

Position	Contestant Surname	Contestant Name	Club Name	Race N°	Sex	Category	Time
1	Kotov	Vladimir	Century City Athletics Club	2	Male	40+	02:37:06
2	Nogwaza	Innocent	Adidas Athletics Club	958	Male	Open	02:41:24
3	Zola	Thembelani William	MR PRICE WESTERN PROVINCE	586	Male	Open	02:43:45
4	Mapukata	Sihle	MR PRICE WESTERN PROVINCE	901	Male	Open	02:47:34
5	Mwanengeni	Tsungai	New Balance Multisport Club	941	Male	Open	02:53:02
6	Mkiti	Asanda	MR PRICE WESTERN PROVINCE	563	Male	Open	02:56:40
7	Fokwana	Khaya	Acsis VOB Running Club	111	Male	Open	02:56:55
8	Afrika	Abraham	Swartland Athletic Club	596	Male	Open	02:57:44
9	Dosi	Dumisani	Paarl Ac	140	Male	Open	02:59:53
10	Bushika	Admire	Hout Bay Harriers	80	Male	Open	03:03:35
11	February	Byron	Wellington Ac	751	Male	Open	03:03:49
12	Kalis	Mark	Celtic Harriers	856	Male	Open	03:05:35
13	Andrews	Dawid	Salkorlane Ac	601	Male	40+	03:06:27
14	Kosana	Luntu	RCS Gugulethu Ac	277	Male	Open	03:09:13
15	Zoutman	Derick	Swartland Athletic Club	1176	Male	Open	03:09:56
16	Flint	Richard	Acsis VOB Running Club	754	Male	Open	03:11:12
17	Cieverts	Henry	Top Form Ac	668	Male	50+	03:12:00
18	calitz	andre joubert	-- Not a Club Member --	83	Male	Open	03:14:32
19	Adonis	Christiaan	Swartland Athletic Club	595	Male	Open	03:16:13
20	Visser	Gerard	Benoni Northern Ac	1143	Male	40+	03:18:04
21	Baard	Derrick	-- Not a Club Member --	613	Male	40+	03:18:25
22	Pikker	Mark	Foresters Ac	987	Male	Open	03:18:31
23	jansen van rensburg	julia	Acsis VOB Running Club	244	Female	Open	03:18:52
24	steenkamp	mervin	Itheko Sport AC	1067	Male	Open	03:19:38
25	Ntsodo	Zolani	DEFENCE [WP] ATHLETIC CLUB	961	Male	40+	03:22:25
26	Mavakala	Happy	Harfield Harriers	913	Male	Open	03:23:19
27	Oppel	Desmore	Durbanville Athletics Club	407	Male	50+	03:23:26
28	armstrong	kerryn	Celtic Harriers	29	Male	Open	03:23:40
29	Small	John	Wellington Ac	1048	Male	40+	03:24:06
30	Macgregor	Ross	Satori Ac	891	Male	40+	03:24:18
31	Ramaboa	Kutlwano	West Coast Athletics Club	431	Female	Open	03:24:39
32	Moolman	Cobus	Acsis VOB Running Club	367	Male	Open	03:25:08
33	Ferreira	Andre	Pinelands Athletics Club	753	Male	Open	03:26:45
34	Coetzee	Wilhelm	West Coast Athletics Club	107	Male	50+	03:27:06
35	dimopoulos	costa	Acsis VOB Running Club	713	Male	40+	03:27:30
36	Rustin	Sidney David	DEFENCE [WP] ATHLETIC CLUB	1019	Male	40+	03:28:27
37	Van Zyl	Johan	Tygerberg Ac	1132	Male	Open	03:29:01
38	Msimango	Stephen	Benoni Northern Ac	936	Male	40+	03:29:02
39	Visagie	Jacobus	Wellington Ac	1141	Male	50+	03:29:30
40	Gous	Cobus	Arcelar Mittal Ac	778	Male	Open	03:30:51
41	Ngoy-Kadisha	Danny	Durbanville Athletics Club	393	Male	Open	03:31:28
42	Hooi	Ronnie	DEFENCE [WP] ATHLETIC CLUB	227	Male	40+	03:32:00
43	Potgieter	Lesyl	ATC Running	421	Female	Open	03:32:13
44	Boyd	Patrick	Durbanville Athletics Club	63	Male	50+	03:32:49
45	Zola	Thembelani William	MR PRICE WESTERN PROVINCE	586	Male	Open	03:34:53
46	James	Mathews	Hout Bay Harriers	240	Male	Open	03:34:57
47	Low	Tim	Pinelands Athletics Club	312	Male	40+	03:35:44
48	Saba	Nduna	Nedbank Ac	361	Male	Open	03:35:50
49	Myburgh	Petrus	Swartland Athletic Club	942	Male	40+	03:35:53
50	Oosthuizen	Kobus	Wellington Ac	967	Male	40+	03:36:55
51	Hamilton	Dain	Foresters Ac	794	Female	40+	03:36:58
52	de Jager	Jacobus	Strand AC	697	Female	Open	03:37:39
53	Cilliers	Anton	-- Not a Club Member --	669	Male	40+	03:37:46
54	Combrinck	Maretha	NAMAQUA ATHLETICS CLUB	110	Female	Open	03:37:49
55	Scott-Hayward	Branden	Atlantic Athletics Club	460	Male	Open	03:38:32
56	Whitebooi	Eloycious	DEFENCE [WP] ATHLETIC CLUB	570	Male	Open	03:38:48
57	Wills	Dominic	-- Not a Club Member --	578	Male	Open	03:38:55
58	Cronje	Lionel	Metropolitan Ac	112	Male	Open	03:39:02
59	Hall	Candyce	Hout Bay Harriers	792	Female	Open	03:39:09

60	Baartman	Wilson	Spartan Harriers [WP]	614	Male	50+	03:39:19
61	DUKES	DARREN	-- Not a Club Member --	145	Male	Open	03:39:54
62	Blake	Paul	Natal Carbineers	636	Male	Open	03:40:39
63	Groom	Fezile	DEFENCE [WP] ATHLETIC CLUB	195	Male	40+	03:40:42
64	Maarman	Joggie	Mamre Ac	890	Male	40+	03:41:31
65	Van Dyk	Francois	Edgemead Runners	534	MALE	40+	03:41:34
66	Stewart	Martin	West Coast Athletics Club	1072	Male	40+	03:42:27
67	Ngcobo	Elphas	RCS Gugulethu Ac	392	Male	Open	03:42:53
68	Mwamard	Pearson	Hout Bay Harriers	381	Male	Open	03:43:02
69	Bredenkamp	Cailey	Paarl Ac	648	Female	40+	03:43:39
70	Becker	Rupert	Fish Hoek Athletic Club	625	Male	Open	03:43:44
71	Aarons	Johnny	Old Mutual Ac	10	Male	50+	03:43:47
72	Carstens	Juan	Stellenbosch Ac	664	Male	Open	03:44:05
73	Mcnab	John	Atlantic Athletics Club	347	Male	40+	03:44:49
74	Kwakwa	Peter	DEFENCE [WP] ATHLETIC CLUB	872	Male	Open	03:45:45
75	Henry	Angelo	Multi Sport Maniacs	216	Male	40+	03:46:07
76	Dourie	Christo	Correctional Services Ac - Bol	719	Male	Open	03:46:09
77	Mlitwa	Nhlanhla	Celtic Harriers	362	Male	40+	03:46:11
78	basson	michiel	Durbanville Athletics Club	41	Male	Open	03:46:21
79	James	Stephen	Uct Ac	841	Male	Open	03:47:06
80	Ruiters	Moos	Boland Ac	1017	Male	40+	03:47:27
81	January	Kerneels Jakobus	Metropolitan Ac	843	Male	40+	03:48:14
82	Naumann	Marc	Edgemead Runners	386	Male	Open	03:49:32
83	Laden	Mark	West Coast Athletics Club	285	Male	Open	03:50:10
84	Swart	Resia	Stellenbosch Ac	1084	Female	Open	03:50:26
85	abrahams	christopher	Top Form Ac	589	Male	Open	03:51:22
86	Smith	Wendal	Pinelands Athletics Club	1054	Male	40+	03:52:47
87	Griffith-richards	Stephanie	Durbanville Athletics Club	194	Female	40+	03:52:48
88	Du Toit	Dalene	Swartland Athletic Club	729	Female	40+	03:52:49
89	franckeiss	haydn	Strand AC	169	Male	40+	03:52:50
90	Du Toit	Ip	Swartland Athletic Club	730	Male	40+	03:52:50
91	Morel	Guy	ATC Running	933	Male	Open	03:52:59
92	Mekuto	Mncebi	Paarl Ac	352	Male	Open	03:53:02
93	Schuller	Taswell	Top Form Ac	1031	Male	40+	03:53:18
94	Sombalo	Xolile	Sa Police - Wp	1063	Male	Open	03:53:34
95	Van Der Merwe	Huguette	Paarl Ac	1119	FEMALE	40+	03:54:08
96	Bell-Leask	Jason	Satori Ac	627	Male	Open	03:54:21
97	Langenegger	Pieter	Helderberg Harriers	875	Male	50+	03:54:24
98	Erasmus	Werner	Run Walk For Life - Wp	743	Male	Open	03:54:26
99	Johnson	Richard	Old Mutual Ac	249	Male	50+	03:54:45
100	Hofmeyr	Hercules Daniel	Swartland Athletic Club	819	Male	50+	03:54:48
101	Jeppe	Warren	Acsis VOB Running Club	844	Male	Open	03:54:53
