

CAMEL RUN 2018 16,1 km
SATORI ATHLETICS CLUB
SUNDAY 2 SEPTEMBER 2018

POS	LAST NAME	FIRST NAME	CLUB	GENDER	CAT	LICENSE	TIME
1	Judase	Malusi	Satori Athletics Club	M	SEN	12705	00:57:27
2	Mathomane	Asisipo	Satori Athletics Club	M	SEN	12706	00:58:30
3	Jack	Edward	Central Athletics Club	M	JUN	21106	01:01:53
4	Ngwenduna	Inga	Satori Athletics Club	M	JUN	20570	01:01:57
5	Verland	Gerrit	Satori Athletics Club	M	SEN	5723	01:03:03
6	Mathomane	Zolani	Satori Athletics Club	M	SEN	17181	01:04:31
7	Banda	Harry	Satori Athletics Club	M	SEN	17014	01:04:44
8	George	Colin	K-Way VOB	M	40	713	01:04:59
9	Smith	Warrick	CARBINEERS WP	M	SEN	8200	01:06:34
10	Smit	Andrew	Atlantic Athletic Club	M	SEN	9498	01:06:47
11	Mesham	Daniel	University Of Cape Town Ac	M	SEN	9693	01:07:40
12	Hammond	Calvin	Nedbank Athletics Club	M	JUN	20500	01:08:27
13	Pikker	Mark	K-Way VOB	M	SEN	624	01:08:43
14	Reid	Cecil	Celtic Harriers	M	40	7317	01:09:44
15	Makhubo	Aubrey	West Coast Athletic Club	M	SEN	5800	01:10:55
16	Preston	Dean	Hout Bay Harriers	M	40	2552	01:11:32
17	Singano	Oswald	Satori Athletics Club	M	SEN	11626	01:12:01
18	Brammer	Jayde	Fish Hoek Athletic Club	M	SEN	5166	01:12:20
19	Kent	Warren	Fish Hoek Athletic Club	M	SEN	3233	01:12:48
20	Goldsbrough	Simon	None	M	SEN		01:12:54
21	Wisbeach	James	None	M	50		01:12:59
22	Davidson	Candice-Lee	Harfield Harriers	F	40	13345	01:13:00
23	Shuttleworth	Kathleen	K-Way VOB	F	40	466	01:14:08
24	Driver	Ashley	Harfield Harriers	M	40	8375	01:14:20
25	Samuel	Courts	None	M	JUN		01:14:41
26	Cassiem	Shafiek	BRIMSTONE ITHEKO	M	50	9895	01:14:47
27	Nortje	Marco	None	M	JUN		01:15:22
28	Courts	Jason	Celtic Harriers	M	40	2201	01:15:21
29	Kanyongo	Obertina	Nedbank Athletics Club	F	50	4118	01:16:04
30	Kalis	Mark	Celtic Harriers	M	40	7340	01:16:07
31	Guy	Jonathan	None	M	SEN		01:16:37
32	Van Der Hoven	Wilhelm	CARBINEERS WP	M	SEN	8133	01:16:38
33	Koorts	Willem	None	M	50		01:17:02
34	Inglis	Ken	K-Way VOB	M	50	760	01:17:25
35	Gensicke	Jonas	Pinelands Athletic Club	M	JUN	20001	01:17:37
36	Pannekoek	Nienke	CARBINEERS WP	F	SEN	8088	01:17:43
37	Hamilton	Dain	K-Way VOB	F	50	674	01:17:45
38	Thomas	Jo	K-Way VOB	F	50	1054	01:17:48
39	Ladopoulos	Sotirios	Wild Runner Athletic Club	M	40	2723	01:18:32
40	Whitmill	Barry	Fit 2000 (Wp) Ac	M	40		01:18:38
41	Watson	Grant	CARBINEERS WP	M	40	8169	01:18:45
42	Russon	Shaheed	Top Form Athletic Club	M	50	2478	01:19:18
43	Coldrey	Kevin	None	M	SEN		01:19:35
44	Middlemost	Elmé	Brackenfell Athletic Club	F	SEN	6040	01:19:42
45	Park-Ross	Chloe	West Coast Athletic Club	F	SEN	14688	01:20:22
46	Rabie	Angelique	K-Way VOB	F	50	670	01:20:58

47	Louw	Alan	None	M	SEN		01:21:13
48	January	Shaheen	BRIMSTONE ITHEKO	M	SEN	9942	01:21:18
49	Mushanganyisi	Kanakana	Pinelands Athletic Club	M	40	3820	01:21:44
50	Murray	Hilton	Bellville Athletic Club	M	50	8830	01:22:03
51	Bekker	Ryan	Fish Hoek Athletic Club	M	SEN	5155	01:22:09
52	Berner	Gerrie	Sanlam Athletic Club	M	SEN	8514	01:22:10
53	De Waal	Rosca	None	M	SEN		01:22:21
54	Hendricks	Owen	Celtic Harriers	M	50	7319	01:22:30
55	Hall	Candyce	CARBINEERS WP	F	SEN	8119	01:23:23
56	Strydom	Andre	Fish Hoek Athletic Club	M	SEN	5102	01:23:28
57	Pretorius	Neil	Stellenbosch Athletic Club	M	SEN	699	01:24:04
58	Park-Ross	Iain	West Coast Athletic Club	M	60	5510	01:24:06
59	Sandes-Neil	Ashleigh	K-Way VOB	F	SEN		01:24:10
60	Cornwell	Marc	None	M	SEN		01:25:27
61	Rix	Raymond	K-Way VOB	M	60	458	01:25:41
62	Bullmore	Amanda	None	F	40		01:25:43
63	Rivett	David	Celtic Harriers	M	40	7502	01:25:54
64	Pein	Rebecca	Atlantic Athletic Club	F	SEN	13607	01:26:02
65	Wilcock	David	West Coast Athletic Club	M	40	5533	01:26:06
66	Du Toit	Sakkie	Swartland Athletic Club	M	40	33	01:26:15
67	Klopstra	Sharon	Foresters Running Club	F	SEN	9526	01:26:18
68	Fisher	Matthew	None	M	SEN		01:26:27
69	Andrews	Thomas	K-Way VOB	M	50	65	01:26:36
70	Bennetts	Victoria	CARBINEERS WP	F	40	8050	01:26:43
71	Schippers	Jacques	Wild Runner Athletic Club	M	SEN	3541	01:26:50
72	Mitchell	Douglas	Pinelands Athletic Club	M	50	6622	01:26:51
73	Maregele	Shaun	Goodwood Harriers Running Club	M	40	5009	01:26:51
74	Saunders	Andrew	None	M	40		01:27:07
75	Ralphs	Etien	Fish Hoek Athletic Club	M	SEN		01:27:29
76	Rinquest	Shane	Sacs Old Boys Rc	M	SEN	5194	01:27:33
77	Joubert	Trevor	Goodwood Harriers Running Club	M	40	4982	01:27:44
78	Gensicke	Andreas	Pinelands Athletic Club	M	50	3768	01:27:49
79	Spies	Renate	Fish Hoek Athletic Club	F	SEN	12436	01:27:50
80	Williams	Albert	Top Form Athletic Club	M	60	2466	01:28:10
81	Arendse	Roger	RCS GUGS	M	60	7565	01:28:28
82	Mulaudzi	Maanda	BRIMSTONE ITHEKO	M	50	3358	01:28:31
83	Sandler	Gary	RCS GUGS	M	SEN	7606	01:28:42
84	Wesson	Anel	Fish Hoek Athletic Club	F	40	5163	01:28:58
85	Van Schalkwyk	Gerda	ATC	F	SEN	4374	01:29:15
86	Winfield	Ben	Wild Runner Athletic Club	M	SEN	3552	01:29:22
87	Louw	Dirk	None	M	40		01:29:24
88	Burgess	Marc	Harfield Harriers	M	SEN	8353	01:29:31
89	Van Der Watt	Hedi	None	F	40		01:29:43
90	Visser	Gerard	Hout Bay Harriers	M	50	2505	01:29:49
91	Alexander	John	K-Way VOB	M	SEN	823	01:29:50
92	Hughes	Peter	Mazars Athletic Club	M	50	14022	01:29:55
93	Fritz	Malcolm	Edgemead Runners	M	50	4876	01:30:00
94	Joe	Warrick	Observatory Running Club	M	40	9200	01:30:02
95	Allie	Mohammed	Top Form Athletic Club	M	40	2375	01:30:15
96	Wesson	Jonathan	Fish Hoek Athletic Club	M	40	5162	01:30:21
97	Ebrahim	Mehboob	BRIMSTONE ITHEKO	M	SEN	3150	01:30:26
98	Crowder	Greg	Telkom Athletics Club	M	50	13026	01:30:43
99	Adams	Salie	Central Athletics Club	M	40	6233	01:30:50

