

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Men 21.1km	1	1	227	SML	Bernard	Rukadza	01.12.17	ltheKa
	2	1	225	VML	Tsungai	Mwanegeni	01.14.35	R.C.S. Gugs
	3	2	218	VML	Jimmy	Bonjesi	01.15.24	Whalers
	4	2	743	SML	Junat	Witbooi	01.18.03	Montagu
	5	3	2	VML	Michael	Maruza	01.26.34	Bredasdorp
	6	1	104	MML	Ivan	Reynicke	01.26.45	Whalers
	7	3	222	SML	Mark	Pikker	01.30.22	VOB
	8	4	219	SML	Thomas	Browne	01.30.42	Whalers
	9	2	195	MML	Johan	Van Der Merwe	01.35.18	< None >
	10	5	139	SML	Jaco	Theron	01.35.42	< None >
	11	1	99	GML	Frank	Gilleon	01.37.51	Whalers
	12	6	29	SML	Gerrie	Berner	01.38.49	Sanlam
	13	4	214	VML	Bernard	Coetzee	01.39.20	< None >
	14	5	183	VML	Christo	Dourie	01.40.17	Coerectional Services
	15	3	192	MML	David	Hepburn-Brown	01.41.39	Whalers
	16	4	203	MML	Jacobus	Swanepoel	01.42.01	< None >
	17	7	189	SML	Lungile	Gongqa	01.42.36	Nedbank WP
	18	8	148	SML	Jacques	Lochner	01.43.43	< None >
	19	5	213	MML	Andre	Van Der Merwe	01.45.19	Stellenbosch
	20	6	86	MML	Etienne	Barnard	01.45.49	Whalers
	21	7	101	MML	Faure	Ferreira	01.48.04	Carbineers WP
	22	2	26	GML	Eric	Judd	01.48.07	Observatory
	23	9	35	SML	Rick	Van Tonder	01.48.24	Sanlam
	24	6	200	VML	Wilhelm	Cooper	01.48.37	Whalers
	25	7	198	VML	Charles	Malan	01.48.38	Whalers
	26	10	140	SML	Karel	Keyser	01.49.55	Whalers
	27	11	164	SML	Paulies	Simons	01.50.56	< None >
	28	8	191	MML	Gustav	Antonie	01.50.57	Montagu
	29	9	72	MML	Bennie	Kotze	01.51.20	< None >
	30	8	199	VML	Ewax	Venter	01.51.22	Whalers
	31	12	76	SML	Hennie	Kotze	01.52.10	Sanlam
	32	9	143	VML	Barend	Smit	01.52.31	< None >
	33	10	81	MML	Thys	Vis	01.52.37	Melkbos AC
	34	10	91	VML	Andre	Koekemoer	01.55.17	Whalers
	35	11	217	VML	Johann	Kotze	01.55.19	Whalers
	36	12	77	VML	Francis	Wheeler	01.55.40	Helderberg Harriers
	37	13	75	SML	Tom	Stabler	01.55.55	Whalers
	38	11	221	MML	Jeremy	Browne	01.55.59	Whalers
	39	13	85	VML	Nic	Zzzzzzzzz	01.58.33	Whalers
	40	3	141	GML	Brian	Rothman	01.59.07	Brackenfell
	41	14	94	SML	Gurswin	Prins	01.59.35	Brdasdorp
	42	4	228	GML	Dougie	Engelke	01.59.42	< None >
	43	15	149	SML	Johan	Blom	01.59.47	< None >
OVERALL Men 21.1km	44	14	181	VML	Sazi	Mpotulo	02.00.09	Boland
	45	16	167	SML	Frederick	Le Roux	02.00.59	Stellenbosch
	46	17	166	SML	Hendrik	Le Roux	02.01.00	Stellenbosch

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name	
OVERALL Men 21.1km	47	18	161	SML	Hendrik	De Kock	02.01.32	< None >	
	48	19	165	SML	Kobus	Du Plessis	02.01.33	< None >	
	49	15	133	VML	Craig	Joubert	02.01.35	Durbac	
	50	12	57	MML	Dave	Thomas	02.02.05	Vob	
	51	13	196	MML	Jan	Geldenhuis	02.02.10	Whalers	
	52	20	187	SML	Francois	Swart	02.03.09	Helderberg Harriers	
	53	5	11	GML	Ivan	Marais	02.04.07	Durbac	
	54	6	1	GML	Michael	Dreyer	02.04.22	Spartan Harriers	
	55	7	64	GML	Jeffrey	Engel	02.04.36	< None >	
