

# MARATHON CHAMPIONSHIPS

Date of event: 09 February 19

## ROSSING

### SWAKOP STRIDERS

09 February 19

### 42KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
1	42KM	Mutanya	Mathews	02:21:49.30	(32) OPEN	POS 1 OF 51 (M)
2	42KM	Kondjashili	Kefas	02:22:55.82	(26) OPEN	POS 2 OF 51 (M)
3	42KM	Matheus	Jesaya	02:23:30.23	(26) OPEN	POS 3 OF 51 (M)
4	42KM	Kwale	Edward	02:23:50.84	(27) OPEN	POS 4 OF 51 (M)
5	42KM	Shipingana	Simon	02:24:02.20	(41) VETERAN	POS 5 OF 51 (M)
6	42KM	Embashu	Pinehas	02:24:37.77	(42) VETERAN	POS 6 OF 51 (M)
7	42KM	Kuugongelwa	Uveni-nawa	02:29:11.45	(35) OPEN	POS 7 OF 51 (M)
8	42KM	David	Salomo	02:34:25.81	(44) VETERAN	POS 8 OF 51 (M)
9	42KM	Ndunga	Kristof	02:41:10.86	(53) MASTER	POS 9 OF 51 (M)
10	42KM	Naigambo	Beata	02:43:41.29	(38) OPEN	POS 1 OF 33 (F)
11	42KM	Shifidi	Jonas	02:46:06.28	(36) OPEN	POS 10 OF 51 (M)
12	42KM	Mendoza	Pedro	02:51:49.55	(34) OPEN	POS 11 OF 51 (M)
13	42KM	Kephas	Gebhard	02:56:32.70	(27) OPEN	POS 12 OF 51 (M)
14	42KM	Van Graan	J G	02:57:44.68	(35) OPEN	POS 13 OF 51 (M)
15	42KM	Ekanjjo	Leena	03:02:56.07	(28) OPEN	POS 2 OF 33 (F)
16	42KM	Aimwata	Ottile	03:03:21.73	(39) OPEN	POS 3 OF 33 (F)
17	42KM	Igawaxab	Venatius	03:06:58.39	(41) VETERAN	POS 14 OF 51 (M)
18	42KM	Dreyer	Risa	03:18:31.25	(30) OPEN	POS 4 OF 33 (F)
19	42KM	Gaweseb	Nesley	03:20:03.86	(36) OPEN	POS 15 OF 51 (M)
20	42KM	Amakali	Frans	03:20:39.22	(37) OPEN	POS 16 OF 51 (M)
21	42KM	Spangenberg	Nicole	03:22:35.85	(35) OPEN	POS 5 OF 33 (F)
22	42KM	Gawaxamab	Johannes	03:27:20.57	(58) MASTER	POS 17 OF 51 (M)
23	42KM	Bonat	Kevin	03:30:54.67	(40) VETERAN	POS 18 OF 51 (M)
24	42KM	Smit	Francois	03:31:59.93	(47) VETERAN	POS 19 OF 51 (M)
25	42KM	Bronkhorst	Johan	03:34:22.97	(51) MASTER	POS 20 OF 51 (M)
26	42KM	Akukuthela	Rakela	03:38:49.17	(42) VETERAN	POS 6 OF 33 (F)
27	42KM	Steyl	Eliza	03:39:42.09	(39) OPEN	POS 7 OF 33 (F)
28	42KM	Bachmann	Werner	03:41:27.72	(47) VETERAN	POS 21 OF 51 (M)
29	42KM	Duve	Ephraim	03:42:54.12	(45) VETERAN	POS 22 OF 51 (M)
30	42KM	Nel	Eldo	03:43:27.75	(35) OPEN	POS 23 OF 51 (M)
31	42KM	Schutz	Willie	03:46:26.09	(52) MASTER	POS 24 OF 51 (M)
32	42KM	Blaauw	Koos	03:47:09.83	(38) OPEN	POS 25 OF 51 (M)
33	42KM	Agnew	Nadine Louise	03:47:14.82	(51) MASTER	POS 8 OF 33 (F)
34	42KM	Naruseb	Epson	03:48:52.05	(41) VETERAN	POS 26 OF 51 (M)
35	42KM	Dzimba	Patrick	03:49:39.84	(42) VETERAN	POS 27 OF 51 (M)
36	42KM	Pocsi	Antal	03:53:26.04	(28) OPEN	POS 28 OF 51 (M)
37	42KM	Steytler	Juandri	03:53:49.32	(33) OPEN	POS 9 OF 33 (F)
38	42KM	Mukuahima	George	03:56:38.76	(66) GRAND MASTER	POS 29 OF 51 (M)

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POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
39	42KM	Du Preez	Gert	03:56:46.18	(36) OPEN	POS 30 OF 51 (M)
40	42KM	Van Schalkwyk	Willem	03:58:50.44	(43) VETERAN	POS 31 OF 51 (M)
41	42KM	Brits	Kirsty	03:59:54.58	(39) OPEN	POS 10 OF 33 (F)
42	42KM	Gloeck	Dieter	04:01:06.52	(62) GRAND MASTER	POS 32 OF 51 (M)
43	42KM	Joubert	Gideon	04:03:50.06	(49) VETERAN	POS 33 OF 51 (M)
44	42KM	Esterhuizen	Pieter	04:07:54.64	(46) VETERAN	POS 34 OF 51 (M)
45	42KM	Mbidi	Daniel	04:08:30.26	(42) VETERAN	POS 35 OF 51 (M)
46	42KM	Beukes	Deon	04:10:47.61	(51) MASTER	POS 36 OF 51 (M)
47	42KM	Jansen Van	Willem	04:10:50.42	(66) GRAND MASTER	POS 37 OF 51 (M)
48	42KM	Sowden	Serieka	04:11:14.32	(39) OPEN	POS 11 OF 33 (F)
49	42KM	Kuzeeko	Ujandjua Mercy	04:12:26.08	(35) OPEN	POS 12 OF 33 (F)
50	42KM	Muller	Izabe	04:12:59.61	(42) VETERAN	POS 13 OF 33 (F)
51	42KM	Cuff	John	04:13:59.64	(68) GRAND MASTER	POS 38 OF 51 (M)
52	42KM	Mukupuki	Winnie	04:14:49.87	(31) OPEN	POS 14 OF 33 (F)
53	42KM	James	Stephen	04:15:22.33	(31) OPEN	POS 39 OF 51 (M)
54	42KM	Simeon	Katrina	04:17:52.02	(42) VETERAN	POS 15 OF 33 (F)
55	42KM	Du Toit	Charlie	04:20:01.33	(58) MASTER	POS 40 OF 51 (M)
56	42KM	Cilliers	Yvette	04:23:26.19	(33) OPEN	POS 16 OF 33 (F)
57	42KM	Reinders	Luan	04:23:37.88	(28) OPEN	POS 41 OF 51 (M)
58	42KM	Hitula	Peya	04:24:40.61	(40) VETERAN	POS 42 OF 51 (M)
59	42KM	Kotze	Daniel	04:25:41.84	(50) MASTER	POS 43 OF 51 (M)
60	42KM	Bailey	Estelle	04:25:42.75	(48) VETERAN	POS 17 OF 33 (F)
61	42KM	Burger	Wicus	04:25:55.92	(44) VETERAN	POS 44 OF 51 (M)
62	42KM	Burger	Riaan	04:25:56.44	(50) MASTER	POS 45 OF 51 (M)
63	42KM	Kreiner	Anja	04:26:03.00	(50) MASTER	POS 18 OF 33 (F)
64	42KM	Kruger	Lieze	04:26:52.87	(29) OPEN	POS 19 OF 33 (F)
65	42KM	Yeke	Christian	04:27:01.94	(33) OPEN	POS 46 OF 51 (M)
66	42KM	Raad	Carola	04:28:24.86	(36) OPEN	POS 20 OF 33 (F)
67	42KM	Swarts	Ann	04:31:08.27	(57) MASTER	POS 21 OF 33 (F)
68	42KM	Von Stein	Michelle	04:31:37.78	(35) OPEN	POS 22 OF 33 (F)
69	42KM	Aindongo	Michael	04:32:15.05	(37) OPEN	POS 47 OF 51 (M)
70	42KM	Lotsch	Cecilia	04:32:38.12	(49) VETERAN	POS 23 OF 33 (F)
71	42KM	Haupt	Christine	04:32:38.65	(55) MASTER	POS 24 OF 33 (F)
72	42KM	De Klerk	Japie	04:34:09.06	(35) OPEN	POS 48 OF 51 (M)
73	42KM	Shaanika	Saltiel	04:34:44.44	(35) OPEN	POS 49 OF 51 (M)
74	42KM	Nambahu	Emilia	04:35:01.11	(49) VETERAN	POS 25 OF 33 (F)
75	42KM	Herzog	Carmen	04:35:15.05	(48) VETERAN	POS 26 OF 33 (F)
76	42KM	Shino	Elizabeth	04:35:15.63	(46) VETERAN	POS 27 OF 33 (F)
77	42KM	Absai	Joe	04:36:40.44	(58) MASTER	POS 50 OF 51 (M)
78	42KM	Kittel	Barbara	04:43:59.44	(45) VETERAN	POS 28 OF 33 (F)
79	42KM	Kintscher	Raimund	04:52:14.48	(57) MASTER	POS 51 OF 51 (M)
80	42KM	Kintscher	Susan	04:52:14.70	(51) MASTER	POS 29 OF 33 (F)
81	42KM	Van Niekerk	Martinette	04:54:13.09	(50) MASTER	POS 30 OF 33 (F)