100	Benjamin	Fahees	None	M	40		01:30:59
101	Kalis	Dion	Fish Hoek Athletic Club	M	50	12442	01:31:08
102	Lawson	Rob	Fish Hoek Athletic Club	M	50	6708	01:31:09
103	Neveling	Kelly	None	F	40		01:31:16
104	Buhagiar	Andrew	K-Way VOB	M	40	961	01:31:18
105	Healy	Richard	Herbalife Athletics Club	M	60	10444	01:31:19
106	Booi	Xolisiwe	West Coast Athletic Club	F	SEN	5757	01:31:23
107	Maree	Paul	None	M	40		01:31:32
108	Naylor	Paul	None	M	40		01:31:41
109	Bloomfield	Ewan	None	M	40		01:31:46
110	Hill	Nicki	CARBINEERS WP	F	50	8151	01:31:53
111	Cozyn	Isma-Eel	Ommiedraai Friends Athletic Club	M	JUN	20124	01:31:55
112	Boender	Ronny	K-Way VOB	M	40	982	01:31:57
113	Adriaanse	Roger	K-Way VOB	M	50	1162	01:32:08
114	Sacks	Alexis	CARBINEERS WP	F	40	8080	01:32:18
115	Ocker	Dyllan	None	M	SEN		01:32:31
116	Bennett	Peter	Edgemead Runners	M	40	11561	01:32:36
117	Sardien	Kashief	Ommiedraai Friends Athletic Club	M	60	6775	01:32:42
118	Casey	Georgie	None	F	40		01:32:47
119	Von Seidel	Shelley	K-Way VOB	F	SEN	1099	01:32:55
120	September	Chantal	Spartan Harriers Club	F	SEN	1684	01:32:56
121	Korck	Greg	Spartan Harriers Club	M	SEN	1500	01:32:56
122	Johnson	Dale	Riverside Harriers	M	40	4918	01:32:59
123	Orrie	Roldah	BRIMSTONE ITHEKO	F	50	3092	01:33:01
124	Arnold	Patrick	Mates Mountain & Trail Enthusiasts	M	SEN	11522	01:33:27
125	Wheeler	Dave	Hout Bay Harriers	M	60	2501	01:33:41
126	Mccann	Andrew	None	M	40		01:34:06
127	Finkelstein	Dean	None	M	SEN		01:34:19
128	Marais	Eugene	Edgemead Runners	M	40	4969	01:34:25
129	Fowler	Robert	K-Way VOB	M	SEN	1232	01:34:26
130	Damerell	Rob	Harfield Harriers	M	40	7400	01:34:33
131	Hibberd	Christine	Fish Hoek Athletic Club	F	60	5035	01:34:35
132	Uys	Aileen	None	F	SEN		01:34:40
133	Gluckman	Susan	Run Walk For Life Western Province	F	40	5909	01:34:47
134	Solora	Unathi	Pinelands Athletic Club	M	SEN	3737	01:34:52
135	Jeppie	Shamil	Celtic Harriers	M	50	12315	01:34:53
136	Benjamin	Aneeqah	None	F	SEN		01:34:54
137	Mackinnon	Sue	Celtic Harriers	F	40	351	01:34:56
138	Wills	Caroline	Wild Runner Athletic Club	F	40	3536	01:34:57
139	Hassa	Ishmael	K-Way VOB	M	50	1142	01:35:00
140	Bloomer	Kirstin	University Of Cape Town Ac	F	SEN	9691	01:35:02
141	Boonzaaier	Johan	Nedbank Athletics Club	M	50	15751	01:35:06
142	Ravenscroft	Debbie	None	F	SEN		01:35:11
143	Salkinder	Rael	K-Way VOB	M	SEN	488	01:35:13
144	Bova	Katarina	Mates Mountain & Trail Enthusiasts	F	40	15326	01:35:24
145	Olsen	Russell	Mates Mountain & Trail Enthusiasts	M	50	15327	01:35:26
146	Thomas	Stuart	Harfield Harriers	M	SEN	8342	01:35:27
147	Cariem	Nizaamudin	BRIMSTONE ITHEKO	M	SEN	3281	01:35:37
148	Axmann	Dylan	None	M	JUN		01:35:41
149	Charles	Robin	Southern Striders Athletic Club	M	40	14072	01:35:42
150	Moloisane	Thapelo	RCS GUGS	M	SEN	7699	01:35:52
151	Strachan	Craig	K-Way VOB	M	40	631	01:36:01
152	Calf	Richard	None	M	SEN		01:36:15

153	Pelser	Waldimar	None	M	40		01:36:31
154	Andraos	Georgina	K-Way VOB	F	50	649	01:36:38
155	Wright	Mark	K-Way VOB	M	40	1269	01:36:40
156	Price	Craig	K-Way VOB	M	SEN	886	01:36:44
157	Ryklief	Gesant	Central Athletics Club	M	50	6303	01:36:46
158	Janks	Joshua	None	M	SEN		01:36:55
159	Teichmann	Michael	None	M	SEN		01:37:00
160	Crawford	Rory	K-Way VOB	M	40	890	01:37:07
161	Van Rooyen	Kobus	K-Way VOB	M	SEN	528	01:37:07
162	Jacobs	Traviss	Southern Striders Athletic Club	M	40	8460	01:37:12
163	Marle	Michael	Foresters Running Club	M	60	9524	01:37:22
164	Le Roux	Chrisna	Cape Multisport Club	F	SEN	8639	01:37:38
165	Mitchell	Steve	Fish Hoek Athletic Club	M	50	12448	01:37:40
166	Kilmister	Rory	Celtic Harriers	M	SEN	7455	01:37:47
167	Smith	Sonja	Celtic Harriers	F	SEN	7360	01:37:47
168	Mhizha	Justice	Celtic Harriers	M	SEN	7440	01:37:48
169	Smith	Mervin	Celtic Harriers	M	60	7363	01:37:49
170	Van Schalkwyk	Marius	Olifantsrivier Athletic Club	M	50	6086	01:37:55
171	Sukha	Veena	Top Form Athletic Club	F	40	2271	01:38:07
172	Boender	Melanie	Spartan Harriers Club	F	SEN	1561	01:38:08
173	Sihluku	Mthobisi	RCS GUGS	M	40	7955	01:38:08
174	Thomas	Linzi	Harfield Harriers	F	40	16094	01:38:18
175	Tambe	Tahir	BRIMSTONE ITHEKO	M	SEN	14336	01:38:49
176	Jennings	Mike	None	M	SEN		01:38:56
177	Zinn	Matthew	Celtic Harriers	M	SEN	12320	01:39:14
178	Salie	Siraj	BRIMSTONE ITHEKO	M	40	3328	01:39:18
179	Rabin	Sirraaj	BRIMSTONE ITHEKO	M	40	3033	01:39:19
180	Hishin	Guy	Fish Hoek Athletic Club	M	40	5663	01:39:31
181	Youens	Jo	ATC	F	40	13885	01:39:39
182	Gilchrist	John	K-Way VOB	M	40	877	01:39:52
183	Bugler	Barry	None	M	40		01:40:03
184	Fife	Andrew	Harfield Harriers	M	40	8387	01:40:10
185	Stokes	Ashley	Fish Hoek Athletic Club	M	SEN	3872	01:40:13
186	Jones	Clive	Fish Hoek Athletic Club	M	50	5097	01:40:19
187	Cillie	Janneke	Durbanville Athletic Club	F	SEN	2922	01:40:23
188	Wheaton	Spencer	Celtic Harriers	M	40	7474	01:40:26
189	Bruton	Ryan	Albany Road Runners	M	SEN	677	01:40:38
190	Rijkmans	Mikaela	Wild Runner Athletic Club	F	SEN	3558	01:40:40
191	Heyneckke	Jennifer	Hout Bay Harriers	F	50	2544	01:40:59
192	Vermeulen	Sandy	None	F	SEN		01:41:00
193	Jutzen	Brevin	Goodwood Harriers Running Club	M	SEN	5000	01:41:20
194	Visser	Leon	Brackenfell Athletic Club	M	40	6000	01:41:24
195	Kelsey	Austin	Striders Athletic Club	M	60	4918	01:41:28
196	Lewin	Abdul-Muizh	ARD	M	SEN	11167	01:41:31
197	Starck	Shaun	Edgemead Runners	M	SEN	4750	01:41:34
198	Starck	Tammy	Edgemead Runners	F	SEN	4755	01:41:35
199	Ball	Jason	None	M	SEN		01:41:38
200	Ganser	Brian	None	M	40		01:41:39
201	Pace	Elroy	None	M	40		01:41:39
202	Lambarey	Mujeeb	BRIMSTONE ITHEKO	M	SEN	3184	01:41:40
203	Tredoux	Jacuelien	None	F	40		01:41:43
204	Crause	Emelia	None	F	SEN		01:41:45
205	Fischer	Teresa	Herbalife Athletics Club	F	SEN	10430	01:42:08