	56	8	144	GML	Tom	Johnson	02.05.19	Aurecon	
	57	14	229	MML	David	Johnston	02.05.52	West Coast	
	58	16	117	VML	Gerrit	Oosthuizen	02.06.41	Whalers	
	59	1	80	JML	Emile	De Klerk	02.06.59	< None >	
	60	21	157	SML	Carl	Goldie	02.07.20	< None >	
	61	9	92	GML	John	Eccles	02.07.34	H A C	
	62	22	201	SML	Andre	Van Vuuren	02.07.40	Whalers	
	63	23	220	SML	Andrew	Barr-Sim	02.10.18	< None >	
	64	15	194	MML	Manus	Strauss	02.10.21	Strand	
	65	10	175	GML	Gert	Terblanche	02.10.38	< None >	
	66	16	134	MML	Phil	Crowson	02.11.55	Pinelands	
	67	17	176	MML	Dawie	Aucasmp	02.11.58	Cape Multisport	
	68	1	135	AML	Les	Hanna	02.12.24	Whalers	
	69	2	131	JML	Luhan	Van Wyk	02.13.06	< None >	
	70	24	168	SML	Christoff	Lourens	02.14.41	< None >	
	71	11	186	GML	Wilfred	Kohn	02.14.54	Celtic Harriers	
	72	17	126	VML	Gawie	Marais	02.14.56	< None >	
	73	12	116	GML	Thys	Bouwer	02.15.35	Sanlam	
	74	18	121	VML	Ferdi	Rhoda	02.17.44	Ommiedraai AC	
	75	18	138	MML	Jetro	Tiemie	02.17.53	< None >	
	76	19	182	MML	Lungelo	Tile	02.17.57	Coerrectional Services	
	77	13	205	GML	James	Beckett	02.18.05	< None >	
	78	25	60	SML	Werner	Visagie	02.20.23	Brdasdorp	
	79	14	210	GML	Max	Brock	02.21.37	Celtic Harriers	
	80	15	207	GML	Aubrey	Wyngaard	02.22.07	< None >	
	81	19	115	VML	Gregory	Swan	02.22.08	RCS Gugs	
	82	26	162	SML	Wikus	Bester	02.22.50	< None >	
	83	16	178	GML	Gert	Gelderblom	02.23.21	Strand	
	84	20	180	MML	Charles	Jaars	02.24.17	Coerrectional Services	
	85	27	78	SML	Robert	Bain	02.24.59	< None >	
	86	2	136	AML	Gavin	Turner	02.25.38	Whalers	
	OVERALL Men 21.1km	87	17	112	GML	Pieter	Taljaard	02.26.34	Saps Marathon Club
		88	3	193	AML	Roelof	Van Weele	02.27.43	Whalers
		89	28	23	SML	Robin	Brighton	02.29.27	< None >
		90	18	83	GML	Myles	Siebrits	02.29.59	< None >
		91	29	169	SML	Andre	Wessels	02.30.07	< None >
		92	19	224	GML	Matie	Stander	02.31.11	Whalers

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name	
OVERALL Men 21.1km	93	20	4	VML	Colin	Pinkham	02.31.19	Spartan Harriers	
	94	20	55	GML	Paddy	O'Brien	02.32.01	Celtic Harriers	
	95	21	158	MML	Willie	Venter	02.33.24	< None >	
	96	21	223	VML	Francois	Grobler	02.34.54	Helderberg Harriers	
	97	22	100	VML	Moose	Burger	02.39.32	Goodwood Harriers	
	98	21	15	GML	Bernard	Leuvennink	02.43.03	Brdasdorp	
	99	22	51	MML	Danie	Lourens	02.44.11	Bellville	
	100	23	145	MML	Chris	Bruce	02.44.30	< None >	
	101	22	113	GML	Chris	Vermeulen	02.50.38	Strand	
	102	24	173	MML	Shaun	Mcdermott	02.53.10	< None >	
	103	23	163	GML	Tom	Beasor	02.53.50	VOB	
	104	4	41	AML	Gavin	Hardres-Williams	02.56.55	RWFL W-Cape	
	105	5	33	AML	Bill	Maycock	02.57.34	RWFL W-Cape	
	106	23	151	VML	Cameron	Morgan	03.00.04	Kenfac-sac	
	107	24	63	GML	Michael	Goosen	03.13.28	Brackenfell	
	108	25	74	GML	Frank	Maloney	03.15.07	West Coast	
	109	26	211	GML	Nic	Louw	03.24.16	KWay VOB	
	Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
	OVERALL Women 21.1km	1	1	125	VWL	Ann-Maree	Mostert	01.37.50	< None >
2		1	190	SWL	Ivy	Gongqa	01.42.36	Nedbank WP	
3		2	89	VWL	Sarah	Gordon	01.42.39	Whalers	
4		3	160	VWL	Elizabeth	Brink	01.42.57	Durbanville	
5		4	142	VWL	Jacky	Misroll	01.43.31	Pinelands	
6		5	43	VWL	Karin	Van Niekerk	01.44.49	< None >	
7		2	226	SWL	Busisiwe	Matiwane	01.47.19	Nedbank	
8		1	88	MWL	Malana	Uys	01.47.25	Cape Multisport	
9		3	59	SWL	Carla	Spangenberg	01.49.53	Nedbank SWD	
10		6	98	VWL	Elizabeth	Zzzder	01.52.09	Brdasdorp	
11		4	146	SWL	Lauren	Fuller	01.55.42	K-Way VOB	
12		5	124	SWL	Mia	Mocke	01.57.36	< None >	
13		2	105	MWL	L	Olivier	01.58.04	Strand	
14		6	122	SWL	Chrissie	Haupt	01.58.35	< None >	
15		7	114	SWL	Sujen	Roos	01.58.45	< None >	
16		3	188	MWL	Vondra	Singleton	01.58.53	Worcester	
17		4	32	MWL	Anne	Pool	01.59.45	Strand	
18		8	110	SWL	Marisma	Myburgh	02.00.42	< None >	
19		7	152	VWL	Elsa	Zzzder	02.00.50	< None >	
20		5	102	MWL	Carol	Ferreira	02.01.37	Strand	
21		1	69	GWL	Marcelle	Le Roux	02.02.06	Strand	
22		8	147	VWL	Rose	Rushton	02.02.45	< None >	
23		9	106	SWL	Alison	Towner	02.03.41	< None >	
24		2	39	GWL	Penelope	Ingram	02.04.12	< None >	
25		9	128	VWL	Petro	Neethling	02.04.59	< None >	
26		10	179	SWL	Lucreatia	Jansen	02.05.02	Montagu	
27		11	215	SWL	Melani	Robertson	02.06.07	RWFL Sharonlea	
28		12	87	SWL	Rachel	Stadler	02.07.54	< None >	

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Women 21.1km	29	6	118	MWL	Magda	Lach	02.10.17	< None >
	30	7	177	MWL	Annalita	Goosen	02.11.56	Cape Multisport
	31	1	137	JWL	Lené	Hugo	02.13.05	< None >
	32	10	172	VWL	Lidia	Jordaan	02.13.56	< None >
	33	13	53	SWL	Cara-Lee	Nel	02.14.36	< None >
	34	3	93	GWL	Beatrixe	Liebenberg	02.14.39	< None >
	35	8	82	MWL	Elaine	Visser	02.15.19	Melkbos AC
	36	14	129	SWL	Marelize	Barnard	02.17.16	Atlantic Tri
	37	9	123	MWL	Cisna	Haupt	02.18.01	< None >
	38	4	204	GWL	Annemarie	Merkle	02.18.06	Pine Nuts
	39	11	150	VWL	Elzaine	Morgan	02.19.30	Kenfac-sac
	40	15	79	SWL	Hayley	Schuter	02.19.49	< None >
	41	16	44	SWL	Andrea	Ferreira	02.19.57	< None >
	42	17	21	SWL	Michélé	Martin	02.20.06	Langeberg
	43	18	97	SWL	Megan	Sands	02.20.07	< None >
	44	12	185	VWL	Tina	Louw	02.21.38	< None >
	45	13	20	VWL	Sophia	Louw	02.22.26	Brackenfell
	46	10	103	MWL	Celia	Pienaar	02.22.27	Strand
	47	19	16	SWL	Carmen	Kruger	02.24.29	< None >
	48	11	71	MWL	Anna	De Kock	02.25.10	< None >
	49	14	19	VWL	Mandie	Zietsman	02.26.04	Langeberg
	50	20	58	SWL	Hanje	Miller	02.26.14	< None >
	51	21	153	SWL	Maretha	Boshoff	02.26.15	< None >
	52	15	22	VWL	Christelle	Alberts	02.26.34	< None >
	53	22	30	SWL	Lucille	Brink	02.27.51	Atlantic Tri
	54	23	24	SWL	Stacey	Lightfoot	02.29.27	< None >
	55	16	8	VWL	Jayne	Roestorf	02.30.02	Cape Multisport
