



# RUNNERS MEMORIAL RACE 8KM EDGEMEAD RUNNERS TUESDAY 31 DECEMBER 2019

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT
1	NICOLAI	SAKE	BELGIUM	23	M	SEN
2	MOKOETSI	TUMELO	CENTRAL AC	32	M	SEN
3	TEVES	SAMSON	OLD EDS	24	M	SEN
4	NAYLAN		EERSTERIVIER	16	M	JUN
5	SPONDO	FERNANDO	EERSTERIVIER	19	M	JUN
6	VON MOLENDORFF	MELT	HOERSKOOL MENLOPARK	19	M	JUN
7	SIGWADI	MPENDULO	NEDBANK WP	32	M	SEN
8	BROWN	JUSTIN		21	M	SEN
9	BLAAUW	RUCHEN	EERSTERIVIER	17	M	JUN
10	CLEMENS	TOM	SSF BONN GERMANY	15	M	JUN
11	JANI	CLAES	BEO TRIATHLON TEAM	21	M	SEN
12	MANNWEILER	DANIEL	SRS GERMANY	40	M	40
13	MERTENS	TIM	SSF BONN GERMANY	15	M	JUN
14	JARA	KHAYA	BRACKENFELL	39	M	35
15	OCKHUIS	GARRON	GOODWOOD HARRIERS	34	M	SEN
16		JACQUES	NAMAQUA	39	M	35
17	STEYNSBERG	MARSHALL	STELLENBOSCH	17	M	JUN
18	KANOUNI	YOUSSEF	CENTRAL AC	46	M	45
19	BROWN	IAN	BENONI HIGH	53	M	50
20	ENGELBRECHT	NICOLAAS	BERTS BRICKS AC	27	M	SEN
21	JACOBS	LLEWELLYN	CELTIC	33	M	SEN
22	WARDLAW	ANGUS		39	M	35
23	CALOTHI	GREG	NEDBANK WP	32	M	SEN
24	KOSANA	LUNTU	RCS GUGS	42	M	40
25	LOUW	JESSE	MP TITANS	20	M	SEN
26	ASKER	DAVID		35	M	35
27	NODANGALA	VINCENT	MP TITANS	36	M	35
28	CRUZ	JOAO		41	M	40
29	BAILEY	JASON		43	M	40
30	CRONJE	LIONEL	BELLVILLE	38	M	35
31	WALLACE	DAMIAN-LEE	CENTURY CITY	31	M	SEN
32		HENDRIK	RAVENSMEAD	43	M	40
33	DANIELS	REGGIE	CELTIC	39	M	35
34	SWIEGERS	CARINA	TUKS	24	F	SEN
35	MKUNGELA	BUHLE	CENTURY CITY	15	M	JUN
36	STEENKAMP	KOOT	OUTENIQUA HARRIERS	43	M	40
37	CIEVERTS	WESLEY		30	M	SEN
38	LAAROSSI	MONA	SSF BONN GERMANY	17	F	JUN
39	FRIEDERICH	FINIA	SSF BONN GERMANY	14	F	JUN
40	COURTNEY	JACOB		16	M	JUN
41	DAVIDARITZ	MARC	ATC	34	M	SEN
42	BECKER	MATTHIAS	SSF BONN GERMANY	42	M	40
43	MCCANN	CLAIRE		22	F	SEN
44	BENJAMIN	JONATHAN	RHEXLES AC	23	M	SEN
45	NO RETURN				M	SEN

46	SUGERMANN	ALEXANDRA	SSF BONN GERMANY	16	F	JUN
47	WALKER	ALAN		43	M	40
48	ZAMA		RCS GUGS	63	M	60
49	MOORHOUSE	A	BORN 2 RUN	52	M	50
50	HOY	N		48	M	45
51	MCIVOR	SUZETTE		51	F	50
52	ADAMS	ADIEL	ATLANTIS HARRIERS	53	M	50
53	ISAACS	AUBREY	RC LANGA	57	M	55
54	BERIG				F	SEN
55	IMITIAZ		CENTRAL AC	39	M	35
56	BECKER	FELIX	SSF BONN GERMANY	15	M	JUN
57	BRONZE	JAMIE	TEAM VITALITY CG	24	M	SEN
58	NO CARD				M	SEN
59	BUITENDAG	J	FISH HOEK	37	M	35
60	VAN ZYL	CONRAD		28	M	SEN
61	NO CARD		ATC		M	SEN
62	SPIERINGSHOEK	A-J	CARBINEERS WP	33	M	SEN
63	BACKEBERG	ANNA	K-WAY VOB	17	F	JUN
64	MASUKU	JABU	CENTURY CITY	45	M	45
65	BRINK	ELIZABETH	DURBAC	45	F	45
66	ALLIE	MOHAMMED	TOP FORM	43	M	40
67	FARAO	PETER	SANLAM	52	M	50
68	LEICESTER	JOHANDRI	CHEZO MULTISPORT	32	F	SEN
69		JIHAN	CELTIC	51	M	50
70	NO RETURN				F	SEN
71	MITCHELL	DOUGLAS	PINELANDS	52	M	50
72	MAKHOLWA	NKOLISO	SAPS WP	44	M	40
73	LOURENS	RIAAAN	BOXER AC	48	M	45
74	ELLIS	MICHAEL	ATC	35	M	35
75	JOUBERT	CHRISTO	BRACKENFELL	19	M	JUN
76	FORTUNE	TIMOTHY	SPARTAN	16	M	JUN
77	BARBARA	KOBLER	SWITZERLAND RUNNERS	48	F	45
78	PETERSEN	CHRISTIAN	RCS GUGS	30	M	SEN
79	DE VILLIERS	PAUL	CENTURY CITY	30	M	SEN
80	GESS	GLENN	RUN ZONE	47	M	45
81	DE WEE	PAUL		47	M	45
82	LOURENS	CHRISTO	BRACKENFELL	29	M	SEN
83	SEPTEMBER	JOHN	ITHEKO	53	M	50
84	ORRIE	ASHRAF	ITHEKO		M	50
85	HOLMES	ROBERT		37	M	35
86	MEIRING	FRANCOIS	WILD RUNNER	48	M	45
87	MASINGI	VINCENT	PARLIAMENT	36	M	35
88	OCTOBER	GEORGE	DURBAC	57	M	55
89	RUBIN	PHILIP		58	M	55
90	HUBER	PETRA	SRS GERMANY	29	F	SEN
91	SPOLWIND	ALENA	CSV STUTTGART GERMANY	30	F	SEN
92	BEHRENS	KAI	STELLENBOSCH	25	M	SEN
93	ISAACS	CLINT	TEAM VITALITY CG	48	M	45
94	HARTNICK	ZION	CENTRAL AC	17	M	JUN
95	RAWRAWAY	PAUL	AAC	44	M	40
96	KOLBE	VERUSCHKE	WILD RUNNER	42	F	40
97	MULLER	RICHARD	MIDAS SPARTANS	55	M	55
98	VAN ZYL	CORNEL		31	M	SEN

99	NEL	JOHN		45	M	45
100	GUO-REN	WEI	WEST COAST	48	M	45
101	MEIRING	ELA	WILD RUNNER	16	F	JUN
102	KWAKWA	PETER	SANDF WP	41	M	40
103	RUSSON	SHAHEED	TOP FORM	54	M	50
104	KAYSER	WILLIAM	WILD RUNNER	41	M	40
105	DANIELS	DEON	OMMIEDRAAI	39	M	35
106	GROBBELAAR	REINHARDT	BRACKENFELL	41	M	40
107	BARNETT	ANTONY	AUSTRALIA	51	M	50
108	MAIER	LILI	UNION BRIESFELD	51	M	50
109	MANDINDI	BONGANI	MP TITANS	49	M	45
110	PRETORIUS	LUCA	SANLAM	17	M	JUN
111	JACOBSON	G		18	F	JUN
112	ILLENBERGER	SIMON	VFL GERSTETTEN	32	M	SEN
113	ASPELING	UMAIR	GOODWOOD HARRIERS	16	M	JUN
114	JACOBSON	ALAN	UK	56	M	55
115	VAN VUUREN	STEPHAN		24	M	SEN
116	NO CARD				M	SEN
117	BLANK CARD				F	SEN
118	JANSEN	SHAUN	EERSTERIVIER	23	M	SEN
119	LE ROUX	JOHAN	BRACKENFELL		M	40
120	MURRAY	H	BELLVILLE	53	M	50
121	NKUTHA	MFANO	TEAM VITALITY CG	43	M	40
122	ANUN	ALAN	AAC	60	M	60
123	MALLACH	LARRY	TEAM VITALITY CG	40	M	40
124	KOST	LUCCA	SSF BONN GERMANY	17	F	JUN
125	MAFIGO	ALROY		37	M	35
126	ZIBENGWA	MATTHIAS		33	M	SEN
127	SINN	MICHA	SRS GERMANY	20	M	SEN
128	CLOETE	DICKY	SANDF WP	60	M	60
129	HELFGOTT		UK	42	M	40
130	VAN DER MERWE	PETRUS		39	M	35
131	ABRAHAMS	WESLEY	SANLAM	49	M	45
132	PRETORIUS	RASSIE	SANLAM	53	M	50
133	RODKIN	BENJI		21	M	SEN
134	KRAUSE	ANDRIES	ATC	40	M	40
135	RODKIN	BRIAN		52	M	50
136	VERMAAK	JAMES		26	M	SEN
137	PARK-ROSS	IAIN	WEST COAST	61	M	60
138	MATHEW	STEVE	HARFIELD	55	M	55
139	NEL	MARNE	TYGERBERG	13	F	JUN
140	BLANK CARD				M	SEN
141	ELYOUSFI	BRAHIM		25	M	SEN
142	MARAIS	FRANCOIS	ITHEKO	58	M	55
143	MATJUDA	MMEI	RCS GUGS	41	M	40
144	MAREGELE	SHAUN	GOODWOOD HARRIERS	47	M	45
145	HENDRICKS	NICOLA		43	F	40
146	BIRCH	ANGELIQUE	EDGEMEAD	34	F	SEN
147	ROSSITER	RICHARD	K-WAY VOB	62	M	60
148	SALT	GAVIN		41	M	40
149	WILKINSON	CHRIS	SKHAC AUSTRALIA	37	M	35
150	WILLIAMS	YUSRI	OMMIEDRAAI	30	M	SEN
151	SCHAUENBERG	FRIEDA	SSF BONN GERMANY	17	F	JUN

152	SCHOLTZ	ANKIA		27	F	SEN
153	MAIER	JETTE	SSF BONN GERMANY	11	F	JUN
154	VAN DER MERWE	MONIKA	WEST COAST	33	F	SEN
155	SAUNDERS	DAWN	HELDERBERG	61	F	60
156	PATERSON	MONICA	WEST COAST	58	F	55
157	G	MELVIN	HOUT BAY		M	SEN
158	BENNETT	NIGEL		50	M	50
159	REISSENZAHN	INGE	CARBINEERS WP	48	F	45
160	LEUKES	THABIET	TOP FORM	54	M	50
161	YANNAKAKIS	CHRISTOPHER		31	M	SEN
162	GROENEWALD	OCKERT	CAPE MULTISPORT	41	M	40
163	PIENAAR	LEE-ANNE	DURBAC	43	F	40
164	CUPIDO	WILLEM	EERSTERIVIER	54	M	50
165	BREAKEY	DOMINIQUE		25	F	SEN
166	PIENAAR	CHRIS		44	M	40
167	NO RETURN				M	SEN
168	MAGGOTT	JULIAN	CELTIC	59	M	55
169	JACOBS	DAVID		59	M	55
170	BUNTING	COMFORT	AAC	47	M	45
171	SEBI				M	SEN
172	FLINK	ISAAC	EASTERNS	62	M	60
173	ROZOWSKY	JOEL		49	M	45
174	OLSEN	LUCINDA	DURBAC	48	F	45
175	RYKLIEF	NEEZAAM	SPARTAN	40	M	40
176	ISAACSON	LOUIS		22	M	SEN
177	ISAACSON	BEN		22	M	SEN
178	CLOETE	NATHALIE	K-WAY VOB	50	F	50
179	MAKGOPA	BLAISE	AAC	35	M	35
180		QUINTON		32	M	SEN
181	MOHAMMED	ASHRAF	OMMIEDRAAI	35	M	35
182	MCIVOR	SCOTT		65	M	65
183	PETERSEN	TAVON	STRAGGLERS	28	M	SEN
184	ORRIE	ROLDAH	ITHEKO		F	50
185	BARR	SUZY	DURBAC	44	F	40
186	STEMMET	EBRAHIM	OMMIEDRAAI	64	M	60
187	MPLILA	DAVID	RUN WALK 4 LIFE	40	M	40
188		ABU-BAKR	ARD	13	M	JUN
189	BLANK CARD				M	SEN
190	BIRKNER	HEINRICH		26	M	SEN
191	LE ROUX	FRANCOIS	NEDBANK SWD	57	M	55
192	FORTUNE	RONALD	SPARTAN	53	M	50
193	BETHUEL	MASERAME	PARLIAMENT	40	M	40
194	WILLIAMS	ALBERT	TOP FORM	66	M	65
195	REISSENZAHN	GEORGE	PINELANDS	51	M	50
196	NO CARD				M	SEN
197	JACOBS	DALE	DURBAC	34	M	SEN
198	LOUBSER	NICOLAAS	WEST COAST	58	M	55
199	DEMMEY	STEVE		46	M	45
200	MOMOZA	KHAYALETHU	SAPS WP	39	M	35
201	ABOUZAID	LAILA		17	F	JUN
202	CROWSTER	REGANALD	TYGERBERG	57	M	55
203	STANDAAR	NATALIE	WEST COAST	43	F	40
204	SILVER	ASHWIN	CORR SERVICES WP	50	M	50

