



Pos	Athlete	Club	Licence no.	Age	Time	Race Number	Points	Entry Fee	Temp
<u>10km Race Walk Master Men</u>									
1	Ross McDonlad	K-Way VOB	772	46	1:02:41	215			
2	Adam Papier	Ommiedraai Friends	9761	56	1:02:52	193			
3	Dennis Hines	Strand	3067	52	1:03:01	220			
4	Raymond Fuller	K-Way VOB	1150	61	1:05:45	186			
5	Johan van Zyl	Sanlam	4647	70	1:08:41	140			
6	Len Diedricks	CMS	7546	74	1:10:32	219			
7	Nicholas Jeftha	Easterns	8804	51	1:11:04	59			
8	Patrick Wonfor	Spartan Harriers	1944	73	1:11:59	72			
9	At Van Jaarsveld	RWFL	9472	45	1:14:34	227			
10	Roy Whyte	Spartan Harriers	1946	72	1:18:28	238			
11	Mike Evans	K-Way VOB	1306	57	1:21:35	214			
DQ	Jason Scott Smith	RWFL	16196	43		185			
<u>10km Race Walk Junior Boys</u>									
1	Wentsly Merkuur	Velocity A.C	20990	19	0:54:15	122			
2	Bonga Ndika	Easterns	2034	19	0:58:53	136			
3	Ethan Gertze	Velocity A.C	20778	17	1:01:34	200			
<u>10km Youth Boys</u>									
1	Tiaano Walters	Swartland	2096	16	0:58:57	115			
<u>10km Youth Girls</u>									
1	Cara Bester	Swartland	2097	17	1:06:35	110			
2	Siobhan Dunn	Spartan Harriers	20372	17	1:17:24	222			
<u>10km Senior Women</u>									
1	Fundiswa Sandi	Ravensmead	10020	38	1:03:51	240			
2	Allison De Wet	Swartland	111	22	1:07:54	107			
3	Mandisi Nqayi	RCS	11685	33	1:12:41	241			
<u>10km Race Walk Master Women</u>									
1	Deborah Horn-Botha	Kway VOB	637	53	1:08:05	206			
2	Trish Gilmour	Kway VOB	655	56	1:08:56	170			
3	Frieda Bignalt	Sanlam	4537	69	1:09:05	239			
4	Jackie Goosen	Brackenfell A.C	9824	57	1:09:55	111			
5	Pam Jones	Spartan Harriers	1957	62	1:10:26	171			
6	Petro Van Jaarsveld	RWFL	9473	45	1:10:35	232			
7	Birdie Pearson	Spartan Harriers	1607	61	1:12:41	218			
8	Gail Williams	Spartan Harriers	1958	61	1:13:37	233			
9	CJ Dunn	Spartan Harriers	1967	52	1:14:09	221			
10	Joy Sutherland	West Coast	5783	59	1:14:48	98			
11	Carol- Anne Aver	RWFL	10045	73	1:14:55	81			
12	Ann Race	Spartan Harriers	2000	51	1:15:18	180			
13	Heldegard Vey	Kway VOB	1374	78	1:16:48	217			
14	Elizabeth Nel	Spartan Harriers	2070	70	1:17:27	178			
15	Jane Fuller	Kway VOB	1149	60	1:18:47	192			
16	Judy Collins	Kway VOB	665	65	1:18:48	198			
17	Rene Dick	Kway VOB	664	55	1:18:54	155			
18	Mary Schippers	Bellville	10948	73	1:21:58	112			
19	Isabel Roux	Bellville	7051	66	1:22:47	93			
20	Jackie Joseph	Spartan Harriers	1949	70	1:27:55	183			
21	Bonnie Kosmas	Helderberg	6981	76	1:28:33	161			
22	Peggy Reid	Spartan Harriers	1937	82	1:28:52	179			
23	Rene Tepper	Tygerberg	5570	70	1:33:16	162			

