

ASPEN PHARMACARE PE CITY MARATHON - PORT ELIZABETH - 2008/12/06

| POS | R/NO | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS | PRES |
|-----|-------|--------|------------|--------------|-----------------|-----|-----|--------|---------|-----|------|
| 1 | 1389 | 2498 | PHUMELELO | AUGUST | MR PRICE A C EP | M | 24 | SM | 2.22.27 | 5 | 25 |
| 2 | 3309 | 3309 | EUGENE | PELEM | TEMP | M | 30 | SM | 2.26.43 | 0 | 0 |
| 3 | 145 | 1475 | MILA | PASIYA | NEDBANK RC EP | M | 29 | SM | 2.29.43 | 5 | 24 |
| 4 | 1390 | 174 | ANELE | MALIZA | MR PRICE A C EP | M | 30 | SM | 2.30.24 | 5 | 23 |
| 5 | 2835 | 109 | VUYO | WITBOOI | OUTENIQUA HARRI | M | 33 | SM | 2.32.56 | 0 | 0 |
| 6 | 232 | 1611 | ZOLILE | MHLAHLA | RALEIGH A C | M | 33 | SM | 2.32.59 | 5 | 22 |
| 7 | 2827 | 6170 | MASIXOLE | DLAKU | MR PRICE A C EP | M | 30 | SM | 2.34.34 | 5 | 21 |
| 8 | 1408 | 1562 | KELLY | SOYAMBA | NEDBANK RC EP | M | 31 | SM | 2.35.52 | 5 | 20 |
| 9 | 181 | 1607 | EMERSON | KAYANA | NEDBANK RC EP | M | 34 | SM | 2.36.03 | 5 | 19 |
| 10 | 301 | 114 | KOBUS | JOUBERT | NELSPRUIT M C | M | 33 | SM | 2.41.31 | 0 | 0 |
| 11 | 1299 | 1947 | NKOSINATHI | GCAKASI | BLUEWATER BAY | M | 38 | 35-39M | 2.43.22 | 5 | 18 |
| 12 | 1096 | 4533 | RICHARD | MAYER | UNIVERSITY OF W | M | 41 | 40-44M | 2.44.45 | 0 | 0 |
| 13 | 209 | 881 | MZAMO | FOKWANA | CHARLO A C | M | 31 | SM | 2.44.46 | 5 | 17 |
| 14 | 2861 | 2352 | MASANDE | MLONYENI | NEDBANK RC EP | M | 28 | SM | 2.45.10 | 4 | 16 |
| 15 | 3355 | 3355 | RAYNARD | TISSINK | TEMP | M | 35 | 35-39M | 2.45.23 | 0 | 0 |
| 16 | 1308 | 1577 | THEMBEKILE | MSIPA | NEDBANK RC EP | M | 34 | SM | 2.48.07 | 4 | 15 |
| 17 | 128 | 1290 | ERROL | KOERT | EBENEZER | M | 32 | SM | 2.50.07 | 4 | 14 |
| 18 | 1028 | 149 | BRAMLEY | DERROCKS | P.E.A.A.C. | M | 35 | 35-39M | 2.51.26 | 4 | 13 |
| 19 | 1380 | 2478 | ALFRED | MALOTANA | NEDBANK RC EP | M | 38 | 35-39M | 2.52.06 | 4 | 12 |
| 20 | 127 | 1566 | RIAN | KOCK | NEDBANK RC EP | M | 38 | 35-39M | 2.52.26 | 4 | 11 |
| 21 | 2847 | 1659 | DARRELL | WICHT | RALEIGH A C | M | 45 | 45-49M | 2.52.27 | 5 | 10 |
| 22 | 1432 | 141 | LOYOLO | MBATA | P.E.A.A.C. | M | 25 | SM | 2.53.10 | 4 | 9 |
| 23 | 1426 | 1596 | TRESH | JAVU | NEDBANK RC EP | M | 35 | 35-39M | 2.55.04 | 4 | 8 |
| 24 | 1038 | 665 | CHARLES | MTSWENI | AMANDELBULT | M | 28 | SM | 2.56.15 | 0 | 0 |
| 25 | 224 | 1127 | BRADLEY | MACKENZIE | ACHILLES AAA | M | 36 | 35-39M | 2.57.22 | 4 | 7 |
| 26 | 244 | 957 | LUYOLO | NQI | CHARLO A C | M | 22 | SM | 2.57.33 | 3 | 6 |
| 27 | 2830 | 1968 | MONWABISI | MTWISHA | NEW BALANCE | M | 24 | SM | 2.57.57 | 3 | 5 |
| 28 | 2852 | 132 | ELLIOT | NYARASHE | P.E.A.A.C. | M | 29 | SM | 2.58.28 | 3 | 4 |
| 29 | 52 | 1457 | STEPHAN | BOTHA | NEDBANK RC EP | M | 40 | 40-44M | 2.59.16 | 4 | 3 |
| 30 | 1037 | 805 | MTLOFU | MOREMI | MADIBENG AC | M | 31 | SM | 2.59.24 | 0 | 0 |
| 31 | 1376 | 1981 | ANDRE | DALTON | NEW BALANCE | M | 47 | 45-49M | 2.59.32 | 5 | 2 |
| 32 | 1267 | 1825 | CHRISTO | MULLER | SOMERSET EAST | M | 40 | 40-44M | 2.59.57 | 4 | 1 |
| 33 | 1048 | 678 | MNCEDISI | QOYI | AMANDELBULT | M | 26 | SM | 3.00.21 | 0 | 0 |
| 34 | 2840 | 1418 | WISEMAN | CHOTSHENI | NEDBANK RC EP | M | 33 | SM | 3.00.29 | 3 | 0 |
| 35 | 1399 | 1493 | THULANI | MDLALO | NEDBANK RC EP | M | 23 | SM | 3.01.37 | 3 | 0 |
| 36 | 1421 | 870 | VINCENT | MBIXANA | LEGACY AC | M | 40 | 40-44M | 3.01.53 | 4 | 0 |
| 37 | 1268 | 1391 | TOMMY | FITCHET | NEDBANK RC EP | M | 38 | 35-39M | 3.01.55 | 3 | 0 |
| 38 | 2796 | 1752 | KAASHIF | PIETERSEN | WILLARD BATT | M | 32 | SM | 3.03.00 | 3 | 0 |
| 39 | 3841 | 3841 | MALUNGISA | OLAYI | TEMP | M | 29 | SM | 3.03.47 | 0 | 0 |
| 40 | 12 | 1623 | STEVEN | FANELLA | RALEIGH A C | M | 45 | 45-49M | 3.03.48 | 4 | 0 |
| 41 | 1434 | 1732 | VERNON | NEWFELDT | WILLARD BATT | M | 42 | 40-44M | 3.04.14 | 4 | 0 |
| 42 | 1276 | 1980 | NEIL | DE MEILLON | NEW BALANCE | M | 45 | 45-49M | 3.04.18 | 4 | 0 |
| 43 | 1383 | 1414 | CHARLES | BAATJIES | NEDBANK RC EP | M | 52 | 50-54M | 3.06.25 | 5 | 0 |
| 44 | 1375 | 658 | ANDRE | VAN DEN BERG | JEFFREYS BAY | M | 49 | 45-49M | 3.06.39 | 4 | 0 |
| 45 | 207 | 105 | RICHARD | DOLF | P.E.A.A.C. | M | 38 | 35-39M | 3.07.17 | 3 | 0 |
| 46 | 271 | 1242 | ANDRE | WILLEMSE | ELITE A C | M | 50 | 50-54M | 3.07.48 | 5 | 0 |
| 47 | 108 | 2331 | ALOIS | DZINGAYI | NEDBANK RC EP | M | 29 | SM | 3.07.55 | 3 | 0 |
| 48 | 1273 | 196 | KEVIN | DERBYSHIRE | OXFORD STRIDERS | M | 42 | 40-44M | 3.08.19 | 0 | 0 |
| 49 | 3285 | 3285 | EDWIN | MBOYA | TEMP | M | 31 | SM | 3.08.20 | 0 | 0 |
