

SMS DIRECT KOWIE STRIDERS 27KM - PORT ALFRED - 2008/10/11

POS	R/NO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	1100	2498	PHUMELELO	AUGUST	NMMU A C	M	23	SM	1.26.01	5
2	147	2352	MASANDE	MLONYENI	NEDBANK RC EP	M	28	SM	1.31.13	5
3	152	1606	THEMBINKOSI	NDYOGOLO	NEDBANK RC EP	M	40	40-44M	1.31.37	5
4	135	1607	EMERSON	KAYANA	NEDBANK RC EP	M	34	SM	1.34.07	5
5	168	2042	ALFRED	QOGI	NEDBANK RC EP	M	35	35-39M	1.34.50	5
6	226	132	ELLIOT	NYARASHE	P.E.A.A.C.	M	29	SM	1.35.34	5
7	1098	2250	CARRIOT	GALELA	RUN/W FOR LIFE	M	39	35-39M	1.37.18	5
8	918	2255	PATRICK	MNTO	RUN/W FOR LIFE	M	25	SM	1.37.26	5
9	222	157	CHRISTOPHER	MABENGEZA	MR PRICE A C EP	M	42	40-44M	1.37.32	5
10	228	130	MZUKISI	KLAAS	P.E.A.A.C.	M	39	35-39M	1.37.53	5
11	897	2461	MBUYISELI	MEMA	NEDBANK RC EP	M	30	SM	1.38.47	5
12	896	182	MLUNGISELELI	MANYATI	ST ALBANS CSEP	M	32	SM	1.39.01	5
13	170	1546	ANTONIO	SECONDS	NEDBANK RC EP	M	29	SM	1.39.32	0
14	138	1506	WELCOME	LOLIWE	NEDBANK RC EP	M	43	40-44M	1.39.37	5
15	3003	3003	MONWABISI	MTWISHA	TEMP	M	25	SM	1.40.29	0
16	3001	3001	SIMPHIWE	MAY	TEMP	M	33	SM	1.40.47	0
17	2615	1577	THEMBEKILE	MSIPA	NEDBANK RC EP	M	34	SM	1.41.20	5
18	139	1127	BRADLEY	MACKENZIE	ACHILLES AAA	M	36	35-39M	1.42.02	5
19	204	2463	DOUGLAS	GOJELA	NEDBANK RC EP	M	33	SM	1.42.39	4
20	202	1447	VUSUMZI	RUNELI	NEDBANK RC EP	M	35	35-39M	1.43.03	5
21	229	81	ZOYSILE	MAKLEIN	P.E.A.A.C.	M	37	35-39M	1.43.20	5
22	146	1396	ZINGISILE	MKOSANA	NEDBANK RC EP	M	31	SM	1.43.41	4
23	1085	1981	ANDRE	DALTON	NEW BALANCE	M	47	45-49M	1.44.27	5
24	3009	3009	MALUNGISA	OLAYI	TEMP	M	29	SM	1.45.52	0
25	922	2248	MLAMLI	KLAAS	RUN/W FOR LIFE	M	27	SM	1.47.04	4
26	1103	559	GURSHAN	PETERSEN	X-CEL A C	M	32	SM	1.47.05	4
27	110	105	RICHARD	DOLF	P.E.A.A.C.	M	38	35-39M	1.47.34	4
28	920	408	ANANIAS	KGOPA	RHODES UNIVERSI	M	31	SM	1.48.35	3
29	925	1732	VERNON	NEWFELDT	WILLARD BATT	M	42	40-44M	1.48.42	4
30	2591	2591	XOLANI	BUKANI	TEMP	M	19	SM	1.49.37	0
31	919	2404	CLIFF	COMMONS	SANDEP	M	33	SM	1.49.44	3
32	2610	2610	MZIKANTI	TANA	TEMP	M	30	SM	1.50.09	0
33	3010	3010	SIPHELE	NYOKA	TEMP	M	30	SM	1.50.55	0
34	1104	1752	KAASHIF	PIETERSEN	WILLARD BATT	M	31	SM	1.51.06	3
35	121	2029	FERDINAND	GROBLER	DESPATCH A C	M	50	50-54M	1.51.14	5
36	2592	6421	VUYISA	MBUQU	NEDBANK RC EP	M	19	JM	1.51.22	3
