



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
1	1281	Gongqa	Lungile	Nedbank	38	M	Open		01:12:04
2	1279	Nkombi	Siviwe	Nebbank	28	M	Open		01:12:21
3	1271	Thys	Gert	Postmasburg	45	M	40-49 (40)		01:14:11
4	1036	Judase	Malusi	Satori	27	M	Open	13857	01:14:28
5	1037	Mathomane	Josiah	Satori	20	M	Open	13860	01:15:22
6	1280	Kopolo	Vakalisa	Nedbank		M	Open		01:19:05
7	1061	Myaka	Mthetheleli	Ntunjambili	32	M	Open	2704	01:19:19
8	205	Dickson	Roger	K Way VOB	43	M	40-49 (40)	1242	01:19:25
9	1034	Matusso	Gimo	Satori	38	M	Open	13856	01:21:15
10	306	Griesel	Bernard	ATC	29	M	Open	2742	01:21:53
11	1033	Feni	Madoda	Satori	40	M	40-49 (40)	13865	01:23:03
12	176	Cullum	Wesley		26	M	Open		01:24:13
13	1035	Mgwenduna	Inga	Satori	17	M	Juniors (J)	9768	01:24:15
14	127	Burman	Richard	UCT	24	M	Open	8394	01:24:28
15	1057	Reeve	Byron	K Way VOB	29	M	Open	1307	01:24:29
16	972	Weaver	Hansley	SADF	44	M	40-49 (40)	10515	01:26:18
17	541	Mpontshane	Nicholas	Sanlam AC	42	M	40-49 (40)	3761	01:26:48
18	602	Patten	Stefan	K Way VOB	46	M	40-49 (40)	591	01:27:01
19	1206	Muller	Geoffrey	K Way VOB	28	M	Open	1317	01:27:22
20	1008	Mackintosh	Michael	Fish Hoek AC	18	M	Juniors (J)	9746	01:27:29
21	1049	Dillon	James	ATC	28	M	Open	2318	01:27:31
22	992	Pollock	Jessica	UCT	23	F	Open	4800	01:27:34
23	1196	Gregory	Shaun	ATC	46	M	40-49 (40)	15077	01:28:33
24	1135	Reid	Cecil	Celtic Harriers	39	M	Open	5751	01:30:07
25	567	Newbert	Joe	Wild Runner AC	42	M	40-49 (40)	1023	01:30:15



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Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
26	1276	Winter	Ryan	Pinelands AC		M	Open		01:30:22
27	102	Brammer	Jayde		31	M	Open		01:30:52
28	212	Dold	Ross	WPCC	32	M	Open	9387	01:32:04
29	849	Westvig	Erik	K Way VOB	44	M	40-49 (40)	666	01:32:20
30	1009	Mackintosh	Cameron	Fish Hoek AC	18	M	Juniors (J)	9747	01:32:39
31	1060	Jansen	Grant Wade	WPCC	45	M	40-49 (40)	8966	01:33:26
32	358	Hooper	Nicola	Carbineers WP	30	F	Open	6515	01:33:38
33	141	Cassiem	Shafiek	Itheko	56	M	50-59 (50)	7563	01:34:04
34	1016	Burke	Christopher	Western Cape	34	M	Open	10945	01:34:07
35	1026	Flanagan	Kevin	ATC	33	M	Open	2253	01:34:10
36	135	Carlson	Mark	Atlantic AC	46	M	40-49 (40)	5575	01:34:12
37	776	Trafford	Jo	Satori	44	M	40-49 (40)	7753	01:34:15
38	875	Nmandla	Reginald		18	M	Open		01:34:21
39	419	Kalis	Mark	Celtic Harriers	42	M	40-49 (40)	5584	01:34:23
40	1069	Nortier	Thomas	Wild Runner AC	25	M	Open	2130	01:34:47
41	168	Cranswick	Mason	Nedbank	50	M	50-59 (50)	25475	01:34:54
42	939	Cranswick	Russell		32	M	Open		01:34:55
43	1282	Gongqa	Ivy	Nedbank		F	Open		01:35:07
44	422	Katz	Lance	Atlantic AC	45	M	40-49 (40)	12753	01:35:47
45	866	Wonnacott	Andy	K Way VOB	41	M	40-49 (40)	1090	01:35:54
46	959	Harker	Guy	Atlantic AC	35	M	Open	13123	01:36:05
47	324	Harker	Paul	Atlantic AC	28	M	Open	5746	01:36:06
48	1062	Forbes	Tracy	K Way VOB	44	F	40-49 (40)	835	01:36:18
49	769	Theron	Paul	Nedbank	50	M	50-59 (50)	17003	01:36:31
50	227	Dunn	Brendan	Carbineers WP	28	M	Open	6447	01:36:33



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Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
51	1165	Watson	Grant	Carbineers WP	43	M	40-49 (40)	6569	01:36:33
52	315	Hall	Candyce	Carbineers WP	32	F	Open	4099	01:36:33
53	1268	Hill	Clinton	Carbineers WP	34	M	Open	6412	01:36:40
54	353	Hoekert	Derk		36	M	Open		01:36:42
55	267	Galp	Vernon	Celtic Harriers	47	M	40-49 (40)	2408	01:36:47
56	616	Pikker	Mark	K Way VOB	33	M	50-59 (50)	626	01:37:37
57	661	Rust	Leo	ATC	44	M	40-49 (40)	1234	01:37:38
58	220	Du Plessis	Prieur	Atlantic AC	32	M	Open	5481	01:37:41
59	275	Gardener	Brent	Fish Hoek AC	40	M	40-49 (40)	4003	01:37:46
60	260	Frylinck	David	Atlantic AC	37	M	Open	13174	01:37:48
61	1229	Patel	Shaheen	Itheke	40	M	40-49 (40)	8026	01:38:12
62	1191	Jansen van Vuuren	Kyle	UCT	20	M	Open	4826	01:38:14
63	1068	Fiellies	Malcolm	Cape Multi Sport	43	M	40-49 (40)	6173	01:38:18
64	318	Hamilton	Dain	K Way VOB	50	F	50-59 (50)	674	01:38:19
65	1284	Busisiwe	Matiwine	Nedbank		F	Open		01:38:22
66	1027	Otto	Ryan	ATC	36	M	Open	2376	01:38:35
67	474	Lemmon	Mark	Cape Multi Sport	51	M	50-59 (50)	9183	01:38:42
68	241	Eveleigh	Nik	WPCC	43	M	40-49 (40)	9393	01:38:53
69	1151	Allsopp	Byron	K Way VOB	21	M	Open	1103	01:38:55
70	1270	Brink	Ester	Carbineers WP		F	Open		01:38:58
71	1275	smit	Kristin			f	Open		01:38:58
72	601	Patrick	Owen	Celtic Harriers	55	M	50-59 (50)	5670	01:39:00
73	459	Larratt	Brad	WPCC	44	M	40-49 (40)	9376	01:39:17
74	28	Andraos	Georgina	K Way VOB	55	F	50-59 (50)	649	01:39:17
75	1157	DE MONK	ROBDOG	K Way VOB	49	M	40-49 (40)	1267	01:39:18



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76	448	Kruger	Jonathan	K Way VOB	32	M	Open	584	01:39:28
77	378	Hunter	Roland	UCT	33	M	Open	4789	01:39:40
78	938	Case	Andrew		27	M	Open		01:39:46
79	1251	Franke	Caleb			M	Pending		01:40:01
80	492	Mainstone	Craig	K Way VOB	40	M	40-49 (40)	838	01:40:13
81	623	Power	Michael	K Way VOB	51	M	50-59 (50)	611	01:40:30
82	1193	Rankin	William	K Way VOB	29	M	Open	1414	01:40:32
83	1059	Els	Eion	K-Way VOB	41	M	40-49 (40)	697	01:40:53
84	1160	Timmis	Robert	ATC	33	M	Open	2836	01:40:54
85	1076	Mandla	Wanda Vincent	SADF	30	M	Open	10529	01:40:54
86	701	Slabbert	Neil	Atlantic AC	56	M	50-59 (50)	3299	01:40:55
87	330	Heath	Jack		23	M	Open		01:40:57
88	320	Hanks	Karoline	Satori	45	F	40-49 (40)	9999	01:41:18
89	773	Thomson	Jadon		20	M	Open		01:41:20
90	175	Crossley	Phil	Cape Multi Sport	45	M	40-49 (40)	9192	01:41:22
91	132	Capostagno	Benoit		35	M	Open		01:41:59
92	629	Procter	Andrew	Satori	49	M	40-49 (40)	5572	01:42:20
93	461	Law	Matthew	K Way VOB	33	M	Open	1082	01:42:48
94	1105	scholtz	Eckhard	ATC	48	M	40-49 (40)	2848	01:42:49
95	914	Schernbrucker	Noah		34	M	Open		01:43:00
96	8	De Villiers	Seugnet	ATC	30	F	Open	2274	01:43:02
97	729	Squires	Troy	Ogilvy & Mather AC	38	M	Open	8046	01:43:03
98	903	Abrahams	Zaid		38	M	Open		01:43:13
99	913	Gildenhuys	Daniel		24	M	Open		01:43:21
100	649	Robinson	Dale	Wild Runner AC	42	M	40-49 (40)	2019	01:43:38



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101	1211	Obery	Michael	Itheke	31	M	Open	7762	01:43:41
102	607	Pelton	Rory	Spartan Harriers	44	M	40-49 (40)	10855	01:43:56
103	360	Hoosain	Zaheer	Wild Runner AC	32	M	Open	2001	01:43:59
104	641	Reuvers	Victoria	Wild Runner AC	38	F	Open	2768	01:44:01
105	1086	Vance	Neal	Spartan Harriers	46	M	40-49 (40)	10999	01:44:03
106	572	Norrie	Ryan		38	M	Open		01:44:03
107	634	Ralphs	Etienne	Fish Hoek AC	47	M	40-49 (40)	6636	01:44:21
108	978	Langenhoven	Barry	Nedbank	45	M	40-49 (40)	4104	01:44:21
109	64	Berner	Gerrie	Sanlam AC	36	M	Open	3712	01:44:25
110	26	Altern	Sean	Fish Hoek AC	32	M	Open	3876	01:44:31
111	829	Von Maltzahn	Niklas	Celtic Harriers	28	M	Open	2289	01:44:43
112	510	Mc Quaide	Kathleen	K Way VOB	52	F	50-59 (50)	637	01:44:49
113	1278	Sam	Kotze	Nedbank			Open		01:44:57
114	963	Bullmore	Amanda		38	F	Open		01:44:59
115	975	WAGENHEIM	MARK	AAC	60	M	60 - 69 (60)	3453	01:44:59
116	120	Buhrmann	Wim	Stellenbosch AC	50	M	Open	1229	01:45:22
117	395	Jansen	Anton		46	M	40-49 (40)		01:45:22
118	988	Ricketts	Adam	Wild Runner AC	36	M	Open	2109	01:45:24
119	402	Jardine	Douglas		45	M	40-49 (40)		01:45:26
120	807	Van Tonder	Rick	Sanlam AC	35	M	Open	3737	01:45:34
121	146	Cilliers	Matthew		24	M	Open		01:45:52
122	181	Davidowitz	Marc	ATC	31	M	Open	2260	01:45:54
123	597	Parker	Justin	ATC	29	M	Open	2819	01:46:03
124	270	Gama	Jonathan	Fish Hoek AC	36	M	Open	6580	01:46:09
125	993	Pearson	Justine	Stellenbosch AC	22	F	Open	1385	01:46:09