102	De Swardt	Awie	Durbanville Athletics Club	129	Male	Open	03:54:55
103	De Gouveia	Elizabeth	Durbanville Athletics Club	123	Female	Open	03:55:04
104	De Souza Macgregor	Michelle	Satori Ac	702	Female	Open	03:55:19
105	Van Der Merwe	Bennie	Edgemead Runners	521	Male	40+	03:55:24
106	Heyns	Attie	Pinelands Athletics Club	222	Male	Open	03:55:25
107	Sheard	Moyra	Celtic Harriers	1037	Female	Open	03:55:29
108	Delpport	Martin	Celtic Harriers	136	Male	Open	03:56:51
109	otto	ryan	ATC Running	972	Male	Open	03:57:13
110	Neethling	Hans	Atlantic Athletics Club	948	Male	40+	03:57:13
111	Blake	Clifford	Brackenfell Ac	50	Male	40+	03:57:28
112	Baird	India	-- Not a Club Member --	615	Female	40+	03:57:56
113	Gouws	Francois	Edgemead Runners	779	Male	40+	03:58:12
114	Cleophas	Gert	Swartland Athletic Club	672	Male	40+	03:58:21
115	Bester	Barry	Durbanville Athletics Club	46	Male	50+	03:58:31
116	Nattrass	Brett	Adidas Athletics Club	4	Male	Open	03:58:34
117	Cuba	Lungisa	Celtic Harriers	683	Male	40+	03:58:52
118	Prus	Jacky	Arcelar Mittal Ac	993	Male	40+	03:58:54
119	Gerakaris	Yiannis	Chappies/Pegasus Running Clubs	770	Male	Open	03:59:03

120	Roelofse	Natale	Worcester Athletic Club	1008	Male	50+	03:59:13
121	Simerie	Francois	Langebaan Strandlopers	1042	Male	40+	03:59:28
122	Lewerenz	Janine	Fit 2000 - Wp	302	Female	Open	03:59:47
123	Frazer	James	Bellville Ac	172	Male	40+	03:59:58
124	Power	Michael	Acsis VOB Running Club	422	Male	40+	04:00:00
125	Hanekom	Pieter	Nedbank Ac	795	Male	40+	04:00:06
126	Bouwer	Lindie	Sanlam Ac	645	Female	Open	04:00:06
127	Weinel	Caroline	Durbanville Athletics Club	565	FEMALE	50+	04:00:51
128	Wynne	Lance	Atlantic Athletics Club	1171	Male	Open	04:01:07
129	Muller	Marietta	Wellington Ac	373	Female	Open	04:01:18
130	De Goede	Johannes	Langebaan Strandlopers	696	Male	40+	04:02:04
131	Patience	Bryan	Tygerberg Ac	411	Male	Open	04:02:19
132	Vermeulen	Cornel	Paarl Ac	1137	Male	40+	04:02:19
133	Cilliers	Arina	Orak Ac	95	Female	40+	04:02:24
134	Cruywagen	Adele	Swartland Athletic Club	682	Female	40+	04:02:39
135	Miles	Nick	West Coast Athletics Club	924	MALE	50+	04:03:17
136	Maritz	John	West Coast Athletics Club	907	MALE	40+	04:03:18
137	Karp	Julian	New Balance Multisport Club	859	Male	50+	04:03:42
138	Ryninks	Allan	-- Not a Club Member --	1078	Male	50+	04:03:50
139	Watermeyer	Adrian	Helderberg Harriers	564	Male	Open	04:04:17
140	Roelofse	Pieter	Celtic Harriers	1009	Male	Open	04:04:31
141	Prins	Nathan	Durbanville Athletics Club	426	Male	50+	04:04:39
142	Redelinghuis	Gideon	Durbanville Athletics Club	434	Male	40+	04:04:40
143	Hellon	Bryan	-- Not a Club Member --	213	Male	Open	04:05:06
144	davids	jeremy	Acsis VOB Running Club	690	Male	40+	04:05:20
145	Botes	Hermanus	Durbanville Athletics Club	54	Male	40+	04:05:52
146	Samsonowicz	Joanna	Atlantic Athletics Club	452	Female	Open	04:05:56
147	Van Zijl	Dirk	Atlantic Athletics Club	1130	Male	Open	04:06:26
148	madikizela	lindela	DEFENCE [WP] ATHLETIC CLUB	895	Male	Open	04:07:07
149	dyer	shoefiyan	Celtic Harriers	147	Male	Open	04:07:40
150	Retief	Elizabeth	Wellington Ac	1002	Female	40+	04:07:45
151	Marshall	Holden	Celtic Harriers	329	MALE	40+	04:07:52
152	Ditsela	David	DEFENCE [WP] ATHLETIC CLUB	714	Male	Open	04:08:02
153	Zeeman	Andries	Swartland Athletic Club	1173	Male	Open	04:08:04
154	Botha	Velma	Atlantic Athletics Club	642	Male	Open	04:08:12
155	Zive	Robert	Atlantic Athletics Club	1174	Male	Open	04:08:28
156	Theunissen	Jeandre	Brackenfell Ac	500	Male	Open	04:08:45
157	Maree	Justin	-- Not a Club Member --	906	Male	Open	04:08:47
158	Theron	Francois	ATC Running	1096	Male	Open	04:08:49
159	Ahmed	Ismail	Old Mutual Ac	21	Male	40+	04:09:16
160	Retief	Liza	Paarl Ac	1003	Female	Open	04:09:33
161	VAN DE VENTER	ADRIAAN	DEFENCE [WP] ATHLETIC CLUB	1111	Male	40+	04:09:47
162	Pool	Anne	Strand AC	990	Female	40+	04:10:21
163	De Villiers	Lizl	West Coast Athletics Club	130	Female	40+	04:10:43
164	Bouwer	Jacques	Sanlam Ac	644	Male	Open	04:10:44
165	marais	ivan	Irene Rrc	324	Male	60+	04:10:57
166	Oosthuizen	Leonard	Stellenbosch Ac	405	Male	40+	04:11:01
167	Wessels	Randall	Paarl Ac	567	Male	40+	04:11:04
168	Dodds	Craig	Acsis VOB Running Club	716	Male	40+	04:11:07
169	switala	juli	Celtic Harriers	1086	Female	Open	04:11:29
170	Naidoo	Maurice	Maties Ac	944	Male	40+	04:11:59
171	Martheze	Shaun	Edgemead Runners	910	Male	40+	04:12:17
172	Gaba	Lunga	RCS GUGULETU ATHLETIC CLUB	177	Male	Open	04:12:56
173	Ferrandi	Libby	-- Not a Club Member --	159	Female	40+	04:12:59
174	AMLER	KEVIN	Atlantic Athletics Club	23	Male	40+	04:13:24
175	Maritz	Erich	Sanlam Ac	327	MALE	Open	04:13:32
176	Main	Alison	Spartan Harriers [WP]	897	Female	Open	04:13:41
177	Visser	Penny	Southern Striders Ac	1145	Female	60+	04:13:49
178	Banda	Gerson	Atlantic Athletics Club	618	Male	50+	04:14:06
179	Koopman	Walmer John	Somerset Striders	274	Male	40+	04:14:36

180	Van der Merwe	Andries	-- Not a Club Member --	520	Male	40+	04:15:07
181	Drury	Jimmy	Nedbank Ac	141	Male	40+	04:15:15
182	Heyneke	David	Celtic Harriers	221	Male	40+	04:15:20
183	bugan	james	Foresters Ac	76	Male	40+	04:15:36
184	Bugan	Noel	Foresters Ac	653	Male	Open	04:15:36
185	Ullyett	Sue	Atlantic Athletics Club	1108	Female	40+	04:15:48
186	Snyman	Jaypee	Worcester Ac	1056	Male	40+	04:15:51
187	Lerm	Gideon	Run Walk For Life - Wp	880	Male	40+	04:15:52
188	Rosenstein	Shaun	Atlantic Athletics Club	445	Male	Open	04:16:35
189	Eksteen	Adrian John Ismael	NAMAQUA ATHLETICS CLUB	735	Male	40+	04:16:54
190	Millar	Dale	Acsis VOB Running Club	359	MALE	Open	04:17:09
191	Steel	Roger	Harfield Harriers	1066	Male	Open	04:17:15
192	Hauptfleisch	Danie	Wellington Ac	805	Male	50+	04:17:21
193	Tooth	Robin	Durbanville Athletics Club	508	Male	50+	04:17:41
194	Willemse	Pierre	Atlantic Athletics Club	577	Male	Open	04:17:58
195	Deats	Terry	Atlantic Athletics Club	709	Female	40+	04:18:27
196	Nelson	Frik	Bellville Ac	953	MALE	40+	04:18:38
197	FRENCH	DEON	Edgemead Runners	173	Male	40+	04:19:02
198	De Milander	Dimmie	Strand AC	700	Male	50+	04:19:14
199	De Milander	Marina	Strand AC	701	Female	50+	04:19:15
200	Hattingh	Marnus	Durbanville Athletics Club	207	Male	Open	04:19:16
201	goodman	kristi	-- Not a Club Member --	190	Female	Open	04:19:24
202	Welgemoed	Tania	Strand AC	1158	Female	40+	04:19:48
203	White	Wilna	Bellville Ac	1161	Female	40+	04:19:56
