

# CONSTANTIA VALLEY TRAIL RUN 11.5KM

## SUNDAY 01 MAY 2016

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	SHAFT	ROBERT		25	M	SEN		0:47:17
2	DU BRUYN	LEANDA	FNB MULTISPO RT	22	F	SEN		0:48:57
3	PREEN	HAYLEY	HOUT BAY	17	F	JUN		0:50:01
4	HUDSON	DAVE			M	SEN		0:51:05
5	SHACKLETON	PETER		40	M	40		0:51:49
6	AUSTIN	COLIN		22	M	SEN		0:52:59
7	TENNICK	NICHOLAS		22	M	SEN		0:53:09
8	WILSON	NICOLA		20	F	SEN		0:53:11
9	NO RETURN				M	SEN		0:53:46
10	HENDRICKS	PATRICK		53	M	50		0:54:01
11	BISSET	BRENDON		28	M	SEN		0:54:14
12	HUCKLE	JULIE	HOUT BAY	48	F	45		0:54:18
13	EALES	LOGAN		24	M	SEN		0:55:02
14	KENMUIR	CRAIG		39	M	35		0:55:05
15	KANYERERE	ELVIN		22	M	SEN		0:55:29
16	BLASICH	DARREN		27	M	SEN		0:55:30
17	LATSKY	JOHANN		27	M	SEN		0:56:04
18	GERTSE	HUSAYN		28	M	SEN		0:56:11
19	MISKEY	DAMIAN	WEST COAST	25	M	SEN		0:56:20
20	GRIEBENOUW	DANNY		34	M	SEN		0:56:34
21	BARKER	KIMBERLEY		28	F	SEN		0:56:39
22	VAN ZYL	BERTIE		24	M	SEN		0:57:02
23	VAN STADEN	ROBERT		46	M	45		0:57:23
24	TURNER	JONATHAN		36	M	35		0:57:33
25	MACKENZIE	GRANT		38	M	35		0:57:45
26	DETERING	LINDA		17	F	JUN		0:58:14
27	MACKENZIE	KELLY		30	F	SEN		0:58:14
28	HUDSON	DAVE		43	M	40		0:58:27
29	MASSA	CARLO		29	M	SEN		0:58:49
30	MEYER	MICHAEL		44	M	40		0:58:56
31	GOVIN	MICHAIL			M	SEN		0:59:03

32	MORGAN	COLIN		40	M	40		0:59:12
33	JAKOET	S		54	M	50		0:59:20
34	FINDLAY	ALLAN		41	M	40		0:59:21
35	STAPLES	JULIE		47	F	45		0:59:39
36	FERGUSON	CATHERINE		30	F	SEN		0:59:50
37	DUNN	JETHRO		12	M	JUN		0:59:57
38	BONN	MANOU		33	F	SEN		1:00:12
39	MOREILLON	ALIX		25	F	SEN		1:00:14
40	DAY	JAMIE		21	F	SEN		1:00:16
41	GAERTNER	NICK		25	M	SEN		1:00:28
42	FRAMES	TOM		19	M	SEN		1:00:32
43	EADIE	MICHAEL		34	M	SEN		1:00:37
44	GAERTNER	MARI		47	F	45		1:00:42
45	NO RETURN		ATC		M	SEN		1:00:43
46	KENMUIR	SHARON		39	F	35		1:00:47
47	BIRD	ALAN		46	M	45		1:00:57
48	MORGAN	CHANDRE		43	F	40		1:01:11
49	KENNEDY	NOLS		37	M	35		1:01:20
50	QUINN	MICHAEL		35	M	35		1:02:11
51	SPENCE	LAISTER		43	M	40		1:02:13
52	LUTHI	ANGELICA	K-WAY VOB	23	F	SEN		1:02:16
53	ORD	RORY		36	M	35		1:02:45
54	ROOME	MIEKE		28	F	SEN		1:02:53
55	ROOME	JUSTIN		34	M	SEN		1:02:54
56	BUNTING	WARREN		39	M	35		1:03:02
57	DANCER	ANT		42	M	40		1:03:05
58	VENTER	WIHAN		45	M	45		1:03:09
59	DENEYS	BRUCE		40	M	40		1:03:09
60	WORKMAN	MATTHEW		32	M	SEN		1:03:33
61	CALLAGHAN	MATTHEW		18	M	JUN		1:03:41
62	COWLIN	JOHN		36	M	35		1:03:44
63	GRAVE	ROBERT	JEPPE	34	M	SEN		1:03:45
64	FARQUHAR	MATT		26	M	SEN		1:03:48
65	ROCKEY	NICK		56	M	55		1:04:13
66	PIENAAR	ALEXANDER		22	M	SEN		1:04:17
67	PICKERING	NATALIE		39	F	35		1:04:24
68	BULTERMAN	LISA		20	F	SEN		1:04:40