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## 42KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
82	42KM	Sheehama	Joey	05:09:27.72	(31) OPEN	POS 31 OF 33 (F)
83	42KM	Schrader	Alet	05:09:35.98	(59) MASTER	POS 32 OF 33 (F)
84	42KM	Schutte	Janel	05:20:55.81	(29) OPEN	POS 33 OF 33 (F)

## 21KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
1	21KM	Rainhold	Tomas	01:05:39.02	(28) OPEN	POS 1 OF 102 (M)
2	21KM	Kauanivi	Mynhardt	01:05:50.31	(34) OPEN	POS 2 OF 102 (M)
3	21KM	Shalixwe	Jeremia	01:05:58.37	(30) OPEN	POS 3 OF 102 (M)
4	21KM	Chisangano	Wefa	01:06:30.03	(33) OPEN	POS 4 OF 102 (M)
5	21KM	Mwanza	Edward	01:06:34.20	(29) OPEN	POS 5 OF 102 (M)
6	21KM	Akwendeenda	Dimakweenda	01:07:25.74	(25) OPEN	POS 6 OF 102 (M)
7	21KM	Iiyambo	Paulus	01:09:24.84	(36) OPEN	POS 7 OF 102 (M)
8	21KM	Siabwacha	Michelo	01:10:02.39	(16) JUNIOR	POS 8 OF 102 (M)
9	21KM	Johannes	Helalia	01:10:42.66	(38) OPEN	POS 1 OF 70 (F)
10	21KM	Shiimi	Gabriel	01:11:13.15	(42) VETERAN	POS 9 OF 102 (M)
11	21KM	Kathima	Herman	01:15:02.13	(16) JUNIOR	POS 10 OF 102 (M)
12	21KM	Hosea	Frans	01:15:24.71	(42) VETERAN	POS 11 OF 102 (M)
13	21KM	Mpande	Kaliko	01:16:00.81	(44) VETERAN	POS 12 OF 102 (M)
14	21KM	Iiyambo	David	01:19:17.30	(39) OPEN	POS 13 OF 102 (M)
15	21KM	Chitoshi	Felistus	01:19:30.07	(22) OPEN	POS 2 OF 70 (F)
16	21KM	Mutota	Mathias	01:19:54.45	(50) MASTER	POS 14 OF 102 (M)
17	21KM	Aindongo	Hugo	01:20:32.88	(29) OPEN	POS 15 OF 102 (M)
18	21KM	Pieters	Ambrosius	01:22:05.16	(19) JUNIOR	POS 16 OF 102 (M)
19	21KM	Hango	Petrus	01:22:29.73	(22) OPEN	POS 17 OF 102 (M)
20	21KM	Mbamba	Alpo	01:23:37.93	(16) JUNIOR	POS 18 OF 102 (M)
21	21KM	Kondjeni	Andreas	01:25:36.71	(24) OPEN	POS 19 OF 102 (M)
22	21KM	Kotze	Tyrone	01:25:51.37	(35) OPEN	POS 20 OF 102 (M)
23	21KM	Kapolo	Simon	01:25:52.14	(23) OPEN	POS 21 OF 102 (M)
24	21KM	Visser	Pc	01:27:22.77	(31) OPEN	POS 22 OF 102 (M)
25	21KM	Kunda	Christabel	01:27:59.16	(23) OPEN	POS 3 OF 70 (F)
26	21KM	Hamwele	Jackson	01:30:50.22	(51) MASTER	POS 23 OF 102 (M)
27	21KM	Abraham	Jason-kondjashili	01:31:06.71	(32) OPEN	POS 24 OF 102 (M)
28	21KM	Johannes	Kennedy	01:32:05.66	(31) OPEN	POS 25 OF 102 (M)
29	21KM	Daniel	Karlush Tangeni	01:32:58.75	(41) VETERAN	POS 26 OF 102 (M)
30	21KM	Kheibeb	Alfred	01:34:18.00	(37) OPEN	POS 27 OF 102 (M)
31	21KM	Ketjingandaw	Nicklaas	01:35:10.97	(31) OPEN	POS 28 OF 102 (M)
32	21KM	Dias	Firmino	01:36:20.80	(41) VETERAN	POS 29 OF 102 (M)
33	21KM	lipinge	Helena	01:36:24.91	(41) VETERAN	POS 4 OF 70 (F)
34	21KM	Andreas	George	01:38:58.34	(29) OPEN	POS 30 OF 102 (M)
35	21KM	Keib	Michael	01:39:37.39	(30) OPEN	POS 31 OF 102 (M)
36	21KM	Shiyuka	Josiah	01:39:52.07	(29) OPEN	POS 32 OF 102 (M)