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Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
126	619	Pitt	Tegan	UCT	19	F	Open	8478	01:46:17
127	925	Kemp	Byron		46	M	Open		01:46:22
128	1045	Keraan	Weshaam	Central AC	34	M	Open	7437	01:46:23
129	874	Mdayi	Zuko		35	M	Open		01:46:28
130	390	Jagger	Shahid	Born 2 Run WP	40	M	40-49 (40)	4481	01:46:30
131	257	Frieslich	Neville	Fish Hoek AC	67	M	60 - 69 (60)	3967	01:46:34
132	721	Souma	Charl	ATC	37	M	Open	8606	01:46:37
133	75	Biggs	Cathryn		38	F	Open		01:46:47
134	1139	Bennetts	Victoria	Carbineers WP	39	F	Open	4039	01:46:50
135	996	Isaacs	Nezaam	ltheke	46	M	40-49 (40)	7786	01:46:50
136	553	Murray	John		43	M	40-49 (40)		01:46:52
137	887	Shortt	Gareth		33	M	Open		01:46:52
138	335	Henshall	Ben		24	M	Open		01:46:52
139	861	Wills	Caroline	Wild Runner AC	40	F	40-49 (40)	2040	01:47:07
140	225	Dubois	Thibaut		27	M	Open		01:47:10
141	373	Hübner	Louis		19	M	Open		01:47:16
142	221	Du Randt	Pierre		45	M	40-49 (40)		01:47:33
143	1152	Lynn	Nathan	Atlantic AC	24	M	Open	3492	01:47:36
144	79	Black	Shaun		35	M	Open		01:47:42
145	1146	Mc Gillicuddy	Dylan		18	M	Open		01:47:55
146	379	Hutchinson	Mark	Satori	33	M	Open	13858	01:48:05
147	876	Jenkins	Rose		35	F	Open		01:48:14
148	906	Language	Wes		35	M	Open		01:48:16
149	557	Mushanganyisi	Kanakana	Pinelands AC	41	M	40-49 (40)	1840	01:48:17
150	638	Reilly	Maxine		55	F	50-59 (50)		01:48:17



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Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
151	639	Reilly	Samantha		26	F	Open		01:48:18
152	916	Sutton	Steven		20	M	Open		01:48:31
153	33	Arnott	Bianca		29	F	Open		01:48:36
154	1258	Maphakela	Rabbie	Central AC	28	M	Open	7490	01:48:38
155	1256	Elizabeth	Charmain	Carbineers WP	31	F	40-49 (40)	6473	01:48:47
156	4	Thomas	Liesl	New Balance	44	F	40-49 (40)	705	01:49:00
157	374	Hughes	Peter William	WPCC	54	M	50-59 (50)	9384	01:49:09
158	1023	Karumuri	Srikanth Reddy	Brackenfell AC	28	M	Open	8277	01:49:16
159	170	Crawford	Rory	K Way VOB	41	M	40-49 (40)	890	01:49:24
160	405	Jessop	Adrian	K Way VOB	50	M	50-59 (50)	14824	01:49:32
161	447	Kropman	Jeremy	Foresters	59	M	50-59 (50)	4567	01:49:34
162	90	Bongers	Martin	Carbineers WP	34	M	Open	6520	01:49:37
163	1288	Richard	Falder	Itheke		M	Open		01:49:40
164	7	Hyson	Greg	K Way VOB	29	M	Open	1024	01:49:40
165	879	Hollmann	Caryl		29	F	Open		01:49:49
166	1080	Cariem	Nizamudin	Itheke	35	M	Open	7683	01:49:55
167	628	Prinsloo	Stiaan		41	M	40-49 (40)		01:49:57
168	1240	Du Plessis	Marcel	Carbineers WP	26	M	Open	6531	01:50:04
169	802	Van Niekerk	Ed	Atlantic AC	29	M	Open	3341	01:50:04
170	287	Glen	Brett		40	M	40-49 (40)		01:50:08
171	288	Gluckman	Susan	Run Walk for Life	44	F	40-49 (40)	9250	01:50:25
172	569	Noble	Charlotte		51	F	50-59 (50)		01:50:35
173	768	Theron	Erna		33	F	Open		01:50:38
174	470	Le Roux	Hendrik	Stellenbosch AC	34	M	Open	BOL1915	01:50:38
175	1112	MHIZHA	JUSTICE	Celtic Harriers	34	M	Open	5550	01:50:52



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176	265	Gaertner	Patrick	K Way VOB	54	M	50-59 (50)	1398	01:50:52
177	990	Bunn	Tracy	Cape Multi Sport	47	F	40-49 (40)	6341	01:50:53
178	782	Tucker	Michele		42	F	40-49 (40)		01:50:56
179	321	Hanslo	Khalied	Atlantic AC	41	M	40-49 (40)	3323	01:51:00
180	1180	Cozyn	Isma-eel	Ommiedraai AC	16	M	Juniors (J)	9662	01:51:07
181	947	Theron	Stephan		54	M	50-59 (50)		01:51:12
182	433	Kitching	Nathan	Atlantic AC	32	M	Open	3352	01:51:13
183	1063	Ebrahim	Shabeer	Itheko	46	M	40-49 (40)	14441	01:51:16
184	450	Kuschke	Ernst		39	M	Open		01:51:17
185	354	Holdsworth	Christopher	Carbineers WP	34	M	Open	6469	01:51:30
186	1121	Gamza	Saleem	Ommiedraai AC	50	M	50-59 (50)	4336	01:51:32
187	140	Casey	Georgie		45	F	40-49 (40)		01:51:33
188	186	Davis	Lynn	Atlantic AC	48	F	40-49 (40)	5707	01:51:40
189	237	Elliott	Tim	Fish Hoek AC	52	M	50-59 (50)	6663	01:51:42
190	286	Glasser	Zac		23	M	Open		01:52:08
191	329	Healy	Richard	Herbalife	59	M	50-59 (50)	10555	01:52:10
192	261	Fuller	Raymond	K Way VOB	59	M	50-59 (50)	1150	01:52:12
193	70	Bey	Martin		44	M	40-49 (40)		01:52:14
194	22	Alcock	Taryn	K Way VOB	25	F	Open	740	01:52:14
195	230	Durrant	Jacqui		44	F	40-49 (40)		01:52:16
196	476	Leslie	John	Fish Hoek AC	58	M	50-59 (50)	6735	01:52:16
197	725	Spies	Renate	Fish Hoek AC	35	F	Open	4018	01:52:17
198	830	Von Seidel	Shelley	K Way VOB	37	F	Open	727	01:52:22
199	1122	Tullis	Emily	UCT	24	F	Open	4819	01:52:32
200	710	Smith	Philip		29	M	Open		01:52:37



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201	111	Brown	Alexa	Atlantic AC	25	F	Open	2434	01:52:39
202	504	Martin	Ashley	West Coast AC	29	M	Open	2883	01:52:39
203	936	Lesole	Tseliso		30	M	Open		01:52:47
204	30	Appollis	Andre	SADF	44	M	40-49 (40)	21098	01:52:48
205	508	May	Ashleigh	ATC	28	F	Open		01:52:48
206	88	Bocock	Ian	Foresters	68	M	60 - 69 (60)	4568	01:52:50
207	114	Bryant	Marc		43	M	40-49 (40)		01:52:52
208		Unknown	Unknown						01:52:53
209	72	Bezuidenhout	Elton	Carbineers WP	38	M	Open	6573	01:52:54
210	789	Van Den Heever	Deon	SADF	43	M	40-49 (40)	10534	01:53:05
211	20	Aebischer	Rolf	Celtic Harriers	60	M	60 - 69 (60)	5585	01:53:10
212	462	Lawley	Gayle		40	F	40-49 (40)		01:53:13
213	194	De Meyer	Marizette	Run Walk for Life	42	F	40-49 (40)	4430	01:53:17
214	798	Van Loggerenberg	Dirk	Run Walk for Life	40	M	40-49 (40)	4420	01:53:17
215	686	Scott	Mike		44	M	40-49 (40)		01:53:19
216	1248	Filander	Andre	K Way VOB	52	M	50-59 (50)	588	01:53:20
217	512	Mchardy	Gareth	K Way VOB	19	M	Juniors (J)	20065	01:53:25
218	1235	Meldau	Richard	Celtic Harriers	35	M	Open	5571	01:53:28
219	511	Mccann	Andrew		45	M	40-49 (40)		01:53:31
220	281	Geyer	Faiza	Carbineers WP	33	F	Open	9268	01:53:32
221	664	Sacks	Alexis	Carbineers WP	47	F	40-49 (40)	6464	01:53:37
222	851	Wheeler	Dave	Hout Bay Harriers	66	M	60 - 69 (60)	509	01:53:39
223	74	Bezuidenhout	Leon	West Coast AC	52	M	50-59 (50)	3099	01:53:48
224	68	Bethell	Sean		28	M	Open		01:53:48
225	961	Cohen	Martine	Atlantic AC	32	F	Open	3491	01:53:50



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226	1111	Wilcock	David	West Coast AC	43	M	40-49 (40)	3003	01:53:51
227	1044	Pringle	Carin	Run Walk for Life	49	F	40-49 (40)	9234	01:53:52
228	96	Botha	Pieter	Sanlam AC	27	M	Open	3625	01:53:56
229	753	Suttle	Tessa		23	F	Open		01:54:02
230	1058	De la Cruz	Tahirn	K Way VOB	30	M	Open	1431	01:54:19
231	158	Coetzer	Shani	Fish Hoek AC	39	F	Open	3837	01:54:26
232	130	Cadman	Anthony		39	M	Open		01:54:34
233	842	Watson	Gemma		21	F	Open		01:54:40
234	1046	Sturrock	Paul	K Way VOB	53	M	50-59 (50)	1344	01:54:41
235	543	Mulaudzi	Maanda	Itheko	58	M	50-59 (50)	7094	01:54:53
236	255	Fredericks	Sadick	Itheko	45	M	40-49 (40)	7816	01:54:56
237	700	Sivertsen	Patrick		29	M	Open		01:55:04
238	859	Will	Nancy	Pinelands AC	64	F	60 - 69 (60)	39	01:55:13
239	327	Hazell	David		41	M	40-49 (40)		01:55:15
240	1173	Johnson	Garrick	Spartan Harriers	40	M	40-49 (40)	10677	01:55:17
241	249	Fitzhenry	Clifford	Celtic Harriers	36	M	Open	5613	01:55:21
242	960	Gasant	Nazli	Ommiedraai AC	32	F	Open	4312	01:55:23
243	215	Downie	James		57	M	50-59 (50)		01:55:26
244	36	August	Peter-John	K Way VOB	52	M	50-59 (50)	792	01:55:30
245	516	Meiring	Francois	Wild Runner AC	46	M	40-49 (40)	2071	01:55:31
246	835	Walker	Lindsay		29	F	Open		01:55:35
247	1083	Altern	Luke	Fish Hoek AC	27	M	Open	3875	01:55:41
248	1005	Kruger	Natasha	Cape Multi Sport	43	F	40-49 (40)	6090	01:55:45
249	1050	Marais	Francois	itheko	55	M	50-59 (50)	7757	01:55:49
250	31	Archer	Justin		26	M	Open		01:55:51



