



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
1	2152	Mwanthytui	Tsungai	RCS Gugs	43	M	40-49 (40)		00:33:19
2	1283	Mpongwana	Siyabulela	Nedbank	36	M	Open		00:33:27
3	1620	Kammies	Morne	Sanlam AC	30	M	Open	3762	00:33:40
4	2201	Mathomane	Mthobeli	Nedbank	31	M	Open		00:36:18
5	1565	Hammond	Calvin	Nedbank	17	M	Juniors (J)	21135	00:38:27
6	1905	Thompson	Sebastian	TP	26	M	Open		00:40:10
7	2091	Courts	Jason	Celtic Harriers	42	M	40-49 (40)	1220	00:41:28
8	1441	Booyesen	Clayton		34	M	Open		00:41:44
9	1496	Couperthwaite	Dave	Nedbank	49	M	40-49 (40)	4114	00:42:36
10	1652	Lewis	Safwaan	Celtic Harriers	39	M	Open	2189	00:42:40
11	1760	Shackleton	Peter		41	M	40-49 (40)		00:42:58
12	1544	Geary	Adrian	Carbineers WP	30	M	Open	6445	00:43:11
13	2153	Bungi	Anna	RCS Gugs	20	F	Open		00:43:39
14	1595	Huckle	Julie	Hout Bay Harriers	49	F	40-49 (40)	510	00:44:09
15	1988	Kruger	Ivan		24	M	Open		00:44:31
16	1782	Strauss	Mariette	Tygerberg	54	F	50-59 (50)	48	00:44:54
17	1512	De Jongh	Chris		27	M	Open		00:46:55
18	2154	Griesel	Jess	ATC	29	F	Open		00:47:05
19	1	Parry	Campbell	Carbineers WP	47	M	40-49 (40)	4077	00:47:25
20	2156	Van Zyl-Granelli	Josh		14	M	Open		00:47:26
21	2	De Wet	Matt		41	M	40-49 (40)		00:47:28
22	1574	Hearne	Christopher James	Fish Hoek AC	28	M	Open	6704	00:47:40
23	2044	Reynolds	Adam	Ommiedraai	28	M	Open	14861	00:48:18
24	1979	Coetzee	Deon	ATC	41	M	40-49 (40)		00:48:28
25	1553	Gordon	Peter	KWay VOB	52	M	50-59 (50)	1453	00:48:42



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
26	1658	Louw	Jodie		41	M	40-49 (40)		00:48:51
27	2017	Heymans	Abraham	ATC	30	M	Open	2385	00:48:53
28	2032	Julius	Sean	Spartan Harriers	21	M	Open	10632	00:49:31
29	2014	Ebrahim	Nabiha	Itheko	16	F	Juniors (J)	9992	00:49:39
30	2061	Taylor	Louisa	UCT	20	F	Open	8477	00:50:05
31	2085	Vignani	Paola	KWay VOB	53	F	50-59 (50)	1458	00:50:08
32	1466	Bushell	Kirsten		30	F	Open		00:50:15
33	1728	Poggenpoel	Conrad		34	M	Open		00:50:29
34	1747	Rossouw	Nicolas		30	M	Open		00:50:30
35	1722	Pieterse	Tyler		27	M	Open		00:50:37
36	1589	Hooper	Justin	Carbineers WP	36	M	Open	6528	00:51:16
37	1657	Louw	Jennifer		47	F	40-49 (40)		00:51:20
38	2024	De Kock	Christine	Durbanville Athletics Club	21	F	Open	6736	00:51:41
39	1875	Henstra	Thomas		28	M	Open		00:52:00
40	1687	Meiring	Ela	Wild Runner AC	14	F	Juniors (J)	20316	00:52:14
41	1673	Martin	Faizel		36	M	Open		00:52:17
42	1992	Berger	Heidi		21	F	Open		00:52:18
43	1895	Pitsi	Kagiso		27	M	Open		00:52:21
44	1477	Cawdry	Andrew	Chaeli Sports and Recreation Club	40	M	40-49 (40)	10473	00:52:39
45	1437	Birch	Dom		42	M	40-49 (40)		00:52:40
46	2056	Rexe	Songezo	IN TOUCH AC	34	M	Open	11903	00:52:42
47	1442	Borloz	Steve		43	M	40-49 (40)		00:52:46
48	1357	Van Rooyen	Ronell		47	F	40-49 (40)		00:52:47
49	2041	Nicol	Lindy	Run Walk for Life	58	F	50-59 (50)	9242	00:52:53
50	1625	Kemp	Nina	KWay VOB	36	F	Open	957	00:52:58



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
51	1591	Horne	Eloise		32	F	Open		00:53:08
52	1502	Cupido	Charmaine	Nedbank	61	F	60 - 69 (60)	4110	00:53:15
53	1518	Du Plessis	Helen	Brackenfell AC	64	F	60 - 69 (60)	8265	00:53:16
54	1854	Dreyfuss	Madeleine		26	F	Open		00:53:38
55	1803	Van Eck	Collette	Fish Hoek AC	64	F	60 - 69 (60)	3856	00:53:58
56	1594	Howse	Nick		31	M	Open		00:53:59
57	1828	Waso	Shaun		49	M	40-49 (40)		00:54:01
58	1869	Hayes	Judi		16	F	40-49 (40)		00:54:08
59	1444	Bosini	Eugene		45	M	40-49 (40)		00:54:19
60	1829	Watermeyer	John	Fish Hoek AC	66	M	60 - 69 (60)	3910	00:54:22
61	1499	Crisp	Annesley		26	F	Open		00:54:30
62	1891	Small	Richard		42	M	40-49 (40)		00:54:34
63	1427	Becker	Alex		27	M	Open		00:54:34
64	1879	Graham	Aubrey		33	F	Open		00:54:37
65	1843	Witz	Leslie	Wild Runner AC	58	M	50-59 (50)	2218	00:54:50
66	1904	Terry	Lynette		44	F	40-49 (40)		00:54:51
67	2101	Raine	Michael		42	M	40-49 (40)		00:54:54
68	1402	Altern	Jillian	Fish Hoek AC	55	F	50-59 (50)	3877	00:55:02
69	1685	Mclellan	Hayley		47	F	40-49 (40)		00:55:03
70	2000	Ebing	Neil	WPCC	64	M	60 - 69 (60)	9391	00:55:09
71	1697	Moses	Carmen		28	F	Open		00:55:10
72	2083	Teuteberg	Nicoletta			F	50-59 (50)		00:55:28
73	1387	Rule	Mark		58	M	50-59 (50)		00:55:38
74	1745	Rossouw	David		58	M	50-59 (50)		00:55:41
75	1355	Thomas	Omri		46	M	40-49 (40)		00:55:52