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## 21KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
37	21KM	Papama	Albert	01:39:56.19	(54) MASTER	POS 33 OF 102 (M)
38	21KM	Shilongo	Shivomwene	01:40:27.18	(23) OPEN	POS 5 OF 70 (F)
39	21KM	Bassingthwaighte	Bobby Jo	01:40:37.09	(47) VETERAN	POS 6 OF 70 (F)
40	21KM	Amon	Joseph	01:40:42.00	(52) MASTER	POS 34 OF 102 (M)
41	21KM	Mahongo	Fabianus	01:42:28.63	(35) OPEN	POS 35 OF 102 (M)
42	21KM	Kabooy	Hendrik	01:42:39.03	(45) VETERAN	POS 36 OF 102 (M)
43	21KM	Shingenge	David	01:42:43.75	(36) OPEN	POS 37 OF 102 (M)
44	21KM	Fourie	Carel	01:42:48.22	(39) OPEN	POS 38 OF 102 (M)
45	21KM	Herma	Achim	01:43:03.18	(62) GRAND MASTER	POS 39 OF 102 (M)
46	21KM	Fourie	Liezel	01:43:18.61	(39) OPEN	POS 7 OF 70 (F)
47	21KM	Chigariro	Oliver	01:43:28.11	(50) MASTER	POS 40 OF 102 (M)
48	21KM	Pritzen	Dunja	01:43:30.65	(26) OPEN	POS 8 OF 70 (F)
49	21KM	Fourie	Hennie (jnr)	01:45:19.08	(35) OPEN	POS 41 OF 102 (M)
50	21KM	Gontes	Sieglinde	01:46:37.46	(50) MASTER	POS 9 OF 70 (F)
51	21KM	Zahradnicky	Marko	01:47:14.48	(25) OPEN	POS 42 OF 102 (M)
52	21KM	Greyvenstein	Japie	01:49:03.88	(42) VETERAN	POS 43 OF 102 (M)
53	21KM	Martin	Sam	01:49:45.28	(34) OPEN	POS 44 OF 102 (M)
54	21KM	Matthews	Maggie	01:49:47.67	(31) OPEN	POS 10 OF 70 (F)
55	21KM	Matthews	Jimmy	01:49:47.95	(32) OPEN	POS 45 OF 102 (M)
56	21KM	Ruiters	Richard	01:49:50.90	(31) OPEN	POS 46 OF 102 (M)
57	21KM	Haufiku	Fabian	01:50:26.60	(52) MASTER	POS 47 OF 102 (M)
58	21KM	Afonso	Alexander	01:50:26.92	(30) OPEN	POS 48 OF 102 (M)
59	21KM	Myburgh	Marnus	01:50:44.19	(27) OPEN	POS 49 OF 102 (M)
60	21KM	Katjindee	Marvin	01:51:30.50	(34) OPEN	POS 50 OF 102 (M)
61	21KM	Kloppe	Sophia	01:51:35.22	(18) JUNIOR	POS 11 OF 70 (F)
62	21KM	Zahradnicky	Klaus	01:51:51.71	(42) VETERAN	POS 51 OF 102 (M)
63	21KM	Luanda	John	01:51:52.30	(28) OPEN	POS 52 OF 102 (M)
64	21KM	Oosthuizen	Istvan	01:52:12.79	(26) OPEN	POS 53 OF 102 (M)
65	21KM	Marais	Jaco	01:52:43.56	(34) OPEN	POS 54 OF 102 (M)
66	21KM	Du Plessis	Johan	01:53:21.33	(45) VETERAN	POS 55 OF 102 (M)
67	21KM	Makhaza	Arthur	01:53:22.16	(39) OPEN	POS 56 OF 102 (M)
68	21KM	Hansen	Zanti	01:53:30.35	(33) OPEN	POS 12 OF 70 (F)
69	21KM	Johannes	Issy	01:53:37.05	(35) OPEN	POS 57 OF 102 (M)
70	21KM	Gontes	Heltraud	01:54:14.01	(33) OPEN	POS 13 OF 70 (F)
71	21KM	Amukalu	Jyrus	01:55:23.68	(33) OPEN	POS 58 OF 102 (M)
72	21KM	De Witt	Surina	01:55:24.17	(30) OPEN	POS 14 OF 70 (F)
73	21KM	Kavita	Avehovandu	01:55:35.36	(34) OPEN	POS 15 OF 70 (F)
74	21KM	Burd	Ulla	01:55:36.09	(55) MASTER	POS 16 OF 70 (F)
75	21KM	Kawiwi	Elizabeth	01:56:27.65	(28) OPEN	POS 17 OF 70 (F)
76	21KM	Hihalwa	Pinias	01:56:57.71	(24) OPEN	POS 59 OF 102 (M)
77	21KM	Van Den Heever	Hugo	01:57:28.06	(33) OPEN	POS 60 OF 102 (M)
78	21KM	Jackson	Aldo	01:57:28.80	(34) OPEN	POS 61 OF 102 (M)
79	21KM	Cruys	Eugene	01:57:29.61	(45) VETERAN	POS 62 OF 102 (M)

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## 21KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
80	21KM	Willemse	Petrian Ronel	01:58:59.55	(42) VETERAN	POS 18 OF 70 (F)
81	21KM	Brits	Janie	01:59:19.80	(46) VETERAN	POS 19 OF 70 (F)
82	21KM	Greyvenstein	Heidi	02:00:21.80	(44) VETERAN	POS 20 OF 70 (F)
83	21KM	Links	Esley	02:01:49.40	(33) OPEN	POS 63 OF 102 (M)
84	21KM	Kotze	Stanley	02:02:34.15	(42) VETERAN	POS 64 OF 102 (M)
85	21KM	Schmidt	Naomi	02:03:13.52	(43) VETERAN	POS 21 OF 70 (F)
86	21KM	Mabhena	Nhlanhla	02:04:01.58	(40) VETERAN	POS 65 OF 102 (M)
87	21KM	Davids	Isak	02:04:01.94	(43) VETERAN	POS 66 OF 102 (M)
88	21KM	Kisting	Denver	02:04:02.39	(36) OPEN	POS 67 OF 102 (M)
89	21KM	Kuwa	Matti	02:04:33.91	(34) OPEN	POS 22 OF 70 (F)
90	21KM	Valentin	Rina	02:05:28.08	(39) OPEN	POS 23 OF 70 (F)
91	21KM	Nghiyolwa	Fredrich	02:05:45.85	(37) OPEN	POS 68 OF 102 (M)
92	21KM	Booyesen	Harold	02:05:46.91	(36) OPEN	POS 69 OF 102 (M)
93	21KM	Agbamu	Efeoghene	02:06:16.63	(39) OPEN	POS 24 OF 70 (F)
94	21KM	Aipanda	Tomas	02:06:17.32	(30) OPEN	POS 70 OF 102 (M)
95	21KM	Heath	Merike	02:06:46.84	(35) OPEN	POS 25 OF 70 (F)
96	21KM	Muzuza	Robert	02:07:36.09	(37) OPEN	POS 71 OF 102 (M)
97	21KM	Angula	Elizabeth	02:07:48.23	(28) OPEN	POS 26 OF 70 (F)
98	21KM	Pote	Henry	02:08:00.56	(46) VETERAN	POS 72 OF 102 (M)
99	21KM	Angula	Klaudia	02:09:29.75	(35) OPEN	POS 27 OF 70 (F)
100	21KM	Itewa	Eliphas	02:09:46.69	(35) OPEN	POS 73 OF 102 (M)
101	21KM	Rust	Peter	02:10:07.90	(51) MASTER	POS 74 OF 102 (M)
102	21KM	Festus	Rodia	02:10:30.23	(24) OPEN	POS 28 OF 70 (F)
103	21KM	Kapuire	Gereon	02:10:33.18	(39) OPEN	POS 75 OF 102 (M)
104	21KM	Ivali	Christiaan	02:10:37.23	(38) OPEN	POS 29 OF 70 (F)
105	21KM	Matheus	Paulus	02:11:14.78	(31) OPEN	POS 76 OF 102 (M)
106	21KM	Van Niekerk	Christo	02:11:28.25	(28) OPEN	POS 77 OF 102 (M)
107	21KM	Blaauw	Juliana	02:11:31.10	(66) GRAND MASTER	POS 30 OF 70 (F)
108	21KM	Nicolson	Bryan	02:11:35.64	(67) GRAND MASTER	POS 78 OF 102 (M)
109	21KM	Namboga	Andreas	02:11:45.40	(40) VETERAN	POS 79 OF 102 (M)
110	21KM	Venter	Franko	02:12:31.11	(36) OPEN	POS 80 OF 102 (M)
111	21KM	Jansen Van	Desiree	02:12:56.91	(33) OPEN	POS 31 OF 70 (F)
112	21KM	Nasilowski	Denize	02:15:57.30	(36) OPEN	POS 32 OF 70 (F)
113	21KM	Abel	Abel	02:16:03.93	(27) OPEN	POS 81 OF 102 (M)
114	21KM	Weyers	Tersia	02:17:15.18	(46) VETERAN	POS 33 OF 70 (F)
115	21KM	Kotze	Alexander	02:17:19.88	(28) OPEN	POS 82 OF 102 (M)
116	21KM	Hanga	Henock Pengevali	02:17:40.53	(32) OPEN	POS 83 OF 102 (M)
117	21KM	Etsebeth	Annemarie	02:17:43.23	(52) MASTER	POS 34 OF 70 (F)
118	21KM	Landers	Louise	02:17:43.56	(55) MASTER	POS 35 OF 70 (F)
119	21KM	Theron	Amore	02:18:11.00	(36) OPEN	POS 36 OF 70 (F)
120	21KM	Calitz	Sanet	02:18:12.80	(45) VETERAN	POS 37 OF 70 (F)
121	21KM	Nauwela	Elijah	02:18:14.06	(34) OPEN	POS 84 OF 102 (M)
122	21KM	Shumba	Itai	02:18:14.83	(39) OPEN	POS 85 OF 102 (M)

