

Run the Berg Day Overall

Rac e No	Full Name	Category	Age Cat	Sex	Stage1	Stage2	Total Time	Age Pos	Ov Pos
854	MXOLISI NDLOVU	Individual	Open (20-39)	M	1:15:40	1:00:39	2:16:20	1	1
850	VUSI MKHONZA	Individual	Open (20-39)	M	1:21:27	1:01:32	2:22:59	2	2
845	TARQUIN MESZAROS	Individual	Open (20-39)	M	1:26:08	1:03:45	2:29:54	3	3
796	MITCH DUFOURQ	Individual	Open (20-39)	M	1:33:04	1:04:27	2:37:32	4	4
892	MARCUS TAYLOR	Individual	40 to 49	M	1:33:55	1:08:32	2:42:28	1	5
183	OWEN BENGO	Individual	Open (20-39)	M	1:31:22	1:12:05	2:43:27	5	6
839	MELUSI MAPHUMULO	Individual	Open (20-39)	M	1:44:09	1:03:13	2:47:22	6	7
782	STEVE COHEN	Individual	40 to 49	M	1:37:37	1:12:18	2:49:55	2	8
704	LEANA SPIES	Individual	Open (20-39)	F	1:39:06	1:12:56	2:52:03	1	1
849	COLIN MITCHLEY	Individual	40 to 49	M	1:46:44	1:13:56	3:00:41	3	9
709	ANNE STEWART	Individual	40 to 49	F	1:45:48	1:14:58	3:00:47	1	2
893	TREVOR TAYLOR	Individual	40 to 49	M	1:46:48	1:14:27	3:01:15	4	10
870	PETER PURCHASE	Individual	40 to 49	M	1:43:57	1:18:06	3:02:04	5	11
719	GINA TRELEAVEN	Individual	40 to 49	F	1:43:32	1:19:27	3:02:59	2	3
795	RICK DUFOURQ	Individual	Open (20-39)	M	1:50:27	1:14:47	3:05:15	7	12
917	MURRAY WITHERSPOON	Individual	40 to 49	M	1:48:50	1:16:53	3:05:43	6	13
914	GUY WIGGILL	Individual	Open (20-39)	M	1:47:49	1:18:03	3:05:53	8	14
873	ENVER SAMUEL	Individual	50+	M	1:47:47	1:21:15	3:09:02	1	15
814	JEAN HAVARD	Individual	Open (20-39)	M	1:49:02	1:22:32	3:11:34	9	16
848	SEAN MILLAR	Individual	Open (20-39)	M	1:50:26	1:21:48	3:12:14	10	17
773	IAN BURTON	Individual	40 to 49	M	1:51:47	1:21:12	3:12:59	7	18
819	EDMOND HODGSON-JERVIS	Individual	40 to 49	M	1:50:51	1:23:12	3:14:04	8	19
852	JOSH MORGAN	Individual	Open (20-39)	M	1:54:21	1:19:57	3:14:18	11	20
766	JASON BLICK	Individual	Open (20-39)	M	1:53:10	1:21:36	3:14:46	12	21
767	DOUGLAS BOLTON	Individual	40 to 49	M	1:51:41	1:23:40	3:15:21	9	22
911	KEVIN WATERSTON	Individual	40 to 49	M	1:51:44	1:23:41	3:15:26	10	23
700	ELZARE SLATTER	Individual	Open (20-39)	F	1:55:42	1:21:41	3:17:23	2	4
895	CASPER TEN KATE	Individual	Open (20-39)	M	2:03:16	1:15:28	3:18:44	13	24
765	ROGER BESTER	Individual	40 to 49	M	1:55:02	1:24:45	3:19:48	11	25
846	ANTON MILLAR	Individual	40 to 49	M	1:54:31	1:25:38	3:20:09	12	26
762	JONATHAN BERNING	Individual	Open (20-39)	M	1:58:25	1:22:43	3:21:09	14	27
500	CAROLINE ADAM	Individual	40 to 49	F	1:56:06	1:25:06	3:21:12	3	5
595	ANDREA ICELY	Individual	Open (20-39)	F	1:55:04	1:26:17	3:21:21	3	6

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812	GRAHAM HARTMAN	Individual	Open (20-39)	M	1:55:35	1:25:52	3:21:28	15	28
324	KEVIN WILLIAMS	Individual	40 to 49	M	2:00:12	1:21:30	3:21:42	13	29
783	EDWARD COLLE	Individual	Open (20-39)	M	1:58:47	1:23:15	3:22:02	16	30
651	SUSAN MOERDYK	Individual	Open (20-39)	F	1:56:39	1:25:36	3:22:16	4	7
887	MARKO STAEBE	Individual	Open (20-39)	M	1:58:48	1:24:17	3:23:05	17	31
788	WILLEM DE WET	Individual	40 to 49	M	1:55:33	1:27:37	3:23:10	14	32
900	NEIL VAN DER WEELE	Individual	50+	M	1:56:52	1:27:06	3:23:58	2	33
794	HARRY DOMLEO	Individual	Open (20-39)	M	1:54:54	1:29:10	3:24:05	18	34
640	HELEN MC CURRIE	Individual	Open (20-39)	F	1:58:02	1:26:19	3:24:22	5	8
778	JOHN CHELIUS	Individual	40 to 49	M	1:59:36	1:25:38	3:25:14	15	35
802	MYKHAILO GENIUK	Individual	Open (20-39)	M	2:00:01	1:26:05	3:26:06	19	36
638	MARY MARTEN	Individual	40 to 49	F	2:00:33	1:27:08	3:27:41	4	9
562	LINDSAY FAIRCLIFF	Individual	Open (20-39)	F	2:00:35	1:27:07	3:27:42	6	10