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
76	1983	O'Meara	Ryan		26	M	Open		00:55:58
77	1669	Marchant	Michael		27	M	Open		00:56:13
78	1806	Van Romburgh	Johan	Satori	51	M	50-59 (50)	12264	00:56:14
79	1573	Hawkridge	Kate		25	F	Open		00:56:18
80	1572	Hawkridge	Anthony	Satori	53	M	50-59 (50)	9991	00:56:19
81	1871	Harris	Shane		33	M	Open		00:56:22
82	1382	Potgieter	Hayd'N		56	M	50-59 (50)		00:56:22
83	2013	Flint	Laura	Atlantic AC	27	F	Open	12760	00:56:23
84	736	Stenzel	Helen		30	F	Open		00:56:23
85	2011	Scheiflinger	Marisa	Spartan Harriers	59	F	50-59 (50)	10639	00:56:27
86	1680	Mclean	Euan		16	M	Juniors (J)		00:56:27
87	1482	Christie-Smith	Russell		25	M	Open		00:56:33
88	1532	Ermolaeva	Liudmila		38	F	Open		00:56:44
89	1552	Goosen	Pierre		24	M	Open		00:56:49
90	1753	Schermer	Nicky	Ogilvy & Mather AC	33	F	Open	8076	00:56:51
91	1743	Rooney	Christopher		27	M	Open		00:56:55
92	1998	Isaacs	Theresa	KWay VOB	65	F	60 - 69 (60)	1066	00:56:57
93	1400	Alexander	Rory		33	M	Open		00:57:00
94	2081	Wentzel	Lina		50	F	50-59 (50)		00:57:04
95	2069	Murison	Ryan	Spartan Harriers	41	M	40-49 (40)	10945	00:57:12
96	1744	Rooney	Teresa		58	F	50-59 (50)		00:57:15
97	1433	Betts	Bonte		42	F	40-49 (40)		00:57:17
98	1447	Bourne	Alison	KWay VOB	29	F	Open	1329	00:57:31
99	1505	Daniel	Marilet	CPUT	31	F	Open	8875	00:57:35
100	1407	Arulandu	Walied	Born 2 Run WP	38	M	Open	4480	00:58:07



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
101	1408	Aucamp	Kobus	Fish Hoek AC	38	M	Open	3889	00:58:07
102	1734	Rice	Nolene		33	F	Open		00:58:14
103	1735	Rice	Wayne		33	M	Open		00:58:14
104	1586	Holgate	Mark		60	M	50-59 (50)		00:58:35
105	1421	Barnar	Katherine	Cape Multi Sport	43	F	40-49 (40)	6065	00:58:42
106	1369	Jonas	Dumi		33	M	Open		00:58:46
107	1467	Butcher	Gregg	Ogilvy & Mather AC	34	M	Open	8057	00:58:47
108	1468	Butcher	Kate	Ogilvy & Mather AC	31	F	Open	8058	00:58:47
109	1598	Hutchings	Eleanor	Foresters	36	F	Open	4006	00:58:51
110	1481	Christie-Smith	Hylton		34	M	Open		00:58:59
111	1754	Schiffer	Horst		69	M	60 - 69 (60)		00:59:05
112	1732	Reeves	Micaela	Ogilvy & Mather AC	29	F	Open	8077	00:59:06
113	1801	Van Der Horst	Helen		29	F	Open		00:59:09
114	1923	Sharp	Caroline		40	F	40-49 (40)		00:59:12
115	2031	Adams	Craig	Spartan Harriers	44	M	40-49 (40)	10633	00:59:14
116	1628	Kerr	Tamara		32	F	Open		00:59:14
117	1681	McClean	Ian	Fish Hoek AC	47	M	40-49 (40)	6638	00:59:15
118	1841	Wilton	Sarah	KWay VOB	30	F	Open	12468	00:59:23
119	2042	Taylor	Ashley	Spartan Harriers	24	F	Open	10619	00:59:25
120	1718	Pegrum	Tamare	KWay VOB	32	F	Open	1441	00:59:26
121	2026	Holgate	Lee	Fish Hoek AC	35	F	Open	3983	00:59:27
122	2072	Sutcliffe	Bryan			M	Juniors (J)		00:59:33
123	1579	Hermes	Juliet		41	F	40-49 (40)		00:59:34
124	2034	Granelli	Piero	KWay VOB	50	M	50-59 (50)	943	00:59:35
125	2055	Vermeulen	Lynn	Satori	49	F	40-49 (40)	13853	00:59:35



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
126	1955	Williams	Glenderlene		17	F	Open		00:59:39
127	2010	Scheiflinger	Rudi	Spartan Harriers	62	M	60 - 69 (60)	10638	00:59:39
128	1352	Oelofse	Dylan		31	M	Open		00:59:39
129	1994	Bryce	Dune		15	M	Juniors (J)		00:59:44
130	1534	Eva	Rowan	Ogilvy & Mather AC	#VALUE!	M	Open	8080	00:59:51
131	1990	Theron	Karin		56	F	50-59 (50)		00:59:54
132	1546	Gehring	Silke	Celtic Harriers	37	F	Open	2427	01:00:05
133	1820	Viero	Marc		50	M	50-59 (50)		01:00:21
134	1632	Kleinhans	Lisa	Fish Hoek AC	37	F	Open	3985	01:00:25
135	1956	Jacobi	Allen		17	M	Open		01:00:27
136	1907	Jacobs	Heinrich		17	M	Open		01:00:30
137	1903	Nicholls	Elaine		41	F	40-49 (40)		01:00:33
138	1848	Barker	Martine	Foresters	58	F	50-59 (50)	4012	01:00:36
139	1389	Rule	Sandy		55	F	50-59 (50)		01:00:44
140	1759	Shackleton	Cam		42	F	40-49 (40)		01:00:45
141	1396	Aebischer	Amy		27	F	Open		01:00:59
142	1472	Callaghan	Sophia	Run Walk for Life	56	F	50-59 (50)	12315	01:01:01
143	1528	Elson	Kerry-Ann		32	F	Open		01:01:06
144	1822	Wakefield	Nadine		36	F	Open		01:01:10
145	1786	Szot-Myburg	Natalie	Spartan Harriers	53	F	50-59 (50)	10654	01:01:13
146	2157		Mike			M			01:01:20
147	2158		Cas			F			01:01:20
148	1584	Hodgkinson	Michelle	Satori	39	F	Open		01:01:21
149	1662	Magwentshu	Ntuthuzelo		32	M	Open		01:01:25
150	1696	Morris	Cindy		46	F	40-49 (40)		01:01:33