206	Murphy	Paul	CARBINEERS WP	M	50	8107	01:42:12
207	Roelofse	Pieter	Capitec Running Club	M	40	1973	01:42:16
208	Gaylard	James	Fish Hoek Athletic Club	M	40	5133	01:42:17
209	???	???			SEN		01:42:20
210	Martin	Donovan	Celtic Harriers	M	40	12266	01:42:22
211	Loubser	Nicolaas	West Coast Athletic Club	M	50	5603	01:42:26
212	Bryan	Bradley	K-Way VOB	M	SEN	812	01:42:27
213	Retief	Wendy-Li	Fish Hoek Athletic Club	F	40	3878	01:42:31
214	Van Den Berg	Paul	Fish Hoek Athletic Club	M	SEN	12450	01:42:35
215	Tarr	Helen	Harfield Harriers	F	40	8372	01:42:42
216	Isaacs	David	Pinelands Athletic Club	M	40	3747	01:42:44
217	Nicolas	Paul	Harfield Harriers	M	SEN	8330	01:42:46
218	Mokoena	Musa	SANDF WP	M	40	5385	01:42:47
219	Rixon	Anouska	K-Way VOB	F	SEN	602	01:42:51
220	De Lange	Charn	Edgemead Runners	F	40	4677	01:42:52
221	Bunn	Tracy	Cape Multisport Club	F	40	6341	01:42:52
222	Fellows	Edwin	None	M	SEN		01:43:02
223	Geldenhuis	Annelize	Brackenfell Athletic Club	F	40	6107	01:43:02
224	Bloomer	Wendy	Harfield Harriers	F	50	13320	01:43:24
225	Roper	Andrew	Fish Hoek Athletic Club	M	40	14638	01:43:25
226	Aspeling	Gerhard	Harfield Harriers	M	SEN		01:43:26
227	Bovijn	Kayle	None	M	SEN		01:43:30
228	April	Niklaas	Pinelands Athletic Club	M	60	3699	01:43:31
229	Harris	Gary	Metropolitan Athletic Club	M	50	11869	01:43:32
230	Harris	Olga	Metropolitan Athletic Club	F	SEN	11868	01:43:33
231	Da Silva	Jenny	Metropolitan Athletic Club	F	50	11817	01:43:34
232	Elias	Michael	Spartan Harriers Club	M	40	11512	01:43:39
233	Schiffer	Horst	Fish Hoek Athletic Club	M	70	5070	01:43:50
234	Wood	Shawn	Harfield Harriers	M	40	8347	01:43:56
235	Seaward	Lizette	None	F	50		01:43:59
236	Kuhn	Brandon	None	M	SEN		01:43:59
237	Steel	Wally	Hout Bay Harriers	M	70	2522	01:44:01
238	West	Martin	None	M	SEN		01:44:02
239	Bredenkamp	Cailey	Paarl Athletic Club	F	50	215	01:44:08
240	Felton	Liesl	Spartan Harriers Club	F	40	1563	01:44:10
241	Smith	Richard	None	M	SEN		01:44:12
242	Curry	Dave	Atlantic Athletic Club	M	40	9242	01:44:14
243	Badenhorst	Cornell	Easterns Kraaifontein Athletic Club	F	40	10980	01:44:16
244	Fourie	Deborah	None	F	40		01:44:21
245	Matthis	Farnaz	Fish Hoek Athletic Club	F	40	5137	01:44:22
246	Theron	Jayson	Fish Hoek Athletic Club	M	40	50955	01:44:23
247	Cornelius	Melissa	None	F	SEN		01:44:31
248	Mcgrath	Nathan	None	M	SEN		01:44:36
249	Rowland	Chris	None	M	SEN		01:44:37
250	Williams	Redewaan	Nantes Athletic Club	M	50	7395	01:44:38
251	Marais	Elizabeth	None	F	JUN		01:44:38
252	Chin	Tayla	None	F	SEN		01:44:40
253	Jones	Aynsley	Bellville Athletic Club	F	SEN	6682	01:44:51
254	Jones	Wes	Fit 2000 (Wp) Ac	M	SEN	7222	01:44:53
255	Desai	Nirdev	None	M	40		01:44:57
256	Keynel	Robert	Sanlam Athletic Club	M	50	12696	01:45:03
257	Goodwin	Wanita	None	F	40		01:45:11
258	Augustyn	Deon	Spartan Harriers Club	M	SEN	1913	01:45:24

259	Smyth	Beverley	None	F	40	0	01:45:28
260	Swiel	Wendy	None	F	40	971	01:45:34
261	Marais	Elmari	CARBINEERS WP	F	SEN	8210	01:45:36
262	Du Toit	Anerosa	CARBINEERS WP	F	SEN	8211	01:45:38
263	Wilkinson	Terri	Celtic Harriers	F	SEN	7456	01:45:49
264	Schuller	René	Top Form Athletic Club	F	SEN	2386	01:45:53
265	Howard	Geoff	Helderberg Harriers	M	50	4541	01:45:58
266	Booyesen	Cynthia	RCS GUGS	F	50	7618	01:46:08
267	Tobin	Tara	Celtic Harriers	F	SEN	7435	01:46:15
268	Rust	Sharon	K-Way VOB	F	50	479	01:46:16
269	Clark	Bronwyn	None	F	SEN		01:46:16
270	Holing	Clare	None	F	SEN		01:46:17
271	Ball	Mikaela	Fish Hoek Athletic Club	F	SEN	5116	01:46:18
272	Wood	Timothy	Spartan Harriers Club	M	50	1604	01:46:24
273	Horne	Robert	None	M	40	24668	01:46:46
274	Martin	Ashley	None	M	50		01:46:52
275	Steyn	Christiaan	TYGERBERG	M	40	4234	01:46:54
276	Van Niekerk	Annelize	Fish Hoek Athletic Club	F	SEN	5179	01:47:01
277	Godwin	Hayley	Cape Multisport Club	F	SEN	6348	01:47:05
278	Godwin	Jared	Cape Multisport Club	M	SEN	8733	01:47:07
279	Curran	Robyn	None	F	SEN		01:47:10
280	Woods	Anne	Pinelands Athletic Club	F	40	3950	01:47:28
281	Chong	Peter	West Coast Athletic Club	M	SEN	5664	01:47:34
282	Rowe	Matthew	None	M	40		01:47:35
283	Moodley	Sumanthra	Pinelands Athletic Club	F	50	3903	01:47:44
284	Sefora	Mado	Parliament of RSA Athletic Club	F	40	7188	01:47:50
285	???	???		F	SEN		01:48:00
286	Stevenson	Brenda	Pinelands Athletic Club	F	60	3753	01:48:02
287	Ryklief	Neezaam	Spartan Harriers Club	M	SEN	1379	01:48:05
288	Jadwat	Sadika	BRIMSTONE ITHEKO	F	40	3109	01:48:06
289	Duraan	Morne	None	M	SEN		01:48:17
290	Rorich	Debbie	Spartan Harriers Club	F	40	1446	01:48:20
291	Kubheka	Refiloe	Pinelands Athletic Club	M	SEN	3769	01:48:23
292	Rivers	Nina	None	F	SEN		01:48:27
293	Davis	Bronwyn	Fish Hoek Athletic Club	F	40	5082	01:48:28
294	Goodwin	Bruce	None	M	50		01:48:33
295	Coetzee	Hein	Fish Hoek Athletic Club	M	40	5071	01:48:34
296	Wood	Bruce	West Coast Athletic Club	M	40	5665	01:48:35
297	February	Craig	Wild Runner Athletic Club	M	SEN	3617	01:48:52
298	Jonathan	Sandra	K-Way VOB	F	50	1088	01:48:55
299	Theunissen	Magedie	Top Form Athletic Club	M	50	2330	01:49:07
300	Tratschler	Norman	Estcourt Athletic Club	M	50	8301	01:49:10
301	???	???			SEN		01:49:18
302	Williams	Anne	Pick 'N Pay Athletic Club Wp	F	60	6976	01:49:23
303	Abrahams	Waheed	Central Athletics Club	M	50	6222	01:49:26
304	Page	Mandy	Goodwood Harriers Running Club	F	SEN	4985	01:49:33
305	Raffaelli	Sandy	Spartan Harriers Club	F	40	1448	01:49:48
306	Van Coller	Michael	None	M	50		01:49:48
307	Davel	Jacob	Spartan Harriers Club	M	50	10757	01:49:50
308	Schnehage	Mervin	Pinelands Athletic Club	M	40	3775	01:49:51
309	Porrill	Owen	Pinelands Athletic Club	M	40	3793	01:49:55
310	Brash	Liz	K-Way VOB	F	50		01:50:09
311	Stevens	Paul	Fish Hoek Athletic Club	M	40	5134	01:50:11