205	DHANSAY	AFZAL	K-WAY VOB	59	M	55
206	KULENE	FREEDOM	RCS GUGS		M	SEN
207	EVARD	P		52	M	50
208	DE ANDREDE	JUAN		20	M	SEN
209	O'CONNOR	S		46	M	45
210	C	MARC	K-WAY VOB	39	M	35
211	PARKER	SCOTT		32	M	SEN
212	PARKER	SHONA		31	F	SEN
213		ASHLEY	EDGEMEAD	51	M	50
214	VALENTINE	H	ITHEKO	57	M	55
215	ISAAC	NORMAN		51	M	50
216	BLANK CARD				M	SEN
217	NO CARD				F	SEN
218	HILL	NICKI	CARBINEERS WP	51	F	50
219	BEZUIDENHOUT	ELTON	CARBINEERS WP		M	SEN
220	ASSENHEIM	JARROD	AAC	52	M	50
221	ASHMORE	LIZ		40	F	40
222	MEIRING	DEON	PAUL ROOS	16	M	JUN
223	VISSER	GERRIT			M	SEN
224	BROOKS	ARLENE	K-WAY VOB	44	F	40
225	PETERSEN	GARY	CENTURY CITY	40	M	40
226	KNOETZEN	BJORN	RUN WALK 4 LIFE	41	M	40
227	DU TOIT	DIRK	HELDERBERG	57	M	55
228	SCHNEIDER	DAVID	NEDBANK CG	63	M	60
229	JACOBS	JOHANNES	CELTIC	66	M	65
230	MATRASCIA	CINZIA	ITHEKO	27	F	SEN
231	SCHMID	VIVIANE		24	F	SEN
232	BEN-DAVID		SRS GERMANY	13	M	JUN
233	SWAN	G	RCS GUGS	48	M	45
234	BALKWILL	CAROLINE	AAC	45	F	45
235	COHEN	R		52	M	50
236	MODISAKENG	THEBE		47	M	45
237	MEYER	ROWENA	MP TITANS	48	F	45
238		ABDUL	VODACOM STRIDERS	48	M	45
239	JACOBS	JAKES	STRAND	60	M	60
240	BRAND	DEON	BELLVILLE	46	M	45
241	FUNG	JENNY		55	F	55
242	MURPHY	TIM	SOUTH STRIDERS	18	M	JUN
243	JONG	SOPHIA	SRS GERMANY	47	F	45
244	KELLY	KERONG		25	F	SEN
245	JONNS	I		63	M	60
246	VAN NOORDWYK	STEYN	TYGERBERG	68	M	65
247	BLANK CARD				M	SEN
248	MAJET	NAZEER	OMMIEDRAAI	36	M	35
249	LEWIS	CASSIEM	TOP FORM	52	M	50
250	HENDRICKS	WAYNE	MIDAS SPARTANS	51	M	50
251	DELPORT	STEPHEN	K-WAY VOB	67	M	65
252	MASINGI	SIFISO	ADVENTIST AC	37	M	35
253	HEIL	STEFAN	BELLVILLE	47	M	45
254	BLANK CARD				M	SEN
255	CASSIEM	GHAMEED	OMMIEDRAAI	26	M	SEN
256	DAMONS	SHADLIE		26	M	SEN
257	SMITH	PADDY		35	M	35

258	GEDULD	FRANCO		33	M	SEN
259	LEIBRAND	RICARDO		31	M	SEN
260	KUMANDAN	ZAEEM		30	M	SEN
261	ZIMUTU	JULID	WANDERERS	22	M	SEN
262	ELS	WIMPIE	BELLVILLE		M	40
263	STEYN	MICHAEL		15	M	JUN
264	MARIJANGO	MAVIS	ADVENTIST AC		F	SEN
265	FUMAG	SAMUEL	SRS GERMANY	9	M	JUN
266	LUYTS	MARTIN	WPCC	58	M	55
267	BERGSMANN	SARAH	AUSTRIA	32	F	SEN
268	BERGSMANN	DAVID	AUSTRIA	30	M	SEN
269	VAN NIEKERK	MAREIKE		45	F	45
270	FRED	FUNG	SRS GERMANY	49	M	45
271	NASH	HARLEY		34	M	SEN
272		PIETER			M	SEN
273	MALHERBE	GIDEON	CELTIC	74	M	70
274	SALIE	FADL	OMMIEDRAAI	36	M	35
275	LAKEY	HADLEY		22	M	SEN
276	LOEDOLFF	R	MELKBOS	29	M	SEN
277		SIMONE	MELKBOS	29	F	SEN
278	CIEVERTS	CLAUDIA	TOP FORM	31	F	SEN
279	SINGH	SHIKAAR	PETROSA RC	32	M	SEN
280	FUCHSLOCH	TISSA	AAC	60	F	60
281	ABDUROAF	MUHAMMAD	ITHEKO	40	M	40
282	LU	YAO	CENTURY CITY	44	F	40
283	TINA	BULELWA	WEST COAST	36	F	35
284	HARLOCK	SONIA	FISH HOEK	57	F	55
285	GOLDBERG	ROBYN		19	F	SEN
286	GOLDBERG	LOUIS		56	M	55
287	ROOZA	CLIVE	K-WAY VOB	55	M	55
288	POLLACK	ATIRA		24	F	SEN
289	JAFFE	CRAIG		38	M	35
290	TRAUT	JENNIFER		30	F	SEN
291	LEVY	INSAAF		18	F	JUN
292	ERFORT	CHANTEL		41	F	40
293	CLASSEN	RUSHDA	MP TITANS	46	F	45
294	MAREGELE	MICARDO	KUILS RIVER	17	M	JUN
295	WILLIAMS	ELEGEOUX	KUILS RIVER	12	M	JUN
296	BLANK CARD				F	SEN
297	SAMSODIEN	WALEED	OMMIEDRAAI	35	M	35
298	NO RETURN				M	SEN
299	LOURENS	CHRIS	BRACKENFELL	64	M	60
300	BACKEBERG	MARK		15	M	JUN
301	M	NICOLE	AAC	32	F	SEN
302	MAYO	JASON	AAC	31	M	SEN
303	WILLIAMS	SARAH	PINELANDS	28	F	SEN
304	JENKINS	DAVID	FISH HOEK	53	M	50
305	PRINS	JO-ANNE	NETHERLANDS	46	F	45
306	JANUARIE	LODEWYK	RAVENSMEAD	46	M	45
307	ACKERMAN	MARI	BRACKENFELL	45	F	45
308	COETZEE	KEVIN	BRACKENFELL	46	M	45
309	BONGERS	CHRIS		30	M	SEN
310	DANIELS	CANDICE	CELTIC	36	F	35

311	NGADLELA	ZUKISANI		33	M	SEN
312	BECKER	JOEL	SSF BONN GERMANY	13	M	JUN
313	HUBER	TANYA		30	F	SEN
314	FRYLINCK	DAVID	AAC	40	M	40
315	WAINMAN	B	AAC	58	M	55
316	MORRELL	ROBERT		63	M	60
317	SCHREINER	GEOFF		63	M	60
318	HEYNEKE	DAVID	CARBINEERS WP	50	M	50
319	HEYNEKE	LYNDA	CARBINEERS WP	42	F	40
320	BRADFORD		OMMIEDRAAI	40	M	40
321	JANSEN	FAITH	SANDEF WP	37	F	35
322	JACKSON	AIDEN		20	M	SEN
323	BECKER	STEFANIE	SSF BONN GERMANY	43	F	40
324	SEYFFERT	DEON	CENTURY CITY	51	M	50
325	MANUEL	ANDRE			M	SEN
326	WILLIAMS	GARETH		32	M	SEN
327	NABEE	ZULPHA	TOP FORM	40	F	40
328	ISAACS	RAFIQ	CENTRAL AC	60	M	60
329	RHODA	FERDI	OMMIEDRAAI	45	M	45
330	MAQOQA	SANDI	MIDRAND STRIDERS	45	F	45
331	CAIRNCROSS	EUGENE	CELTIC	71	M	70
332	NO CARD				F	SEN
333	SNOWDON	P	EDGEMEAD	53	M	50
334	DLADLA	Z	SANDEF WP	33	F	SEN
335	SCHMIDT	HENDRIK		56	M	55
336	ADONIS	CHARLES		63	M	60
337		FALLON		33	F	SEN
338	VAN ZITTEN	JP	K-WAY JEPPE QUANDOM	30	M	SEN
339	KASSIEM	ZAHEER		29	M	SEN
340	STEIN	RODNEY		54	M	50
341	LOURENS	RAYNO		39	M	35
342	KOOPMAN	SHIERAAJ	CARBINEERS WP	41	M	40
343	MATLHARE	ZAMA	CARBINEERS WP	38	F	35
344	GEYER	TAIZA	CARBINEERS WP		F	SEN
345	NAGEL	BIANCA-LEIGH	CARBINEERS WP	40	F	40
346	WEBER	RUDI	CARBINEERS WP	41	M	40
347	VAN DER WESTHUIZEN	KATHY	CARBINEERS WP	49	F	45
348	HALL	CANDYCE	CARBINEERS WP	35	F	35
349	KAMALDIEN	RAZAAN	CARBINEERS WP	20	F	SEN
350	LANGENHOVEN	WILLIAM	CARBINEERS WP	51	M	50
351	GEWELDT	CEDRIC	NANTES	47	M	45
352	DAMON	MERVYN	CENTURY CITY	66	M	65
353	WOOD	BRUCE	WEST COAST	50	M	50
354	MGWALI	NTANDO	KHAYELITSHA	15	F	JUN
355	MUNAN	AAISHAH		36	F	35
356	BECKER	DANA	SSF BONN GERMANY	11	F	SEN
357	GARBERS	FRANCOISE	RANDBURG HARRIERS	53	F	50
358	NO RETURN				M	SEN
359	NO CARD				M	SEN
360	ISAACS	ZUBAYR	KENFAC	19	M	SEN
361	THOMAS	M		67	F	65
362	GROBBELAAR	SHARENE	BRACKENFELL	35	F	35
363	FICKS	ROBERT		42	M	40