69	VENTER	MARINDA		44	F	40		1:05:04
70	SLAUCK	BEV		46	F	45		1:05:05
71	CASEY	GEORGIE		44	F	40		1:05:08
72	DURRANT	PAUL		39	M	35		1:05:20
73	ROSS	MATTHEW		40	M	40		1:05:20
74	SPRINGER	DAWN		54	F	50		1:05:29
75	REISSENZAHN	GEORGE	PINELAND S	47	M	45		1:05:30
76	BLACKBURN	BRETT		44	M	40		1:05:38
77	DUNN	BILL		48	M	45		1:05:42
78	JULIUS	ANTON			M	SEN		1:05:43
79	EBING	NEIL	WPCC	63	M	60		1:06:00
80	BARROW	CHRISTINE		36	F	35		1:06:04
81	HENDERSON	SARAH		33	F	SEN		1:06:17
82	PAYNE	STUART		46	M	45		1:06:21
83	EDWARDS	MARC		41	M	40		1:06:26
84	SHELLY	LINDA		37	F	35		1:06:30
85	WILSON	KYLE		31	M	SEN		1:06:33
86	SOLE	QUINTON		30	M	SEN		1:06:36
87	HOLLYHOKE	ELIZABETH		34	F	SEN		1:06:40
88	STACK	PIPPA			F	SEN		1:06:45
89	COZYN	ISMA-EEL	OMMIEDR AAI	15	M	JUN		1:06:53
90	WALKER	GAVIN		32	M	SEN		1:06:58
91	VAN RENSBURG	JACQUES		29	M	SEN		1:07:00
92	PRINGLE	LISA	RUN WALK 4 LIFE	25	F	SEN		1:07:05
93	ROBERTSON	KIM		34	F	SEN		1:07:10
94	BELLINGER	AMY		26	F	SEN		1:07:11
95	WATERS	JASON		41	M	40		1:07:12
96	GIBSON	PETER		27	M	SEN		1:07:15
97	VAN ZYL	LINDI		27	F	SEN		1:07:18
98	HENDERSON	SCOTT		34	M	SEN		1:07:31
99	HENDRIKS	NICOLA		40	F	40		1:07:33
100	DU TOIT	MARILIE		41	F	40		1:07:34
101	SAFERDIEN	FARIED		44	M	40		1:07:39

102	SMETHERHAM	DOUGLAS			M	40		1:07:44
103	BROWN	PETER			M	50		1:07:59
104	EBRAHIM	MEHBOOB	ITHEKO	35	M	35		1:08:23
105	FIELDING	WHELAN	AAC	36	M	35		1:08:24
106	VASS	MATTHEW		31	M	SEN		1:08:24
107	HOEFER	KEITH		40	M	40		1:08:26
108	DEMPSTER	PHILIP		40	M	40		1:08:33
109	DAVIDSON	LAURA		33	F	SEN		1:08:36
110	SPRINGER	AUBREY		65	M	65		1:08:39
111	HAIG	LIANE		32	F	SEN		1:08:43
112		JESSICA		28	F	SEN		1:08:46
113	REISSENZAHN	INGE	CARBINEE RS WP	44	F	40		1:08:47
114	ARENDSE	LIONEL		54	M	50		1:08:55
115		CORNELIA		35	F	35		1:08:57
116		CLAUD		35	M	35		1:08:57
117	SMITH	PHILIP		28	M	SEN		1:08:59
118	HANSEN	CHRISTIAN		42	M	40		1:09:04
119	MORKEL	HENRY		53	M	50		1:09:08
120	SAVIN-CURNIER	DEBORAH		44	F	40		1:09:09
121	BELLINGER	STEPHANIE		54	F	50		1:09:11
122	MCCLLENAGHAN	NICHOLAS			M	SEN		1:09:13
123	REID	AMY		34	F	SEN		1:09:15
124	FOURIE	CHRISTOPHER		33	M	SEN		1:09:20
125	FRANCIS	BONITA			F	40		1:09:26
126	MOLTENO	ANDREW		43	M	40		1:09:27
127	SMITH	CRISTAL		37	F	35		1:09:29
128	RUSTER	TERESA-ANN		24	F	SEN		1:09:31
129	BOENDER	CAMERON		10	M	JUN		1:09:34
130	BOENDER	RONNY		42	M	40		1:09:34
131	ACKERMANN	ELISMA		22	F	SEN		1:09:42
132	RITCHIE	NIGEL		50	M	50		1:09:43
133	DURRANT	JACQUI		43	F	40		1:09:51
134	BIAGIONI	MIRELLA		35	F	35		1:09:52
135	REISSENZAHN	DEREK		16	M	JUN		1:09:56