312	Swartz	Gregory	K-Way VOB	M	50	472	01:50:12
313	Koen	Bradley	K-Way VOB	M	50	1173	01:50:12
314	???	???			SEN		01:50:13
315	Altern	Jillian	Fish Hoek Athletic Club	F	50	5093	01:50:15
316	Frieslich	Neville	Fish Hoek Athletic Club	M	60	5068	01:50:16
317	Naumann	Sue	None	F	40		01:50:23
318	Naumann	Eckart	None	M	40		01:50:25
319	Lategan	Jill	Goodwood Harriers Running Club	F	40	4946	01:50:29
320	Heywood	Taryn	None	F	SEN		01:50:32
321	Brock	Max	Celtic Harriers	M	60	7392	01:50:36
322	Van Eck	Collette	Fish Hoek Athletic Club	F	60	5054	01:50:39
323	Henry	Gavin	CARBINEERS WP	M	50	8097	01:50:40
324	Smidt	Heidi-Anne	CARBINEERS WP	F	40	8146	01:50:41
325	Tratschler	Christine	Estcourt Athletic Club	F	40	8325	01:50:52
326	Sandi	Fundiswa	Ravensmead Athletic Club	F	SEN	10120	01:50:57
327	Johnson	Paula	Edgemead Runners	F	40	4640	01:50:59
328	Dirks	Calvin	Metropolitan Athletic Club	M	40	11871	01:51:06
329	Kalton	Alan	None	M	70		01:51:09
330	Visser	Louise	None	F	50		01:51:11
331	Hodges	Peter	Spartan Harriers Club	M	40	1372	01:51:14
332	Swan	Greg	RCS GUGS	M	40	4825	01:51:14
333	Curtis	Julia	Atlantic Athletic Club	F	50	9257	01:51:32
334	Aebischer	Rolf	Celtic Harriers	M	60	7299	01:51:37
335	Isaacs	Theresa	K-Way VOB	F	60	1066	01:51:40
336	Byrne	Tony	Run Walk For Life Western Province	M	50	12122	01:51:44
337	Cremer	Trudie	Brackenfell Athletic Club	F	40	6001	01:51:49
338	Joubert	Rob	Foresters Running Club	M	70	12609	01:51:57
339	Barnard	Lukie	None	F	SEN	12467	01:52:01
340	Thurman	Allister	None	M	40		01:52:02
341	Burger	Niel	Wild Runner Athletic Club	M	40	2023	01:52:04
342	Livesey	Aubrey	None	M	SEN		01:52:20
343	Grissom	Farouk	None	M	SEN		01:52:29
344	Isaacs	Mogamed	Ommiedraai Friends Athletic Club	M	SEN	6852	01:52:31
345	???	???			SEN		01:52:38
346	Hendricks	Moegammad	RCS GUGS	M	50	7624	01:52:40
347	Noble	Robyn	K-Way VOB	F	40	2177	01:52:41
348	Timmes	Wendy-Joy	None	F	50		01:52:42
349	Floris	Dennis	Celtic Harriers	M	50	5799	01:52:45
350	Grissom	Elena	None	F	SEN		01:52:46
351	Grey	Joy	K-Way VOB	F	50	1192	01:52:47
352	Lindgren	Ingrid	West Coast Athletic Club	F	40	5706	01:52:48
353	Brandon	Zita	West Coast Athletic Club	F	50	5808	01:52:48
354	Stander	Nicky	West Coast Athletic Club	F	SEN	5633	01:52:49
355	Palermo	Gian	West Coast Athletic Club	M	50	5648	01:52:53
356	Lacey	Victoria	K-Way VOB	F	SEN	799	01:52:55
357	Abduroaf	Muhammad	BRIMSTONE ITHEKO	M	SEN	3198	01:52:55
358	Ker	Lucy	BRIMSTONE ITHEKO	F	SEN	3199	01:52:58
359	Theron	Vanessa	Fish Hoek Athletic Club	F	40	5063	01:52:59
360	Small	Clayton	None	M	SEN		01:53:04
361	Speck	Simon	CARBINEERS WP	M	50	8037	01:53:06
362	Paulsen	Laeq	BRIMSTONE ITHEKO	M	SEN	3294	01:53:06
363	Howe	Melanie	Hout Bay Harriers	F	40	2533	01:53:08
364	Bassier	Fayyaadh	BRIMSTONE ITHEKO	M	SEN	3092	01:53:09

365	Van Der Walt	Mareth	None	F	SEN		01:53:10
366	De Villiers	Rocco	None	M	SEN		01:53:21
367	Brinkmann	Samantha	None	F	SEN		01:53:22
368	Nevin	Lorraine	K-Way VOB	F	50	1237	01:53:23
369	Ngwenya	Lindy	RCS GUGS	F	40	725	01:53:26
370	Sham	Monique	None	F	SEN		01:53:27
371	Goeorge	Jeremy	Celtic Harriers	M	50	16154	01:53:28
372	Adonis	Jimmy	RCS GUGS	M	60	15343	01:53:29
373	Smith	Alison	Pinelands Athletic Club	F	40	3855	01:53:30
374	Rist	Delyse	Pinelands Athletic Club	F	50	3662	01:53:30
375	Davidse	Judith	Pinelands Athletic Club	F	SEN	3781	01:53:32
376	Pfeiffer	Liz	None	F	SEN		01:53:33
377	Rapaport	Sean	None	M	SEN		01:53:34
378	Gracie	Anthony	None	M	50		01:53:35
379	Petersen	Wayne	K-Way VOB	M	50	733	01:53:37
380	Freitas Dos Santos	Marlie	Bellville Athletic Club	F	SEN	8792	01:53:38
381	Freitas Dos Santos	Auren	None	M	SEN		01:53:39
382	Williams	Sarah	None	F	SEN		01:53:41
383	Kelsey	Santie	Striders Athletic Club	F	50	1871	01:53:45
384	Pedersen	Jane	None	F	SEN		01:53:46
385	Pedersen	Derek	None	M	SEN		01:53:46
386	Naude	Thelma	West Coast Athletic Club	F	50	3040	01:53:47
387	???	???			SEN		01:53:48
388	Brouckaert	Sharron	Spartan Harriers Club	F	40	1437	01:53:48
389	Roets	Nicoleen	West Coast Athletic Club	F	SEN	5536	01:54:01
390	Jeaven	Aniel	Cape Multisport Club	M	50	14588	01:54:04
391	Makayi	Victoria	None	F	SEN		01:54:08
392	Cozyn	Fareed	Ommiedraai Friends Athletic Club	M	40	6765	01:54:10
393	Kent	Rob	Edgemead Runners	M	50	4687	01:54:17
394	Howard	Judy	Hout Bay Harriers	F	50	2572	01:54:20
395	Martin	Darnell	Mazars Athletic Club	F	50	3862	01:54:32
396	???	???			SEN		01:54:36
397	Jansen	Sandra	Top Form Athletic Club	F	40	2461	01:54:37
398	Moyo	Mandlenkosi	Pinelands Athletic Club	M	40	3978	01:54:43
399	De Wet	Caroline	Southern Striders Athletic Club	F	50	8448	01:55:00
400	Leverton	Ruth	Pinelands Athletic Club	F	60	3652	01:55:02
401	Mostert	Ilse	Atlantic Athletic Club	F	40	9399	01:55:04
402	Van Der Vyver	Johann	Atlantic Athletic Club	M	40	5602	01:55:09
403	Ganser	Yvette	Fish Hoek Athletic Club	F	50	5084	01:55:11
404	Conradie	Hein	None	M	40		01:55:16
405	Diedericks	Paul	K-Way VOB	M	40	797	01:55:21
406	Hutchings	Eleanor	Foresters Running Club	F	SEN	9512	01:55:27
407	Payne	Murray	None	M	50		01:55:28
408	Smith	Andre	Spartan Harriers Club	M	50	8894	01:55:31
409	Sasman	Anastasia	CARBINEERS WP	F	40	8085	01:55:37
410	Mcgrath	Robyn	None	F	SEN		01:55:39
411	Smit	Anja	Brackenfell Athletic Club	F	SEN	6081	01:55:39
412	Mackrill	Bronwen	Helderberg Harriers	F	50	4502	01:55:40
413	De Hutton	Laura	None	F	40		01:55:41
414	De Hutton	Jade	Harfield Harriers	F	SEN	4795	01:55:41
415	Macdonald	John	None	M	SEN		01:55:42
416	Seymour	Nicky	Harfield Harriers	F	40	8409	01:55:43
417	Merkle	Dagmar	None	F	50		01:55:44