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
151	2012	Mackay	Suanne	KPMG Running Club	26	F	Open	13318	01:01:38
152	1853	Carst	Pieter		54	M	50-59 (50)		01:01:40
153	2046	Allsopp	Delia-ann	KWay VOB	57	F	50-59 (50)	654	01:01:42
154	1767	Smit	Joalida		45	F	40-49 (40)		01:01:45
155	1881	Howland	Lindsay		26	F	Open		01:01:48
156	1975	Guscott	Lisa		26	F	Open		01:01:54
157	1976	Boonzaier	Lisa		26	F	Open		01:01:55
158	1676	Mathers	Jeremy	Fish Hoek AC	73	M	70+	3892	01:01:57
159	1746	Rossouw	Jared		26	M	Open		01:02:05
160	1526	Ellis	Cheslin	Spartan Harriers	39	M	Open	11064	01:02:10
161	1368	Henning	Ridhaa'		34	M	Open		01:02:10
162	1928	Sasman	Roy		39	M	Open		01:02:14
163	1950	O'Meara	Gareth		34	F	Open		01:02:15
164	2076	Sellman	Abigail		24	F	Open		01:02:20
165	1545	Geary	Hayley		26	F	Open		01:02:23
166	1723	Pinkham	Michaela	Spartan Harriers	17	F	Juniors (J)	10709	01:02:34
167	1882	Wanjagua	Rachael		35	F	Open		01:02:35
168	1845	Wright	Liam	Celtic Harriers	26	M	Open	5679	01:02:42
169	1359	Bestbier	John	Atlantic AC	69	M	60 - 69 (60)	13138	01:02:43
170	1643	Kruger	Lara	KWay VOB	30	F	Open	1359	01:02:44
171	1690	Meyer	Julie		35	F	Open		01:02:44
172	1737	Robertson	Frances		40	F	40-49 (40)		01:02:45
173	1356	Van Rooyen	Marius		50	M	50-59 (50)		01:02:46
174	-	No	Card						01:02:53
175	1872	Nel	Petrus		51	M	50-59 (50)		01:02:54



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
176	1520	Duff	Tanya		37	F	Open		01:02:54
177	1788	Thomas	Linzi		43	F	40-49 (40)		01:02:54
178	1893	Fitschen	Johann		60	M	60 - 69 (60)		01:02:56
179	1561	Grove	Heinrich	Fish Hoek AC	42	M	40-49 (40)	3830	01:02:57
180	1406	Argyle	Melissa		23	F	Open		01:02:58
181	1386	Rule	James		24	M	Open		01:03:03
182	1456	Brunner	Chantelie		28	F	Open		01:03:04
183	1582	Hill	Bridgid		63	F	60 - 69 (60)		01:03:09
184	2040	Jason	Priscilla	KWay VOB	58	F	50-59 (50)	1064	01:03:15
185	1653	Liebenberg	Nell	Spartan Harriers	51	F	50-59 (50)	10712	01:03:16
186	1678	Mayhew	Katie	WPCC	33	F	Open	9392	01:03:16
187	1694	Molteno	Andrew		44	M	40-49 (40)		01:03:21
188	1878	Power	Andrea		39	F	Open		01:03:24
189	1768	Smith	Cristal		38	F	Open		01:03:24
190	2004	Oldfield	Sophie	Itheke	49	F	40-49 (40)	7274	01:03:25
191	1661	Magowan	Caroline	Satori	50	F	50-59 (50)	9996	01:03:27
192	1840	Williamson	Michael	Satori	56	M	50-59 (50)	12256	01:03:27
193	1957	Van Niekerk	Dezz		17	F	Open		01:03:28
194	1637	Kotze	Jurina		46	F	40-49 (40)		01:03:31
195	1668	Marchant	Lisa-Jane		26	F	Open		01:03:32
196	1388	Rule	Samantha		21	F	Open		01:03:39
197	2057	Hopper	Leah		16	F	Juniors (J)		01:03:40
198	1738	Robey	Jessica		28	F	Open		01:03:44
199	1790	Thompson	Carmen		26	F	Open		01:03:45
200	1497	Craig	John Liam		22	M	Open		01:03:45





**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
201	1498	Crane	Joy	Wild Runner AC	55	F	50-59 (50)	2148	01:03:47
202	1602	James	Marlene	Pinelands AC	73	F	70+	1944	01:03:52
203	1501	Croyle	Neville		51	M	50-59 (50)		01:03:52
204	1560	Grobler	Paula-Jo		46	F	40-49 (40)		01:03:52
205	1897	Bubenzer	Friederike		37	F	Juniors (J)		01:04:00
206	1995	Van Der Want	Saskia		16	F	Juniors (J)		01:04:01
207	1977	Van der Westhuizen	Kathy		46	F	40-49 (40)		01:04:01
208	1739	Robson	Catherine	Atlantic AC	33	F	Open	5454	01:04:01
209	2027	Wilson	Jo	KWay VOB	46	F	40-49 (40)	1324	01:04:01
210	1901	Hu	Nai-Chung		31	M	Open		01:04:02
211	1973	Sneddon	Gregg		50	M	50-59 (50)		01:04:02
212	1448	Brain	Colleen		53	F	50-59 (50)		01:04:02
213	1972	Sneddon	Pam		43	F	40-49 (40)		01:04:03
214	1535	Ferry	Andrea J		43	F	40-49 (40)		01:04:09
215	1439	Boers	Claudia		44	F	40-49 (40)		01:04:10
216		Unknown	Unknown						01:04:11
217	1454	Bright	Leesa		33	F	Open		01:04:14
218	1804	Van Lienden	Sarah		41	F	40-49 (40)		01:04:15
219	1813	Van Zyl	Chantelle	KWay VOB	41	F	40-49 (40)	758	01:04:16
220	2037	Koorts	Anneline	Stellenbosch	49	F	40-49 (40)	726	01:04:16
221	1900	Hendricks	Abdul Mutalieb		34	M	Open		01:04:17
222	1516	Du Plessis	David		45	M	40-49 (40)		01:04:17
223	1385	Ruggiero	Iolanda	Nedbank	47	F	40-49 (40)	12390	01:04:39
224	1877	Briggs	Marilyn		62	F	60 - 69 (60)		01:04:44
225	2016	RIJKMANS	Mikaela	Wild Runner AC	23	F	Open	2165	01:04:46