136	MALBERBE	MEGAN		22	F	SEN		1:09:58
137	FUCHSLOCH	TISSA		56	F	55		1:10:05
138	CURNIER	BRUNO		58	M	55		1:10:17
139	STEPHEN	DALE		25	M	SEN		1:10:18
140	MEYERIDRICKS	LEE		33	M	SEN		1:10:33
141	WYLDE	GEOFF		27	M	SEN		1:10:34
142	NO RETURN				M	SEN		1:10:43
143	CHILES	SIGAL		51	F	50		1:10:58
144	MEYER	JUSTUS		39	M	35		1:11:00
145	WOLMISLEY	ULLA		39	F	35		1:11:01
146	KATZ	JESSICA		36	F	35		1:11:04
147	BERNHARDT	JOHN	WEST COAST	49	M	45		1:11:12
148	BURRISS	KYLE		28	M	SEN		1:11:16
149	AUSTIN	STEPHANIE			F	SEN		1:11:42
150	FARRELL	EMILY		19	F	JUN		1:11:42
151	EDWARDS	KIM		39	F	35		1:11:52
152	JARMANN	JP		16	M	JUN		1:12:12
153	WATSON	GARTH		37	M	35		1:12:15
154	FOGGITT	GREG			M	SEN		1:12:17
155	CONTERATO	ELENA		49	F	45		1:12:21
156	PAYNE	TANILLE		35	F	35		1:12:26
157	TOLLMAN	KAREN		51	F	50		1:12:30
158	TAUTE	ALEX			M	60		1:12:38
159	MATTHEWS	BEVAN		28	M	SEN		1:12:43
160	HIPPOLYTE	RONDEAN			F	SEN		1:12:43
161	DONDE	SARAH		19	F	SEN		1:12:47
162	ANDERSON	TODD		43	M	40		1:12:49
163	FISCHER	TERESA		37	F	35		1:12:55
164	VAN DER SPUY	PIERRE		42	M	40		1:12:56
165	EBRAHIM	ABDUL	OMMIEDR AAI	49	M	45		1:13:12
166	TOWNSEND	STEPHEN	AAC	69	M	65		1:13:26
167	CALE	CARRON		44	F	40		1:13:27
168	LAWLEY	GAYLE		39	F	35		1:13:34
169	SAMSODIEN	WALEED		31	M	SEN		1:13:36

170	DA COSTA	JULIO		24	M	SEN		1:13:42
171	KEYSER	LAUREN		35	F	35		1:13:46
172	KEARSEY	STUART		32	M	SEN		1:13:47
173	LOTTER	ANYA		39	F	35		1:13:53
174	KLUKO	NILI			F	SEN		1:13:53
175	CORDER	SARAH		26	F	SEN		1:13:54
176	WREDE	BRIDGET		28	F	SEN		1:13:54
177	PRINS	STEVE		59	M	55		1:13:55
178	JASCHKE	PETRA		43	F	40		1:14:06
179		LAUREN		21	F	SEN		1:14:09
180		HESTER		45	F	45		1:14:09
181	SCHERMER	NICKY		32	F	SEN		1:14:10
182	POGGENPOEL	ALLIE		37	M	35		1:14:13
183	CRONJE	RUDI		34	M	SEN		1:14:14
184	CLAASE	SAMANTHA		27	F	SEN		1:14:18
185	SHER	MELANIE		24	F	SEN		1:14:19
186	BERK	MICHAEL		49	M	45		1:14:25
187	ISAACS	THERESA	K-WAY VOB		F	60		1:14:33
188	EBRAHIM	BADR		24	M	SEN		1:14:41
189		RAYMOND		57	M	55		1:14:44
190	COWEI	AYNE		36	M	35		1:14:46
191	BLOMERUS	LISA		38	F	35		1:14:49
192	POWELL	SUE			F	40		1:14:53
193	POWELL	TIMOTHY			M	40		1:14:54
194	SPAWLA	V		40	F	40		1:14:56
195	WALTON	ROSS		35	M	35		1:14:58
196	MURPHY	DANA		39	F	35		1:15:04
197	CHAPLIN	COLIN		41	M	40		1:15:08
198	PETERSON	RICARDO			M	40		1:15:10
199	BERK	CATHY		44	F	40		1:15:12
200	SCHNEHAGE	CHRISTOPHER	PINELAND S	62	M	60		1:15:13
201	BENJAMIN	JOI		37	F	35		1:15:14
202	BELLINGER	MARK			M	60		1:15:21
203	MILTON	ROBERT		30	M	SEN		1:15:22
204	WEPENER	CARYN		32	F	SEN		1:15:24
205	BUNYARD	DIONNE		42	F	40		1:15:32
206	REEVES	MICAELA		28	F	SEN		1:15:38

