

10KM

POS	FULLNAME	SURNAME	LIC	CLUB	M/F	AGE	CAT	TIME
1	JULIUS	KORKEE	227	RAINBOW AC	M	26	Open	24:12
2	PRINCIPAL	FANA	1338	TEMP	M	42	40-49	24:48
3	SIYABONGA	MADALA	239	COASTLINE AC	M	25	Open	24:48
4	ELFONZO	PIETERSE	226	COASTLINE AC	M	22	Open	25:01
5	MELIKHAYA	MSIZI	604	KNYSNA MC	M	27	Open	25:02
6	ROLAND	MINNAAR	1228	NBRC	M	22	Open	25:38
7	BRENDON	NIEUWENHUIZEN	1398	TEMP	M	18	Jun	31:32
8	HERMANUS	JONKERMAN	1350	NBRC	M	51	50-59	36:50
9	JASON	PIETERSEN	698	KNYSNA MC	M	18	Jun	37:14
10	GERALD	MIENIE		TEMP	M	22	Open	37:18
11	ANTON	CHEVALIER	1146	NBRC	M	46	40-49	37:33
12	FANISO	IGSHAAN	213	RAINBOW AC	M	17	Jun	37:39
13	JAEHNE	JAEHNE	1970	TEMP	M	46	40-49	37:49
14	DE WAAL	SWART	889	NEW BALANCE EDEN	M	29	Open	38:04
15	FRANS	ELSTADT	1133	NBRC	M	15	Jun	38:10
16	ESTIAN	MAREE	1308	NBRC	M	16	Jun	38:15
17	GERALD	WILDEMAN	29	RAINBOW AC	M	31	Open	38:34
18	DYLON	BUTLER	673	KNYSNA MC	M	16	Jun	40:07
19	FRANCOIS	BRUWER	126	OUTENIQUA HARRIERS	M	23	Open	40:17
20	EDDIE	MOUTON	1106	NBRC	M	37	35-39	40:24
21	PATRICK	RAWLINS	57	OUTENIQUA HARRIERS	M	53	50-59	40:50
22	ANNATJIE	BOTES	1153	NBRC	F	53	50-59	41:17
23	MARIE	WOLMARANS	1166	NBRC	F	52	50-59	41:31
24	HENRY	VAN DER WATT	1277	NBRC	M	45	40-49	41:31
25	CAMERON	DANHAUSEN	635	KNYSNA MC	M	16	Jun	41:46
26	ROGAN	LECKIE	1247	NBRC	M	17	Jun	41:49
27	ANDRE	BARNARDO	1149	NBRC	M	54	50-59	42:17
28	JOHANNA	CLAASSEN	1141	NBRC	F	42	40-49	42:20
29	ANDY	KEEL	1388	TEMP	M	31	Open	42:34
30	JIMMY	ROBERTSON	909	HARTENBOS DRAWWERS	M	30	Open	42:39
31	LISL	GROBLER	659	KNYSNA MC	F	35	35-39	42:45
32	MARINDA	FOURIE	1466	NBRC	F	30	Open	43:36
33	PETER	DEISTER	1244	NBRC	M	46	40-49	44:35
34	EUGENE	MARAIS	887	NEW BALANCE EDEN	M	38	35-39	44:42
35	JOSH	FLEETWOOD	1235	TEMP	M	21	Open	45:12
36	RHOODIE	BARNARD	644	KNYSNA MC	M	31	Open	45:17
37	MARION	ERASMUS	215	RAINBOW AC	F	29	Open	45:39
38	ARON	DRAGHOENDER	1330	TEMP	M	48	40-49	46:01
39	JAN	NEL	99	OUTENIQUA HARRIERS	M	44	40-49	46:08
40	WESSEL	VAN HEERDEN	1477	NBRC	M	37	35-39	46:14
41	TIM	TOOVEY	1295	NBRC	M	23	Open	46:43