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
226	1615	Jones	Becky	Satori	50	F	50-59 (50)	7764	01:04:57
227	1885	Poole	Marty		37	M	Open		01:05:01
228	1709	Nurick	Jessica		32	F	Open		01:05:01
229	1698	Munroe	Marisa	KWay VOB	39	F	Open	1061	01:05:05
230	1380	Pandit	Imran		35	M	Open		01:05:05
231	1684	Mclean	Shanley		18	F	Juniors (J)		01:05:06
232	1666	Marais	Thea	KWay VOB	50	F	50-59 (50)	638	01:05:11
233	1756	Schuller	Yolande		49	F	40-49 (40)		01:05:11
234	1857	Scout	Earl		39	M	Open		01:05:12
235	1818	Venter	Elmarie		43	F	40-49 (40)		01:05:12
236	2100	Sutcliffe	Nick			M			01:05:12
237	2087	Nel	Wendy		35	F	Open		01:05:16
238	1436	Biondi	Nicole		39	F	Open		01:05:17
239		Bryant	Samdria						01:05:20
240	1476	Case	Lauren		27	F	Open		01:05:22
241	1924	Auzet	Lara		21	F	Juniors (J)		01:05:25
242	521	Meyer	Eveline	Cape Multi Sport	41	F	40-49 (40)	6427	01:05:25
243	1902	Chohan	Muneeb		32	M	Open		01:05:27
244	1596	Hudson-Windsor	Mandy	KWay VOB	59	F	50-59 (50)	742	01:05:27
245	2080	Van Zyl	Chrizane		27	F	Open		01:05:32
246	1486	Cisari	Andrea	Hout Bay Harriers	45	M	40-49 (40)	519	01:05:33
247	1540	Frey	Carina		27	F	Open		01:05:34
248	1500	Cross	Helen		33	F	Open		01:05:38
249	1440	Booyesen	Bridget	Harfield Harriers	44	F	40-49 (40)	7388	01:05:39
250	2102	Veldhuizen	Margaret	KWay VOB	46	F	40-49 (40)	1345	01:05:40



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
251	2038	Davison	Norma	Run Walk for Life	63	F	60 - 69 (60)	9236	01:05:42
252	1826	Walters	Hette-Lize		43	F	40-49 (40)		01:05:42
253	1495	Conway	Amanda		38	F	Open		01:05:45
254	2060	Smith	Dustin	Spartan Harriers	33	M	Open	10934	01:05:56
255	1846	Wyld	Oscar		57	M	50-59 (50)		01:05:56
256	1599	Inggs	Patricia		64	F	60 - 69 (60)		01:05:58
257	1987	Nacerodien	Adeeb		29	M	Open		01:06:00
258	1397	Africa	Zelna	SANDF	42	F	40-49 (40)	10503	01:06:00
259	1383	Roots	Courtney		36	F	Open		01:06:09
260	1384	Roots	Garnet		36	M	Open		01:06:16
261		Unknown	Unknown						01:06:17
262	1835	Westoby	Loren	Ogilvy & Mather AC	26	F	Open	8048	01:06:18
263	2051	Abrahams	Glen	ARD	56	M	50-59 (50)	8469	01:06:19
264	1463	Burger	Alexandria	Fourways Road Runners	58	F	50-59 (50)	2423	01:06:20
265	1991	Salaam	Thaabiet		43	M	40-49 (40)		01:06:34
266	1618	Jordaan	Theresa	KWay VOB	61	F	60 - 69 (60)	1352	01:06:35
267	1575	Heath	Gary		50	M	50-59 (50)		01:06:35
268	1353	Sedgwick	Caroline		46	F	40-49 (40)		01:06:41
269	1451	Bredell	Deborah		40	F	40-49 (40)		01:06:43
270	1861	Bassett	Sarah		30	F	Open		01:06:44
271	1974	No Details							01:06:44
272	1416	Ball	Mikaela	Fish Hoek AC	24	F	Open	3899	01:06:46
273	1420	Baloka	Antonio		42	M	40-49 (40)		01:06:48
274	1942	Hope	Marvin		17	M	Open		01:06:51
275	1884	Shortt	Claire		34	M	Open		01:06:52



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
276	2088	No Details							01:06:53
277	2005	Fitschen	Ulla	Harfield Harriers	42	F	40-49 (40)	7104	01:06:54
278	1693	Moir	Penny		37	F	Open		01:06:57
279	1391	Buhrmann	Natalia		23	F	Open		01:06:57
280	1887	Schernbrucker	Natasha		33	F	Open		01:07:01
281	1392	Podges	Tian		23	M	Open		01:07:01
282	1459	Buchanan	Helen		53	F	50-59 (50)		01:07:02
283	1457	Bryant	Richard		57	M	50-59 (50)		01:07:08
284	2030	Wallace	Robyn	Carbineers WP	35	M	Open	6420	01:07:11
285	1425	Barttram	Nikki		39	F	Juniors (J)		01:07:11
286	1614	Jones	Aynsley	Bellville AC	35	F	Open	8644	01:07:13
287	1418	Balme	Linda		39	F	Open		01:07:22
288	2003	Lourens	Neolene	Bellville AC	46	F	40-49 (40)	8602	01:07:33
289	2103	Magner	Peter		30	M	Open		01:07:42
290	1889	Oosterbaan	Amy		25	F	Open		01:07:43
291	1880	Flinn-Campbell	Sarah		29	F	Open		01:07:48
292	1640	Krohnert	Erich	KWay VOB	39	M	Open	1488	01:07:48
293	1549	Giese	Sonja		45	F	40-49 (40)		01:07:51
294	1851	Van Heerden	Emma		41	F	40-49 (40)		01:07:58
295	1636	Kotze	Deon		45	M	40-49 (40)		01:07:59
296	1719	Pelser	Fred		34	M	Open		01:08:09
297	1655	Lorio	Lauryl		43	F	40-49 (40)		01:08:13
298	1863	Plumridge	Yvette		48	F	40-49 (40)		01:08:15
299	1892	Sedgwick	Michelle		51	F	50-59 (50)		01:08:18
300	2029	Tomlinson	Roy	Spartan Harriers	69	M	60 - 69 (60)	10718	01:08:19