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
251	228	Dunn	Robert	K Way VOB	49	M	40-49 (40)	1017	01:55:56
252	738	Steward	Tony	Fish Hoek AC	53	M	50-59 (50)	6576	01:55:59
253	888	Witbooi	Leon		44	M	40-49 (40)		01:55:59
254	1269	orrie	Roldah				Open		01:56:00
255	663	Ryklief	Neezaam	Spartan Harriers	37	M	Open	10602	01:56:00
256	1071	Joubert	Rialize	Strand AC	43	F	40-49 (40)	5033	01:56:01
257	380	Ing	Natasha	Fish Hoek AC	43	F	40-49 (40)	6738	01:56:01
258	1029	Hatton-Jones	Robert	Mtunzini Athletic Club	36	M	Open	5073	01:56:13
259	771	Theunissen	Michael	Cape Multi Sport	53	M	50-59 (50)	6133	01:56:18
260	1162	Koorts	Alwyn		29	M	Open		01:56:20
261	465	Lawson	Robert	Fish Hoek AC	52	M	50-59 (50)	6708	01:56:21
262	805	Van Schalkwyk	Nikki	Spartan Harriers	38	F	Open	10626	01:56:22
263	787	Van Den Aardweg	Kate		23	F	Open		01:56:26
264	901	Lees	Adam		28	M	Open		01:56:26
265	1018	Stavenga	Elisabeth	West Coast AC	37	F	Open	2969	01:56:26
266	1188	Visagie	Lian	Cape Multi Sport	30	M	Open	6036	01:56:34
267	899	De Villiers	Chantelle		30	F	Open		01:56:34
268	587	Oliver	Moira	Fish Hoek AC	57	F	50-59 (50)	3845	01:56:36
269	DQ								01:56:40
270	843	Webb	Jess	Ogilvy & Mather AC	34	F	Open	8078	01:56:41
271	761	Swartz	Gregory	WPCC	50	M	50-59 (50)	9372	01:56:43
272	1126	Romburgh	Tamrin	Durbanville AC	33	F	Open	6836	01:56:44
273	1226	Levett	Barry	K Way VOB	44	M	40-49 (40)	1480	01:56:50
274	846	Wentzel	Anton		32	M	Open		01:56:52
275	83	Bloemhoff	Lehan	SADF	25	M	Open	19	01:56:59



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
276	1213	Sydow	Shafiq	Central AC	37	M	Open	7404	01:57:02
277		Unknown	Unknown						01:57:06
278	995	Van der Westhuizen	Louisa	Stellenbosch AC	62	F	60 - 69 (60)	727	01:57:08
279	138	Carter	Steve		51	M	50-59 (50)		01:57:11
280	675	Scheppel	Deon	My Training Day	39	M	40-49 (40)	Tbc	01:57:13
281	1065	Van Wyk	Pierre	K Way VOB	38	M	Open	692	01:57:14
282	696	Shepherd	Brian		55	M	50-59 (50)		01:57:20
283	685	Scott	Jorja		34	F	Open		01:57:25
284	969	Hattas	Achmat	Ommiedraai AC	55	M	50-59 (50)	4329	01:57:25
285	605	Peck	FaEEK	Ommiedraai AC	32	M	Open	6800	01:57:30
286	706	Smit	Lizl		41	F	40-49 (40)		01:57:31
287	1164	Berridge	Elisha	Atlantic AC	44	F	40-49 (40)	3307	01:57:33
288	1015	Kajee	Mohamed	ATC	30	M	Open	2026	01:57:34
289	104	Bredenkamp	Cailey	Paarl AC	53	F	50-59 (50)	215	01:57:36
290	882	Quinn	Nicolette		39	F	Open		01:57:36
291	883	Smuts	Sarah		45	F	40-49 (40)		01:57:40
292	371	Huang	Chien-Lun (Allen)		25	M	Open		01:57:42
293	850	Wheaton	Spencer	Celtic Harriers	40	M	40-49 (40)	2350	01:57:43
294	71	Bey	Michelle	Celtic Harriers	46	F	40-49 (40)	5540	01:57:45
295	897	Bath	Edwin		27	M	Open		01:57:45
296	571	Nolly	Marisa		35	F	Open		01:57:46
297	933	Evans	Sipho		28	M	Open		01:57:47
298	370	Howieson	Trevor		35	M	Open		01:57:47
299	833	Wainman	Barry	Atlantic AC	53	M	50-59 (50)	3279	01:57:47
300	60	Belgrove	Stephan	Durbanville AC	30	M	Open	11790	01:57:48



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
301	1117	Shaw	Gareth	Fit2000	38	M	Open	11078	01:57:49
302	775	Tingle	Craig		58	M	50-59 (50)		01:57:50
303	976	Thyssen	Rene	Spartan Harriers	42	F	40-49 (40)	11047	01:57:56
304	1017	Abrahams	Paul	Atlantic AC	53	M	50-59 (50)	3486	01:58:00
305	1093	Konemann	Claire	Fish Hoek AC	46	F	40-49 (40)	3853	01:58:10
306	727	Springer	Aubrey	Satori	66	M	60 - 69 (60)	12241	01:58:10
307	728	Springer	Dawn	Satori	55	F	50-59 (50)	12240	01:58:18
308	1067	Gertzen	Jonathan	UCT	22	M	Open	8548	01:58:20
309	436	Koning	Michael	Fish Hoek AC	66	M	60 - 69 (60)	6661	01:58:21
310	750	Sutcliffe	Matt		24	M	Open		01:58:23
311	147	Clark	Courtnee	SA Police Athletic Club	26	F	Open	7307	01:58:23
312	61	Bell	Wesley		26	M	Open		01:58:24
313	1100	Swart	Jacobus	Run Walk for Life	49	M	40-49 (40)	13665	01:58:24
314	54	Bartsch	Andreas		53	M	50-59 (50)		01:58:24
315	552	Murray	Bill	Celtic Harriers	46	M	40-49 (40)	2300	01:58:25
316	1181	DE MONK	Elydia	K Way VOB	50	F	50-59 (50)	1266	01:58:25
317	432	Kitchin	Kevin	Atlantic AC	36	M	Open	3353	01:58:25
318	1207	Bassingthwaighte	Peter	K Way VOB	37	M	Open	1411	01:58:26
319	268	Galvaan	Ganief	Carbineers WP	57	M	50-59 (50)	6454	01:58:27
320	741	Strachan	Craig	K Way VOB	44	M	40-49 (40)	631	01:58:27
321	528	Miller	Jonathan	Pinelands AC	37	M	Open	1696	01:58:28
322	408	Johnston	Frankie	WPCC	55	F	50-59 (50)	8936	01:58:28
323	216	Draaijer	Lize		23	F	Open		01:58:33
324	483	Lötter	Lezanne		23	F	Open		01:58:36
325	917	Bam	Constance		24	F	Open		01:58:48



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
326	199	Denichaud	Bertha		55	F	50-59 (50)		01:58:49
327	1004	de Jesus	Carlos	Carbineers WP	32	M	Open		01:58:57
328	545	Muller	Katrina	Spartan Harriers	50	F	50-59 (50)	10650	01:58:58
329	478	Lillah	Abduraqeeb	Itheko	25	M	Open	7925	01:58:59
330	650	Roelofse	Pieter	Celtic Harriers	43	M	40-49 (40)	2285	01:58:59
331	1163	Rahou	Jaouad	Atc	29	M	Open	12132	01:59:00
332	53	Barron	Craig	Spartan Harriers	37	M	Open	10676	01:59:01
333	438	Korck	Greg	Spartan Harriers	34	M	Open	11000	01:59:01
334	294	Gonsalves	Nadia	Atlantic AC	42	F	40-49 (40)	5510	01:59:04
335	948	Lorenz	Jonas		19	M	Open		01:59:07
336	1090	Ryklief	Gesant	Central AC	56	M	50-59 (50)	7447	01:59:08
337	756	Swanson	Bruce	Fish Hoek AC	39	M	Open	6754	01:59:09
338	998	De Lange	Charn	Edgemead Runners	45	F	40-49 (40)	2477	01:59:10
339	989	Bannister	Lizette	Cape Multi Sport	43	F	40-49 (40)	6342	01:59:11
340	964	Hook	Drew	Foresters	32	M	Open	4534	01:59:13
341	403	Jeneke	Wayne	Bidvest AC	49	M	40-49 (40)	11530	01:59:14
342	1006	Adams	Michael	Spartan Harriers	52	M	50-59 (50)	10753	01:59:15
343	1184	Ruthula	Loyiso	RCS GUGS	35	M	Open	8907	01:59:16
344	618	Pitt	Grant		38	M	Open		01:59:16
345	803	Van Nieuwenhuizen	Pierre	SACS OB	52	M	50-59 (50)	6884	01:59:17
346	43	Ball	Tommy	Fish Hoek AC	54	M	50-59 (50)	3940	01:59:21
347	428	Kiewiet	Marshall	Carbineers WP	33	M	Open	6477	01:59:23
348	1082	Murison	Inga	Spartan Harriers	38	F	Open	10943	01:59:24
349	62	Bender	Frances-Ann		27	F	Open		01:59:27
350	724	Speck	Simon	Carbineers WP	54	M	50-59 (50)	6563	01:59:38



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
351	877	Manley	Iain		34	M	Open		01:59:38
352	497	Marais	Monique		42	F	40-49 (40)		01:59:40
353	496	Marais	Johannes	Metropolitan	27	M	Open	8768	01:59:41
354	1287	Moody	Daniel	Observatory Running Club	29	M	Open		01:59:44
355	615	Pieters	Hannes	Swartland	51	M	50-59 (50)	24	01:59:48
356	973	Collett	Kerri	K Way VOB	37	F	Open	1259	01:59:50
357	841	Watson	Garth		38	M	Open		01:59:52
358	85	Blom	Carl		32	M	Open		01:59:55
359	1089	Salie	Maahir	Ommiedraai AC	30	M	Open	4302	01:59:56
360	155	Coetzee	Jaco	Sanlam AC	56	M	50-59 (50)	3734	01:59:59
361	291	Godfrey	Kelly		28	F	Open		01:59:59
362		Unknown	Unknown						02:00:03
363	143	Christian	Lynn	Satori	46	F	40-49 (40)	7778	02:00:08
364	247	Ferreira	David	Fish Hoek AC	31	M	Open	3858	02:00:16
365	865	Wium	Vanessa		56	F	50-59 (50)		02:00:20
366	1217	Van Zyl	Wynand	K Way VOB	32	M	Open	219	02:00:21
367	342	Heyl	Claudia		46	F	40-49 (40)		02:00:24
368	513	Mchardy	Gavin	K Way VOB	52	M	50-59 (50)	1312	02:00:25
369	580	O'Connor	Susan	Wild Runner AC	39	F	Open	2124	02:00:25
370	38	Badenhorst	Cornell	Easterns Kraaifontein	38	F	Open	11111	02:00:40
371	606	Pein	Rebecca	UCT	23	F	Open	8990	02:00:43
372	440	Kotze	Christiaan	Stellenbosch AC	27	M	Open	1903	02:00:44
373	1192	Wooldridge	Adam		42	M	40-49 (40)		02:00:47
374	444	Kreymborg	Robbie		50	M	Open		02:00:48
375	443	Kreymborg	Kim		38	F	Open		02:00:48



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
376	745	Strydom	Andre	Fish Hoek AC	35	M	Open	6630	02:00:52
377	165	Cowie	Wayne		37	M	Open		02:00:53
378	87	Blumenthal	Liz	RCS Gugs	50	F	50-59 (50)	11965	02:00:58
379	677	Schneider	David	Atlantic AC	50	M	50-59 (50)	5678	02:00:58
380	1056	Charlton	Leigh	ATC	31	F	Open	2445	02:01:01
381	583	O'Keeffe	Niall		40	M	40-49 (40)		02:01:05
382	480	Lindsay	Brian	Celtic Harriers	43	M	40-49 (40)	5730	02:01:07
383	346	Heyns	Marianne		32	F	Open		02:01:15
384	844	Webb	Robert	K Way VOB	55	M	50-59 (50)	756	02:01:16
385	940	Barker-Goldie	Natasha		34	F	Open		02:01:17
386	1021	Ackerman	Mari	Brackenfell	42	F	40-49 (40)		02:01:17
387	426	Khatieb	Fayroz Sha	Top Form AC	60	M	60 - 69 (60)	7840	02:01:24
388	1289	Clark	Grant		37	M	Open		02:01:27
389	418	Kalis	Dion	Fish Hoek AC	48	M	40-49 (40)	3852	02:01:37
390	656	Rothman	Brian	Brackenfell AC	63	M	60 - 69 (60)	6053	02:01:47
391	967	Geary	Paul		37	M	Open		02:01:48
392	1168	Worne	Michael	AAC	66	M	60 - 69 (60)	3501	02:02:06
393	772	Thomson	Geoff		44	M	40-49 (40)		02:02:08
394	974	Ceres	Ameen	ARD	48	M	40-49 (40)	13174	02:02:09
395	600	Paterson	Lisa		23	F	Open		02:02:12
396	514	Mcpetrie	Christopher	Hout Bay Harriers	24	M	Open	483	02:02:16
397	1123	Wilson	Graeme	K Way VOB	47	M	40-49 (40)	1325	02:02:20
398	280	Gertse	Mogamat	ltheke	51	M	50-59 (50)	7564	02:02:25
399	196	Dearman	Alex		36	M	Open		02:02:26
400	466	Le Cordeur	James		38	M	Open		02:02:27