641	JENNIE MCGARVIE	Individual	Open (20-39)	F	1:58:51	1:29:23	3:28:14	7	11
810	JORGE GUIL RIVERA	Individual	Open (20-39)	M	2:02:55	1:26:10	3:29:06	20	37
898	WOUTER VAN BOCKEL	Individual	Open (20-39)	M	2:03:17	1:25:56	3:29:14	21	38
533	KIRSTEN CAIRNS	Individual	40 to 49	F	1:59:25	1:30:58	3:30:23	5	12
859	ANSGAR PABST	Individual	40 to 49	M	2:02:15	1:28:23	3:30:38	16	39
764	JAN BESTER	Individual	Open (20-39)	M	2:01:24	1:30:10	3:31:34	22	40
512	EMMERENTHIA BESTER	Individual	Open (20-39)	F	2:01:26	1:30:09	3:31:35	8	13
628	KIM LOWE	Individual	40 to 49	F	2:04:06	1:27:43	3:31:49	6	14
883	DAVE SINCLAIR	Individual	40 to 49	M	2:04:44	1:28:32	3:33:16	17	41
100	CHERYL AITKEN	Individual	40 to 49	F	2:02:47	1:30:45	3:33:32	7	15
534	BRENDA CAMPBELL	Individual	40 to 49	F	2:02:52	1:30:43	3:33:35	8	16
902	LUAN VAN RHYN	Individual	Open (20-39)	M	2:02:52	1:31:31	3:34:24	23	42
621	MICHELLE LE GRANGE	Individual	Open (20-39)	F	2:05:34	1:29:03	3:34:37	9	17
822	DEWALD JANSE VAN RENSBURG	Individual	50+	M	2:08:03	1:26:46	3:34:49	3	43
646	CISKA MEYER	Individual	40 to 49	F	2:05:18	1:30:59	3:36:18	9	18
843	ROSS MCCONNOCHIE	Individual	Open (20-39)	M	2:11:06	1:25:57	3:37:03	24	44
665	EMMA NOBLE	Individual	Open (20-39)	F	2:11:02	1:26:02	3:37:05	10	19
886	JEFFREY SNEDDON	Individual	Open (20-39)	M	2:08:22	1:29:07	3:37:29	25	45
642	SUSAN MCKENZIE	Individual	40 to 49	F	2:03:49	1:34:32	3:38:22	10	20
749	NICOLE WIGGILL	Individual	Open (20-39)	F	2:04:42	1:33:50	3:38:33	11	21
619	JANINE LAWLOR	Individual	Open (20-39)	F	2:07:59	1:30:51	3:38:50	12	22

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558	AURELIA DIORE	Individual	40 to 49	F	2:06:04	1:32:47	3:38:51	11	23
834	WARREN LAWLOR	Individual	40 to 49	M	2:08:01	1:30:50	3:38:52	18	46
830	JAREK KLIMKIEWICZ	Individual	40 to 49	M	2:08:38	1:30:33	3:39:12	19	47
699	JENNIFER SKEWIS	Individual	Open (20-39)	F	2:07:40	1:31:52	3:39:33	13	24
683	KATHRYN ROBERTS	Individual	40 to 49	F	2:05:56	1:34:18	3:40:15	12	25
231	RICHARD HALL	Individual	Open (20-39)	M	2:11:04	1:29:59	3:41:03	26	48
792	DIVAN DELPORT	Individual	Open (20-39)	M	2:09:06	1:32:12	3:41:18	27	49
503	ASH ARTHUR	Individual	Open (20-39)	F	2:12:21	1:29:23	3:41:44	14	26
606	SAMANTHA KEGEL	Individual	Open (20-39)	F	2:12:21	1:29:50	3:42:11	15	27
861	ALASTAIR PATERSON	Individual	Open (20-39)	M	2:05:55	1:36:18	3:42:13	28	50
769	GIDEON BOTHMA	Individual	Open (20-39)	M	2:08:16	1:34:05	3:42:22	29	51
836	GEOFF LUPTONSMITH	Individual	50+	M	2:06:54	1:35:38	3:42:32	4	52
590	CHANTAL HOWSE	Individual	40 to 49	F	2:11:31	1:32:58	3:44:29	13	28
844	MIKE MCLOUGHLIN	Individual	40 to 49	M	2:11:32	1:32:57	3:44:30	20	53
579	NATASHA HANBURY	Individual	Open (20-39)	F	2:09:27	1:35:05	3:44:33	16	29
232	ROB HANBURY	Individual	40 to 49	M	2:09:29	1:35:07	3:44:36	21	54
840	WERNER MAREE	Individual	40 to 49	M	2:18:43	1:26:28	3:45:12	22	55
520	SARAH BLANCKENBERG	Individual	Open (20-39)	F	2:09:35	1:35:41	3:45:16	17	30
841	DARREN MASKELL	Individual	40 to 49	M	2:10:32	1:34:44	3:45:16	23	56
842	TRENT MAYER	Individual	Open (20-39)	M	2:08:20	1:37:06	3:45:26	30	57
793	ERNST DILL	Individual	Open (20-39)	M	2:09:15	1:36:19	3:45:35	31	58
580	DANIEN HEATHCOTE	Individual	Open (20-39)	F	2:15:22	1:30:28	3:45:50	18	31
787	KARL DE LANGE	Individual	40 to 49	M	2:10:40	1:35:34	3:46:15	24	59
532	ANNET BURGER	Individual	Open (20-39)	F	2:11:29	1:35:43	3:47:13	19	32
771	RUDI BURGER	Individual	40 to 49	M	2:11:32	1:35:42	3:47:14	25	60
878	JOCK SEELIGER	Individual	Open (20-39)	M	2:12:01	1:35:15	3:47:16	32	61