364	WILLIAMS	ARTHUR	RC LANGA	52	M	50
365	FUAD		ARD	51	M	50
366	HENDRICKS	BONITA	MP TITANS	50	F	50
367	BLANK CARD				M	SEN
368	FIELDING	BERTIE	DURBAC	46	M	45
369	LEVY	NUHA	BO-KAAP ATHLETICS	12	F	SEN
370	BACKEBERG	OLGA		46	F	45
371	ZWICK	DEBBIE	SPARTAN	41	F	40
372	VORSTER	LEONIE	DURBAC	44	F	40
373	THYS	KEENAN	NEDBANK SWD	37	M	35
374	FICKS	DAVID	RC LANGA	44	M	40
375	WILLIAMS	REDEWAAN	NANTES	52	M	50
376	ABRAHAMS	FRANCES	SANLAM	51	F	50
377	BLANK CARD				M	SEN
378	NO CARD				M	SEN
379	HELFGOTT	NATHAN	LONDON UK	48	M	45
380		CHELSEA	CELTIC	25	F	SEN
381	BLOWS	HENRY		68	M	65
382	ANDERSON	CORINNE		62	F	60
383		BEREND		45	M	45
384	COETZEE	WERNER		36	M	35
385	DEATS	CRAIG	AAC	52	M	50
386	RADLOFF	LAUREN		43	F	40
387	RADLOFF	BARRY	WEST COAST	45	M	45
388	DAMATA	SONJA	AAC	57	F	55
389	DAMANE	SAMEER	NANTES	41	M	40
390	MATTHEWS	D	GOODWOOD HARRIERS	54	M	50
391	VISSER	LEON	BRACKENFELL	50	M	50
392	VISSER	TRUDIE	BRACKENFELL	41	F	40
393	VAN STADEN	RENE	BRACKENFELL	32	F	SEN
394	GROENEWALD	PETRUS	BRACKENFELL	31	M	SEN
395	JARY	DANILO	SRS GERMANY	77	M	75
396	DU TOIT	BAREND	BRACKENFELL	47	M	45
397	SHAW	CORRINNE	ITHEKO		F	SEN
398		MARK	KAPCITY AC	30	M	SEN
399	HARTNICK	PETER	CENTURY CITY	53	M	50
400	FRANK	WINTER	GERMANY	55	M	55
401	ABDURAHMAN	Z	CENTRAL AC	40	F	40
402	PORRILL	OWEN		49	M	45
403	VAN ZYL	HERMAN		61	M	60
404	MARIANO	MICHAEL	BELLVILLE	20	M	SEN
405	SIONGH	SUMI	GOODWOOD HARRIERS	44	F	40
406	BLANK CARD				M	SEN
407	SOULES	KAREN		40	F	40
408	STEENBERG	BRADLEY	CPUT	33	M	SEN
409	VISSER	JANNUS		26	M	SEN
410	LE ROUX	LUZANNE	NEDBANK SWD	27	F	SEN
411	SCHUTTE	FRANS	DURBAC	60	M	60
412	WALSH	JASON		35	M	35
413	SCHUTTE	MONIQUE	DURBAC	31	F	SEN
414	TJOMBE	FERDINAND		27	M	SEN
415	CAISLEY	ANTHONY	DURBAC	35	M	35
416	NELL	EVAN	ARD	42	M	40



417	RYLANDS	THAABIT		45	M	45
418	JOOSTE	RHELTON	EERSTERIVIER	32	M	SEN
419	DAVIDS	MUHAMMAD	WALMERS AC	25	M	SEN
420	JACOBS	DYSON		55	M	55
421	MALAN	DANIEL	STELLENBOSCH	47	M	45
422	NO RETURN				M	SEN
423	ADCOCK	NICK		54	M	50
424	ADAMS	HABIEL	SPARTAN	32	M	SEN
425	BROUCKAERT	SHARRON	SPARTAN	50	F	50
426	SMILEY	PRINCESS		44	F	40
427	KOORTS	WILLEM		52	M	50
428	HOUGHTON	CARLA		52	F	50
429	HOUGHTON	DAVE		63	M	60
430	MAZANE	THANDOKAZI	CENTURY CITY	30	F	SEN
431	GXEKWA	PHUMLA	RC LANGA		F	SEN
432	DIERGAARDT	ADRIAN	CARBINEERS WP	33	M	SEN
433	SALT	JOHN		62	M	60
434	MBAMBALALA	ANDA	RC LANGA	28	F	SEN
435	MNGQIBISA	XOLISA	RC LANGA	41	M	40
436	MARRA	CARLO	RCS GUGS	37	M	35
437	CHIPPENDALE	NATALIE	ARD	38	F	35
438	SCHREIDER	GISELLE	NEDBANK CG	51	F	50
439	CHIPPENDALE	T	ARD	38	M	35
440	NANNS	CRAIG		45	M	45
441	BLANK CARD				M	SEN
442	BENNETT	NICHOLAS		19	M	SEN
443	JOHNSON	CHRIS		19	M	SEN
444	WILLIAMS	ANDREW	YFB ULM	28	M	SEN
445		TRACEY		57	F	55
446	LAWRENCE	STEPHEN	SANLAM	49	M	45
447	LAWRENCE	LYNN	SANLAM	49	F	45
448	NO RETURN				M	SEN
449	FRITZ	JULIE	EASTERNS	49	F	45
450	ENGELBRECHT	CARLA		29	F	SEN
451	BERMAN	TALI		39	F	35
452	EHRENREICH	HILTON	BORN 2 RUN	48	M	45
453	ISAACSON	ARNOLD		55	M	55
454	VAN VOORE	HELEN	CAPE MULTISPORT	51	F	50
455	BLOWS	GUY	RUN WALK 4 LIFE	69	M	65
456	BLANK CARD				M	SEN
457	STEYN	KAYLA		17	F	JUN
458	FTIRZSCHA	VICTORIA	SSB FFO GERMANY	31	F	SEN
459	DE GOEDE	HADY		42	F	40
460	VAN DER MERWE	PAULA	WEST COAST	55	F	55
461	BREAKEY	ALAN		52	M	50
462	HOFFMAN	KYLIE	AAC	28	F	SEN
463	DANIELS	ANDRE		43	M	40
464	DE WAAL	MARIO	SPARTAN	45	M	45
465	GOLDBERG	S		56	M	55
466	LIBBIE	ABIE	TOP FORM	63	M	60
467	SINGH	NEIL	GOODWOOD HARRIERS	48	M	45
468	DENNLER	MARC		41	M	40
469	NO CARD		ROCKY RR		M	70

470	LOURENS	MARTIE	BRACKENFELL	60	F	60
471	DU PLESSIS	HELEN	BRACKENFELL	67	F	65
472	MHEREYENYOBO	ESTHER		17	F	JUN
473	FLUXMAN	GALIT			F	SEN
474	SMITH	NICKY	OMMIEDRAAI	39	F	35
475	MARIANO	ANDRE	BELLVILLE	47	M	45
476	SUTCLIFFE	ROSE	CELTIC	51	F	50
477	GAMIELDIEN	YUSUF	ITHEKO	78	M	75
478	MAHOMED	ASHFAAQ		55	M	55
479	CANTERBURY	CRAIG	GOODWOOD HARRIERS	45	M	45
480	JOHNSON	ADIELAH	ROODEPOORT AC	32	F	SEN
481	WALTON	YOLANDE	STELLENBOSCH	50	F	50
482	NO CARD				M	SEN
483	MOORE	CRYSTLE-LYNNE	SAPS WP	32	F	SEN
484	EDSON	LUKE		40	M	40
485	ABRAMS	NEILL	LONDON UK	55	M	55
486	RETIEF	JEANE		30	F	SEN
487	GOLDSTEIN	RICHARD			M	SEN
488	NO CARD				F	SEN
489		PIERRE		29	M	SEN
490	LE ROUX	ANNEMARIE	NEDBANK SWD	54	F	50
491	NEL	VENITA	GOODWOOD HARRIERS	50	F	50
492	MADHI	MUHAMMED		23	M	SEN
493	CLARKE	CAMERON	PINELANDS	32	M	SEN
494	MASHANDA	PRECIOUS	GOODWOOD HARRIERS	36	F	35
495	DE BRUIN	PATRICIA	RCS GUGS	37	F	35
496	BLANK CARD				F	SEN
497	MEIRING	DANICA	TYGERBERG	19	F	JUN
498	MEIRING	CARMEN	STELLENBOSCH	46	F	45
499	TAYLOR	PETER	CELTIC	62	M	60
500	DAVIDS	NAASIEF	PINELANDS	50	M	50
501	JAFFER	MUHSIEN	OMMIEDRAAI	49	M	45
502	JAFFER	SHANAAZ	OMMIEDRAAI	47	F	45
503	CARSTENS	PIETER	BELLVILLE	54	M	50
504	LIEBENBERG	CORNELIA	BELLVILLE	44	F	40
505	MURRAY	L	BELLVILLE	47	F	45
506	CURTIS	JULIA	AAC	52	F	50
507	EVARD	L	AAC	52	F	50
508	VERSTER	MAUREEN	EDGEMEAD	67	F	65
509	MARSHELLENO			29	M	SEN
510	LAWRENCE	RENE	SPARTAN	42	F	40
511	PIKE	MALCOLM	NEDBANK WP	61	M	60
512	KEET	JADE	OLD MUTUAL	30	M	SEN
513	NO RETURN				M	SEN
514	PRICE	SADIEKA	ITHEKO	39	F	35
515	NO CARD				M	SEN
516	SYWILI	S	RC LANGA	39	M	35
517	SEYMOUR	STEPHEN	AAC	58	M	55
518	TOWNSEND	STEVE	AAC	72	M	70
519	SAMSON	GRANT	CARBINEERS WP	56	M	55
520	MCLEAN	AMANDA	CARBINEERS WP	47	F	45
521	GALVAAN	HAANIM	CARBINEERS WP	30	F	SEN
522	OKTOBER	ROBERT	CENTURY CITY	51	M	50

523	NO CARD				M	SEN
524	SPARKS	LINDA	HOUT BAY	59	F	55
525	ISAACS	LAMEEZ	KENFAC	46	F	45
526	PRIESTMAN	MICHELE	K-WAY VOB	61	F	60
527	HESELMANN	HENDRIK		55	M	55
528	SCHUETZ	JANA		24	F	SEN
529	BLANK CARD				M	SEN
530	NDHLOVU	NOTHANDO		31	F	SEN
531	ALGER	CATHY	EDGEMEAD	56	F	55
532	MOOLMAN	ELAINE		25	F	SEN
533	KENNY	ROGEEMA	ATC	39	F	35
534	KENNY	FADEELAH	KENFAC	35	F	35
535	NGQUIMA	LOYISO	RCS GUGS	44	M	40
536	DRAMT	NIZAAM	ASICS	37	M	35
537	ADONIS	JIMMY	RCS GUGS	66	M	65
538	NYEMAKSA	NONKOSAZANA	ADVENTIST AC	31	F	SEN
539	VARI	LUMKS	RCS GUGS	35	M	35
540		SIPHO	RCS GUGS	47	M	45
541	LEVIN	DION		51	M	50
542	CRAFFORD	JYNIE	CAPE MULTISPORT	56	F	55
543	FANAMPE	RONNIE	RCS GUGS	50	M	50
544	ZAMUBUNTU		RCS GUGS	64	M	60
545	NO CARD				M	SEN
546	MAHDI	MARCUS		24	M	SEN
547	BANGO	L	RCS GUGS	42	M	40
548	MAKINANA	XOLANI	RCS GUGS	34	M	SEN
549	GODWANA	MAXWELL	RCS GUGS	48	M	45
550	BLANK CARD				M	SEN
551	THABANI		RCS GUGS		M	SEN
552	MAKINA	ANDILE	RCS GUGS	58	M	55
553	CARSTENS	HUGO		14	M	JUN
554	ALEWYN			41	M	40
555	ERLANK	OLAF	K-WAY VOB	63	M	60
556	ISAACSON	ANTHEA		53	F	50
557	BLANK CARD				F	SEN
558	FIELIES	TROY		48	M	45
559	MATHRUTA	THEMBANI	NEDBANK WP	33	M	SEN
560	DANIELS	WENDY	TYGERBERG	47	F	45
561	DANIELS	SELWYN	TYGERBERG	51	M	50
562	DOLLIE	ANEES	ITHEKO	36	M	35
563	ARDERNE	JUNE		66	F	65
564	O'RYAN	OSCAR		41	M	40
565	VISSER	ARNO		40	M	40
566	WILLIAMS	RAYAAN	ITHEKO		M	SEN
567	KREBS	CRISTINA		54	F	50
568	KREBS	HANS		57	M	55
569	BLANK CARD				F	SEN
570	HEYNES	IGSAAN		57	M	55
571	BLANK CARD				M	SEN
572	ADAMS	JP		16	M	JUN
573	LEUKES	BERTRAM	CELTIC	55	M	55
574	OMAR	ILHAM		34	F	SEN
575	ABASS	MOENEEB		36	M	35