37	203	1604	LEANNE	FINLAY	NEDBANK RC EP	F	40	40-44F	1.52.19	5
38	158	1177	DARYL	NORTH	ACHILLES AAA	M	31	SM	1.52.25	3
39	987	1698	DONALD	MANCASA	RALEIGH A C	M	54	50-54M	1.52.39	5
40	1089	971	JEFFREY	VAN NIEKERK	CHARLO A C	M	35	35-39M	1.52.41	3
41	995	1491	DEON	PRETORIUS	NEDBANK RC EP	M	42	40-44M	1.52.46	4
42	149	75	MICHAEL	MODI	P.E.A.A.C.	M	28	SM	1.52.57	3
43	151	1666	SIPHO	NCANDANA	RALEIGH A C	M	52	50-54M	1.53.14	5
44	134	1184	SIZINZO	KAMA	ACHILLES AAA	M	57	55-59M	1.54.52	5
45	973	1224	CLIVE	WEWERS	ELITE A C	M	48	45-49M	1.55.11	4
46	2613	2613	BYRON	ENGELBRECHT	TEMP	M	21	SM	1.55.15	0
47	3007	3007	THOKOZANI	FANI	TEMP	M	18	JM	1.55.28	0
48	2608	2608	THAMSANQA	MANGI	TEMP	M	24	SM	1.55.34	0
49	3006	3006	MTHUTHUZELI	MANELI	TEMP	M	21	SM	1.56.04	0
50	2609	2609	TAMARYN	ROBERTS	TEMP	F	26	SF	1.56.12	0
51	911	836	MARTIN	BEKKER	ALBANY R R	M	36	35-39M	1.56.13	3
52	997	881	MZAMO	FOKWANA	CHARLO A C	M	31	SM	1.57.40	3

53	898	632	TAMMY	KELLY	OLD SELBORNIAN	F	41	40-44F	1.57.43	0
54	198	1354	HANNES	ELS	MADIBA BAY AC	M	58	55-59M	1.57.55	5
55	130	1100	GARRETH	JACOBSON	ACHILLES AAA	M	33	SM	1.58.01	3
56	926	1735	PHILEMON	MAILE	WILLARD BATT	M	35	35-39M	1.58.20	3
57	401	1448	ZANDISILE	NAWULE	NEDBANK RC EP	M	41	40-44M	1.58.42	3
58	179	287	STIGLINGH	STICKS	KOWIE STRIDERS	M	53	50-54M	1.58.50	5
59	63	1156	BRUCE	MCEWAN	ACHILLES AAA	M	55	55-59M	1.58.54	5
60	3008	3008	MZUKISI	ZAKO	TEMP	M	34	SM	1.59.27	0
61	201	1996	SIMON	MATEBESE	NEW BALANCE	M	45	45-49M	1.59.28	3
62	74	1163	ROBIN	FOURIE	ACHILLES AAA	M	45	45-49M	1.59.33	3
63	171	944	GREGORY	ROSS	CHARLO A C	M	35	35-39M	1.59.38	3
64	40	1010	JAN	VAN EEDEN	NEDBANK RC EP	M	50	50-54M	1.59.45	4
65	984	2239	KEVIN	RAFFERTY	RUN/W FOR LIFE	M	39	35-39M	2.00.06	3
66	65	2244	STEPHEN	PENNEY	RUN/W FOR LIFE	M	34	SM	2.00.44	2
67	1090	2325	LUNGISILE	MANGQINGWANA	NEDBANK RC EP	M	38	35-39M	2.00.45	3
68	983	804	DESMOND	MUIR	ALBANY R R	M	50	50-54M	2.00.46	4
69	85	2233	TERRI-LYNN	PENNEY	RUN/W FOR LIFE	F	31	SF	2.00.55	3
70	3004	3004	BONAKELE	MANDEKA	TEMP	M	40	40-44M	2.01.06	0
71	993	1528	IVAN	MOSES	NEDBANK RC EP	M	46	45-49M	2.01.07	3
72	899	640	RENETTE	KRIEL	OLD SELBORNIAN	F	44	40-44F	2.01.42	0
73	402	1418	WISEMAN	CHOTSHENI	NEDBANK RC EP	M	33	SM	2.01.48	2