| 50 | 2844 | 1586 | VUYO | GXEKWA | NEDBANK RC EP | M | 25 | SM | 3.08.24 | 3 | 0 |
| 51 | 136 | 1110 | DAVERA | MAGSON | MR PRICE A C EP | F | 34 | SF | 3.08.36 | 4 | 25 |
| 52 | 84 | 1227 | KEVIN | GILLMER | ELITE A C | M | 48 | 45-49M | 3.09.11 | 4 | 0 |
| 53 | 1381 | 1516 | BOOI | LEWIS | NEDBANK RC EP | M | 48 | 45-49M | 3.09.32 | 4 | 0 |
| 54 | 206 | 2404 | CLIFF | COMMONS | SANDF EP | M | 34 | SM | 3.10.21 | 3 | 0 |
| 55 | 2851 | 81 | ZOYSILE | MAKLEIN | P.E.A.A.C. | M | 37 | 35-39M | 3.10.53 | 3 | 0 |
| 56 | 111 | 1604 | LEANNE | FINLAY | NEDBANK RC EP | F | 40 | 40-44F | 3.10.53 | 5 | 24 |
| 57 | 137 | 2179 | MZOLISI | MAKHANDA | NMMU A C | M | 26 | SM | 3.10.58 | 3 | 0 |
| 58 | 243 | 1177 | DARYL | NORTH | ACHILLES AAA | M | 31 | SM | 3.11.08 | 3 | 0 |
| 59 | 814 | 198 | WESLEY | ARENTSEN | OXFORD STRIDERS | M | 27 | SM | 3.12.52 | 0 | 0 |
| 60 | 11303 | 593 | FARO | MATEO | OLD SELBORNIAN | M | 40 | 40-44M | 3.13.06 | 0 | 0 |
| 61 | 2832 | 732 | GOODWILL | STOFFELS | REAL GIJIMAS | M | 30 | SM | 3.13.07 | 0 | 0 |
| 62 | 2856 | 971 | JEFFREY | VAN NIEKERK | CHARLO A C | M | 35 | 35-39M | 3.13.08 | 3 | 0 |
| 63 | 1366 | 1748 | DEON | MIGGELS | WILLARD BATT | M | 38 | 35-39M | 3.13.14 | 3 | 0 |
| 64 | 2849 | 637 | NELSON | VLAKBOK | SANDF EP | M | 44 | 40-44M | 3.13.58 | 3 | 0 |
| 65 | 2821 | 1279 | STEPHEN | KLUE | ELITE A C | M | 50 | 50-54M | 3.14.00 | 4 | 0 |
| 66 | 1039 | 999 | AMOGELANG | HABEDI | ATHLETICS CLUB | M | 27 | SM | 3.15.42 | 0 | 0 |
| 67 | 1036 | 667 | MATTHEWS | MORAKE | AMANDELBULT | M | 27 | SM | 3.15.51 | 0 | 0 |
| 68 | 2302 | 461 | TSHILILO | SIKHWIVHILU | SPAR WALMER A C | M | 32 | SM | 3.15.58 | 2 | 0 |
| 69 | 1026 | 1708 | JIMMY | STYAN | RALEIGH A C | M | 56 | 55-59M | 3.16.25 | 5 | 0 |

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|-----|-------|------|-------------|----------------|-----------------|---|----|--------|---------|---|----|
| 70 | 1393 | 155 | PRISCILLA | DYANTYI | MR PRICE A C EP | F | 34 | SF | 3.16.51 | 3 | 23 |
| 71 | 1050 | 2283 | BERDINE | SMIT | NEDBANK AGN | F | 44 | 40-44F | 3.17.36 | 0 | 0 |
| 72 | 1388 | 171 | TAMSANQA | JUSAYI | MR PRICE A C EP | M | 66 | 65-69M | 3.17.50 | 5 | 0 |
| 73 | 1411 | 848 | ALFRED | PAKKIES | LEGACY AC | M | 40 | 40-44M | 3.17.51 | 3 | 0 |
| 74 | 153 | 9150 | RUAN | SMALBERGER | NEDBANK RC EP | M | 18 | JM | 3.18.14 | 2 | 0 |
| 75 | 1305 | 1699 | SCHOOMBEE | PRETORIUS | RALEIGH A C | M | 51 | 50-54M | 3.18.36 | 4 | 0 |
| 76 | 11305 | 1258 | JOHANN | POSTMA | ELITE A C | M | 43 | 40-44M | 3.18.43 | 3 | 0 |
| 77 | 192 | 1956 | MARESA | AH KUN | BLUEWATER BAY | F | 33 | SF | 3.19.09 | 3 | 22 |
| 78 | 2848 | 871 | AARON | NXUMALO | P.E.A.A.C. | M | 25 | SM | 3.19.10 | 2 | 0 |
| 79 | 3316 | 3316 | VICTOR | GUGUSHE | PLETT AC | M | 29 | SM | 3.19.13 | 0 | 0 |
| 80 | 146 | 301 | IAN | PATTERSON | MUIRITE STRIDER | M | 45 | 45-49M | 3.19.14 | 3 | 0 |
| 81 | 2828 | 1163 | ROBIN | FOURIE | ACHILLES AAA | M | 45 | 45-49M | 3.19.16 | 3 | 0 |
| 82 | 81 | 1595 | GEORGE | BUKA | NEDBANK RC EP | M | 38 | 35-39M | 3.19.20 | 2 | 0 |
| 83 | 3837 | 3837 | GREG | ANDREWS | TEMP | M | 39 | 35-39M | 3.19.26 | 0 | 0 |
| 84 | 35 | 1441 | PETER | VAN RENSBURG | ELITE A C | M | 50 | 50-54M | 3.19.34 | 4 | 0 |
| 85 | 12300 | 1518 | THEMBANI | BOARDMAN | NEDBANK RC EP | M | 27 | SM | 3.19.56 | 2 | 0 |
| 86 | 19 | 1533 | SIDWEL | ROBOSHI | NEDBANK RC EP | M | 48 | 45-49M | 3.20.48 | 3 | 0 |
| 87 | 82 | 1524 | SAM | ERASMUS | NEDBANK RC EP | M | 51 | 50-54M | 3.21.21 | 3 | 0 |
| 88 | 1382 | 2480 | VUSUMZI | VITSHIMA | NEDBANK RC EP | M | 23 | SM | 3.21.43 | 2 | 0 |
| 89 | 248 | 1168 | ANDREW | PORTER | ACHILLES AAA | M | 36 | 35-39M | 3.22.28 | 2 | 0 |
| 90 | 215 | 897 | PATRICK | JIBILIZA | CHARLO A C | M | 30 | SM | 3.24.11 | 2 | 0 |
| 91 | 3321 | 3321 | LUCKY | KORI | TEMP | M | 24 | SM | 3.24.51 | 0 | 0 |
| 92 | 1372 | 2047 | DANIE | CLAASSEN | DESPATCH A C | M | 47 | 45-49M | 3.25.08 | 3 | 0 |
| 93 | 1272 | 1091 | LESLEY | WOOD | ACHILLES AAA | F | 51 | 50-54F | 3.25.16 | 5 | 21 |
| 94 | 1271 | 1224 | CLIVE | WEWERS | ELITE A C | M | 48 | 45-49M | 3.25.22 | 3 | 0 |
| 95 | 1138 | 1206 | ANTON | VON MOLENDORFF | ELITE A C | M | 45 | 45-49M | 3.25.26 | 3 | 0 |
| 96 | 2842 | 463 | CHRISTOPHER | DE VILLIERS | PLETT AC | M | 39 | 35-39M | 3.25.29 | 0 | 0 |
| 97 | 101 | 1032 | JACOB | ABRAHAM | BODY CONCEPT | M | 42 | 40-44M | 3.25.51 | 2 | 0 |
| 98 | 810 | 5243 | PAUL | JOINER | RAND ATHLETIC C | M | 32 | SM | 3.26.16 | 0 | 0 |
| 99 | 3320 | 3320 | ANDREW | HOLGREAVES | TEMP | M | 33 | SM | 3.26.17 | 0 | 0 |
| 100 | 1282 | 1354 | HANNES | ELS | MADIBA BAY AC | M | 58 | 55-59M | 3.27.14 | 4 | 0 |
