

CONSTANTIA VALLEY TRAIL RUN 21KM

SUNDAY 01 MAY 2016

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT	LIC No	TIME
1	BRIMBLE	BEN	ASCIS	30	M	SEN		1:19:20
2	DUNN	JARRYD		18	M	JUN		1:20:19
3	GEORGE	COLIN		44	M	40		1:23:19
4	SWEETNAM	WESLEY		26	M	SEN		1:25:06
5	NIEWMANN	JONATHAN		32	M	SEN		1:28:37
6	HYSON	GREG		28	M	SEN		1:31:31
7	VASAPOLLI	RICARDO		20	M	SEN		1:32:01
8	BERRY	SAM		37	M	35		1:32:41
9	ELSOM	MATTHEW		24	M	SEN		1:32:43
10	MCCORMICK	MARK		21	M	SEN		1:36:05
11	CUPITO	EMILY		32	F	SEN		1:36:18
12	BOTTEN	PAIGE		19	F	SEN		1:36:33
13	NAKASHIMA	KOJI		35	M	35		1:37:30
14	WINTER	RYAN	PINELANDS	38	M	35		1:38:01
15	YILA	RODET			M	SEN		1:38:10
16	TURNER	IAIN		33	M	SEN		1:39:49
17	WALTERS	ELISABETTA		40	F	40		1:40:15
18	GROY	JEREMY		28	M	SEN		1:40:37
19	ELLIS	CHRIS		21	M	SEN		1:40:51
20	ARENDSE	LAUREN		29	F	SEN		1:41:02
21	GARNER	CHARLES		28	M	SEN		1:41:51
22	SQUIRES	TROY		36	M	35		1:41:59
23	NO CARD				M	SEN		1:42:36
24	DU PLESSIS	PRIEUR		32	M	SEN		1:42:38
25	WILES	PAUL		38	M	35		1:42:38
26	HAMILTON	DAIN		49	F	45		1:42:44
27	BUCHANAN	ROSE		30	F	SEN		1:42:45
28	THOMAS	BRIAN		43	M	40		1:43:02
29	COLLYER	BRANDON		40	M	40		1:43:05
30	BANDA	CHRISTOPHER	K-WAY VOB		M	SEN		1:43:26
31	NO CARD				M	SEN		1:43:30
32	OLIVER	GRANT		56	M	55		1:43:37
33	LEMMON	MA		50	M	50		1:44:44
34	SWARTS	CAREL			M	SEN		1:44:44
35	GLENDINNING	ANDREW		44	M	40		1:44:49
36	LOUW	DIRK		45	M	45		1:45:01
37	SAID	FAHD		32	M	SEN		1:45:02
38		JARED		34	M	SEN		1:45:48
39	BOYD	ADRIENNE		27	F	SEN		1:45:59
40	PRINSLOO	STIAAN		40	M	40		1:46:00
41		JULIET		33	F	SEN		1:46:34
42	VORWALLNER	MONJA		42	F	40		1:46:38
43	GILLINGHAM	PAUL		42	M	40		1:47:06
44	LADOPOULOS	SOTIROS		45	M	45		1:47:29
45	HOLLAND	WADE		28	M	SEN		1:47:33