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## 21KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
123	21KM	Eises Tshivute	Lizette	02:18:15.51	(30) OPEN	POS 38 OF 70 (F)
124	21KM	Cloete	Vincia	02:18:50.33	(36) OPEN	POS 39 OF 70 (F)
125	21KM	Kros	Francois	02:19:49.65	(38) OPEN	POS 86 OF 102 (M)
126	21KM	Van Der Merwe	Marita	02:20:41.37	(58) MASTER	POS 40 OF 70 (F)
127	21KM	Shaanika	Beata	02:21:31.33	(34) OPEN	POS 41 OF 70 (F)
128	21KM	Alexander	Aimee	02:21:31.94	(25) OPEN	POS 42 OF 70 (F)
129	21KM	Bailey	Fred	02:21:53.58	(31) OPEN	POS 87 OF 102 (M)
130	21KM	Rousseau	Rozanne	02:21:56.30	(30) OPEN	POS 43 OF 70 (F)
131	21KM	Du Plessis	Bettie	02:22:35.61	(65) GRAND MASTER	POS 44 OF 70 (F)
132	21KM	De Jager	Christa-lienette	02:23:29.70	(55) MASTER	POS 45 OF 70 (F)
133	21KM	De Hilster	Leanie	02:24:50.72	(38) OPEN	POS 46 OF 70 (F)
134	21KM	Barth	Lealani	02:25:20.87	(42) VETERAN	POS 47 OF 70 (F)
135	21KM	Leonard	Emma	02:25:33.74	(44) VETERAN	POS 48 OF 70 (F)
136	21KM	Van Der Westhuizen	Pieter	02:27:35.77	(49) VETERAN	POS 88 OF 102 (M)
137	21KM	Anderson	Petro	02:28:28.54	(48) VETERAN	POS 49 OF 70 (F)
138	21KM	Joodt	Marthinique	02:28:49.89	(31) OPEN	POS 50 OF 70 (F)
139	21KM	Van Boven	Howie	02:28:57.00	(40) VETERAN	POS 89 OF 102 (M)
140	21KM	Ekandjo	Nevermind	02:29:08.62	(41) VETERAN	POS 90 OF 102 (M)
141	21KM	Joodt	Heinrich	02:29:13.58	(32) OPEN	POS 91 OF 102 (M)
142	21KM	Ikela	Sam	02:29:24.13	(39) OPEN	POS 92 OF 102 (M)
143	21KM	Bakermonteforte	Nancy	02:29:53.63	(48) VETERAN	POS 51 OF 70 (F)
144	21KM	Dreyer	Barbara	02:31:08.65	(49) VETERAN	POS 52 OF 70 (F)
145	21KM	Maggott	James W	02:31:37.68	(53) MASTER	POS 93 OF 102 (M)
146	21KM	Brayshaw	Stephanie	02:33:22.72	(48) VETERAN	POS 53 OF 70 (F)
147	21KM	Tshomokuti	Gideon	02:33:33.70	(27) OPEN	POS 94 OF 102 (M)
148	21KM	Shikesho	Celine	02:33:55.16	(34) OPEN	POS 54 OF 70 (F)
149	21KM	Shikesho	Andreas	02:34:24.79	(54) MASTER	POS 95 OF 102 (M)
150	21KM	Bishi	Alec	02:34:31.33	(54) MASTER	POS 96 OF 102 (M)
151	21KM	Mouton	Clifford	02:35:00.16	(46) VETERAN	POS 97 OF 102 (M)
152	21KM	Ndiyavala	Hambeleleni	02:35:02.67	(28) OPEN	POS 55 OF 70 (F)
153	21KM	Roets	Anton	02:35:10.66	(44) VETERAN	POS 98 OF 102 (M)
154	21KM	Rooinasie	Lourenca	02:37:02.18	(25) OPEN	POS 56 OF 70 (F)
155	21KM	Du Toit	Leonie	02:37:08.09	(57) MASTER	POS 57 OF 70 (F)
156	21KM	Makoena	Concilia	02:38:06.99	(52) MASTER	POS 58 OF 70 (F)
157	21KM	Nehale	Herodia	02:43:04.44	(32) OPEN	POS 59 OF 70 (F)
158	21KM	Slinger	Elke	02:43:14.92	(39) OPEN	POS 60 OF 70 (F)
159	21KM	Matthews	Angelica	02:43:58.65	(32) OPEN	POS 61 OF 70 (F)
160	21KM	Frankenfeld	Bernhard	02:44:01.23	(31) OPEN	POS 99 OF 102 (M)
161	21KM	Namboga	Annamarie	02:44:06.63	(34) OPEN	POS 62 OF 70 (F)
162	21KM	Jacobs	Rosy	02:44:09.34	(52) MASTER	POS 63 OF 70 (F)
163	21KM	Nakapela	Johanna	02:56:37.37	(24) OPEN	POS 64 OF 70 (F)
164	21KM	Ochs	Ewald	02:56:50.11	(62) GRAND MASTER	POS 100 OF 102 (M)
165	21KM	Coetzee	Richardine	02:57:49.95	(29) OPEN	POS 65 OF 70 (F)

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## 21KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
166	21KM	Jankowski	Ingrid	02:59:57.41	(36) OPEN	POS 66 OF 70 (F)
167	21KM	Arendse	Azalia	02:59:57.69	(35) OPEN	POS 67 OF 70 (F)
168	21KM	Myburgh	Sam	03:00:25.93	(68) GRAND MASTER	POS 101 OF 102 (M)
169	21KM	Van Niekerk	Jan	03:02:01.07	(63) GRAND MASTER	POS 102 OF 102 (M)
170	21KM	Akukothela	Priscilla	03:03:16.55	(25) OPEN	POS 68 OF 70 (F)
171	21KM	Shipiki	Gertrude Mwahafa	03:30:43.23	(50) MASTER	POS 69 OF 70 (F)
172	21KM	Shipiki	Ruusa	03:36:12.71	(48) VETERAN	POS 70 OF 70 (F)

## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
1	10KM	Paulus	Daniel	00:30:24.85	(22) OPEN	POS 1 OF 141 (M)
2	10KM	Paulus	Simoni	00:30:31.72	(20) OPEN	POS 2 OF 141 (M)
3	10KM	Nghilyeendele	Kornelius	00:30:54.18	(25) OPEN	POS 3 OF 141 (M)
4	10KM	Kadhingula	Matheus	00:31:20.20	(37) OPEN	POS 4 OF 141 (M)
5	10KM	Shigwedha	Thomas	00:31:30.69	(23) OPEN	POS 5 OF 141 (M)
6	10KM	Mpundu	Bernard	00:31:32.80	(27) OPEN	POS 6 OF 141 (M)
7	10KM	Tangeni	Sackaria	00:31:40.78	(24) OPEN	POS 7 OF 141 (M)
8	10KM	Komeya	Oscar	00:32:00.82	(43) VETERAN	POS 8 OF 141 (M)
9	10KM	Banda	Martin	00:32:18.40	(30) OPEN	POS 9 OF 141 (M)
10	10KM	Ndakola	Jekonia	00:32:45.13	(33) OPEN	POS 10 OF 141 (M)
11	10KM	Tembo	John	00:32:58.08	(22) OPEN	POS 11 OF 141 (M)
12	10KM	Kaxuxuena	Robert	00:33:10.38	(43) VETERAN	POS 12 OF 141 (M)
13	10KM	Kapembe	Arnoles	00:33:13.20	(21) OPEN	POS 13 OF 141 (M)
14	10KM	Uugwanga	Elia	00:33:39.72	(27) OPEN	POS 14 OF 141 (M)
15	10KM	Namukomba	Malakia	00:33:39.98	(33) OPEN	POS 15 OF 141 (M)
16	10KM	Shifotoka	Sakaria	00:34:40.57	(36) OPEN	POS 16 OF 141 (M)
17	10KM	Amutoko	Anna	00:35:32.92	(36) OPEN	POS 1 OF 162 (F)
18	10KM	Nambondi	Johannes	00:35:46.72	(31) OPEN	POS 17 OF 141 (M)
19	10KM	Haimbodi	Petrus	00:36:42.50	(23) OPEN	POS 18 OF 141 (M)
20	10KM	Paulus	Lukas	00:37:41.98	(27) OPEN	POS 19 OF 141 (M)
21	10KM	Gustaf	Rondengudus	00:37:42.47	(20) OPEN	POS 2 OF 162 (F)
22	10KM	Braz	Gabriel	00:38:10.82	(49) VETERAN	POS 20 OF 141 (M)
23	10KM	Shihepo	William	00:38:25.70	(37) OPEN	POS 21 OF 141 (M)
24	10KM	Kawela	Isak	00:38:42.05	(32) OPEN	POS 22 OF 141 (M)
25	10KM	Shivolo	Martha	00:38:53.11	(29) OPEN	POS 3 OF 162 (F)
26	10KM	Ambunda	Ananias	00:39:29.66	(36) OPEN	POS 23 OF 141 (M)
27	10KM	Nambabi	Sofia	00:39:32.60	(30) OPEN	POS 4 OF 162 (F)
28	10KM	Betts	Maximilian	00:41:24.14	(15) JUNIOR	POS 24 OF 141 (M)
29	10KM	Kaliteka	Victoria	00:41:37.43	(21) OPEN	POS 5 OF 162 (F)
30	10KM	Abisai	Charlie	00:41:45.69	(17) JUNIOR	POS 25 OF 141 (M)
31	10KM	Haitope	Ester	00:41:51.45	(28) OPEN	POS 6 OF 162 (F)
32	10KM	Sander	Jurgen	00:42:02.38	(33) OPEN	POS 26 OF 141 (M)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
33	10KM	Tjipe	Percy	00:42:04.49	(41) VETERAN	POS 27 OF 141 (M)
34	10KM	Moolman	Cobus	00:42:33.26	(40) VETERAN	POS 28 OF 141 (M)
35	10KM	Visser	Braam	00:43:04.07	(16) JUNIOR	POS 29 OF 141 (M)
36	10KM	Tsuseb	Werner	00:43:42.17	(32) OPEN	POS 30 OF 141 (M)
37	10KM	Shangadi	Lazarus	00:44:05.07	(37) OPEN	POS 31 OF 141 (M)
38	10KM	Le Riche	Jacques	00:44:19.29	(33) OPEN	POS 32 OF 141 (M)
39	10KM	Uirab	Gerwil	00:45:14.36	(24) OPEN	POS 33 OF 141 (M)
40	10KM	Titus	Tk	00:45:37.75	(28) OPEN	POS 34 OF 141 (M)
41	10KM	Laporte	Ingrid	00:45:43.69	(45) VETERAN	POS 7 OF 162 (F)
42	10KM	Harteveld	Joris	00:45:48.36	(50) MASTER	POS 35 OF 141 (M)
43	10KM	Anyolo	Hambelela	00:46:17.53	(38) OPEN	POS 36 OF 141 (M)
44	10KM	Louw	Rudi	00:46:18.81	(37) OPEN	POS 37 OF 141 (M)
45	10KM	Nandjungu	Freddie	00:47:02.12	(32) OPEN	POS 38 OF 141 (M)
46	10KM	Martin	Shereef	00:47:04.68	(31) OPEN	POS 39 OF 141 (M)
47	10KM	Tuutaleni	Benediktus	00:47:40.63	(29) OPEN	POS 40 OF 141 (M)
48	10KM	Hoa-khaob	Rigen	00:47:42.63	(22) OPEN	POS 41 OF 141 (M)
49	10KM	Elias	Alben	00:47:45.65	(47) VETERAN	POS 42 OF 141 (M)
50	10KM	Immanuel	Tobias	00:47:48.04	(23) OPEN	POS 43 OF 141 (M)
51	10KM	Visser	Charles	00:47:49.33	(47) VETERAN	POS 44 OF 141 (M)
52	10KM	Shimboyo	Fanuel	00:48:03.16	(26) OPEN	POS 45 OF 141 (M)
53	10KM	Breed	Louise	00:48:06.06	(34) OPEN	POS 8 OF 162 (F)
54	10KM	Johannes	Theo	00:48:14.27	(32) OPEN	POS 46 OF 141 (M)
55	10KM	Joel	Martha	00:48:14.99	(20) OPEN	POS 9 OF 162 (F)
56	10KM	Van Wyk	Daniel	00:48:47.25	(16) JUNIOR	POS 47 OF 141 (M)
57	10KM	Sanberg	Esther	00:49:39.56	(38) OPEN	POS 10 OF 162 (F)
58	10KM	Bartholomae	Chris	00:50:06.36	(51) MASTER	POS 48 OF 141 (M)
59	10KM	Gros	Romy	00:50:07.30	(18) JUNIOR	POS 11 OF 162 (F)
60	10KM	Kgosintwa	Joseph	00:50:08.61	(36) OPEN	POS 49 OF 141 (M)
61	10KM	Labuschagne	Jan Hendrik	00:50:10.12	(59) MASTER	POS 50 OF 141 (M)
62	10KM	Upora	Hanja	00:50:10.84	(18) JUNIOR	POS 51 OF 141 (M)
63	10KM	Veloso	Violeta	00:50:13.95	(27) OPEN	POS 12 OF 162 (F)
64	10KM	Morsbach	Richard	00:50:15.97	(32) OPEN	POS 52 OF 141 (M)
65	10KM	Pretorius	Evan	00:51:02.35	(28) OPEN	POS 53 OF 141 (M)
66	10KM	Haufiku	Pinias	00:51:07.57	(56) MASTER	POS 54 OF 141 (M)
67	10KM	Shilunga	Peter	00:51:11.25	(27) OPEN	POS 55 OF 141 (M)
68	10KM	Namboga	Johannes	00:51:13.76	(15) JUNIOR	POS 56 OF 141 (M)
69	10KM	Mwaala	Leevi	00:51:35.81	(32) OPEN	POS 57 OF 141 (M)
70	10KM	Olivier	Warren	00:51:53.63	(35) OPEN	POS 58 OF 141 (M)
71	10KM	Gossow	Gaby	00:51:55.93	(49) VETERAN	POS 13 OF 162 (F)
72	10KM	Kauatuuapehi	Elfrieda	00:51:58.42	(30) OPEN	POS 14 OF 162 (F)
73	10KM	Van Zyl	Wicus	00:52:03.93	(31) OPEN	POS 59 OF 141 (M)
74	10KM	Shivute	Simon	00:52:52.06	(38) OPEN	POS 60 OF 141 (M)
75	10KM	Baas	Tessa	00:53:04.36	(32) OPEN	POS 15 OF 162 (F)