5 KM

Position	Name	Surname	DOB	Age	Gender	License No.	Club	Time	Race no.
1	Charlton	Pieterse	28.09.2004	14	M	P20788	Velocity	28.44	69
2	Mia	Zgerski	07.10.2002	16	F	P20698	Nest Coas	29.06	109
3	Theresa	Zgerski	31.08.1972	46	F	P5994	Nest Coas	30.14	58
4	Sinesisa	Mema	19.08.2005	14	F		Gugs	32.59	66
5	Ronan	Green	19.04.2003	16	M		Run Walk Li	33.19	44
6	Chloe	Lottering	16.01.2005	14	F	P2099	Swartland	34.55	10
7	Cheryl	Green	22.01.1979	40	F		Run Walk Li	38.09	45
8	Wanda	Green	15.05.1972	47	M		Run Walk Li	44.17	65
9	Liam	McCloughlin		7	M			45.32	67
10	Carla	Green	12.06.1976	43	F		Run Walk Li	45.35	63
11	Calida	Green	30.06.2006	13	F		Run Walk Li	46.22	42
12	Nastassja	Botha	14.05.1989	30	F		Run Walk Li	46.22	61
13	Tamryn	Knaap	08.06.2000	19	F		Run Walk Li	46.25	59
14	Bjorn	Knoetzen	28.04.1978	41	M	P12450	un Walk Li	46.26	41
15	Sonja	Bouman	18.07.1962	57	F	P11177	un Walk Li	47.23	57
16	Leigh	Goldschmidt	29.06.1959	60	F			47.49	54
17	Susan	Westwood	04.09.1957	61	F		Run Walk Li	47.51	68
18	Meloney	Knaap	24.04.1973	46	F		Run Walk Li	48.53	56
19	Marizaan	Mathee	29.10.1995	23	F		Run Walk Li	50.18	46
20	Nicole		15.01.1992	27	F		Run Walk Li	50.19	48
21	Charlene	Hingle	28.09.1961	58	F	11188		50.37	55
22	Ruan	Bekker	19.01.1987	32	M		Run Walk Li	51.09	60
23	Jeff	Pulker	17.01.1955	64	M		Run Walk Li	52.50	64
24	Charmaine		28.03.1963	56	F		Run Walk Li	52.51	51
25	Louise	Smith	22.12.1955	63	F		Run Walk Li	53.03	40
26	Ashleigh	Smith	19.08.2005	13	M		Run Walk Li	54.21	43
27	Brittany	Walker	01.11.1997	21	M		Run Walk Li	54.57	62
28	Camilla		04.10.1992	26	F		Run Walk Li	55.01	49
29	Sheila		25.09.1958	61	F		Run Walk Li	55.06	50
30	Glenda	Lakey	22.06.1973	46	F		Run Walk Li	58.26	47
31	Bev	Jensen	20.08.1959	59	F		Run Walk Li	1.01.26	53
32	Kim		16.01.1963	56	F		Run Walk Li	1.02.11	52

3 KM

Position	Name	Surname	DOB	Age	Gender	Club	Time	Race no.
1	Rern	Gerber			M		18.15.65	19
2	Ava	Zgerski	16.10.2006	13	F	W/Coast	19.24.09	31
3	Sisonke	Ndabambi	27.03.2005	14	M	Gugs	19.24.99	35
4	Talita	de Bruyn	04.05.2007	12	F	Swartland	20.02.37	12
5	Lisakhanya	Mafiniza	17.03.2007	12	M	Gugs	20.31.75	32
6	Liyema	Mabanga	27.02.2006	14	F	Bonteheuwal	21.52.02	20
7	Athabile	Ndalasi	11.08.2005	14	F	Gugs	22.06.90	34
8	Asithandile	Ngqushwa	12.06.2005	14	F	Gugs	22.37.42	36
9	Luluthi	Mtwani	21.08.2006	13	M	Gugs	22.38.01	33
10	Lunam	Mlanjeni	29.07.2008	11	M	Gugs	23.40.64	37
	Ndikhokele	Madikwa	17.09.2007	12	M	Zimasa	DNF	38

1 KM

Position	Name	Surname	DOB	Age	Gender	Club	Time	Race no.
1	Lwazi	Mngqibisa	15.02.2007		M	Zimasa Pr.	6.14.06	6
2	Hlomelo	Zaba	03.05.2008		M	Zimasa Pr.	6.56.66	5
3	Ayasha	Bimbi	03.12.2008		F	Zimasa Pr.	7.03.09	2
4	Soyama	Nqingwa	11.08.2008		F	Zimasa Pr.	7.09.55	8
5	Tristan	Besiek	11.05.2008		M		7.20.16	3
6	Keisha	De Bruyn			F		7.31.51	1
7	Asemahle	Mayekiso			F	Zimasa Pr.	8.12.25	10
8	Ayavuya	Sonqayi			F	Zimasa Pr.	8.36.42	9
9	Alude	Nontewana			F	Zimasa Pr.	8.48.00	7