544	LAUREN COHEN	Individual	40 to 49	F	2:12:14	1:35:14	3:47:29	14	33
548	ADRIENNE CROESER	Individual	Open (20-39)	F	2:10:41	1:37:07	3:47:48	20	34
908	ROBERTO VENTURI	Individual	40 to 49	M	2:12:58	1:36:35	3:49:34	26	62
537	MICHELLE CHAPERON	Individual	50+	F	2:11:54	1:37:42	3:49:36	1	35
786	EDWIN CROSS	Individual	Open (20-39)	M	2:15:30	1:34:16	3:49:47	33	63
560	LARA ELLIS	Individual	Open (20-39)	F	2:13:54	1:36:01	3:49:55	21	36
632	ASHLEY MACLACHLAN	Individual	Open (20-39)	F	2:19:11	1:30:57	3:50:08	22	37
865	ROBERT PHILPOT	Individual	Open (20-39)	M	2:14:11	1:36:12	3:50:23	34	64

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777	MARK CHAPERON	Individual	50+	M	2:12:44	1:37:41	3:50:26	5	65
253	JAMES LLOYD	Individual	40 to 49	M	2:14:54	1:35:52	3:50:46	27	66
751	KERRY WITHERSPOON	Individual	Open (20-39)	F	2:12:46	1:38:05	3:50:51	23	38
864	GEOFF PATON	Individual	40 to 49	M	2:18:41	1:32:44	3:51:25	28	67
652	MBALI FELICITY MOHLAKOANE	Individual	Open (20-39)	F	2:12:58	1:39:22	3:52:21	24	39
165	JULITA VAN ZUYDAM	Individual	50+	F	2:15:15	1:37:17	3:52:32	2	40
121	MARINA GOODSON	Individual	50+	F	2:17:16	1:36:05	3:53:21	3	41
656	THULI MOTLOLI	Individual	Open (20-39)	F	2:16:44	1:37:26	3:54:10	25	42
506	CARRIE-ANN BARR	Individual	Open (20-39)	F	2:11:40	1:42:51	3:54:31	26	43
799	ANDREW FLAVELL	Individual	Open (20-39)	M	2:11:39	1:42:53	3:54:33	35	68
871	OLIVIER RAPHANAUD	Individual	50+	M	2:14:10	1:40:43	3:54:53	6	69
897	MC THERON	Individual	Open (20-39)	M	2:16:58	1:38:58	3:55:56	36	70
714	MARLET SWART	Individual	40 to 49	F	2:20:01	1:35:55	3:55:56	15	44
713	CHERISE SWANEPOEL	Individual	Open (20-39)	F	2:16:57	1:38:59	3:55:57	27	45
591	NICOLA HUDSON	Individual	40 to 49	F	2:20:44	1:36:05	3:56:50	16	46
530	HILARY BRUSS	Individual	Open (20-39)	F	2:15:29	1:41:42	3:57:12	28	47
569	KATE FROST	Individual	Open (20-39)	F	2:15:30	1:41:42	3:57:12	29	48
770	DEON BRUSS	Individual	40 to 49	M	2:15:33	1:41:42	3:57:15	29	71
801	BRETT FROST	Individual	40 to 49	M	2:15:34	1:41:42	3:57:17	30	72
816	RUDOLPH HEYMANS	Individual	Open (20-39)	M	2:12:11	1:45:15	3:57:27	37	73
679	JOANNA RAWLINS	Individual	Open (20-39)	F	2:17:44	1:39:48	3:57:32	30	49
776	GILES CALENBORNE	Individual	40 to 49	M	2:18:32	1:39:28	3:58:01	31	74
806	GERRY GREYLING	Individual	40 to 49	M	2:08:55	1:49:07	3:58:03	32	75
813	LOUIS HAVARD	Individual	40 to 49	M	2:18:08	1:39:55	3:58:04	33	76
720	JANET TURNER	Individual	Open (20-39)	F	2:19:15	1:39:24	3:58:39	31	50
582	HELEN HEENAN	Individual	40 to 49	F	2:10:23	1:48:51	3:59:15	17	51
622	ASHLEIGH LEGGE	Individual	Open (20-39)	F	2:18:36	1:41:20	3:59:57	32	52
692	BEATE SCHULTE-BRADER	Individual	50+	F	2:20:43	1:39:18	4:00:02	4	53
851	DOMINIC MOERDYK	Individual	40 to 49	M	2:17:36	1:42:50	4:00:27	34	77
587	CAROLYN HOLDEN	Individual	Open (20-39)	F	2:21:12	1:40:38	4:01:50	33	54
587	CAROLYN HOLDEN	Individual	Open (20-39)	F	2:21:12	1:40:38	4:01:50	45	118
718	EMMA THOMSON	Individual	Open (20-39)	F	2:20:38	1:41:42	4:02:20	34	55
821	BRETT IRVINE	Individual	Open (20-39)	M	2:20:41	1:41:42	4:02:23	38	78
525	KATHRYN BOLTON	Individual	40 to 49	F	2:20:42	1:41:56	4:02:38	18	56
649	ANGELA MITCHELL-INNES	Individual	Open (20-39)	F	2:22:51	1:40:41	4:03:33	35	57

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681	JOANNE RICHARDS	Individual	Open (20-39)	F	2:23:50	1:39:57	4:03:48	36	58
733	HESTER H VAN ZYL	Individual	40 to 49	F	2:19:14	1:44:54	4:04:08	19	59
831	JOHAN KRITZINGER	Individual	50+	M	2:23:47	1:40:34	4:04:22	7	79
584	LINDA HEYMANS	Individual	Open (20-39)	F	2:19:39	1:44:56	4:04:35	37	60