576	BOER	MARIO		42	M	40
577	JACKSON	JEFFREY		44	M	40
578	BASSON	ALFREDO	OMMIEDRAAI	51	M	50
579	DAWARE	ZAEEM	OMMIEDRAAI	14	M	JUN
580	W	ALEX		13	F	JUN
581	GREEN	KEVEN	FISH HOEK	55	M	55
582	PATERSON	M	WEST COAST	65	M	65
583	BAIN	JAMES		36	M	35
584	OLIVIER	WILLIE		70	M	70
585	LOFFS	MANUELA	CELTIC	40	F	40
586	HUMPHREYS	KAREN	WEST COAST	41	F	40
587	THERON	KARIN	TEAM VITALITY CG	49	F	45
588	ORBACH	D		46	M	45
589	COURTNEY	NATHAN		20	M	SEN
590	COURTNEY	A		11	F	JUN
591	VAN ECK	DANIE	BELLVILLE	64	M	60
592	VAN WYK	MANDY	SANLAM	37	F	35
593	STOFBERG	HANNO			M	SEN
594	SCHLEBASCH	DEWALD		38	M	35
595	BURROUGHS	JESSE		10	M	JUN
596	BURROUGHS	GARETH		38	M	35
597	ETZEBETH	TANIA	BELLVILLE	47	F	45
598	GANIEF	ABDULLAH	PARLIAMENT	42	M	40
599	GODFREY	ALLAN	MP TITANS	51	M	50
600	GUMBI	DUMBANI		37	M	35
601	STEYN	PETER		61	M	60
602	TITUS	TASLIEM	GOODWOOD HARRIERS	40	M	40
603	DAVIDS	ZURAINAH	GOODWOOD HARRIERS	45	F	45
604	FIELIES	SABRINA		49	F	45
605	CUPIDO	RENEE	ITHEKO	46	F	45
606	SMITH	DAVID	OLD MUTUAL	52	M	50
607	NO RETURN				M	SEN
608	MILWARD	SAIEDIEN	CENTRAL AC	56	M	55
609	CLARK	CHRIS		77	M	75
610	NO RETURN				F	SEN
611	NO RETURN				M	SEN
612	UPPINGTON	JOSHUA			M	SEN
613		TREVOR	MIDAS SPARTANS	63	M	60
614		GARY		65	M	65
615	BARNES	D	RCS GUGS	48	F	45
616	NGWANE	MILISA	CARBINEERS WP	45	F	45
617	BLANK CARD				M	SEN
618	NO CARD				M	SEN
619	BECKER	LBEMI	SSF BONN GERMANY	9	F	JUN
620	NO RETURN				F	SEN
621	GREEN	CHERYL	RUN WALK 4 LIFE	40	F	40
622	HENDRICKS	FAHEEM		20	M	SEN
623	SULAIMAN	WAHEED		34	M	SEN
624	HOSHE	D	MADIBAZ AC		M	SEN
625	FLINK	DORIS	EASTERNS	64	F	60
626	DANI	AMANDA		30	F	SEN
627	GERTH VAN WIJK	PATRICIA	DURBAC	51	F	50
628	VOIYYA	ZINZISWA		34	F	SEN

629	SALLIE	BASHIER		52	M	50
630	ALLAN	GREAME		60	M	60
631	HEWITSON	DEIRDRE		58	F	55
632	DOLLIE	RASHIED	OMMIEDRAAI	47	M	45
633	DAMONS	CHAD		21	M	SEN
634	JENJE	MONALISA		33	F	SEN
635	J	SHABIER	OMMIEDRAAI	45	M	45
636	WYNGAARD	LORCAN		16	M	JUN
637	BOER	LUKE			M	SEN
638	MCGEE	TRACEY	GOODWOOD HARRIERS	55	F	55
639	LATEGAN	JILL	GOODWOOD HARRIERS	47	F	45
640	SMIT	DAVE		62	M	60
641	GANIEF	WISAHL	FAKU CHIEFS AC	41	F	40
642	GOUGH	KEVIN	CENTURY CITY	60	M	60
643	GANIEF	MU'AATH		13	M	JUN
644	ABDOOL	NIZAAM		36	M	35
645	ISMAIL	NURAAN	ARD	34	F	SEN
646	BRESLER	DAVID	GOODWOOD HARRIERS		M	60
647	WAFEEQ		LACE UP FOR CHANGE	33	M	SEN
648	RAMEEZ		LACE UP FOR CHANGE	34	M	SEN
649	NO CARD				M	SEN
650	NO CARD				F	SEN
651	HOY	CHRISTINE		46	F	45
652	ZUHLKE	BRITIA	SSF BONN GERMANY	50	F	50
653	MCGEEVER	ELIZABETH	AAC	66	F	65
654	NO CARD				F	SEN
655	GIACOBINO				M	SEN
656	SZOT-MYBURG	NATALIE	SPARTAN	56	F	55
657	FALCONER	SEAN	HELDERBERG	44	M	40
658	MOFERI	DAVID		10	M	JUN
659	ZUKI	IVILE		12	M	JUN
660	NO CARD				M	SEN
661	NO RETURN				M	SEN
662	GASANT	TAUFEEQ		22	M	SEN
663	GASANT	NAZLI	OMMIEDRAAI	35	F	35
664	MATTHEWS	COLLEEN	GOODWOOD HARRIERS	54	F	50
665	MATTHEWS	JEREMY		59	M	55
666	BENJAMIN	LIZEL	GOODWOOD HARRIERS	40	F	40
667	LAWRENCE	PAUL	SPARTAN	44	M	40
668	ERMAAK	CELESTE	SPARTAN	36	F	35
669	RANDALL	MELANIE	SPARTAN	49	F	45
670	LENTZ	GENEVIEVE	PINELANDS	58	F	55
671	DAVIDS	ELTON	OMMIEDRAAI	46	M	45
672	LIPPINGTON	NORMAN			M	SEN
673	PEFFER	WENDY	K-WAY VOB	47	F	45
674	HAECKEL	FELIX		31	M	SEN
675	DIEKMANN	LENA		29	F	SEN
676	HINE	MICHELLE	DURBAC	41	F	40
677	BARTLETT	DENZIL	CARBINEERS WP	47	M	45
678	CRONJE	ANTHONY	K-WAY VOB	65	M	65
679	JORDAAN	THERESA	K-WAY VOB	63	F	60
680	DE WAAL	THEUNS		53	M	50
681	FRANKE-QU	MELANIE		37	F	35

682	MCCANN		MURRAY & ROBERTS	53	F	50
683	NEETHLING	J	PAARL		M	40
684	NOBLE	CHARISSA		26	F	SEN
685	SLETCHER	ROCHELLE	SWC GERMANY	27	F	SEN
686	HAINKE	METHIO		34	M	SEN
687	NO CARD				M	SEN
688	KOLLMANN	NINA		43	F	40
689	KOLLMANN	KLAUS		64	M	60
690	MCCALLUM	ANITA	METROPOLITAN	53	F	50
691	V D BERG	A	TYGERBERG	51	M	50
692	HELFGOTT	NICKY		16	M	JUN
693	BLANK CARD				F	SEN
694	MEZEY	IVETT			F	SEN
695	MOHAMED	QUASEEM	ITHEKO	35	M	35
696	BOOLEY	SAMIER		46	M	45
697	DU TOIT	FREDA		58	F	55
698	LAUREN	S		47	F	45
699	ADAMS	MOGAMMAD	KENFAC	56	M	55
700	SENAMELA	THUSO		11	M	JUN
701	SENAMELA	JULIUS		44	M	40
702	GREEFF	CASPAR	AAC	84	M	80
703	MURRY	MICHELE	EDGEMEAD	57	F	55
704	RYKLIEF	MARELDIA	ITHEKO	49	F	45
705	BREWER	SIRAJ	ITHEKO	44	M	40
706	CARIEM	AFROZ	ITHEKO	42	F	40
707	MJALI	SIKOSE		32	F	SEN
708	HELFGOTT	REUBEN		15	M	JUN
709	STEYN	CATHERINE		54	F	50
710	MIZON	RAYMONDE	CELTIC	65	F	65
711	KOLBE	B		43	F	40
712	MATSHOBA	ATHULE		15	M	JUN
713	COLLINS	KERRY	FNB RUNNERS	60	F	60
714	PAYNE	JEAN		34	F	SEN
715	ABRAHAMS	LIONEL	PINELANDS	52	M	50
716	PEFFER	SEAN	K-WAY VOB	48	M	45
717	FILLIES	HARRY	PINELANDS	68	M	65
718	EMERY	LEON	PINELANDS	50	M	50
719	GENSICKE	KATHARINE	PINELANDS	23	F	SEN
720	IBRAHIM	RAELSAH		22	F	SEN
721	MOYO	MANDLENKOSI	PINELANDS	41	M	40
722	GENSICKE	RENATA	PINELANDS	46	F	45
723	SMITH	WENDAL	PINELANDS	51	M	50
724	VERGOTINE	JOSEPH	PINELANDS	45	M	45
725	ABED	GESANT	BO-KAAP ATHLETICS	32	M	SEN
726	HAMEEDULLA	A	PINELANDS	58	M	55
727	GENSICKE	ANDREAS	PINELANDS	51	M	50
728	BLANK CARD				F	SEN
729	ABRAHAMS	FATIMA	ITHEKO	35	F	35
730	NO RETURN				M	SEN
731	ISMAEL	ZUNAID	ITHEKO	38	M	35
732	GALETTA	THEO	PINELANDS	48	M	45
733	BEDWELL	MICHELLE	NEDBANK WP	44	F	40
734	LAMB	KIM	RUN WALK 4 LIFE	54	F	50

735	SENAMELA	LESEGO		7	M	JUN
736	W	ANGELA	WEST COAST	44	F	40
737	GILES	JACQUI	WEST COAST	48	F	45
738	BRANDON	ZITA	WEST COAST	56	F	55
739	LOMBERG	SIMONE	WEST COAST	34	F	SEN
740	BOTHA	MORNE	WEST COAST	45	M	45
741	SMEDA	MATTHEW		16	M	JUN
742	ABRAHAMS	LEILA	NANTES	41	F	40
743	MOEKETSI	JEANNET	OMMIEDRAAI	46	F	45
744	MOOS	ABDUL	MSA MULTISPORT		M	SEN
745	ZIKOLO	VUMISEKA	CENTURY CITY	37	F	35
746	MARINI	RIC	RAC		M	SEN
747	NO CARD				F	SEN
748	DAVIDS	GADIJA	ITHEKO	53	F	50
749	GALLI	MIKE	WEST COAST	59	M	55
750	SCHROEDER	ZAINAB	OMMIEDRAAI	49	F	45
751	EMERAN	ZAHEER	ITHEKO	18	M	JUN
752	SMEDA	GRAEME	NEDBANK WP	44	M	40
753	WIESE	JUAN	CARBINEERS WP	42	M	40
754	BASSON	ALLISTAIR	OMMIEDRAAI	21	M	SEN
755	BOSMAN	GRANT		27	M	SEN
756	ARENDSE	BASSIER	NANTES	45	M	45
757	PHARRON	ADRIAN		25	M	SEN
758	SADIEN	NADIA	OMMIEDRAAI	42	F	40
759	DUNN	SIOBHAN	SPARTAN	18	F	JUN
760	VAN DER VALK	JOANNE	CELTIC	64	F	60
761	WYNGAARD	SAMANTHA	RUN WALK 4 LIFE	46	F	45
762	GAXELA	ZUKISWA		46	F	45
763	SOMI	VUYO			M	50
764	KALTUMA		NANTES		F	SEN
765	RAFAH		NANTES		F	SEN
766	KADER	AZIZ	OMMIEDRAAI	59	M	55
767	O'CONNOR	STEVEN	WEST COAST	34	M	SEN
768	BHIKOO	JEHAN		32	F	SEN
769	MBYANA	SIMTHEMBILE	KHAYELITSHA		F	SEN
770	OHLSON	EUGENE		44	M	40
771	LENDOR	NATALIE	WEST COAST	38	F	35
772	DE BOER	CHRISTA	WEST COAST	40	F	40
773	ZWENI	BONLA	KHAYELITSHA	28	M	SEN
774	THANDE	MQALO	DURBAC		F	SEN
775	MAYIJI	BATHANDWA	KHAYELITSHA		M	SEN
776	MOKGELE		KHAYELITSHA	38	M	35
777	PRETORIUS	JOSHUA		28	M	SEN
778	ROWORTH	G		62	M	60
779	BEGHARDIEN	M	RCS GUGS	60	M	60
780	BAND	JONATHAN		49	M	45
781	OMAR	ANWAR	PINELANDS	58	M	55
782	RAUTENBACH	LAUREN		44	F	40
783	OMAR	RASHIED	TOP FORM	60	M	60
784	DOLLIE	RAYGANA	OMMIEDRAAI	46	F	45
785	OMAR	RAHIMA	OMMIEDRAAI	35	F	35
786	ERASMUS	ADELE	BELLVILLE	39	F	35
787	GROENEWALD	DANIELA	BELLVILLE		F	SEN