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
401	1265	Booley	Ridah		28	M	Open	9497	02:02:29
402	1267	Booyson	Cynthia Sybil			F	50-59 (50)		02:02:31
403	1051	Blake	Laura	K Way VOB	41	F	40-49 (40)	1211	02:02:31
404	672	Sandenbergh	Derine	Cape Multi Sport	34	F	Open	6203	02:02:32
405	792	Van Der Watt	Hedi		42	F	40-49 (40)		02:02:33
406	445	Kriel	Glen	Durbanville AC	57	M	50-59 (50)	531	02:02:35
407	658	Rushton	Rose		46	F	40-49 (40)		02:02:35
408	792	Van Der Watt	Hedi		42	F	40-49 (40)		02:02:39
409	1237	Isaacs	Rafiq	Central AC	57	M	50-59 (50)	7444	02:02:41
410	1241	Nabee	Zulpha	Top Form AC	37	F	Open	1669	02:02:57
411	5	Murless	Katy	ATC	33	F	Open	21061	02:02:58
412	6	Murless	Stuart	Faku Chiefs	32	M	Open	4333	02:02:59
413	1238	Butler	Jennifer	Carbineers WP	26	F	Open	6530	02:03:02
414	112	Brown	Tessa		25	F	Open		02:03:10
415	598	Parsraman	Theresa	Fish Hoek AC	47	F	40-49 (40)	6737	02:03:12
416	1272	Dickson	Dean			M	40-49 (40)		02:03:13
417	690	Seymour	Stephen	Atlantic AC	56	M	50-59 (50)	5661	02:03:19
418	537	Moore	Oliver	Satori	26	M	Open	14645	02:03:20
419	1272	Dickson	Dean			M	40		02:03:20
420	1242	Pretorius	Achmat	Top Form AC	56	M	50-59 (50)	1572	02:03:20
421	955	Chambers	Paulline	Satori	43	F	40-49 (40)	12232	02:03:22
422	655	Ross-Watt	Don	Fish Hoek AC	70	M	70+	6602	02:03:23
423	530	Miller	Taryn	Pinelands AC	37	F	Open	1697	02:03:28
424	481	Littlewood	Garth	Satori	60	M	60 - 69 (60)	12260	02:03:34
425	1185	Jobson	Tim	Metropolitan	56	M	50-59 (50)	11595	02:03:34



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
426	944	Moore	Jessie		20	F	Open		02:03:37
427	608	Pennell	Lisa		39	F	Open		02:03:38
428	502	Marshall	Magda	Cape Multi Sport	32	F	Open	6292	02:03:41
429	45	Balme	Kate		36	F	Open		02:03:41
430	817	Venter	Nic	Atlantic AC	46	M	40-49 (40)	5856	02:03:49
431	737	Stevenson	Brenda	Pinelands AC	62	F	60 - 69 (60)	1955	02:04:02
432	1244	Salie	Adenaan	SADF	37	M	Open	9498	02:04:08
433	684	Schwatlo	Stephanie	Mates	36	F	Open	11164	02:04:13
434	1106	Merifield	Shaney	Fish Hoek AC	42	F	40-49 (40)	3867	02:04:14
435	546	Muller	Sabine	Hout Bay Harriers	51	F	50-59 (50)	3630	02:04:14
436	172	Crisp	Andron		35	M	Open		02:04:15
437	1110	Luyt	Martin	WPCC	55	M	50-59 (50)	9400	02:04:23
438	1001	Connellan	Lisa	Celtic Harriers	27	F	Open	5548	02:04:25
439	1010	Kenmuir	Louise	Celtic Harriers	28	F	Open	5765	02:04:26
440	421	Kaplan	Jonathan	Atlantic AC	50	M	50-59 (50)	5616	02:04:30
441	13	Abraham	Inge		36	F	Open		02:04:31
442	804	Van Rooyen	Werner Van Rooyen		33	M	Open		02:04:37
443	1031	Landsberg	Susan	Run Walk for Life	44	F	40-49 (40)	9232	02:04:55
444	12	Abduroaf	Muhammad	ltheke	38	M	Open	7920	02:04:58
445	488	Mac Krill	Cathy		44	F	40-49 (40)		02:04:59
446	1143	Guilfoyle	Jessica	ATC	27	F	Open	2412	02:05:02
447	703	Slabbert	Ryan		19	M	Open		02:05:04
448	657	Rowlands	Melanie		40	F	40-49 (40)		02:05:05
449	383	Jackson	Amanda	UCT	54	F	50-59 (50)	4792	02:05:10
450	290	Godfree-Thom	Wade		54	M	50-59 (50)		02:05:12



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
451	892	Johnson	Anthony		37	M	Open		02:05:15
452	46	Baradien	Ismail	Itheko	58	M	50-59 (50)	6994	02:05:17
453	1129	Karriem	Abdul-Karriem	ARD	40	M	40-49 (40)	8455	02:05:17
454	1203	Shaw	Corrinne	itheko	55	F	50-59 (50)	7677	02:05:19
455	187	Dawes	John	Pinelands AC	56	F	50-59 (50)	1823	02:05:29
456	188	Dawes	Melanie	Pinelands AC	22	F	Open	1824	02:05:30
457	128	Burton	Ian		49	M	40-49 (40)		02:05:31
458	1199	Quenet-Meintjes	Megan	Cliffe Dekker Hofmeyr	24	F	Open	11898	02:05:37
459		Unknown	Unknown						02:05:41
460	457	Laingui	Yves		39	M	Open		02:05:47
461	1277	van der Berg	Pippa			F	0		02:05:50
462	1266	Borain	Colette		46	F	40-49 (40)		02:05:54
463	1097	Wrona	Tobias	Fish Hoek AC	51	M	50-59 (50)	6577	02:06:02
464	482	Lombard	Debbie	K Way VOB	53	F	50-59 (50)	1001	02:06:03
465	740	Stokes	Ashley	Fish Hoek AC	36	M	Open	4007	02:06:36
466	359	Hoosain	Naazia	Itheko	33	F	Open	7804	02:06:38
467	693	Shapiro	Jeffrey	K Way VOB	39	M	Open	1038	02:06:38
468	48	Barber	Bruce	Fish Hoek AC	70	M	70+	3881	02:06:54
469	666	Salida	Marcelle	ATC	41	F	40-49 (40)	2256	02:06:57
470	671	Sampson	Samantha	ATC	29	F	Open	2352	02:06:58
471	734	Steinmetz	Robert	Harfield Harriers	48	M	40-49 (40)	6881	02:06:59
472	731	Stanley	Natalie	Fish Hoek AC	30	F	Open	3857	02:07:00
473	282	Gibbons	Christopher		31	M	Open		02:07:06
474	788	Van Den Aardweg	Tasha		22	F	Open		02:07:06
475	222	Du Toit	Kristie		26	F	Open		02:07:07



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
476	1252	Kenmuir	Rob	Celtic Harriers	39	F	Open		02:07:08
477	784	Ungerer	Elze-Mari	Goodwood Harriers	36	F	Open	4723	02:07:09
478	1101	Haig-Smith	Timothy	K Way VOB	39	M	Open	600	02:07:15
479	970	Carstens	Wanda	Swartland	55	F	50-59 (50)	76	02:07:16
480	351	Hodges	Peter	Spartan Harriers	45	M	40-49 (40)	10601	02:07:18
481	446	Kritzinger	Adrian		28	M	Open		02:07:26
482	539	Morris	Christopher		25	M	Open		02:07:26
483	343	Heynecke	Jennifer	Hout Bay Harriers	52	F	50-59 (50)	494	02:07:27
484	126	Burke	Tracey		52	F	50-59 (50)		02:07:28
485	905	Goldblatt	Gavin		50	M	50-59 (50)		02:07:44
486	410	Jones	Clive	Fish Hoek AC	54	M	50-59 (50)	3882	02:07:50
487	491	Mackrill	Bronwen	Helderberg Harriers	54	F	50-59 (50)	3542	02:07:52
488	1039	Marais	Liezel	AAC	33	F	Open	3426	02:07:54
489	779	Truran	Ashleigh	UCT	20	F	Open	8485	02:07:54
490	139	Case	Mariza		44	F	40-49 (40)		02:07:55
491	427	Khatieb	Sediqa	Central AC	34	F	Open	3944	02:07:55
492	1285	Marguerite	de Villiers	Century City AC		F	40-49(40)	2818	02:07:56
493	1132	Snyman	Paula	Wild Runner AC	39	F	Open	2063	02:07:56
494	535	Monkhe	Thabo	Nedbank	49	M	40-49 (40)	106	02:07:57
495	1243	Smith	Mark	Spartan Harriers	58	M	50-59 (50)	10944	02:07:59
496	364	Hosking	Guy		43	M	40-49 (40)		02:08:01
497	365	Hosking	Lynne		41	F	40-49 (40)		02:08:02
498	617	Pitt	Alan		48	M	40-49 (40)		02:08:13
499	467	Le Grange	Stephen	Edgemead Runners	43	M	40-49 (40)	3238	02:08:13
500	577	Ntwali	Blaise		24	M	Open		02:08:17



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
501	951	Hitimana	Webber	Spartan Harriers	29	M	Open	4569	02:08:21
502	949	Veermeer	Julian	Stellenbosch AC	34	M	Open	1401	02:08:22
503	332	Hendricks	Shaheed	Central AC	48	M	40-49 (40)	7397	02:08:28
504	912	Kafaar	Saliegh		40	M	40-49 (40)		02:08:28
505	300	Govender	Russell	Celtic Harriers	36	M	Open	5568	02:08:29
506	18	Adonis	Jimmy	RCS Gugs	64	M	60 - 69 (60)	12123	02:08:33
507	1161	Koorts	Barend	Stellenbosch AC	49	M	40-49 (40)	725	02:08:37
508	764	Talip	Gabiba	Atlantic AC	45	F	40-49 (40)	3355	02:08:39
509	1259	Jacobs	Donna	Spartan Harriers	31	F	Open	10747	02:08:39
510	873	Ndida	Thulie		26	F	Open		02:08:41
511	548	Munroe	Lance	K Way VOB	46	M	40-49 (40)	1062	02:08:50
512	542	Mtेशana	Phindile	RCS Gugs	33	F	Open	13805	02:09:00
513	81	Bleazard	Lance		30	M	Open		02:09:03
514	927	Bates	Erin		28	F	Open		02:09:05
515	999	Hunter	Murray	RCS Gugs	30	M	Open	12155	02:09:06
516	336	Herbstein	Tom	Observatory Running Club	35	M	Open	12404	02:09:07
517	218	Du Plessis	Johan		29	M	Open		02:09:07
518	1286	Mariagrazia	Galimberti	Observatory Running Club	39	F	Open		02:09:11
519	680	Schreiner	Geoff		60	M	60 - 69 (60)		02:09:12
520	89	Bodill	Lauren		29	F	Open		02:09:15
521	532	Mitchell	William	Atlantic AC	52	M	50-59 (50)	3429	02:09:17
522	547	Munnik	Daryn	Celtic Harriers	32	M	Open	5732	02:09:19
523	293	Goldstein	Richard		43	M	40-49 (40)		02:09:22
524	276	Gasant	Darawees	Atlantic AC	57	M	50-59 (50)	3356	02:09:24
525	1012	Shirk	Melanie	K Way VOB	53	F	50-59 (50)	708	02:09:29