| 101 | 1430 | 1528 | IVAN | MOSES | NEDBANK RC EP | M | 46 | 45-49M | 3.27.30 | 3 | 0 |
| 102 | 2850 | 2257 | VELISILE | JELA | RUN/W FOR LIFE | M | 39 | 35-39M | 3.27.43 | 2 | 0 |
| 103 | 1027 | 1964 | PETER | WILDSCHUT | NEW BALANCE | M | 32 | SM | 3.27.44 | 2 | 0 |
| 104 | 2834 | 1403 | BOLLY | YEKANA | NEDBANK RC EP | M | 41 | 40-44M | 3.27.47 | 2 | 0 |
| 105 | 3302 | 3302 | UWE | TINHOF | TEMP | M | 38 | 35-39M | 3.27.59 | 0 | 0 |
| 106 | 250 | 944 | GREGORY | ROSS | CHARLO A C | M | 35 | 35-39M | 3.28.03 | 2 | 0 |
| 107 | 1289 | 2233 | TERRI-LYNN | PENNEY | RUN/W FOR LIFE | F | 31 | SF | 3.28.09 | 3 | 20 |
| 108 | 1303 | 2231 | JENE | BANFIELD | RUN/W FOR LIFE | F | 38 | 35-39F | 3.28.27 | 3 | 19 |
| 109 | 1023 | 331 | BRETT | BAHLMANN | GONUBIE HARRIER | M | 36 | 35-39M | 3.28.28 | 0 | 0 |
| 110 | 1029 | 1328 | URAN | LE ROUX | VWAC | M | 42 | 40-44M | 3.28.36 | 2 | 0 |
| 111 | 170 | 59 | MELEA | WILLIAMS | P.E.A.A.C. | M | 30 | SM | 3.29.08 | 2 | 0 |
| 112 | 1395 | 1603 | MORNE | VAN WYK | NEDBANK RC EP | M | 38 | 35-39M | 3.30.47 | 2 | 0 |
| 113 | 249 | 614 | ZILINGENE | RALANE | SANDF EP | M | 46 | 45-49M | 3.31.11 | 2 | 0 |
| 114 | 1279 | 1148 | PERCY | DALTON | ACHILLES AAA | M | 60 | 60-64M | 3.31.16 | 4 | 0 |
| 115 | 125 | 1658 | SHARON | JESSOP | RALEIGH A C | F | 38 | 35-39F | 3.31.32 | 3 | 18 |
| 116 | 1274 | 1909 | WIMPIE | HERBST | BLUEWATER BAY | M | 47 | 45-49M | 3.32.06 | 2 | 0 |
| 117 | 241 | 938 | BONAKELE | NKWELANA | CHARLO A C | M | 32 | SM | 3.32.10 | 2 | 0 |
| 118 | 2820 | 257 | SIERAAGH | NORDIEN | MALABAR | M | 45 | 45-49M | 3.32.57 | 2 | 0 |
| 119 | 2833 | 1154 | GLENN | HENDRICKS | ACHILLES AAA | M | 32 | SM | 3.33.13 | 2 | 0 |
| 120 | 178 | 432 | PATRICK | SEDDON | QUEENSTOWN HARR | M | 45 | 45-49M | 3.33.37 | 0 | 0 |
| 121 | 1095 | 34 | ROBERT | RIETMULLER | P.E.A.A.C. | M | 52 | 50-54M | 3.33.41 | 3 | 0 |
| 122 | 1419 | 1003 | MARIUS | VAN EYK | BODY CONCEPT | M | 44 | 40-44M | 3.34.41 | 2 | 0 |
| 123 | 1152 | 1655 | MARK | SIVEWRIGHT | RALEIGH A C | M | 42 | 40-44M | 3.35.16 | 2 | 0 |
| 124 | 326 | 1553 | SIZWE | KHATHI | NEDBANK RC EP | M | 37 | 35-39M | 3.35.26 | 2 | 0 |
| 125 | 1290 | 2244 | STEPHEN | PENNEY | RUN/W FOR LIFE | M | 34 | SM | 3.35.46 | 2 | 0 |
| 126 | 1306 | 325 | MIKE | WEBB | GONUBIE HARRIER | M | 39 | 35-39M | 3.35.46 | 0 | 0 |
| 127 | 305 | 657 | GERRIE | HERMANN | JEFFREYS BAY | M | 52 | 50-54M | 3.36.09 | 3 | 0 |
| 128 | 1022 | 1633 | MICHELLE | SIVEWRIGHT | RALEIGH A C | F | 39 | 35-39F | 3.36.20 | 3 | 17 |
| 129 | 1090 | 471 | JANINE | JACKSON | BUFFALO R R | F | 28 | SF | 3.36.24 | 0 | 0 |
| 130 | 234 | 75 | MICHAEL | MODI | P.E.A.A.C. | M | 28 | SM | 3.36.51 | 2 | 0 |
| 131 | 317 | 3439 | CONRAD | VAN DEN BERG | MIDACK A C | M | 48 | 45-49M | 3.36.52 | 0 | 0 |
| 132 | 2823 | 1318 | ELROY | MATTHEWS | VWAC | M | 39 | 35-39M | 3.37.16 | 2 | 0 |
| 133 | 21 | 999 | FRED | VERRALL | CHARLO A C | M | 60 | 60-64M | 3.37.18 | 3 | 0 |
| 134 | 147 | 1170 | JOY ANNE | PREGNALATO | ACHILLES AAA | F | 38 | 35-39F | 3.37.38 | 2 | 16 |
| 135 | 197 | 1189 | RODNEY | BOOTH | ACHILLES AAA | M | 30 | SM | 3.37.45 | 2 | 0 |
| 136 | 2824 | 471 | PATRICK | SASSIN | PLETT AC | M | 35 | 35-39M | 3.37.50 | 0 | 0 |
| 137 | 1018 | 240 | GERHARD | GREEFF | NEDBANK RC FS | M | 45 | 45-49M | 3.37.51 | 0 | 0 |
| 138 | 187 | 1432 | SIPHO | KONA | NEDBANK RC EP | M | 42 | 40-44M | 3.37.55 | 2 | 0 |
| 139 | 42 | 2029 | FERDINAND | GROBLER | DESPATCH A C | M | 50 | 50-54M | 3.37.57 | 2 | 0 |
| 140 | 235 | 261 | DARSOO | MOONIEN | MALABAR | M | 57 | 55-59M | 3.38.40 | 3 | 0 |

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|-----|------|------|------------|--------------|-----------------|---|----|--------|---------|---|----|
| 141 | 3310 | 1555 | PIET | BOESAK | NEDBANK RC EP | M | 45 | 45-49M | 3.38.56 | 2 | 0 |
| 142 | 1021 | 659 | SUZANNE | LAVIS | JEFFREYS BAY | F | 50 | 50-54F | 3.39.17 | 5 | 15 |
| 143 | 2803 | 1055 | ANDRE | LOOTS | BODY CONCEPT | M | 46 | 45-49M | 3.39.51 | 2 | 0 |
| 144 | 1398 | 1424 | CALLIE | VAN NIEKERK | NEDBANK RC EP | M | 41 | 40-44M | 3.39.59 | 2 | 0 |
| 145 | 245 | 946 | RUSSELL | PARKER NANCE | CHARLO A C | M | 44 | 40-44M | 3.40.00 | 2 | 0 |
| 146 | 1092 | 501 | GAIL | LANGLEY | BUFFALO R R | F | 40 | 40-44F | 3.40.01 | 0 | 0 |
| 147 | 1170 | 457 | ROBERT | PAYNE | SPAR WALMER A C | M | 51 | 50-54M | 3.40.25 | 2 | 0 |
| 148 | 14 | 1490 | RIAN | SMALBERGER | NEDBANK RC EP | M | 54 | 50-54M | 3.41.47 | 2 | 0 |
| 149 | 22 | 1223 | CLIFFORD | HICKEN | ELITE A C | M | 51 | 50-54M | 3.42.14 | 2 | 0 |