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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
76	10KM	Wechuli	Mike	00:53:10.70	(31) OPEN	POS 61 OF 141 (M)
77	10KM	Hamutenya	Lulia	00:53:12.87	(29) OPEN	POS 16 OF 162 (F)
78	10KM	Thiel	Rhyna	00:53:16.37	(36) OPEN	POS 17 OF 162 (F)
79	10KM	Thiel	Mark	00:53:18.64	(35) OPEN	POS 62 OF 141 (M)
80	10KM	Mavor	Matthew	00:53:53.93	(41) VETERAN	POS 63 OF 141 (M)
81	10KM	Kahiriri	Michael	00:53:55.51	(33) OPEN	POS 64 OF 141 (M)
82	10KM	Nashima	Taimi	00:53:57.93	(25) OPEN	POS 18 OF 162 (F)
83	10KM	Ndorokaze	Steven	00:54:00.93	(39) OPEN	POS 65 OF 141 (M)
84	10KM	Smit	Theron	00:54:02.46	(39) OPEN	POS 66 OF 141 (M)
85	10KM	Coimbra	Raquel	00:54:04.18	(39) OPEN	POS 19 OF 162 (F)
86	10KM	Araeb	Gottfried	00:54:31.64	(36) OPEN	POS 67 OF 141 (M)
87	10KM	Van Den Heever	Sonja	00:54:38.91	(26) OPEN	POS 20 OF 162 (F)
88	10KM	Van Rooyen	Alexandre	00:54:41.67	(19) JUNIOR	POS 68 OF 141 (M)
89	10KM	Ndengo	David	00:54:46.61	(35) OPEN	POS 69 OF 141 (M)
90	10KM	Marx	Robynne	00:55:13.53	(29) OPEN	POS 21 OF 162 (F)
91	10KM	Fick	Jana	00:55:16.41	(28) OPEN	POS 22 OF 162 (F)
92	10KM	Visser	Luzaan	00:55:50.73	(31) OPEN	POS 23 OF 162 (F)
93	10KM	Lacock	Hennie	00:56:07.95	(38) OPEN	POS 70 OF 141 (M)
94	10KM	Swartz	Gelasius	00:56:14.34	(38) OPEN	POS 71 OF 141 (M)
95	10KM	Namaseb	Charles	00:56:15.16	(25) OPEN	POS 72 OF 141 (M)
96	10KM	Aitembu	Aikondja Petrus	00:56:20.64	(31) OPEN	POS 73 OF 141 (M)
97	10KM	Mouton	Sunull	00:56:23.11	(43) VETERAN	POS 74 OF 141 (M)
98	10KM	Mouton	Doalene	00:56:38.36	(27) OPEN	POS 24 OF 162 (F)
99	10KM	Paulus	Victoria	00:56:42.71	(23) OPEN	POS 25 OF 162 (F)
100	10KM	Fourie	Hendrik	00:56:45.10	(69) GRAND MASTER	POS 75 OF 141 (M)
101	10KM	Vollmer	Brendan	00:56:46.22	(38) OPEN	POS 76 OF 141 (M)
102	10KM	Fortuin	Claudia	00:56:46.93	(31) OPEN	POS 26 OF 162 (F)
103	10KM	Massipa	Steven	00:56:47.65	(32) OPEN	POS 77 OF 141 (M)
104	10KM	Alchin	Peter-alan	00:56:48.65	(31) OPEN	POS 78 OF 141 (M)
105	10KM	Venter	Marcia	00:56:54.29	(26) OPEN	POS 27 OF 162 (F)
106	10KM	Kanalelo	Adelheid	00:56:57.80	(30) OPEN	POS 28 OF 162 (F)
107	10KM	Martin	Tuundjakuje	00:57:19.32	(25) OPEN	POS 79 OF 141 (M)
108	10KM	Ipinge	Sema	00:57:22.15	(33) OPEN	POS 80 OF 141 (M)
109	10KM	Van Wyk	Brigitte	00:57:24.64	(48) VETERAN	POS 29 OF 162 (F)
110	10KM	Fleidl	Norbert	00:57:28.67	(60) GRAND MASTER	POS 81 OF 141 (M)
111	10KM	Spanenberg	Elmar	00:57:32.00	(37) OPEN	POS 30 OF 162 (F)
112	10KM	Ndyenge	Alfred	00:57:34.90	(27) OPEN	POS 82 OF 141 (M)
113	10KM	Nakangombe	Maria	00:57:40.62	(29) OPEN	POS 31 OF 162 (F)
114	10KM	Pallett	Nita	00:58:12.35	(23) OPEN	POS 32 OF 162 (F)
115	10KM	Gawanab	Chris-lee	00:58:17.33	(28) OPEN	POS 83 OF 141 (M)
116	10KM	Knight	Zaren	00:58:18.90	(31) OPEN	POS 33 OF 162 (F)
117	10KM	Fouche	Elmarie	00:58:53.72	(38) OPEN	POS 34 OF 162 (F)
118	10KM	Partenbach-fick	Sophy	00:58:56.09	(45) VETERAN	POS 35 OF 162 (F)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
119	10KM	Kotze	Victoria	00:58:58.19	(36) OPEN	POS 36 OF 162 (F)
120	10KM	Mcnally	Glenn	00:58:58.78	(50) MASTER	POS 84 OF 141 (M)
121	10KM	Louw	Ronwynn	00:59:30.69	(30) OPEN	POS 85 OF 141 (M)
122	10KM	Verwey	Corne	00:59:52.95	(34) OPEN	POS 37 OF 162 (F)
123	10KM	Hambira	Bolle	01:00:04.49	(41) VETERAN	POS 86 OF 141 (M)
124	10KM	Londen	Emilia	01:00:09.24	(35) OPEN	POS 38 OF 162 (F)
125	10KM	Shikulo	Justine	01:00:18.59	(43) VETERAN	POS 39 OF 162 (F)
126	10KM	Van Wyk	Abri	01:00:24.45	(32) OPEN	POS 87 OF 141 (M)
127	10KM	Mwadhina	Teresia	01:00:28.36	(30) OPEN	POS 40 OF 162 (F)
128	10KM	Kittel	Heiner	01:00:29.12	(47) VETERAN	POS 88 OF 141 (M)
129	10KM	Hartung	Stephano	01:00:37.22	(34) OPEN	POS 89 OF 141 (M)
130	10KM	Cloete	Eaton	01:00:55.24	(27) OPEN	POS 90 OF 141 (M)
131	10KM	Herselman	Corne Winette	01:00:55.83	(44) VETERAN	POS 41 OF 162 (F)
132	10KM	Londt	Lloyd	01:01:04.63	(35) OPEN	POS 91 OF 141 (M)
133	10KM	De Wee	Ramira	01:01:06.40	(27) OPEN	POS 42 OF 162 (F)
134	10KM	Meintjes	Mark	01:01:08.33	(59) MASTER	POS 92 OF 141 (M)
135	10KM	Roe	Karen	01:01:14.44	(40) VETERAN	POS 43 OF 162 (F)
136	10KM	Mieze	Ellis	01:01:15.43	(42) VETERAN	POS 93 OF 141 (M)
137	10KM	Bronkhorst	Belinda	01:01:25.56	(47) VETERAN	POS 44 OF 162 (F)