418	Conradie	Elmarie	None	F	40		01:55:46
419	White	Lisa	Wild Runner Athletic Club	F	50	3551	01:55:47
420	Duncan	Velia	Pinelands Athletic Club	F	40	3933	01:55:47
421	Siebritz	Timothy	Pinelands Athletic Club	M	SEN	3816	01:55:50
422	Le Roux	Nadia	Groot Constantia Atletiek Klub	F	40	13465	01:55:51
423	???	???			SEN		01:55:52
424	Duncan	Michael	Pinelands Athletic Club	M	40	3934	01:55:53
425	Tuck	Lauren	Wild Runner Athletic Club	F	SEN	3544	01:55:55
426	Higgo	Brigit	None	F	SEN		01:55:58
427	Esack	Shabbier	None	M	SEN		01:55:59
428	Eadie	Ian	My Training Day	M	60	8231	01:56:00
429	Maciver	Amy	None	F	40		01:56:05
430	Smith	Cailine	None	F	40		01:56:07
431	Flemming	Melissa	University Of Western Cape Ac	F	SEN	9745	01:56:09
432	Mc Callum	Anita	Durbanville Athletic Club	F	50	12101	01:56:11
433	Mguba	Anathi	Cape Multisport Club	F	SEN	8922	01:56:13
434	Modhi	Muhammed	Nantes Athletic Club	M	SEN	12889	01:56:15
435	Scott	Kirsten	Edgemead Runners	F	SEN	4821	01:56:19
436	Scott	Megan	Edgemead Runners	F	SEN	4819	01:56:20
437	Latchman	Angie	K-Way VOB	F	40	466	01:56:23
438	O'Connor	Steven	West Coast Athletic Club	M	SEN	5497	01:56:29
439	Hall	Clinton	None	M	50		01:56:34
440	Thompson	Kirsty	ATC	F	40	123456	01:56:48
441	Soeker	Nabeel	BRIMSTONE ITHEKO	M	SEN	14360	01:56:53
442	Trudgian	Jackie	K-Way VOB	F	SEN	16483	01:56:56
443	Appleby	Naseema	Ommiedraai Friends Athletic Club	F	40	7254	01:57:01
444	Steel	Chippy	Hout Bay Harriers	F	70	2521	01:57:10
445	Duplessis	Lisa	None	F	40		01:57:11
446	Bartes	Bridgette	Goodwood Harriers Running Club	F	40	4951	01:57:13
447	Scott	Thomas	None	M	50		01:57:17
448	Dhansay	Afzal	K-Way VOB	M	50	919	01:57:18
449	Howell	Miguel	None	M	40		01:57:19
450	Baldwin	Kate	CARBINEERS WP	F	SEN	8223	01:57:23
451	Human	Anuzka	CARBINEERS WP	F	SEN	8213	01:57:25
452	Kiewiet	Marshall	CARBINEERS WP	M	SEN	4055	01:57:25
453	Rossouw	Veronique	Fish Hoek Athletic Club	F	40	5110	01:57:26
454	Shaw	Vicky	Mates Mountain & Trail Enthusiasts	F	SEN	11514	01:57:38
455	Maistry	Nadia	BRIMSTONE ITHEKO	F	SEN	3179	01:57:43
456	Saban	Yusuf	Kenfac	M	SEN	12391	01:57:49
457	Gilmour	Trish	K-Way VOB	F	50	655	01:57:50
458	Blom	Andre	SANDEF WP	M	50	5090	01:57:53
459	Makanjee	Anjana	None	F	40		01:57:55
460	Rahim	Mushtaq	Top Form Athletic Club	M	50	2272	01:58:23
461	Bryan	Sian	None	F	SEN		01:58:24
462	Drake-Zeederberg	Keri	None	F	SEN		01:58:25
463	Arendse	Shafeeka	Top Form Athletic Club	F	40	2308	01:58:30
464	Arendse	Sedick	Top Form Athletic Club	M	40	2307	01:58:30
465	Jason	Kyle	K-Way VOB	F	50	1064	01:58:35
466	Losper	Basheer	Top Form Athletic Club	M	SEN	2334	01:58:56
467	Milward	Saiedien	Central Athletics Club	M	50	6228	01:58:57
468	James	Kaare	Pinelands Athletic Club	M	70	3800	01:59:10
469	White	Zoey	None	F	SEN		01:59:11
470	???	???			SEN		01:59:18

471	Booyesen	Bridget	Harfield Harriers	F	40	13331	01:59:21
472	Malherbe	Deborah	None	F	SEN		01:59:27
473	Green	Cheryl	Run Walk For Life Western Province	F	SEN	8422	01:59:30
474	Aspeling	Benita	Harfield Harriers	F	SEN	8407	01:59:37
475	Van Niekerk	Lizette	ATC	F	SEN	4337	01:59:42
476	Le Mottee	Danyele	K-Way VOB	F	SEN	22088	01:59:43
477	Leibbrandt	Kenny	None	M	50		01:59:43
478	Keeling	Brian	Fish Hoek Athletic Club	M	60	5120	01:59:49
479	Oppel	Sillene	Goodwood Harriers Running Club	F	60	4986	02:00:05
480	Nel	Venita	Goodwood Harriers Running Club	F	40	5007	02:00:07
481	Mfolozi	Nothemba	K-Way VOB	F	SEN	917	02:00:10
482	Szot-Myburg	Natalie	Spartan Harriers Club	F	50	1663	02:00:19
483	Pretorius	Rassie	Sanlam Athletic Club	M	50	9066	02:00:20
484	Goodhead	Richard	Edgemead Runners	M	50	15171	02:00:21
485	Jansen	Wendy	Edgemead Runners	F	50	2534	02:00:27
486	Fritz	Deneeze	Edgemead Runners	F	50	4877	02:00:31
487	Swanepoel	Ellen	None	F	SEN		02:00:34
488	Lu	Yao	Century City Athletics Club	F	40	10038	02:00:39
489	Lund	Tanya	Pinelands Athletic Club	F	40	3973	02:00:39
490	Centane	Nolutando	Hout Bay Harriers	F	SEN	2546	02:00:40
491	Waller	Delene	Pinelands Athletic Club	F	SEN	3759	02:00:42
492	King	Lynette	Edgemead Runners	F	50	10344	02:00:49
493	Mlotshwa	Nicholas	Nantes Athletic Club	M	SEN	6440	02:00:57
494	Lubbe	Jo	Hout Bay Harriers	F	40	2578	02:01:11
495	Menyuko	Innocentia	Celtic Harriers	F	40	7374	02:01:17
496	Bester	Marvin	Pinelands Athletic Club	M	SEN	3787	02:01:22
497	Hart	Mandi	None	F	40		02:01:23
498	Lewis	Mufeeda	BRIMSTONE ITHEKO	F	40	3214	02:01:25
499	Norodien	Nazeem	None	M	40		02:01:26
500	Schulenburg	Liesel	K-Way VOB	F	40	1346	02:01:31
501	Louw	Amanda	K-Way VOB	F	SEN	776	02:01:51
502	Wilke	Marelize	Celtic Harriers	F	SEN	7309	02:01:54
503	Tomlinson	Roy	Spartan Harriers Club	M	70	10718	02:01:58
504	Toeffie	Yasmin	BRIMSTONE ITHEKO	F	60	3393	02:02:00
505	Butler	Lara	Cape Multisport Club	F	SEN	8908	02:02:02
506	Van Coller	Emily	None	F	JUN		02:02:19
507	Van Coller	Chelsea	None	F	SEN		02:02:21
508	Van Staaden	Darryn	None	M	SEN		02:02:23
509	Williams	Cathy	None	F	40		02:02:29
510	Baker	Zaakiyah	CARBINEERS WP	F	40	8075	02:02:39
511	Roos	Theresa	Spartan Harriers Club	F	40	1562	02:02:40
512	Croxford	Lara	K-Way VOB	F	SEN	417	02:02:42
513	Taylor	Michelle	Edgemead Runners	F	40	4686	02:02:44
514	Gensicke	Renata	Pinelands Athletic Club	F	40	3673	02:02:45
515	Hozheri	Munyaradzi	Pinelands Athletic Club	M	SEN	3969	02:02:48
516	Marini	Ric	Rand Athletic Club	M	60	3186	02:03:13
517	Rogers	Lucelle	Ommiedraai Friends Athletic Club	F	50	6843	02:03:20
518	Daniels	Cheryl	Adventists AC WP	F	40	10876	02:03:22
519	Taylor	Elisabeth	Spartan Harriers Club	F	50	1389	02:03:23
520	Du Toit	Michelle	None	F	SEN		02:03:29
521	Korck	Casey	Spartan Harriers Club	F	SEN	1501	02:03:32
522	Arendse	Roger	Spartan Harriers Club	M	50	1816	02:03:40
523	Osman	Mohamed	Top Form Athletic Club	M	60	1600	02:03:46