| 150 | 266 | 148 | RENIER | VAN VUUREN | P.E.A.A.C. | M | 51 | 50-54M | 3.42.26 | 2 | 0 |
| 151 | 313 | 860 | AD | COLE | EDEN AC | M | 41 | 40-44M | 3.42.48 | 0 | 0 |
| 152 | 1369 | 323 | CLIVE | VAN RAYNER | MUIRITE STRIDER | M | 41 | 40-44M | 3.43.08 | 2 | 0 |
| 153 | 1435 | 160 | GRIZELDA | PIETERSEN | ACHILLES AAA | F | 40 | 40-44F | 3.43.56 | 2 | 14 |
| 154 | 254 | 882 | AUBREY | SITHOLE | CHARLO A C | M | 30 | SM | 3.44.31 | 2 | 0 |
| 155 | 2797 | 545 | SELWYN | UITHALER | X-CEL A C | M | 53 | 50-54M | 3.44.48 | 2 | 0 |
| 156 | 1403 | 514 | BRANDON | GROENER | X-CEL A C | M | 30 | SM | 3.44.50 | 2 | 0 |
| 157 | 180 | 293 | MARILYN | ZIMMERMAN | KIMBERLEY HARRI | F | 33 | SF | 3.45.00 | 0 | 0 |
| 158 | 2854 | 1468 | JOHAN | DEYZEL | NEDBANK RC EP | M | 53 | 50-54M | 3.45.11 | 2 | 0 |
| 159 | 325 | 1557 | MBUYISELI | STENGE | NEDBANK RC EP | M | 30 | SM | 3.45.57 | 2 | 0 |
| 160 | 1423 | 543 | JOHANNES | GESWINDT | X-CEL A C | M | 49 | 45-49M | 3.45.58 | 2 | 0 |
| 161 | 2859 | 1401 | SAMKELO | SINYONGO | NEDBANK RC EP | M | 27 | SM | 3.46.29 | 2 | 0 |
| 162 | 195 | 886 | ELMARIE | BEZUIDENHOUT | CHARLO A C | F | 26 | SF | 3.46.35 | 2 | 13 |
| 163 | 270 | 584 | SHANE | WEIDEMAN | CADBURY A C | M | 36 | 35-39M | 3.47.01 | 2 | 0 |
| 164 | 2822 | 1957 | EDDIE | GILLMORE | BLUEWATER BAY | M | 51 | 50-54M | 3.47.36 | 2 | 0 |
| 165 | 228 | 889 | CRAIG | MCCARTHY | CHARLO A C | M | 41 | 40-44M | 3.47.37 | 2 | 0 |
| 166 | 1371 | 4285 | JULIAN | KARP | MOUNT EDGECOMBE | M | 48 | 45-49M | 3.47.59 | 0 | 0 |
| 167 | 148 | 1157 | GEOFF | ROBERTS | ACHILLES AAA | M | 56 | 55-59M | 3.48.15 | 2 | 0 |
| 168 | 184 | 1503 | WELLINGTON | MATISO | NEDBANK RC EP | M | 52 | 50-54M | 3.48.30 | 2 | 0 |
| 169 | 255 | 939 | MXOLISI | SIZIBA | CHARLO A C | M | 38 | 35-39M | 3.48.42 | 2 | 0 |
| 170 | 57 | 1725 | PIERRE | KNOESEN | RALEIGH A C | M | 54 | 50-54M | 3.49.03 | 2 | 0 |
| 171 | 9 | 1010 | JAN | VAN EEDEN | NEDBANK RC EP | M | 50 | 50-54M | 3.49.28 | 2 | 0 |
| 172 | 2831 | 303 | ALEX | KAMBULE | REAL GIJIMAS | M | 42 | 40-44M | 3.49.32 | 0 | 0 |
| 173 | 161 | 220 | BENNIE | THYSSE | ST ALBANS CSEP | M | 51 | 50-54M | 3.50.27 | 2 | 0 |
| 174 | 2836 | 1099 | MARY GRACE | VILLANUEVA | ACHILLES AAA | F | 32 | SF | 3.50.35 | 2 | 12 |
| 175 | 2826 | 1198 | ANDRIES | BARTHERS | ELITE A C | M | 45 | 45-49M | 3.51.28 | 2 | 0 |
| 176 | 1084 | 280 | RICHARD | LEGG | KOWIE STRIDERS | M | 38 | 35-39M | 3.51.28 | 2 | 0 |
| 177 | 2301 | 283 | RICHARD | BETTS | KOWIE STRIDERS | M | 43 | 40-44M | 3.51.29 | 2 | 0 |
| 178 | 1161 | 289 | DYLAN | MURRAY | KOWIE STRIDERS | M | 30 | SM | 3.51.30 | 2 | 0 |
| 179 | 303 | 279 | GAWIE | LE ROUX | KOWIE STRIDERS | M | 35 | 35-39M | 3.51.31 | 2 | 0 |
| 180 | 1379 | 1605 | JACOB | MASIMLA | NEDBANK RC EP | M | 48 | 45-49M | 3.51.32 | 2 | 0 |
| 181 | 189 | 1564 | GWEN | MGUDWA | NEDBANK RC EP | F | 31 | SF | 3.51.44 | 2 | 11 |
| 182 | 233 | 603 | LIFA | MKANLI | SANDF EP | M | 39 | 35-39M | 3.51.51 | 2 | 0 |
| 183 | 2855 | 571 | HENRY | MASCHAKA | CADBURY A C | M | 42 | 40-44M | 3.51.55 | 2 | 0 |
| 184 | 83 | 48 | ANDY | BOLTON | P.E.A.A.C. | M | 54 | 50-54M | 3.52.10 | 2 | 0 |
| 185 | 246 | 978 | SHAUN | PAYTON | CHARLO A C | M | 38 | 35-39M | 3.52.11 | 2 | 0 |
| 186 | 115 | 2109 | JAMES | GEORGE | NMMU A C | M | 46 | 45-49M | 3.52.25 | 2 | 0 |
| 187 | 2843 | 1736 | WOODROW | JANSEN | WILLARD BATT | M | 33 | SM | 3.53.03 | 2 | 0 |
| 188 | 193 | 950 | CONRAD | BASSON | CHARLO A C | M | 48 | 45-49M | 3.53.23 | 2 | 0 |
| 189 | 150 | 68 | FANIE | SCHOEMAN | P.E.A.A.C. | M | 50 | 50-54M | 3.53.29 | 2 | 0 |
| 190 | 114 | 1469 | MORNE | GARDINER | NEDBANK RC EP | M | 32 | SM | 3.53.54 | 1 | 0 |
| 191 | 117 | 1541 | JOSEPH | GUNN | NEDBANK RC EP | M | 34 | SM | 3.54.02 | 1 | 0 |
| 192 | 1368 | 2502 | GERT | NELL | P.E.A.A.C. | M | 50 | 50-54M | 3.54.03 | 2 | 0 |
| 193 | 36 | 1512 | LOUIS | SWIEGELAAR | NEDBANK RC EP | M | 42 | 40-44M | 3.54.10 | 2 | 0 |
| 194 | 322 | 884 | SINDILE | SKITI | CHARLO A C | M | 31 | SM | 3.54.28 | 1 | 0 |
| 195 | 311 | 7401 | ARTHUR | NEALE | PIERRE V RYNEV | M | 48 | 45-49M | 3.54.30 | 0 | 0 |
| 196 | 103 | 1450 | DARRYL | BAGLEY | NEDBANK RC EP | M | 33 | SM | 3.54.46 | 1 | 0 |
| 197 | 3357 | 3357 | SHANNON | HOLMES | TEMP | F | 26 | SF | 3.55.01 | 0 | 0 |
| 198 | 157 | 2161 | FRANZT | STRUWIG | NMMU A C | M | 51 | 50-54M | 3.55.12 | 2 | 0 |
| 199 | 216 | 1068 | PAUL | JOHNSON | BODY CONCEPT | M | 41 | 40-44M | 3.55.35 | 2 | 0 |
| 200 | 1015 | 1363 | LEON | GROENEWALD | MADIBA BAY AC | M | 42 | 40-44M | 3.55.44 | 2 | 0 |
| 201 | 2829 | 142 | VUKILE | MATWA | P.E.A.A.C. | M | 46 | 45-49M | 3.56.12 | 2 | 0 |