74	1106	224	GERRIT	WELGEMOED	ST ALBANS CSEP	M	44	40-44M	2.02.20	3
75	976	1749	JACKSON	NGCOKO	WILLARD BATT	M	60	60-64M	2.03.06	5
76	150	192	NEVILLE	MULLER	ST ALBANS CSEP	M	41	40-44M	2.03.18	3
77	906	1909	WIMPIE	HERBST	BLUEWATER BAY	M	46	45-49M	2.03.34	3
78	216	1102	ROGER	TRADER	ACHILLES AAA	M	54	50-54M	2.03.43	4
79	1904	831	RICHARD	FOSS	ALBANY R R	M	54	50-54M	2.04.35	3
80	522	2231	JENE	BANFIELD	RUN/W FOR LIFE	F	38	35-39F	2.05.13	3
81	159	957	LUYOLO	NQI	CHARLO A C	M	22	SM	2.05.19	2
82	190	1091	LESLEY	WOOD	ACHILLES AAA	F	51	50-54F	2.05.30	5
83	2587	2587	MICHAEL	SALE	TEMP	M	29	SM	2.06.23	0
84	903	136	ERROL	ROSSOUW	P.E.A.A.C.	M	58	55-59M	2.06.41	4
85	517	1148	PERCY	DALTON	ACHILLES AAA	M	60	60-64M	2.07.38	5
86	160	1432	SIPHO	KONA	NEDBANK RC EP	M	41	40-44M	2.08.28	2
87	3005	3005	LEETO	KHOABANE	TEMP	M	20	SM	2.08.48	0
88	169	34	ROBERT	RIETMULLER	P.E.A.A.C.	M	52	50-54M	2.09.36	3
89	988	713	MBULELO	SOBIKWA	CRUSADERS A C	M	54	50-54M	2.09.45	3
90	1083	897	PATRICK	JIBILIZA	CHARLO A C	M	30	SM	2.12.01	2
91	974	1613	MDUMISO	MTHI	RALEIGH A C	M	42	40-44M	2.12.11	2
92	514	2367	NOLAN	SMITH	SAP M C EP	M	46	45-49M	2.12.23	2
93	989	512	CLARENCE	BLIGNAUT	X-CEL A C	M	46	45-49M	2.12.31	2
94	3015	3015	THOKOZANI	KUMBACA	TEMP	M	26	SM	2.12.32	0
95	917	410	LAWRENCE	BAILIE	RHODES UNIVERSI	M	25	SM	2.12.50	2
96	166	1170	JOY ANNE	PREGNALATO	ACHILLES AAA	F	38	35-39F	2.13.11	3
97	208	543	DEMO	HERMAN	HAMS TECH A C	M	33	SM	2.13.20	0
98	985	386	LAYLE	HENDERSON	RHODES UNIVERSI	F	25	SF	2.13.43	2
99	1903	2089	ANDRE	BARNARD	NMMU A C	M	46	45-49M	2.13.55	2
100	990	556	YOLANDA	BLIGNAUT	X-CEL A C	F	34	SF	2.14.03	2
101	901	543	JOHANNES	GESWINDT	X-CEL A C	M	49	45-49M	2.14.32	2
102	510	1027	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	F	48	45-49F	2.14.39	3
103	217	1111	GRAHAM	CHANNON	ACHILLES AAA	M	59	55-59M	2.14.46	3
104	183	1235	HEINE	VAN EYK	ELITE A C	M	43	40-44M	2.14.50	2
105	84	1174	PAULETTE	MCEWAN	ACHILLES AAA	F	43	40-44F	2.15.01	3
106	931	882	AUBREY	SITHOLE	CHARLO A C	M	30	SM	2.15.44	2

107	133	968	GREGORY	JORDAN	CHARLO A C	M	47	45-49M	2.16.44	2
108	908	2036	DANIEL	PIETERSE	DESPATCH A C	M	46	45-49M	2.16.59	2
109	907	2007	JACOBUS	WYATT	DESPATCH A C	M	45	45-49M	2.17.00	2
110	132	1068	PAUL	JOHNSON	BODY CONCEPT	M	41	40-44M	2.17.06	2
