

Overall Results

5km

Race No	Name	Sex	Age Cat	Race Time	Ov Pos	Age Pos
288	STEVE HEIOR	M	50 to 59	0:23:09	1	1
174	CHRIS VAN EYSSSEN	M	40 to 49	0:24:14	2	1
255	JAYSON REED	M	17 to 29	0:24:17	3	1
275	BYRON MORRISON	M	17 to 29	0:24:34	4	2
64	TAINÉ HANCKE	M	17 to 29	0:25:35	5	3
63	DENHAM HANCKE	M	U16	0:25:39	6	1
270	ANTON HASKELL	M	30 to 39	0:25:42	7	1
123	CHRIS NOSSEK	M	50 to 59	0:26:41	8	2
46	JON DREYER	M	17 to 29	0:27:00	9	4
279	BRADLEY GRANT	M	17 to 29	0:27:13	10	5
89	JEMMA LIEBENBERG	F	U16	0:27:18	1	1
2	JARROD ANDERSON	M	30 to 39	0:27:47	11	2
76	FRANCOIS HOUBERT	M	50 to 59	0:27:57	12	3
294	LISA BONIFACE	F	30 to 39	0:28:02	2	1
131	BRAD POPE-ELLIS	M	30 to 39	0:28:06	13	3
59	TRAVIS GRAHAM	M	30 to 39	0:28:10	14	4
51	REECE FERGUSON	M	17 to 29	0:28:58	15	6
272	MICHAEL LOCK	M	40 to 49	0:29:03	16	2
69	TRACY HARKER	F	17 to 29	0:29:09	3	1
285	EMILE STREICHER	M	50 to 59	0:29:19	17	4
156	GAVIN SKEVINGTON	M	30 to 39	0:30:27	18	5
15	MARK BLOND	M	30 to 39	0:30:35	19	6
160	FIONA SUTTON	F	50 to 59	0:31:28	4	1
110	CAITLYN MOODIE	F	17 to 29	0:31:40	5	2
163	SCOTCH TAYLOR	M	60 to 69	0:32:11	20	1
93	RENATA MACKENZIE	F	40 to 49	0:32:14	6	1
183	ANDREW WILSON	M	50 to 59	0:32:15	21	5
11	CHONTEL BILTON	F	30 to 39	0:32:25	7	2
39	BENJAMIN DE JONGE	M	30 to 39	0:32:28	22	7
267	TIFFANY MATHER	F	U16	0:32:58	8	2
173	ASTRID-IRENE VAN ETTEN	M	30 to 39	0:33:02	23	8
12	JOSH BILTON	M	U16	0:33:04	24	2
164	JASON THOMAS	M	40 to 49	0:33:07	25	3
261	SOPHIA DA COSTA	F	U16	0:33:29	9	3
284	CLARE MANGAN	F	60 to 69	0:33:30	10	1
67	EDDIE HARKER	M	U16	0:33:40	26	3
179	MELANIE WAGNER	F	40 to 49	0:34:03	11	2
68	LUCY HARKER	F	U16	0:34:12	12	4
274	XOLANI CHILIZA	M	30 to 39	0:34:19	27	9
129	MICHAEL PETZER	M	17 to 29	0:34:27	28	7
66	BILLY HARKER	M	17 to 29	0:34:43	29	8
111	HEATHER MOODIE	F	17 to 29	0:34:46	13	3
254	SAGE MOODLEY	F	U16	0:34:47	14	5
52	JACQUIE FORTUNE	F	50 to 59	0:34:50	15	2

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115	IRENE MUIR	F	17 to 29	0:34:55	16	4
90	SUSAN LIEBENBERG	F	40 to 49	0:35:05	17	3
150	XOLI SHABALALA	F	17 to 29	0:35:15	18	5
287	BRONWYN DORROFIELD	F	30 to 39	0:35:45	19	3
1	KIM ALTERN	F	40 to 49	0:35:52	20	4
256	DONEE FRANCIS	F	17 to 29	0:36:23	21	6
273	TIM SMITH	M	17 to 29	0:36:46	30	9
130	BELINDA PIETERSE	F	40 to 49	0:36:50	22	5
180	SARAH WARMBACK	F	17 to 29	0:37:03	23	7
13	CALVIN BLACK	M	17 to 29	0:37:05	31	10
276	MATTHEW NAISH	M	17 to 29	0:37:07	32	11
277	MIA ACUTT	F	30 to 39	0:37:12	24	4
92	GRANT MACGREGOR	M	40 to 49	0:37:35	33	4
103	KHOLIWE MAZIYA MAZIYA	F	17 to 29	0:37:52	25	8
4	ALDINE ARMSTRONG	F	50 to 59	0:37:53	26	3
70	BRETT HARRIS	M	40 to 49	0:37:54	34	5
98	DANIYLE MALLON	F	40 to 49	0:37:57	27	6
80	GARETH JONES	M	40 to 49	0:37:58	35	6
293	KEITH CALITZ	M	50 to 59	0:38:18	36	6
74	JORDYN HOLLINS	F	U16	0:38:31	28	6
264	ANDREW MURRAY	M	U16	0:38:38	37	4
262	ISABELLA DA COSTA	F	U16	0:38:57	29	7
263	CAMILLA DA COSTA	F	40 to 49	0:39:02	30	7
136	CHAUNCY REDDY	M	30 to 39	0:39:12	38	10
75	SAMANTHA HOLLINS	F	17 to 29	0:39:18	31	9
94	LEE MACPHERSON	F	40 to 49	0:39:25	32	8
265	LAUREN MURRAY	F	U16	0:39:33	33	8
266	ROBERT MURRAY	M	40 to 49	0:39:36	39	7
286	KAREN DONKIN	F	30 to 39	0:39:38	34	5
145	NICKY RYAN	F	30 to 39	0:39:41	35	6
50	JARED FERGUSON	M	30 to 39	0:39:42	40	11
260	JOSH EAST	M	17 to 29	0:39:55	41	12
257	SIOBHAN CANNELL	F	17 to 29	0:40:00	36	10
82	ROMAANA KARODIA	F	30 to 39	0:40:12	37	7
289	CHRIS RODRIGUES	M	U16	0:41:06	42	5
290	MANDY RODRIGUES	F	50 to 59	0:41:15	38	4
22	MARK BURTON	M	17 to 29	0:42:10	43	13
24	NTATHU BUTHELEZI	F	17 to 29	0:42:21	39	11
271	RYAN MCGARVIE	M	30 to 39	0:42:57	44	12
292	ZELDA CROUS	F	40 to 49	0:43:18	40	9
291	MORNE CLAASSEN	M	U16	0:43:20	45	6
17	NORA BUCHANAN	F	60 to 69	0:44:09	41	2
298	LAUREN GLOSSOP	F	30 to 39	0:44:27	42	8
299	TRACY PHILLIPS	F	40 to 49	0:44:30	43	10
297	KAREN LOMBARD	F	40 to 49	0:44:31	44	11
100	DEBBIE MARSHALL	F	40 to 49	0:44:33	45	12