138	10KM	Boucher	Mathew	01:01:27.73	(59) MASTER	POS 94 OF 141 (M)
139	10KM	Juuso	Phillip	01:01:32.96	(46) VETERAN	POS 95 OF 141 (M)
140	10KM	Van Den Heever	Renette	01:01:34.81	(55) MASTER	POS 45 OF 162 (F)
141	10KM	Botes	Jenifer	01:01:38.15	(33) OPEN	POS 46 OF 162 (F)
142	10KM	Botes	Jessica	01:01:41.53	(30) OPEN	POS 47 OF 162 (F)
143	10KM	Kamati-chinkoti	Kitho	01:01:42.18	(42) VETERAN	POS 48 OF 162 (F)
144	10KM	Du Plessis	Dreyer	01:01:44.39	(62) GRAND MASTER	POS 96 OF 141 (M)
145	10KM	Mwilima	Ntwala	01:01:55.97	(38) OPEN	POS 49 OF 162 (F)
146	10KM	Angula	Ekinsa	01:02:02.19	(30) OPEN	POS 50 OF 162 (F)
147	10KM	Brooks	Denzo	01:02:04.97	(34) OPEN	POS 97 OF 141 (M)
148	10KM	Zhao	Haiqiang	01:02:06.53	(20) OPEN	POS 98 OF 141 (M)
149	10KM	Amoonga	Tobias	01:02:23.27	(50) MASTER	POS 99 OF 141 (M)
150	10KM	Dias	Monica	01:02:27.57	(41) VETERAN	POS 51 OF 162 (F)
151	10KM	Mieze	Ivodia	01:02:32.25	(35) OPEN	POS 52 OF 162 (F)
152	10KM	Coimbra	Paulo	01:02:36.36	(52) MASTER	POS 100 OF 141 (M)
153	10KM	Kayavala	Shangeelao	01:02:40.52	(35) OPEN	POS 101 OF 141 (M)
154	10KM	Betts	Nicoletta	01:02:41.57	(44) VETERAN	POS 53 OF 162 (F)
155	10KM	Moller	Jacqueline R	01:02:47.43	(46) VETERAN	POS 54 OF 162 (F)
156	10KM	Van Eeden	Ju-ern	01:02:57.52	(35) OPEN	POS 55 OF 162 (F)
157	10KM	Namutolo	Martin	01:03:03.68	(18) JUNIOR	POS 102 OF 141 (M)
158	10KM	Angula	Ndemufayo	01:03:09.54	(37) OPEN	POS 56 OF 162 (F)
159	10KM	Pennefather	Silke M	01:03:11.51	(46) VETERAN	POS 57 OF 162 (F)
160	10KM	Goosen	Tiane	01:03:26.06	(27) OPEN	POS 58 OF 162 (F)
161	10KM	Matthies	Verena	01:03:32.58	(36) OPEN	POS 59 OF 162 (F)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
162	10KM	Chapman	Philip	01:03:50.03	(38) OPEN	POS 103 OF 141 (M)
163	10KM	Chapman	Sunette	01:03:50.74	(38) OPEN	POS 60 OF 162 (F)
164	10KM	Ferreira	Anton	01:04:13.33	(38) OPEN	POS 104 OF 141 (M)
165	10KM	Shikongo	Theodore	01:04:14.43	(17) JUNIOR	POS 105 OF 141 (M)
166	10KM	Negoli	Jermia	01:04:15.57	(34) OPEN	POS 106 OF 141 (M)
167	10KM	Moller	Scharl	01:04:24.93	(47) VETERAN	POS 107 OF 141 (M)
168	10KM	Hilbert	Peter	01:04:28.23	(60) GRAND MASTER	POS 108 OF 141 (M)
169	10KM	Jahs	Valentino	01:05:09.47	(34) OPEN	POS 109 OF 141 (M)
170	10KM	Bartholomae	Mari	01:05:11.97	(49) VETERAN	POS 61 OF 162 (F)
171	10KM	Steyn	Naomi	01:05:14.14	(61) GRAND MASTER	POS 62 OF 162 (F)
172	10KM	Heita	Ndinelago	01:05:18.02	(29) OPEN	POS 63 OF 162 (F)
173	10KM	Nyambe	Robby	01:05:23.21	(55) MASTER	POS 64 OF 162 (F)
174	10KM	Kamati	Matias	01:05:29.92	(41) VETERAN	POS 110 OF 141 (M)
175	10KM	Viljoen	Shandri	01:06:03.01	(30) OPEN	POS 65 OF 162 (F)
176	10KM	Tshivute	Tonateni	01:06:24.42	(32) OPEN	POS 111 OF 141 (M)
177	10KM	De Waldt	Indepentia	01:06:24.87	(40) VETERAN	POS 66 OF 162 (F)
178	10KM	Martins	Annemarie	01:06:34.42	(59) MASTER	POS 67 OF 162 (F)
179	10KM	Besser	Calvyn	01:06:43.39	(55) MASTER	POS 112 OF 141 (M)
180	10KM	Koster	Elizabeth	01:06:44.81	(43) VETERAN	POS 68 OF 162 (F)
181	10KM	Du Plessis	Sharon	01:06:48.56	(56) MASTER	POS 69 OF 162 (F)
182	10KM	Ndukireepo	Ebson	01:06:52.27	(39) OPEN	POS 113 OF 141 (M)
183	10KM	Namboga	Johanna	01:06:58.61	(38) OPEN	POS 70 OF 162 (F)
184	10KM	Mouton	Johannes	01:07:02.88	(60) GRAND MASTER	POS 114 OF 141 (M)
185	10KM	Waitz	Patrick Benjamin	01:07:06.38	(31) OPEN	POS 115 OF 141 (M)
186	10KM	Hamunyela	Petrina	01:07:07.07	(27) OPEN	POS 71 OF 162 (F)
187	10KM	Nyandoro	James	01:07:11.60	(45) VETERAN	POS 116 OF 141 (M)
188	10KM	Shindume	Shali	01:07:12.33	(38) OPEN	POS 117 OF 141 (M)
189	10KM	Venter	Jaco	01:07:13.33	(51) MASTER	POS 118 OF 141 (M)
190	10KM	Venter	Tersia	01:07:14.18	(50) MASTER	POS 72 OF 162 (F)
191	10KM	Murerwa	Winnet	01:07:16.38	(38) OPEN	POS 73 OF 162 (F)
192	10KM	Harman	Romana	01:07:23.93	(39) OPEN	POS 74 OF 162 (F)
193	10KM	Uises	Christy	01:07:33.57	(33) OPEN	POS 75 OF 162 (F)
194	10KM	Johns	Ron	01:07:52.09	(41) VETERAN	POS 119 OF 141 (M)
195	10KM	Coimbra	Natasha	01:07:57.04	(30) OPEN	POS 76 OF 162 (F)
196	10KM	Lukas	Justina	01:08:13.22	(24) OPEN	POS 77 OF 162 (F)
197	10KM	Roets	Annemarie	01:08:14.67	(47) VETERAN	POS 78 OF 162 (F)
198	10KM	Darius	Shipunduka . I . f	01:08:18.06	(31) OPEN	POS 79 OF 162 (F)
199	10KM	Van Niekerk	Hennie	01:08:19.22	(65) GRAND MASTER	POS 120 OF 141 (M)