204	jansen	rowland	Nedbank Ac	242	Male	40+	04:20:09
205	Swart	Elnoria	Ceres Ac	1081	Female	Open	04:20:18
206	Snyders	Merton	Old Mutual Ac	480	Male	40+	04:20:34
207	Wentzel	Rassie	Durbanville Athletics Club	566	Male	Open	04:20:40
208	Burger	Werner	Sanlam Ac	77	Male	Open	04:21:14
209	Jacobs	Chris	Strand AC	836	Male	50+	04:21:54
210	Erasmus	Jacob	Ceres Ac	741	Male	50+	04:22:00
211	Warner	Rod	Celtic Harriers	1177	Male	50+	04:22:05
212	Greef	Marcelle	Saps Wp	781	Female	Open	04:22:06
213	Bouwer	Justin	New Balance Multisport Club	62	Male	Open	04:22:45
214	Gloyne	Rowen	Acsis VOB Running Club	776	Female	Open	04:23:17
215	Claassen	Louis	Arcelar Mittal Ac	670	Male	50+	04:23:24
216	Frances	Freddie	Wellington Ac	763	Male	40+	04:23:34
217	Senekal	Adri	Swartland Athletic Club	461	Female	40+	04:23:37
218	Reed	Charles	West Coast Athletics Club	998	Male	Open	04:23:40
219	Johnston	David	West Coast Athletics Club	250	Male	40+	04:23:42
220	Hough	Graham	West Coast Athletics Club	229	Male	50+	04:23:43
221	Crowder	Gregory	Telkom Ac	681	Male	50+	04:23:43
222	Klausen	Martin	Stellenbosch Ac	863	Male	40+	04:23:52
223	Wurdeman	Mark	West Coast Athletics Club	582	Male	40+	04:23:59
224	Lomberg	Malcolm	West Coast Athletics Club	886	Male	40+	04:24:01
225	Ross	Patrick	West Coast Athletics Club	1014	MALE	40+	04:24:01
226	Higgo	Lynette	Tygerberg Ac	223	Female	Open	04:24:04
227	Terblanche	Ronel	Wellington Ac	1094	Female	40+	04:24:29
228	Hugo	Braam	Wellington Ac	830	Male	50+	04:24:29
229	Carstens	Evert	Swartland Athletic Club	663	Male	40+	04:24:31
230	August	Peter-john	Acsis VOB Running Club	611	Male	40+	04:24:33
231	Hewitson	Janet	Mountain And Trail EnthusiastS	219	Female	Open	04:24:35
232	Kleinsmith	Andre	Western Province Athletics	864	Male	50+	04:24:38
233	Malgas	Booi	Atlantis Harriers	318	Male	50+	04:24:39
234	Viljoen	Roanne	Paarl Ac	1140	Female	40+	04:24:41
235	Barron	Mark	Mountain And Trail EnthusiastS	623	Male	50+	04:24:42
236	Bartlett	Derryck	Southern Striders Ac	40	Male	Open	04:24:44
237	Pearse	David	Southern Striders Ac	981	Male	50+	04:24:50
238	Treurnicht	Willem	Swartland Athletic Club	1101	Male	40+	04:24:56
239	Booyesen	Isaac	Swartland Athletic Club	638	Male	Open	04:25:23

240	Bruwer	Danie	Brackenfell Ac	74	Male	Open	04:25:37
241	Van der Westhuisen	Moses	Elsies River Ac	529	Male	Open	04:25:51
242	Van der Leek	Noeleen	Atlantic Athletics Club	1116	Female	40+	04:26:05
243	Cassiern	Mogamat	Top Form Ac	665	Male	50+	04:26:27
244	Jurgens	Werner	West Coast Athletics Club	259	Male	Open	04:26:28
245	Isaacs	Russom Lyndon	Southern Striders Ac	833	Male	Open	04:26:31
246	Schoor	Maxwell Hunter	Acsis VOB Running Club	1030	Male	40+	04:26:35
247	Coetsee	Janine	New Balance Multisport Club	106	Female	Open	04:26:37
248	Keyser	Gina	Atlantic Athletics Club	261	Female	Open	04:26:56
249	Simmons	Rob	-- Not a Club Member --	5	Male	50+	04:26:59
250	Vermeulen	Gerhard	Worcester Athletic Club	1138	Male	40+	04:27:32
251	Van der Merwe	Stephan	Midlands Athletic Club	1122	Male	Open	04:27:48
252	Clark	Brett	Acsis VOB Running Club	98	Male	Open	04:27:53
253	tshifularo	nyaweleni	Pinelands Athletics Club	512	Male	40+	04:27:54
254	Bilgin	Joleen	West Coast Athletics Club	633	Female	Open	04:28:03
255	Butcher	Richard	Swartland Athletic Club	657	Male	60+	04:28:49
256	Johnstone	Peter	DEFENCE [WP] ATHLETIC CLUB	847	Male	50+	04:28:53
257	Goliath	Megan	Brackenfell Ac	187	Female	Open	04:28:56
258	Sanglay	Hamid	Top Form Ac	1022	Male	40+	04:28:59
259	Schwartz	Christo	Brackenfell Ac	459	Male	40+	04:29:00
260	Dauids	Ridwaan	Metropolitan Ac	120	Male	50+	04:29:00
261	CAMERON	ALASDAIR	-- Not a Club Member --	660	Male	Open	04:29:01
262	Dukes	Ingrid	-- Not a Club Member --	146	Female	Open	04:29:23
263	Chamberlain	Cara	Durbanville Athletics Club	92	Female	Open	04:29:25
264	Austin	Lisa-Jo	Durbanville Athletics Club	33	Female	Open	04:29:27
265	Goodhead	Richard	Edgemead Runners	189	MALE	40+	04:29:28
266	Morrison	Roderick	Sa Police - Wp	934	Male	40+	04:30:11
267	Maxwell	David	Acsis VOB Running Club	337	Male	40+	04:30:12
268	Leeuschut	Eagan	Paarl Ac	297	Male	Open	04:30:23
269	Conradie	Andries	Worcester Ac	676	Male	40+	04:30:30
270	marais	colin	Durbanville Athletics Club	323	Male	Open	04:30:40
271	Truter	Erik	Swartland Athletic Club	1102	Male	50+	04:30:53
272	Emorine	Anthony	-- Not a Club Member --	736	Male	Open	04:31:03
273	Haldane	Steve	Acsis VOB Running Club	791	Male	Open	04:31:21
274	Mehl	Beverley	Top Form Ac	916	Female	50+	04:32:00
275	Swart	Nelis	Stellenbosch Ac	1083	Male	40+	04:32:15
276	searle	keith	Fish Hoek Athletic Club	1033	Male	60+	04:32:17
277	Bracher	Sue	Mountain And Trail EnthusiastS	65	Female	50+	04:32:45
278	Nel	Stephanus	Celtic Harriers	951	Male	Open	04:33:01
279	Fransman	Vivien	NAMAQUA ATHLETICS CLUB	764	Female	50+	04:33:11
280	Stowell	Ashley	Nedbank Ac	1076	Male	Open	04:33:20
281	Jones	Sammy	Mitchell's Plain Titans	850	Male	50+	04:33:23
282	Jagger	Shahid	Nedbank Ac	238	Male	Open	04:33:26
283	Sneyd	Theresa	Durbanville Athletics Club	479	Female	40+	04:33:44
284	Sands	Caroline	Hout Bay Harriers	1021	Female	50+	04:34:10
285	Hatton	Kylie	Harfield Harriers	804	Female	Open	04:34:14
286	Cairncross	Eugene	Southern Striders Ac	82	MALE	60+	04:34:15
287	Cupido	Rodney	Sanlam Ac	115	Male	40+	04:34:16
288	Andrews	Thomas	Acsis VOB Running Club	602	Male	50+	04:34:22
289	Anthony	Quinton	Arcelar Mittal Ac	604	Male	Open	04:34:36
290	Read	Lucinda	Acsis VOB Running Club	996	Female	Open	04:34:44
291	Britz	Gary	West Coast Athletics Club	73	Male	40+	04:35:00
292	Muller	Richard	BIDVEST ATHLETICS CLUB (WP)	938	Male	40+	04:35:04
293	Bardwell	Denzil	Fish Hoek Athletic Club	619	Male	60+	04:35:31
294	Calitz	Sanet	NAMAQUA ATHLETICS CLUB	659	Female	40+	04:35:48
295	Heunis	Marthinus	New Balance Multisport Club	218	MALE	40+	04:35:58
296	Barker	James	Nedbank Ac	621	Male	Open	04:36:00
297	Maree	Jacques	Acsis VOB Running Club	905	Male	Open	04:36:05
298	Rensburg	Lorna	Spartan Harriers [WP]	437	Female	40+	04:36:06
299	Greeff	Caspar	Atlantic Athletics Club	193	Male	60+	04:36:06

300	Pierce	Nigel	Uct Ac	418	Male	Open	04:36:07
301	Teuteberg	Nicoletta	Satori Ac	1095	Female	40+	04:36:38
302	Thurtell	Graham	Strand AC	505	Male	40+	04:36:48
303	Horn	Pieter	Kumba Marathon Club	823	Male	Open	04:36:49