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
301	1631	Kleeberg	Uwe	Satori	69	M	60 - 69 (60)	12238	01:08:20
302	1836	Widrig Jenkins	Catherine		41	F	40-49 (40)		01:08:20
303	1514	Dold	Lauren	KWay VOB	29	F	Open	1433	01:08:24
304	1663	Malherbe	Deborah		38	F	Open		01:08:27
305	1798	Tranter	Susan		66	F	60 - 69 (60)		01:08:30
306	2019	Dancer	Samantha	Run Walk for Life	36	F	Open	9264	01:08:32
307	1675	Mason	Monica		41	F	40-49 (40)		01:08:36
308	2002	Kalis	Genevieve	KWay VOB	43	F	40-49 (40)	1115	01:08:47
309	1435	Bezuidenhout	Izelle		41	F	40-49 (40)		01:08:47
310	1537	Fitzhenry	Leandri		31	F	Open		01:09:01
311	2065	Galant	Shireen	ltheko	55	F	50-59 (50)	7828	01:09:03
312	1538	Fitzhenry	Warren		34	M	Open		01:09:03
313	1635	Kohler	Ivan		62	M	60 - 69 (60)		01:09:04
314	1634	Kohler	Frances		27	F	Open		01:09:07
315	1927	Van Zyl	Abraham		41	M	40-49 (40)		01:09:08
316	1647	Latimer	Shannon		37	F	Open		01:09:09
317	1588	Hoole	Sandy		48	F	40-49 (40)		01:09:09
318	1815	Van Zyl	Jenny		50	F	50-59 (50)		01:09:17
319	1864	Van den Berg	Corinne		46	F	40-49 (40)		01:09:21
320	1624	Kelly	Catherine	KWay VOB	54	F	50-59 (50)	1365	01:09:21
321	1821	Viljoen	Leilani		36	M	Open		01:09:22
322	1377	Moos	Yazeed	Cape Multi Sport	37	M	Open	13474	01:09:28
323	1726	Plaskett	Jeremy		34	M	Open		01:09:30
324	1577	Hensley	Glenda		48	F	40-49 (40)		01:09:31
325	1741	Rohde	Candice		36	F	Open		01:09:32



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
326	1592	Howe	Donnaveen	Run Walk for Life	55	F	50-59 (50)	8143	01:09:36
327	2022	De Araujo	Betina	KWay VOB	46	F	40-49 (40)	906	01:09:37
328	1787	Theunissen	Mickey		40	M	40-49 (40)		01:09:37
329	1510	De Beer	Diantha		38	F	Open		01:09:38
330	2074	Reed	Sarah	Edgemead	38	F	Open	2669	01:09:39
331	1605	Janse Van Rensburg	Philip		29	M	Open		01:09:40
332	1721	Pienaar	Marlene		47	F	40-49 (40)		01:09:45
333	2006	Groenewald	Danielia			F	Open		01:09:46
334	2033	Munodawafa	Memory	RCS Gugs	31	F	Open	9004	01:09:50
335	1417	Ball	Siobahn	Fish Hoek AC	21	F	Open	3868	01:09:51
336	1816	Van Zyl	Judy	Spartan Harriers	48	F	40-49 (40)	9239	01:09:51
337	1703	Naioo	Chanelle		28	F	Open		01:09:57
338	1799	Treagus	Claudia		49	F	40-49 (40)		01:09:58
339	1523	Dyiamond	Ian	Hout Bay Harriers	56	M	50-59 (50)	3625	01:10:01
340	1683	Mclean	Sasha	Fish Hoek AC	44	F	40-49 (40)	6637	01:10:15
341	1365	Gamiet	Gamiem		34	M	Open		01:10:19
342	1785	Sweeting	Stuart	Satori	48	M	40-49 (40)	12248	01:10:22
343	2075	Van Niekerk	Caitlin	Atlantic AC	26	F	Open	3351	01:10:27
344	1646	Laguma	Cindy	Spartan Harriers	37	F	Open	10649	01:10:27
345	1547	Geldenhuis	Gerrit	Sanlam AC	46	M	40-49 (40)	3714	01:10:32
346	1530	Erasmus	Karel		43	M	40-49 (40)		01:10:33
347	2078	Sinclair	Amy		27	F	Open		01:10:38
348	1366	Gamiet	Ielyaas		35	M	Open		01:10:43
349	1812	Van Wyk	Marius	Edgemead	54	M	50-59 (50)	3501	01:10:46
350	1752	Saunders	Colleen		34	F	Open		01:10:46



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
351	1810	Van Wyk	Henrehette	Edgemead	53	F	50-59 (50)	3501	01:10:47
352	1414	Ball	Anthea	Fish Hoek AC	45	F	40-49 (40)	6644	01:10:48
353	1474	Cammidge	Jean	Fish Hoek AC	76	F	70+	3930	01:10:53
354	1695	Moore	Nikki		40	F	40-49 (40)		01:10:58
355	1601	Jakins	Alice		41	F	40-49 (40)		01:10:58
356	1886	Flint	Hayley		43	F	40-49 (40)		01:11:03
357	1554	Gordon-Finlayson	Taryn	Carbineers WP	41	F	40-49 (40)	4086	01:11:03
358	1766	Smit	Herman	Sanlam AC	60	M	60 - 69 (60)	3760	01:11:03
359	2086	Steele-Gray	Cathy		36	F	40-49 (40)	1328	01:11:12
360	1980	McClarty	Zoë		29	F	Open		01:11:16
361	1894	Van Rooyen	Karien		35	F	Open		01:11:16
362	1689	Meyer	Elan		27	F	Open		01:11:20
363	1874	Cachalia	Saffiya	ATC	30	F	Open	2026	01:11:21
364	1617	Jones	Tamsin		41	F	40-49 (40)		01:11:27
365	1580	Heyns	Anouk		27	F	Open		01:11:27
366	1428	Bekker	Cornelia		30	F	Open		01:11:30
367	1888	Bryce	Clint		48	M	40-49 (40)		01:11:31
368	1814	Van Zyl	Deborah	Fish Hoek AC	53	F	50-59 (50)	3864	01:11:31
369	2052	Wessels	Geri	ATC	34	F	Open	2358	01:11:40
370	1656	Louw	Ilze		37	F	Open		01:11:43
371	1443	Bosini	Elana		33	F	Open		01:11:43
372	1608	Jassiem	Ashraf	Cape Multi Sport	22	M	Open	12443	01:11:48
373	1834	Wessels	Louis		36	M	Open		01:11:48
374	1603	Jamieson	Duncan		51	M	50-59 (50)		01:11:52
375	1858	Campbell	Shelley		40	F	40-49 (40)		01:11:56