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106	KHETHIWE MCHUNU	F	30 to 39	0:44:41	46	9
28	PRAVANI CHETTIAR	F	17 to 29	0:44:44	47	12
35	ALEXANDRA DA SILVA	F	U16	0:44:56	48	9
283	GABBY TALBOT	F	U16	0:44:59	49	10
282	MONICA DE KLEYN	F	30 to 39	0:45:02	50	10
144	SALLY ROWNEY	F	17 to 29	0:45:08	51	13
36	ANDRE DA SILVA	M	40 to 49	0:45:10	46	8
20	ERIN BURTON	F	U16	0:46:16	52	11
18	MELISSA BURROWS	F	30 to 39	0:46:19	53	11
161	ZELDA TALANDA	F	30 to 39	0:46:20	54	12
259	DOM BOUCHIER	F	17 to 29	0:47:57	55	14
258	SHAN HAYES	F	17 to 29	0:47:58	56	15
278	NONKULULEKO MZOBE	F	30 to 39	0:48:02	57	13
58	MINOLIA GOVENDER	F	17 to 29	0:49:31	58	16
104	GRIFFITH MBATHA	M	40 to 49	0:49:46	47	9
152	SILINDILE SHINGA	F	30 to 39	0:49:48	59	14
280	THAMI MCHUNU	M	30 to 39	0:49:50	48	13
281	PRECIOUS SCOTT	F	30 to 39	0:49:52	60	15
9	GINA BEGGS	F		0:50:06	61	1
8	CHRIS BEGGS	M	30 to 39	0:50:13	49	14
38	XAVIAHN DA SILVA	M	U16	0:50:21	50	7
37	SHARON DA SILVA	F	40 to 49	0:50:50	62	13
295	PAUL L'HOSTE	M	40 to 49	0:50:55	51	10
296	SONYA GROBBELAAR	F	40 to 49	0:50:59	63	14
27	LISA CARRASCO	F	30 to 39	0:51:13	64	16
77	SERENA JACKSON	F		0:53:22	65	2
134	MARILYN QUIRKE	F	40 to 49	0:53:24	66	15
43	CARMEN DEVINE	F	30 to 39	0:53:30	67	17
176	NEILL VAN ROOYEN	M	50 to 59	0:53:32	52	7
182	RAE WILLIAMS	F	50 to 59	0:53:33	68	5
125	DEIRDRE PALLINI	F	60 to 69	0:53:35	69	3
73	AMANDA HLAKANYAYA	F	17 to 29	0:53:38	70	17
113	RAJEN MOODLEY	M	50 to 59	0:54:06	53	8
107	RUSSEL MGAGULA	M	50 to 59	0:54:07	54	9
143	CILLA ROSE	F	60 to 69	0:54:44	71	4
269	PETER ROSE	M	70 to 79	0:54:45	55	1
175	HENDRI VAN LOGGERENBERG	M	17 to 29	0:55:38	56	14
97	KERRY MALAN	F	17 to 29	0:55:40	72	18
141	TENILLE RICHARDS	F	30 to 39	0:55:44	73	18
48	NICOLE EVANS	F	40 to 49	0:55:48	74	16
88	KAYLENE LEWIS	F	17 to 29	0:55:51	75	19
168	LIZETTE VAN DER MERWE	F	60 to 69	0:55:57	76	5
105	NICOLEEN MCCAULEY	F	40 to 49	0:55:59	77	17
21	INGRID BURTON	F	17 to 29	0:56:08	78	20
268	TRUDY MATHER	F	40 to 49	0:56:16	79	18
167	DENBEIGH VAN DER MERWE	F	30 to 39	0:56:31	80	19

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10	RON BERVO	M	17 to 29	0:56:32	57	15
169	PAUL VAN DER MERWE	M	30 to 39	0:56:33	58	15
124	ALEX PALLINI	F	30 to 39	0:58:47	81	20
126	MARCO PALLINI	M	60 to 69	0:58:49	59	2
40	ANGELA DE VILLIERS	F	U16	0:59:21	82	12
3	MARK ANNANDALE	M	30 to 39	0:59:23	60	16
79	SHARON JOHANSON	F	17 to 29	1:06:23	83	21
19	EMMA BURTON	F	17 to 29	1:06:24	84	22