42	PAUL	MANSON-KULLIN	1260 NBRC	M	44	40-49	46:58
43	MARYKE	SASS	393 MOSSEL BAY HARRIERS	F	40	40-49	47:06
44	ROME	PHILLIPSON	450 MOSSEL BAY HARRIERS	F	29	Open	47:06
45	PETRA	ROSSOUW	1185 NBRC	F	34	Open	47:08
46	ANE	KRUGER	715 BEAUFORT WES DRAWWERS	F	17	Jun	47:12
47	PIETER	BESTER	HARTENBOS DRAWWERS	M	51	50-59	47:12
48	GERHARD	SNYMAN	1382 TEMP	M	28	Open	47:24
49	FRIKKIE	ELSTADT	123 NBRC	M	47	40-49	47:33
50	DANNY	FARNHAM	1224 TEMP	M	48	40-49	47:35
51	BYRON	TOOVEY	155 NBRC	M	26	Open	47:39
52	DENNIS	SCHUIN	837 NBRC	M	38	35-39	47:51
53	LINDA	NORTJE	1188 NBRC	F	36	35-39	47:54
54	CHRISTA	SMIT	999 HARTENBOS DRAWWERS	F	43	40-49	48:02
55	SUZAAN	KRUGER	83 OUTENIQUA HARRIERS	F	28	Open	48:06
56	JUSTINE	SHARPLES	862 NEW BALANCE EDEN	F	37	35-39	48:06
57	PLAATJIE	CRONJE	64 OUTENIQUA HARRIERS	M	64	60+	48:15
58	MARIUS	GERBER	1395 TEMP	M	48	40-49	48:51
59	RONALD	NOTYHANGA	1275 NBRC	M	27	Open	48:54
60	DARREN	VEAL	1463 NBRC	M	44	40-49	49:20
61	GERT	CLAASSENS	1134 NBRC	M	39	35-39	49:21
62	ELSA	DE VILLIERS	1045 HARTENBOS DRAWWERS	F	51	50-59	49:30
63	MATTHEW	MANSON-KULLIN	1137 NBRC	M	17	Jun	49:51
64	ANTHONY	NOBLE	111 OUTENIQUA HARRIERS	M	50	50-59	49:53
65	PM	VISSER	1332 NBRC	M	29	Open	49:55
66	CHARMAINE	OLIVIER	1381 TEMP	F	27	Open	50:06
67	DAAN	BOTHA	1158 NBRC	M	64	60+	50:06
68	PIETER	DE WET	1339 TEMP	M	57	50-59	50:10
69	PATRICK	HUDDY	60 OUTENIQUA HARRIERS	M	60	60+	50:42
70	NYANGUXOLO	MSHUTA	1220 TEMP	M	29	Open	50:49
71	HEINZ	MUELLER	1149 NBRC	M	52	50-59	51:31
72	ELMARI	BOOYSEN	1133 NBRC	F	45	40-49	51:58
73	GREGOR	LECKIE	2979 STRAND AC	M	46	40-49	51:59
74	ANDREWS	EARL	151 NBRC	M	23	Open	52:00
75	ANTOINETTE	DU PREEZ	394 MOSSEL BAY HARRIERS	F	39	35-39	52:01
76	TANYA	FABER	72 OUTENIQUA HARRIERS	F	39	35-39	52:01
77	RUDY	KOEN	33 OUTENIQUA HARRIERS	M	32	Open	52:12
78	JAN	NEL	1301 NBRC	M	41	40-49	52:17
79	ELMIEN	NEL	1340 NBRC	F	40	40-49	52:18
80	MOUTON	JACQUES	96 OUTENIQUA HARRIERS	M	33	Open	52:18
81	JOHAN	VAN NIEKERK	85 OUTENIQUA HARRIERS	M	25	Open	52:24
82	DRICKY	WALLIS	1383 TEMP	F	40	40-49	52:28
83	KYM	ROLFE	1281 NBRC	F	44	40-49	52:28
84	NOREEN	DAVIDSON	1191 NBRC	F	53	50-59	52:34
85	CLAIRE	BOLTMAN	1397 TEMP	F	42	40-49	52:34

86	RIAN	PUTTER	1346	NBRC	M	41	40-49	52:54
87	ABRAHAM	COETZEE	647	KNYSNA MC	M	63	60+	53:00
88	ALLISON	LAURIEN	1333	TEMP	F	29	Open	53:07
89	LIANA	GILIOMEE	146	OUTENIQUA HARRIERS	F	40	40-49	53:10
90	LOUIS	FOURIE	1392	TEMP	M	34	Open	53:11
91	BEN	VERMEULEN	1325	NBRC	M	0	Jun	53:16
92	ANDREA	STEYLS	1334	NBRC	F	25	Open	53:33
93	DERIC	STEYN	1341	TEMP	M	18	Jun	53:34
94	BERTIE	JANSE VAN RENSBURG	28	OUTENIQUA HARRIERS	M	29	Open	53:39
95	MIGNON	ROODT	1338	NBRC	F	40	40-49	53:57
96	LAURA	LECKIE	1196	NBRC	F	19	Jun	53:59
97	NICKY	VAN WYK	1340	TEMP	F	32	Open	54:14
98	NAAS	OLIVIER	1478	NBRC	M	25	Open	54:20
99	SOLLIE	LIEBENBERG	419	MOSSEL BAY HARRIERS	M	54	50-59	54:29
100	BENNIE	PRINSLOO	1347	NBRC	M	24	Open	54:29