| 202 | 3322 | 3322 | DEON | CLAASSEN | TEMP | M | 33 | SM | 3.56.57 | 0 | 0 |
| 203 | 1295 | 2250 | LWANDISO | REVE | FITCG | M | 33 | SM | 3.57.13 | 0 | 0 |
| 204 | 1394 | 2036 | DANIEL | PIETERSE | DESPATCH A C | M | 46 | 45-49M | 3.57.23 | 2 | 0 |
| 205 | 1417 | 2007 | JACOBUS | WYATT | DESPATCH A C | M | 45 | 45-49M | 3.57.47 | 2 | 0 |
| 206 | 273 | 979 | DEREK | WILSON | CHARLO A C | M | 44 | 40-44M | 3.58.45 | 1 | 0 |
| 207 | 265 | 2017 | RUDI | VAN TONDER | DESPATCH A C | M | 36 | 35-39M | 3.59.04 | 1 | 0 |
| 208 | 2817 | 1420 | BENEDICT | WILSON | NEDBANK RC EP | M | 30 | SM | 3.59.10 | 1 | 0 |
| 209 | 238 | 190 | ADELE | NEL | ST ALBANS CSEP | F | 35 | 35-39F | 3.59.10 | 2 | 10 |
| 210 | 230 | 189 | PIET | MEYER | ST ALBANS CSEP | M | 59 | 55-59M | 3.59.15 | 2 | 0 |
| 211 | 3358 | 3358 | THEMBELANI | MZIMBA | GERMISTON CALLI | M | 32 | SM | 4.00.47 | 0 | 0 |

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|-----|-------|------|------------|----------------|-----------------|---|----|--------|---------|---|---|
| 212 | 1030 | 845 | ANNELIE | NEL | LEGACY AC | F | 34 | SF | 4.00.49 | 2 | 9 |
| 213 | 204 | 1713 | RICO | CLOTZ | RALEIGH A C | M | 43 | 40-44M | 4.01.03 | 1 | 0 |
| 214 | 124 | 1136 | CATHY | IVES | ACHILLES AAA | F | 55 | 55-59F | 4.01.08 | 3 | 8 |
| 215 | 312 | 9954 | VISHNU | NAIDOO | CHATSWORTH A C | M | 48 | 45-49M | 4.01.09 | 0 | 0 |
| 216 | 3315 | 3315 | JACO | DU PLESSIS | TEMP | M | 31 | SM | 4.01.21 | 0 | 0 |
| 217 | 3360 | 3360 | OSWALD | MYERS | TEMP | M | 36 | 35-39M | 4.02.54 | 0 | 0 |
| 218 | 1017 | 1510 | RETHA | TROLLIP | NEDBANK RC EP | F | 44 | 40-44F | 4.03.01 | 2 | 7 |
| 219 | 304 | 125 | CLAUDIA | PARKER | P.E.A.A.C. | F | 39 | 35-39F | 4.03.21 | 2 | 6 |
| 220 | 2846 | 1859 | LAWRENCE | BERNARD | HUMANSDORP A C | M | 49 | 45-49M | 4.03.30 | 2 | 0 |
| 221 | 1397 | 1385 | HERMIE | FISHER | MADIBA BAY AC | F | 41 | 40-44F | 4.03.58 | 2 | 5 |
| 222 | 236 | 1218 | CLAIRE | NAGEL | ELITE A C | F | 44 | 40-44F | 4.04.12 | 2 | 4 |
| 223 | 3359 | 3359 | DAVID | SZUHANYI | TEMP | M | 38 | 35-39M | 4.04.49 | 0 | 0 |
| 224 | 256 | 569 | RICARDO | SLINGE | CADBURY A C | M | 37 | 35-39M | 4.05.02 | 1 | 0 |
| 225 | 2838 | 136 | ERROL | ROSSOUW | P.E.A.A.C. | M | 58 | 55-59M | 4.05.43 | 2 | 0 |
| 226 | 11304 | 2010 | PAUL | STEFFENS | DESPATCH A C | M | 57 | 55-59M | 4.06.37 | 2 | 0 |
| 227 | 223 | 1149 | MONDE | MABALA | ACHILLES AAA | M | 49 | 45-49M | 4.07.48 | 1 | 0 |
| 228 | 1427 | 470 | ANDRE | ELS | PLETT AC | M | 36 | 35-39M | 4.07.52 | 0 | 0 |
| 229 | 133 | 249 | NURUNNISA | MADATT | MALABAR | F | 46 | 45-49F | 4.07.55 | 2 | 3 |
| 230 | 1304 | 1989 | REON | VAN RENSBURG | NEW BALANCE | M | 36 | 35-39M | 4.08.11 | 1 | 0 |
| 231 | 263 | 1199 | CAMARIN | VAN EYK | ELITE A C | F | 26 | SF | 4.08.37 | 1 | 2 |
| 232 | 110 | 2364 | JOHAN | FERREIRA | SAP M C EP | M | 47 | 45-49M | 4.08.55 | 1 | 0 |
| 233 | 1386 | 214 | THEUNIS | MARAI | ST ALBANS CSEP | M | 42 | 40-44M | 4.08.57 | 1 | 0 |
| 234 | 1269 | 396 | JANICE | MCKERRY | QUEENSTOWN HARR | F | 43 | 40-44F | 4.09.15 | 0 | 0 |
| 235 | 1270 | 410 | NEVILLE | WARMBERG | QUEENSTOWN HARR | M | 34 | SM | 4.09.20 | 0 | 0 |
| 236 | 992 | 992 | EDGAR | ANYONA | TEMP | M | 31 | SM | 4.09.38 | 0 | 0 |
| 237 | 315 | 7404 | CHARMAIN | VON WIELLIGH | PIERRE V RYNEV | F | 44 | 40-44F | 4.10.30 | 0 | 0 |
| 238 | 260 | 1217 | SUZAN | TERBLANCHE | ELITE A C | F | 47 | 45-49F | 4.11.18 | 2 | 1 |
| 239 | 1387 | 1759 | NELSON | MGUBASI | WILLARD BATT | M | 51 | 50-54M | 4.11.31 | 1 | 0 |
| 240 | 2819 | 254 | VERNON | NAIDOO | MALABAR | M | 39 | 35-39M | 4.11.36 | 1 | 0 |
| 241 | 176 | 3190 | JOHN | HORROCKS | VARSITY KUDUS | M | 48 | 45-49M | 4.11.40 | 0 | 0 |
| 242 | 1418 | 138 | BAFUMANE | NYANGA | P.E.A.A.C. | M | 48 | 45-49M | 4.12.14 | 1 | 0 |
| 243 | 38 | 1151 | LIZ | AUSTIN | ACHILLES AAA | F | 50 | 50-54F | 4.12.41 | 2 | 0 |
| 244 | 1412 | 1270 | RIAAN | BARNARD | ELITE A C | M | 39 | 35-39M | 4.12.51 | 1 | 0 |
| 245 | 142 | 1726 | ANDRE | NIIT | RALEIGH A C | M | 46 | 45-49M | 4.12.52 | 1 | 0 |
| 246 | 155 | 1459 | JACQUES | SNYMAN | NEDBANK RC EP | M | 40 | 40-44M | 4.13.42 | 1 | 0 |
| 247 | 989 | 989 | RAY | BATTY | TEMP | M | 42 | 40-44M | 4.14.01 | 0 | 0 |
| 248 | 3843 | 3843 | CLINT | VAN DER MESCHT | TEMP | M | 35 | 35-39M | 4.14.33 | 0 | 0 |
| 249 | 1384 | 1117 | PETER | POHLMANN | ACHILLES AAA | M | 45 | 45-49M | 4.14.53 | 1 | 0 |
| 250 | 105 | 1504 | MARISSA | BLACK | NEDBANK RC EP | F | 30 | SF | 4.14.54 | 1 | 0 |
| 251 | 3214 | 3214 | ANSA | VON HAGEN | TEMP | F | 36 | 35-39F | 4.14.58 | 0 | 0 |