207	KOLLER	LEE-ANNE		33	F	SEN		1:15:42
208	WEIR	GAVIN	SPARTAN	43	M	40		1:15:43
209	DE WET	CAROLINE		56	F	55		1:15:48
210	DE VILLIERS	NICOLE		36	F	35		1:15:53
211	DE VILLIERS	CHARL		40	M	40		1:15:54
212	DEARMAN	ALEX		35	M	35		1:15:54
213	GOSLETT	GODFREY		54	M	50		1:15:57
214	DE KLERK	JENNY		37	F	35		1:15:58
215	MARAIS	PATRICIA		43	F	40		1:15:58
216		MALAIKA		20	F	SEN		1:16:01
217	CROSS	EDWIN		39	M	35		1:16:03
218		BETTI		28	F	SEN		1:16:04
219	PORRILL	OWEN		45	M	45		1:16:05
220	BALLARD	HARRY		60	M	60		1:16:14
221	LOYDELL	JAQUELINE		54	F	50		1:16:15
222	BROEK	BEATRIX		49	F	45		1:16:16
223	CAHI	JODI		18	F	JUN		1:16:21
224	CAHI	ANTHONY		50	M	50		1:16:22
225	NEL	RITA		37	F	35		1:16:27
226	HOWELL	LAUREN		20	F	SEN		1:16:30
227	PEREIRA	REBECCA		20	F	SEN		1:16:31
228	SCUDAMORE	TIM		41	M	40		1:16:32
229	MOORE	DYLAN		29	M	SEN		1:16:32
230	RABIE	SHANEE		27	F	SEN		1:16:36
231	HAIRD	NICOLE		21	F	SEN		1:16:39
232	NO CARD				F	SEN		1:16:39
233	DANIELS	GLYNIS		38	F	35		1:16:45
234	LEWIS	PAULINE		42	F	40		1:16:50
235	SCHWEGMANN	MARGOT		25	F	SEN		1:16:54
236	WEST	MEGHAN		22	F	SEN		1:16:58
237	HUGO	SIMONE		41	F	40		1:17:10
238	BRASH	LINDA		36	F	35		1:17:12
239	DELPORT	CRAIG		49	F	45		1:17:12
240	SCHAPIRO	MEGAN		24	F	SEN		1:17:20
241	VAN NIEKERK	CAITLIN		20	F	SEN		1:17:21

242	MOLOISANE	THAPELO	RCS GUGS	27	M	SEN		1:17:23
243		LEIGH		32	F	SEN		1:17:27
244	MCGEEVER	ELIZABETH		62	M	60		1:17:30
245	QUMBA	NOLITHA			F	SEN		1:17:32
246		LEATITIA		45	F	45		1:17:33
247	HENKEL	PETER		30	M	SEN		1:17:44
248	KERR	TAM		31	F	SEN		1:17:46
249	HILL	KERRY		25	F	SEN		1:17:47
250	MODUBI	NGOAKWAN A		22	F	SEN		1:17:49
251	VAN HEERDEN	ANDRE		48	M	45		1:17:50
252	JACOBS	MOGAMAT		39	M	35		1:17:59
253	KARIEL	NASREEN		37	F	35		1:17:59
254	PRINSLOO	CHRISTIAAN		12	M	JUN		1:18:05
255	HOUSTON	BEVERLEY		37	F	35		1:18:06
256	SCHRAADER	GABRIELLE		40	F	40		1:18:07
257	ELSON	KERRY-ANN		31	F	SEN		1:18:08
258	WIGSTON	CAROLYN		44	F	40		1:18:12
259	BALDWIN	MIKE		49	M	45		1:18:12
260	SCHUBERT	SUSANNE		50	F	50		1:18:13
261	SCHRAADER	DEREK		44	M	40		1:18:13
262	WRIGHT	RUSSELL	FISH HOEK	44	M	40		1:18:14
263	REID	MICHELE		50	F	50		1:18:25
264	BYWATER	DAVE		62	M	60		1:18:28
265	RICHFIELD	ROSALIE	UCT	60	F	60		1:18:33
266	LOVE	ROB		53	M	50		1:18:37
267	GOVENDER	KAMLEN		28	M	SEN		1:18:49
268	WALDRON	LIZZIE		25	F	SEN		1:18:50
269		CAMERON		34	M	SEN		1:18:50
270	ROWNSEND-ROSE	JAMES		34	M	SEN		1:18:51
271	NO RETURN				M	SEN		1:18:57
272	FLOCKTON	GINETTE		60	F	60		1:19:04