	56	12	49	MWL	Rosemary	Sutcliffe	02.31.01	Celtic Harriers
	57	13	109	MWL	Erika	Kotze	02.31.59	Paarl
	58	14	206	MWL	Jan	Beckett	02.32.41	< None >
	59	5	34	GWL	Madeline	De Villiers	02.32.53	< None >
	60	6	208	GWL	Odile	Quintard	02.33.23	Spartan Harriers
	61	24	184	SWL	Mona	Venter	02.33.44	< None >
	62	17	13	VWL	Debbie	Lillie	02.34.02	Wild Runner
	63	25	216	SWL	Marcia	Reynders	02.35.14	< None >
	64	26	18	SWL	Sian	Bradbury	02.36.23	< None >
	65	7	120	GWL	Hillary	Horne	02.36.24	Nedbank WP
	66	8	202	GWL	Joanne	Van Dermerwe	02.37.26	Celtic Harriers
	67	15	209	MWL	Greta	Brock	02.37.27	Celtic Harriers
	68	16	108	MWL	Amanda	Van Schalkwyk	02.37.56	Paarl
	69	27	17	SWL	Francisca	Daniel	02.38.07	Stellenbosch
	70	28	56	SWL	Salome	Van Der Merwe	02.39.29	Brackenfell
	71	29	84	SWL	Lizzie	Kennedy	02.40.02	Whalers
	72	17	27	MWL	Heather	Johnson	02.41.04	< None >
	73	30	96	SWL	Diana	Coetzee	02.42.29	Strand
	74	18	25	VWL	Michaela	Greig	02.43.00	< None >

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Women 21.1km	75	19	36	VWL	Tracey	Davies	02.43.28	< None >
	76	20	31	VWL	Karen	Burman	02.43.29	Whalers
	77	21	52	VWL	Neolene	Lourens	02.44.11	Bellville
	78	18	65	MWL	Danielia	Groenewald	02.44.12	Bellville
	79	19	68	MWL	Helene	Van Rhyn	02.47.50	Stellenbosch
	80	9	212	GWL	Frieda	Blignaut	02.53.52	Sanlam
	81	1	61	AWL	Wilbe	Fourie	02.53.58	Strand
	82	20	111	MWL	Ann	Taljaard	02.56.31	Saps Marathon Club
	83	21	62	MWL	Jackie	Goosen	02.57.19	Brackenfell
	84	2	40	AWL	Esther	Vlok	02.59.25	Strand
	85	22	5	VWL	Paula	Pinkham	03.05.53	Spartan Harriers
	86	22	197	MWL	Martie	Du Toit	03.07.30	< None >
	87	10	174	GWL	Penny	Szymanowski	03.09.03	RWFL-SW
	88	11	46	GWL	Carol	Nepgen	03.13.28	Kowie Striders
	89	31	73	SWL	Claire	Maloney	03.15.07	West Coast
90	23	45	VWL	Jackie	Aproskie	03.24.17	Spartan Harriers	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Men 10km	1	1	674	OMS	Johan	Oersen	00.33.30	Bredasdorp
	2	2	711	OMS	German	Lewis	00.33.39	Football Foundation
	3	3	586	OMS	Randall	Smith	00.34.54	Brdasdorp
	4	1	675	JMS	Gavin	Oersen	00.35.07	< None >
	5	2	692	JMS	Aviwe	Tonisi	00.35.33	Bredasdorp
	6	3	705	JMS	Sibusiso	Gogiba	00.36.02	Glen Grey Sprinters
	7	4	573	JMS	Shano	Erasmus	00.37.38	Brdasdorp
	8	4	657	OMS	Jandre	Simons	00.38.07	< None >
	9	5	678	OMS	Arnold	Pick	00.38.34	< None >
	10	5	592	JMS	Renaldo	Newman	00.38.48	Brdasdorp
OVERALL Men 10km	11	6	691	JMS	Bibusiso	Tonisi	00.39.36	Bredasdorp
	12	7	596	JMS	Siyonela	Mpambana	00.40.26	< None >
	13	8	695	JMS	Aldrich	Opperman	00.41.04	< None >
	14	6	742	OMS	Aaron	Boyisi	00.41.10	Easterns Kraaifontein
	15	9	569	JMS	Keelan	Witbooi	00.44.58	< None >
	16	7	605	OMS	Sam	Stelzner	00.45.48	< None >
	17	10	588	JMS	Jayden	Treu	00.46.36	Brdasdorp
	18	8	701	OMS	Danie	Van Der Merwe	00.46.36	< None >
	19	9	710	OMS	Izaack	Jantjies	00.47.03	Football Foundation