807	MARK GRIFFITHS	Individual	Open (20-39)	M	2:21:42	1:43:32	4:05:14	39	80
540	CINDY CHRISTODOULOU	Individual	40 to 49	F	2:24:49	1:40:33	4:05:23	20	61
599	JEANINE JANSE VAN RENSBURG	Individual	Open (20-39)	F	2:24:01	1:41:37	4:05:38	38	62
856	STEVEN NORCOTT	Individual	40 to 49	M	2:19:18	1:46:24	4:05:42	35	81
615	MEL KRUISE	Individual	40 to 49	F	2:20:07	1:46:09	4:06:16	21	63
518	PIPPA BLACKBURN	Individual	40 to 49	F	2:32:08	1:34:43	4:06:51	22	64
696	DIANA SEELEY	Individual	40 to 49	F	2:23:26	1:43:40	4:07:06	23	65
128	NICOLE JENKINSON	Individual	40 to 49	F	2:23:27	1:43:40	4:07:07	24	66
671	JACQUI PATON	Individual	40 to 49	F	2:24:26	1:43:08	4:07:34	25	67
522	DALIT BLUMENTHAL	Individual	Open (20-39)	F	2:21:54	1:45:45	4:07:39	39	68
726	ASHLEIGH VAN DER WEELE	Individual	Open (20-39)	F	2:19:09	1:48:50	4:07:59	40	69
577	CARLA HALL	Individual	40 to 49	F	2:24:04	1:44:06	4:08:11	26	70
566	ALLISON FLETCHER	Individual	50+	F	2:24:15	1:44:35	4:08:50	5	71
655	LYNETTE MOSTERT	Individual	Open (20-39)	F	2:25:01	1:44:09	4:09:11	41	72
880	DIVAN SHAW	Individual	Open (20-39)	M	2:25:01	1:44:10	4:09:11	40	82
781	DEVON COETZEE	Individual	Open (20-39)	M	2:16:26	1:52:50	4:09:16	41	83
693	BERNICE SCHULZE	Individual	Open (20-39)	F	2:19:13	1:50:07	4:09:21	42	73
874	NEVILLE SCHUIT	Individual	40 to 49	M	2:21:16	1:48:11	4:09:28	36	84
752	TAMMY WOODROFFE	Individual	40 to 49	F	2:25:22	1:44:21	4:09:43	27	74
835	LOUTJIE LOMBAARD	Individual	40 to 49	M	2:25:36	1:45:12	4:10:49	37	85
686	MICHELLE RONALDSON	Individual	50+	F	2:24:19	1:47:13	4:11:33	6	75
626	LIZE LOTTER	Individual	Open (20-39)	F	2:20:19	1:51:34	4:11:53	43	76
877	MARK SCHULZE	Individual	40 to 49	M	2:29:35	1:42:48	4:12:23	38	86
643	INGRID MCMAHON	Individual	40 to 49	F	2:26:14	1:46:51	4:13:06	28	77
505	SANDRA BADENHORST	Individual	Open (20-39)	F	2:19:22	1:54:31	4:13:53	44	78
833	WILLIE LATEGAN	Individual	40 to 49	M	2:27:48	1:48:09	4:15:58	39	87
875	BRADLEY SCHUIT	Individual	Open (20-39)	M	2:25:06	1:51:47	4:16:53	42	88
657	JANET MOYLE	Individual	Open (20-39)	F	2:27:02	1:50:34	4:17:36	45	79
890	RAYMOND STROVER	Individual	40 to 49	M	2:42:22	1:35:32	4:17:55	40	89
711	MARJOLEIN STROVER	Individual	40 to 49	F	2:42:28	1:35:32	4:18:01	29	80
868	MICHAEL PRENTICE	Individual	40 to 49	M	2:27:09	1:51:31	4:18:41	41	90
687	MIGNON ROODT	Individual	40 to 49	F	2:30:49	1:47:54	4:18:44	30	81
110	TRACY DE ABREU	Individual	40 to 49	F	2:33:21	1:45:24	4:18:46	31	82
623	AMANDA LOCK	Individual	40 to 49	F	2:29:37	1:49:30	4:19:08	32	83

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867	STEPHEN PRATT	Individual	40 to 49	M	2:29:39	1:49:30	4:19:10	42	91
688	JOELEEN ROWLEY	Individual	Open (20-39)	F	2:31:49	1:47:46	4:19:36	46	84
629	EUGENIE LUCK	Individual	Open (20-39)	F	2:34:50	1:45:27	4:20:18	47	85
618	KRISLIE LATEGAN	Individual	Open (20-39)	F	2:24:42	1:56:38	4:21:20	48	86
916	COLE WILSON	Individual	Open (20-39)	M	2:30:49	1:51:13	4:22:02	43	92
575	CLAIRE GUITARD	Individual	40 to 49	F	2:30:08	1:52:01	4:22:09	33	87
543	JENNA COETZEE	Individual	Open (20-39)	F	2:33:00	1:49:34	4:22:34	49	88
501	BRONWYN ALLCOCK	Individual	Open (20-39)	F	2:33:03	1:49:37	4:22:40	50	89
654	ELLA MORRISON	Individual	Open (20-39)	F	2:31:44	1:51:00	4:22:44	51	90
528	GERDA BRAND	Individual	40 to 49	F	2:31:32	1:51:18	4:22:51	34	91
674	MICHELE PICKERING	Individual	50+	F	2:32:44	1:51:09	4:23:54	7	92
123	PENI HANBURY	Individual	40 to 49	F	2:35:04	1:49:17	4:24:21	35	93
703	DANI SPALL	Individual	Open (20-39)	F	2:35:06	1:49:17	4:24:23	52	94