111	972	1198	ANDRIES	BARTHERS	ELITE A C	M	44	40-44M	2.17.11	2
112	197	1357	BASIL	MC LEAN	MADIBA BAY AC	M	49	45-49M	2.17.25	2
113	3014	3014	SIYABULELA	MATSHA	TEMP	M	23	SM	2.18.18	0
114	889	190	ADELE	NEL	ST ALBANS CSEP	F	35	35-39F	2.18.23	2
115	182	220	BENNIE	THYSSE	ST ALBANS CSEP	M	51	50-54M	2.18.24	2
116	1096	214	THEUNIS	MARAIS	ST ALBANS CSEP	M	42	40-44M	2.18.25	2
117	178	2010	PAUL	STEFFENS	DESPATCH A C	M	57	55-59M	2.18.58	2
118	516	1157	GEOFF	ROBERTS	ACHILLES AAA	M	56	55-59M	2.19.40	2
119	109	1715	MEDICINE	DLABATI	RALEIGH A C	M	57	55-59M	2.19.41	2
120	914	2364	JOHAN	FERREIRA	SAP M C EP	M	46	45-49M	2.19.45	2
121	215	1099	MARY GRACE	VILLANUEVA	ACHILLES AAA	F	32	SF	2.19.46	2
122	162	978	SHAUN	PAYTON	CHARLO A C	M	38	35-39M	2.19.51	2
123	209	536	JAAP	VAN NIEKERK	HAMS TECH A C	M	44	40-44M	2.20.34	0
124	521	2246	TRACY	KITCHING	RUN/W FOR LIFE	F	39	35-39F	2.20.48	2
125	221	279	GAWIE	LE ROUX	KOWIE STRIDERS	M	35	35-39M	2.21.05	2
126	509	845	ANNELIE	NEL	LEGACY AC	F	34	SF	2.21.29	2
127	124	1363	LEON	GROENEWALD	MADIBA BAY AC	M	42	40-44M	2.21.31	2
128	2594	2594	GAVIN	TIMM	TEMP	M	18	JM	2.21.50	0
129	1092	938	BONAKELE	NKWELANA	CHARLO A C	M	32	SM	2.22.35	1
130	916	390	ERIC	MAPARA	RHODES UNIVERSI	M	61	60-64M	2.23.01	2
131	185	966	DYLAN	VAN RIET	CHARLO A C	M	21	SM	2.23.11	1
132	975	1747	HENRY	THORNE	WILLARD BATT	M	55	55-59M	2.23.40	2
133	200	1998	CHRISTOPHER	NYODI	NEW BALANCE	M	50	50-54M	2.23.47	2
134	923	1187	THERESA	LILLIS	ACHILLES AAA	F	52	50-54F	2.24.18	3
135	932	939	MXOLISI	SIZIBA	CHARLO A C	M	38	35-39M	2.24.20	1
136	1091	940	BONGANI	NELO	CHARLO A C	M	23	SM	2.24.21	1
137	194	290	AVRIL	BEYLEVELD	KOWIE STRIDERS	F	57	55-59F	2.24.30	4
138	512	375	CLAYTON	HISCOCK	MUIRITE STRIDER	M	39	35-39M	2.24.40	1
139	405	1149	MONDE	MABALA	ACHILLES AAA	M	48	45-49M	2.26.05	2
140	2607	1674	ROB	TAYLOR	RAND ATHLETIC C	M	52	50-54M	2.26.28	0
141	218	1144	KEN	BARWOOD	ACHILLES AAA	M	53	50-54M	2.26.42	2
142	102	536	CHESTER	BROOKS	X-CEL A C	M	50	50-54M	2.26.52	2
143	1086	885	PHAKAMILE	MATYUNU	CHARLO A C	M	41	40-44M	2.26.54	1
144	119	1202	JAKKIE	GERBER	ELITE A C	M	48	45-49M	2.27.04	2
145	996	886	ELMARIE	BEZUIDENHOUT	CHARLO A C	F	26	SF	2.27.05	2
146	933	999	FRED	VERRALL	CHARLO A C	M	60	60-64M	2.27.05	2
147	1097	142	VUKILE	MATWA	P.E.A.A.C.	M	45	45-49M	2.27.09	2