524	Netta	Lucielle	K-Way VOB	F	40	1301	02:03:55
525	Meiring	Anneke	SANDF WP	F	SEN	14880	02:03:56
526	Horn-Botha	Deborah	K-Way VOB	F	50	515	02:03:56
527	Wheeldon	Kayla	None	F	SEN		02:03:57
528	Molosi	Sibulele	K-Way VOB	F	40	1180	02:04:02
529	Read	Rachel	Run Walk For Life Western Province	F	50	5905	02:04:04
530	Van Staaden	Kelly-Ann	K-Way VOB	F	SEN		02:04:08
531	Eyers	Margaux	CARBINEERS WP	F	40	8034	02:04:08
532	Ebden	Tiffany	CARBINEERS WP	F	SEN	8035	02:04:09
533	Kearns	Mary-Ann	Celtic Harriers	F	40	7243	02:04:30
534	Kearns	Hilton	Celtic Harriers	M	50	7244	02:04:30
535	Visser	Izanne	None	F	SEN		02:04:35
536	Clarke	Cameron	ATC	M	SEN	99999	02:04:41
537	Homewood	Alan	Century City Athletics Club	M	SEN	15601	02:04:43
538	Isaacs	Faizel	Kenfac	M	40	11477	02:04:44
539	Marx	Erika	Brackenfell Athletic Club	F	SEN	6124	02:04:51
540	Johnson	Keith	K-Way VOB	M	50	1157	02:04:53
541	Mitchell	Graham	Celtic Harriers	M	50	7516	02:05:02
542	White	Sean	None	M	SEN		02:05:20
543	DISQUALIFIED			F	SEN		02:05:21
544	Swartz	Sandra	None	F	50		02:05:39
545	Petersen	Shudley	Old Mutual Athletic Club	M	SEN	334	02:05:42
546	Barnard	Michelle	K-Way VOB	F	40	1051	02:05:47
547	Netta	Hilton	K-Way VOB	M	40	1322	02:05:52
548	Cozyn	Ayesha	Ommiedraai Friends Athletic Club	F	40	6766	02:05:52
549	Essa	Shaheed	Top Form Athletic Club	F	40	2373	02:05:53
550	Samuels	Brian	Pinelands Athletic Club	M	50	3744	02:05:53
551	Smith	Wendal	Pinelands Athletic Club	M	50	3668	02:05:54
552	Rorich	Marilyn	Pinelands Athletic Club	F	50	3706	02:05:54
553	Rorich	Edgar	Pinelands Athletic Club	M	50	3716	02:05:55
554	Mafanya	Nogolide	RCS GUGS	F	40	7748	02:06:01
555	Harris	Sean	Pinelands Athletic Club	M	50	3664	02:06:16
556	Brock	Greta	Celtic Harriers	F	50	7393	02:06:20
557	Abrahams	Glen	ARD	M	50	11118	02:06:21
558	Knight	Hilary	Harfield Harriers	F	50	8355	02:06:47
559	Visser	Nicole	K-Way VOB	F	SEN	824	02:06:48
560	Murray	Lizet	Bellville Athletic Club	F	40	6664	02:06:48
561	Engelbrecht	Liezal	Bellville Athletic Club	F	50	6678	02:06:48
562	???	???			SEN		02:07:00
563	Reinders	Samantha	None	F	40		02:07:00
564	Jacobs	Achmat	BRIMSTONE ITHEKO	M	50	3000	02:07:01
565	Maree	Bronwyn	K-Way VOB	F	SEN	653	02:07:08
566	Naude	Clifford	West Coast Athletic Club	M	40	5779	02:07:18
567	Hammond	Lenora	None	F	50		02:07:21
568	Koch	Gill	West Coast Athletic Club	F	60	5818	02:07:21
569	Mbinda	Percy	Sanlam Athletic Club	M	50	3757	02:07:22
570	Joubert	Gregory	Spartan Harriers Club	M	SEN	16006	02:07:29
571	Wood	Stacey	Spartan Harriers Club	F	SEN	1606	02:07:31
572	Rogers	Clarence	Ommiedraai Friends Athletic Club	M	50	4341	02:07:31
573	Essa	Faldelah	Top Form Athletic Club	F	40	2372	02:07:41
574	Erasmus	Mary	Edgemead Runners	F	50	15163	02:07:42
575	Durant	Bianca	Edgemead Runners	F	SEN	4761	02:07:42
576	Van Der Merwe	Laurette	Phoenix Athletics Club	F	50	12340	02:07:53

