



Results 21.1KM

CATEGORY	PLACE	NAME & SURNAME	CLUB	TIME
WOMEN				
70+	3rd	MARLENE JAMES	PINE	2:20:23
	2nd	PIXIE SPARG	CELTICS	2:06:04
	1st	VERONICA VAN NIEKERK	ELGRAB	1:53:55
MEN				
70+	3rd	GAMIELDIEN YUSUF	ITHEKO	2:11:06
	2nd	ROBERT JOUBERT	TEMP	2:03:13
	1st	JOSEPH MATTHEWS	SPARTANS	1:57:49
WOMEN				
60+	3rd	MAGRIETA HANEKOM	CERES	1:50:07
	2nd	STYNTJIE PRINS	PAARL	1:49:05
	1st	NANCY WILL	PINE	1:43:48
MEN				
60+	3rd	EISE GEERTS	BELL	1:33:38
	2nd	PIET SMIT	SWART	1:31:32
	1st	ROBBIE LINDSAY	NEDWP	1:29:30
WOMEN				
50+	3rd	ROLDAH ORRIE	ITHEKO	1:50:07
	2nd	SALOME CASTELYN	STELLEN	1:40:32
	1st	MARIETTE STRAUSS	TYGER	1:33:54



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MEN				
50+	3 rd	LEON WILLIAMS	SWART	1:27:17
	2 nd	DAWID ANDREWS	HOPE	1:24:51
	1 st	ABRAHAM FIELIES	WORC	1:23:22
WOMEN				
40+	3 rd	MARLIZE VIENINGS	EDGE	1:33:17
	2 nd	OBERTINA KANYONGO	WCOAST	1:30:41
	1 st	BELINDA NOADES	TEMP	1:28:23
MEN				
40+	3 rd	THEMBELANI ZOLA	RCSGUGS	1:13:51
	2 nd	TSUNGAI MWANENGENI	RCSGUGS	1:11:51
	1 st	GERT THYS	MAXE	1:09:14
WOMEN				
Junior	3 rd			
	2 nd	INGRID GRUNDLING	SANLAM	02:02:01
	1 st	SOPHIE COPE	SH	1:39:30
MEN				
Junior	3 rd	STEFAN OOSTHUIZEN	WELLING	1:24:57
	2 nd	DEON-LEE HENDRICKS	TEMP	1:24:15
	1 st	FRANSICO FRITS		1:14:15



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WOMEN				
OPEN	5 th	NICOLA HOOPER	CMSC	1:28:26
	4 th	BELINDA NOADES	TEMP	1:28:23
	3 rd	DANETTE SMITH	KPMG	1:27:31
	2 nd	ANEL TERBLANCHE	KPMG	1:23:43
	1 st	TISH JONES	KPMG	1:21:08
MEN				
OPEN	5 th	MARKS MPEKULA	KWAY VOB	1:10:55
	4 th	AKHONA MDAKA	ELGRAB	1:10:17
	3 rd	MTHANDAZO QHINA	NEDWP	1:10:05
	2 nd	GERSHWILL JACOBS	NEDSWD	1:09:40
	1 st	GERT THYS	MAXE	1:09:14



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CATEGORY	PLACE	NAME & SURNAME	CLUB	TIME
WELLINGTON AC				
MALE	1 ST	AHMAD HASSAN	WELLING	1:13:56
FEMALE	1 ST	RIANA NEETHLING	WELLING	1:51:54