853	JAN MORRISON	Individual	Open (20-39)	M	2:33:05	1:51:38	4:24:43	44	93
772	GRAHAM BURNSIDE	Individual	50+	M	2:29:39	1:55:18	4:24:58	8	94
705	LOUISE STAEBE	Individual	Open (20-39)	F	2:33:44	1:51:30	4:25:15	53	95
511	ALBINE BERTHOU	Individual	40 to 49	F	2:33:33	1:52:02	4:25:36	36	96
668	ALISON OSBORN	Individual	50+	F	2:34:57	1:50:48	4:25:45	8	97
636	JENNIFER MANSFIELD	Individual	40 to 49	F	2:34:59	1:50:47	4:25:47	37	98
872	MICHIEL RICHARDSON	Individual	Open (20-39)	M	2:32:16	1:54:28	4:26:44	45	95
531	JACQUI BURDON	Individual	Open (20-39)	F	2:31:05	1:55:51	4:26:57	54	99
698	GABRIELA SIMPSON	Individual	Open (20-39)	F	2:37:01	1:50:36	4:27:37	55	100
800	MARK FLETCHER	Individual	50+	M	2:37:23	1:50:55	4:28:18	9	96
563	JENNI FINCH	Individual	40 to 49	F	2:35:59	1:53:11	4:29:10	38	101
701	EMMA SMITH	Individual	Open (20-39)	F	2:32:39	1:56:41	4:29:21	56	102
838	STUART MACLEOD-HENDERSON	Individual	40 to 49	M	2:36:38	1:52:45	4:29:24	43	97
731	KARIN VAN SCHALKWYK	Individual	Open (20-39)	F	2:34:31	1:54:56	4:29:27	57	103
904	ANDRE VAN SCHALKWYK	Individual	Open (20-39)	M	2:34:31	1:54:57	4:29:28	46	98
740	MOIRA WALKER	Individual	40 to 49	F	2:34:15	1:55:13	4:29:29	39	104
633	STELLA MACLEOD-HENDERSON	Individual	40 to 49	F	2:36:38	1:52:53	4:29:32	40	105
748	JANICE WHITELAW	Individual	50+	F	2:40:41	1:49:11	4:29:52	9	106
526	ASHLEIGH BOTHA	Individual	40 to 49	F	2:35:37	1:55:11	4:30:48	41	107
734	SALLY VEENMAN	Individual	40 to 49	F	2:35:41	1:55:23	4:31:05	42	108
907	WARREN VEENMAN	Individual	50+	M	2:35:43	1:55:23	4:31:07	10	99
529	DALEEN BRAND	Individual	Open (20-39)	F	2:40:02	1:51:21	4:31:24	58	109

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609	AMY KING	Individual	Open (20-39)	F	2:39:59	1:51:28	4:31:28	59	110
710	KIM STEWART	Individual	Open (20-39)	F	2:38:04	1:53:32	4:31:37	60	111
758	PIETER BADENHORST	Individual	40 to 49	M	2:39:58	1:52:18	4:32:17	44	100
724	PETRA VAN DER POL	Individual	Open (20-39)	F	2:10:12	2:22:06	4:32:18	61	112
736	CATHARINA JOHANNA VERMEULEN	Individual	40 to 49	F	2:38:20	1:54:18	4:32:38	43	113
828	GREG KING	Individual	50+	M	2:40:15	1:52:30	4:32:46	11	101
589	DELVEEN HOLLINGWORTH	Individual	40 to 49	F	2:38:52	1:54:15	4:33:07	44	114
519	SUE BLANCKENBERG	Individual	50+	F	2:38:01	1:55:27	4:33:28	10	115
605	MARIA KAVALLIERATOS	Individual	50+	F	2:39:50	1:53:55	4:33:45	11	116
667	RIA OBERHOLZER	Individual	Open (20-39)	F	2:34:03	2:01:11	4:35:15	62	117
857	MAURITZ OBERHOLZER	Individual	40 to 49	M	2:34:02	2:01:15	4:35:17	45	102
586	CAROLYN HOLDEN	Individual	40 to 49	F	2:40:33	1:55:00	4:35:33	33	54
586	CAROLYN HOLDEN	Individual	40 to 49	F	2:40:33	1:55:00	4:35:33	45	118
517	NATALIE BISSET	Individual	Open (20-39)	F	2:42:13	1:53:38	4:35:52	63	119
521	CHANTELL BLIGNAUT	Individual	Open (20-39)	F	2:43:24	1:52:43	4:36:08	64	120
624	CHRISTELL LOMBAARD	Individual	Open (20-39)	F	2:43:26	1:52:43	4:36:09	65	121
743	DEBORAH WALTON	Individual	50+	F	2:41:21	1:55:41	4:37:02	12	122
603	MARILYN KAMP	Individual	50+	F	2:43:17	1:54:31	4:37:48	13	123
664	SONJA NEWLANDS	Individual	40 to 49	F	2:46:33	1:51:15	4:37:49	46	124
616	BRONWYN LABURN	Individual	40 to 49	F	2:38:39	1:59:19	4:37:58	47	125
695	PHILIPPA SCULLARD	Individual	40 to 49	F	2:39:01	1:59:15	4:38:17	48	126
910	CLIFFORD WALTON	Individual	50+	M	2:42:36	1:55:43	4:38:20	12	103
685	KIM ROE	Individual	40 to 49	F	2:38:30	1:59:51	4:38:21	49	127
557	SIBULELE DIKO	Individual	Open (20-39)	F	2:50:46	1:47:35	4:38:22	66	128