577	Crowder	Berenice	Telkom Athletics Club	F	50	13027	02:07:54
578	Gilchrist	Dianne	K-Way VOB	F	40	876	02:07:55
579	Hishin	Catherine	Fish Hoek Athletic Club	F	40	5148	02:08:02
580	Petersen	Shauna	CARBINEERS WP	F	SEN	8145	02:08:03
581	Hassan	Abdul	CARBINEERS WP	M	40	8137	02:08:04
582	Mbangula	Mandlakazi	Khayalitsha	F	SEN	10468	02:08:06
583	Harris	Lee-Ann	Pinelands Athletic Club	F	50	3767	02:08:08
584	Louther	Lucille	Celtic Harriers	F	50	7324	02:08:09
585	Mason	Kathryn	Harfield Harriers	F	40	13335	02:08:10
586	Buchholtz	Kim	Wild Runner Athletic Club	F	SEN	3606	02:08:10
587	De Koker	Lesley	None	F	SEN		02:08:49
588	Yeld	John	Foresters Running Club	M	60	4011	02:08:50
589	Swart	Lieze	None	F	40		02:09:35
590	Paulsen	Laila	Phoenix Athletics Club	F	40	12359	02:09:36
591	Salmoen	Susan	None	F	50		02:09:48
592	Dirksen	Danielle	None	F	SEN		02:09:53
593	Gentle	Charna	None	F	SEN		02:09:55
594	Van Huyssteen	Nicola	Brackenfell Athletic Club	F	SEN	6027	02:10:04
595	Pinkham	Colin	Spartan Harriers Club	M	40	1532	02:10:06
596	Van Der Westhuizen	Kathy	CARBINEERS WP	F	40	8066	02:10:07
597	Smal	Rachèl	Durbanville Athletic Club	F	SEN	2889	02:10:12
598	Griego	Eugene	Pinelands Athletic Club	M	50	3864	02:10:15
599	Truter	Hannah	Brackenfell Athletic Club	F	SEN	6024	02:10:19
600	Coetzee	Ashley	Fish Hoek Athletic Club	F	50	5072	02:10:19
601	Axmann	Carolyn	None	F	40		02:10:20
602	Allen	Sandy	None	F	60		02:10:21
603	Van Eyk	Rachel	None	F	40		02:10:33
604	Merkle	Annemarie	None	F	60		02:10:34
605	Beckett	James	K-Way VOB	M	60	625	02:10:47
606	Boddy	Lindsay	Wild Runner Athletic Club	F	50	3495	02:10:51
607	Coetzee	Linda	Pinelands Athletic Club	F	50	3961	02:10:55
608	Larkin	Sandi	Fish Hoek Athletic Club	F	50	3792	02:10:57
609	Benoit	Joanne	None	F	40		02:11:01
610	Goldschmidt	Chris	Celtic Harriers	M	60	105	02:11:13
611	Du Toit	Monique	Run Walk For Life Western Province	F	SEN	10239	02:11:19
612	Hartnick	Somaya	Pick 'N Pay Athletic Club Wp	F	50	12518	02:11:23
613	Readman	Chris	Atlantic Athletic Club	M	60	9222	02:11:24
614	Dick	Rene	K-Way VOB	F	50	664	02:11:25
615	Farrell	Jeanette	None	F	60		02:11:26
616	Christians	Ruwayda	Ommiedraai Friends Athletic Club	F	50	6910	02:11:35
617	Steenkamp	Isabel	West Coast Athletic Club	F	50	5692	02:11:49
618	Paterson	Monica	West Coast Athletic Club	F	50	5614	02:11:52
619	Hare	Derek	K-Way VOB	M	50	991	02:12:00
620	Van Der Valk	Joanne	Celtic Harriers	F	60	7477	02:12:05
621	Grobbelaar	Thersia	Durbanville Athletic Club	M	SEN	2708	02:12:06
622	Quintard	Odile	Spartan Harriers Club	F	60	1685	02:12:17
623	Lourens	Neolene	Bellville Athletic Club	F	40	6539	02:12:27
624	Lourens	Danie	Bellville Athletic Club	M	50	3573	02:12:27
625	Pearce	Kate	Edgemead Runners	F	SEN	15168	02:12:35
626	Jooste	Graham	Brackenfell Athletic Club	M	50	10801	02:12:36
627	Jooste	Cynthia	Brackenfell Athletic Club	F	50	10802	02:12:36
628	Jordaan	Theresa	K-Way VOB	F	60	550	02:12:59
629	Cronje	Anthony	K-Way VOB	M	60	1234	02:13:00

630	Yasin	Anver	Top Form Athletic Club	M	60	2303	02:13:01
631	Dixon	Alison	None	F	40		02:13:02
632	Barge	Leigh	None	F	40		02:13:11
633	Barge	Alistair	None	M	40		02:13:11
634	De Sousa	Kerri	None	F	40		02:13:12
635	Knight	Sarah	None	F	SEN		02:13:41
636	Osman	Casey	None	F	SEN		02:13:42
637	Nagel	Bianca-Leigh	CARBINEERS WP	F	SEN	8027	02:13:44
638	Van Schalkwyk	Elzette	Brackenfell Athletic Club	F	50	6085	02:13:49
639	Smit	Pat	Brackenfell Athletic Club	F	60	6082	02:13:51
640	Francis	Mark	None	M	SEN		02:13:51
641	Fick	Charlene	Mercury Athletic Club	F	SEN	20934	02:13:52
642	Doubell	Emma	Celtic Harriers	F	SEN	7475	02:14:16
643	Maartens	Charlene	Edgemead Runners	F	40	12649	02:14:29
644	Swart	Patricia	Pinelands Athletic Club	F	SEN	3910	02:14:44
645	Crowson	Paul	Western Province Cricket Club	M	50	11054	02:14:57
646	Hoosain	Amiena	BRIMSTONE ITHEKO	F	SEN	3282	02:14:58
647	Mcgee	Tracey	Goodwood Harriers Running Club	F	50	4973	02:14:58
648	Nortje	Anita	Team Vitality Club GN	F	50	14617	02:15:16
649	Bartlett	Denzil	Old Mutual Athletic Club	M	40	331	02:15:34
650	Marais	Angelo	None	M	40		02:15:39
651	Mushanganyisi	Pumza	Pinelands Athletic Club	F	40	3830	02:15:42
652	Hewavisenti	Shantalie	Atlantic Athletic Club	F	SEN	5264	02:15:44
653	Mc Glenatendorf	Lesline	K-Way VOB	F	50	16659	02:16:22
654	Seller	Helen	West Coast Athletic Club	F	60	5553	02:16:23
655	Bosch	Maritsa	Old Mutual Athletic Club	F	SEN	274	02:16:26
656	Damain-Harris	Natalie	K-Way VOB	F	SEN	1070	02:16:27
657	Khan	Tasneem	Top Form Athletic Club	F	SEN	2475	02:16:27
658	Roman	June	Celtic Harriers	F	50	7518	02:16:30
659	Kasfikis	Michele	Fish Hoek Athletic Club	M	50	5144	02:16:35
660	Ball	Anthea	Fish Hoek Athletic Club	F	40	4050	02:16:37
661	Swanson	Elmarie	Fish Hoek Athletic Club	F	SEN	5176	02:16:38
662	Lewis	Maria	Ommiedraai Friends Athletic Club	F	50	6901	02:16:42
663	Grant	Ismail	Spartan Harriers Club	M	40	1516	02:16:43
664	Lewis	Liezl	CARBINEERS WP	F	40	8043	02:16:43
665	Sait	Shameema	Kenfac	F	40	11423	02:16:45
666	Mort	Hannah	K-Way VOB	F	SEN	1065	02:17:03
667	Horne	Henry	None	M	50		02:17:07
668	James	Marlene	Pinelands Athletic Club	F	70	3844	02:17:19
669	Van Der Sand	Heinrich	In Touch Walk & Run	M	40	7015	02:17:32
670	Gagiano	Willem	Swartland Athletic Club	M	40	85	02:17:33
671	Jenkins	Larry	K-Way VOB	M	70	828	02:17:43
672	Larratt	Sarah	Western Province Cricket Club	F	40		02:17:52
673	Larratt	Brad	Western Province Cricket Club	M	40	11014	02:17:54
674	Evans	Mike	K-Way VOB	M	50	1306	02:18:09
675	Burger	Chantelle	Cape Multisport Club	F	SEN	18579	02:18:20
676	Van Der Merwe	Diane	Cape Multisport Club	F	SEN	8601	02:18:20
677	Ebrahim	Moegsien	Cape Multisport Club	M	50	13191	02:18:24
678	Daniels	Nazeema	RCS GUGS	F	40	2777	02:18:25
679	Isaacs	Lameez	Kenfac	F	40	11475	02:18:26
680	De Araujo	Betina	K-Way VOB	F	40	906	02:18:27
681	Goosen	Jackie	Brackenfell Athletic Club	F	50	5956	02:18:33
682	Smith	Teri	K-Way VOB	F	50	1196	02:19:12