788	KOCK	LOUISE	BELLVILLE	44	F	40
789	ELS	T	BELLVILLE	50	F	50
790	ARNOLD	AMEER	OMMIEDRAAI	33	F	SEN
791	NOGIXA	NYAMEKA		41	F	40
792	MODISAKENG	ZUKISWA		43	F	40
793	SROT	ELEANOR		63	F	60
794	THOMAS	EVANGELIQUE	EDGEMEAD	24	F	SEN
795	BLACKSHAN	HANNAH		18	F	JUN
796	COETZER	LOUISE		39	F	35
797	DE BEER	JACOLINE		36	F	35
798	SALIE	ANSAR	OMMIEDRAAI	46	M	45
799	SALIE	RUSHANAH	OMMIEDRAAI	35	F	35
800	MATHATHO	LEBO	FAT CATS	35	F	35
801	NO RETURN				M	SEN
802	MPAHLWA	SIYATAKAZELA	FAT CATS	37	F	35
803	TERGANS	SIBULELE	RCS GUGS	45	F	45
804	BOON	RORY		26	M	SEN
805	BOBOTYANA	PHUMEZA	ACSA	46	F	45
806	BURGER	JESSICA		25	F	SEN
807	RAUTENBACH	RAYMOND		38	M	35
808	MANGXOLA	WANDILE		47	M	45
809		ANTOINETTE	SPARTAN	60	F	60
810	WATKINS	ALAN	SPARTAN	61	M	60
811	ASPELING	IAN	CELTIC	61	M	60
812	ASPELING	AMY	CELTIC	21	F	SEN
813	ESAU	BADEE	SANDEF WP	31	M	SEN
814	JONES	AYNSLEY	BELLVILLE	37	F	35
815	GAIN	JULIAN	DURBAC	48	M	45
816	GAIN	NIKKI	DURBAC	44	F	40
817	VAN DER MERWE	SUZAHN		26	F	SEN
818	SEIBERT	GUNTHER	GERMANY	50	M	50
819	BERRIDGE	SIENNA		11	F	SEN
820	VRENNYON	DIRK	RWO ENDURANCE TEAM	57	M	55
821	BERRIDGE	ELISHA	AAC	47	F	45
822	MEITER	CLAUDIA	RWO ENDURANCE TEAM	54	F	50
823	LATEGAN	KARIN		58	F	55
824	LATEGAN	PIETER		61	M	60
825	DUNCAN	ANDY	PINELANDS	44	M	40
826	DUNCAN	CATH	PINELANDS	40	F	40
827	ZIMELMAN	RAEL		51	M	50
828	NYENGULE	PHUMZA	KHAYELITSHA	44	F	40
829	NO CARD				M	SEN
830	FORTUNE	AVRIL	SPARTAN	47	F	45
831	NAUDE	SHANNEN		24	F	SEN
832	JOSEPH	SHEILA		78	F	75
833		CAMERON		25	M	SEN
834	GALVAAN	SHIEHAAM	CENTRAL AC	40	F	40
835	ROSSITER	DAWN	K-WAY VOB	63	F	60
836	JOOSTE	STEPHAN		57	M	55
837	JARDINE	GALIEL	ITHEKO	53	M	50
838	JARDINE	TAAHIRA	ITHEKO	24	F	SEN
839	BYWATER	DAVE	AAC	66	M	65
840	COURTNEY	I		10	M	JUN



841	LOSKEN	HELMUT	SUNRUN VANCOUVER		M	SEN
842	KING	MICHELE		56	F	55
843	NGADLELA	SARAH		33	F	SEN
844	HUGO	HANS	HELDERBERG	70	M	70
845	VENTER	HB	AGAPE	60	M	60
846	VENTER	MARIX	AGAPE	60	F	60
847	DAVID	PE	SANDF WP	42	F	40
848	RIPEPI	ZITO	CELTIC	46	F	45
849	SHAW	LYNNETTE	ITHEKO	52	F	50
850	CLARKE	TARRYN	PINELANDS	33	F	SEN
851	BIRD	EDDIE	MP TITANS	62	M	60
852	NAIDOO	SONIA	MP TITANS	64	F	60
853	MANUEL	SHARIEFAH		53	F	50
854	BYWATER	KELLY		35	F	35
855	DIEDERICKS	CHRISTOPHER		32	M	SEN
856	MAARTENS	CHARLENE	EDGEMEAD	58	F	55
857	HENDRICK	PADDY			M	SEN
858	BESTER	HENDRICK	ATC	39	M	35
859	WILLCOCK	PATRICK		43	M	40
860	WILLCOCK	ELDA		42	F	40
861	OPPERMAN	MARIETTE		62	F	60
862	ADAMS	LEE-ANNE	KENFAC	43	F	40
863	ACKERS	SERAJ	TOP FORM	60	M	60
864	RASSOOL	CIRAJ		58	M	55
865	FORTUNE	TATUM	SPARTAN	24	F	SEN
866	BUFFEL	BIANCA	OMMIEDRAAI	28	F	SEN
867	GANGER	ANTHEA	TOP FORM	37	F	35
868	AUGUST	CHANTAL	TOP FORM	49	F	45
869	THOMPSON	ROXY	TOP FORM	36	F	35
870	PRETORIUS	JANET		33	F	SEN
871	MABHULU	B	KHAYELITSHA	43	M	40
872	MGUNUKELWA	TITA	KHAYELITSHA		F	SEN
873	BALENI	BELINDA	KHAYELITSHA	33	F	SEN
874	NTLOKWANA	CHARLENE	KHAYELITSHA	46	F	45
875	MCKINNEY	EMMA	CARBINEERS WP		F	SEN
876	SMITH	AMANDA	CARBINEERS WP	38	F	35
877	DIERGAARD	NATASSIA	CARBINEERS WP	33	F	SEN
878	DU PLESSIS	ILONA		30	F	SEN
879	BLANK CARD		PINELANDS		M	SEN
880	NO CARD		KHAYELITSHA		F	SEN
881	DA ROCHA	TREVOR		50	M	50
882	FOUCHE	HELENE		46	F	45
883	MEYER	MELANIE		36	F	35
884	PARKER	REHANA	OMMIEDRAAI	32	F	SEN
885	KRIGE	JUSTINE	CLIFFE DEKKER	37	F	35
886	GASANT	SUMAIYAH		31	F	SEN
887	CROWIE	S	OMMIEDRAAI	34	M	SEN
888	BERMAN	LAURA		49	F	45
889	KIERNAN	SHANE	PINELANDS	54	M	50
890	MOHAMED	RUSTUM	ITHEKO	56	M	55
891	MAHLUKANI	ASANDA		34	F	SEN
892	DAVIDS	KASHIEFAH	OMMIEDRAAI	30	F	SEN
893	SALIE	WARDA	OMMIEDRAAI	32	F	SEN

894	DAVIDS	NASHREEN	OMMIEDRAAI	32	F	SEN
895	SALIE	SARAH	ITHEKO	37	F	35
896	MILLER	TRUDI	CAPE MULTISPORT	57	F	55
897	MOOSA	LATIEFA	ITHEKO	58	F	55
898	MEYER	MELANY	VODACOM KIMBERLEY RR	49	F	45
899	JAPIES	MARNIKA		18	F	JUN
900	HATTINGH	MONIQUE		29	F	SEN
901	ABBAS	IRFAAN		35	M	35
902	ISAACS	FAIZEL	KENFAC	47	M	45
903	DAVIDS	RAZEEN	ITHEKO	56	M	55
904	MANE	M		60	M	60
905	GRUNDLING	JAKO		41	M	40
906	HILLS	ESME	CAPE MULTISPORT	55	F	55
907	KLEIN	DORELE	RAVENSMEAD	45	F	45
908	AFRICA	BEATRICE		52	F	50
909	KLEM	CHARMAINE	SANDEF WP	53	F	50
910	JACOBS	JOHANN		62	M	60
911	DEAN	MELVYN	ELSIES RIVER	43	M	40
912	BOOYSEN	RUBEN	ELSIES RIVER	41	M	40
913	NEWMAN	DENZIL	AAC	66	M	65
914	ALEXANDER	RAHUUL		11	M	JUN
915	RIVIERA	JOY	SPARTAN	65	F	65
916	ELISSAC	MARIAM	ITHEKO	59	F	55
917		BRENT	PINELANDS	40	M	40
918		FELICITY	DURBAC	38	F	35
919	BESTER	IVAN	MSA MULTISPORT	58	M	55
920	ABRAHAMS	ZAYBAH		35	F	35
921	DIEDRICKS	JALALOEDIEN		36	M	35
922		SUSAN		19	F	JUN
923	ALEXANDER	BERNY	MP TITANS	51	F	50
924	FIKA	ANELISIWE	RC LANGA	15	F	JUN
925	KERAAN	FATHEELA		46	F	45
926	KERAAN	ASHRAF		46	M	45
927	DRAMAT	YUSRAH		35	F	35
928	NO RETURN				M	SEN
929	NO RETURN				F	SEN
930	COHEN	TZIYONA		16	F	JUN
931	NO RETURN				F	SEN
932	KATS	JACQUI	CELTIC		F	SEN
933	BOWER	JILLIAN	SAPS WP	30	F	SEN
934	BOUCHER	TERRI-LEE	DURBAC	29	F	SEN
935	SOUTHGATE	ASHRAF	NANTES	58	M	55
936	ROHTBART	IAN	K-WAY VOB	66	M	65
937	SOUTHGATE	NAZLIE	NANTES	57	F	55
938	GREEN	DAVID	EDGEMEAD	66	M	65
939	OLIVER	HAROLD	CAPRICORN AC	55	M	55
940	C	TOBIAS			M	SEN
941		FRANCIS			F	SEN
942	SMIT	LYNETTE	CENTURY CITY	56	F	55
943	VAN ZYL	BOET	SPARTAN	77	M	75
944	GESS	PATRICIA	RUN ZONE	53	F	50
945	PARKER	MIRANDA		56	F	55
946	GESS	CLARISSA	RUN ZONE	32	F	SEN