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
526	708	Smith	Anthony		48	M	40-49 (40)		02:09:30
527	801	Van Niekerk	Carlo	K Way VOB	39	M	Open	1450	02:09:37
528	991	Bosch	Leon		55	M	50-59 (50)		02:09:50
529	884	Goebel	Oliver		41	M	40-49 (40)		02:09:50
530	885	Dietrich	Petra		37	F	Open		02:09:58
531	1156	Jenkin	Robert	Carbineers WP	27	M	Open	6430	02:10:06
532	40	Baguley	Donovan		42	M	40-49 (40)		02:10:07
533	278	Geldenhuis	Donovan	Tygerberg	50	M	50-59 (50)	1717	02:10:14
534	1150	Van der Schyff	Zaahir	Itheko	38	M	Open	7882	02:10:17
535	923	Stubbs	Shannon		25	F	Open		02:10:20
536	640	Retief	Wendy-Li	Fish Hoek AC	38	F	Open	3878	02:10:23
537	145	Cillie	Janneke	Durbanville AC	33	F	Open	6997	02:10:26
538	469	Le Roux	Chrisna	Cape Multi Sport	33	F	Open	6399	02:10:27
539	871	Zimmermann	Milly	Edgemead Runners	44	F	40-49 (40)	2527	02:10:27
540	424	Ker	Lucy	Itheko	31	F	Open	7921	02:10:28
541	103	Brash	Liz	K Way VOB	58	F	50-59 (50)	1401	02:10:30
542	94	Botha	Matthys (Hennie)	Durbanville AC	49	M	40-49 (40)	11811	02:10:31
543	881	Hughes	Gregg		44	M	40-49 (40)		02:10:31
544	720	Soboil	Jeremy		45	M	40-49 (40)		02:10:40
545	570	Nolan	Ferlise	Fish Hoek AC	44	F	40-49 (40)	3917	02:10:41
546	1136	Altern	Paige	Fish Hoek AC	25	F	Open	3874	02:10:41
547	1079	Reddie	Kelly	Celtic Harriers	34	F	Open	5537	02:10:42
548	1078	Reddie	Kieran	Celtic Harriers	31	M	Open	5538	02:10:43
549	239	Ervens	Karen	Wild Runner AC	52	F	50-59 (50)	2209	02:10:44
550	538	Moret	Laurent		50	M	50-59 (50)		02:10:50



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
551	897	Bath	Edwin		27	M	Open		02:10:51
552	968	Daly	Alan	Run Walk for Life	59	M	50-59 (50)	5380	02:11:05
553	1274	Koen	Amanda			F	50		02:11:07
554	1215	Greeff	Welma	Run Walk for Life	42	F	40-49 (40)	5374	02:11:09
555	271	Gamieldien	Anwar	Pick n Pay AC	50	M	50-59 (50)	6699	02:11:12
556	86	Blomerus	Lisa		38	F	Open		02:11:14
557	153	Coetzee	Andre		36	M	Open		02:11:16
558	1048	Styane	Kelly	ATC	27	F	Open	2317	02:11:16
559	110	Brouwer	Annika	ATC	25	F	Open	2355	02:11:20
560	778	Troost	Derick		34	M	Open		02:11:20
561	1019	Brand	Deon	Bellville AC	43	M	40-49 (40)	8646	02:11:25
562	739	Steyn	Willem		45	M	40-49 (40)		02:11:27
563	589	O'Mahony	Barry		47	M	40-49 (40)		02:11:39
564	122	Bull	Sharon		51	F	50-59 (50)		02:11:41
565	896	Verweij	Ard		32	M	Open		02:11:46
566	195	De Wet	Caroline	Southern Striders	57	F	50-59 (50)	3773	02:11:46
567	311	Guy	Brendan	Spartan Harriers	46	M	40-49 (40)	7637	02:11:47
568	245	Feldman	Adam	Spartan Harriers	43	M	40-49 (40)	10895	02:12:05
569	920	Wiese	M		34	M	Open		02:12:11
570	1038	De Jager	Dolan	RCS Gugs	47	M	40-49 (40)	4980	02:12:12
571	1025	Mothibeli	Itumeleng	Randburg Harriers	32	M	Open	28669	02:12:13
572	420	Kallis Scholtz	Janine	My Training Day	36	F	Open		02:12:22
573	337	Herron	Andrea	Bellville AC	31	F	Open	4617	02:12:22
574	942	White	Zoey		36	F	Open		02:12:23
575	301	Gqosha	Nomashwabada		28	F	Open		02:12:32



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
576	821	Viljoen	Lizette	Cape Multi Sport	46	F	40-49 (40)	10099	02:12:33
577	34	Aston	Jennifer	Cape Multi Sport	33	F	Open	10071	02:12:34
578	522	Meyer	Gerhard		35	M	Open		02:12:38
579	1095	Robertson	Sophie	Carbineers WP	25	F	Open	6413	02:12:40
580	997	Fredericks	Natassia	itheko	31	F	Open	7785	02:12:41
581	232	Ebrahim	Badr	Itheko	25	M	Open	7748	02:12:44
582	962	Hutton	Barbara	Celtic Harriers	58	F	50-59 (50)	5603	02:12:44
583	855	Wiehahn	Marlaine		57	F	50-59 (50)		02:12:45
584	208	Diedericks	Paul	K Way VOB	45	M	40-49 (40)	797	02:12:56
585	937	Brooker	Samantha		28	F	Open		02:13:05
586	676	Schnehage	Christopher	Pinelands AC	63	M	60 - 69 (60)	1953	02:13:07
587	367	Howard	Geoff		52	M	50-59 (50)		02:13:11
588	1218	Williams	Anne	Pick n Pay AC	60	F	60 - 69 (60)	6706	02:13:32
589	707	Smith	Alison	Pinelands AC	40	F	40-49 (40)	1655	02:13:41
590	591	Oppel	Kim		31	F	Open		02:13:44
591		Unknown	Unknown						02:13:45
592	837	Ward	Julia	Atlantic AC	41	F	40-49 (40)		02:13:57
593	518	Meredith	Megan	ATC	43	F	40-49 (40)	4367	02:14:00
594	1159	Moses	Denver	Wild Runner AC	50	M	50-59 (50)	2188	02:14:01
595	133	Carelse	Kareemah	Itheko	43	F	40-49 (40)	7803	02:14:08
596	207	Diederichs	Roelof		36	M	Open		02:14:09
597	206	Diederichs	Rentia		37	F	Open		02:14:09
598	69	Beukes	Marvan	Atlantic AC	45	M	40-49 (40)	3469	02:14:10
599	248	Feyder	Colette	Spartan Harriers	39	F	Open	0	02:14:18
600	238	Erlank	Olaf	K Way VOB	60	M	60 - 69 (60)	1270	02:14:22



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
601	91	Bosman	Estelle	Satori	51	F	50-59 (50)	9979	02:14:25
602	1072	Barry	Matthew	UCT	22	M	Open	TBC	02:14:33
603	950	Fakier	Nuraan	Celtic Harriers	39	F	Open	5560	02:14:35
604	1074	Fleming	Julia	Run Walk for Life	49	F	40-49 (40)	9252	02:14:35
605	982	Visser	Hein	Carbineers WP	34	M	Open	14033	02:14:35
606	979	Craig	Kim	Spartan Harriers	43	F	40-49 (40)	10720	02:14:36
607	1043	Kelderman	Gary	Spartan Harriers	54	M	50-59 (50)	10704	02:14:36
608	169	Cranswick	Sally	Spartan Harriers	46	F	40-49 (40)	11491	02:14:38
609	531	Minty	Reyhana	Ommiedraai AC	46	F	40-49 (40)	4462	02:14:39
610	163	Coulter	Ingrid	Pick n Pay AC	28	F	Open	6694	02:14:40
611	423	Kent	Rob	Edgemead Runners	56	M	50-59 (50)	2507	02:14:42
612	52	Baroutsos	Demitri	Edgemead Runners	42	M	40-49 (40)	2569	02:14:49
613	338	Herron	Raymond	Bellville AC	35	M	Open	4618	02:14:53
614	592	Orban	Veronique	Pinelands AC	39	F	Open	2632	02:14:55
615	1198	Julies	Godfrey	Strand AC	53	M	50-59 (50)	5088	02:14:56
616	1032	Allie	Irfaan	ARD	29	M	Open	8508	02:14:56
617	889	Tayob	Imraan		36	M	Open		02:14:58
618	1013	Moola	Ismail	Walmers	38	M	Open	8788	02:15:00
619	810	Van Zyl	Jana		39	F	Open		02:15:00
620	3	Meintjes	Rolynne		42	F	40-49 (40)		02:15:02
621	760	Swart	Sunette	Metropolitan	48	F	40-49 (40)	8268	02:15:11
622	24	Allpass	David		54	M	50-59 (50)	2357	02:15:12
623	777	Troost	Annehette		32	F	Open		02:15:15
624	823	Visser	Johann	Nedbank	36	M	Open	3463	02:15:20
625	161	Constandakis	Ange	K Way VOB	33	F	Open	1126	02:15:20



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
626	284	Gillmer	Natalie	K Way VOB	41	F	40-49 (40)	1124	02:15:23
627	809	Van Zyl	Christel		39	F	Open		02:15:26
628	1187	Sasman	Jacques	Spartan Harriers	39	M	Open	10762	02:15:39
629	1225	Franken	Lisa	SADF	46	F	40-49 (40)	10504	02:15:41
630	404	Jenkins	Karen	K Way VOB	56	F	50-59 (50)	1026	02:15:41
631	609	Perrins	Christi		28	F	Open		02:15:42
632	565	Nevin	Lorraine	K Way VOB	53	F	50-59 (50)	1237	02:15:44
633	646	Ritchie	Crystal	RCS Gugs	50	F	50-59 (50)	8958	02:15:46
634	92	Botha	Courtney	Harfield Harriers	27	F	Open	7081	02:15:51
635	848	Wepener	Suzette	Durbanville AC	40	F	40-49 (40)	11843	02:15:54
636	560	Naumann	Eckart		43	M	40-49 (40)		02:15:54
637	561	Naumann	Sue		40	F	40-49 (40)		02:15:57
638	1127	Kahaar	Imraan	Walmers	31	M	Open	11687	02:15:58
639	479	Lindgren	Ingrid	West Coast AC	40	F	40-49 (40)	2954	02:16:10
640	1219	Arendse	Erafaan	Pick n Pay AC	36	M	Open	6698	02:16:11
641	425	Khan	Thurston	Pick n Pay AC	53	M	50-59 (50)	6700	02:16:13
642	1205	Naidoo	Michael	Celtic Harriers	38	M	Open	5749	02:16:20
643	715	Snowdon	Paul	Edgemead Runners	50	M	50-59 (50)	2524	02:16:20
644	751	Sutcliffe	Rosemary	Celtic Harriers	48	F	40-49 (40)	15098	02:16:22
645	171	Cremer	Trudie	Brackenfell AC	39	F	Open	6101	02:16:23
646	84	Blom	Andre	Fish Hoek AC	53	M	50-59 (50)	6624	02:16:24
647	824	Visser	Leon	Brackenfell AC	47	M	40-49 (40)	6100	02:16:25
648	23	Alexander	Brad	Brackenfell AC	25	M	Open	8212	02:16:26
649	1094	Louw	Sophia	Brackenfell AC	47	F	40-49 (40)	8401	02:16:26
650	1041	Leibbrandt	Maricke	Brackenfell AC	25	F	Open	8340	02:16:27