683	Hartley	Yushri	Ommiedraai Friends Athletic Club	M	50	6837	02:19:46
684	Hagemann	Gail	Edgemead Runners	F	50	4918	02:19:57
685	Lucas	Yolanda	None	F	50		02:20:20
686	Van Zyl	Surina	Goodwood Harriers Running Club	F	40	4944	02:20:29
687	Jansche Van Rensburg	Chris	Goodwood Harriers Running Club	M	40	4943	02:20:32
688	Geldenhuis	Gerrit	Sanlam Athletic Club	M	40	8588	02:20:39
689	Hargey	Rasheed	Celtic Harriers	M	60	10537	02:20:58
690	Molomo-Mphephu	Cilia	Top Form Athletic Club	F	40	2323	02:21:04
691	Meyer	Simone	Old Mutual Athletic Club	F	40	275	02:21:37
692	Allie	Sumayah	BRIMSTONE ITHEKO	F	40	10847	02:22:17
693	Cloete	Phillipa	Pinelands Athletic Club	F	50	3866	02:22:31
694	Africa	Cicelia	Spartan Harriers Club	F	50	1362	02:22:47
695	Hine	Michelle	Durbanville Athletic Club	F	SEN	2596	02:22:54
696	???	???			SEN		02:22:58
697	Abrahams	Karen	Spartan Harriers Club	F	40	1556	02:23:38
698	Williams	Shahieda	BRIMSTONE ITHEKO	F	40	9918	02:24:13
699	Fortuin	Mary	BRIMSTONE ITHEKO	F	50	9853	02:24:14
700	Snyman	Lee-Ann	CARBINEERS WP	F	SEN	8093	02:24:15
701	McClean	Amanda	CARBINEERS WP	F	40	8091	02:24:17
702	Smith	Glynis	Spartan Harriers Club	F	50	1461	02:24:45
703	Hanekom	Heidi	Spartan Harriers Club	F	40	1677	02:24:45
704	Apollis	Megan	Spartan Harriers Club	F	40	1577	02:24:46
705	Hendricks	Valerie	Spartan Harriers Club	F	50	10701	02:24:46
706	Horne	Brigitte	None	F	50		02:24:47
707	Allie	Jalal	Top Form Athletic Club	M	60	2417	02:24:58
708	Schwartz	Barry	Fit 2000 (Wp) Ac	M	70	7216	02:25:09
709	Du Toit	Marilize	None	F	SEN		02:25:11
710	Steyn	Marita	None	F	60		02:25:13
711	Rhodes	Belinda	Pinelands Athletic Club	F	40	3657	02:25:23
712	Samsodien	Erfaan	Bokaap	M	SEN	11301	02:25:25
713	Hassa	Rholda	BRIMSTONE ITHEKO	F	50	3324	02:25:26
714	Abrahams	Shanaaz	BRIMSTONE ITHEKO	F	50	9971	02:25:27
715	Botes	Cornelle	Durbanville Athletic Club	F	SEN	15435	02:25:28
716	Petersen	Cheryl	Spartan Harriers Club	F	60	1760	02:26:01
717	Gayatocnesa	Gasnola	Kenfac	F	60	11445	02:26:21
718	Esterhuizen	Amanda	None	F	SEN		02:26:51
719	Ithier	Lily	Pinelands Athletic Club	F	40	3771	02:26:52
720	Marks	Nadeema	Pinelands Athletic Club	F	50	1792	02:26:53
721	Dube	Bonani	BRIMSTONE ITHEKO	F	SEN	3026	02:27:34
722	Goosen	Michael	Brackenfell Athletic Club	M	60	8257	02:27:55
723	Arendse	Rinalda	Spartan Harriers Club	F	50	11008	02:28:01
724	Petersen	Gillian	None	F	50		02:28:51
725	Egan	John	K-Way VOB	M	50	925	02:28:58
726	???	???			SEN		02:29:28
727	Kaal	Janine	Edgemead Runners	F	40		02:29:51
728	Baroutsos	Demitri	None	M	40		02:29:52
729	Tiseker	Nasir	Walmers	M	50	10299	02:30:11
730	Muller	Glenn	Celtic Harriers	M	40	7338	02:30:12
731	Mohamed	Adnaan	Central Athletics Club	M	50	6363	02:30:13
732	Adams	Lee-Anne	Kenfac	F	40	11476	02:30:14
733	Sparks	Keith	Spartan Harriers Club	M	50	1806	02:30:25
734	Mohamed	Mubeen	BRIMSTONE ITHEKO	M	SEN	3070	02:30:38
735	Odendaal	Tanja	Brackenfell Athletic Club	F	SEN	5974	02:30:49

736	Cupido	Michelle	Pinelands Athletic Club	F	50	1829	02:31:12
737	Vermaak	Sonja	Run Walk For Life Western Province	F	40	10249	02:31:16
738	Radue	Lynn	Spartan Harriers Club	F	50	10587	02:31:41
739	Carstens	Barbara	Spartan Harriers Club	F	40	1535	02:31:42
740	Radue	Allan Neil	Spartan Harriers Club	M	50	1504	02:31:44
741	Fortune	Lindsay	Top Form Athletic Club	M	60	2484	02:32:28
742	Ewers	Seymour	Old Mutual Athletic Club	M	40	272	02:32:48
743	Michaels	Cecily	Helderberg Harriers	F	60	4540	02:32:56
744	Mahmood	Ashfaaq	None	M	50		02:33:01
745	Fortuin	Barry	BRIMSTONE ITHEKO	M	60	9853	02:33:02
746	Davis	Shamiela	CARBINEERS WP	F	50	8101	02:33:04
747	Solomon	Keith	Pinelands Athletic Club	M	50	3761	02:33:04
748	Berntzen	Annatjie	Goodwood Harriers Running Club	F	70	4975	02:33:13
749	Pinkham	Paula	Spartan Harriers Club	F	40	1524	02:33:24
750	Sirilli	Tammy	Edgemead Runners	F	40	4663	02:34:33
751	Armani	Morgan	Edgemead Runners	F	SEN	4783	02:34:33
752	Lotteriet	Crystal Joy	CARBINEERS WP	F	SEN	16477	02:34:50
753	Miles	Eddie	K-Way VOB	M	70	814	02:35:13
754	Ryklief	Habiba	Top Form Athletic Club	F	50	1588	02:35:46
755	Negami	Atsuko	Atlantic Athletic Club	F	SEN	9386	02:37:00
756	Money	Warren	BRIMSTONE ITHEKO	M	40	10014	02:37:00
757	Rens	Jacqui	BRIMSTONE ITHEKO	F	40	10006	02:37:01
758	Frieslaar	Nicola	Spartan Harriers Club	F	40	1478	02:37:13
759	Miller	Petro	Brackenfell Athletic Club	F	50	6021	02:37:33
760	Wagener	Johannes	Brackenfell Athletic Club	M	40	5998	02:37:34
761	Adams	Naema	MP TITANS	F	SEN	15027	02:37:51
762	Williams	Michelle	Ommiedraai Friends Athletic Club	F	SEN	6776	02:37:55
763	Aproskie	Jackie	Spartan Harriers Club	F	40	1387	02:37:59
764	Barrett	Lindsay	Spartan Harriers Club	F	SEN	1882	02:38:00
765	Hargreaves	Jean	Spartan Harriers Club	F	60	1543	02:38:40
766	Albrecht	Bronwynne	MP TITANS	F	SEN	15025	02:39:27
767	Van Schalkwyk	Yolanda	MP TITANS	F	40	10378	02:39:32
768	Priestley	Veronica	Spartan Harriers Club	F	50	1560	02:39:37
769	Rhodes	Aqeelah	BRIMSTONE ITHEKO	F	40	9970	02:39:48
770	Dunn	Siobhan	Spartan Harriers Club	F	JUN	20384	02:40:54
771	Dunn	CJ	Spartan Harriers Club	F	50	153	02:40:56
772	Mc Gregor	Angelique	None	F	SEN		02:40:57
773	Diedricks	Sharon	In Touch Walk & Run	F	50	12403	02:40:57
774	Dollie	Jill	CARBINEERS WP	F	40	8096	02:41:30
775	Snyman	Shandre	CARBINEERS WP	F	SEN	8092	02:41:30
776	April	Tanya	Pinelands Athletic Club	F	SEN	3698	02:42:19
777	Norodien	Josephine	Pinelands Athletic Club	F	40	3842	02:42:22
778	Kubheka	Nomonde	Pinelands Athletic Club	F	SEN	3676	02:43:32
779	Cupido	Kim	CARBINEERS WP	F	40	8116	02:52:52
780	Morgan	Jill	CARBINEERS WP	F	40	8045	02:52:54
781	Mohamed-Fakier	Zarina	BRIMSTONE ITHEKO	F	40	3176	02:53:55
782	Hargey	Tofeeq	None	M	50		02:53:56
783	???	???			SEN		02:56:09
784	Alexander	Bernadette	MP TITANS	F	40	10370	02:57:03
785	Duarte	Pamela	Metropolitan Athletic Club	F	40	11790	02:57:03
786	Smith	Mercia	Pinelands Athletic Club	F	50	3667	02:58:16
787	O'Connor	Susan	West Coast Athletic Club	F	50	5494	02:58:17
788	Kettlewell	Charlotte	K-Way VOB	F	70	51	02:58:19