912	STUART WATT	Individual	Open (20-39)	M	2:39:02	1:59:21	4:38:24	47	104
745	DEBBIE WATT	Individual	Open (20-39)	F	2:39:05	1:59:19	4:38:25	67	129
811	TIENIE HAMMAN	Individual	40 to 49	M	2:42:41	1:56:24	4:39:06	46	105
535	TRACY CARLE	Individual	Open (20-39)	F	2:44:32	1:54:52	4:39:24	68	130
570	SALLY GEORGE	Individual	40 to 49	F	2:45:56	1:54:07	4:40:04	50	131
607	CANDICE KELLY	Individual	Open (20-39)	F	2:40:30	1:59:47	4:40:17	69	132
728	MALANI VAN HUYSSTEEN	Individual	50+	F	2:37:49	2:02:30	4:40:20	14	133
697	AMANDA SEIDLER	Individual	40 to 49	F	2:46:01	1:54:20	4:40:22	51	134
551	SHARON DAVIES	Individual	50+	F	2:46:59	1:53:32	4:40:31	15	135
620	JESSICA LAWRENCE	Individual	Open (20-39)	F	2:40:29	2:00:06	4:40:35	70	136
170	NICOLA WALTERS	Individual	Open (20-39)	F	2:40:28	2:00:07	4:40:36	71	137
742	LAINIE WALTERS	Individual	Open (20-39)	F	2:40:29	2:00:09	4:40:38	72	138
653	ELLE MORGAN	Individual	Open (20-39)	F	2:43:42	1:57:17	4:40:59	73	139

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694	PHILIPPA SCOTCHER	Individual	Open (20-39)	F	2:43:43	1:58:24	4:42:08	74	140
682	PETRO RICHARDSON	Individual	40 to 49	F	2:44:08	1:58:02	4:42:11	52	141
581	YVONNE HECHLER	Individual	Open (20-39)	F	2:45:08	1:57:30	4:42:38	75	142
568	KIRSTEN FRANZ	Individual	Open (20-39)	F	2:39:17	2:03:29	4:42:47	76	143
610	MELANIE KLUTE	Individual	Open (20-39)	F	2:40:04	2:03:15	4:43:20	77	144
855	PHILIP NEL	Individual	Open (20-39)	M	2:50:02	1:53:20	4:43:23	48	106
613	MARIE KRIGE	Individual	40 to 49	F	2:42:29	2:01:22	4:43:52	53	145
684	CAROLYN ROCHAT	Individual	40 to 49	F	2:47:37	1:56:24	4:44:02	54	146
583	CARMEN HERMAN	Individual	Open (20-39)	F	2:45:26	1:59:46	4:45:13	78	147
677	GILLIAN PRESTON	Individual	50+	F	2:45:49	1:59:32	4:45:21	16	148
815	ANDRE HERMAN	Individual	40 to 49	M	2:45:34	1:59:47	4:45:22	47	107
604	MICHELLE KAMP	Individual	Open (20-39)	F	2:46:58	1:58:48	4:45:46	79	149
601	ZANELE JELE	Individual	Open (20-39)	F	2:44:35	2:01:19	4:45:55	80	150
919	DONALD YOUNG	Individual	40 to 49	M	2:47:38	1:58:26	4:46:05	48	108
691	JOHANNA SCHUIT	Individual	40 to 49	F	2:39:04	2:07:23	4:46:28	55	151
647	MBALENTLE MHLABA	Individual	Open (20-39)	F	2:50:57	1:56:52	4:47:50	81	152
597	KIRSTY IRWIN	Individual	Open (20-39)	F	2:48:12	1:59:37	4:47:50	82	153
596	SIMONE IRWIN	Individual	Open (20-39)	F	2:48:14	1:59:39	4:47:53	83	154
680	CHOEKIE RAWLINS	Individual	50+	F	2:46:36	2:01:33	4:48:09	17	155
555	GAYNOR DEETLEFS	Individual	40 to 49	F	2:46:33	2:01:50	4:48:23	56	156
612	ROELIEN KOEN	Individual	40 to 49	F	2:44:44	2:03:50	4:48:34	57	157
536	LESLEY CARTE	Individual	Open (20-39)	F	2:51:38	1:58:11	4:49:50	84	158
509	MEGAN BEDINGHAM	Individual	40 to 49	F	2:51:39	1:58:13	4:49:52	58	159
559	CATH DUFF	Individual	Open (20-39)	F	2:51:40	1:58:15	4:49:55	85	160
648	TRACY MILLAR	Individual	40 to 49	F	2:38:09	2:11:49	4:49:58	59	161
502	LEANNE ARNESEN	Individual	40 to 49	F	2:51:29	1:59:52	4:51:22	60	162
805	OLIVIER GRANT	Individual	40 to 49	M	2:59:19	1:52:53	4:52:12	49	109
747	CHRISTINE WHITE	Individual	40 to 49	F	2:49:42	2:02:52	4:52:35	61	163
881	NIGEL SHERRIFF	Individual	40 to 49	M	2:55:59	1:56:41	4:52:40	50	110
739	MELANIE WAGNER	Individual	40 to 49	F	2:56:03	1:56:43	4:52:46	62	164
546	HEATHER COOKE	Individual	40 to 49	F	2:55:59	1:57:04	4:53:03	63	165
735	MELANIE VENTURI	Individual	40 to 49	F	2:47:45	2:06:16	4:54:01	64	166
746	TRACEY WESTON	Individual	40 to 49	F	2:48:18	2:05:57	4:54:15	65	167
906	KOBUS VAN ZYL	Individual	40 to 49	M	2:54:36	2:00:02	4:54:38	51	111
