

Position	Contestant Surname	Contestant Name	Club Name	Race N°	Sex	Category	Time
1	Kotov	Vladimir	Century City Athletics Club	2	Male	50+	02:37:06 AM
2	Zola	Thembelani William	MR PRICE WESTERN PROVINCE	586	Male	Open	02:43:45 AM
3	Mapukata	Sihle	MR PRICE WESTERN PROVINCE	901	Male	Open	02:47:34 AM
4	Fokwana	Khaya	Acsis VOB Running Club	111	Male	Open	02:56:55 AM
5	Dosi	Dumisani	Paarl Ac	140	Male	Open	02:59:53 AM
6	Bushika	Admire	Hout Bay Harriers	80	Male	Open	03:03:35 AM
7	Kosana	Luntu	RCS Gugulethu Ac	277	Male	Open	03:09:13 AM
8	Oppel	Desmore	Durbanville Athletics Club	407	Male	50+	03:23:26 AM
9	Ramaboa	Kutlwano	West Coast Athletics Club	431	Female	Open	03:24:39 AM
10	Van Zyl	Johan	Tygerberg Ac	1132	Male	Open	03:29:01 AM
11	Visagie	Jacobus	Wellington Ac	1141	Male	50+	03:29:30 AM
12	Ngoy-Kadisha	Danny	Durbanville Athletics Club	393	Male	Open	03:31:28 AM
13	Hooi	Ronnie	DEFENCE [WP] ATHLETIC CLUB	227	Male	40+	03:32:00 AM
14	James	Mathews	Hout Bay Harriers	240	Male	Open	03:34:57 AM
15	Saba	Nduna	Nedbank Ac	361	Male	Open	03:35:50 AM
16	Cronje	Lionel	Metropolitan Ac	112	Male	Open	03:39:02 AM
17	Groom	Fezile	DEFENCE [WP] ATHLETIC CLUB	195	Male	40+	03:40:42 AM
18	Ngcobo	Elphas	RCS Gugulethu Ac	392	Male	Open	03:42:53 AM
19	Mwamard	Pearson	Hout Bay Harriers	381	Male	Open	03:43:02 AM
20	Henry	Angelo	Multi Sport Maniacs	216	Male	40+	03:46:07 AM
21	Mlitwa	Nhlanhla	Celtic Harriers	362	Male	40+	03:46:11 AM
22	franckeiss	haydn	Strand AC	169	Male	40+	03:52:50 AM
23	Schuller	Taswell	Top Form Ac	1031	Male	40+	03:53:18 AM
24	Langenegger	Pieter	Helderberg Harriers	875	Male	50+	03:54:24 AM
25	Jeppe	Warren	Acsis VOB Running Club	844	Male	Open	03:54:53 AM
26	Sheard	Moyra	Celtic Harriers	1037	Female	Open	03:55:29 AM
27	Cuba	Lungisa	Celtic Harriers	683	Male	40+	03:58:52 AM
28	Gerakaris	Yiannis	Chappies/Pegasus Running Clubs	770	Male	Open	03:59:03 AM