46	KLOSS	JAKE		22	M	SEN	1:48:33
47	HAUSLE	JUSTIN		28	M	SEN	1:48:34
48	WHITLOCK	LEON		38	M	35	1:48:36
49	PERCIVAL	ALEX			M	SEN	1:48:39
50	GLASS	IAN		58	M	55	1:48:56
51	DU PLESSIS	ARMAND		36	M	35	1:49:05
52		MARK		48	M	45	1:49:06
53	AHMED	RIAD		41	M	40	1:49:20
54	GREENFIELD	JAMES		38	M	35	1:49:52
55	HEIMBERG	GERALD		51	M	50	1:49:55
56	BOKELMANN	SEAN		38	M	35	1:49:56
57	MISPLON	SALLY		28	F	SEN	1:49:59
58	WATERMEYER	CAROLINE		22	F	SEN	1:50:02
59	WILSON	JUSTIN		40	M	40	1:50:07
60	VAN VLEDDER	NICOLE		43	F	40	1:50:09
61	OXTOBY	OLIVER		34	M	SEN	1:50:56
62	BORRILL	I		44	M	40	1:51:28
63	BEY	MARTIN		43	M	40	1:51:34
64	BRACKEN	B		40	M	50	1:51:51
65	BUCHANAN	BETH		25	F	SEN	1:51:59
66	WARNER	KATE		40	F	40	1:52:01
67	STEEL	NICKY		41	F	40	1:52:01
68	KEYSER	CHARLES		34	M	SEN	1:52:03
69	VIGNANI	PAOLA	K-WAY VOB	50	F	50	1:52:11
70	MACKINTOSH	RUSSELL	FISH HOEK	49	M	45	1:52:26
71	MCKECHNIE	GUY		33	M	SEN	1:52:46
72	RUSSELL	DAVE		42	M	40	1:52:51
73	STONE	DEVON		21	M	SEN	1:53:04
74	MICHALOPOULOSD	NIK		42	M	40	1:53:11
75	REID	CECIL		39	M	35	1:53:16
76	CLARK	SKYE		25	M	SEN	1:53:24
77	MAHOMED	AHMED		52	M	50	1:53:25
78	BASSINGTHWAIGH TE	MARK		38	M	35	1:53:49
79	CRIDA	ROBERT		46	M	45	1:53:50
80	ANDRAOS	GEORGINA		54	F	50	1:54:02
81	COURTS	ELLIE	CELTIC HARRIERS	44	F	40	1:54:03
82	SCHULTZ	MEL		42	F	40	1:54:06
83	RICKETT	CHERI		43	F	40	1:54:09
84	BENNETTS	VICTORIA		38	F	35	1:54:17
85	GODWANA	MNCEDI		45	M	45	1:54:40
86	BARRON	PETER		65	M	65	1:54:43
87	LOVELOCK	DANIEL		30	M	SEN	1:54:44
88	NO CARD				M	SEN	1:54:45
89	RITZMAN	TERRY		39	M	35	1:54:46
90	GAERTNER	PATRICK		54	M	50	1:54:49

91	MULLER	JACOB		24	M	SEN		1:55:10
92	DE JESUS	CARLOS		32	M	SEN		1:55:26
93	FORTUIN	CHRISTOLINE			F	SEN		1:55:54
94		IVAN		55	M	55		1:55:56
95	CALDERWOOD	GREGOR		41	M	40		1:56:02
96	MCLEOD	WENDY		47	F	45		1:56:37
97	MACKINTOSH	BEV	FISH HOEK	49	F	45		1:56:41
98	SMUTS	ALISTER		43	M	40		1:56:51
99	SHAW	ANTHONY		46	M	45		1:56:59
100	SMITH	QUINTIN		32	M	SEN		1:57:09
101	SPIES	RENATE		34	F	SEN		1:57:26
102	SADIEN	IGHSAAN		40	M	40		1:57:32
103	MARX	CARINA		33	F	SEN		1:58:23
104	ROBERTS	MARK		38	M	35		1:58:33
105	HAUPT	SERENA	FISH HOEK	49	F	45		1:58:36
106	NEVELING	KELLY		39	F	35		1:58:38
107	MONK	JASON		46	M	45		1:58:40
108	COLLINS	JULIETTE		28	F	SEN		1:58:48
109	RUSHBY	CHRIS			M	SEN		1:59:25
110	HIRSCH	MICHAEL			M	SEN		1:59:26
111	JEPPE	NERISSA		32	F	SEN		1:59:36
112	TULLY	ROBYN		26	F	SEN		1:59:47
113	COX	JONO		24	M	SEN		1:59:47
114	VAN SCHALKWYK	NIKKI		37	F	35		2:00:23
115	VAN SCHALKWYK	LOUIS		37	M	35		2:00:24
116	SCHIPPERS	JACQUES		36	M	35		2:00:33
117	HORWITZ	MICHAEL		43	M	40		2:00:44
118	SIPHESIHLE		RCS GUGS	37	M	35		2:00:45
119	NO RETURN				F	SEN		2:00:46
120	CERQUEIRA	ZEZA		52	F	50		2:01:14
121	BEATTIE	ANDREW		43	M	40		2:02:04
122	CLEWORTH	ADAM		43	M	40		2:02:27
123	ZULU	PHILA		35	M	35		2:02:35
124	BOND	CATHARINE	K-WAY VOB	36	F	35		2:02:38
125	MCCALLUM	CAMERON		36	M	35		2:02:42
126	ABRAHAMS	PAUL		52	M	50		2:02:44
127	KUBICA	IRINA		41	F	40		2:03:02
128	DE JAGER	JUSTIN		36	M	35		2:03:03
129	PACE	SUSAN		40	F	40		2:03:23
130	SNYMAN	ZEKE		35	M	35		2:03:24
131	MCGIVERN	COLM		43	M	40		2:03:51
132	ARNOTT	BIANCA		28	F	SEN		2:04:06
133	WALKER	LINDSAY		29	F	SEN		2:04:12
134	RANOSZEK	MAREK		54	M	50		2:04:23
135	BERNSTEIN	PAUL		49	M	45		2:04:24
136	BUTCHER	TIM		40	M	40		2:04:26