148	2614	2614	THEMBILE	JEKANA	TEMP	M	36	35-39M	2.27.56	0
149	219	1117	PETER	POHLMANN	ACHILLES AAA	M	45	45-49M	2.28.29	2
150	140	1165	LESLEY	MAGGOTT	ACHILLES AAA	F	41	40-44F	2.29.11	2
151	1093	560	SYLVAN	BLIGNAUT	X-CEL A C	M	49	45-49M	2.29.30	1
152	910	2261	RICHARD	ALEXANDER	RUN/W FOR LIFE	M	23	SM	2.29.54	1
153	515	1139	GRAHAM	NELL	ACHILLES AAA	M	57	55-59M	2.30.12	2
154	199	1355	JOS	ELS	MADIBA BAY AC	F	56	55-59F	2.30.16	3
155	123	1243	WILLIAM	GROBLER	ELITE A C	M	60	60-64M	2.30.21	2
156	885	218	ANDRE	LANDMAN	ST ALBANS CSEP	M	55	55-59M	2.30.43	2
157	127	9055	RYAN	HAWKINS	CHARLO A C	M	16	JM	2.32.06	1
158	108	9005	VUSUMZI	DICKSON	CHARLO A C	M	17	JM	2.32.07	1
159	994	994	NJABULO	NYATHI	CHARLO A C	M	20	SM	2.32.14	1
160	886	2025	LAETITIA	SMITH	DESPATCH A C	F	39	35-39F	2.33.39	1

161	904	2006	WERNER	CLAASSEN	DESPATCH A C	M	44	40-44M	2.34.21	1
162	180	285	MARIANNE	STIGLINGH	KOWIE STRIDERS	F	42	40-44F	2.34.38	1
163	404	1145	KEITH	BAYLIS	ACHILLES AAA	M	50	50-54M	2.35.24	1
164	894	123	ELIAS	KASE	P.E.A.A.C.	M	39	35-39M	2.35.47	1
165	986	383	MELANIE	SELWOOD	RHODES UNIVERSI	F	21	SF	2.36.46	1
166	104	965	DEVON	BURRISS	CHARLO A C	M	27	SM	2.36.47	1
167	890	223	SHARON	SMUTS	ST ALBANS CSEP	F	42	40-44F	2.37.26	1
168	1087	1487	LAWRENCE	PLUM	NEDBANK RC EP	M	58	55-59M	2.37.59	1
169	161	921	MARGARET	PATON	CHARLO A C	F	63	60-64F	2.38.25	2
170	998	904	SIPHO	FRANCIS	CHARLO A C	M	40	40-44M	2.39.32	1
171	924	2008	CATHY	ALLERS	DESPATCH A C	F	46	45-49F	2.40.16	1
172	195	297	MARLENE	WIESE	KOWIE STRIDERS	F	62	60-64F	2.40.48	2
173	144	145	CARMEN	MEYER	P.E.A.A.C.	F	36	35-39F	2.41.47	1
174	410	612	RYAN	GUEST	OLD SELBORNIAN	M	23	SM	2.41.50	0
175	220	1135	MOF	BOTHA	ACHILLES AAA	M	52	50-54M	2.41.55	1
176	915	2234	JUANITA	FULLER	RUN/W FOR LIFE	F	32	SF	2.42.07	1
177	156	1195	RONELLE	NIKSCH	ELITE A C	F	45	45-49F	2.42.21	1
178	114	1271	DANIEL	FERREIRA	ELITE A C	M	50	50-54M	2.42.24	1
179	173	977	JEREMY	SHORT	CHARLO A C	M	34	SM	2.42.50	1
180	172	888	HELEN	SHORT	CHARLO A C	F	32	SF	2.42.52	1
181	103	924	GRAHAM	BROOM	CHARLO A C	M	38	35-39M	2.42.53	1
182	188	979	DEREK	WILSON	CHARLO A C	M	44	40-44M	2.42.56	1
183	962	93	LANCE	SHORTT	P.E.A.A.C.	M	57	55-59M	2.43.24	1
184	921	2263	MONIQUE	HALL	RUN/W FOR LIFE	F	34	SF	2.43.55	1