659	ZANDILE MTSHALI	Individual	Open (20-39)	F	2:51:33	2:03:18	4:54:52	86	168
538	PHILIPPA CHARLESWORTH	Individual	40 to 49	F	2:56:21	1:58:54	4:55:15	66	169
785	SHAUN CORLETT	Individual	Open (20-39)	M	2:48:14	2:07:06	4:55:21	49	112

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547	NATASHA CORLETT	Individual	Open (20-39)	F	2:48:24	2:07:09	4:55:34	87	170
832	BILL LABURN	Individual	40 to 49	M	2:53:37	2:02:19	4:55:56	52	113
817	CRAIG HILL	Individual	Open (20-39)	M	2:52:18	2:05:58	4:58:17	50	114
574	JUDY GROBBLER	Individual	50+	F	2:58:48	1:59:41	4:58:29	18	171
809	BRAD GROBBLER	Individual	40 to 49	M	2:58:49	1:59:45	4:58:34	53	115
658	DUMISILE MTHALANE	Individual	Open (20-39)	F	2:53:27	2:05:33	4:59:00	88	172
634	AMANDA MAIDMAN	Individual	40 to 49	F	2:59:44	1:59:23	4:59:07	67	173
753	KERRY WYATT	Individual	40 to 49	F	2:59:44	1:59:24	4:59:08	68	174
524	JUSTINE BOLTON	Individual	40 to 49	F	3:00:24	2:00:33	5:00:57	69	175
571	DEIRDRE GREEN	Individual	40 to 49	F	2:55:44	2:06:49	5:02:33	70	176
661	NICOLA-ANN NEL	Individual	Open (20-39)	F	2:56:14	2:06:47	5:03:01	89	177
585	TANYA HILL	Individual	Open (20-39)	F	2:52:22	2:10:54	5:03:17	90	178
541	DIANNE CILLIERS	Individual	50+	F	3:04:23	2:02:38	5:07:01	19	179
572	JOCELYNE GREGG-MACDONALD	Individual	50+	F	3:05:19	2:03:09	5:08:29	20	180
644	SINEAD MEAKER	Individual	Open (20-39)	F	3:03:45	2:05:51	5:09:36	91	181
837	NICK LYNCH	Individual	Open (20-39)	M	3:03:47	2:05:52	5:09:39	51	116
645	CELESTE MELVILLE	Individual	50+	F	3:09:41	2:01:42	5:11:23	21	182
510	KERRI BEHRENDT	Individual	Open (20-39)	F	3:09:42	2:01:43	5:11:25	92	183
552	ANNAMIE DE KOCK	Individual	50+	F	2:54:47	2:18:19	5:13:07	22	184
754	SARAH YATES	Individual	40 to 49	F	3:08:19	2:05:13	5:13:33	71	185
750	HELEN WILSENACH	Individual	Open (20-39)	F	3:02:30	2:11:09	5:13:39	93	186
576	CARIN HALL	Individual	Open (20-39)	F	3:10:51	2:03:57	5:14:49	94	187
608	JESSICA KING	Individual	Open (20-39)	F	3:03:34	2:12:29	5:16:04	95	188
611	LIESL KOCH	Individual	Open (20-39)	F	3:02:05	2:15:34	5:17:39	96	189
716	KERRY TEMLETT	Individual	40 to 49	F	3:07:42	2:12:13	5:19:56	72	190
556	MANDY DEETLEFS	Individual	40 to 49	F	3:07:43	2:12:14	5:19:58	73	191
564	MEGAN FINESTONE	Individual	50+	F	3:05:27	2:15:01	5:20:28	23	192
798	EMILE FITZMAURICE	Individual	50+	M	3:05:29	2:15:02	5:20:32	13	117
905	MARAIS VAN WYK	Individual	50+	M	3:07:08	2:13:45	5:20:53	14	118
732	ESTELLE VAN WYK	Individual	50+	F	3:07:11	2:13:46	5:20:57	24	193
255	FRANCIOS LUDICK	Individual	40 to 49	M	3:54:22	1:27:39	5:22:02	54	119
804	STEPHEN GILBERT	Individual	Open (20-39)	M	3:11:29	2:10:41	5:22:11	52	120
818	JONATHAN HIPPERT	Individual	Open (20-39)	M	3:11:31	2:10:47	5:22:19	53	121
504	KATHARINE ATKINSON	Individual	40 to 49	F	3:03:42	2:19:59	5:23:42	74	194
757	ANDREW ATKINSON	Individual	40 to 49	M	3:03:42	2:20:02	5:23:44	55	122
592	SHERENE HUSTLER	Individual	40 to 49	F	3:12:52	2:11:25	5:24:17	75	195
553	SAMANTHA DE LA PORTE	Individual	40 to 49	F	3:09:10	2:17:11	5:26:21	76	196
593	TRACY HUTTON	Individual	40 to 49	F	3:09:15	2:17:09	5:26:24	77	197

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885	DARREN SMITH	Individual	50+	M	3:10:07	2:20:20	5:30:28	15	123
188	JOHAN BOOYSEN	Individual	40 to 49	M	4:06:11	1:27:35	5:33:47	56	124
637	ANNE MARLY	Individual	50+	F	3:09:20	2:26:10	5:35:30	25	198
706	NERENA STANDAGE	Individual	40 to 49	F	3:18:54	2:18:02	5:36:56	78	199
567	ROBYN FRANCES	Individual	40 to 49	F	3:16:02	2:21:21	5:37:24	79	200
148	CORNE ROSSOUW	Individual	40 to 49	F	3:24:09	2:24:09	5:48:18	80	201