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
651	452	Laas	Brenton	Fish Hoek AC	45	M	40-49 (40)	3901	02:16:27
652	757	Swart	Andre	Metropolitan	60	M	60 - 69 (60)	8256	02:16:37
653	1178	Cozyn	Fareed	Ommiedraai AC	45	M	40-49 (40)	4293	02:16:38
654	1092	Salie	Fadl	Ommiedraai AC	33	M	Open	4300	02:16:39
655	1200	Mehl	Tania	Celtic Harriers	46	F	40-49 (40)	251	02:16:48
656	1158	Matose	Frank	Pinelands AC	51	M	50-59 (50)	1865	02:16:54
657	392	Jakins	Lauren		22	F	Open		02:17:03
658	765	Talip	Nashreen	Itheke	35	F	Open	7802	02:17:03
659	1190	Davids	Shameel	Central AC	33	M	Open	7481	02:17:04
660	485	Lubbe	Jo	Hout Bay Harriers	43	F	40-49 (40)	488	02:17:05
661	1170	Womersley	Jacqueline	Harfield Harriers	33	F	Open	7106	02:17:07
662	674	Sardien	Kashief	Ommiedraai AC	62	M	60 - 69 (60)	4465	02:17:08
663	852	White	Lisa	Wild Runner AC	52	F	50-59 (50)	2237	02:17:08
664		Unknown	Unknown						02:17:09
665	451	La Grange	Annmarie		47	F	40-49 (40)		02:17:09
666	256	Frieslaar	Nicola	Spartan Harriers	42	F	40-49 (40)	10608	02:17:10
667	945	Palmer	Mario		36	M	Open		02:17:13
668	891	Paterson	Alexander		44	M	40-49 (40)		02:17:14
669	840	Warrington	Mark	Edgemead Runners	58	M	50-59 (50)	3129	02:17:15
670	839	Warrington	Ingrid	Edgemead Runners	47	F	40-49 (40)	3128	02:17:15
671	682	Schuter	Hayley		29	F	Open		02:17:16
672	559	Naude	Eda		42	F	40-49 (40)		02:17:16
673	590	Omar	Adenaan	Itheke	58	M	50-59 (50)	7817	02:17:16
674	14	Abrahams	Ebrahim	Itheke	46	M	40-49 (40)	7800	02:17:17
675	1145	Brooks	Lee-Ann	Midas Spartans AC	34	F	Open	13129	02:17:19



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
676	1091	Salie	Yusuf	ltheke	36	M	Open	7998	02:17:19
677	1260	van Niekerk	Lizette		54	F	Open		02:17:20
678	203	Desai	Faieza	ltheke	57	F	50-59 (50)	7187	02:17:24
679	285	Gilmour	Trish	K Way VOB	54	F	50-59 (50)	655	02:17:24
680	292	Going	Tracy	Harfield harriers	49	F	40-49 (40)	7380	02:17:28
681	1073	Khiba	Xoliswa	SADF	32	F	Open	10532	02:17:28
682	1155	Morris	Glyn	K Way VOB	56	F	50-59 (50)	1451	02:17:30
683	699	Sisson	Ashley	My Training Day	30	F	Open		02:17:31
684	540	Mostert	Ilse	Atlantic AC	46	F	40-49 (40)	5601	02:17:33
685	791	Van Der Vyver	Johann	Atlantic AC	45	M	40-49 (40)	5602	02:17:33
686	752	Sütterlin	Hans		64	M	60 - 69 (60)		02:17:39
687	890	Paterson	Wendy		43	F	40-49 (40)		02:17:41
688	836	Ward	Ian	Foresters	50	M	50-59 (50)	30084	02:17:43
689	610	Peters	Jason	Foresters	40	M	40-49 (40)	10427	02:17:43
690	786	Valkenburg	Alan	K Way VOB	38	M	Open	1510	02:17:46
691	17	Adonis	Jeanne	Durbanville AC	46	F	40-49 (40)	530	02:17:48
692	626	Pretorius	Pia	Run Walk for Life	44	F	40-49 (40)	9346	02:17:51
693	908	Sekkai	Lilian		19	F	Open		02:17:52
694	1208	Grey	Joy	K Way VOB	56	F	50-59 (50)	1192	02:18:03
695	454	Labinjoh	Lisa	Hout Bay Harriers	42	F	40-49 (40)	3587	02:18:04
696	632	Raffaelli	Sandy	Spartan Harriers	47	F	40-49 (40)	10730	02:18:07
697	730	Staniforth	Ralph		32	M	Open		02:18:09
698	718	Snyman	Hendrik		41	M	40-49 (40)		02:18:21
699	719	Snyman	Lorraine		44	F	40-49 (40)		02:18:24
700	868	Wyatt	Kerry		49	F	40-49 (40)		02:18:24



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
701	42	Bain	Robert		35	M	Open		02:18:43
702	412	Jones	Wes	Bellville AC	33	M	Open	8645	02:19:00
703	687	Scout	Judith		41	F	40-49 (40)		02:19:03
704	795	Van Heerden	Hans	K Way VOB	63	M	60 - 69 (60)	1123	02:19:03
705	352	Hodson	Leighshe	K Way VOB	44	F	40-49 (40)	1176	02:19:07
706	304	Greeff	Nadia	K Way VOB	23	F	Open	1469	02:19:07
707	1115	Abrahams	Naiema	Top Form AC	37	F	Open	7906	02:19:09
708	723	Spazzoli	Rowan		24	M	Open		02:19:22
709	1254	Petzer	Justin		25	M	Open		02:19:26
710	108	Brock	Max	Celtic Harriers	64	M	60 - 69 (60)	2182	02:19:28
711	344	Heyneke	David	Carbineers WP	47	M	40-49 (40)	6437	02:19:34
712	345	Heyneke	Lynda	Carbineers WP	39	F	Open	6438	02:19:36
713	368	Howard	Judy	Hout Bay Harriers	57	F	50-59 (50)	2335	02:19:37
714	774	Thomson	Natalie		42	F	40-49 (40)		02:19:41
715	279	Geldenhuis	Odette	Atlantic AC	57	F	50-59 (50)	5885	02:19:45
716	414	Joubert	Robert	Foresters	72	M	70+	4530	02:20:04
717	224	Du Toit	Sanet	Brackenfell AC	48	F	40-49 (40)	8424	02:20:11
718	1007	Parker	Nikki	Celtic Harriers	38	F	Open	5551	02:20:14
719	313	Hagemann	Gail	Edgemead Runners	53	F	50-59 (50)	2728	02:20:27
720	820	Vika	Khwezi		30	M	Open		02:20:37
721	468	Le Roux	Amanda	West Coast AC	61	F	60 - 69 (60)	4111	02:20:39
722	191	De Jongh	Enelge	Cape Multi Sport	27	F	Open	6278	02:20:45
723	385	Jacobs	Desmond	K Way VOB	44	M	40-49 (40)	1021	02:20:52
724	473	Lemmon	Annie	Cape Multi Sport	55	F	50-59 (50)	9182	02:20:53
725	568	Ngcelwane	Sonwabo	RCS Gugs	50	M	50-59 (50)	12200	02:20:57



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
726	262	Futter	Catherine	Celtic Harriers	38	F	Open	5589	02:20:57
727	362	Horn-Botha	Deborah	K Way VOB	51	F	50-59 (50)	156	02:20:59
728	644	Rigby	Belinda		39	F	Open		02:20:59
729	594	Osrin	Lisa	K Way VOB	41	F	40-49 (40)	793	02:21:00
730	1153	ROMAN	JUNE	Celtic Harriers	49	F	40-49 (40)	5505	02:21:03
731	614	Pienaar	Lee-Anne	Durbanville AC	40	F	40-49 (40)	6789	02:21:11
732	297	Goredema	Charles	K Way VOB	55	M	50-59 (50)	1457	02:21:21
733	1246	Walker-Pickering	Tracey	Celtic Harriers	29	F	Open	5556	02:21:25
734	1141	Anderson	Meg	Celtic Harriers	35	F	Open	5583	02:21:34
735	157	Coetzee	Rochelle		27	F	Open		02:21:34
736	341	Hewitson	Deirdre	ATC	56	F	50-59 (50)	2798	02:21:43
737	870	Yule	Sam		35	F	Open	5443	02:21:44
738	1053	Essink	Michelle	Satori	39	F	Open	12261	02:21:45
739	748	Sulaiman	Sadiyah	Cape Multi Sport	42	F	40-49 (40)	7365	02:21:49
740	929	Godfrey	Nathan		17	M	Open		02:21:59
741	924	Godfrey	Tim		46	M	Open		02:22:03
742	902	Peters	Storm		26	F	Open		02:22:04
743	160	Colman	Simon	Modern Athletic Club	45	M	40-49 (40)	25796	02:22:18
744	534	Mnyandu	Nontobeko	Celtic Harriers	32	F	Open	5602	02:22:20
745	549	Muntingh	Andreas	Melkbos	45	M	40-49 (40)	8919	02:22:30
746	263	Gad	Kim-Lisa	Carbineers WP	39	F	Open	6459	02:22:37
747	984	Eyers	Margaux	Edgemead Runners	39	F	Open	2714	02:22:51
748	314	Haird	Craig		20	M	Open		02:22:53
749	932	Haird	Nicole		22	F	Open		02:23:39
750	691	Sha	Ayesha	Goodwood Harriers	37	F	Open	4731	02:23:39



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
751	544	Muller	Glenn	Celtic Harriers	47	M	40-49 (40)	2437	02:23:53
752	37	Backeberg	Olga		43	F	40-49 (40)		02:23:56
753	119	Buddingh	Adrian	ATC	54	M	50-59 (50)		02:24:09
754	453	Laas	Diane	Fish Hoek AC	39	F	Open	3902	02:24:21
755	1130	Nortje	Gerhard	Celtic Harriers	48	M	40-49 (40)	5660	02:24:24
756	1077	READ	RACHEL	Run Walk for Life	49	F	40-49 (40)	9282	02:24:28
757	1131	Kruger	Heleen	Celtic Harriers	34	F	Open	5659	02:24:28
758	1138	Leuvennink	Marius	Stellenbosch AC	59	M	50-59 (50)	702	02:24:29
759	525	Mgwetyana	Lwandiso		37	M	Open		02:24:29
760	58	Beckett	Bruce		43	M	40-49 (40)		02:24:38
761	35	Atmore	Ian	K Way VOB	51	M	50-59 (50)	14260	02:24:45
762	726	Spilkin	Gabrielle	K Way VOB	28	F	Open	1425	02:24:46
763	489	Macgregor	Martin		44	M	40-49 (40)		02:24:46
764	651	Rogers	Vicky	Wild Runner AC	29	F	Open	2087	02:24:49
765	407	Johnson	Diana	Wild Runner AC	30	F	Open	2137	02:24:52
766	793	Van Der Westhuizen	Shelley		44	F	40-49 (40)		02:24:52
767	56	Bastenie	Michel	ATC	51	M	50-59 (50)	2795	02:24:56
768	458	Langford	Debra	Fish Hoek AC	43	F	40-49 (40)	3903	02:24:56
769	755	Swanepoel	Liantie	Durbanville AC	29	F	Open	6854	02:24:58
770	620	Pittendrigh	Wayne	Run Walk for Life	55	M	50-59 (50)	9354	02:25:03
771	51	Barnard	Michelle	K Way VOB	40	F	40-49 (40)	1234	02:25:05
772	1064	Tayob	Raashika	Itheke	43	F	40-49 (40)	14441	02:25:19
773	812	Van Zyl	Sally		49	F	40-49 (40)		02:25:25
774		Unknown	Unknown						02:25:41
775	576	Nothling	Sarah-Marie	Atlantic AC	31	F	Open	5644	02:25:44