	20	10	696	OMS	Johnny	De Koker	00.48.31	Ashton
	21	11	644	JMS	George	De Kock	00.49.03	< None >
	22	12	706	JMS	Janco	Fourie	00.49.04	< None >
	23	11	721	OMS	Kevin	Nel	00.49.09	WP Defence
	24	12	751	OMS	Judge	Inglis	00.49.18	< None >
	25	13	516	OMS	Arrie	Van Der Merwe	00.49.19	Stellenbosch
	26	13	513	JMS	Francois	Robbertze	00.49.28	Strand
	27	14	642	OMS	Jaco	Koen	00.49.32	< None >
	28	15	631	OMS	Ernald	Arends	00.49.46	RWFL Rondebosch
	29	16	553	OMS	Lourens	Van Schoor	00.50.33	Brdasdorp

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name	
OVERALL Men 10km	30	17	528	OMS	Pieter	Pienaar	00.50.54	< None >	
	31	14	599	JMS	Brendon	Leonard	00.51.22	< None >	
	32	18	747	OMS	Jean	Du Plessis	00.51.23	< None >	
	33	19	715	OMS	Jandre	White	00.51.58	< None >	
	34	20	639	OMS	Christo	Van Eeden	00.51.59	< None >	
	35	21	638	OMS	Marnu	Meyer	00.52.01	< None >	
	36	22	627	OMS	James	Hockey	00.52.02	< None >	
	37	23	646	OMS	Angelo	Longoni	00.52.34	RWFL WP	
	38	24	719	OMS	Ashley	Martin	00.53.00	< None >	
	39	25	714	OMS	Raymond	Dennis	00.55.11	< None >	
	40	15	703	JMS	Kiano	Valentine	00.55.27	< None >	
	41	26	582	OMS	Arthur	Williams	00.55.29	< None >	
	42	27	548	OMS	Willie	Wilbers	00.55.44	< None >	
	43	28	563	OMS	Reinhardt	Singleton	00.56.34	< None >	
	44	29	730	OMS	Mikki	Milne	00.57.17	Whalers	
	45	30	609	OMS	Dihan	Blom	00.57.18	< None >	
	46	31	574	OMS	Johan	Keyter	00.58.37	< None >	
	47	32	617	OMS	Matthew	Baleta	00.58.39	< None >	
	48	33	581	OMS	Richard	Lackay	00.59.04	< None >	
	49	34	725	OMS	Eksteen	Lourens	01.00.53	SANDF	
	OVERALL Men 10km	50	35	578	OMS	Jacques	Groenewald	01.00.56	Sanlam
		51	36	628	OMS	Chris	Van Rooyen	01.01.36	Edgemead
		52	37	551	OMS	Gavin	O'Connor	01.01.49	< None >
		53	38	542	OMS	J M	Spangenberg	01.02.00	Nedbank SWD
		54	39	729	OMS	Pieter	De Kock	01.02.47	< None >
		55	40	737	OMS	Deslin	Temmers	01.02.57	< None >
		56	41	568	OMS	Hein	Witbooi	01.05.11	< None >
		57	42	576	OMS	Calvin	Appleton	01.05.13	< None >
		58	43	708	OMS	Mark	Perry	01.05.44	< None >
		59	44	621	OMS	Theo	Hohls	01.06.13	< None >
		60	45	682	OMS	Walters	Joubert	01.06.44	< None >
		61	46	683	OMS	Leonard	Pratt	01.06.46	< None >
		62	47	740	OMS	Herman	Klienmans	01.07.04	< None >
		63	48	688	OMS	Dominic	Olivari	01.07.21	Edgemead
		64	49	733	OMS	Tuto	Van Niekerk	01.08.45	< None >
		65	50	700	OMS	Percival	Harmse	01.08.48	Correctional Services
		66	51	654	OMS	Noel	Muller	01.09.06	< None >
		67	52	555	OMS	Ivan	Davids	01.10.26	Brdasdorp
		68	53	667	OMS	Tyrone	Engel	01.15.05	< None >
		69	54	684	OMS	Francois	Prinsloo	01.15.18	< None >
		70	55	535	OMS	Andre	October	01.16.47	< None >
		71	16	686	JMS	Corne	Koch	01.17.58	< None >
		72	56	661	OMS	Deon	Meyer	01.21.30	< None >
		73	57	547	OMS	Casper	Groenewald	01.23.39	Bellville