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
376	1736	Roberts	Steve		55	M	50-59 (50)		01:11:56
377	1492	Coleman	Judy	Cape Multi Sport	39	F	Open	6042	01:12:02
378	1772	Sparks	Gwen		40	F	40-49 (40)		01:12:08
379	1730	Pringle	Bridget		43	F	40-49 (40)		01:12:11
380	1794	Tobin	Linda	Celtic Harriers	50	F	50-59 (50)	5676	01:12:21
381	2049	Adams	Adnaan	Top Form	40	M	40-49 (40)	1614	01:12:22
382	1562	Grove	Maria		39	F	Open		01:12:22
383	1568	Hargreaves	Earl	Celtic Harriers	71	M	70+	2196	01:12:31
384	1604	Janse Van Rensburg	Elaine	Satori	28	F	Open	12245	01:12:35
385	1784	Sweeting	Rose	Satori	47	F	40-49 (40)	12247	01:12:40
386	1849	Cornelius	Elnalene	Cliffe Dekker Hofmeyr Inc WP	28	F	Open	9102	01:12:45
387	1630	Kleeberg	Annette	Satori	45	F	40-49 (40)	12239	01:12:45
388	2009	Harrison	Margaret	Fish Hoek AC	70	F	70+	3937	01:12:46
389	1868	Tuck	Lauren		32	F	Open		01:12:54
390	1413	Bailey	Michelle	Carbineers WP	40	F	40-49 (40)	6424	01:12:59
391	1590	Horne	Brigitte		52	F	50-59 (50)		01:13:00
392	1419	Baloka	Anthony		62	M	60 - 69 (60)		01:13:01
393	1504	Damana	Sonwabiso		23	M	Open		01:13:02
394	1733	Rennie	Theresa	KWay VOB	49	F	40-49 (40)	748	01:13:03
395	1390	Sieed	Nuraan		34	F	Open		01:13:03
396	1770	Solomon	Wahiebah	Run Walk for Life	42	F	40-49 (40)	12316	01:13:07
397	1515	Doubell	Emma	Celtic Harriers	26	F	Open	2342	01:13:10
398	1654	Long	Coralee		30	F	Open		01:13:16
399	1373	Lutta	Sameer		30	M	Open		01:13:16
400	1367	Hendricks	Sameer		38	M	Open		01:13:17





**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
401	1404	Antonites	Christel		41	F	40-49 (40)		01:13:17
402	2068	Davis	Shamiela	Carbineers WP	50	F	50-59 (50)	6491	01:13:18
403	1679	Mc Clarty	Doreen		53	F	50-59 (50)		01:13:29
404	1651	Lewis	Nawaal	ltheko	38	F	Open	10862	01:13:32
405	1926	Henning	Nicole		21	F	Open		01:13:37
406	1489	Clarke	Tarryn		31	F	Open		01:13:38
407	1491	Coetzee	Ashley		53	F	50-59 (50)		01:13:50
408	1791	Tierney	Margaret		63	F	60 - 69 (60)		01:13:56
409	1773	Spreadbury	Andrea		38	F	Open		01:14:11
410	1842	Winterboer	Candice		36	F	Open		01:14:18
411	1712	Ohlson	Patricia		60	F	50-59 (50)		01:14:19
412	2104	Edwards	Vicki		59	F	50-59 (50)		01:14:25
413	1691	Midgley	Danjelle		30	F	Open		01:14:27
414	1478	Cawdry	Erica	Chaeli Sports and Recreation Club	36	F	Open	10474	01:14:28
415	1464	Burns	Ailsa	WPCC	40	F	40-49 (40)	9380	01:14:37
416	1479	Chinnery	Galya		42	F	40-49 (40)		01:14:44
417	1519	Du Toit	Anna-Lena		33	F	Open		01:14:49
418	2155	Osman	Cassey			F	Open		01:14:51
419	1984	O'Meara	Tina		28	F	Open		01:14:52
420	1779	Steyn	Cheryl		44	F	40-49 (40)		01:14:54
421	1403	Anderson	Ceren		39	F	40-49 (40)		01:14:55
422	1531	Erasmus	Marine		33	F	Open		01:14:58
423	1529	Erasmus	Daniel		32	M	Open		01:14:58
424	1633	Knight	Sarah		33	F	Open		01:14:59
425	1740	Rockstroh	Katja		30	F	Open		01:15:00



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
426	1487	Clark	Vanessa		42	F	40-49 (40)		01:15:00
427	1508	Daniels	Nazeema	Nantes	48	F	40-49 (40)	7272	01:15:03
428	1855	Phillips	Glenda		52	F	50-59 (50)		01:15:04
429	1707	Nel	Jonathan	Team Vitality	37	M	Open	27626	01:15:05
430	1776	Stein	Susan		58	F	50-59 (50)		01:15:17
431	1852	Yeld	John	Foresters	67	M	60 - 69 (60)	4011	01:15:18
432	1704	Nana	Shetil		36	F	Open		01:15:21
433	1755	Schreiner	Sumarie		41	F	40-49 (40)		01:15:26
434	1566	Hammond	Lenora		56	F	50-59 (50)		01:15:31
435	1749	Rusch	Olivia		24	F	Open		01:15:36
436	1780	Stollberg	Charlotte		25	F	Open		01:15:51
437	1898	Petersen	Gillian		53	F	50-59 (50)		01:15:55
438	1946	Barendse	Suzanne		46	F	40-49 (40)		01:15:55
439	1945	Egan	Wylie		40	F	40-49 (40)		01:15:59
440	1708	Nevin	Ariane		28	F	Open		01:16:00
441	1622	Kell	Brigid		28	F	Open		01:16:01
442	2025	Johnson	Bronwen	Spartan Harriers	37	F	Open	10678	01:16:12
443	2020	Brand	Maria	KWay VOB	48	F	40-49 (40)	1412	01:16:16
444	2039	Brand	Collin	KWay VOB	51	M	50-59 (50)	1413	01:16:19
445	1645	Kunzmann	Heide		33	F	Open		01:16:22
446	1943	Hope	Selvyn		44	M	40-49 (40)		01:16:23
447	1865	MacFarlane	Amy		23	F	Open		01:16:27
448	1371	Jugmohan	Anil		34	M	Open		01:16:27
449	1866	Brombacher	Michael		23	M	Open		01:16:42
450	1800	Tromp	Melissa	Run Walk for Life	39	F	Open	9360	01:16:46