947	KINNEY	MARY		39	F	35
948		KYLE			M	SEN
949		ABBY			F	SEN
950	CORBETT	ERICA		38	F	35
951	PIETERS	AMELIA	OLD MUTUAL	37	F	35
952	JACOBS	NATASHA		49	F	45
953	WILLEMSE	YOLANDE	OLD MUTUAL	39	F	35
954	SCHOLTZ	JOHAN			M	SEN
955		JULIANA	NEDBANK WP	63	F	60
956	MUTONKOLE	ERICO	UWC	26	M	SEN
957	SEARLE	GRAEME	TOP FORM	53	M	50
958	SAMPSON	HEATHER	CAPE MULTISPORT	50	F	50
959	SAMPSON	ANDRE	CAPE MULTISPORT	49	M	45
960	ABRAHAMS	EBRAHIM		65	M	65
961	HARKER	ANTHONY	OMMIEDRAAI	50	M	50
962	GLOVER	ADRIANA	CARBINEERS WP	54	F	50
963	STIECKER	ELMARIE	OVERKRUIN	56	F	55
964	COGILL	RICHARD	SPARTAN	67	M	65
965	PARKER	NAZ	WEST COAST	48	M	45
966	BRAND	MARIA	K-WAY VOB	50	F	50
967	LESBICH	RUTH	K-WAY VOB	49	F	45
968	FORTUNE	AZIZ	OLD MUTUAL	58	M	55
969	HUGO	QASIMA			F	SEN
970	ASPELING	LAEEQ		49	M	45
971	ASPELING	MICKAEEL		13	M	JUN
972	MARCUS	THAAKIRAH	TOP FORM	24	F	SEN
973	GROENEWALD	ANE		16	F	JUN
974	NELSON	MARIANNE	DURBAC	76	F	75
975	RIENHARDT	EVA	DURBAC	57	F	55
976	BADEROEN	RAFIQ	KENFAC	42	M	40
977	SOGAYWE	PHELISA		32	F	SEN
978	NO CARD				M	SEN
979	CHARLES	JUNAID	ARD	22	M	SEN
980	BLANK CARD				F	SEN
981	ADAMS	SUZETTE		46	F	45
982	GROENEWALD	MARINA		44	F	40
983	NO CARD				M	SEN
984	NO CARD				F	SEN
985	KHATIEB	MA	OMMIEDRAAI	64	M	60
986		TESSA	OMMIEDRAAI	55	F	55
987	MANUEL	ZAAYDA	OMMIEDRAAI	59	F	55
988		JUDY	OMMIEDRAAI	59	F	55
989	ADAMS	CECIL		39	M	35
990	BACKEBERG	CONRAD		61	M	60
991	JARA	PATEKA			F	SEN
992	SHAIBU	ISMIAL	EASTERNS		M	40
993	VAN DER SCHYFF	ACHMAT	ITHEKO	68	M	65
994	MASHABO	ALLAN		35	M	35
995	JOOSTE	MICHELLE		30	F	SEN
996		TANIA	RCS GUGS	44	F	40
997	STRECKER	THEUNS	OVERKRUIN	57	M	55
998	LIBBIE	AIDEN	TOP FORM	31	F	SEN
999	BERNTZEN	ANNATJIE		77	F	75

1000	AMIER	SHAKEELAH		23	F	SEN
1001	KADER	SHAAMILA	ARD	39	F	35
1002	MADHI	FATIMA		21	F	SEN
1003	BUCKLE	LEZA	DURBAC	44	F	40
1004	BROWN	JANN	CAPE MULTISPORT	64	F	60
1005	BROWN	KIM		38	F	35
1006	MATHIBA	KGELE	EDGEMEAD	62	M	60
1007	MADHI	BILAL		18	M	JUN
1008	ISRAEL	FERIAL	SPARTAN	46	F	45
1009	DE OLIVEIRA	CESAR	EDGEMEAD	83	M	80
1010	DE OLIVEIRA	CHRIS	EDGEMEAD	50	M	50
1011	STEENKAMP	SHARON	WEST COAST	46	F	45
1012	VAN ROOYEN	LINETTE		43	F	40
1013	PETERSEN	LINDA		44	F	40
1014	FINNAN	CARRON	DURBAC	46	F	45
1015	WILLIAMS	DC	NANTES	51	M	50
1016	PRETORIUS	MARTHA	NANTES	49	F	45
1017	DAVIDS	SHAMIEG	GOODWOOD HARRIERS	45	M	45
1018	TAGODIEN	RAATIQA	ARD	33	F	SEN
1019	WALKER	CANDICE	TYGERBERG	34	F	SEN
1020	VAN DER SCHYFF	YASMMAH	ITHEKO	63	F	60
1021	JACOBS	ASHLEY	OMMIEDRAAI	47	M	45
1022	GANGER	THEO	TOP FORM	41	M	40
1023	BOUWER	KEVIN		56	M	55
1024	WARDLE	EMMA-JO		22	F	SEN
1025	SHORT	JANICE		54	F	50
1026	BOUWER	LISA		52	F	50
1027	ALLIE	JEHANN	ITHEKO		M	SEN
1028	ALLIE	YUSRAH	ITHEKO		F	SEN
1029	NO RETURN				M	SEN
1030	SCOTT	RUSHDA	KENFAC	38	F	35
1031	SABAN	SAKENA	KENFAC	42	F	40
1032	SABAN	SHU-AIB	KENFAC	43	M	40
1033	GAMIELDIEN	ZAINAB	KENFAC	37	F	35
1034	MARTIN	YUMNA	KENFAC	38	F	35
1035	DAVIDS	RASHEEDA	KENFAC	35	F	35
1036	ADAMS	WASFIE	KENFAC		M	SEN
1037	DAVIDS	YUSUF	KENFAC	40	M	40
1038	SCOTT	MICHAEL		56	M	55
1039	DLELANE	ZIYANDA	RCS GUGS	29	F	SEN
1040	GROBBELAAR	ELIZE	BELLVILLE	74	F	70
1041	DU TOIT	ALETTA	BELLVILLE	68	F	65
1042	RASHID	ZAINONEESA	ARD	49	F	45
1043	SAID	YUSRA		10	F	JUN
1044		CONRAN	WINDHOEK HARRIERS	69	M	65
1045	SILVER	CHRISTOLINE	K-WAY VOB	51	F	50
1046	STELLENBOOM	FALDELAH	OMMIEDRAAI	62	F	60
1047	DELPORT	DIANE	K-WAY VOB	63	F	60
1048	HEIL	CORNE	BELLVILLE	47	F	45
1049	ERASMUS	ALVEDA	BELLVILLE		F	SEN
1050	SPARKS	KEITH	SPARTAN	60	M	60
1051	P	NOXOLO		28	F	SEN
1052	TABODIEN	FAIZ	ARD	49	M	45

1053	ALAWIE	SIRAAJ	GOODWOOD HARRIERS	40	M	40
1054	WITZ	CAROL	OMMIEDRAAI	59	F	55
1055	MOOSA	IGHSAAN	ITHEKO	61	M	60
1056	CAMPHER	MARY	MIDAS SPARTANS	61	F	60
1057	MEHL	TANIA	CELTIC		F	SEN
1058	MEHL	JORJA		15	F	JUN
1059	MTHEMBU	SINDISIWE	PARLIAMENT	38	F	35
1060	LIBBLE	MERCIA	TOP FORM	39	F	35
1061		CAROL		51	F	50
1062		LUDWIG		37	M	35
1063	NO CARD				F	SEN
1064	DAVIDSE	JUDITH	PINELANDS	38	F	35
1065	JACK	KATE		39	F	35
1066	FLORIS	AMINA	CENTRAL AC	38	F	35
1067	BARDIEN	ZULFA	CENTRAL AC	46	F	45
1068	WADIWALA	SABERA		57	F	55
1069	CROY	AFOON		35	F	35
1070	CLAASSEN	BELINDA	RAVENSMEAD	56	F	55
1071	BROWN	BENJAMIN	RAVENSMEAD	63	M	60
1072	SOHOB	LORICO	BELLVILLE	27	F	SEN
1073	BROWN	DESIREE	RAVENSMEAD	63	F	60
1074	SOITOB	TYRON		10	M	JUN
1075	WYNGAARD	NEILAN		13	M	JUN
1076	PARKER	GADIJA	OMMIEDRAAI	42	F	40
1077	COURTNEY	S		53	M	50
1078	COURTNEY	ESEKIEL		15	M	JUN
1079	MOHAMED	ARDILAH	RUN WALK 4 LIFE	78	M	75
1080	DREYER	COLE		10	M	JUN
1081	MKOSI	LUNGA	PINELANDS	38	F	35
1082	FLEURS	TREVOR	K-WAY VOB	52	M	50
1083	FORTUIN	AMANDA	SPARTAN	48	F	45
1084	VISSER	MIMI		29	F	SEN
1085	HAYES	NICOLE		31	F	SEN
1086	MCCLELLAN	GAIL	K-WAY VOB	73	F	70
1087	SMITH	JEAN-CLAUDE	OMMIEDRAAI	33	M	SEN
1088	DREYER	VANESSA	WEST COAST	44	F	40
1089	ALLIE	TOUGIEDA	ITHEKO	57	F	55
1090	WILLIAMS	SHAHIEDA	ITHEKO	45	F	45
1091	EDWARDS	MARIAM	ITHEKO	58	F	55
1092	TOEFY	NARRIMAN	ITHEKO	67	F	65
1093	BLIGNAUT	FRIEDA	SANLAM	69	F	65
1094	NIEUWENHUIS	FATIMA	CENTRAL AC	72	F	70
1095	SCHIPPER	MARY	BELLVILLE	73	F	70
1096	WITZ	LESLIE	WILD RUNNER	60	M	60
1097	MATHIBA	TSEBANYANE	EDGEMEAD	59	F	55
1098	ISMAIL	YVETTE	WILD RUNNER	43	F	40
1099	FIELDING	DANIEL		12	M	JUN
1100	FIELDING	PORTIA		47	F	45
1101	TAMANIKU	MAUD	GOODWOOD HARRIERS	41	F	40
1102	NOOR	AISHA	OMMIEDRAAI	37	F	35
1103	NOBLE	SHANE		46	M	45
1104	JOSEPHS	JENNIFER	OMMIEDRAAI	72	F	70
1105	BHIKOO	SHARIF	METROPOLITAN	67	M	65

1106	NO CARD				M	SEN
1107		EDWIN		58	M	55
1108	GOUWS	E		48	F	45
1109	NO CARD				M	SEN
1110	OSBORN	HILARY	TOP FORM	53	F	50
1111	MAHOMED	SHANAAZ	TOP FORM	57	F	55
1112	ALLIE	SALWA	TOP FORM		F	SEN
1113	THEUNISSEN	YASMIN	TOP FORM	60	F	60
1114		ZARA		35	F	35
1115	DAVIDS	NAILAH	TOP FORM	43	F	40
1116	MEHL	BEVERLEY	TOP FORM	60	F	60
1117	NO CARD				F	SEN
1118	DAVIDS	NABIELAH	TOP FORM	46	F	45
1119	ADAMS	ADNAAN	TOP FORM	43	M	40
1120	BEHARDIEN	NUHAA		16	F	JUN
1121	KATHRADA	ZAITOON	TOP FORM	64	F	60
1122	SOLOMON	ZAINAB	TOP FORM	55	F	55
1123	PRINS\	ALEXIA		37	F	35
1124	AGHERDIEN	ZAAHIERAH	TOP FORM	35	F	35
1125	SAFAAR	MOESA	TOP FORM	59	M	55
1126	PRETORIUS	ACHMAT	TOP FORM	58	M	55
1127	OMAR	JIHAD	TOP FORM	36	M	35
1128	TALIEP	SALIE	TOP FORM	63	M	60
1129	JANSEN	SANDRA	TOP FORM	49	F	45
1130	PETERS	WASEEMA	TOP FORM	41	F	40
1131	KULA	WANDISA		39	F	35
1132	PLAATJIES	ABE	TOP FORM	72	M	70
1133	AGHERDIEN	FIQREE	TOP FORM	37	M	35
1134		CARLA	EDGEMEAD		F	SEN
1135	ADLER	ABEDA	PINELANDS		F	SEN
1136	CAMERON-DOW	CHRIS		35	M	35
1137	PIETERSE	RANDY	GOODWOOD HARRIERS	63	M	60
1138	AMLAY	M SALIGH	ITHEKO	51	M	50
1139	AMLAY	GHAIROON	ITHEKO	50	F	50
1140	ELY	TAARIQ		14	M	JUN
1141	THEUNISSEN	MAGEDIE	TOP FORM	61	M	60
1142	ISAACS	HENRY	GOODWOOD HARRIERS		M	SEN
1143	ASHLIN	MARK	RCS GUGS	48	M	45
1144	LOK-SHANY		CARBINEERS WP	44	M	40
1145	VERGOTINE	JAMILA	RAVENSMEAD	68	F	65
1146	JACKSON	ZAIDA	CARBINEERS WP	48	F	45
1147	CHAKANGA	VIMBAI			F	SEN
1148	MARCUS	TASNEEM	TOP FORM	46	F	45
1149	FORTUIN	B	ITHEKO	61	M	60
1150	HOFMEYR	M	K-WAY VOB	65	F	65
1151	HOFMEYR	J	K-WAY VOB	68	M	65
1152	LANGENHOVEN	CHRIS	BRACKENFELL	60	M	60
1153	JONSON	HILARY	K-WAY VOB		F	SEN
1154	DEYSEL	ZELDA	BRACKENFELL	37	F	35
1155	MEHL	RUSSELL	TOP FORM	55	M	55
1156	EKARD	M		59	F	55
1157	DARIES	ELEANOR	RAVENSMEAD	60	F	60
1158	BARENDS	MICHELLE	MP TITANS	54	F	50