| 252 | 1297 | 2367 | NOLAN | SMITH | SAP M C EP | M | 46 | 45-49M | 4.15.15 | 1 | 0 |
| 253 | 171 | 2006 | BRENDON | BLIGNAUT | VWAC | M | 43 | 40-44M | 4.15.36 | 0 | 0 |
| 254 | 198 | 536 | CHESTER | BROOKS | X-CEL A C | M | 50 | 50-54M | 4.15.52 | 1 | 0 |
| 255 | 3311 | 3311 | JEAN-MARIE | TALBOT | TEMP | M | 46 | 45-49M | 4.15.55 | 0 | 0 |
| 256 | 1091 | 472 | KERRYIN | NEWY | BUFFALO R R | M | 36 | 35-39M | 4.15.56 | 0 | 0 |
| 257 | 267 | 915 | JOHN | WARNES | CHARLO A C | M | 44 | 40-44M | 4.16.32 | 1 | 0 |
| 258 | 3312 | 3312 | KOSIMA | BUSING | TEMP | F | 31 | SF | 4.16.55 | 0 | 0 |
| 259 | 190 | 1971 | ELIZABETH | ACKERMAN | NEW BALANCE | F | 40 | 40-44F | 4.17.11 | 1 | 0 |
| 260 | 1410 | 311 | WARREN | NANCE | MUIRITE STRIDER | M | 36 | 35-39M | 4.17.32 | 1 | 0 |
| 261 | 3910 | 3910 | DE BRUYN | KERYN | TEMP | F | 25 | SF | 4.17.33 | 0 | 0 |
| 262 | 3916 | 3916 | TOM | BOYLES | TEMP | M | 37 | 35-39M | 4.17.48 | 0 | 0 |
| 263 | 3840 | 3840 | VICTOR | JONES | TEMP | M | 38 | 35-39M | 4.18.03 | 0 | 0 |
| 264 | 11301 | 634 | CHARLES | DARRIES | SANDF EP | M | 42 | 40-44M | 4.18.28 | 1 | 0 |
| 265 | 253 | 977 | JEREMY | SHORT | CHARLO A C | M | 34 | SM | 4.19.13 | 1 | 0 |
| 266 | 9068 | 9068 | UNKNOWN | | TEMP | M | 33 | SM | 4.19.50 | 0 | 0 |
| 267 | 2839 | 123 | ELIAS | KASE | P.E.A.A.C. | M | 39 | 35-39M | 4.19.58 | 1 | 0 |
| 268 | 106 | 958 | ANTOINETTE | COERTZE | DESPATCH A C | F | 44 | 40-44F | 4.20.13 | 1 | 0 |
| 269 | 1404 | 532 | YUSUF | SAMUELS | X-CEL A C | M | 49 | 45-49M | 4.20.31 | 1 | 0 |
| 270 | 221 | 2131 | URSULA | KILIAN | NMMU A C | F | 51 | 50-54F | 4.20.31 | 2 | 0 |
| 271 | 220 | 2133 | ANDRE | KILIAN | NMMU A C | M | 49 | 45-49M | 4.21.07 | 1 | 0 |
| 272 | 3286 | 3286 | GERHARD | PRETORIUS | TEMP | M | 39 | 35-39M | 4.21.08 | 0 | 0 |
| 273 | 1292 | 8614 | ELFRIEDA | PRETORIUS | HULETT ALUMINIU | F | 35 | 35-39F | 4.21.09 | 0 | 0 |
| 274 | 172 | 533 | SIMON | CURRAN | HAMS TECH A C | M | 55 | 55-59M | 4.21.21 | 0 | 0 |
| 275 | 306 | 1257 | ERNA | VAN ZYL | ELITE A C | F | 36 | 35-39F | 4.21.22 | 1 | 0 |
| 276 | 3917 | 3917 | WILLIE | VAN JAARVELD | TEMP | M | 57 | 55-59M | 4.21.24 | 0 | 0 |
| 277 | 1281 | 1355 | JOS | ELS | MADIBA BAY AC | F | 56 | 55-59F | 4.22.04 | 2 | 0 |
| 278 | 37 | 1272 | GEORGE | BOTHA | ELITE A C | M | 55 | 55-59M | 4.22.33 | 1 | 0 |
| 279 | 813 | 468 | MICHELLE | NAGEL | PLETT AC | F | 36 | 35-39F | 4.23.49 | 0 | 0 |
| 280 | 264 | 966 | DYLAN | VAN RIET | CHARLO A C | M | 21 | SM | 4.24.04 | 1 | 0 |
| 281 | 1288 | 1138 | TREVOR | WALL | ACHILLES AAA | M | 44 | 40-44M | 4.24.16 | 1 | 0 |
| 282 | 2825 | 1747 | HENRY | THORNE | WILLARD BATT | M | 55 | 55-59M | 4.24.30 | 1 | 0 |

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|-----|-------|------|-------------|----------------|-----------------|---|----|--------|---------|---|---|
| 283 | 1409 | 996 | MICHELLE | DU PREEZ | RWFL SWD | M | 39 | 35-39M | 4.24.42 | 0 | 0 |
| 284 | 1402 | 64 | JOSEPH | SERFONTEIN | P.E.A.A.C. | M | 58 | 55-59M | 4.24.53 | 1 | 0 |
| 285 | 2818 | 1144 | KEN | BARWOOD | ACHILLES AAA | M | 53 | 50-54M | 4.25.04 | 1 | 0 |
| 286 | 200 | 23 | SHANE | BROWN | P.E.A.A.C. | M | 48 | 45-49M | 4.25.05 | 1 | 0 |
| 287 | 113 | 4 | DAVID | FRASER | P.E.A.A.C. | M | 70 | 70+M | 4.25.09 | 2 | 0 |
| 288 | 1294 | 297 | MARLENE | WIESE | KOWIE STRIDERS | F | 62 | 60-64F | 4.25.28 | 2 | 0 |
| 289 | 48 | 1580 | SAM | ERASMUS | NEDBANK RC EP | M | 48 | 45-49M | 4.26.05 | 1 | 0 |
| 290 | 194 | 568 | BASSIDINE | BELLAIRS | CADBURY A C | M | 33 | SM | 4.26.38 | 1 | 0 |
| 291 | 134 | 1165 | LESLEY | MAGGOTT | ACHILLES AAA | F | 41 | 40-44F | 4.26.40 | 1 | 0 |
| 292 | 102 | 1761 | NOLEEN | AMBRAAL DAVIDS | WILLARD BATT | F | 38 | 35-39F | 4.26.41 | 1 | 0 |
| 293 | 201 | 965 | DEVON | BURRILL | CHARLO A C | M | 27 | SM | 4.27.21 | 1 | 0 |
| 294 | 1024 | 1910 | AMANDA | PRIDEAUX | BLUEWATER BAY | F | 33 | SF | 4.27.21 | 1 | 0 |
| 295 | 139 | 1920 | CHRISTA | MEUWESEN | BLUEWATER BAY | F | 42 | 40-44F | 4.27.42 | 1 | 0 |
| 296 | 2300 | 1529 | RAYMOND | MALAN | NEDBANK RC EP | M | 28 | SM | 4.27.47 | 1 | 0 |
| 297 | 1291 | 925 | ELDON | LEONARD | CHARLO A C | M | 32 | SM | 4.28.05 | 1 | 0 |
| 298 | 3842 | 3842 | VAGNER | PINTO | TEMP | M | 45 | 45-49M | 4.28.06 | 0 | 0 |
| 299 | 199 | 924 | GRAHAM | BROOM | CHARLO A C | M | 38 | 35-39M | 4.28.08 | 1 | 0 |
| 300 | 252 | 888 | HELEN | SHORT | CHARLO A C | F | 33 | SF | 4.28.21 | 1 | 0 |
| 301 | 219 | 1369 | MONICA | KEMP | MADIBA BAY AC | F | 53 | 50-54F | 4.29.36 | 1 | 0 |
| 302 | 1300 | 1139 | GRAHAM | NELL | ACHILLES AAA | M | 57 | 55-59M | 4.29.40 | 1 | 0 |