POS	FULLNAME	SURNAME	LIC	CLUB	M/F	AGE	CAT	TIME
101	DIANA	MOUTON	1107	NBRC	F	33	Open	54:35
102	LIANE	VAN ZYL	1259	NBRC	F	31	Open	54:40
103	JACQUES	TULLEKEN	838	NBRC	M	41	40-49	55:02
104	LIZE	BESTER	964	HARTENBOS DRAWWERS	F	48	40-49	55:13
105	RENEE	HEUNIS	1278	NBRC	F	51	50-59	55:18
106	ANDREAS	ESSEL	1154	NBRC	M	50	50-59	55:20
107	WENDY	CRONJE	1194	NBRC	F	40	40-49	55:23
108	DANETTE	KOTZE		TEMP	F	34	Open	55:27
109	STEYN	DE JAGER	914	HARTENBOS DRAWWERS	M	38	35-39	55:32
110	DANIELLE	WILLIAMS	1347	TEMP	F	32	Open	55:34
111	MICHAEL	SAPIRE	1345	TEMP	M	54	50-59	55:38
112	EILEEN	KETTERER	1334	TEMP	F	29	Open	55:40
113	CISKA	GRICIUS	1142	NBRC	F	38	35-39	55:41
114	GIDEON	VAN DER WATT	1346	NBRC	M	49	40-49	55:44
115	JACK	VAN DER BERG	672	KNYSNA MC	M	68	60+	55:51
116	FRANCOIS	STEENKAMP	50	OUTENIQUA HARRIERS	M	50	50-59	55:53
117	JUANITA	OLIVIER	39	OUTENIQUA HARRIERS	F	39	35-39	55:56
118	AD	COLE	666	KNYSNA MC	F	43	40-49	56:51
119	FRANSCIS	MOUTON	1337	TEMP	F	38	35-39	57:08
120	MARYKE	NEIZEL	1190	NBRC	F	39	35-39	57:21
121	JOHANITA	FERREIRA	1197	NBRC	F	42	40-49	57:21
122	LOUISE	MULLER	1344	TEMP	F	35	35-39	57:25
123	LAURENA	MULLER	1343	TEMP	F	40	40-49	57:25
124	MICHEAL	VAN ZYL	1331	TEMP	M	23	Open	57:59
125	MATTHYS	BEUKES	1332	TEMP	M	23	Open	58:00
126	KOBUS	HATTINGH	67	OUTENIQUA HARRIERS	M	70	60+	58:03