1159	NO CARD				F	SEN
1160	SLABBERT	LYNETTE	SOUTH STRIDERS	62	F	60
1161	MOHAMMED	HAJIERA	OMMIEDRAAI	32	F	SEN
1162	MALILA	CURTIS		29	M	SEN
1163	CORNESH	ALLEN		62	M	60
1164	GOOL	MARELDIA	OMMIEDRAAI	30	F	SEN
1165	WAGIET	R	ITHEKO	66	M	65
1166	VAN DE RHEEDE	FATIMA	ITHEKO	43	F	40
1167	NO RETURN				M	SEN
1168	CAMPHER	SUSAN	MIDAS SPARTANS	61	F	60
1169	EMERAN	NADIA	ITHEKO	47	F	45
1170	ABRAHAMS	ZAYTOON	ITHEKO	26	F	SEN
1171	ISMAIL	MUNEERAH	ITHEKO	30	F	SEN
1172	ALLIE	KHALEEL	ITHEKO	54	M	50
1173	PATEL	MALIKA	ITHEKO	46	F	45
1174	ALLIE	FUAD	ITHEKO	50	M	50
1175	OOSTENDORP	ADENAAN	ITHEKO	50	M	50
1176	COURTNEY	K		18	F	JUN
1177	SKERMAND	VINCENT		37	M	35
1178	RYLANDS	NAZEEMA		45	F	45
1179	MORGAN	ELZAINÉ	KENFAC	47	F	45
1180	COURTNEY	M		13	F	JUN
1181	MORGAN	CAMERON	KENFAC	46	M	45
1182	SMART	TANITE		40	F	40
1183	JACOBS	ACHMAT	ITHEKO	60	M	60
1184	JANSEN	SANDRA	BRACKENFELL	47	F	45
1185	LANDT	VIOLA		55	F	55
1186	RICHARDS	BB	ELSIES RIVER	64	M	60
1187	NEL	HELENE	EAST LONDON PACERS	67	F	65
1188	MEIRING	JOHAN		52	M	50
1189	WILLOUGHBY	FAYROZ	ARD	31	F	SEN
1190	BASSON	LUCILLE	OMMIEDRAAI	24	F	SEN
1191	HENDRICKS	AMIRAH	ARD	31	F	SEN
1192		BASHEERAH	TOP FORM	63	F	60
1193	OSBORN	CHRIS	TOP FORM	52	M	50
1194	HOLMES	PATRICIA	CELTIC		F	SEN
1195	GAMIELDIEN	MUAATH	ARD	39	M	35
1196	GALLI	MARYANN	WEST COAST	58	F	55
1197	NO CARD				M	SEN
1198	NO CARD				M	SEN
1199	SABAN	WAHEED		38	M	35
1200	VAN SCHALKWYK	JOHN		64	M	60
1201	JACOBS	FAIZAL	CAPE MULTISPORT	46	M	45
1202	KHAN	RIYAAD		41	M	40
1203	NO CARD				F	SEN
1204	STEMMET	AMEEN	TOP FORM	39	M	35
1205	STEMMET	THAKIRA	TOP FORM	39	F	35
1206	NORLING	ZENA	ITHEKO	41	F	40
1207	SMIT	HERMAN	SANLAM	63	M	60
1208	SANGSTER	ALLIZON	SPARTAN	63	F	60
1209	SAMSODIEN	AMMAAR	ITHEKO	15	M	JUN
1210	CHAPPLE	CHER		67	F	65
1211	HEMING	ROAN		35	M	35

1212	SAMSODIEN	NABILA	ITHEKO	19	F	JUN
1213	SAMSODIEN	WHAGIEDA	ITHEKO	50	F	50
1214	DREYER	ADRIAN	WEST COAST	50	M	50
1215	JAMODIEN	AADIL	OMMIEDRAAI	59	M	55
1216	HENDRICKS	QAYLA		11	F	JUN
1217	RAYNED	THAAKIRAH		28	F	SEN
1218	EBRAHIM	YA'QUB	ARD	36	M	35
1219	RAUTENBACH	AMELIA		55	F	55
1220	NO CARD				F	SEN
1221	KADER	JUWAYER	OMMIEDRAAI	60	F	60
1222	ROMMANAY	NOORJAHAN	OMMIEDRAAI	57	F	55
1223	SIGIDI	SAPOKAZI	RCS GUGS	33	F	SEN
1224	ISMAIL	ROSEMARY	OMMIEDRAAI	62	F	60
1225	COLLINS	NICOLEEN	OMMIEDRAAI	50	F	50
1226		MIRIAM		46	F	45
1227	SAMUELS	PAMELA	OMMIEDRAAI	52	F	50
1228	KAMALDIEN	EKRAAM		58	M	55
1229	MACLONS	WENDY		36	F	35
1230	SAMUELS	SIDNEY	OMMIEDRAAI	62	M	60
1231	ALLEN	ALTHEA		42	F	40
1232	NO CARD				F	SEN
1233	JACKSON	HAYLEY	PINELANDS	47	F	45
1234	ABRAHAMS	NATHEEFA	NANTES	27	F	SEN
1235	DAVIDS	FATIMA	OMMIEDRAAI	50	F	50
1236	APPLEBY	FATIMA	OMMIEDRAAI	45	F	45
1237	FYSH	LIESEL		46	F	45
1238	DE KOCK	DIEDERICK	ITHEKO	57	M	55
1239	YHUSI	SIPHOSETHU	KHAYELITSHA	30	F	SEN
1240	REYNDER	TAEGAN LUKE		11	M	JUN
1241	TAYLOR	CATHY	DURBAC	77	F	75
1242	FORTUIN	MARY	ITHEKO	54	F	50
1243	ESTERHUIZEN	ESTHER		61	F	60
1244	TEPPER	RENE	TYGERBERG	70	F	70
1245	MALAMBA	ABBY	PINELANDS	45	F	45
1246		DAVID	EASTERNS	64	M	60
1247		RABIA	OMMIEDRAAI	48	F	45
1248	GHEDADDI	SARA	OMMIEDRAAI	18	F	JUN
1249	BOTHA	SHIRLEY	ELSIES RIVER	56	F	55
1250	NORTON	MARGARET	SPARTAN	80	F	80
1251	DUNN	CJ	SPARTAN	52	F	50
1252	WILLIAMS	ASA	RC LANGA	53	F	50
1253	RYKLIEF	HABIBA	TOP FORM	61	F	60
1254	THORNE	EDITH		50	F	50
1255	THORNE	ASHLEY		48	M	45
1256	EBRAHIM	B	OMMIEDRAAI	56	F	55
1257	CLOETE	V	DURBAC	56	F	55
1258	GREEN-THOMPSON	ODETTE	DURBAC	48	F	45
1259	KAARA	DOREEN	DURBAC	46	F	45
1260	KOTZE	ALTA	DURBAC	58	F	55
1261	LAWRENCE	SELWYN		62	M	60
1262	APRIL	AUDREY		59	F	55
1263	WALKER	ADRIENNE	WILD RUNNER	37	F	35
1264	JOORST	ANDRE	SPARTAN	38	M	35



1265	NO CARD				F	SEN
1266		MOLLY			F	SEN
1267	NO RETURN				F	SEN
1268	MARCUS	A	ARD	80	M	80
1269	NO RETURN				F	SEN
1270	ALEXANDER	NAZEEMA	HEWAT	62	F	60
1271	RYKLIEF	D	HEWAT	56	M	55
1272	CLOETE	RASHID	HEWAT	62	M	60
1273	KIRBY	ALLOUISE	GOODWOOD HARRIERS	37	F	35
1274	MOERAT	FUAD	HEWAT	30	M	SEN
1275	ESAU	MOHAMED	HEWAT	63	M	60
1276	NIEKERK	THERESA	HEWAT	53	F	50
1277	CLOETE	AYSHA	HEWAT	60	F	60
1278	ADAMS	TREVOR	HEWAT	68	M	65
1279	MCCREE	EDWARD	HEWAT	51	M	50
1280	SOLOMONS	FALDEELAH	HEWAT	59	F	55
1281	MATTHYS	EDWARD	HEWAT	60	M	60
1282	JORDAAN	CRYSTAL	HEWAT	47	F	45
1283	ARENDSE	CHERYL	HEWAT	50	F	50
1284	ARENDSE	NEIL	HEWAT	50	M	50
1285	OSCAR		HEWAT	49	M	45
1286	EMMETT	ROBERT	HEWAT	61	M	60
1287	PETERS	SONIA	HEWAT	53	F	50
1288	TREGONNING	CARDER	HEWAT	48	M	45
1289	TREGONNING	RUSHDAH	HEWAT	45	F	45
1290	PETERS	KEVIN	HEWAT	54	M	50
1291	NO CARD				M	SEN
1292		MARIANA	AKASIA	50	F	50
1293	ADAMS	SUMAYAH		51	F	50
1294		MARIKE		23	F	SEN
1295	SLABBERT	ANDRE	FIT 2000	65	M	65
1296	JOOSTE	JANINE		53	F	50
1297	SMIT	DEON	CENTURY CITY	54	M	50
1298	BESTER	JUSTINE-JO	MSA MULTISPORT	55	F	55
1299	VOEGT	CHANTAL	MSA MULTISPORT	47	F	45
1300	SEPTEMBER	SHEREEN	ITHEKO		F	SEN
1301	DE KOCK	VANESSA	ITHEKO	25	F	SEN
1302	JATTIEM	ZAINAB	ITHEKO	38	F	35
1303	LAWRENCE	STEPHANIE	ITHEKO	53	F	50
1304	SANELISIWEFIKA		RC LANGA	13	F	JUN
1305	FIKA	MAKHO SONKE	RC LANGA	47	M	45
1306	WATSON	JASMINA	OMMIEDRAAI	52	F	50
1307	HENDRICKS	SAADIQA	ITHEKO	37	F	35
1308	FREDDY	BEVERLEY	ITHEKO	59	F	55
1309	ABRAHAMS	BAHIEYA	ITHEKO	63	F	60
1310	ROOMANAY	SHABODIEN	OMMIEDRAAI	64	M	60
1311	DICKINSON	SHANEEN		49	F	45
1312	DICKINSON	MARIJKE		36	F	35
1313	SHANDRE		RCS GUGS	68	M	65
1314	BLANK CARD				F	SEN
1315	BLANK CARD				F	SEN
1316	BROWN	ILYAAS	FARNESE	12	M	JUN
1317	JOSHUA	EC		67	M	65