29	Lewerenz	Janine	Fit 2000 - Wp	302	Female	Open	03:59:47 AM
30	Weinel	Caroline	Durbanville Athletics Club	565	FEMALE	50+	04:00:51 AM
31	Wynne	Lance	Atlantic Athletics Club	1171	Male	Open	04:01:07 AM
32	Miles	Nick	West Coast Athletics Club	924	MALE	50+	04:03:17 AM
33	Maritz	John	West Coast Athletics Club	907	MALE	40+	04:03:18 AM
34	Samsonowicz	Joanna	Atlantic Athletics Club	452	Female	Open	04:05:56 AM
36	Ditsela	David	DEFENCE [WP] ATHLETIC CLUB	714	Male	Open	04:08:02 AM
37	Zive	Robert	Atlantic Athletics Club	1174	Male	Open	04:08:28 AM
38	Wessels	Randall	Paarl Ac	567	Male	40+	04:11:04 AM
39	Naidoo	Maurice	Maties Ac	944	Male	40+	04:11:59 AM
40	Gaba	Lunga	RCS GUGULETU ATHLETIC CLUB	177	Male	Open	04:12:56 AM
41	AMLER	KEVIN	Atlantic Athletics Club	23	Male	40+	04:13:24 AM
42	Banda	Gerson	Atlantic Athletics Club	618	Male	50+	04:14:06 AM
43	Koopman	Walmer John	Somerset Striders	274	Male	40+	04:14:36 AM
44	Van der Merwe	Andries	-- Not a Club Member --	520	Male	40+	04:15:07 AM
45	Drury	Jimmy	Nedbank Ac	141	Male	40+	04:15:15 AM
46	bugan	james	Foresters Ac	76	Male	40+	04:15:36 AM
47	Bugan	Noel	Foresters Ac	653	Male	Open	04:15:36 AM
48	Millar	Dale	Acsis VOB Running Club	359	MALE	Open	04:17:09 AM
49	Steel	Roger	Harfield Harriers	1066	Male	Open	04:17:15 AM
50	Willemse	Pierre	Atlantic Athletics Club	577	Male	Open	04:17:58 AM
51	Welgemoed	Tania	Strand AC	1158	Female	40+	04:19:48 AM
52	Swart	Elnoria	Ceres Ac	1081	Female	Open	04:20:18 AM
53	Bouwer	Justin	New Balance Multisport Club	62	Male	Open	04:22:45 AM
54	Frances	Freddie	Wellington Ac	763	Male	40+	04:23:34 AM
55	Wurdeman	Mark	West Coast Athletics Club	582	Male	40+	04:23:59 AM
56	Lomberg	Malcolm	West Coast Athletics Club	886	Male	40+	04:24:01 AM
57	Ross	Patrick	West Coast Athletics Club	1014	MALE	40+	04:24:01 AM
58	Malgas	Booi	Atlantis Harriers	318	Male	50+	04:24:39 AM