273	CLAPHAM	JARED		32	M	SEN		1:19:06
274	BRUNTON	J		42	F	40		1:19:08
275	JACOBS	PETER		41	M	40		1:19:20
276	PICKARD	KATE		41	F	40		1:19:27
277	MACKIE	GLEN		61	M	60		1:19:30
278	DOWEY	T		36	F	35		1:19:35
279	DEWEY	ANDREW		35	M	35		1:19:36
280	BEATTIE	TANYA		44	F	40		1:19:48
281	MELCK	PENNY		51	F	50		1:19:54
282	CROSS	HELEN		32	F	SEN		1:20:07
283	ERASMUS	CELESTE		37	F	35		1:20:22
284	GROBLER	HENNIE		37	M	35		1:20:22
285	NO RETURN		K-WAY VOB		M	SEN		1:20:29
286	NO CARD		K-WAY VOB		M	SEN		1:20:29
287	ARNOLDI	MARIE		51	F	50		1:20:30
288	JACOBS	FAWAAZ		33	M	SEN		1:20:35
289	RAMSAY	JO		45	F	45		1:20:39
290	STAEGEMANN	P		59	M	55		1:20:43
291	BASSON	TAMSYN		28	F	SEN		1:20:43
292	VAN RENSBURG	ARNE		22	F	SEN		1:20:44
293	GILMOUR	TRISH	K-WAY VOB	53	F	50		1:20:45
294	CRONJE	NICOLETTE		50	F	50		1:20:48
295	BROADLEY	OLIVIA		22	F	SEN		1:20:50
296	SHACKLETON	CAM		41	F	40		1:20:55
297	MORRIS	CINDY		40	F	40		1:20:55
298	SNEDDON	DEBBIE		46	F	45		1:20:59
299	MARKHAM	ALISON		51	F	50		1:21:00
300	O'DONOVAN	NEDA	K-WAY VOB	43	F	40		1:21:00
301	MASSON	SCOTT		33	M	SEN		1:21:04
302	SCHOLTZ	GRAHAM		34	M	SEN		1:21:05
303	KOOPMAN	EUGENE		41	M	40		1:21:09
304	SARGEANT	WARREN		32	M	SEN		1:21:14
305	BOENDER	MELANIE		37	F	35		1:21:14
306	ALEXANDER	CAROLINE		21	F	SEN		1:21:28

307	FAGG	LYNN		54	F	50		1:21:33
308	MACKELL	RACHAEL		22	F	SEN		1:21:36
309		YASMIN		58	F	55		1:21:42
310	DAWSON-SQUIBB	NANCY		65	F	65		1:21:46
311	DE REUCK	PAUL		37	M	35		1:21:48
312	BROWN	CHLOE	WEST COAST	24	F	SEN		1:21:55
313		MINETTA		41	F	40		1:21:58
314	MARKHAM	HOWARD		57	M	55		1:22:09
315	VAN NIEKERK	CARLO		38	M	35		1:22:10
316	JACOBSON	MARK		40	M	40		1:22:23
317	GAVEN	DESIREE		35	F	35		1:22:23
318	SCHMITZ	GRANT		42	M	40		1:22:26
319	BRINDERS	LYDEN		24	M	SEN		1:22:27
320	VAN DER AHEE	CHRISTINE		25	F	SEN		1:22:29
321	JANSE VAN RENSBURG	JOHAN		30	M	SEN		1:22:29
322	NEL	PETRUS			M	50		1:22:31
323	HOWE	DONNAVEE N	RUN WALK 4 LIFE	54	F	50		1:22:34
324		ROBIN		38	M	35		1:22:34
325	GRANT	JONATHAN		27	M	SEN		1:22:40
326		JAIMEE		22	F	SEN		1:22:40
327	DUNCAN	WARREN		32	M	SEN		1:22:41
328	CLOETE	JULIE		47	F	45		1:22:47
329	PHILLIPS	DENISE		52	F	50		1:22:47
330	RYLANDS	YUSUF		49	M	45		1:22:49
331	BAILEY	LUCY		46	F	45		1:22:50
332	LAROQUE	ROXI		20	F	SEN		1:23:00
333	JACOBS	LETICIA		35	F	35		1:23:06
334	WINTER	LIESL		35	F	35		1:23:16
335	BASSON	SARETHA		26	F	SEN		1:23:24
336	WILLIAMS	SARAH		24	F	SEN		1:23:29
337	VAN DER MERWE	AMY		18	F	JUN		1:23:31