127	CONRAD	SCHOLTZ	1335	TEMP	M	19	Jun	58:06
128	JAN	FOURIE	1467	NBRC	M	35	35-39	58:13
129	STEVEN	WILLIAM	1346	TEMP	M	38	35-39	58:19
130	ULENE	VISSER	1254	NBRC	F	36	35-39	58:33
131	MARLIZE	JASON	992	HARTENBOS DRAWWERS	M	35	35-39	58:39
132	NOLENE	LIEBENBERG	422	MOSSEL BAY HARRIERS	F	19	Jun	58:40
133	ALIDA	TALLIE	1394	TEMP	F	45	40-49	58:44
134	FRANCOIS	VAN DER WALT	1056	HARTENBOS DRAWWERS	M	55	50-59	58:46
135	JAN	BOTHA	61	OUTENIQUA HARRIERS	M	54	50-59	59:03
136	MAGGY	FARNHAM	1225	TEMP	F	46	40-49	59:34
137	PAUL	KOTZE	1256	NBRC	M	54	50-59	59:41
138	JOHANNES	VAN ROOYEN	509	SEDGEFIELD STRIDERS	M	22	Open	59:43
139	NICO	SMIT	1385	TEMP	M	44	40-49	1:00:16
140	LIZA	VEAL	1470	NBRC	F	40	40-49	1:00:20
141	MAURICE	WICOMB	751	OUUDTSHOORN AAC	M	64	60+	1:00:20
142	MARIETJIE	JOUBERT	1022	HARTENBOS DRAWWERS	F	46	40-49	1:00:37
143	DES	HARRIS	1055	HARTENBOS DRAWWERS	M	58	50-59	1:00:44
144	NICO	GROBLER	611	KNYSNA MC	M	36	35-39	1:00:54
145	MICHELE	SCHERMBRUCKER	1071	HARTENBOS DRAWWERS	F	51	50-59	1:01:01
146	GERT	VENTER	1348	HARTENBOS DRAWWERS	M	58	50-59	1:01:52
147	AMELIA	CILLIERS	1189	NBRC	F	44	40-49	1:01:53
148	EDWIN	DYASON	122	OUTENIQUA HARRIERS	M	55	50-59	1:02:10
149	CAROL	CAMPBELL	754	OUUDTSHOORN AAC	F	43	40-49	1:02:11
150	CHARLES	SMITH	1222	TEMP	M	61	60+	1:03:57
151	JONATHAN	ENDRES	160	NBRC	M	16	Jun	1:04:23
152	HENRY	FORTUIN	1178	NBRC	M	47	40-49	1:05:21
153	MARLENE	VAN WYK	1336	TEMP	F	44	40-49	1:05:29
154	ALETTA	VAN RENSBURG	1161	NBRC	F	52	50-59	1:05:45
155	TERRY	NICHOLS	1384	TEMP	M	35	35-39	1:05:51
156	JULIE	MONK	1389	TEMP	F	37	35-39	1:05:58
157	MELISSA	KOEN	30	OUTENIQUA HARRIERS	F	28	Open	1:06:49
158	LIEZEL	ESSEL	1329	NBRC	F	22	Open	1:06:52
159	STACEY	SWIEGELAAR	1386	RWFL	F	29	Open	1:06:53
160	JANETTE	BADENHORST	1204	NBRC	F	63	60+	1:07:23
161	WOUTER	PRETORIUS	1072	HARTENBOS DRAWWERS	M	47	40-49	1:07:56
162	DAVID	MORGAN-SMITH	538	SEDGEFIELD STRIDERS	M	73	60+	1:08:06
163	RONEL	VAN TONDER	1249	NBRC	F	46	40-49	1:08:06
164	EDMARE	JANSE VAN RENSBURG	980	HARTENBOS DRAWWERS	F	16	Jun	1:09:56
165	ALFRED	NISE	661	KNYSNA MC	M	43	40-49	1:09:56
166	DIANE	ERASMUS	1398	TEMP	F	46	40-49	1:10:52
167	SARAH	ERASMUS	1400	TEMP	F	16	Jun	1:10:52
168	IAN	ERASMUS	1399	TEMP	M	20	Open	1:10:52
169	BONNEE	VAN DER WALT	1057	HARTENBOS DRAWWERS	F	54	50-59	1:11:28
170	LOUIS	STEYN	80	OUTENIQUA HARRIERS	M	30	Open	1:12:04

	SUSARAH	EXTON	498	SEDGEFIELD STRIDERS	F	42	40-49	1:12:08
172	ANNA-MARIE	HARRIS	1100	HARTENBOS DRAWWERS	F	56	50-59	1:12:21
173	JACQUI	NEL	1078	HARTENBOS DRAWWERS	F	44	40-49	1:13:13
174	ALICE	FOUCHE	1326	NBRC	F	24	Open	1:13:20
175	ELIZE	NOWAKOWITCH	523	SEDGEFIELD STRIDERS	F	56	50-59	1:14:51
176	MICAYLA	FIVAZ	498	SEDGEFIELD STRIDERS	M	17	Jun	1:15:34
177	GERALDINE	LOFTIE-EATON	800	RWFL	F	66	60+	1:15:44
178	LISSETT	VISAGIE	1396	TEMP	F	66	60+	1:16:31
179	JACKIE	CALITZ	1302	NBRC	F	39	35-39	1:17:05
180	RINSKE	VREKEN	994	HARTENBOS DRAWWERS	F	63	60+	1:17:25
181	WYNETA	VAN RENSBURG	1387	TEMP	F	58	50-59	1:19:15
182	RONEL	LAMPRECHT	1328	TEMP	F	48	40-49	1:20:10
183	TOELIE	BARNARD	1329	TEMP	M	52	50-59	1:20:11
184	JOHANNA	JOOSTE	801	RWFL	F	62	60+	1:20:52
185	MARIANNE	NIEHAUS	814	RWFL	F	39	35-39	1:21:52
186	DEBBIE	MULLER	1391	TEMP	F	42	40-49	1:22:56
187	MELINDA	FLAHERTY	1390	TEMP	F	40	40-49	1:22:56
188	TRIX	DE VILLIERS	808	RWFL	F	69	60+	1:25:54
189	MELISSA	BUITENDAG	1346	TEMP	F	21	Open	1:28:29
190	EVETTE	STEYN	1221	TEMP	F	32	Open	1:28:29
191	BERNICE	BAVERIES	1226	TEMP	F	34	Open	1:28:31
192	AMANDA	SWIEGERS	1379	TEMP	F	52	50-59	1:31:49
193	BERT	SWIEGERS	1380	TEMP	M	56	50-59	1:31:49