59	Van der Westhuisen	Moses	Elsies River Ac	529	Male	Open	04:25:51 AM
60	Coetsee	Janine	New Balance Multisport Club	106	Female	Open	04:26:37 AM
61	Goliath	Megan	Brackenfell Ac	187	Female	Open	04:28:56 AM
62	Haldane	Steve	Acsis VOB Running Club	791	Male	Open	04:31:21 AM
63	Bracher	Sue	Mountain And Trail EnthusiastS	65	Female	50+	04:32:45 AM
64	Hatton	Kylie	Harfield Harriers	804	Female	Open	04:34:14 AM
65	Cairncross	Eugene	Southern Striders Ac	82	MALE	60+	04:34:15 AM
66	Anthony	Quinton	Arcelar Mittal Ac	604	Male	Open	04:34:36 AM
67	Read	Lucinda	Acsis VOB Running Club	996	Female	Open	04:34:44 AM
68	Britz	Gary	West Coast Athletics Club	73	Male	40+	04:35:00 AM
69	Rensburg	Lorna	Spartan Harriers [WP]	437	Female	40+	04:36:06 AM
70	Thurtell	Graham	Strand AC	505	Male	40+	04:36:48 AM
71	Horn	Pieter	Kumba Marathon Club	823	Male	Open	04:36:49 AM
72	arnott	rachel	West Coast Athletics Club	30	Female	Open	04:36:50 AM
73	murray	shane	Mitchell's Plain Titans	378	Male	Open	04:37:22 AM
74	Abrahams	Shuraine	Brackenfell Ac	13	Female	40+	04:37:41 AM
75	Clements	Gareth	SACS OB Running Club	671	Male	Open	04:38:05 AM
76	Maurer	Nick	-- Not a Club Member --	336	Male	Open	04:38:07 AM
77	Valentine	Errol	Brandvlei Athletics Club	1109	Male	40+	04:38:41 AM
78	Whitfield	Grant	Adidas Athletics Club	1162	Male	Open	04:38:58 AM
79	venter	gus	Bellville Ac	553	Male	40+	04:40:07 AM
80	van der westhuisen	Daniel	Metropolitan Ac	530	Male	40+	04:40:43 AM
81	Visser	Willem	-- Not a Club Member --	559	Male	40+	04:40:45 AM
82	lewis	rudolph john	Stragglers Ac	303	Male	50+	04:40:52 AM
83	Horsfield	Glen	-- Not a Club Member --	825	Male	40+	04:40:53 AM
84	Dudumashe	Zukile	RCS GUGULETU ATHLETIC CLUB	144	Male	Open	04:41:29 AM
85	Haarhoff	Gareth	Paarl Ac	198	Male	Open	04:41:36 AM
86	Ismail	Shahmie	Metropolitan Ac	234	MALE	40+	04:42:30 AM
87	Logenstein	Anvir	Easterns Kraaifontein Athletics Club	307	Male	40+	04:42:48 AM
88	Hollick	Sally	West Coast Athletics Club	821	FEMALE	40+	04:43:52 AM
89	Simonis	Laura	West Coast Athletics Club	1043	Female	Open	04:43:53 AM
90	Mac Donald	Gail	West Coast Athletics Club	314	Female	50+	04:43:55 AM
91	Reissenzahn	Inge	Pinelands Athletics Club	436	FEMALE	Open	04:43:57 AM
92	Mutize	Edeline	Nedbank Ac	380	Female	Open	04:43:59 AM
93	lauf	roger	Celtic Harriers	292	Male	Open	04:44:03 AM
94	Arendse	Desmond	Atlantis Harriers	26	Male	40+	04:44:04 AM
95	Koekemoer	Jolene	Mossel Bay Harriers	868	Female	Open	04:44:08 AM
96	Fritz	Ernest	Celtic Harriers	766	Male	40+	04:45:08 AM
97	Flink	Isaac	Easterns Kraaifontein Athletics Club	162	Male	50+	04:45:45 AM
98	Floris	Dennis	Celtic Harriers	755	Male	40+	04:46:38 AM
99	Koch	Riaan	Swartland Athletic Club	866	Male	40+	04:47:47 AM
100	Flink	Doris	Easterns Kraaifontein Athletics Club	161	Female	50+	04:49:03 AM
101	Pieterse	Jacques	New Balance Multisport Club	419	Male	Open	04:49:13 AM
102	Van Molendorff	Otto	Saps Wp	538	Male	40+	04:49:18 AM
103	Ungerer	Christa	Stellenbosch Ac	516	Female	Open	04:49:35 AM
104	De Waal	Tertia	Stellenbosch Ac	134	Female	Open	04:49:36 AM
105	Muller	Conrad	Tygerberg Ac	937	Male	Open	04:50:35 AM
106	Robertson	George	Durbanville Athletics Club	442	Male	Open	04:50:50 AM
107	Davids	Achmat	Top Form Ac	689	Male	40+	04:51:42 AM
108	Nel	Hennie	New Balance Multisport Club	390	Male	40+	04:51:47 AM
109	thomas	shelley	West Coast Athletics Club	1099	Female	40+	04:53:44 AM
110	Batt	Jacqueline	Adidas Athletics Club	42	Female	Open	04:53:53 AM
111	Tonkin	Selna	Paarl Ac	507	Female	Open	04:53:54 AM
112	Olivier	Carel	Uct Ac	965	Male	Open	04:53:55 AM
113	Fortuin	Quinten	Brandvlei Athletics Club	760	Male	Open	04:54:22 AM
114	Xipu	Nceba	RCS GUGULETU ATHLETIC CLUB	571	Male	Open	04:54:45 AM
115	Ndlovu	Muzi Raymona	RCS GUGULETU ATHLETIC CLUB	282	Male	Open	04:54:46 AM
116	Kruger	Natasha	New Balance Multisport Club	281	Female	Open	04:55:16 AM

