322	Matapa Makoela	02:52:32	Female	Open		AECI running Club
1323	Thembinkosi Mhlungu	02:52:34	Male	50-59		RCS GUGULETU AC
1324	Nicole Alexander	02:52:34	Female	Open		TOTALSPORTS VOB RUNNING CLUB
1325	Estelle Annette Erasmus	02:52:34	Female	50-59		RUNAVATION AC
1326	Jenni Lombard	02:52:36	Female	40-49		TOTALSPORTS VOB RUNNING CLUB
1327	Musaddiq Mollagee	02:52:40	Male	Open		EDGEMEAD RUNNERS
1328	Ruchana Motlekar	02:52:52	Female	Open		
1329	Nazlie Southgate	02:52:58	Female	60-69		NANTES AC
1330	Melanie Meyer	02:52:59	Female	40-49		



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1331	Ashraf Southgate	02:52:59	Male	60-69		NANTES AC
1332	Marquerite Schutte	02:53:08	Female	Open		DURBANVILLE AC
1333	Ken Buchanan	02:53:10	Male	70+		HARFIELD HARRIERS
1334	Francois Schutte	02:53:12	Male	60-69		DURBANVILLE AC
1335	Anthony Caisley	02:53:12	Male	40-49		DURBANVILLE AC
1336	Monique Schutte	02:53:13	Female	Open		DURBANVILLE AC
1337	Adrian Dukhan	02:53:13	Male	Open		
1338	Teboho Makhabane	02:53:38	Female	Open		
1339	Richard Sibongiseni Ngcobo	02:53:39	Male	60-69		
1340	Liziwe Nqentsu	02:53:48	Female	50-59		GOODWOOD HARRIERS
1341	Helene Fouche	02:55:18	Female	50-59		ATC RUNNING
1342	Ric Marini	02:55:20	Male	60-69		RAND AC
1343	Michelle Taylor	02:55:22	Female	50-59		EDGEMEAD RUNNERS
1344	Nyameka Mthombo	02:55:40	Female	40-49		TEAM VITALITY CLUB WC
1345	Ziyanda Lukrozo	02:55:40	Female	Open		TEAM VITALITY CLUB WC
1346	Rukshana Allie	02:55:42	Female	50-59		GOODWOOD HARRIERS
1347	Ruqqiyah Ahmed	02:55:43	Female	40-49		GOODWOOD HARRIERS
1348	Shu-aib Saban	02:55:44	Male	40-49		KENSINGTON & FACTRETON SAC
1349	Kayla Blom	02:56:04	Female	Open		BELLVILLE AC
1350	Carmen Jansen	02:56:16	Female	40-49		STRAND AC
1351	Andrew Potts	02:56:19	Male	60-69		
1352	Carol Maleka	02:56:25	Female	40-49		TEAM VITALITY CLUB WC
1353	Lizet Murray	02:56:31	Female	50-59		BELLVILLE AC
1354	Raymond Apolles	02:56:45	Male	40-49		BELLVILLE AC
1355	Corrie Bezuidenhout	02:57:00	Male	60-69		
1356	Morne Bezuidenhout	02:57:03	Male	Open		
1357	Stephen Old	02:57:14	Male	50-59		EDGEMEAD RUNNERS
1358	Candice Collop	02:57:46	Female	40-49		SPARTAN HARRIERS
1359	Carla Anders	02:57:55	Female	40-49		SPARTAN HARRIERS
1360	Shiven Harrichunder	02:58:42	Male	Open		
1361	Melissa-jane Grace	02:58:59	Female	40-49		SPARTAN HARRIERS
1362	Ilyaas Mohamed	02:58:59	Male	Open		
1363	Michelle Walton	02:59:10	Female	50-59		TOTALSPORTS VOB RUNNING CLUB
1364	Tom Beasor	02:59:11	Male	70+		TOTALSPORTS VOB RUNNING CLUB