185	2601	2601	MARCE	SHIERZ-CRUSIUS	TEMP	M	39	35-39M	2.44.34	0
186	105	958	ANTOINETTE	COERTZE	DESPATCH A C	F	44	40-44F	2.45.24	1
187	891	181	DUANE	MYBURGH	ST ALBANS CSEP	M	45	45-49M	2.46.00	1
188	163	469	PETRA	PIENAAR	SPAR WALMER A C	F	44	40-44F	2.46.38	1
189	2605	2605	RIEL	LEONARD	TEMP	M	39	35-39M	2.46.39	0
190	177	1332	CHRISTINE	SNYMAN	VWAC	F	52	50-54F	2.47.51	1
191	982	2397	HERMAN	DEKKER	SAP M C EP	M	63	60-64M	2.48.27	1
192	181	928	PAIGE	THERON	CHARLO A C	F	42	40-44F	2.48.29	1
193	991	90	PHINEAS	MHLAULI	P.E.A.A.C.	M	57	55-59M	2.49.19	1
194	193	1249	JACQUI	VAN DER VYVER	ELITE A C	F	39	35-39F	2.49.51	1
195	1508	1008	ANDRE	ROSS	BODY CONCEPT	M	34	SM	2.50.10	1
196	893	226	KAREN	MELS	ST ALBANS CSEP	F	43	40-44F	2.50.56	1
197	892	215	MARIUS	VAN DEVENTER	ST ALBANS CSEP	M	37	35-39M	2.50.58	1
198	905	2020	CHRIS	BEKKER	DESPATCH A C	M	55	55-59M	2.51.16	1
199	992	160	GRIZELDA	PIETERSEN	ACHILLES AAA	F	39	35-39F	2.52.51	1
200	407	274	FANIE	FOUCHE	KOWIE STRIDERS	M	38	35-39M	2.53.32	1
201	909	2093	PIETER	STEYN	NMMU A C	M	49	45-49M	2.53.35	1
202	32	479	ANDRE	PIENAAR	SPAR WALMER A C	M	45	45-49M	2.53.35	1
203	913	2398	MICHAEL	DEKKER	SAP M C EP	M	36	35-39M	2.53.40	1
204	511	330	BENTLEY	HISCOCK	MUIRITE STRIDER	M	41	40-44M	2.53.51	1
205	912	2368	HENRY	FREDERICKS	SAP M C EP	M	55	55-59M	2.54.31	1
206	1094	1311	DERRICK	UREN	ELGIN GRABOUW	M	47	45-49M	2.55.25	0
207	290	2590	PETER	SALE	TEMP	M	58	55-59M	2.56.13	0
208	2772	2772	PATRICK	HANLY	TEMP	M	55	55-59M	2.56.25	0
209	2606	2606	OTTO	SMITH	TEMP	M	43	40-44M	2.56.34	0
210	518	1126	TOM	D'ARCY	ACHILLES AAA	M	62	60-64M	2.57.14	1
211	1099	519	QUENTIN	BURRELL	X-CEL A C	M	46	45-49M	2.58.14	1
212	116	191	ERICA	FOREMAN	ST ALBANS CSEP	F	38	35-39F	2.58.26	1
213	210	22	JENNY	GROVE	OXFORD STRIDERS	F	51	50-54F	2.58.48	0
214	887	115	HENDRICK	SCHOLTZ	P.E.A.A.C.	M	49	45-49M	2.59.10	1

215	141	1118	RODNEY	MAGGOTT	ACHILLES AAA	M	50	50-54M	3.01.20	1
216	145	57	MXOLISI	MGOBO	P.E.A.A.C.	M	52	50-54M	3.02.17	1
217	113	567	SELWYN	FELIX	X-CEL A C	M	51	50-54M	3.02.46	1
218	2604	2604	CLAUDETTE	LEONARD	TEMP	F	38	35-39F	3.02.47	0
219	884	884	THERESA	MATTHYSEN	TEMP	F	41	40-44F	3.03.09	0
220	214	210	GERT	DEYZEL	ST ALBANS CSEP	M	58	55-59M	3.03.10	1
221	508	728	BRONWEN	PERRY	CRUSADERS A C	F	26	SF	3.03.28	1