		74	58	543	OMS	Johan	Visagie	01.26.47	< None >
		75	59	530	OMS	Stephen	Cloete	01.27.20	Durbac

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Men 10km	76	17	590	JMS	Ewald	Schlebusch	01.29.06	< None >
	77	60	622	OMS	Bill	Tooley	01.31.59	Celtic Harriers
	78	61	753	OMS	Frederick	Eksteen	01.36.39	< None >
	79	18	685	JMS	Jean-Luc	Prinsloo	01.38.32	< None >
	80	62	522	OMS	Bobby	Cawood	01.42.06	< None >
	81	63	669	OMS	Willie	Tromp	01.42.55	< None >
	82	64	517	OMS	Klaas	Visser	01.44.46	H A C
	83	65	728	OMS	Johannes	Wagener	01.51.49	< None >
	84	66	677	OMS	Jan	Sztmanowski	02.28.52	Cape Multisport
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Women 10km	1	1	502	OWS	Nadia	Turton	00.45.00	K-Way VOB
	2	2	734	OWS	Ruzanne	Le Roux	00.46.25	< None >
	3	3	673	OWS	Petra	Oersen	00.48.33	Bredasdorp
	4	4	529	OWS	Jacqueline	Pienaar	00.49.34	< None >
	5	5	723	OWS	Chaun	Beyers	00.49.57	< None >
	6	1	744	JWS	Audicious	Mwangeni	00.50.10	RCS Gugs
	7	6	746	OWS	Suzanne	Du Plessis	00.50.27	< None >
	8	7	748	OWS	Elizabeth	Vermeulen	00.50.39	< None >
	9	8	626	OWS	Christine	Hibberd	00.51.21	Fishhoek
	10	9	587	OWS	Felicity	Treu	00.54.24	Brdasdorp
	11	10	607	OWS	Maricia	Le Roux	00.55.10	< None >
	12	11	504	OWS	Samantha	Vietri	00.55.36	< None >
	13	12	750	OWS	Alice	Verburg	00.55.41	< None >
	14	13	660	OWS	Karla	Ray	00.55.42	ATC
	15	14	633	OWS	Michelle	Kluyts	00.55.52	Langeberg
	16	15	634	OWS	Celeste	Van Wyk	00.55.53	Langeberg
	17	16	709	OWS	Magdalen	Uys	00.55.58	< None >
	18	17	722	OWS	Marinda	Steyn	00.56.04	< None >
	19	18	749	OWS	Tarryn	Nel	00.56.05	< None >
	20	19	630	OWS	Samantha	Jackson	00.56.11	< None >
	21	20	562	OWS	Retha	Serdyn	00.56.33	< None >
	22	21	604	OWS	Janet	Stewart	00.56.42	< None >
	23	2	736	JWS	Maria	Du Toit	00.57.09	< None >
	24	22	585	OWS	Sharon	Sleigh	00.57.15	Whalers
	25	23	610	OWS	Inge	Greyling	00.57.20	< None >
	26	3	572	JWS	Jacoba	Fouche	00.57.25	< None >
	27	24	679	OWS	Lanielle	Treu	00.58.31	< None >
	28	25	618	OWS	Gillian	Trollope	00.58.40	< None >
	29	26	566	OWS	Jacoba	Fouche	00.59.06	Brdasdorp
	30	27	724	OWS	Mariska	Giliomee	00.59.24	< None >
	31	28	672	OWS	Henlin	Samuels	01.00.24	Bredasdorp
	32	4	690	JWS	Elmarie	Vermeulen	01.00.24	< None >
	33	29	508	OWS	Maureen	Verster	01.00.39	Cape Multisport
	34	30	549	OWS	Erica	Mendes	01.00.55	West Coast
	35	5	680	JWS	Famke	Treu	01.01.26	< None >
	36	31	629	OWS	Erika	Van Rooyen	01.01.35	Edgemead

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name	
OVERALL Women 10km	37	32	649	OWS	Megan	Sayle	01.01.50	< None >	
	38	6	694	JWS	Nicolene	Blankenberg	01.01.57	Ashton	
	39	33	659	OWS	Leandri	Joubert	01.02.05	< None >	
	40	34	651	OWS	Martolucia	Van	01.02.07	< None >	
	41	35	652	OWS	Marsha-Ann	Van	01.02.08	< None >	
	42	36	731	OWS	Maryke	Henn	01.02.27	< None >	