338	HEYNES	KIRSTIE		25	F	SEN		1:23:36
339	NATHOO	JEETEN		40	M	40		1:23:51
340	RYLANDS	HAFEZA		47	F	45		1:23:56
341	THOMPSON- EVANS	NICCI			F	50		1:23:56
342	COZYN	FAREED	OMMIEDR AAI	44	M	40		1:23:58
343	MCAULIFFE	SHARON		51	F	50		1:23:58
344	EADIE	IAN		63	M	60		1:24:04
345	WHITE	MARGARET		62	F	60		1:24:04
346	ERASMUS	SHANDRI		18	F	JUN		1:24:11
347	SUTER	JASON		46	M	45		1:24:17
348	SUTER	LISA		45	F	45		1:24:18
349	SUTCLIFFE	BRYAN			M	JUN		1:24:25
350	SUTCLIFFE	NICK		50	M	50		1:24:26
351	SUTCLIFFE	ROSEMAYR		47	F	45		1:24:27
352	FRIESLICH	MARQAUX		39	F	35		1:24:31
353	FRASER	NATALIE			F	SEN		1:24:34
354	HOLING	FRITH		53	F	50		1:24:34
355	COOK	GAIL		50	F	50		1:24:36
356	COLLIER	CAROLINE		20	F	SEN		1:24:41
357	MACMAHON	ANNA		39	F	35		1:24:53
358	PETER	ANTHONY		59	M	55		1:25:01
359	STAAK	WENDY		58	F	55		1:25:01
360	GAUS	BELINDA		47	F	45		1:25:04
361	REINDERS	SAMANTHA			F	40		1:25:05
362	SMETHERHAM	ROCHELLE			F	40		1:25:23
363	GOSIA			37	F	35		1:25:26
364	VAN DER VALK	DARREN		21	M	SEN		1:25:26
365	SPENCE	HELEN		56	F	55		1:25:35
366	HOFMEYR	CLARE	AAC	31	F	SEN		1:25:36
367	MURPHY	NADINE		40	F	40		1:25:39
368	CHAHWAHWA	ETTIE		39	F	35		1:26:06
369	BROPHY	ERICA			F	40		1:26:09
370	LEVERTON	KATHY			F	SEN		1:26:12

371		ANDREW		39	M	35		1:26:17
372		TAMMY		36	F	35		1:26:18
373	BEYER	MICHELLE		43	F	40		1:26:21
374	LOVE	MONIKA		41	F	40		1:26:21
375	WHEELDON	LEANNE		34	F	SEN		1:26:23
376	WHEELDON	GEOFFREY		37	M	35		1:26:24
377	HARRIS	LEE-ANN		49	F	45		1:26:26
378	DONALDSON	PETER		33	M	SEN		1:26:30
379	STAEGEMANN	KARIN		29	F	SEN		1:26:31
380	STEWART	JESSICA		29	F	SEN		1:26:31
381	HOOLE	SANDY		47	F	45		1:26:34
382	VAN ZYL	JENNY		49	F	45		1:26:34
383	CORWAN	S			M	40		1:26:37
384	SWEENEY	SIOBHAN		30	F	SEN		1:26:39
385	LAMB	KIM	RUN WALK 4 LIFE	51	F	50		1:26:42
386	PRINGLE	BRENDA		56	F	55		1:26:42
387	VAN RENSBURG	ILZE		40	F	40		1:26:44
388	VAN NIEKERK	NICOLA		23	F	SEN		1:26:47
389	SMITH	MICHAEL		46	M	45		1:26:53
390	MDLUNGU	ZANDILE		35	F	35		1:26:59
391	LAURIE	ANGELIQUE		29	F	SEN		1:27:00
392	STAFHOVSKA	DESSI		30	F	SEN		1:27:00
393	GHANY	IMRAN		66	M	65		1:27:22
394	NO RETURN				F	SEN		1:27:28
395	CUZEN	NATALIE		30	F	SEN		1:27:30
396	HENKEL	I		50	F	50		1:27:47
397	VAN DER VALK	LAUREN		25	F	SEN		1:27:49
398	MEREDITH	MEGAN		42	F	40		1:27:53
399	NO CARD				F	SEN		1:27:54
400	MANDABUA	PRECOIUS			F	SEN		1:28:15
401	WILKINSON	KATALIN		47	F	45		1:28:48

402	BURGERS	WENDY		43	F	40		1:28:48
403	JARDINE	CHRISTINE		58	F	55		1:28:55
404	MAGOWAN	CAROLINE		49	F	45		1:29:01
405	CONSTANT	CLAIRE		40	F	40		1:29:13
406	DUWILL	CLARA		22	F	SEN		1:29:48
407	MOHAMED	MUBEEN		24	M	SEN		1:29:52
408	BANDERKER	MOHAMMED			M	SEN		1:30:02
409	SEGALL	PIPPA		48	F	45		1:30:20
410	HENDRIECK	RANDALL		50	M	50		1:30:20
411	VEY	SHELLEY		53	F	50		1:30:21
412	MARAIS	KIM		37	F	35		1:30:22
413	HENDRIECK	COLLEEN		50	F	50		1:30:23
414	GLUCKMAN	RENE		44	F	40		1:30:25
415		MEGAN		39	F	35		1:30:36
416	LOGAN	MATT		35	M	35		1:30:45
417	NO CARD				F	40		1:30:49
418	OKES	NICOLA		31	F	SEN		1:30:57
419	LEVIN	ZACHARY			M	SEN		1:31:01
420	WALKER	DEBORAH		35	F	35		1:31:10
421	HUDSON	LIZ		54	F	50		1:31:15
422	TINKLER	MANDY		57	F	55		1:31:15
423	KOTZE	ELIZMA		47	F	45		1:31:19
424	WHITEHOUSE	TONY			M	60		1:31:22
425	WHITEHOUSE	JOAN		48	F	45		1:31:22
426	BERNITZ	NETANYA		29	F	SEN		1:31:42
427	GIBBONS	CHRISTOPHER		30	M	SEN		1:31:43
428	MANTELL	SIMON		53	M	50		1:31:52
429	VON WIDDERN	BIANCA			F	SEN		1:31:53
430	VAN VUUREN	MARGE		55	F	55		1:32:02
431	DAVISON	NORMA		62	F	60		1:32:17
432	HAWKER	LEAH		32	F	SEN		1:32:26
433	WONNABEA	CHARMAINE		47	F	45		1:32:28