| 303 | 1093 | 374 | LIZ | GRUNDLINGH | MUIRITE STRIDER | F | 61 | 60-64F | 4.29.47 | 2 | 0 |
| 304 | 3299 | 3299 | ALEXANDER | HOU | TEMP | M | 36 | 35-39M | 4.29.47 | 0 | 0 |
| 305 | 179 | 292 | DAVID | ZIMMERMAN | KIMBERLEY HARRI | M | 39 | 35-39M | 4.30.00 | 0 | 0 |
| 306 | 1094 | 980 | GAVIN | TRENT | CHARLO A C | M | 42 | 40-44M | 4.30.40 | 1 | 0 |
| 307 | 1416 | 2006 | WERNER | CLAASSEN | DESPATCH A C | M | 44 | 40-44M | 4.31.36 | 1 | 0 |
| 308 | 1377 | 2477 | EDWARD | NELL | NEDBANK RC EP | M | 37 | 35-39M | 4.32.05 | 1 | 0 |
| 309 | 225 | 912 | JONATHAN | MANDELL | CHARLO A C | M | 44 | 40-44M | 4.32.05 | 1 | 0 |
| 310 | 2853 | 1350 | STARLYNE | HASSIEN | VWAC | M | 40 | 40-44M | 4.32.16 | 1 | 0 |
| 311 | 1284 | 253 | DENA | PHILLIPS | RWFLBOR | M | 38 | 35-39M | 4.32.32 | 0 | 0 |
| 312 | 1296 | 176 | CASSIE | VAN DER MERWE | OXFORD STRIDERS | M | 35 | 35-39M | 4.32.44 | 0 | 0 |
| 313 | 1293 | 294 | ILSE | WICKS | KOWIE STRIDERS | F | 53 | 50-54F | 4.32.58 | 1 | 0 |
| 314 | 1031 | 1122 | BOB | STEDMAN | ACHILLES AAA | M | 59 | 55-59M | 4.33.23 | 1 | 0 |
| 315 | 1425 | 2008 | CATHY | ALLERS | DESPATCH A C | F | 46 | 45-49F | 4.34.17 | 1 | 0 |
| 316 | 327 | 327 | MARK | SIDDONS | MUIRITE STRIDER | M | 48 | 45-49M | 4.35.48 | 1 | 0 |
| 317 | 1016 | 1511 | DRIES | TROLLIP | NEDBANK RC EP | M | 51 | 50-54M | 4.35.48 | 1 | 0 |
| 318 | 1275 | 230 | GERHARD | LEMMER | ST ALBANS CSEP | M | 41 | 40-44M | 4.36.11 | 1 | 0 |
| 319 | 3345 | 3345 | CHEZ | MILANI | TEMP | M | 42 | 40-44M | 4.36.39 | 0 | 0 |
| 320 | 152 | 93 | LANCE | SHORTT | P.E.A.A.C. | M | 57 | 55-59M | 4.36.53 | 1 | 0 |
| 321 | 1428 | 1617 | YADRE | GOUWS | RALEIGH A C | M | 35 | 35-39M | 4.37.02 | 1 | 0 |
| 322 | 2845 | 1853 | CAROL | BERNARD | HUMANSDORP A C | F | 44 | 40-44F | 4.37.26 | 1 | 0 |
| 323 | 3915 | 3915 | LERITA | DICK | TEMP | F | 28 | SF | 4.37.41 | 0 | 0 |
| 324 | 1049 | 1944 | NINA | BODISCH | BLUEWATER BAY | F | 39 | 35-39F | 4.37.59 | 1 | 0 |
| 325 | 2837 | 2251 | BRENDAN | GRANT | RUN/W FOR LIFE | M | 38 | 35-39M | 4.38.00 | 0 | 0 |
| 326 | 269 | 927 | KEVIN | WATSON | CHARLO A C | M | 46 | 45-49M | 4.38.09 | 1 | 0 |
| 327 | 122 | 1743 | ANTOINETTE | HUMAN | WILLARD BATT | F | 40 | 40-44F | 4.38.17 | 1 | 0 |
| 328 | 1362 | 145 | CARMEN | MEYER | P.E.A.A.C. | F | 37 | 35-39F | 4.38.26 | 1 | 0 |
| 329 | 1019 | 1128 | JOHAN | VAN DEN BERG | ACHILLES AAA | M | 51 | 50-54M | 4.38.28 | 1 | 0 |
| 330 | 144 | 521 | DAVID | O'RIELLY | X-CEL A C | M | 61 | 60-64M | 4.38.29 | 1 | 0 |
| 331 | 138 | 1902 | JOHANN | MEUWESEN | BLUEWATER BAY | M | 43 | 40-44M | 4.38.31 | 1 | 0 |
| 332 | 259 | 988 | MARK | STEPHENSON | CHARLO A C | M | 43 | 40-44M | 4.38.32 | 1 | 0 |
| 333 | 121 | 2576 | RENE | HATTINGH | P.E.A.A.C. | F | 30 | SF | 4.38.43 | 1 | 0 |
| 334 | 164 | 119 | MARK | VAN DER WALT | P.E.A.A.C. | M | 46 | 45-49M | 4.38.58 | 1 | 0 |
| 335 | 1406 | 2396 | ANDREW | MOSES | SAP M C EP | M | 35 | 35-39M | 4.39.23 | 1 | 0 |
| 336 | 261 | 928 | PAIGE | THERON | CHARLO A C | F | 42 | 40-44F | 4.40.39 | 1 | 0 |
| 337 | 1367 | 1492 | HEIN | BADENHORST | NEDBANK RC EP | M | 38 | 35-39M | 4.40.40 | 1 | 0 |
| 338 | 1283 | 1730 | CHRISTOPHER | BRIGHT | RALEIGH A C | M | 35 | 35-39M | 4.41.22 | 1 | 0 |
| 339 | 154 | 2326 | LYNETTE | SMUTS | NMMU A C | F | 42 | 40-44F | 4.41.28 | 1 | 0 |
| 340 | 2860 | 1774 | REGINALD | JACOBS | WILLARD BATT | M | 57 | 55-59M | 4.42.03 | 1 | 0 |
| 341 | 11302 | 1961 | SAMUEL | STEMELE | NEW BALANCE | M | 70 | 70+M | 4.42.48 | 1 | 0 |
| 342 | 231 | 2400 | WERNER | MEYER | SAP M C EP | M | 35 | 35-39M | 4.42.50 | 1 | 0 |
| 343 | 212 | 1268 | YOLANDA | GREEN | ELITE A C | F | 33 | SF | 4.42.56 | 1 | 0 |
| 344 | 129 | 600 | ESTELEEN | KRAMER | CADBURY A C | F | 47 | 45-49F | 4.43.23 | 1 | 0 |
| 345 | 1424 | 223 | SHARON | SMUTS | ST ALBANS CSEP | F | 42 | 40-44F | 4.43.38 | 1 | 0 |
| 346 | 1422 | 519 | QUENTIN | BURRELL | X-CEL A C | M | 46 | 45-49M | 4.43.53 | 1 | 0 |
| 347 | 2841 | 580 | GODFREY | KARIEM | CADBURY A C | M | 68 | 65-69M | 4.43.55 | 1 | 0 |
| 348 | 131 | 1954 | WAYNE | LEASK | BLUEWATER BAY | M | 43 | 40-44M | 4.43.56 | 1 | 0 |
| 349 | 214 | 1000 | ROY | HEINE | CHARLO A C | M | 53 | 50-54M | 4.43.57 | 1 | 0 |
| 350 | 320 | 1202 | JAKKIE | GERBER | ELITE A C | M | 48 | 45-49M | 4.43.59 | 1 | 0 |
| 351 | 1266 | 1275 | ANNEMARIE | FOUCHE | ELITE A C | F | 40 | 40-44F | 4.44.06 | 1 | 0 |
| 352 | 1045 | 666 | PETRUS | MAFORA | AMANDELBULT | M | 48 | 45-49M | 4.44.07 | 0 | 0 |
| 353 | 126 | 1037 | RONNIE | JONKER | BODY CONCEPT | M | 38 | 35-39M | 4.44.17 | 1 | 0 |