304	arnott	rachel	West Coast Athletics Club	30	Female	Open	04:36:50
305	SurrIDGE	Dave	New Balance Multisport Club	1080	Male	40+	04:36:51
306	Templeton	Mandy	Atlantic Athletics Club	496	Female	Open	04:36:52
307	Cheetham	Gregg	Atlantic Athletics Club	667	Male	Open	04:36:53
308	Paulse	beulah	Top Form Ac	979	Male	Open	04:36:54
309	Adams	Ralph	Top Form Ac	593	MALE	50+	04:36:55
310	Swart	Marlene	Paarl Ac	1082	Female	50+	04:37:14
311	murray	shane	Mitchell's Plain Titans	378	Male	Open	04:37:22
312	Vorster	Marieke	Acsis VOB Running Club	1149	Female	Open	04:37:23
313	Nel	Venita	Tygerberg Ac	952	Female	40+	04:37:34
314	Abrahams	Shuraine	Brackenfell Ac	13	Female	40+	04:37:41
315	lester	john	West Coast Athletics Club	299	Male	40+	04:37:44
316	kok	len	Durbanville Athletics Club	272	Male	40+	04:37:49
317	Slattery	Peter	West Coast Athletics Club	1046	Male	50+	04:37:58
318	Visser	Adri	Swartland Athletic Club	1142	Female	50+	04:38:04
319	Clements	Gareth	SACS OB Running Club	671	Male	Open	04:38:05
320	Maurer	Nick	-- Not a Club Member --	336	Male	Open	04:38:07
321	Mathews	Russel Morne	Wellington Ac	911	Male	Open	04:38:26
322	Matthews	Geoff	Durbanville Athletics Club	334	Male	Open	04:38:37
323	Valentine	Errol	Brandvlei Athletics Club	1109	Male	40+	04:38:41
324	Nel	Daniel	Wellington Ac	950	Male	50+	04:38:50
325	Whitfield	Grant	Adidas Athletics Club	1162	Male	Open	04:38:58
326	Penrose	Nick	-- Not a Club Member --	414	Male	Open	04:39:02
327	Carmichael-green	Danny	Run Walk For Life - Wp	86	MALE	40+	04:39:24
328	Murtz	Vernon	Pinelands Athletics Club	939	Male	50+	04:39:44
329	Adams	Paul	Blue Downs Ac	17	Male	Open	04:39:53
330	Oliver	Olwyn	Fish Hoek Athletic Club	964	Female	60+	04:39:56
331	Engelbrecht	April	Salkorlane Ac	738	Male	50+	04:39:59
332	venter	gus	Bellville Ac	553	Male	40+	04:40:07
333	Mundie	Lenetia	Brackenfell Ac	376	Female	Open	04:40:09
334	du plessis	reenen	Rand Athletic Club	726	Male	50+	04:40:41
335	van der westhuizen	Daniel	Metropolitan Ac	530	Male	40+	04:40:43
336	Visser	Willem	-- Not a Club Member --	559	Male	40+	04:40:45
337	lewis	rudolph john	Stragglers Ac	303	Male	50+	04:40:52
338	Horsfield	Glen	-- Not a Club Member --	825	Male	40+	04:40:53
339	Mackay	Gavin	-- Not a Club Member --	892	Male	40+	04:41:07
340	Jansen	Wendy	Edgemead Runners	243	Female	40+	04:41:19
341	Muller	Riaan	Edgemead Runners	374	Male	Open	04:41:19
342	Muller	Anne	Edgemead Runners	372	FEMALE	40+	04:41:22
343	Dudumashe	Zukile	RCS GUGULETU ATHLETIC CLUB	144	Male	Open	04:41:29
344	Taljaard	Pieter	Saps Wp	493	Male	50+	04:41:29
345	Engelbrecht	Christo	Sa Police - Wp	739	Male	40+	04:41:29
346	Haarhoff	Gareth	Paarl Ac	198	Male	Open	04:41:36
347	Shaw	Bradwin	Acsis VOB Running Club	8	Male	Open	04:41:36
348	Van Schalkwyk	Marius	Olifantsrivier Ac	543	Male	50+	04:41:42
349	Du Plessis	Juan	Brackenfell Ac	724	Male	Open	04:41:58
350	Hendricks	Rupert	DEFENCE [WP] ATHLETIC CLUB	215	Male	Open	04:42:24
351	Ismail	Shahmie	Metropolitan Ac	234	MALE	40+	04:42:30
352	van de Vyver	Francois	Stellenbosch Ac	1112	Male	Open	04:42:38
353	Tucker	Sally	-- Not a Club Member --	513	Female	40+	04:42:46
354	Logenstein	Anvir	Easterns Kraaifontein Athletics Club	307	Male	40+	04:42:48
355	Joubert	Louise	NAMAQUA ATHLETICS CLUB	852	Female	40+	04:42:55
356	Rooi	Hendrik	Ravensmead Ac	444	Male	Open	04:43:35
357	Hollick	Sally	West Coast Athletics Club	821	FEMALE	40+	04:43:52
358	Simonis	Laura	West Coast Athletics Club	1043	Female	Open	04:43:53
359	Mac Donald	Gail	West Coast Athletics Club	314	Female	50+	04:43:55

360	Reissenzahn	Inge	Pinelands Athletics Club	436	FEMALE	Open	04:43:57
361	Mutize	Edeline	Nedbank Ac	380	Female	Open	04:43:59
362	lauf	roger	Celtic Harriers	292	Male	Open	04:44:03
363	Arendse	Desmond	Atlantis Harriers	26	Male	40+	04:44:04
364	Abrahams	Ebrahim	Itheko Sport AC	11	Male	40+	04:44:04
365	Hoffman	Chanelle	Strand AC	817	Female	Open	04:44:07
366	Koekemoer	Jolene	Mossel Bay Harriers	868	Female	Open	04:44:08
367	Smith	Angelique	Strand AC	1052	Female	Open	04:44:08
368	Scholtz	Henry	NAMAQUA ATHLETICS CLUB	1029	Male	40+	04:44:09
369	Slemon	Donal	Strand AC	1047	Male	40+	04:44:41
370	Cockcroft	Andrew	Edgemead Runners	105	Male	50+	04:44:49
371	Buys	Kobie	Strand AC	81	Female	Open	04:45:04
372	de Vries	Marietjie	Strand AC	131	Female	Open	04:45:04
373	Simpson	Brett	ATC Running	470	Male	Open	04:45:05
374	Fritz	Ernest	Celtic Harriers	766	Male	40+	04:45:08
375	Balkwill	Caroline	Atlantic Athletics Club	617	Female	Open	04:45:28
376	van Heerden	Adnaan	Southern Striders Ac	536	Male	Open	04:45:31
377	Morkel	Belinda	Run Walk For Life - Wp	369	Female	50+	04:45:39
378	Flink	Isaac	Easterns Kraaifontein Athletics Club	162	Male	50+	04:45:45
379	Turner	Wilfred	Swartland Athletic Club	1106	Male	Open	04:46:24
380	Floris	Dennis	Celtic Harriers	755	Male	40+	04:46:38
381	Majjet	Richard	Pinelands Athletics Club	899	Male	50+	04:46:57
382	Roux	Carina	New Balance Multisport Club	448	Female	Open	04:46:59
383	Gilmour	Trish	Acsis VOB Running Club	773	Female	40+	04:47:07
384	Adams	Portia	Blue Downs Ac	18	Female	Open	04:47:08
385	Rencken	George	Strand AC	1000	Male	40+	04:47:38
386	Revell	Steve	Edgemead Runners	438	Male	40+	04:47:39
387	Koch	Riaan	Swartland Athletic Club	866	Male	40+	04:47:47
388	Engelbrecht	Adriaan	Swartland Athletic Club	737	Male	Open	04:47:54
389	Bruwer	Lize	Swartland Athletic Club	652	Female	Open	04:47:55
390	Jacobs	Traviss	Southern Striders Ac	237	Male	40+	04:47:57
391	Doman	Hannes	Paarl Ac	139	Male	Open	04:48:02
392	Calitz	Isobel	Durbanville Athletics Club	84	Female	Open	04:48:02
393	Hudson	Jorja	Jeppe Quondam Athletic Club	829	Female	Open	04:48:02
394	doering	sandy	New Balance Multisport Club	718	Female	40+	04:48:11
395	Van Niekerk	Bekker	Wellington Ac	1125	Male	40+	04:48:11
396	Naude	Hannelie	Strand AC	385	Female	Open	04:48:21
397	Nekosie	Francois	Metropolitan Ac	388	Male	40+	04:48:25
398	Johaar	Ferial	Top Form Ac	845	Female	50+	04:48:28
399	Hepburn	Colin	West Coast Athletics Club	217	Male	40+	04:48:32
400	Amos	Vanda	West Coast Athletics Club	24	Female	40+	04:48:32
401	King	Brett	West Coast Athletics Club	263	Male	40+	04:48:33
402	Pitt	David	West Coast Athletics Club	989	Male	40+	04:48:34
403	Smith	Liesl	Elgin Grabouw Ac	475	Female	Open	04:48:38
404	Flink	Doris	Easterns Kraaifontein Athletics Club	161	Female	50+	04:49:03