434	MARX	ERIKA		32	F	SEN		1:32:54
435	GELDENHUYS	ANNELIZE		44	F	40		1:32:54
436	BLANK CARD				F	SEN		1:32:55
437	DE FREITAS	ANGELO			M	40		1:33:08
438	FORTUNE	MYMOENA		46	M	45		1:33:17
439	DE JONGH	NADINE			F	SEN		1:33:22
440	COOPER	LYNDA			F	SEN		1:33:23
441	BUTTERWORTH	JILLIAN			F	40		1:33:24
442	POMARIO	TANIA		37	F	35		1:33:24
443	GRIEBENOW	SAM		30	F	SEN		1:33:28
444	GRAHAM	JESSICA		22	F	SEN		1:33:29
445	GRAHAM	WAYNE		51	M	50		1:33:29
446	FELDMAN	NAZEEMAH			F	50		1:33:30
447		ALYIN		50	M	50		1:33:33
448	NO RETURN				M	SEN		1:33:33
449	NO RETURN				F	SEN		1:33:45
450	ADAMS	VICTOR		62	M	60		1:33:46
451		MELISSA		29	F	SEN		1:33:58
452	SAMAAI	SADLEY		39	M	35		1:34:03
453	JAPPIE	MOGAMAT		44	M	40		1:34:04
454	KNAPP	JULIE		44	F	40		1:34:31
455	URQUHART	GAVIN		61	M	60		1:34:35
456	LE ROUX	NADIA		46	F	45		1:34:38
457	HILL	LARA		28	F	SEN		1:34:40
458	SASSMAN	ROY		38	M	35		1:35:03
459	NO CARD				F	SEN		1:35:11
460	BARNARD	MICHELLE		39	F	35		1:35:13
461	THORNE	GARNETT		23	M	SEN		1:35:13
462	ROOTS	COURTNEY			F	SEN		1:35:26
463	LAROQUE	CAZ		52	F	50		1:35:31
464	NO CARD				F	SEN		1:35:35
465	KILBRIDGE	JULIET		50	F	50		1:35:39
466	MORAR	TANIE		47	F	45		1:35:39
467	FELTON	LIESL		40	F	40		1:35:40

468		ZUREENA		45	F	45		1:35:48
469	BOSCH	TANJA		39	F	35		1:35:50
470	SOLOMON	WAHIEBAH		42	F	40		1:35:52
471	CARR	NINA		42	F	40		1:35:53
472	EVANS	MIKE	K-WAY VOB		M	50		1:35:57
473	DUNCAN	TRACY		31	F	SEN		1:35:59
474	VERMEULEN	AMY			F	SEN		1:36:05
475	PETERSON	TANIA			F	SEN		1:36:08
476	WILSON	BRIDGET		39	F	35		1:36:14
477	BUTLER	LINDA		43	F	40		1:36:50
478	BANDERKER	NAFEESA			F	SEN		1:36:51
479	MERAND	DAVID		60	M	60		1:37:03
480	NJACOBS	YUSRAH		35	F	35		1:37:39
481	KARIEM	FIROZAH		36	F	35		1:37:39
482	SHAMLEY	JOEL		8	M	JUN		1:37:45
483	HARTNICK	JOHN			M	60		1:37:46
484	SHAMLEY	BARRY		41	M	40		1:37:49
485	BANDERKER	WAHEED			M	SEN		1:38:15
486	CHIKTE	MASOODAH	ITHEKO		F	40		1:38:15
487	SAMAAI	ZULFAH		44	F	40		1:38:16
488	TALIP	NASHREEN		34	F	SEN		1:38:21
489	PIENAAR	BRONWYN		41	F	40		1:38:21
490	SAMAAI	ISHMA-EEL		44	M	40		1:38:26
491	PICKERING	CLAIRE			F	40		1:38:38
492	ODENDAAL	SULENE		26	F	SEN		1:38:41
493	PRINSLOO	DARIA		42	F	40		1:38:41
494	DAVIDSON	CLAIRE		31	F	SEN		1:38:42
495	NORTH	NATASHA		45	F	45		1:38:42
496	VINEALL	KATE			F	JUN		1:39:12
497	FLORIS	AMINA		35	M	35		1:39:34
498	LOOERS	SALIH	CENTRAL AC	37	M	35		1:39:35
499	GREYVENSTEIN	SHELLEY			F	SEN		1:39:57
500	THWAITS	LYNDALL		25	F	SEN		1:39:58