137	WILLIS	BRIAN		28	M	SEN	2:04:27
138	CERQUEIRA	MELANIE		44	F	40	2:04:29
139	RALPHS	ETIENNE		46	M	45	2:05:15
140	MEREDITH	GUY		56	M	55	2:05:18
141	NO RETURN				M	SEN	2:05:31
142	DOWNIE	JAMES		57	M	55	2:05:37
143	GODFREY	KELLY		27	F	SEN	2:05:38
144	NO CARD				M	SEN	2:05:48
145	STEVENS	ADRIAN		63	M	60	2:05:51
146	WATERS	RAASAY		36	F	35	2:05:53
147	WAREHAM	RETHA		36	F	35	2:06:00
148	O'CONNOR	SUSAN		38	F	35	2:06:00
149	ULLYET	SUE	AAC	49	F	45	2:06:01
150	KOLBE	VERUSCHKE		38	F	35	2:06:10
151	JURIES	JP		32	M	SEN	2:06:11
152	LAMBROS	SARAH		20	F	SEN	2:06:21
153	LOUBSER	MARCY		46	F	45	2:06:24
154	OLIVER	MOIRA		56	F	55	2:06:25
155	MULLER	SABINE		50	F	50	2:06:38
156	SPAMLA	M		31	M	SEN	2:07:10
157	CHARLES	C		39	M	35	2:07:12
158	BUDDINGH	ADRIAN		53	M	50	2:07:22
159	INGGS	KIRSTEN		34	F	SEN	2:07:43
160	BURGER	LISA		46	F	45	2:08:11
161	RUFFELS	JEANNINE	RUN WALK 4 LIFE	48	F	45	2:08:25
162	MAHLADLA	MEHONGA		41	M	40	2:08:27
163	WATSON	GEMMA		21	F	SEN	2:08:44
164	BIRD	CAMERON		21	M	SEN	2:08:44
165	STEWARD	TONY		52	M	50	2:09:01
166	PRINGLE	CARIN		48	F	45	2:09:02
167	PARSONS	WAYNE		50	M	50	2:09:03
168	STONE	DEVON		20	M	SEN	2:09:12
169	PAULSEN	DEON		42	M	40	2:09:16
170	NGQWEMLA	LOYISO		41	M	40	2:09:38
171	BRINDERS	LANCE		43	M	40	2:09:56
172	KRUGER	JUSTIN		44	M	40	2:09:57
173	STEVENSON	GARRON		43	M	40	2:10:07
174	FRIESLICH	QUINTON		40	M	40	2:10:13
175	BADENHORST	CORNELL			F	SEN	2:10:14
176	SMIT	LIZL		41	F	40	2:10:44
177	HIRST	PENNI		51	F	50	2:10:45
178	SHUTTLEWORTH	RICHARD		43	M	40	2:10:52
179	MCINNES	MARK		48	M	45	2:10:52
180	WITBOOI	LEON		43	M	40	2:11:11
181	LUITERS	LYALL			M	SEN	2:11:15
182	POVEY	TARRYN		30	F	SEN	2:11:18
183	WEAVER	CARIN		27	F	SEN	2:11:30
184	DAVIS	CHRISTOPHER		51	M	50	2:12:14