405	Meyer	Desmond	Durbanville Athletics Club	355	Male	50+	04:49:10
406	Pieterse	Jacques	New Balance Multisport Club	419	Male	Open	04:49:13
407	Van Molendorff	Otto	Saps Wp	538	Male	40+	04:49:18
408	Fuchs	Nols	Brackenfell Ac	176	Male	40+	04:49:22
409	Oosthuizen	Nico	Brackenfell Ac	968	Male	40+	04:49:23
410	du Plessis	Werner	Swartland Athletic Club	727	Male	Open	04:49:25
411	Wilkinson	Lynne	Celtic Harriers	576	Female	Open	04:49:25
412	Boyles	Tom	Celtic Harriers	64	Male	Open	04:49:25
413	Bester	Russouw	Brackenfell Ac	48	Male	40+	04:49:32
414	Ungerer	Christa	Stellenbosch Ac	516	Female	Open	04:49:35
415	De Waal	Tertia	Stellenbosch Ac	134	Female	Open	04:49:36
416	McMinn	Chris	Edgemead Runners	346	Male	50+	04:49:36
417	Ouwerkerk	Vanessa	Edgemead Runners	973	Female	40+	04:49:43
418	Stevens	Nicholas	Fish Hoek Athletic Club	1071	Male	Open	04:49:44
419	White	Colin	Fish Hoek Athletic Club	1160	Male	40+	04:49:45

420	Kruger	Heinrich	Rand Athletic Club	871	Male	50+	04:49:46
421	Prins	Conville Johan	In Touch Ac	425	Male	40+	04:49:49
422	Viljoen	Ferdie	Strand AC	1139	Male	50+	04:50:12
423	Beyers	Coenraad	Strand AC	49	Male	Open	04:50:17
424	DUNSTAN	DI	Acsis VOB Running Club	732	Female	50+	04:50:26
425	Wilde	Johan	Nedbank Ac	574	Male	50+	04:50:30
426	Muller	Conrad	Tygerberg Ac	937	Male	Open	04:50:35
427	Robertson	George	Durbanville Athletics Club	442	Male	Open	04:50:50
428	Vorster	Johan	Saps Wp	562	Male	50+	04:50:54
429	Turner	Gavin	Whalers Ac	1104	Male	60+	04:51:08
430	Haynie	Cecil	Acsis VOB Running Club	209	Male	Open	04:51:18
431	Hamman	Hendri	Wellington Ac	201	Male	Open	04:51:20
432	Brink	Mc	Pentagon Pistols	71	Male	40+	04:51:26
433	Le Roux	Deirdre	Arcelar Mittal Ac	877	Female	40+	04:51:27
434	peirce	stephen	Celtic Harriers	982	Male	40+	04:51:39
435	Davids	Achmat	Top Form Ac	689	Male	40+	04:51:42
436	Nel	Hennie	New Balance Multisport Club	390	Male	40+	04:51:47
437	Nel	Jonathan	Brackenfell Ac	391	Male	40+	04:51:49
438	Barrow	Laurian	Fish Hoek Athletic Club	624	Female	50+	04:52:27
439	wettergreen	kim	Fish Hoek Athletic Club	1159	Female	50+	04:52:28
440	Adam	Colin	Fish Hoek Athletic Club	591	Male	50+	04:52:29
441	Ellis	Brenton	New Balance Multisport Club	151	Male	Open	04:52:31
442	Visser	Louise N	Benoni Northern Ac	1144	Female	40+	04:52:31
443	marsden	julie	Strand AC	328	Female	50+	04:52:32
444	vn Deventer	Valerie	Whalers Ac	1148	Female	50+	04:52:49
445	Hohenstein	Helgo	Strand AC	226	Male	40+	04:52:51
446	Mathys	Darryl	In Touch Ac	333	Male	40+	04:53:08
447	Mzimkhulu	Sityebi	Correctional Services Ac - Bol	943	Male	Open	04:53:43
448	thomas	shelley	West Coast Athletics Club	1099	Female	40+	04:53:44
449	Osborne	Suzan	Swartland Athletic Club	970	Female	40+	04:53:48
450	Bester	Llewellyn	Swartland Athletic Club	629	Male	40+	04:53:49
451	Batt	Jacqueline	Adidas Athletics Club	42	Female	Open	04:53:53
452	Tonkin	Selna	Paarl Ac	507	Female	Open	04:53:54
453	Olivier	Carel	Uct Ac	965	Male	Open	04:53:55
454	doering	niel	New Balance Multisport Club	717	Male	40+	04:53:57
455	Julies	Godfrey	Strand AC	854	Male	40+	04:54:06
456	Fortuin	Quinten	Brandvlei Athletics Club	760	Male	Open	04:54:22
457	Langenhoven	Barry	Atlantic Athletics Club	290	Male	Open	04:54:25
458	Hohlfeld	Colleen	Southern Striders Ac	820	Female	40+	04:54:35
459	Xipu	Nceba	RCS GUGULETU ATHLETIC CLUB	571	Male	Open	04:54:45
460	Ndlovu	Muzi Raymona	RCS GUGULETU ATHLETIC CLUB	282	Male	Open	04:54:46
461	Francois	Richard	Brackenfell Ac	170	Male	Open	04:54:51
462	cloete	Johnathan	Telkom Ac	103	Male	40+	04:54:58
463	Oberholzer	Hugo	Sanlam Ac	397	Male	Open	04:55:15
464	Kruger	Natasha	New Balance Multisport Club	281	Female	Open	04:55:16
465	Kama	Dumisani Alax	ACSA - WP	857	Male	Open	04:55:17
466	Jacobs	Reon	Spartan Harriers [WP]	838	Male	40+	04:55:19
467	Swarts	Hanselie	Swartland Athletic Club	1085	Female	40+	04:55:20
468	Anna-Mari	du Toit	Strand AC	603	Female	50+	04:55:28
469	Cleophas	Sidney	Pinelands Athletics Club	673	Male	50+	04:55:52
470	Nel	Annemi	Acsis VOB Running Club	949	Female	Open	04:55:53
471	Gumedze	Freedom	-- Not a Club Member --	197	Male	40+	04:56:04
472	Kirsten	Freddie	Paarl Ac	266	Male	Open	04:56:13
473	de Villiers	Cobus	Paarl Ac	703	Male	Open	04:56:14
474	Thom	Marc	Durbanville Athletics Club	502	Male	Open	04:56:18
475	Chaitel	Cindy	Celtic Harriers	666	Female	Open	04:56:23
476	Trout	Marisha	Paarl Ac	510	Female	40+	04:56:29
477	De Beer	Thian	Brackenfell Ac	122	MALE	Open	04:56:31
478	Murphy	Paul	Southern Striders Ac	377	Male	40+	04:56:44
479	Moser	Monika Dominika	Mitchell's Plain Titans	935	Female	Open	04:56:58

480	Briedenhann	Henry	Durbanville Athletics Club	69	Male	Open	04:56:59
481	Briedenhann	Christine	Durbanville Athletics Club	68	Female	Open	04:56:59
482	Clarence	Michelle	Spartan Harriers [WP]	97	Female	40+	04:57:28
483	Norman	Clive	Celtic Harriers	959	Male	50+	04:57:31
484	Smith	Louis	Elgin Grabouw Ac	476	Male	Open	04:57:40
485	Du Plessis	Nicolaas	Celtic Harriers	725	MALE	Open	04:57:42
486	HUBBARD	GARETH	-- Not a Club Member --	828	Male	Open	04:57:44
487	Samodien	Ruwaydah	Spartan Harriers [WP]	451	Female	40+	04:57:47
488	Botman	Charles	Wellington Ac	643	Male	40+	04:57:48
489	Macdonald	John	West Coast Athletics Club	315	Male	Open	04:57:55
490	Vlok	Pieter Jan	Stellenbosch Ac	1147	Male	Open	04:57:58
491	Vlok	Celeste	Stellenbosch Ac	1146	Female	Open	04:57:59
492	Gamble	Jack	Durbanville Athletics Club	179	Male	40+	04:58:04
493	Hodkin	Jack	Hout Bay Harriers	814	Male	50+	04:58:04
494	Mandindi	Bongani Arthur	Mitchell's Plain Titans	321	MALE	40+	04:58:11
495	Bakkes	Erik	Ceres Ac	616	Male	40+	04:58:12
496	Janse van Rensburg	Francois	-- Not a Club Member --	241	Male	Open	04:58:21
497	FAKIER	SAEED	Top Form Ac	748	Male	40+	04:58:25
498	van der Merwe	Rina (Johanna)	Bellville Ac	524	Female	Open	04:58:27
499	Aronse	Patrick Arnold	Fit 2000 - Wp	608	Male	40+	04:58:31
500	van Zyl	Lourens	Natal Carbineers	549	Male	Open	04:58:32
501	Van Zyl	Wp	Natal Carbineers	550	MALE	Open	04:58:33
502	Maggott	Julian	Celtic Harriers	896	Male	50+	04:58:35
503	Hartnick	John	Paarl Ac	802	Male	50+	04:58:37
504	De Witt	Adri	Atlantic Athletics Club	707	Female	Open	04:58:42
505	Curtis	Julia	Atlantic Athletics Club	685	Female	40+	04:58:45
506	EVARD	LINDSAY	Atlantic Athletics Club	747	Female	40+	04:58:46