1318	DAWARE	YANUA	OMMIEDRAAI		M	SEN
1319	DAWARE	ESACK	OMMIEDRAAI	42	M	40
1320	MASHANDA	PATRICIA		42	F	40
1321	DEAN-BROWN	NATHAN	SPARTAN	53	M	50
1322	DEAN-BROWN	JENNY	SPARTAN	57	F	55
1323		ISMAIL	ITHEKO	55	M	55
1324	ALLIE	SHAMIELA	ITHEKO	58	F	55
1325	FORTUNE	MYMOENA	ITHEKO	50	F	50
1326	SULAYMAN	HAANJE	LACE UP FOR CHANGE	30	F	SEN
1327	DAVIDS	NAZLEY	ITHEKO	41	F	40
1328	BARODIEN	SHAFIEKA	ITHEKO	49	F	45
1329	JANODIEN	ZAYAANA	ITHEKO	27	F	SEN
1330	NO CARD				F	SEN
1331	GROENEWALD	C	BELLVILLE		M	40
1332	BLANK CARD				F	SEN
1333	SALIE	GADIJA	OMMIEDRAAI	35	F	35
1334	DAVIDS	RA-EESA	OMMIEDRAAI	33	F	SEN
1335	CASSIEM	RAYGHANAH	OLD MUTUAL	61	F	60
1336	SMIT	RENEE		60	F	60
1337	COURTNEY	J		52	F	50
1338	SCHWARTZ	ANJA	FIT 2000	71	F	70
1339	SCHWARTZ	BARRY	FIT 2000	71	M	70
1340	BUDLENDER	IMRAN		10	M	JUN
1341	BUDLENDER	STEVEN		41	M	40
1342	REID	PEGGY	SPARTAN	82	F	80
1343	NEL	ELIZABETH	SPARTAN	70	F	70
1344	BOTES	HELEN	SPARTAN	73	F	70
1345		CAROL	MAMRE	43	F	40
1346	ROBERTS	LETCHME		41	F	40
1347	NO CARD				F	SEN
1348	NO CARD				F	SEN
1349	MAREE	MARILYN			F	SEN
1350	DE NOBREGA	JOHANNA	BELLVILLE	61	F	60
1351	DE NOBREGA	JOSE	BELLVILLE	63	M	60
1352	ERASMUS	RASSIE		68	M	65
1353	SWART	JAN	FIT 2000	60	M	60
1354	CONSTABLE	CAROL		55	F	55
1355	FELIX	RUTH	MP TITANS	64	F	60
1356	RYKLIEF	ISMAEEL	OMMIEDRAAI	8	M	JUN
1357	RYKLIEF	ILYAAS	OMMIEDRAAI	10	M	JUN
1358	RYKLIEF	AYESHA SONI	OMMIEDRAAI	42	F	40
1359	NO CARD				F	SEN
1360	MOUWERS	NYOMIA		41	F	40
1361	EVERTON	BRONIA			F	SEN
1362	BLANK CARD				F	SEN
1363	ADENDORPH	MICHELLE	RAVENSMEAD	47	F	45
1364	ARENDSE	MELODY		45	F	45
1365	SCHMIDT	CHERYL		45	F	45
1366	SIERS	LEILA	ITHEKO	40	F	40
1367	ROSSOUW	ELSJE		44	F	40
1368	GRESSE	HENRIETTE			F	SEN
1369	MCDONALD	GAIL	WILD RUNNER	63	F	60
1370	MCDONALD	ROB	WILD RUNNER	66	M	65

1371	EASTMAN	MICHAEL	AAC	57	M	55
1372	CLAASSEN	JOHN	RAVENSMEAD	55	M	55
1373	VAN ACKER	SHELLEY		53	F	50
1374	ASPELING	TOUGHEEDA	GOODWOOD HARRIERS	43	F	40
1375	CHARLES	SHAAKIRAH	ARD	17	F	JUN
1376	ELS	SOPHIA	SOLIDARITEIT	19	F	SEN
1377	NO CARD				F	SEN
1378	BAUMANN	SONIA	RUN WALK 4 LIFE	57	F	55
1379	MARTIN	MARCUS		33	F	SEN
1380	GIHWALA	KIRTI		28	F	SEN
1381	TWENTYMAN-JONES	SUZANNE	BORN 2 RUN	47	F	45
1382	NEL	MARTIN		48	M	45
1383	NEL	HENRIETTE		45	F	45
1384	BOTHA	MARINATTE	RUN WALK 4 LIFE	53	F	50
1385	VAN NIEKERK	JULEEN	GOODWOOD HARRIERS	50	F	50
1386	BAKER	MELISSA	GOODWOOD HARRIERS	41	F	40
1387	MEYER	KOERT	TYGERBERG	73	M	70
1388	BARTMAN	DENVER	GOODWOOD HARRIERS		M	SEN
1389	HERDIEN	DENISE	TYGERBERG	59	F	55
1390	CAMMIDGE	JACK	FISH HOEK	81	M	80
1391	ALLIE	GHAIRONESA	OMMIEDRAAI	66	F	65
1392		NORA		52	F	50
1393	ASMAL	AHMED	CRESCENT RUNNERS	61	M	60
1394	BLANK CARD				M	SEN
1395	BLANK CARD				F	SEN
1396	THOMPSON	G	ITHEKO	59	F	55
1397	JARDINE	FAADELA	ITHEKO	50	F	50
1398	BLANK CARD		SPARTAN		F	SEN
1399	BLANK CARD		SPARTAN		F	SEN
1400	ROUX	IVAN	EDGEMEAD	66	M	65
1401	SAVAHI	ZAGHRA	LACE UP FOR CHANGE	30	F	SEN
1402	LEO	ALISON		32	F	SEN
1403	JAPPIE	FAHRNAAZ	ARD	39	F	35
1404	WILLOUGHBY	G	ARD		F	SEN
1405	LEVY	NADEEMA		44	F	40
1406	JAFTHA	WALLY	STRAGGLERS	69	M	65
1407	ALLIE	MS	OMMIEDRAAI	61	M	60
1408	BARENDS	JUSTIN		29	F	SEN
1409	BARENDS	JADE		25	M	SEN
1410	FERGUSON	SHANTE		24	F	SEN
1411	DRAMAT	ZUBAIR	OMMIEDRAAI	16	M	JUN
1412	STEMMET	MYMOENA		55	F	55
1413	MANUEL	MARIGNE		30	F	SEN
1414	ILHAAM			38	F	35
1415	VAN DER SCHYFF	HANAAN		4	F	JUN
1416	STEENKAMP	CHARLOTTE	BELLVILLE	31	F	SEN
1417	KENNY	AMEERAH	WALMERS AC	29	F	SEN
1418	NO CARD		KHAYELITSHA		F	SEN
1419	ASMAL	SABERA		59	F	55
1420	NTLOKWANA	LITHEMBA	KHAYELITSHA	15	F	JUN
1421	MILWARD	ASA	CENTRAL AC	52	F	50
1422	ROUX	MOYRA	EDGEMEAD	60	F	60
1423	NO CARD				M	SEN

1424	NO CARD		RUN WALK 4 LIFE		F	SEN
1425	NO CARD				M	SEN
1426	ADONIS	ANHA		55	F	55
1427	DU PLESSIS	DENISE	CELTIC		F	SEN
1428	VERMAAK	SONJA	RUN WALK 4 LIFE	50	F	50
1429	HARRIS	LEE-ANN	PINELANDS	52	F	50
1430	GARKER	AUDREY	ADVENTIST AC	57	F	55
1431	JACKSON	MIRANDA	NANTES	55	F	55
1432	FRANCISCA	VERONICA	NANTES	62	F	60
1433	BAREND	NASHEETA	NANTES	62	F	60
1434	LIEDERMAN	ANTHONY	NANTES	65	M	65
1435	HUGO	FELICIA	NANTES		F	SEN
1436	CHARLES	TOGEYDA	NANTES	54	F	50
1437	TOYER		NANTES	63	M	60
1438	NO CARD		NANTES		F	SEN
1439	NO CARD		NANTES		F	SEN
1440	CUPIDO	JASMINE	FARNESE		F	SEN
1441	FORTUIN	PAUL	FARNESE	60	M	60
1442	ADAMS	JACK	FARNESE	64	M	60
1443	APPOLLIS	SYDWYN	FARNESE	21	M	SEN
1444	FAEEZ		FARNESE	19	M	SEN
1445	ARNOLD	ACHMAT	FARNESE	22	M	SEN
1446	SCHROEDER	ELROY	FARNESE	50	M	50
1447	FULLER	CHARLES	FARNESE	60	M	60
1448	ADAMS	SAMAT	FARNESE	62	M	60
1449	WESSELLS	KEVIN	FARNESE	59	M	55
1450	BENJAMIN	SHAFIEK	FARNESE	53	M	50
1451	MANAN	FAGROEDIEN	FARNESE	40	M	40
1452	MANAN	HAJIERA	FARNESE		F	SEN
1453	PHILANDER	GABIER	FARNESE	53	M	50
1454	ADAMS	SHAHIED	FARNESE	54	M	50
1455	MOKADAM	SHAHIEDA	FARNESE		F	SEN
1456	MOKADAM	NAWAAL	FARNESE		F	SEN
1457	ISAKS	JOEYA	FARNESE	52	M	50
1458	STEVENS	ARLINE	ELSIES RIVER	47	F	45
1459	DUCKETS	ESME	ELSIES RIVER	65	F	65
1460	LAMB	ZURAYA		59	F	55
1461	LAMB	CEDRIC	PINELANDS	70	M	70
1462	GADSDEN	PHOEBE		61	F	60
1463	MATHEW	GWYNETH		65	F	65
1464	RAUTENBACH	C	PINELANDS	44	F	40
1465	NORODIEN	JOSEPHINE	PINELANDS	44	F	40
1466	CROWDER	BERENICE	PHOENIX	55	F	55
1467	OPPELT	LOGAN	PINELANDS	19	F	SEN
1468	NO CARD				F	SEN
1469	DAMONS	ILSE		32	F	SEN
1470	B	KATHLEEN		60	F	60
1471		VIMAL		40	M	40
1472	FREDERICKS	ASA		63	F	60
1473	CHRISTIANS	EUNICE	HEWAT		F	SEN
1474	MENTOR	ANALISE			F	SEN
1475	WARD	TREVOR	PHOENIX	57	M	55
1476	SCHWARTZ	RONALD	CENTURY CITY	45	M	45

1477	SNOWBALL	GLENDA	CENTURY CITY	55	F	55
1478	SIZIBA	M	SANLAM	43	M	40
1479	BOER	REECE		10	M	JUN
1480	BOER	JOSH		13	M	JUN
1481	HECTOR	AMELIA	PHOENIX		F	SEN
1482	ISAACS	SONIA	PHOENIX	53	F	50
1483	CLAVERT	Z			F	SEN
1484	VAN DER MERWE	LAURETTE	PHOENIX	54	F	50
1485	VAN DER MERWE	FREDDY	PHOENIX	58	M	55
1486	WYMERS	DES	PHOENIX	49	F	45
1487	SAMUEL	LIONEL	PHOENIX	61	M	60
1488	CROWDER	GREGORY	PHOENIX	59	M	55
1489	EDSON	ANTHONY	PHOENIX	56	M	55
1490	MOFERI	DON	PHOENIX	60	M	60
1491	STRAUSS	ELRI	BELLVILLE	49	F	45
1492	ARCHER	PAMELA			F	SEN
1493	MALAN	LUCIA		59	F	55
1494	CORNISH	SANDRA		62	F	60
1495	CORNISH	PAUL		33	M	SEN
1496		AUSTIN		3	M	JUN
1497		JOE		44	M	40
1498	KANOUNI	MUSHFIQAH	CENTRAL AC	47	F	45
1499	TOLKER	KULSUM		37	F	35
1500	PARKER	SADIQA		36	F	35
1501	NO CARD				F	SEN
1502	CAMROODIEN	AASIF		29	M	SEN
1503	ISMAIL	MALIEKA		28	F	SEN

**SONIA HARLOCK**

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LIC No	TIME
	0:24:29
9172	0:25:04
	0:25:15
	0:26:19
	0:26:51
15433 AGN	0:26:54
2170	0:27:02
	0:27:31
	0:27:34
	0:27:51
	0:27:54
	0:28:15
	0:28:34
9785	0:28:56
16369	0:29:09
11328	0:29:10
	0:30:10
9115	0:30:35
	0:30:53
0737 CNW	0:31:01
3822	0:31:13
	0:31:43
12091	0:31:45
11523	0:31:56
	0:31:58
	0:32:02
11090	0:32:06
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	0:32:14
12600	0:32:22
	0:32:30
9968	0:32:38
13930	0:32:42
7563	0:32:45
20423	0:33:03
0300 SWD	0:33:09
	0:33:18
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15635	0:34:32
5267	0:34:43
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10331	0:35:14
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	0:35:18
9114	0:35:40
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7794	0:36:10
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9013	0:36:14
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