	43	37	647	OWS	Nicole	Adams	01.02.33	< None >	
	44	38	726	OWS	Jonene	Terblanche	01.02.46	< None >	
	45	39	745	OWS	Neena	Visser	01.03.07	< None >	
	46	40	580	OWS	Xiomara	Kotze	01.03.20	Sanlam	
	47	41	615	OWS	Cisca	Nel	01.03.56	< None >	
	48	42	600	OWS	Nicole	Gerber	01.04.04	Strand	
	49	43	717	OWS	Carla	Vernooy	01.04.10	Bellville	
	50	44	552	OWS	Veronica	Ward	01.04.11	< None >	
	51	45	539	OWS	Monique	Thomas	01.04.20	< None >	
	52	46	507	OWS	Debra	Cape	01.04.22	Chaeli Sports	
	53	47	697	OWS	Nolubabalo	Mpotulo	01.04.23	Boland	
	54	48	541	OWS	Angelika	Loots	01.04.27	< None >	
	OVERALL Women 10km	55	49	671	OWS	Marlene	Albertyn	01.04.32	< None >
		56	50	583	OWS	Karen	Odendaal	01.04.33	Brackenfell
57		51	540	OWS	Rozanne	Lategan	01.04.34	< None >	
58		52	689	OWS	Cherisse	Olivari	01.04.38	Edgemead	
59		53	648	OWS	Karen	Mossner	01.05.16	< None >	
60		54	702	OWS	Sonja	Louw	01.05.17	< None >	
61		55	653	OWS	Estelle	Failey-Goschen	01.05.30	< None >	
62		56	546	OWS	Monica	Hamman	01.05.33	Whalers	
63		57	620	OWS	Brittany	Hohls	01.06.11	< None >	
64		58	554	OWS	Kirsten	Deverson	01.06.16	< None >	
65		59	650	OWS	Angelique	Henn	01.06.25	< None >	
66		60	640	OWS	Jeanine	Vonkeman	01.06.34	< None >	
67		7	693	JWS	Chanice	Fortuin	01.06.37	Ashton	
68		61	741	OWS	Elaine	Cuffe	01.07.18	Whalers	
69		62	624	OWS	Louise	Smit	01.07.22	< None >	
70		63	645	OWS	Rykie	De Kock	01.07.24	< None >	
71		64	579	OWS	Xio-Anne	De Waal	01.07.28	Sanlam	
72		65	718	OWS	Colleen	Cox	01.07.31	Pine Nuts	
73		66	611	OWS	Carlien	Dreyer	01.07.45	< None >	
74		67	511	OWS	Nandi	Burger	01.08.42	< None >	
75	68	732	OWS	Eva	Van Niekerk	01.08.44	< None >		
76	69	521	OWS	Beverley	Moore	01.09.02	< None >		
77	70	636	OWS	Lesley	Peck	01.09.04	Whalers		
78	71	503	OWS	Louisa	Groenewald	01.09.14	< None >		
79	72	614	OWS	Elmari	Lubbe	01.09.59	< None >		
80	73	577	OWS	Tasmin	Garriock	01.10.02	< None >		
81	74	716	OWS	Tania	Ellis	01.10.11	Whalers		
82	75	527	OWS	Cornelia	Giliomee	01.10.24	Langeberg		

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Women 10km	83	76	699	OWS	Janetta	Harmse	01.10.39	Correctional Services
	84	77	558	OWS	Helena	Nel	01.11.17	< None >
	85	78	560	OWS	Louise	Van Tonder	01.11.19	< None >
	86	79	559	OWS	Elri	Swart	01.11.21	< None >
	87	80	616	OWS	Riekie	Van Rensburg	01.12.30	< None >
	88	81	514	OWS	Leah	Robbertze	01.13.24	Strand
	89	82	571	OWS	Jane	Damand	01.13.43	RWFL Kempton Park
	90	83	512	OWS	Inanda	Leeb	01.13.45	Strand
	91	84	584	OWS	Alida	La Cock	01.15.09	< None >
	92	85	570	OWS	Marion	Siebrits	01.15.24	< None >
OVERALL Women 10km	93	86	663	OWS	Lizanne	Lourens	01.15.41	< None >
	94	87	735	OWS	Kotie	Du Toit	01.15.53	< None >
	95	88	613	OWS	Brenda	Grobbelaar	01.16.39	< None >
	96	89	707	OWS	Sandra	Hepburn-Brown	01.16.50	Whalers
	97	90	606	OWS	Sarah	Stewart	01.17.01	< None >