507	Vorster	Michael	Run Walk For Life - Wp	1150	MALE	40+	04:58:48
508	Snoodyk	Kate	Adidas Athletics Club	1055	FEMALE	Open	04:58:50
509	Nel	David	Edgemead Runners	389	MALE	Open	04:58:50
510	Sihluku	Mthobisi Cameron	RCS GUGULETU ATHLETIC CLUB	468	Male	40+	04:58:54
511	Hammerschmidt	Karl	-- Not a Club Member --	203	Male	Open	04:59:06
512	Crowster	Reganald	Tygerberg Ac	113	Male	40+	04:59:09
513	Ntuli	VELAPHI	Eskom Gijimas [KZN]	395	Male	Open	04:59:24
514	von Walter	Christoph	Hout Bay Harriers	560	Male	40+	04:59:26
515	Mehl	Gustav	Spartan Harriers [WP]	917	Male	50+	04:59:30
516	Lippert	Zubeida	Celtic Harriers	306	Female	40+	04:59:34
517	Readman	Chris	Atlantic Athletics Club	997	Male	60+	04:59:36
518	Rothman	Brian	Brackenfell Ac	1016	Male	50+	04:59:42
519	Kumm	Louise	West Coast Athletics Club	283	Female	40+	04:59:45
520	FARAO	VALENCIA	Western Province Athletics	749	Female	Open	04:59:45
521	Paulse	Patrick	DEFENCE [WP] ATHLETIC CLUB	980	Male	40+	04:59:46
522	Snyders	Merton	Old Mutual Ac	480	Male	40+	04:59:49
523	Coetzer	Ree	Paarl Ac	109	Female	40+	04:59:52
524	Smith	Spencer	In Touch Ac	477	Male	40+	04:59:54
525	Nxasana	Sidumo	SA Police	396	Male	40+	04:59:57
526	Kotze	Bennie	Swartland Athletic Club	869	Male	40+	04:59:58
527	WILKE	JOHAN	New Balance Multisport Club	1165	Male	50+	05:00:04
528	Du Plessis	Jan	Helderberg Harriers	723	Male	50+	05:00:10
529	Sewell	Colin	West Coast Athletics Club	463	Male	40+	05:00:11
530	Le Roux	Theresa	Paarl Ac	879	Female	40+	05:00:15
531	Rencken	Liezl	Strand AC	1001	Female	Open	05:00:29
532	harding	natasja	Strand AC	799	Male	40+	05:00:29
533	Meyer	Lizelle	West Coast Athletics Club	923	Female	Open	05:00:58
534	Meintjies	Cajsa	Langebaan Strandlopers	918	Female	Open	05:01:10
535	Stevens	Barbara	Pinelands Athletics Club	1069	Female	40+	05:02:04
536	Ogada	Joshua	-- Not a Club Member --	963	Male	Open	05:02:17
537	Baillie	Neil	Acsis VOB Running Club	36	Male	40+	05:02:26
538	Baadsman	Edward	Atlantis Harriers	34	Male	40+	05:02:34
539	Barnes	Brian	West Coast Athletics Club	38	Male	40+	05:03:01

540	Mustaine	Rita	Hout Bay Harriers	940	Female	50+	05:03:10
541	Benjamin	Llewellyn	Edgemead Runners	45	Male	Open	05:03:25
542	Loubser	Mara	Sanlam Ac	309	Female	40+	05:03:36
543	Loubser	Michiel Hendrik	Sanlam Ac	310	Male	40+	05:03:37
544	OConnor	Margi	Knysna Marathon Club	962	Female	50+	05:03:54
545	Davey	Jessie	Southern Striders Ac	688	FEMALE	40+	05:04:11
546	Davey	Douglas	Southern Striders Ac	687	MALE	50+	05:04:12
547	Buckley	Richard	Telkom Ac	75	Male	50+	05:04:16
548	Adonis	Paul	Edgemead Runners	19	MALE	60+	05:04:32
549	Horn-Botha	Deborah	Acsis VOB Running Club	824	Female	40+	05:04:33
550	Bell	Karen	Edgemead Runners	44	Female	40+	05:04:34
551	Paulsen	Ruby	Celtic Harriers	412	Female	40+	05:04:34
552	Hodkin	Janet	Hout Bay Harriers	815	Female	40+	05:04:39
553	Marks	Richard	Hout Bay Harriers	909	Male	50+	05:04:41
554	Fookwe	Michelle	Pick 'n Pay Athletic Club WP	757	Female	40+	05:04:41
555	Bothma	Christo	Edgemead Runners	61	Male	Open	05:04:47
556	Paterson	Mike	West Coast Athletics Club	978	Male	50+	05:04:48
557	Botha	Anette	Run Walk For Life - Wp	640	Female	40+	05:05:02
558	De Lapelin Dumont	Avril	West Coast Athletics Club	698	Female	60+	05:05:14
559	Kooyman	Shane	Southern Striders Ac	276	Male	Open	05:05:30
560	Shapiro	Jeffrey	Acsis VOB Running Club	1036	MALE	Open	05:05:36
561	Brandt	sheldon	Celtic Harriers	647	Male	40+	05:06:12
562	Lewis	Japie	DEFENCE [WP] ATHLETIC CLUB	881	Male	50+	05:07:13
563	De Lange	Michelle	Brackenfell Ac	126	Female	40+	05:07:25
564	Van der Merwe	Philip	Durbanville Athletics Club	523	Male	50+	05:07:41
565	Carstens	Karien	Bellville Ac	89	Female	Open	05:07:45
566	Britz	Antoinette	Brackenfell Ac	72	Female	40+	05:07:52
567	Majiet	Moesharafa	Ommiedraai Friends AC	898	Female	40+	05:08:13
568	tshifularo	maitele	Pinelands Athletics Club	511	Female	40+	05:08:35
569	Hendricks	Clint	Easterns Kraaifontein Athletics Club	807	Male	Open	05:08:50
570	Thomas	Mark	Stellenbosch Ac	504	Male	Open	05:08:57
571	Fortuin	Anita	Swartland Athletic Club	759	Female	Open	05:08:59
572	Neethling	Gideon	Paarl Ac	947	Male	40+	05:09:05
573	Kuun	Susanna	Helderberg Harriers	284	Female	40+	05:09:12
574	Carstens	Henk	Helderberg Harriers	88	MALE	Open	05:09:12
575	Richards	Douglas	Spartan Harriers [WP]	439	Male	50+	05:09:13
576	jacobs	mark	Celtic Harriers	837	Male	50+	05:09:40
577	Ashworth	Claire	Hout Bay Harriers	610	Female	Open	05:09:50
578	Mbana	Anele	Eskom Gijimas [KZN]	339	Female	Open	05:09:52
579	Vos	Robbie	-- Not a Club Member --	1151	Male	Open	05:10:18
580	Soeker	Suleiman	Top Form Ac	481	Male	50+	05:10:31
581	Abrahams	Aboubakar	Top Form Ac	588	MALE	40+	05:10:32
582	Maregele	Shaun	In Touch Ac	325	Male	Open	05:11:01
583	Lukic	Jacqueline	Run Walk For Life - Wp	889	Female	Open	05:11:14
584	myers	chris	Fish Hoek Athletic Club	382	Male	40+	05:11:21
585	Jooste	Etienne	Strand AC	851	Male	60+	05:11:53
586	Beukes	Floricius	Groot Constantia	630	Male	40+	05:11:57
587	kingsley	barbara	Pinelands Athletics Club	862	Female	40+	05:11:58
588	Forbes	David	SACS OB Running Club	758	Male	Open	05:12:08
589	Harvey	Elaine	Acsis VOB Running Club	803	Female	Open	05:12:09
590	Arbuthnot	Grant	Savages A C	605	Male	50+	05:12:40
591	Jahnig	Richard	Acsis VOB Running Club	239	Male	40+	05:12:41
592	GONSALVES	ROBERTO	Harfield Harriers	188	Male	40+	05:12:46
593	Oosthuizen	Jean Pierre	Durbanville Athletics Club	404	Male	Open	05:13:03
594	Steyn	Leonie	Durbanville Athletics Club	1074	Female	40+	05:13:06
595	Bester	Ronelle	Durbanville Athletics Club	47	Female	40+	05:13:07
596	Brink	Con	Durbanville Athletics Club	650	Male	40+	05:13:07
597	Joseph	Donald	Brackenfell Ac	255	Male	Open	05:13:09
598	Van Der Walt	Lefebvre	HARTENBOS RUNNERS	528	Male	Open	05:13:09
599	Lee	Mervyn	Edgemead Runners	296	Male	50+	05:13:28

600	Murry	Michele	Edgemead Runners	379	Female	40+	05:13:37
601	Tedder	Renee	-- Not a Club Member --	1093	Female	Open	05:13:55
602	Scholtz	Karlien	Strand AC	457	Female	Open	05:13:56
603	Heyns	Petrie	DEFENCE [WP] ATHLETIC CLUB	811	Male	Open	05:14:04
604	Smit	Helane	Swartland Athletic Club	1049	Female	40+	05:14:05
605	Tait	Bianca	Satori Ac	1087	Female	Open	05:14:07
606	Zampelli	Robert	Edgemead Runners	585	Male	50+	05:14:10
607	Conradie	Kurt	Wellington Ac	677	Male	Open	05:14:20