185	AUZET	LARA		20	F	SEN		2:12:32
186	HELLER	ASHLYN		21	F	SEN		2:12:37
187	BEYERS	ELSCHEN		54	M	50		2:12:51
188	SIYABONGA			41	M	40		2:12:52
189	GILLINGHAM	KARLA		39	F	35		2:13:12
190	LEMMOON	ANNIE		55	F	55		2:13:13
191	HENKA	A		51	M	50		2:13:26
192	HOFMANN	SONJA		31	F	SEN		2:13:30
193	OPIE	JESSICA		46	F	45		2:14:50
194	NO RETURN		HOUT BAY		M	50		2:15:37
195	NO RETURN				M	50		2:15:38
196	MAY	RACHAEL		50	F	50		2:15:58
197	HOBSON-JONES	SAMANTHA		23	F	SEN		2:16:04
198	HILL	CLINTON		33	M	SEN		2:16:09
199	WORNE	MICHAEL		65	M	65		2:17:24
200		GRAHAM	ITHEKO	52	M	50		2:17:42
201	SMITH	LLEWELLYN		39	M	35		2:17:46
202	PATON	WENDY		41	F	40		2:17:49
203	VALK	ALAN		38	M	35		2:17:59
204	OSRIN	LISA		40	F	40		2:19:37
205	HOLSTHAUSEN	ANDRE		36	M	35		2:19:50
206	STEYN	SEAN		32	M	SEN		2:19:53
207	ANDERSON	STEVE		50	M	50		2:19:55
208	JAHNIG	RICHARD	K-WAY VOB	49	M	45		2:20:10
209	DE LAPELIN DUMONT	DOMINIQUE	WEST COAST	36	F	35		2:21:06
210	COLMAN	JULIE		47	F	45		2:21:06
211	MORROW	MIKE		63	M	60		2:21:15
212	EARDLEY	SANDRA	K-WAY VOB	60	F	60		2:21:31
213	VAN ZYL	NOEL ANDREW		54	M	50		2:21:39
214	WALTERS	NICOLAS		25	M	SEN		2:22:09
215	O'KENNEDY	SEAN		26	M	SEN		2:22:10
216	RUSSELL	DANIEL		20	M	SEN		2:22:22
217	CONNELLAN	BREDAN			M	40		2:22:45
218	FRASER	DALE			M	SEN		2:22:45
219	FULLER	LAUREN		25	F	SEN		2:22:48
220	HOLVEC	NICCI		36	F	35		2:22:52
221	SMITH	ROGER		65	M	65		2:23:01
222	SNOWDON	PAUL		49	M	45		2:24:22
223	YELD	JOHN		66	M	65		2:24:24
224	O'DONNELL	KELLY		20	F	SEN		2:24:34
225	PRIESTMAN	MICHELE		57	F	55		2:25:02
226	SALIDA	MARCELLE		40	F	40		2:25:13
227	LISA	THEMBELANI		33	M	SEN		2:25:18
228	MORROW	NIKKI		43	F	40		2:26:04
229	SPARKS	LINDA		55	F	55		2:26:30
230	MALAN	JANET		39	F	35		2:26:37