	98	91	556	OWS	Anelda	Bosch	01.17.18	Sanlam
	99	92	544	OWS	Liezl	Wilbers	01.17.24	< None >
	100	93	635	OWS	Tessa	Roman	01.17.26	< None >
	101	94	557	OWS	Annetjie	Claassen	01.17.59	Sanlam
	102	95	619	OWS	Alta	Smith	01.18.02	Sanlam
	103	96	713	OWS	Jackie	Henrick	01.19.01	Wildrunner
	104	97	712	OWS	Shelan	Hutton	01.19.01	Wildrunner
	105	98	664	OWS	Alida	Swart	01.19.44	< None >
	106	99	665	OWS	Rozanne	Flynn	01.19.44	< None >
	107	100	666	OWS	Abigail	Daniels	01.20.40	< None >
	108	101	537	OWS	Tanja	Odendaal	01.20.44	Brackenfell
	109	102	658	OWS	Shirley	Hossack	01.21.17	KWay VOB
	110	103	632	OWS	Sizwekazi	Wotshela	01.21.18	Correctional Services
111	104	698	OWS	Franchel	Minnaar	01.21.21	Correctional Services	
112	105	662	OWS	Sonja	Meyer	01.21.31	< None >	
113	106	612	OWS	Madelize	Dreyer	01.21.51	< None >	
114	107	676	OWS	Magrieta	Jonker	01.21.57	Nedbank	
115	108	687	OWS	Chantel	Willis	01.22.06	< None >	
116	109	515	OWS	Arlene	Ehrenberg	01.23.40	Whalers	
117	110	655	OWS	Carin	Oosthuizen	01.24.26	< None >	
118	111	501	OWS	Joan	Pienaar	01.25.00	< None >	
119	112	533	OWS	Catharina	Coetzee	01.25.15	Bellville	
120	113	531	OWS	Nicolene	Hellstrom	01.27.20	Durbac	
121	114	524	OWS	Beth	Forbes	01.27.30	< None >	
122	115	704	OWS	Lynette	Temmers	01.27.42	< None >	
123	116	595	OWS	Carmelita	Arendse	01.27.43	< None >	
124	117	519	OWS	Christelle	Swart	01.29.14	< None >	
125	8	520	JWS	Malica	Swart	01.29.37	< None >	
126	118	625	OWS	Coreen	Liebenberg	01.29.38	< None >	
127	119	589	OWS	Cherie	Schlebusch	01.29.39	< None >	
128	120	641	OWS	Cheryl	Deverson	01.31.03	< None >	

ma	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Club Name
OVERALL Women 10km	129	121	623	OWS	Phyllis	Tooley	01.31.58	Celtic Harriers
	130	122	738	OWS	Criceal	Jacobs	01.32.10	< None >
	131	123	739	OWS	Marianne	Temmers	01.32.11	< None >
	132	124	681	OWS	Lonelda	Taljaard	01.33.56	< None >
	133	125	754	OWS	Elsabe	Eksteen	01.36.37	< None >
	134	126	752	OWS	Debbie	Esterhuysen	01.36.39	< None >
	135	127	602	OWS	Lizet	Oosthuizen	01.37.06	Whalers
	136	128	608	OWS	Veronique	Olwagen	01.40.17	< None >
	137	129	591	OWS	Marinda	Du Preez	01.40.19	Brdasdorp
	138	130	594	OWS	Eileen	Jansen Van Vuuren	01.40.29	< None >
	139	131	550	OWS	Vivienne	Maloney	01.40.30	West Coast
	140	132	593	OWS	Maartin	Jansen Van Vuuren	01.40.31	< None >
	141	133	523	OWS	Pam	Cawood	01.42.05	< None >
OVERALL Women 10km	142	134	567	OWS	Elri	Strausz	01.42.33	Bellville
	143	135	668	OWS	Hester	Franken	01.42.54	< None >
	144	136	670	OWS	Sonnie	Jansen	01.42.57	< None >
	145	137	720	OWS	Janet	Condy	01.43.18	< None >
	146	138	538	OWS	Christel	De Swardt	01.50.06	Cape Multisport
	147	139	727	OWS	Teresa	Morris	01.51.50	< None >
	148	140	525	OWS	Dorothy	Victor	02.07.04	< None >
	149	9	526	JWS	Leigh-Anne	Victor	02.07.05	< None >