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|-----|------|-------|-------------|---------------|-----------------|---|----|--------|---------|---|---|
| 354 | 240 | 1195 | RONELLE | NIKSCH | ELITE A C | F | 46 | 45-49F | 4.44.18 | 1 | 0 |
| 355 | 213 | 1243 | WILLIAM | GROBLER | ELITE A C | M | 60 | 60-64M | 4.44.52 | 1 | 0 |
| 356 | 1020 | 1145 | KEITH | BAYLIS | ACHILLES AAA | M | 50 | 50-54M | 4.44.58 | 1 | 0 |
| 357 | 1414 | 677 | ALEX | MANYAMA | AMANDELBULT | M | 30 | SM | 4.45.06 | 0 | 0 |
| 358 | 964 | 964 | MICHELLE | KONIG | TEMP | F | 48 | 45-49F | 4.45.14 | 0 | 0 |
| 359 | 258 | 1332 | CHRISTINE | SNYMAN | VWAC | F | 52 | 50-54F | 4.45.37 | 1 | 0 |
| 360 | 237 | 929 | ANUSHA | NAIDU | CHARLO A C | F | 41 | 40-44F | 4.46.24 | 1 | 0 |
| 361 | 1280 | 12406 | BRIAN | O'REILLY | UMHLATUZE | M | 52 | 50-54M | 4.46.37 | 0 | 0 |
| 362 | 2858 | 84 | MALIXOLE | MANDULO | P.E.A.A.C. | M | 35 | 35-39M | 4.46.48 | 1 | 0 |
| 363 | 217 | 504 | JUAN-PIERRE | JONCK | SPAR WALMER A C | M | 28 | SM | 4.47.28 | 1 | 0 |
| 364 | 1032 | 1823 | RIAAN | VAN DER WALT | SOMERSET EAST | M | 38 | 35-39M | 4.48.13 | 1 | 0 |
| 365 | 107 | 495 | CHARLENE | DE CONING | SPAR WALMER A C | F | 44 | 40-44F | 4.48.21 | 1 | 0 |
| 366 | 3912 | 3912 | DALE | CORNELSON | TEMP | M | 23 | SM | 4.48.26 | 0 | 0 |
| 367 | 168 | 1515 | YOLANDE | WATSON | NEDBANK RC EP | F | 46 | 45-49F | 4.48.26 | 1 | 0 |
| 368 | 167 | 1440 | TOIS | WATSON | NEDBANK RC EP | M | 42 | 40-44M | 4.48.40 | 1 | 0 |
| 369 | 3839 | 3839 | MARCIO | GROSSMAN | TEMP | M | 38 | 35-39M | 4.50.23 | 0 | 0 |
| 370 | 1396 | 1135 | MOF | BOTHA | ACHILLES AAA | M | 53 | 50-54M | 4.51.10 | 1 | 0 |
| 371 | 156 | 2093 | PIETER | STEYN | NMMU A C | M | 50 | 50-54M | 4.51.47 | 1 | 0 |
| 372 | 3356 | 3356 | PETER | EDDIE | TEMP | M | 43 | 40-44M | 4.52.19 | 0 | 0 |
| 373 | 242 | 590 | NOLEEN | NORRIS | CADBURY A C | F | 51 | 50-54F | 4.52.31 | 1 | 0 |
| 374 | 205 | 1718 | ANDRE | COETZER | RALEIGH A C | M | 37 | 35-39M | 4.53.10 | 1 | 0 |
| 375 | 960 | 960 | WENDY | DENSTON | TEMP | F | 35 | 35-39F | 4.54.24 | 0 | 0 |
| 376 | 158 | 2577 | MORNE | STRUWIG | P.E.A.A.C. | M | 36 | 35-39M | 4.54.35 | 1 | 0 |
| 377 | 3318 | 3318 | CECIL | CUTTING | TEMP | M | 26 | SM | 4.54.52 | 0 | 0 |
| 378 | 1277 | 15551 | LYNSEY | KNOETZEN | FOURWAYS | F | 30 | SF | 4.54.53 | 0 | 0 |
| 379 | 1278 | 919 | SUZANN | KNOETZEN | CHARLO A C | F | 25 | SF | 4.55.19 | 1 | 0 |
| 380 | 3845 | 3845 | PETER | WADE | TEMP | M | 35 | 35-39M | 4.55.47 | 0 | 0 |
| 381 | 229 | 226 | KAREN | MELS | ST ALBANS CSEP | F | 43 | 40-44F | 4.56.59 | 1 | 0 |
| 382 | 1413 | 2397 | HERMAN | DEKKER | SAP M C EP | M | 63 | 60-64M | 4.57.03 | 1 | 0 |
| 383 | 211 | 974 | ALEXANDER | GRAY | CHARLO A C | M | 37 | 35-39M | 4.57.03 | 1 | 0 |
| 384 | 1378 | 558 | DONOVAN | BARENDS | X-CEL A C | M | 46 | 45-49M | 4.57.39 | 1 | 0 |
| 385 | 116 | 99 | CHARLES | GOLDSWAIN | P.E.A.A.C. | M | 24 | SM | 4.57.41 | 1 | 0 |
| 386 | 218 | 891 | MICHAEL | KELLEHER | CHARLO A C | M | 51 | 50-54M | 4.57.42 | 1 | 0 |
| 387 | 109 | 567 | SELWYN | FELIX | X-CEL A C | M | 51 | 50-54M | 4.57.51 | 1 | 0 |
| 388 | 1025 | 989 | MICHAEL | BAREIRA | CHARLO A C | M | 34 | SM | 4.57.53 | 1 | 0 |
| 389 | 1431 | 2009 | GERALD | STRUWIG | DESPATCH A C | M | 40 | 40-44M | 4.58.10 | 1 | 0 |
| 390 | 251 | 97 | BRENTON | SCHNETLER | P.E.A.A.C. | M | 34 | SM | 4.58.31 | 1 | 0 |
| 391 | 196 | 588 | LAWRENCE | BEZUIDENHOUT | CADBURY A C | M | 52 | 50-54M | 4.58.34 | 1 | 0 |
| 392 | 3314 | 3314 | RAYMOND | SNYMAN | TEMP | M | 44 | 40-44M | 4.58.35 | 0 | 0 |
| 393 | 85 | 1454 | HERMAN | VAN JAARVELDT | NEDBANK RC EP | M | 49 | 45-49M | 4.58.41 | 1 | 0 |
| 394 | 2804 | 2804 | GLENN | TAYLOR | TEMP | M | 62 | 60-64M | 4.58.42 | 0 | 0 |
| 395 | 1429 | 1112 | ROBIN | COYLE-DOWLING | ACHILLES AAA | M | 43 | 40-44M | 4.58.42 | 1 | 0 |
| 396 | 268 | 936 | CANDACE | WARREN | CHARLO A C | F | 32 | SF | 4.58.51 | 1 | 0 |
| 397 | 15 | 26 | HENNIE | OOSTHUIZEN | P.E.A.A.C. | M | 51 | 50-54M | 4.59.04 | 1 | 0 |
| 398 | 177 | 400 | PIET | SCHOLTZ | QUEENSTOWN HARR | M | 64 | 60-64M | 4.59.12 | 0 | 0 |
| 399 | 247 | 948 | KRISH | PILLAY | CHARLO A C | M | 47 | 45-49M | 4.59.45 | 1 | 0 |
| 400 | 149 | 1375 | CHANTELLE | RUDMAN | MADIBA BAY AC | F | 27 | SF | 4.59.46 | 1 | 0 |
| 401 | 140 | 192 | NEVILLE | MULLER | ST ALBANS CSEP | M | 41 | 40-44M | 4.59.48 | 1 | 0 |
| 402 | 130 | 2064 | LINTON | LE GRANGE | NMMU A C | M | 42 | 40-44M | 4.59.50 | 1 | 0 |
| 403 | 257 | 903 | TREVOR | SMITH | CHARLO A C | M | 43 | 40-44M | 4.59.55 | 1 | 0 |
| 404 | 1373 | 1734 | PEARL | DAMONS | WILLARD BATT | F | 45 | 45-49F | 4.59.59 | 1 | 0 |