231	MOSTERT	ILSE		45	F	45		2:27:04
232	VAN DER VYVER	JOHANN		44	M	40		2:27:08
233	ELLIOTT	CAROLYN		49	F	45		2:27:14
234	SHUTTLEWORTH	SALLY		43	F	40		2:27:15
235	FLEMMING	MELISSA		21	F	SEN		2:28:59
236	VAN BREUKELEN	ROB		41	M	40		2:29:16
237	COWLIN	SONJA		36	F	35		2:30:15
238	HANEKOM	RACHE		36	F	35		2:30:16
239	SNYMAN	PAULA		38	F	35		2:30:21
240	SNYMAN	DUNCAN		38	M	35		2:30:21
241	CILLIERS	AMELIA		40	F	40		2:30:58
242	DOMINGO	EBRAHIM		41	M	40		2:31:14
243	SWART	NATALIE		33	F	SEN		2:31:23
244	HOLLAND	CATH		40	F	40		2:31:28
245	NO RETURN				F	40		2:33:01
246	WILSON	NICOLA		41	F	40		2:33:37
247	KOTZE	KEVIN		42	M	40		2:33:39
248	VISSER	LEON		46	M	45		2:35:13
249	CREMER	TRUDIE		38	F	35		2:35:13
250	NORTJE	ALICIA		30	F	SEN		2:35:33
251	DAVEY	BRIAN		55	M	55		2:35:33
252	ABRAHAM	HEIN		40	M	40		2:35:42
253	BOWYER	ANGELA		52	F	50		2:36:13
254	VAN DER WESTHUIZEN	ADRI		38	F	35		2:36:13
255	EVARD	LINDSAY		48	F	45		2:36:13
256	CURTIS	JULIA		48	F	45		2:36:14
257	DE KOCK	MELISSA		41	F	40		2:36:57
258	NEL	VENITA		46	F	45		2:37:59
259	CONNOWAY	LIZANE		37	F	35		2:38:05
260	AXELSON	RAFE		61	M	60		2:38:18
261	GROENEWALD	RENATA		34	F	SEN		2:40:53
262	JENKINS	LARRY	K-WAY VOB	70	M	70		2:41:03
263	NO RETURN				F	SEN		2:41:04
264	NO RETURN				F	SEN		2:41:04
265	ESSOP	NURAHN		34	F	SEN		2:41:39
266	RINQUEST	SHANE		37	M	35		2:41:53
267	BRUINTJIES	GRANT		36	M	35		2:41:53
268	HEWITSON	ASHLEIGH		25	F	SEN		2:42:34
269	MCGOLDRICK	KEAGAN		27	M	SEN		2:42:35
270	MFOLOZI	NOTHEMBA		34	F	SEN		2:42:43
271	THOMPSON	TRACY		46	F	45		2:42:44
272	GIHWALA	VARSHA		52	F	50		2:45:24
273	NO RETURN				F	SEN		2:46:33
274	KOTZE	LOUIS		46	M	45		2:47:02
275	WILSON	HEIDI		44	F	40		2:47:03
276	LOUW	NIC		63	M	60		2:48:06
277	NO CARD				F	SEN		2:48:29
278	NO CARD				M	SEN		2:50:31

279	SNYMAN	BERTUS		28	M	SEN		2:50:32
280	HIGGINS	HELENA		43	F	40		2:50:34
281	LAMPRECHT	DIANIE		41	F	40		2:50:35
282	ADAMS	SALIE		41	M	40		2:50:41
283	VOIGT	LYNETTE		60	F	60		2:50:41
284	NO RETURN				M	SEN		2:50:42
285	NO RETURN				F	SEN		2:51:35
286	NO RETURN				M	SEN		2:51:36
287	MILLER	GAVIN		56	M	55		2:51:44
288	MILLER	TRUDI		55	F	55		2:51:44
289	NO CARD				F	SEN		2:52:13
290	HUTTON	SHELAN		50	F	50		2:56:11
291	HENRICK	JACKIE		50	F	50		2:56:11
292	STEAD	ANN		60	F	60		3:02:00

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