1365	Megan Kluyts	02:59:11	Female	50-59		WEST COAST AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1366	Gill Koch	02:59:12	Female	60-69		WEST COAST AC
1367	Karen De Jongh	02:59:14	Female	50-59		WEST COAST AC
1368	Phumzile Gubanca	02:59:15	Female	Open		CENTURY CITY AC
1369	Asiphe Sisu	02:59:26	Female	Open		
1370	Sherwin Manjo	02:59:35	Male	40-49		ADVENTISTS AC WP
1371	Shamieg Davids	02:59:37	Male	50-59		GOODWOOD HARRIERS
1372	Heather Roode	02:59:39	Female	50-59		SPARTAN HARRIERS
1373	Desmond Dantu	02:59:39	Male	50-59		GOODWOOD HARRIERS
1374	Christa Baard	02:59:57	Female	40-49		TEAM VITALITY CLUB WC
1375	Charl Baard	03:00:00	Male	40-49		TEAM VITALITY CLUB WC
1376	Sherryl Elkin	03:01:36	Female	50-59		HELDERBERG HARRIERS
1377	Yolanda Dyonase	03:01:36	Female	Open		RESBANK AC WP
1378	Ayesha Sha	03:01:41	Female	40-49		GOODWOOD HARRIERS
1379	Amitraj Dass	03:02:05	Male	Open		CENTURY CITY AC
1380	Luzaan Papenfus	03:02:05	Female	Open		
1381	Zak Vorster	03:02:07	Male	40-49		
1382	Yumna Jackson	03:02:37	Female	60-69		BRIMSTONE ITHEKO SPORT AC
1383	Dnika Voges	03:02:55	Female	Open		
1384	Khalid Dhansay	03:02:58	Male	40-49		BRIMSTONE ITHEKO SPORT AC
1385	Maria Lewis	03:02:59	Female	60-69		OMMIEDRAAI FRIENDS AC
1386	Nokubonga Dyantyi	03:02:59	Female	40-49		EDGEMEAD RUNNERS
1387	Lebohang Mosia	03:02:59	Male	40-49		TEAM VITALITY CLUB CG
1388	Allie Rawoot	03:03:02	Male	50-59		
1389	Carina Martin	03:03:14	Female	40-49		PAARL AC
1390	Dillan Stevens	03:03:18	Male	Open		NANTES AC
1391	Fatima Hendricks	03:03:27	Female	50-59		ARD AC
1392	Rukaya Mansoor	03:03:34	Female	Open		
1393	Winston Davids	03:03:46	Male	40-49		TEAM VITALITY CLUB WC
1394	Bernadette Lewin-daries	03:03:53	Female	50-59		SPARTAN HARRIERS
1395	Gavin Daries	03:03:54	Male	50-59		SPARTAN HARRIERS
1396	Judy Thebus	03:04:25	Female	60-69		OMMIEDRAAI FRIENDS AC
1397	Jabu Mpongoshe	03:04:45	Female	40-49		RETAIL CAPITAL LANGA AC
1398	So-dieq Smith	03:04:48	Male	Open		
1399	Paula Janse Van Rensburg	03:04:54	Female	50-59		DURBANVILLE AC
1400	Thembela Mantungwa	03:05:26	Female	40-49		CENTURY CITY AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1401	Ebrahim Wajoodien	03:05:45	Male	40-49		OMMIEDRAAI FRIENDS AC
1402	Sedick Petersen	03:05:51	Male	40-49		OMMIEDRAAI FRIENDS AC
1403	Richard Cogill	03:07:18	Male	70+		SPARTAN HARRIERS
1404	Noluyolo Magazi	03:07:19	Female	Open		PARLIAMENT OF RSA AC
1405	Agnes Liabunya	03:07:20	Female	40-49		
1406	Sasja Van Der Merwe	03:07:49	Female	40-49		PHOBIANS
1407	Khululwa Magazi	03:10:14	Female	Open		DURBANVILLE AC
1408	Queen Mohale	03:10:56	Female	50-59		
