

Race number	First name	Last name	Gender	Category	Run / Walk	Distance	Result	Overall position	Category position
934571	Betsie	Anderson	F	65	Walk	5	00:43:14	18	1
160654	Gala	Ashour	F	5	Walk	5	01:15:38	41	10
371561	Brian	Aver	M	75	Walk	5	00:38:13	13	1
935560	carol-ann	Aver	F	75	Walk	5	00:38:11	12	2
175599	Bev	Ballard	F	70	Walk	5	01:12:00	34	4
682598	Roger	Ballard	M	75	Walk	5	01:08:00	30	2
582622	Cynthia	Barnes	F	70	Walk	5	00:38:46	14	3
870610	Lucy	Baye	F	5	Walk	5	01:13:00	36	7
604670	Kimberley	Beyl	F	5	Run	5	00:26:32	1	1
847662	Nandu	Bhula	M	45	Run	10	00:58:49	6	1
963566	FRIEDA	BLIGNAUT	F	70	Walk	21.1	02:46:42	3	1
444577	Caitlin	Botha	F	30	Run	10	00:59:44	8	1
217669	Martin	Botha	M	35	Run	10	00:52:32	2	1
539553	Paul	Botha	M	65	Walk	10	01:45:00	18	2
972636	Richard	Bovell	M	60	Walk	10	01:45:00	17	2
435609	Luke	Buirski	M	5	Run	5	00:27:38	3	1
812570	Maggie	Burger	F	65	Walk	10	01:39:21	14	1
257584	Wilson	Buthelezi	M	30	Run	10	01:08:53	21	2
729656	Annelize	Buys	F	55	Walk	10	01:36:31	11	2
244555	Chris	Callaghan	M	65	Walk	10	01:09:00	3	1
507643	Jacob	Christoffels	M	5	Run	10	00:58:39	5	1
425642	Liezl	Christoffels	F	45	Walk	5	00:51:54	22	1
261641	Mervyn	Christoffels	M	45	Walk	5	00:51:54	23	1
366546	Kim	Collins	F	30	Run	10	01:10:00	22	3
420583	Rune	Cramer	F	30	Walk	5	00:42:10	17	1
757666	Leane	Da Silva	F	35	Run	10	01:03:49	15	2
763650	Claire	de Leeuw	F	35	Walk	5	00:51:50	21	2
364582	David	de Leeuw	M	45	Run	5	00:34:14	15	1
188580	Ina	De Ponselle	F	45	Walk	21.1	02:52:10	4	1
293564	Erika	de Vries	F	50	Run	5	00:51:08	25	1
336604	Hannah	De Wet	F	5	Walk	5	01:10:00	32	4
731618	Jason	Dicks	M	5	Walk	5	00:53:06	25	1
711563	Len	Diedericks	M	75	Walk	10	01:17:16	5	1
605545	Werner-Hugo	Dittmar	M	30	Run	10	01:10:00	23	1
646585	Patrick Oscar	Dreyer	M	70	Walk	10	01:23:24	9	3
653578	Christelle	du Plooy	F	30	Run	10	01:02:34	13	2
389638	Marlize	Esterhuysen	F	50	Run	10	01:00:39	10	1
981639	Martin	Goldschmidt	M	55	Walk	10	01:45:00	16	1
367556	Lynette	Gough	F	55	Walk	10	01:21:37	7	1
877595	Annatjie	Greyenstein	F	75	Walk	5	00:33:28	6	1
435593	Susan	Grobler	F	60	Run	5	00:30:13	6	1
422590	Deborah	Horn-Botha	F	55	Walk	21.1	02:18:59	1	1
194596	Barbara	Irmscher	F	65	Walk	10	01:39:21	15	2
276581	Loritha	Jacobs	F	65	Walk	21.1	02:54:40	6	1
250629	Isabel	Jansen	F	35	Walk	10	01:12:21	4	1
774653	Rachel	Joy	F	5	Run	5	00:33:00	11	3
350527	Genevieve	Joynt	F	5	Run	5	00:33:02	12	4
438565	Shaun	Joynt	M	50	Run	10	01:07:18	20	3
490663	Trudi	Joynt	F	50	Walk	5	00:52:10	24	3
273549	Hans	Joythe	M	55	Walk	21.1	02:53:45	5	1
144661	elton	julies	M	45	Run	5	00:37:46	19	2
362612	Neo	Kekana	F	5	Walk	5	01:13:45	40	9
215613	Phenyo	Kgasi	F	5	Walk	5	01:12:57	35	6
427616	Ainsley	Khoza	M	5	Run	5	00:41:38	23	5
125588	Winnie	Koekemoer	F	70	Walk	5	00:31:31	2	1
594544	Letha	Kotze	F	70	Walk	10	01:23:46	8	2
600619	Jesse	Krige	M	5	Walk	5	01:00:27	28	3
689603	David	Kunte	M	5	Walk	5	01:13:10	39	5
121539	Danie	Labuschagne	M	65	Walk	21.1	02:26:17	2	1
920674	Luis	Lancho Perea	M	50	Run	10	00:58:35	4	2
138626	Lorna	loakim	F	40	Run	5	00:34:00	14	1
653620	Michael	Loggenberg	M	5	Run	5	01:11:15	27	6
540628	Natalie	Lubbe	F	35	Run	5	00:46:12	24	3