117	Thom	Marc	Durbanville Athletics Club	502	Male	Open	04:56:18 AM
118	Moser	Monika Dominika	Mitchell's Plain Titans	935	Female	Open	04:56:58 AM
119	Botman	Charles	Wellington Ac	643	Male	40+	04:57:48 AM
120	Gamble	Jack	Durbanville Athletics Club	179	Male	40+	04:58:04 AM
121	Bakkes	Erik	Ceres Ac	616	Male	40+	04:58:12 AM
122	Maggott	Julian	Celtic Harriers	896	Male	50+	04:58:35 AM
123	De Witt	Adri	Atlantic Athletics Club	707	Female	Open	04:58:42 AM
124	Curtis	Julia	Atlantic Athletics Club	685	Female	40+	04:58:45 AM
125	EVARD	LINDSAY	Atlantic Athletics Club	747	Female	40+	04:58:46 AM
126	Hammerschmidt	Karl	-- Not a Club Member --	203	Male	Open	04:59:06 AM
127	Snyders	Merton	Old Mutual Ac	480	Male	40+	04:59:49 AM
128	Coetzer	Ree	Paarl Ac	109	Female	40+	04:59:52 AM
129	WILKE	JOHAN	New Balance Multisport Club	1165	Male	50+	05:00:04 AM
130	Sewell	Colin	West Coast Athletics Club	463	Male	40+	05:00:11 AM
131	Baillie	Neil	Acsis VOB Running Club	36	Male	40+	05:02:26 AM
132	Baadsman	Edward	Atlantis Harriers	34	Male	40+	05:02:34 AM
133	Loubser	Mara	Sanlam Ac	309	Female	40+	05:03:36 AM
134	Loubser	Michiel Hendrik	Sanlam Ac	310	Male	40+	05:03:37 AM
135	Buckley	Richard	Telkom Ac	75	Male	50+	05:04:16 AM
136	Horn-Botha	Deborah	Acsis VOB Running Club	824	Female	40+	05:04:33 AM
137	Shapiro	Jeffrey	Acsis VOB Running Club	1036	MALE	Open	05:05:36 AM
138	Hendricks	Clint	Easterns Kraaifontein Athletics Club	807	Male	Open	05:08:50 AM
139	Thomas	Mark	Stellenbosch Ac	504	Male	Open	05:08:57 AM
140	Kuun	Susanna	Helderberg Harriers	284	Female	40+	05:09:12 AM
141	Carstens	Henk	Helderberg Harriers	88	MALE	Open	05:09:12 AM
142	Mbana	Anele	Eskom Gijimas [KZN]	339	Female	Open	05:09:52 AM
143	Beukes	Floricius	Groot Constantia	630	Male	40+	05:11:57 AM
144	kingsley	barbara	Pinelands Athletics Club	862	Female	40+	05:11:58 AM
145	Forbes	David	SACS OB Running Club	758	Male	Open	05:12:08 AM
146	Harvey	Elaine	Acsis VOB Running Club	803	Female	Open	05:12:09 AM
147	Joseph	Donald	Brackenfell Ac	255	Male	Open	05:13:09 AM
148	Tedder	Renee	-- Not a Club Member --	1093	Female	Open	05:13:55 AM
149	Hoefinger	Ann-Mari	Atlantic Athletics Club	816	Female	Open	05:16:15 AM
150	Ward	Ian	Foresters Ac	1153	Male	40+	05:16:16 AM
151	De Vries	Shaheem	New Balance Multisport Club	132	Male	Open	05:17:44 AM
152	Brand	Maria	Acsis VOB Running Club	646	Female	40+	05:18:50 AM
153	Roberts	Garth	Spartan Harriers [WP]	441	Male	40+	05:19:20 AM
154	Leverton	Ruth	Pinelands Athletics Club	301	Female	50+	05:20:24 AM
155	Olivier	Francois	Atlantic Athletics Club	966	Male	Open	05:20:43 AM
156	Erwee	Trolene	Strand AC	157	Female	Open	05:21:32 AM
157	Ceustermans	Leon	Strand AC	91	Male	40+	05:21:32 AM
158	Fortune	Hester	Brackenfell Ac	165	Female	50+	05:23:11 AM
159	ellis	gielle	Brackenfell Ac	152	Male	40+	05:23:11 AM
160	Le Roux	De Bretten	Atlantis Harriers	294	Male	40+	05:23:21 AM
161	Hillary	Alida	West Coast Athletics Club	813	Female	40+	05:23:26 AM
162	Eloff	Frederik	Stellenbosch Ac	154	Male	40+	05:24:25 AM
163	Lindenberg	Louise	Stellenbosch Ac	305	Female	40+	05:24:29 AM
164	Sibiya	Mndeni Collen	-- Not a Club Member --	467	Male	Open	05:24:33 AM
165	Pieterse	Gerrit	Arcelar Mittal Ac	986	Male	Open	05:24:36 AM
166	Logan	Robin	Pinelands Athletics Club	885	Male	60+	05:24:38 AM
167	Mogoje	Vincent	-- Not a Club Member --	363	Male	Open	05:24:45 AM
168	turner	philip	Edgemead Runners	1105	Male	Open	05:27:19 AM
169	Coetzee	Linda	Pinelands Athletics Club	674	Female	50+	05:28:53 AM
170	Qwesha	Nyaniso	RCS GUGULETU ATHLETIC CLUB	429	Male	Open	05:30:52 AM
171	Rossouw	Christine	Atlantic Athletics Club	1015	Female	Open	05:30:54 AM
172	Scheppening	David	Pinelands Athletics Club	454	Male	Open	05:31:54 AM
173	Brinders	Lance	Edgemead Runners	70	MALE	Open	05:33:46 AM
174	Thetard	Werner	Hout Bay Harriers	499	Male	Open	05:34:12 AM

175 Sandi

Fundiswa

Ravensmead Ac

453 Female Open

05:35:08 AM