1409	Nontsikelelo Gaca	03:11:17	Female	40-49		
1410	Denise Du Plessis	03:11:37	Female	50-59		Celtics
1411	Brenda Hawkins	03:11:39	Female	Open		MELKBOS AC
1412	Diane Duggan	03:11:39	Female	70+		MELKBOS AC
1413	Omelia Ruiters	03:11:39	Female	40-49		DURBANVILLE AC
1414	Anthony Chemaly	03:11:59	Male	40-49		
1415	Deirdre Poovan	03:12:32	Female	Open		DURBANVILLE AC
1416	Caroline Ziemkendorf	03:12:35	Female	40-49		SPARTAN HARRIERS
1417	Zinhle Mamba	03:13:32	Female	Open		
1418	Betty Wright	03:14:06	Female	50-59		
1419	Erfaan Samsodien	03:14:29	Male	40-49		OMMIEDRAAI FRIENDS AC
1420	Sanam Dowlath	03:14:33	Female	Open		CENTURY CITY AC
1421	Anna Phaloane	03:14:34	Female	40-49		RETAIL CAPITAL LANGA AC
1422	Terri-lee Boucher	03:15:57	Female	Open		CELTIC HARRIERS
1423	Kevin Ernest Gough	03:16:52	Male	60-69		CENTURY CITY AC
1424	Robert Minshall	03:16:53	Male	50-59		CENTURY CITY AC
1425	Joy Makahane	03:17:05	Female	Open		TOTALSPORTS VOB RUNNING CLUB
1426	Anastatia Thorne	03:17:22	Female	40-49		
1427	Yonela Mdledle	03:17:34	Female	Open		
1428	Ethel Hamman	03:18:01	Female	50-59		TEAM VITALITY CLUB WC
1429	Nokuphiwe Gcwabe	03:18:15	Female	40-49		KHAYELITSHA AC
1430	Babalwa Sobisho	03:19:08	Female	40-49		
1431	Luca Zumpt	03:19:17	Male	Open		
1432	Yvette Rijnsburger	03:19:54	Female	40-49		EDGEMEAD RUNNERS
1433	Kim Botha	03:19:59	Female	50-59		WEST COAST AC
1434	Christine Nadauld	03:20:00	Female	40-49		
1435	Razaan Peters	03:20:01	Female	Open		PINELANDS AC



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Pos.	Name	Distance	Time	Gender	Age Category	Running Club
1436	Tasneem Stevens	03:20:01	Female	Open		ARD AC
1437	Nazeem Ahmed	03:20:11	Male	50-59		GOODWOOD HARRIERS
1438	Marco Pietrowski	03:21:14	Male	Open		CHAEI SPORTS & RECREATION CLUB
1439	Mogamat Abrahams	03:21:16	Male	Open		DURBANVILLE AC
1440	Shukri Wiener	03:21:16	Male	40-49		PINELANDS AC
1441	Ashfaaq Mahmood	03:23:53	Female	50-59		
1442	Kgomotso Lehabe	03:23:54	Female	40-49		WEST COAST AC
1443	Garry Botha	03:23:55	Male	Open		WEST COAST AC
1444	Kendall Frost	03:23:55	Female	40-49		WEST COAST AC
1445	Caron Crocker	03:23:55	Female	50-59		EDGEMEAD RUNNERS
1446	Mariette Flint	03:24:03	Female	50-59		ATLANTIC AC
1447	Nic Louw	03:24:06	Male	70+		TOTALSPORTS VOB RUNNING CLUB
1448	Melda Ruiters	03:24:27	Female	60-69		BELLVILLE AC
1449	Saadiqa Dangor	03:26:02	Female	40-49		TEAM VITALITY CLUB WC
1450	Michael Loubscher	03:26:39	Male	50-59		EDGEMEAD RUNNERS
1451	Phumzile Nxumalo	03:26:41	Female	Open		
1452	Gcobisa Shumane	03:26:45	Female	40-49		CHILLIE RUNNING CLUB CG