974547	Titus	Malema	M	35	Run	5	00:32:26	10	1
578605	Jordan	McQuirk	M	5	Walk	5	00:55:19	26	2
815562	Elsa	Meyer	F	70	Walk	10	01:07:09	2	1
760623	Andrew	Meyerowitz	M	35	Run	10	01:03:10	14	3
483624	Emily	Meyerowitz	F	30	Run	5	00:35:35	16	1
661607	Lesego	Molekoa	M	5	Run	5	00:33:08	13	3
374646	David	Morgan-Smith	M	80	Walk	5	00:35:51	10	1
296536	Bonita	Mostert	F	45	Walk	10	01:18:29	5	1
831671	Mpai	Motsei	F	40	Run	5	00:40:29	22	2
607672	Tumi	Motsei	F	40	Run	10	01:01:00	11	2

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164627	Theodoris	Nayler	F	70	Walk	5	00:38:01	11	2
347540	Dirk	Neethling	M	65	Run	5	00:37:24	18	1
347540	Dirk	Neethling	M	65	Run	10	01:10:58	25	1
957664	Nqobile	Nene			S		00:00:00		
627630	Helen	Nicolau	F	55	Walk	10	01:36:40	12	3
225631	Neville	Nicolau	M	60	Walk	10	01:36:40	13	1
562601	BK	Ntthaeng	M		S Run	5	00:31:43	7	2
481543	Lientjie	Oelofse	F	55	Walk	5	00:49:21	20	1
458608	Liza	Oosthuysen	F		S Run	5	00:27:26	2	2
758602	Chantelle	Pearce	F		S Run	5	00:38:40	21	5
352614	Rea	Phalwane	F		S Walk	5	01:00:02	27	1
647621	Dane	Pieterse	F		S Walk	5	01:03:00	29	2
547541	Piet	Pretorius	M	70	Walk	10	01:01:55	1	1
672659	Zari	Pretorius	F		S Run	5	01:12:00	28	6
753537	Hanre	Pretorius	M	50	Walk	10	01:25:52	10	1
474594	Anne	Race	F	50	Walk	5	00:33:50	8	2
553538	Wessel	Redelinghuys	M	70	Walk	10	01:19:47	6	2
414676	Keith	Reynolds	M	50	Run	10	00:43:29	1	1
978635	Janet	Sawkins	F	55	Walk	10	01:47:00	19	4
546634	Richard	Sawkins	M	60	Walk	10	01:47:00	20	3
825575	CELESTE	SCHEEPERS	F	60	Walk	5	00:32:55	5	2
159550	Glory	Shabangu	F	50	Run	5	00:51:38	26	2
904567	Ulf-Peter	Sjöholm	M	55	Walk	5	00:31:47	3	1
398579	Jeffrey	Sneddon	M	35	Run	10	01:01:23	12	2
629568	Monica	Svensson	F	40	Walk	5	00:23:58	1	1
688640	Marinda	Swart	F	50	Run	10	01:10:18	24	3
626611	Nelliew	Terwey	F		S Walk	5	01:12:00	33	5
918649	Vida	van den Berg	F		S Run	5	01:20:59	29	7
163542	Isabelle	Van der Schyf	F	50	Walk	5	00:33:33	7	1
515587	Helene	Van der westhuizen	F	35	Run	5	00:28:21	4	1
515587	Helene	Van der westhuizen	F	35	Run	10	00:59:20	7	1
515587	Helene	Van der westhuizen	F	35	Run	21.1	02:10:18	1	1
784632	Sonja	Van Der Westhuizen	F	40	Run	10	00:58:23	3	1
552576	Tania	van Rooyen	F	55	Run	5	00:32:26	9	1
193592	Lukas	Van Sittert	M	60	Run	5	00:28:26	5	1
514554	Roesan	Van Staden	F	50	Run	10	01:07:07	19	2
113558	Wessel	van Wyk	M	55	Run	10	01:06:62	18	1
508589	Estien	Van Wyngaard	F	60	Walk	5	00:32:53	4	1
485591	Fanie	Van Wyngaard	M	65	Walk	5	00:42:00	16	1
554574	Magda	Van zyl	F	35	Run	5	00:32:25	8	2
554574	Magda	Van zyl	F	35	Run	10	01:05:15	17	3
991573	Sampie	Van zyl	M	50	Run	5	00:37:03	17	1
991573	Sampie	Van zyl	M	50	Run	10	01:19:15	26	4
470559	Kayleigh	Verhaeghe	F		S Run	10	01:00:02	9	1
308586	Hildegard	Vey	F	75	Walk	5	00:39:30	15	3
159668	Cindi-Lee	Walker	F	35	Walk	5	00:49:05	19	1
225673	Hilton	Westerman	M		S Run	5	00:38:00	20	4
855647	Gail	Williams	F	60	Walk	5	00:33:56	9	3
469617	Denielle	Wittrowski	F		S Walk	5	01:09:31	31	3
957667	Ryan	Woolf	M	35	Run	10	01:03:49	16	4
137615	Zitnle	Yaka	F		S Walk	5	01:13:00	37	8
857648	Schalk	Zijlstra	M		S Walk	5	01:13:00	38	4