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
776	356	Homewood	Alan		28	M	Open		02:25:51
777	154	Coetzee	Hein		48	M	40-49 (40)		02:25:57
778	981	Baker	Zaakiyah	Carbineers WP	43	F	40-49 (40)	6428	02:25:59
779	1204	Matlhare	Zamangoma	Carbineers WP	35	F	Open	6497	02:26:04
780	1125	Krohnert	Chantal	Spartan Harriers	41	F	40-49 (40)	10733	02:26:04
781	16	Acton	Michelle	Midrand Striders	38	F	Open	8905	02:26:19
782	348	Hill	John	Foresters	66	M	60 - 69 (60)	10416	02:26:19
783	417	Kakaza	Vuyokazi	RCS Gugs	38	F	Open	8989	02:26:27
784	1263	Govender	Hazel	Spartan Harriers	48	F	40-49 (40)	10633	02:26:30
785	339	Hessler	Nina		21	F	Open		02:26:35
786	59	Beckett	Jana	K Way VOB	57	F	50-59 (50)	626	02:26:44
787	733	Steffen	Dianne		32	F	Open		02:26:50
788	1000	Petersen	Oscar	Wild Runner AC	49	M	40-49 (40)	2240	02:26:51
789	401	Janson	Liesl	Cape Multi Sport	43	F	40-49 (40)	10018	02:26:56
790	1096	Siddons	Mark	Strand AC	56	M	50-59 (50)	5248	02:26:59
791	911	Kohne	Carol		40	F	40-49 (40)		02:27:10
792	604	Payton	Linda	Spartan Harriers	54	F	50-59 (50)	10590	02:27:21
793	754	Swanepoel	Izak	Strand AC	57	M	50-59 (50)	5299	02:27:22
794	97	Bouchnier	Charbi	Maranatha	47	F	40-49 (40)	1761	02:27:22
795	471	Leary	Tracy	K Way VOB	41	F	40-49 (40)	1068	02:27:44
796	505	Martin	Sharon	Spartan Harriers	35	F	Open	1166	02:27:44
797	653	Rossi	Michael		46	M	40-49 (40)		02:27:44
798	860	Williams	Sarah		25	F	Open		02:27:45
799	149	Clarke	Cameron		29	M	Open		02:27:46
800	709	Smith	Dr Jonathan	ATC	62	M	60 - 69 (60)	2257	02:27:47



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
801	326	Hayward	Amy		23	F	Open		02:28:15
802	15	Abrahams	Fatima	Itheke	33	F	Open	7801	02:28:23
803	156	Coetzee	Linda	Pinelands AC	56	F	50-59 (50)	1961	02:28:26
804	184	Davidse	Judith	Pinelands AC	35	F	Open	1681	02:28:29
805	645	Rist	Delyse	Pinelands AC	54	F	50-59 (50)	1962	02:28:30
806	1273	Mallon	Linda	Pinelands AC	54	F	50-59 (50)	1672	02:28:30
807	397	Jansen	Ingrid		35	F	Open		02:28:30
808	507	Mashappie	Basil	Atlantic AC	53	M	50-59 (50)	5494	02:28:30
809	621	Poswayo	Zoe	RCS Gugs	27	F	Open	9083	02:28:32
810	319	Hanekom	Donovan		36	M	Open		02:28:33
811	1245	Kruger	Samantha		44	F	40-49 (40)	2311	02:28:34
812	1167	Crowder	Albertrum	RCS Gugs	40	M	40-49 (40)	12145	02:28:34
813	551	Murphy	Samantha	Southern Striders	48	F	40-49 (40)	7338	02:28:35
814	898	Loubser	Lansea		20	F	Open		02:28:36
815	934	Loubser	Tiyon		22	F	Open		02:28:51
816	434	Koen	Kobus	Sanlam AC	51	M	50-59 (50)	3705	02:28:51
817	533	Mkhabela	William	Rainbow Athletic Club	48	M	40-49 (40)	5306	02:29:00
818	409	Johnston-Read	Barbara	Atlantic AC	58	F	50-59 (50)	13124	02:29:14
819	654	Rossouw	Veronique	Fish Hoek AC	43	F	40-49 (40)		02:29:19
820	857	Wiid	Katrina	Stellenbosch AC	40	F	40-49 (40)	695	02:29:25
821	712	Smith	Shirley	Fish Hoek AC	43	F	40-49 (40)	3854	02:29:28
822	312	Guy	Pascale	Run Walk for Life	45	F	40-49 (40)	1896	02:29:30
823	460	Laumann	Manfred		57	M	50-59 (50)		02:29:48
824	DQ								02:29:53
825	1154	ROMAN	KEVIN	Celtic Harriers	52	M	50-59 (50)	5506	02:30:00



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
826	105	Briers	Ev		37	F	Open		02:30:05
827	722	Spann	Neil	Brackenfell AC	58	M	50-59 (50)	8190	02:30:09
828	648	Roberts	Hazel	ltheko	51	F	50-59 (50)	7534	02:30:11
829	350	Hinrichsen	Trevor	K Way VOB	52	M	50-59 (50)	1187	02:30:33
830	113	Bruwer	Michele	UCT	60	F	60 - 69 (60)	8395	02:30:50
831	977	Morar	Tania	K Way VOB	48	F	40-49 (40)	1084	02:31:01
832	1189	Salie	Warda	Ommiedraai AC	29	F	Open	4304	02:31:07
833	347	Hhickman	Yolandi	Cape Multi Sport	34	F	Open	5959	02:31:10
834	986	Heidmann	Emma	Maties AC	19	F	Open	312	02:31:11
835	985	Wiid	Gregory	Maties AC	19	M	Open	314	02:31:16
836	581	Odendaal	Juane		40	F	40-49 (40)		02:31:18
837	413	Joubert	Helga		43	F	40-49 (40)		02:31:31
838	744	Strez	Hela	Wild Runner AC	55	F	50-59 (50)	2111	02:31:31
839	1212	Safaar	Moesa	Top Form AC	56	M	50-59 (50)	1570	02:31:33
840	527	Miller	Gavin	Cape Multi Sport	57	M	50-59 (50)	6359	02:31:34
841	732	Stassen	Wilma	K Way VOB	39	F	Open	635	02:31:42
842	32	Arendse	Marentius	Cape Multi Sport	42	M	40-49 (40)	13393	02:31:43
843	123	Bullard	Lauren	Hout Bay Harriers	43	F	40-49 (40)	3586	02:31:46
844	124	Burawundi	Robert		40	M	Open		02:31:46
845	1011	Beukes	Christel	AAC	38	F	Open	12778	02:31:47
846	574	Nortje	Stefan		17	M	Juniors (J)		02:31:48
847	29	Apollis	Megan	Spartan Harriers	39	F	Open	10606	02:31:58
848	137	Carrick	Hazel		41	F	40-49 (40)		02:32:18
849	136	Carrick	Glenn	Cape Multi Sport	40	M	40-49 (40)	6192	02:32:32
850	1177	Standley	Haley	Celtic Harriers	40	F	40-49 (40)	5633	02:32:33



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
851	393	James	Sharon lanthe	Pinelands AC	58	F	50-59 (50)	1759	02:32:41
852	957	Marais	Francois	AAC	34	M	Open	3427	02:32:47
853	1149	Davids	Nashreen	Ommiedraai AC	29	F	Open	4301	02:33:05
854	411	Jones	Jean	Pinelands AC	48	F	40-49 (40)	2049	02:33:08
855	900	Rosenstein	Samantha		31	F	Open		02:33:13
856	254	Foyn	Dave	K Way VOB	59	M	50-59 (50)	901	02:33:14
857	463	Lawlor	Steve	K Way VOB	62	M	60 - 69 (60)	1042	02:33:16
858	983	Ellen	David		69	M	60 - 69 (60)		02:33:18
859	1183	Davids	Kashiefah	Ommiedraai AC	27	F	Open	4305	02:33:19
860	388	Jacobs	Galiem	ltheke	60	M	60 - 69 (60)	7918	02:33:26
861	1118	Kamies	Zulpha	Central AC	29	F	Open	9871	02:33:33
862	325	Harris	Lee-Ann	Pinelands AC	50	F	50-59 (50)	1967	02:33:42
863	1119	Gamza	Maryam	Ommiedraai AC	45	F	40-49 (40)	4337	02:33:45
864	747	Sturrock	Lucy	Spartan Harriers	25	F	Open	7566	02:33:57
865	716	Snyckers	Jo	Spartan Harriers	38	F	Open	13554	02:34:31
866	201	Dennis	Robin	Edgemead Runners	70	M	70+	2667	02:34:31
867	283	Gihwala	Varsha	Celtic Harriers	53	F	50-59 (50)	5688	02:34:35
868	625	Pretorius	Koert	Stellenbosch AC	53	M	50-59 (50)	655	02:34:42
869	526	Mgwetyana	Nontando	Edgemead Runners	32	F	Open	2473	02:34:59
870	239	Ervens	Karen	Wild Runner AC	52	F	50-59 (50)	2209	02:35:07
871	209	Diener	Michele	K Way VOB	57	F	50-59 (50)	715	02:35:10
872	563	Nelson	Marianne	Run Walk for Life	73	F	70+	4873	02:35:11
873	799	Van Niekerk	Adelina	Run Walk for Life	57	F	50-59 (50)	5358	02:35:14
874	872	Botha	Suzy	Spartan Harriers	41	F	40-49 (40)		02:35:16
875	198	Delport	Luzanne	K Way VOB	42	F	40-49 (40)	12867	02:35:18



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
876	808	Van Vuuren	Marge		56	F	50-59 (50)		02:35:56
877	1166	Ohlson	Julian	Century City AC	59	M	50-59 (50)	9172	02:35:56
878	1228	Von Weichardt	Bernice	Cape Multi Sport	44	F	40-49 (40)	6216	02:35:58
879	21	Afonso	Mandy		42	F	40-49 (40)		02:36:02
880	178	Daniels	Fahiema	Ommiedraai AC	34	F	Open	6798	02:36:02
881	1052	Cottle	Zelda	Carbineers WP	42	F	40-49 (40)	6552	02:36:13
882	233	Ebrahim	Moegsien	Cape Multi Sport	57	M	50-59 (50)	6160	02:36:13
883	1236	Ryklief	Mareldia	New Balance	46	F	40-49 (40)	6211	02:36:14
884	520	Meyer	Denise	Spartan Harriers	43	F	40-49 (40)	10865	02:36:14
885	749	Sulaiman	Zulfah	Central AC	44	F	40-49 (40)	7393	02:36:16
886	668	Samodien	Nadeam	Itheke	56	M	50-59 (50)	7088	02:36:17
887	435	Konick	Debbie	Satori	48	F	40-49 (40)	12259	02:36:18
888	683	Schwartz	Tracy	Century City AC	44	F	40-49 (40)	2814	02:36:25
889	878	Flemming	Melissa		21	F	Juniors (J)		02:36:27
890	159	Colman	Christelle		44	F	40-49 (40)		02:37:04
891	1066	Witz	Carol	Ommiedraai AC	56	F	50-59 (50)	4290	02:37:44
892	1070	Bardien	Yazied	Central AC	35	M	Open	13399	02:38:01
893	1234	Bardien	Kulsum	Itheke	35	F	Open	14501	02:38:04
894	179	Daniels	Meryl		44	F	40-49 (40)		02:38:05
895	1124	Kamies	Anwar	Central AC	52	M	50-59 (50)	3907	02:38:07
896	1247	Fransman	Edwina	Sanlam AC	58	F	50-59 (50)	3710	02:38:11
897	1172	Michaels	Cecily	Helderberg Harriers	64	F	60 - 69 (60)	3524	02:38:12
898	296	Gordon	Marcia	Carbineers WP	43	F	40-49 (40)	6421	02:38:19
899	1081	Lewis	Liezl	Carbineers WP	41	F	40-49 (40)	6442	02:38:20
900	305	Green	David	Hout Bay Harriers	53	M	50-59 (50)	567	02:38:20