715	TAPIWA TAFI	Individual	Open (20-39)	F	3:23:47	2:25:44	5:49:32	97	202
516	MEGAN BINNEKADE	Individual	Open (20-39)	F	3:23:06	2:31:39	5:54:45	98	203
565	ROXANNE FLANDERS	Individual	Open (20-39)	F	3:23:08	2:31:38	5:54:46	99	204
707	HAYLEY-SUE STENNING	Individual	Open (20-39)	F	3:39:18	2:21:59	6:01:17	100	205
708	LEE-ANNE STEWART	Individual	40 to 49	F	3:39:25	2:21:57	6:01:23	81	206
514	BERNICE BESTER	Individual	40 to 49	F	3:33:20	2:28:43	6:02:03	82	207
523	CLAUDIA BLYTH	Individual	40 to 49	F	3:36:04	2:34:06	6:10:11	83	208
808	DEWALD GROBBELAAR	Individual	Open (20-39)	M	2:57:35	3:13:36	6:11:12	54	125
573	TAMMY GROBBELAAR	Individual	Open (20-39)	F	2:57:37	3:13:35	6:11:12	101	209
594	SHELLEY HUTTON	Individual	40 to 49	F	4:00:17	2:28:29	6:28:46	84	210
550	NICOLA DAVIDSON	Individual	Open (20-39)	F	4:20:31	3:04:06	7:24:38	102	211
660	FAKAZILE MYEZA	Individual	40 to 49	F	5:54:56	4:20:15	10:15:12	85	212
639	LYNDA MC CURRIE	Individual	50+	F	2:39:00			26	213
675	GABI-ANN PORTER	Individual	40 to 49	F	5:17:58			86	213
676	CARLA PRENTICE	Individual	40 to 49	F		1:56:42		86	213
663	RITA NEL	Individual	Open (20-39)	F	2:24:47			103	213
712	ANNEKE STROVER	Individual	40 to 49	F	2:42:24			86	213
666	CINDY NORCOTT	Individual	40 to 49	F	2:58:10			86	213
251	QUINTUS LATEGAN	Individual	40 to 49	M	2:27:58			57	126
545	HELEN COLLE	Individual	Open (20-39)	F	2:32:31			103	213
513	ROBYN BESTER	Individual	40 to 49	F	2:40:07			86	213
561	BRIDGET ELLWOOD	Individual	Open (20-39)	F	2:16:24			103	213
539	JODIE CHATTERTON	Individual	Open (20-39)	F	2:27:08			103	213
744	NIKKI WATERSTON	Individual	40 to 49	F	2:29:58			86	213
527	VANESSA BOW	Individual	40 to 49	F	2:55:33			86	213
730	LOUISE VAN ROOYEN	Individual	40 to 49	F	2:26:14			86	213
755	NICHOLAS ALLISON	Individual	Open (20-39)	M		1:40:45		55	126
727	SIAN VAN DER WEELE	Individual	Open (20-39)	F	2:16:19			103	213
737	BEV VERNON	Individual	Open (20-39)	F	3:30:24			103	213
741	PAULA WALKER	Individual	Open (20-39)	F	1:53:43			103	213
625	ABBY LONG	Individual	Open (20-39)	F	2:04:08			103	213

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630	ZEA LUDICK	Individual	Open (20-39)	F	3:33:04			103	213
820	ROB HUDSON	Individual	40 to 49	M	2:20:46			57	126
826	RICHARD KAMP	Individual	Open (20-39)	M	2:14:03			55	126
827	JULES KIESER	Individual	50+	M	2:23:44			16	126
763	SEBASTIEN BERTHOU	Individual	40 to 49	M	2:51:38			57	126
760	KEITH BARRETT	Individual	50+	M	3:20:05			16	126
784	RICHARD COOKE	Individual	40 to 49	M	2:55:59			57	126
774	DILLON BYERS	Individual	Open (20-39)	M	2:47:00			55	126
775	DAVID CAIRNS	Individual	Open (20-39)	M	1:59:27			55	126
768	TYRON BOTHA	Individual	40 to 49	M	2:35:36			57	126
789	HYLTON DEETLEFS	Individual	40 to 49	M	2:12:10			57	126
790	RENE DEKKER	Individual	40 to 49	M	2:55:31			57	126
791	PIETER DEKLERK	Individual	Open (20-39)	M	3:16:32			55	126
888	NICHOLAS STANDAGE	Individual	Open (20-39)	M	1:52:39			55	126
889	MAURICE STRIJP	Individual	40 to 49	M	5:17:56			57	126
884	BRENT SMITH	Individual	Open (20-39)	M	3:16:36			55	126
891	OLIVER STROVER	Individual	40 to 49	M	2:42:26			57	126
913	MICHAEL WESTON	Individual	50+	M	4:41:40			16	126
847	CRAIG MILLAR	Individual	Open (20-39)	M		1:56:40		55	126
869	CONNOR PRENTICE	Individual	Open (20-39)	M		1:31:36		55	126
866	ROBERT PICERING	Individual	50+	M	3:00:09			16	126
862	CHRISTOPHER PATERSON	Individual	Open (20-39)	M	2:09:39			55	126
863	RICHARD PATERSON	Individual	Open (20-39)	M	2:34:21			55	126