222	111	766	PETER	DUFFELL-CANHAM	CRUSADERS A C	M	56	55-59M	3.04.44	1
223	206	16	CHRISTINE	CORDIER	OXFORD STRIDERS	F	40	40-44F	3.04.45	0
224	207	401	DANIE	ROUX	QUEENSTOWN HARR	M	48	45-49M	3.04.50	0
225	107	943	LAVINIA	DARLOW	CHARLO A C	F	40	40-44F	3.05.34	1
226	2611	2611	LIESCHEN	JOUBERT	TEMP	F	26	SF	3.05.35	0
227	2612	2612	BENITA	LANGNER	TEMP	F	23	SF	3.05.39	0
228	164	948	KRISH	PILLAY	CHARLO A C	M	47	45-49M	3.07.51	1
229	126	195	SUNET	HARRIS	ST ALBANS CSEP	F	35	35-39F	3.08.17	1
230	513	79	VERONICA	BOSHOFF	P.E.A.A.C.	F	47	45-49F	3.08.34	1
231	106	918	JERRIE	COERTZE	CHARLO A C	M	47	45-49M	3.11.33	1
232	212	2011	MARYKA	ELS	DESPATCH A C	F	48	45-49F	3.13.13	1
233	223	1434	DIANNE	HARTZENBERG	NEDBANK RC EP	F	49	45-49F	3.15.33	1
234	523	373	NEIL	GROBLER	MUIRITE STRIDER	M	48	45-49M	3.15.54	1
235	136	61	SIDWELL	KUZE	P.E.A.A.C.	M	61	60-64M	3.16.29	1
236	137	1239	MARIAAN	LANDMAN	ELITE A C	F	43	40-44F	3.16.50	1
237	112	1	SICELO	DUZE	P.E.A.A.C.	M	55	55-59M	3.18.03	1
238	1095	208	ANNA	WELGEMOED	ST ALBANS CSEP	F	39	35-39F	3.19.10	1
239	895	1023	YVETTE	JONKER	BODY CONCEPT	F	36	35-39F	3.19.11	1
240	120	1256	MARIUS	GREYLING	ELITE A C	M	51	50-54M	3.20.08	1
241	68	1204	ANDRE	FOURIE	ELITE A C	M	61	60-64M	3.22.24	1
242	118	1201	ENID	GERBER	ELITE A C	F	47	45-49F	3.22.48	1
243	122	2028	TERTIA	GROBLER	DESPATCH A C	F	49	45-49F	3.22.49	1
244	406	282	ADRIAAN	STEYN	KOWIE STRIDERS	M	42	40-44M	3.22.56	1
245	519	617	MEG	CLARK	OLD SELBORNIAN	F	57	55-59F	3.22.57	0
246	1101	1617	YADRE	GOUWS	RALEIGH A C	M	35	35-39M	3.26.13	1
247	1102	1102	SUE	INGRAM	TEMP	F	58	55-59F	3.26.13	0
248	224	1431	LOUISE	HARTZENBERG	NEDBANK RC EP	F	20	SF	3.27.47	1
249	888	20	BRIAN	SMITH	P.E.A.A.C.	M	65	65-69M	3.28.05	1
WALKERS										
W1	154	275	CAROL	NEPGEN	KOWIE STRIDERS	F	57	55-59F	3.27.08	1
W2	2773	2773	LYNNE	MARSHALL	TEMP	F	59	55-59F	3.27.10	0
W3	213	2003	ELSEBE	TERBLANCHE	DESPATCH A C	F	41	40-44F	3.40.10	0
W4	155	277	JEAN	NEPGEN	KOWIE STRIDERS	M	63	60-64M	40903	0
HELPERS RUN										
H1	7001	7001	BILLY	FUTTER	KOWIE STRIDERS	M	62	60-64M	3.30.09	0
H2	7005	300	YVONNE	YENDALL	KOWIE STRIDERS	F	57	55-59F	3.48.06	0
H3	7003	284	JILL	WILSON	KOWIE STRIDERS	F	63	60-64F	3.48.06	0
H4	7002	276	MAUREEN	HEALE	KOWIE STRIDERS	F	60	60-64F	3.48.06	0