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
901	298	Goulson	Paul	Fish Hoek AC	49	M	40-49 (40)	6709	02:38:37
902		Unknown	Unknown						02:38:53
903	994	Hutton	Shelan	Wild Runner AC	55	F	50-59 (50)	2140	02:39:00
904	554	Murray	Melissa	West Coast AC	31	F	Open	2986	02:39:01
905	107	Brock	Greta	Celtic Harriers	54	F	50-59 (50)	2181	02:39:09
906	573	Nortje	Anita		52	F	50-59 (50)		02:39:54
907	1179	Cozyn	Ayesha	Ommiedraai AC	44	F	40-49 (40)	4294	02:39:57
908	49	Bardien	Zulfa	Central AC	44	F	40-49 (40)	13382	02:40:00
909	1148	Bardien	Ridwaan	Central AC	46	M	40-49 (40)	7384	02:40:03
910	692	Shabodien	Aminah	Ommiedraai AC	26	F	Open	4743	02:40:03
911	177	Cupido	Miltoinette	Atlantic AC	37	F	Open	3425	02:40:05
912	517	Menne	Roz		59	F	50-59 (50)		02:40:05
913	785	Unite	Brita		56	F	50-59 (50)		02:40:37
914	1249	Erasmus	Shandri		19	F	Open		02:40:38
915	813	Van Zyl	Sarli		28	F	Open		02:40:40
916	93	Botha	Francois		31	M	Open		02:40:44
917	252	Fourie	Christine	Wild Runner AC	44	F	40-49 (40)	1999	02:40:44
918	210	Dlalisa	Makhosi	Pinelands AC	41	F	40-49 (40)	2003	02:41:06
919	441	Kotze	Niki		35	F	Open		02:41:18
920	190	De Jong	Carly		37	F	Open		02:41:22
921	1223	Farr	Susannah	GGA AC	41	F	40-49 (40)	12720	02:41:23
922	558	Nagel	Bianca-Leigh	Born 2 Run WP	37	F	Open	4509	02:41:23
923	1224	Farr	Linda		17	M	Open		02:41:26
924	1222	Farr	Anthony	GGA AC	44	M	40-49 (40)	12721	02:41:33
925	82	Blignaut	Frieda	Sanlam AC	66	F	60 - 69 (60)	3704	02:41:36



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
926	1220	ALLIE	TOUGIEDA	Itheko	54	F	50-59 (50)	7655	02:41:48
927	307	Groenewald	Corlia		30	F	Open		02:41:48
928	308	Groenewald	Martin		32	M	Open		02:41:49
929	867	Wood	Natasha		35	F	Open		02:41:50
930	1116	Shaw	Annie	Carbineers WP	35	F	Open	6496	02:41:55
931	67	Bester-Hunt	Marzanne		37	F	Open		02:41:56
932	1128	Lewis	Anel	Celtic Harriers	41	F	40-49 (40)	5581	02:42:07
933	167	Craig	Stephanie	Tuks Athletics	25	F	Open	8447	02:42:24
934	197	Delani	Nomfuneko	RCS Gugs	47	F	40-49 (40)	8937	02:42:45
935	746	Strydom	Hannelie		31	F	Open		02:42:50
936	65	Bernitz	Netanya		29	F	Open		02:43:10
937	464	Lawrence	Joanne		45	F	40-49 (40)		02:43:10
938	1210	Fortune	Dawood	Top Form AC	62	M	60 - 69 (60)	1571	02:43:15
939	1014	Baard	Charl	Edgemead Runners	39	M	Open	2792	02:43:16
940	1087	Hartley	Yushri	Ommiedraai AC	56	M	50-59 (50)	4414	02:43:31
941	173	Cronje	Anthony	K Way VOB	62	M	60 - 69 (60)	1234	02:43:34
942	667	Salie	Maimona	Itheko	59	F	50-59 (50)	7932	02:43:39
943	144	Christians	Ruwayda	Ommiedraai AC	48	F	40-49 (40)	11362	02:43:41
944	116	Buchanan	Janice		50	F	50-59 (50)		02:43:42
945	1137	Fransman	Willem	Sanlam AC	60	M	60 - 69 (60)	161	02:43:51
946	575	Nossek	Christel	Spartan Harriers	33	F	Open	10851	02:43:54
947	80	Blatchford	Brent	Spartan Harriers	33	M	Open	10852	02:44:03
948	826	Voigt	Dirk	Cape Multi Sport	62	M	60 - 69 (60)	6050	02:44:03
949	762	Szymanowski	Kate		29	F	Open		02:44:04
950	1002	Carstens	Frikkie	Swartland	55	M	50-59 (50)	77	02:44:24



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
951	134	Carelse	Natalie	Top Form AC	40	F	40-49 (40)	12669	02:44:25
952	1174	Weideman	Carol	Nedbank	32	F	Open	4342	02:44:43
953	1171	Taylor	Elisabeth	Spartan Harriers	54	F	50-59 (50)	10618	02:44:49
954	770	Theunissen	Mercia		39	F	Open		02:44:49
955	743	Strez	Aleks	Wild Runner AC	46	M	40-49 (40)	2112	02:45:00
956	1261	Jacobs	Faizel	Itheko	33	F	40-49 (40)	6210	02:45:10
957	277	Geldenhuis	Annelize	Brackenfell AC	45	F	40-49 (40)	8177	02:45:21
958	943	Ngcebetsha	Brian		55	M	50-59 (50)		02:45:25
959	309	Grundling	Jako	ATC	38	M	Open	2703	02:46:21
960	506	Marx	Erika	Brackenfell AC	33	F	Open	8311	02:46:22
961	865	Wium	Vanessa		56	F	50-59 (50)		02:46:25
962	1253	Van Reenen	Alexis	Carbineers WP	42	F	40-49 (40)	6443	02:46:48
963	523	Meyer	Koert	Tygerberg	70	M	70+	6477	02:47:12
964	66	Bester	Tiana		40	F	40-49 (40)		02:47:20
965	449	Kuhn	Paulette		39	F	Open		02:47:23
966	500	Marquard	Deidre	Spartan Harriers	43	F	40-49 (40)	10607	02:47:23
967	253	Fourie	Renel		37	F	Open		02:48:00
968	231	Eadie	Ian	My Training Day	64	M	60 - 69 (60)	4494	02:48:27
969	946	Bavuma	Thozama		37	F	Open		02:48:32
970	1230	Herselman	Wayne	K Way VOB	37	M	Open	987	02:48:51
971	289	Goddard	Jo	Fish Hoek AC	76	F	70+	3893	02:48:53
972	582	Ohlson	Saar-Rah		35	F	Open		02:49:09
973	415	Jurd	Roland		30	M	Open		02:49:23
974	236	Elkin	Sherryl	Brackenfell AC	51	F	50-59 (50)	8191	02:49:29
975	1103	EVANS	MIKE	K Way VOB	55	M	50-59 (50)	1306	02:49:33



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
976	630	Prozesky	Jacqui	Sutherland High School	31	F	Open	1431	02:49:47
977	484	Lowe	Marguerite		32	F	Open		02:49:47
978	115	Buchanan	David		53	M	50-59 (50)		02:50:07
979	759	Swart	Patricia	Pinelands AC	25	F	Open	1833	02:50:10
980	509	Maycock	Bill	Run Walk for Life	74	M	70+	5342	02:50:13
981	322	Hardres-Williams	Gavin	Run Walk for Life	73	M	70+	5343	02:50:19
982	189	De Allende	Llauren		34	F	Open		02:50:19
983	100	Bowers	Diane	Wild Runner AC	33	F	Open	2190	02:50:58
984	818	Verneti	Jackie	Edgemead Runners	60	F	60 - 69 (60)	2456	02:51:13
985	95	Botha	Nicci	Run Walk for Life	49	F	40-49 (40)	9350	02:51:16
986	174	Crossley	Mandy	Run Walk for Life	44	F	40-49 (40)	9353	02:51:19
987	1003	Young	Marjorie	Strand AC	44	F	40-49 (40)	5044	02:51:22
988	387	Jacobs	Fatimah	Itheko	57	F	50-59 (50)	7919	02:52:03
989	442	Kotze	Urda	K Way VOB	52	F	50-59 (50)	730	02:52:09
990	562	Ndaba	Regina Macy		50	F	50-59 (50)		02:52:13
991	631	Qwesha	Nyaniso	RCS Gugs	40	M	40-49 (40)	9003	02:53:42
992	118	Buckley	Steve	K Way VOB	33	M	Open	1310	02:53:43
993	394	Janse Van Vuuren	Marisa		38	F	Open		02:53:44
994	340	Heugh Gertse	Adala	Itheko	54	F	50-59 (50)	11561	02:53:44
995	47	Baradien	Nurunnesa	Itheko	58	F	50-59 (50)	6993	02:53:57
996	1257	Cowie	Maria	Edgemead Runners	41	F	40-49 (40)	2485	02:53:58
997	1054	Delapelin Dumont	Avril	West Coast AC	72	F	70+	2995	02:53:59
998	763	Szymanowski	Penny	Run Walk for Life	65	F	60 - 69 (60)	5352	02:54:28
999	117	Buckle	Leza	Run Walk for Life	41	F	40-49 (40)	3859	02:54:43
1000	612	Pienaar	Daniel		40	M	40-49 (40)		02:54:45



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
1001	183	Davids	Sean	Carbineers WP	38	M	Open	6481	02:54:50
1002	1175	Williams	Michelle	Cape Multi Sport	34	F	Open	7374	02:54:54
1003	669	Samodien	Shameegh	Itheko	28	M	Open	7089	02:55:07
1004	681	Schreuder	Liezel		42	F	40-49 (40)		02:55:42
1005	613	Pienaar	Franciska		43	M	40-49 (40)		02:57:18
1006	219	Du Plessis	Lize		43	F	40-49 (40)		02:57:44
1007	1221	Booley	Shafiek	Itheko	53	M	50-59 (50)	13905	02:57:44
1008	1107	Booley	Shakierah	Itheko	23	F	Open	13904	02:57:44
1009	366	Hossack	Shirley	K Way VOB	62	F	60 - 69 (60)	966	02:58:16
1010	643	Riekert	Wilma	Run Walk for Life	54	F	50-59 (50)	5363	02:58:16
1011	398	Jansen Van Rensburg	Wilna		41	F	40-49 (40)		02:58:36
1012	603	Paulse	Kim	Ommiedraai AC	37	F	Open	4416	02:58:53
1013	596	Palmer	Zoleka		29	F	Open		03:00:17
1014	529	Miller	Petro	Brackenfell AC	50	F	50-59 (50)	8221	03:02:09
1015	832	Wagener	Johan	Brackenfell AC	44	M	40-49 (40)	8339	03:02:10
1016	381	Ismail	Fayrooz	Edgemead Runners	55	F	50-59 (50)	2406	03:03:38
1017	665	Saffier	Desleen	Edgemead Runners	48	F	40-49 (40)	2405	03:03:41
1018	19	Adriaanse	Olivia	Spartan Harriers	35	F	Open	10660	03:04:30
1019	930	Haycock	Lynn		35	F	Open		03:04:32
1020	439	Kotze	Alta	Durbanville AC	55	F	50-59 (50)	320	03:04:34
1021	129	Buys	Annelize	K Way VOB	52	F	50-59 (50)	656	03:04:37
1022	766	Tepper	René	Eskom WP	67	F	60 - 69 (60)	6604	03:04:51
1023	202	Dennis	Zelnita		43	F	40-49 (40)		03:06:59
1024	10	Abdulla	Aisha	Itheko	42	F	40-49 (40)	7594	03:07:38
1026	269	Galvaan	Haanim	Carbineers WP	28	F	Open	6456	03:08:50



PROVISIONAL RESULTS - 21.1km

Pos	RACE#	Surname	Name	Club	Age	Gender	Cat	Lic No.	Time
1027	217	Du Plessis	Jan	Helderberg Harriers	61	M	60 - 69 (60)	3000	03:09:17
1028	689	Segers	Chantal	Celtic Harriers	34	F	Open	2519	03:09:33
1029	182	Davids	Ra-Eesa	Ommiedraai AC	30	F	Open	4306	03:14:22
1030	1055	Colborne	Mike	K Way VOB	73	M	70+	852	03:14:53
1031		Unknown	Unknown						03:15:15
1032		Unknown	Unknown						03:15:57
1025	1169	Aproskie	Jackie	Spartan Harriers	41	F	40-49 (40)	10627	03:38:17