608	van der Merwe	Sakkie	Durbanville Athletics Club	525	Male	Open	05:14:25
609	Wiese	Jacobus	Sa Police - Wp	572	MALE	Open	05:14:37
610	Wiese	Nols	Sa Police - Wp	573	MALE	40+	05:14:39
611	Koehler	Sonja	Somerset Striders	867	Female	40+	05:15:01
612	Theunissen	Magedie	Top Form Ac	501	Male	50+	05:15:23
613	botha	emil	New Balance Multisport Club	56	Male	Open	05:15:25
614	Davids	Ashaan	Ommiedraai Friends AC	119	Male	50+	05:15:29
615	Albrecht	Brigitta	Southern Striders Ac	22	Female	Open	05:15:45
616	King	Petra	Sanlam Ac	265	Female	50+	05:16:08
617	Claassen	Johann	Sanlam Ac	96	Male	Open	05:16:09
618	Hoefinger	Ann-Mari	Atlantic Athletics Club	816	Female	Open	05:16:15
619	Ward	Ian	Foresters Ac	1153	Male	40+	05:16:16
620	Parry	Hugh	Run Walk For Life - Wp	977	MALE	60+	05:17:10
621	Baker	Karl	RCS GUGULETU ATHLETIC CLUB	37	Male	50+	05:17:39
622	De Vries	Shaheem	New Balance Multisport Club	132	Male	Open	05:17:44
623	Dramat	Cecil	Mitchell's Plain Titans	720	Male	50+	05:17:44
624	De Wet	Stephne	HARTENBOS RUNNERS	706	Female	Open	05:17:49
625	du Toit	sanet	Brackenfell Ac	142	Female	40+	05:17:50
626	White	Chris	Blue Downs Ac	583	Male	50+	05:17:50
627	Tema	Phuti	RCS GUGULETU ATHLETIC CLUB	495	Male	40+	05:17:52
628	Hemmant	Russell	Acsis VOB Running Club	806	Male	40+	05:17:54
629	Ohlson	Frank	Ravensmead Ac	399	Male	40+	05:17:59
630	Tyrrell	Joseph	Acsis VOB Running Club	1107	Male	60+	05:18:44
631	Brimble	John	Foresters Ac	649	Male	60+	05:18:48
632	vanAardt	Michelle	Century City Athletics Club	551	Female	Open	05:18:49
633	Brand	Maria	Acsis VOB Running Club	646	Female	40+	05:18:50
634	Jooste	Anton	Brackenfell Ac	253	Male	Open	05:18:53
635	Rondganger	Derrick	Telkom Ac	1011	Male	50+	05:18:54
636	Edson	Anthony	Telkom Ac	148	Male	40+	05:19:09
637	Merton	Jerome	Pinelands Athletics Club	922	Male	Open	05:19:13
638	Roberts	Garth	Spartan Harriers [WP]	441	Male	40+	05:19:20
639	Silver	Ashwin	Correctional Services WP	1041	MALE	40+	05:19:20
640	Smith	Wendal	Pinelands Athletics Club	1054	Male	40+	05:19:21
641	Steyn	Herman	Strand AC	1073	Male	Open	05:19:22
642	Jailers	Jacobus	Worcester Ac	840	Male	50+	05:19:48
643	Tordiffe	Stanley	Old Mutual Ac	509	Male	Open	05:20:04
644	Leverton	Ruth	Pinelands Athletics Club	301	Female	50+	05:20:24
645	Oppel	Sillene	Tygerberg Ac	969	Female	50+	05:20:28
646	Hendrikse	Elizka	Durbanville Athletics Club	809	Female	40+	05:20:29
647	Naidoo	Rajin	Stragglers Ac	945	Male	40+	05:20:33
648	Olivier	Francois	Atlantic Athletics Club	966	Male	Open	05:20:43
649	Engelbrecht	Deidre	Sa Police - Wp	740	Female	40+	05:20:56
650	Petersen	Denvor	Langebaan Strandlopers	984	Male	50+	05:21:02
651	Van Aarde	Hilton	NAMAQUA ATHLETICS CLUB	1110	Male	40+	05:21:03
652	Barnard	Marie	Run Walk For Life - Wp	622	FEMALE	50+	05:21:30
653	Hofmeyr	Hanel	Run Walk For Life - Wp	818	Female	Open	05:21:31
654	Erwee	Trolene	Strand AC	157	Female	Open	05:21:32
655	Ceustermans	Leon	Strand AC	91	Male	40+	05:21:32
656	Mulder	Gert	-- Not a Club Member --	371	Male	60+	05:21:48
657	Mey	Michael	Acsis VOB Running Club	354	Male	40+	05:21:50
658	Gouws	Rohan	RCS GUGULETU ATHLETIC CLUB	192	Male	40+	05:21:55
659	Braver	Ashley	Edgemead Runners	67	Male	40+	05:22:03

660	Weideman	Janine	Swartland Athletic Club	1157	Female	40+	05:22:41
661	Waters	Benjamen	OKIEP RC	1155	Male	40+	05:22:41
662	Van Niekerk	Willie	Durbanville Athletics Club	540	Male	40+	05:22:48
663	Davidson	Ishmet	Top Form Ac	691	Male	40+	05:23:03
664	Moliea	Huli	Manoni Running Club	927	Female	Open	05:23:07
665	Fortune	Hester	Brackenfell Ac	165	Female	50+	05:23:11
666	ellis	gielle	Brackenfell Ac	152	Male	40+	05:23:11
667	Le Roux	De Bretten	Atlantis Harriers	294	Male	40+	05:23:21
668	Hillary	Alida	West Coast Athletics Club	813	Female	40+	05:23:26
669	Le Roux	Nadia	Bellville Ac	295	Female	40+	05:23:34
670	Ladopoulos	Sotirios	Bellville Ac	286	Male	40+	05:23:35
671	Noemdo	Edward	Pinelands Athletics Club	957	Male	50+	05:23:40
672	Eloff	Frederik	Stellenbosch Ac	154	Male	40+	05:24:25
673	Lindenberg	Louise	Stellenbosch Ac	305	Female	40+	05:24:29
674	Kotze	Chris	Arcelar Mittal Ac	870	Male	Open	05:24:31
675	Sibiya	Mndeni Collen	-- Not a Club Member --	467	Male	Open	05:24:33
676	Pieterse	Gerrit	Arcelar Mittal Ac	986	Male	Open	05:24:36
677	Logan	Robin	Pinelands Athletics Club	885	Male	60+	05:24:38
678	Mogoje	Vincent	-- Not a Club Member --	363	Male	Open	05:24:45
679	van der Westhuizen	JC	Acsis VOB Running Club	531	Male	50+	05:25:12
680	Punt	Carl	Helderberg Harriers	427	Male	Open	05:25:20
681	van der Merwe	frederick	Telkom Ac	1117	Male	40+	05:25:22
682	Ronganger	Pearl	Telkom Ac	1012	Female	50+	05:25:22
683	van der Merwe	Laurette	Telkom Ac	1121	Female	40+	05:25:24
684	Scheepers	Rosette	Mitchell's Plain Titans	1027	Female	40+	05:25:26
685	Smith	Mervin	Mitchell's Plain Titans	1053	Male	50+	05:25:28
686	Manzoni	Charlene	Bellville Ac	322	Female	Open	05:25:29
687	ENGELBRECHT	ANTOINETTE	Strand AC	155	Female	40+	05:25:40
688	Floris	Stanley	Nedbank Ac	756	Male	40+	05:25:48
689	Knoetze	Martha	Worcester Athletic Club	865	Female	40+	05:25:49
690	Wood	Jocelyn	-- Not a Club Member --	580	Female	Open	05:26:11
691	Hanekom	Vlok	Wellington Ac	796	Male	Open	05:26:20
692	van der Byl	John	Mitchell's Plain Titans	1114	Male	40+	05:26:38
693	Hill	Theodore	Mitchell's Plain Titans	224	Male	40+	05:26:39
694	Vergotine	Joseph	Stellenbosch Ac	1136	Male	Open	05:26:57
695	Potgieter	Derek	Strand AC	991	Male	50+	05:26:59
696	Fortune	Dawood	Top Form Ac	164	Male	50+	05:27:00
697	Yasin	Anver	Top Form Ac	1172	Male	50+	05:27:03
698	turner	philip	Edgemead Runners	1105	Male	Open	05:27:19
699	Wainman	Barry	Atlantic Athletics Club	1152	Male	40+	05:27:25
700	Marks	Malcolm Desmond	West Coast Athletics Club	908	Male	50+	05:27:29
701	Palmer	Monica	West Coast Athletics Club	974	Female	40+	05:27:30
702	Kolbe	Mario	In Touch Ac	273	Male	Open	05:27:32
703	Abdullah	Ismail	Top Form Ac	587	MALE	40+	05:27:44
704	Burns	John	Bellville Ac	78	Male	Open	05:27:48
705	Burns	Mandy	Bellville Ac	79	Female	Open	05:27:49
706	Fredericks	Nivern	Correctional Services Ac - Bol	765	Female	50+	05:27:51
707	De Araujo	Betina	Edgemead Runners	121	Female	40+	05:27:52
708	Roux	Louise	Edgemead Runners	449	Female	40+	05:27:53
709	Van Den Raad	Bert	Alpha Centurion Runners	1113	Male	60+	05:28:09
710	Richter	Adrian	Celtic Harriers	1006	Male	50+	05:28:25