501	VUMAZONKE	AYANDA		32	F	SEN		1:40:12
502	JAPPIE	FAIROOZ	CENTRAL AC	37	F	35		1:41:16
503	DANIELS	GAIL		36	F	35		1:41:51
504	KOEKEMOER	RONEL		22	F	SEN		1:42:10
505	CARIEM	AFROZ		39	F	35		1:42:30
506	RAHIM	MUSHTAQ		51	M	50		1:42:32
507	MAKANJEE	ANJANA		43	F	40		1:42:40
508	SUKHA	VEENA		46	F	45		1:42:40
509		CHANTE		22	F	SEN		1:42:41
510	MORGAN	MICHAEL		42	M	40		1:43:27
511	LOYNES	TARYN		35	F	35		1:43:40
512	SONDAY	SHARMILA	ITHEKO		F	SEN		1:44:20
513	EBRAHIM	ZARINA	ITHEKO		F	SEN		1:44:22
514	FOORD	CHRISTY		24	F	SEN		1:44:44
515	POLEMAN	CEDRIC		46	M	45		1:47:11
516	POLEMAN	COLLEEN		44	F	40		1:47:11
517	MOOLLA	FATIMA	ITHEKO	42	F	40		1:47:25
518	CAMERON	RUTH	SPARTAN	59	F	55		1:47:38
519	AFRICA	CECILIA			F	50		1:47:41
520	REA	ANGELA		41	F	40		1:47:51
521	NOFFKE	MANDY		45	F	45		1:47:56
522	FARHAM	BRIDGET		61	F	60		1:47:57
523	ALEXANDER	ISA	HARLEQUINS	71	F	70		1:49:06
524	DU TOIT	SOMAYA		49	F	45		1:49:17
525	VERMEULEN	JOHAN			M	SEN		1:49:20
526	BENJAMIN	SHAFIEK	CENTRAL AC		M	SEN		1:49:20
527	DANSTER	NWABISA		23	F	SEN		1:50:16
528		ANDREW		39	M	35		1:50:25
529	SAMSODIEN	SALWAH		35	F	35		1:50:41
530	PHILLIPS	RASHAAD	NANTES K-WAY VOB	39	M	35		1:50:42
531	COLBORNE	MIKE			M	70		1:50:43
532	REDELINGHUYS	KALIKA		28	F	SEN		1:51:35
533	NO RETURN				F	SEN		1:53:00
534	HARGREAVES	JEAN	SPARTAN	60	F	60		1:53:02



535	JARDINE	SHARON			F	SEN		1:53:10
536	AUSTIN	CATHY			F	SEN		1:53:12
537	BOTES	LENA			F	SEN		1:53:12
538	NO RETURN				F	SEN		1:53:20
539	CLARKE	TARRYN		30	F	SEN		1:54:03
540	BECK	MELANIE		27	F	SEN		1:54:03
541	KAMALDIEN	RAZAAN		46	F	45		1:55:05
542	SULAIMAN	ZULFAH			F	40		1:55:05
543	BEHARDIEN	LATIEFA		41	F	40		1:55:06
544	EBRAHIM	MOEGSIEN		56	M	55		1:55:06
545		FATHIYA	CENTRAL AC	37	F	35		1:55:06
546	VINEALL	VANESSA	CENTRAL AC		F	40		1:55:07
547	MOHAMED	RAMNUR		49	F	45		1:55:07
548	SULAIMAN	ACHMAT			M	40		1:55:08
549	MARTIN	MUNEEBA			F	SEN		1:55:21
550	PARKER	HASSIENA			F	SEN		1:55:25
551	SLEMMING	FAIEKA	ITHEKO	41	M	40		1:55:25
552	RICHFIELD	JULIAN			M	60		1:55:39
553	LIANG	AMY			F	SEN		1:56:36
554	SALIE	SARAH			F	SEN		1:56:36
555	BAYNES	CHARLENE		56	F	55		1:57:23
556	ELLIS	HEILI		36	F	35		1:57:52
557	SPLINTERS	AGUSTA	NANTES	39	F	35		1:58:49
558	PLENGE- MANTELL	CARLA		7	F	JUN		2:03:13
559	PLENGE	ULLA		43	F	40		2:03:13
560	PARKER	NAWAAZ	ITHEKO		M	SEN		2:21:17
561	EBRAHIM	AYSHA	ITHEKO		F	SEN		2:21:18

**SONIA HARLOCK**  
**soniah@kingsley.co.za**  
**Tel (021) 785-1685**  
**Cell 083 273 3268**  
**Fax 086 618 0642**