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
451	1986	Dingle	Jonathan		59	M	50-59 (50)		01:16:47
452	1395	Adams	Wedaad	Walmers Athletic Club	40	F	40-49 (40)		01:16:50
453	1850	Dennis	Diane	Edgemead	70	F	70+	2668	01:16:53
454	1717	Pegrum	Jane		36	F	Open		01:16:54
455	1677	Matthews	Waseem	Walmers Athletic Club	35	M	Open		01:16:55
456	1670	Marlie	Najmee		41	M	40-49 (40)		01:16:55
457	1862	Cooper	Tamsyn		29	F	Open		01:17:00
458	2054	De Jesus	Lyndall	Carbineers WP	26	F	Open	4028	01:17:00
459	1742	Rohner	Louise		44	F	40-49 (40)		01:17:03
460	2001	Hughes	Joanne	Cape Multi Sport	21	F	Open	13414	01:17:11
461	2021	Croxford	James		21	M	Open		01:17:12
462	2099	Reynolds	Joanna		27	F	Open		01:17:12
463	2079	Snyman	Adian		39	M	Open		01:17:16
464	1761	Shepherd	Kim		26	F	50-59 (50)		01:17:26
465	2070	Salie	Raziya	Itheko	43	F	40-49 (40)	7620	01:17:37
466	1699	Myers	Rochelle		51	F	50-59 (50)		01:17:52
467	1783	Swart	Lieze		48	F	40-49 (40)		01:18:10
468	1541	Fuller	Jane	KWay VOB	58	F	50-59 (50)	1149	01:18:11
469	1364	Fortune	Mishqah		28	F	Open		01:18:11
470	2066	Momberg	Candice	Natal Carbineers	32	F	Open	6877	01:18:15
471	1809	Van Winkel	Stefanie		32	F	Open		01:18:16
472	1771	Sowray	Carol	Foresters	65	F	60 - 69 (60)	4565	01:18:28
473	1823	Wallendorf	Bianke		24	F	Open		01:18:28
474	2202	Fortune	Mymosna	Itheko	47	F	40-49(40)		01:18:33
475	1429	Bekker	Tanya		37	F	Open		01:18:38



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
476	2089	McClean	Amada			F			01:18:38
477	1567	Hansen	Maijaliina		32	F	Open		01:18:41
478	1839	Williams	Sharon	Spartan Harriers	54	F	50-59 (50)	10680	01:18:42
479	1705	Neethling	Marius	Bellville AC	40	M	40-49 (40)	8650	01:18:43
480	1648	Le Roux	Ilze	Bellville AC	40	F	40-49 (40)	8649	01:18:46
481	1793	Timme	Alison		43	F	40-49 (40)		01:18:46
482	1473	Cambridge	Jack	Fish Hoek AC	79	M	70+	3931	01:18:47
483	1490	Coetzee	Adriana		25	F	Open		01:18:57
484	2028	Maarman	Margaret	Ommiedraai	48	F	40-49 (40)	4308	01:19:06
485	1452	Briggs	Barbara		44	F	40-49 (40)		01:19:07
486	1453	Briggs	Gill		49	F	40-49 (40)		01:19:09
487	1423	Barrett	Lindsay		34	F	Open		01:19:31
488	1713	Oliver	Gaby		56	F	50-59 (50)		01:19:36
489	1469	Byrne	Lisa	Spartan Harriers	36	F	Open	11009	01:19:39
490	1831	Watson	Jane		31	F	Open		01:19:39
491	1665	Marais	Charlotte		41	F	40-49 (40)		01:19:40
492	1778	Stewart	Mike	KWay VOB	75	M	70+	1111	01:19:44
493	1808	Van Vuuren	Unita	Spartan Harriers	64	F	60 - 69 (60)	7544	01:19:44
494	1571	Harvey	Chelsea		25	F	Open		01:19:51
495	1775	Starling	Charles		48	M	40-49 (40)		01:19:51
496	1556	Graneli	Rick		75	M	70+		01:19:52
497	1409	August	Colleen	KWay VOB	49	F	40-49 (40)	960	01:19:57
498	1503	Cupido	Kim	Carbineers WP	47	F	40-49 (40)	6416	01:20:16
499	1494	Collyer	Lewis		62	M	60 - 69 (60)		01:20:21
500	1493	Collyer	Cecile		33	F	Open		01:20:27



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
501	1649	Le Roux	Sonet	Cape Multi Sport	40	F	40-49 (40)	13458	01:20:36
502	1434	Beylefeld	Marietjie	Born 2 Run WP	61	F	60 - 69 (60)	4505	01:20:43
503	1480	Chippis	Jonathan		31	M	Open		01:20:57
504	1250	Jones	Tracey	Spartan Harriers	46	F	50-59 (50)	11010	01:20:58
505	1725	Pittendrigh	Shayne	Run Walk for Life	53	F	50-59 (50)	9355	01:20:59
506	2064	Marcus	Tasneem	Top Form	43	F	40-49 (40)	1563	01:21:00
507	2062	Marcus	Kashif	Top Form	52	M	50-59 (50)	1562	01:21:08
508	1483	Christie-Smith	Taryn		33	F	Open		01:21:15
509	1978	Kotze	Dawid		30	M	Open		01:21:16
510	2008	Sharwood	Stephen	Satori	54	M	50-59 (50)	13869	01:21:33
511	1412	Aves	Louise	Run Walk for Life	37	F	Open	9343	01:21:34
512	1610	Jephtha	Edwina		32	F	40-49 (40)		01:21:40
513	1394	Adams	Prudence	KWay VOB	48	F	40-49 (40)	1228	01:21:47
514	1524	Dyamond	Louise	Hout Bay Harriers	52	F	50-59 (50)	3624	01:22:09
515	1982	Coyne	Michelle		51	F	50-59 (50)		01:22:24
516	1375	Marais	Channon		31	M	Open		01:22:25
517	1710	Oelofsen	Vian	Century City	42	M	40-49 (40)	8334	01:22:33
518	1488	Clarke	Audrey	SANDF	54	F	50-59 (50)	10517	01:22:59
519	1970	Williams	Chelsea		19	F	Open		01:23:07
520	1619	Kamaldien	Hishaam		29	M	Open		01:23:15
521	2045	Zide	Nozi	RCS Gugs	44	F	40-49 (40)	8854	01:23:18
522	1462	Buddingh	Charlene		57	F	50-59 (50)		01:23:49
523	1450	Brandt	Juanita	Fish Hoek AC	42	F	40-49 (40)	3832	01:23:54
524	1724	Pinkham	Paula	Spartan Harriers	44	F	40-49 (40)	10708	01:23:55
525		Unknown	Unknown						01:23:59