711	Shooter	Ray	Edgemead Runners	1039	Male	60+	05:28:34
712	Heideman	Sheila	Metropolitan Ac	212	Female	40+	05:28:45
713	Daniels	Andrew	In Touch Ac	117	Male	50+	05:28:46
714	Wilds	Nadia	Celtic Harriers	575	Female	50+	05:28:47
715	Coetzee	Linda	Pinelands Athletics Club	674	Female	50+	05:28:53
716	Otto	Jan	Swartland Athletic Club	971	Male	Open	05:28:53
717	Geldenhuis	Pieter	-- Not a Club Member --	183	Male	40+	05:28:59
718	Strydom	Strymar	Blue Downs Ac	1075	MALE	40+	05:29:04
719	Van Wyk	Subramany	Salkoriane Ac	1129	Male	50+	05:29:07

720	Ross	Christopher	Old Mutual Ac	446	Male	40+	05:29:13
721	Louw	Hansie	Herbalife Sports Club	311	Male	50+	05:29:14
722	Skosana	Xola	-- Not a Club Member --	473	Male	40+	05:29:15
723	Van Der Merwe	Jannie	Swartland Athletic Club	1120	Male	60+	05:29:31
724	Vermeulen	Morgan	In Touch Ac	555	Male	40+	05:29:31
725	Damon	Lisa	In Touch Ac	116	Female	Open	05:29:33
726	Carstens	Pieter	Bellville Ac	90	Male	40+	05:29:38
727	Moolman	Lafras	Csir	1175	Male	Open	05:29:39
728	Mccarthy	Rochelle	Brackenfell Ac	341	Female	40+	05:29:39
729	van der Merwe	Georg	Paarl Ac	1118	Male	Open	05:29:45
730	Fortune	Moebeen	Top Form Ac	166	Male	Open	05:30:07
731	Matthys	Edward	Hewat Athletic Club	335	MALE	50+	05:30:11
732	Marais	Frans	Brackenfell Ac	902	Male	50+	05:30:25
733	Goedhals	Erica	Strand AC	186	Male	40+	05:30:33
734	john	nonyane	Correctional Services WP	846	Male	40+	05:30:47
735	Stimie	Johann	-- Not a Club Member --	488	Male	Open	05:30:48
736	Erasmus	Sarie	Swartland Athletic Club	742	Female	60+	05:30:49
737	Qwesha	Nyaniso	RCS GUGULETU ATHLETIC CLUB	429	Male	Open	05:30:52
738	Rossouw	Christine	Atlantic Athletics Club	1015	Female	Open	05:30:54
739	allie	mogamat shahmie	Ommiedraai Friends AC	599	Male	50+	05:31:10
740	Cloete	Jeanette	Telkom Ac	102	Female	Open	05:31:17
741	Scheppening	David	Pinelands Athletics Club	454	Male	Open	05:31:54
742	Arendse	Neil Jeremy	Hewat Athletic Club	28	MALE	40+	05:32:35
743	Jones	Lee-Anne	Brackenfell Ac	251	Female	Open	05:32:59
744	Brinders	Lance	Edgemead Runners	70	MALE	Open	05:33:46
745	Faught	Dorothy	Edgemead Runners	750	Female	40+	05:33:59
746	Hall	Belinda	Edgemead Runners	199	Female	40+	05:34:01
747	Thetard	Werner	Hout Bay Harriers	499	Male	Open	05:34:12
748	Pike	Malcolm	Pinelands Athletics Club	420	Male	50+	05:34:41
749	Sandi	Fundiswa	Ravensmead Ac	453	Female	Open	05:35:08
750	Olivier	Edwin	Run Walk For Life - Wp	402	Male	40+	05:35:16
751	taljaard	ann	Saps Wp	492	Female	50+	05:35:35
752	Johnston	David	West Coast Athletics Club	250	Male	40+	05:35:39
753	levendal	esterlene	In Touch Ac	300	Female	50+	05:35:48
754	Frans	Mark	Acsis VOB Running Club	171	Male	40+	05:35:50
755	St. Clair	Felicia	In Touch Ac	482	Female	40+	05:35:51
756	Ungerer	Mike	Brackenfell Ac	518	Male	50+	05:36:01
757	Nhlapo	Phumi	West Coast Athletics Club	955	Female	Open	05:36:15
758	Botha	Thea	Brackenfell Ac	60	Female	50+	05:36:20
759	Gleeson	Brendon	Fish Hoek Athletic Club	774	Male	Open	05:36:21
760	Louw	Sophia	Run Walk For Life - Wp	887	FEMALE	40+	05:38:37
761	Thirion	Reinata	Run Walk For Life - Wp	1097	Female	Open	05:38:38
762	Blight	Gavin	Edgemead Runners	51	MALE	40+	05:39:08
763	Scheepers	Louise	Strand AC	1026	Female	40+	05:39:11
764	Bosch	Tanja	New Balance Multisport Club	639	Female	Open	05:39:13
765	FOSTER	DEREK	Pinelands Athletics Club	167	Male	60+	05:39:15
766	Dubula-Majola	Vuyiseka	Top Form Ac	143	Male	Open	05:39:33
767	Ndlelana	Tantaswa	Top Form Ac	387	Male	Open	05:39:33
768	Janse van Rensburg	Herman	Run Walk For Life - Wp	842	Male	50+	05:40:08
769	De Vivo	Vincent	Acsis VOB Running Club	704	Male	40+	05:40:25
770	Huisamen	Kitty	Southern Striders Ac	230	Female	40+	05:40:29
771	Jonathan	Sandra	Stragglers Ac	849	Female	40+	05:40:38
772	Hardneck	Fiona	Ceres Ac	800	Female	50+	05:41:24
773	Lemmer	Lourika	Strand AC	298	Female	40+	05:41:27
774	Bedwell	Michelle	Pinelands Athletics Club	43	Female	Open	05:42:17
775	van Veen	Ronnie	Durbanville Athletics Club	544	Male	50+	05:42:44
776	Giliomee	Paul	-- Not a Club Member --	771	Male	50+	05:43:12
777	Matthews	Lesley	Run Walk For Life - Wp	912	Female	50+	05:46:16
778	stoffberg	sidney	Acsis VOB Running Club	1079	Male	50+	05:46:44
779	Harding	John	Acsis VOB Running Club	798	Male	60+	05:46:45

780	Kooyman	Celeste	Southern Striders Ac	275	Female	Open	05:46:47
781	Oktober	Robert	Atlantic Athletics Club	401	Male	40+	05:47:22
782	Stevens	Edward	Run Walk For Life - Wp	485	Male	40+	05:48:18
783	Williams	Ricky	Top Form Ac	1167	Male	40+	05:48:46
784	Bailey	Johanna	In Touch Ac	35	Female	60+	05:49:52
785	du plessis	elma	Rand Athletic Club	721	Female	40+	05:50:20
786	Maakal	Chris	Bellville Ac	313	Male	Open	05:50:48
787	Devine	Dermott	Acsis VOB Running Club	1	Male	60+	05:51:02
788	speck	simon	Spartan Harriers [WP]	1064	Male	40+	05:51:04
789	Cronje	Jacques	Harfield Harriers	679	Male	40+	05:51:05
790	Beukes	Marthinus	Rocky Road Runners	631	Male	40+	05:51:06
791	Keeling	Brian	Fish Hoek Athletic Club	860	Male	50+	05:52:11
792	Van Deventer	Marina	Irene Rrc	1124	Female	50+	05:52:58
793	mills-Davies	Valerie	Run Walk For Life - Wp	360	Female	40+	05:53:18
794	du Preez	Leon	West Coast Athletics Club	728	Male	50+	05:54:12
795	De Vries	Theresa	Strand AC	133	Female	Open	05:54:36
796	Solomon	Patrick	Metropolitan Ac	1060	Male	50+	05:58:44
797	Khan	Nazier	Top Form Ac	861	Male	Open	05:58:58
798	Cunningham	Russell Neil	DEFENCE [WP] ATHLETIC CLUB	684	Male	Open	05:59:18
799	Olumide	Olugbenga	Top Form Ac	403	Male	Open	05:59:32
800	Ramalope	Nthabiseng	Eskom Gijimas [KZN]	432	Female	40+	06:01:44
801	Francis	David	Nedbank Ac	168	Male	Open	06:02:20
802	Shabansu	Thuleboma	-- Not a Club Member --	464	Male	40+	06:05:35
803	ohlson	julian	Metropolitan Ac	400	Male	50+	06:07:18
804	Ebrahim	Moegsien	New Balance Multisport Club	733	Male	50+	06:10:09
805	Hendricks	Valma	Top Form Ac	808	Female	40+	06:11:30
806	Lakay	Aziza	Tygerberg Ac	287	Female	40+	06:11:31
807	Taylor	Cathy	Durbanville Athletics Club	1089	Female	60+	06:15:20
808	Merritt	Hester	Irene Rrc	921	Female	50+	06:18:34
809	Carolus	Ricardo	Swartland Athletic Club	662	Male	Open	06:18:34
810	De Goede	Andre	Pinelands Athletics Club	695	Male	60+	06:18:55
811	Toll	Lionel	-- Not a Club Member --	1100	Male	Open	06:19:08
812	Crowder	Berenice	Telkom Ac	680	Female	40+	06:24:24