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
526	1952	Adams	Joan		54	F	50-59 (50)		01:24:19
527	1629	King	Christine		33	F	Open		01:24:19
528	1438	Bodenstein	Sunet	Century City	37	F	Open	8332	01:24:33
529	1449	Brandt	Francois	Fish Hoek AC	47	M	40-49 (40)	3831	01:24:42
530	1358	Abdurahman	Thaabiet		31	M	Open		01:24:43
531	1935	Samuels	Rhonda		42	F	40-49 (40)		01:24:47
532	1906	Philip	Bronwyn		31	F	Open		01:24:52
533	1465	Burtsev	Valery		24	M	Open		01:24:56
534	1664	Mapela	Ziyanda		22	F	Open		01:25:06
535	2063	Galant	Mogamat	Itheko	63	M	60 - 69 (60)	7827	01:25:08
536	2047	Ebrahim	Zaynab	ARD	29	F	Open	8507	01:25:12
537	2048	Ebrahim	Zahid	ARD	61	M	60 - 69 (60)	8509	01:25:45
538	1765	Slabbert	Lynette	Southern Striders	59	F	50-59 (50)	6924	01:25:46
539	2053	Hartley	Fadia	Ommiedraai	56	F	50-59 (50)	4415	01:26:53
540		Unknown	Unknown						01:26:54
541	1616	Jones	Richard	Satori	81	M	70+	7765	01:26:55
542	2050	Adams	Zainal	Top Form	38	F	Open	1613	01:27:03
543	1410	Augustine	Karen	Spartan Harriers	54	F	50-59 (50)	10681	01:27:18
544	1714	Olivier	Elza	Southern Striders	73	F	70+	7333	01:27:34
545	1706	Nel	Henriette		42	F	40-49 (40)		01:27:41
546	1517	Du Plessis	Emmerentia		24	F	Open		01:27:43
547	1411	Avenant	Azilda		28	F	Open		01:27:47
548	1612	Johnson	Michelle		39	F	Open		01:27:47
549	1613	Johnson	Ryan		37	M	Open		01:27:54
550	1682	McClean	Nyx		30	F	Open		01:27:59



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
551	1774	Stanfliet	Hilda		44	F	40-49 (40)		01:28:10
552	2082	Bourne	Susan	KWay VOB	51	F	50-59 (50)	822	01:28:15
553	2058	Wilcox	Arlene	Spartan Harriers	39	F	Open	10761	01:28:37
554		Unknown	Unknown						01:29:36
555	1908	Arthur	Caroline		68	F	60 - 69 (60)		01:30:03
556	2035	Matose	Tamsanqa	Pinelands AC	51	F	50-59 (50)	1865	01:30:11
557	1641	Krohnert	Monya	KWay VOB	36	F	Open	1489	01:30:36
558	1751	Rynhoud	Louisa	Fish Hoek AC	38	F	Open	6588	01:30:41
559	1896	Skepu	Snazo		21	F	Open		01:30:55
560	1960	Lippet	Frieda		17	F	Open		01:31:22
561	1795	Tomlinson	Theresa	Spartan Harriers	53	F	50-59 (50)	10906	01:31:33
562		Unknown	Unknown						01:31:57
563	1748	Rothman	Hester	Brackenfell AC	60	F	60 - 69 (60)	6056	01:32:19
564	1569	Hargreaves	Jean	Spartan Harriers	61	F	60 - 69 (60)	7553	01:32:38
565	1764	Slabbert	Andre	Southern Striders	62	M	60 - 69 (60)	6925	01:33:05
566	1731	Radloff	Colleen		48	F	40-49 (40)		01:33:21
567	1627	Kent	Bryan		71	M	70+		01:33:55
568	1919	no Card			17	F	Open		01:33:56
569	1913	Ford	Elizabeth		17	F	Open		01:34:26
570	1460	Buchmann	Vivien		41	F	40-49 (40)		01:34:28
571	1607	Jassiem	Achmat Shaafi	ARD	64	M	60 - 69 (60)	10712	01:35:02
572	1609	Jassiem	Soraya	ARD	56	F	50-59 (50)	10713	01:35:04
573	1550	Goddard	Ian	Fish Hoek AC	79	M	70+	3894	01:35:12
574	1933	Davids	Denise		53	F	50-59 (50)		01:35:15
575	1611	Johnson	Maxine		37	F	Open		01:35:15



**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
576	1954	Lee	Vanessa		57	F	50-59 (50)		01:35:45
577	1911	Petersen	Caroline		67	F	60 - 69 (60)		01:35:47
578	1802	Van Dieman	Tina		42	F	40-49 (40)		01:35:47
579	2007	Coetzee	Catharina	Bellville AC	67	F	60 - 69 (60)	8603	01:35:53
580	1692	Mills	Tracy		44	F	40-49 (40)		01:36:16
581	1543	Geach	Patsy		59	F	50-59 (50)		01:36:19
582	1430	Benoit	Jo-Anne		56	F	50-59 (50)		01:36:29
583	1971	Petersen	Miceala		19	F	Open		01:36:38
584	1446	Bottomo	Kate		34	F	Open		01:37:06
585	1576	Heitz	Nakita		30	F	Open		01:38:48
586	1844	Wright	Kim	Fish Hoek AC	43	F	40-49 (40)	204	01:39:08
587	1962	Daniels	Elizabeth		62	F	60 - 69 (60)		01:39:22
588	1934	Tarantaal	Clara		65	F	60 - 69 (60)		01:39:22
589	1917	Stuurman	Lucille		55	F	50-59 (50)		01:39:30
590	1507	Daniels	Colleen	Spartan Harriers	59	F	50-59 (50)	11006	01:39:44
591	1667	Marchant	Beverley		57	F	50-59 (50)		01:39:44
592	1351	Hansford	David		45	M	40-49 (40)		01:39:45
593	1354	Stacey	Lana		42	F	40-49 (40)		01:41:34
594	1918	Morris	Mavis		17	F	Open		01:41:39
595	1914	Smart	Sandra		62	F	60 - 69 (60)		01:42:54
596	2036	September	Chemene	Ommiedraai	33	F	Open	6831	01:42:59
597	1937	Smal	Marilyn		53	F	50-59 (50)		01:43:58
598	1938	Pheiffer	Mare		32	F	Open		01:43:59
599	1914	Smart	Sandra		62	F	60 - 69 (60)		01:45:12
600	1915	Walters	Sophia		63	F	60 - 69 (60)		01:45:30





**PROVISIONAL RESULTS - 10km**

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
601	1963	Blows	Brenda		58	F	50-59 (50)		01:45:41
602	1916	Van Heerden	Edith		62	F	60 - 69 (60)		01:46:16
603	1929	No Details							01:46:27
604	1930	No Details							01:46:37
605	1932	Williams	Pauline		69	F	70+		01:52:34
606	1922	Meyer	Ruth		62	F	60 - 69 (60)		01:53:21
607	1921	Brandt	Ruth		59	F	60 - 69 (60)		01:53:43
608	1912	Gaca	Maureen		42	F	40-49 (40)		01:53:46
609		Unknown	Unknown						01:56:08
610		Unknown	Unknown						01:56:09
611		Unknown	Unknown						02:00:43
612		Unknown	Unknown						02:01:45
613		Unknown	Unknown						02:01:46
614		Unknown	Unknown						02:01:47