200	10KM	Saaiman	Michelle	01:08:20.22	(30) OPEN	POS 80 OF 162 (F)
201	10KM	Van Niekerk	Martin	01:08:20.94	(68) GRAND MASTER	POS 121 OF 141 (M)
202	10KM	Buckley	Averyl	01:08:25.86	(33) OPEN	POS 81 OF 162 (F)
203	10KM	Heyns	Johannes	01:08:46.55	(45) VETERAN	POS 122 OF 141 (M)
204	10KM	Tjimbundu-kanguue	Nanguiei	01:08:47.44	(32) OPEN	POS 82 OF 162 (F)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
205	10KM	Bruwer	Robin	01:09:11.00	(34) OPEN	POS 123 OF 141 (M)
206	10KM	Cuff	Hester	01:09:48.67	(65) GRAND MASTER	POS 83 OF 162 (F)
207	10KM	Van Wyk	Khadeejah	01:09:51.72	(28) OPEN	POS 84 OF 162 (F)
208	10KM	Scherer	Simone	01:10:10.13	(18) JUNIOR	POS 85 OF 162 (F)
209	10KM	Goseb	Elvis	01:10:10.20	(33) OPEN	POS 124 OF 141 (M)
210	10KM	Phillemon	Fenolia	01:10:10.64	(27) OPEN	POS 86 OF 162 (F)
211	10KM	Breed	Louis Gustav	01:10:11.82	(31) OPEN	POS 125 OF 141 (M)
212	10KM	Swart Kellerman	Mia	01:10:27.40	(30) OPEN	POS 87 OF 162 (F)
213	10KM	Kellerman	Arend	01:10:30.07	(30) OPEN	POS 126 OF 141 (M)
214	10KM	Kapolo	Justina Olga	01:10:32.32	(35) OPEN	POS 88 OF 162 (F)
215	10KM	Nangolo	Ester	01:10:33.02	(31) OPEN	POS 89 OF 162 (F)
216	10KM	Kauzuu	Laurentius	01:10:38.24	(21) OPEN	POS 127 OF 141 (M)
217	10KM	Shikongo	Ann-august	01:10:40.54	(39) OPEN	POS 90 OF 162 (F)
218	10KM	Van Wyk	Anthony	01:10:44.00	(44) VETERAN	POS 128 OF 141 (M)
219	10KM	Dronia	Karin	01:10:44.00	(41) VETERAN	POS 91 OF 162 (F)
220	10KM	Kozlova	Daphne	01:10:45.00	(35) OPEN	POS 92 OF 162 (F)
221	10KM	Meintjies	Christine	01:10:53.81	(57) MASTER	POS 93 OF 162 (F)
222	10KM	Schrader	Paul	01:10:56.00	(46) VETERAN	POS 129 OF 141 (M)
223	10KM	Viviers	Jacoba	01:11:36.86	(59) MASTER	POS 94 OF 162 (F)
224	10KM	Kathena	Janna	01:11:48.74	(46) VETERAN	POS 130 OF 141 (M)
225	10KM	Hitula	Hilia	01:11:53.05	(38) OPEN	POS 95 OF 162 (F)
226	10KM	Beck	Barbara	01:12:14.06	(63) GRAND MASTER	POS 96 OF 162 (F)
227	10KM	Raffie	Gino	01:13:08.35	(42) VETERAN	POS 131 OF 141 (M)
228	10KM	Negonga	Ottilie	01:13:09.46	(26) OPEN	POS 97 OF 162 (F)
229	10KM	Hill	Janine	01:13:11.37	(27) OPEN	POS 98 OF 162 (F)
230	10KM	Kritzinger	Marinette	01:13:48.73	(31) OPEN	POS 99 OF 162 (F)
231	10KM	Akweenda	Azo	01:13:53.01	(30) OPEN	POS 100 OF 162 (F)
232	10KM	Gordon	Susan	01:14:1.00	(64) GRAND MASTER	POS 101 OF 162 (F)
233	10KM	Moller	Amadea	01:14:12.83	(32) OPEN	POS 102 OF 162 (F)
234	10KM	Benjaman	Alfeus	01:14:36.67	(51) MASTER	POS 132 OF 141 (M)
235	10KM	Kasera	Adeline	01:15:15.51	(28) OPEN	POS 103 OF 162 (F)
236	10KM	De Witt	Estie	01:15:16.20	(28) OPEN	POS 104 OF 162 (F)
237	10KM	Amadhila	Vistorin	01:15:17.37	(34) OPEN	POS 105 OF 162 (F)
238	10KM	Clarke	Ryan	01:15:42.22	(34) OPEN	POS 133 OF 141 (M)
239	10KM	Clarke	Anchen	01:15:45.04	(28) OPEN	POS 106 OF 162 (F)
240	10KM	Coetzee	Nellie	01:15:48.36	(55) MASTER	POS 107 OF 162 (F)
241	10KM	Mungendje	Uti	01:15:52.11	(34) OPEN	POS 108 OF 162 (F)
242	10KM	Karwapa	Segomotso	01:15:57.52	(24) OPEN	POS 109 OF 162 (F)
243	10KM	Ndaitwah	Linea	01:16:00.55	(43) VETERAN	POS 110 OF 162 (F)
244	10KM	Van Rhyn	Karien	01:16:01.25	(35) OPEN	POS 111 OF 162 (F)
245	10KM	Zemburuka	Nicole	01:16:15.28	(37) OPEN	POS 112 OF 162 (F)
246	10KM	Tjikundi	Diana	01:16:18.18	(37) OPEN	POS 113 OF 162 (F)
247	10KM	Kalili	Sethu	01:16:35.24	(40) VETERAN	POS 114 OF 162 (F)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
248	10KM	Louw	Louis	01:16:43.69	(41) VETERAN	POS 134 OF 141 (M)
249	10KM	Gruhn	Carolin	01:16:47.42	(49) VETERAN	POS 115 OF 162 (F)
250	10KM	Carstens	Gerhard	01:16:49.43	(47) VETERAN	POS 135 OF 141 (M)
251	10KM	Nakapela	Anna	01:17:07.22	(21) OPEN	POS 116 OF 162 (F)
252	10KM	Shikuungeni	Herminus	01:17:19.53	(27) OPEN	POS 117 OF 162 (F)
253	10KM	Karonda	Beverly	01:17:25.80	(32) OPEN	POS 118 OF 162 (F)
254	10KM	Mwenze	Jacklyn	01:17:47.68	(37) OPEN	POS 119 OF 162 (F)
255	10KM	Stefanus	Raymond	01:17:50.74	(27) OPEN	POS 136 OF 141 (M)
256	10KM	Shimbulu	Robert	01:17:51.58	(34) OPEN	POS 137 OF 141 (M)
257	10KM	Abraham	Monica	01:18:11.34	(35) OPEN	POS 120 OF 162 (F)
258	10KM	Hamutenya	Charlotte	01:18:11.87	(25) OPEN	POS 121 OF 162 (F)
259	10KM	De Bruyn	Salome	01:18:33.46	(29) OPEN	POS 122 OF 162 (F)
260	10KM	Mendes	Fausto	01:19:01.39	(37) OPEN	POS 138 OF 141 (M)
261	10KM	Lyners	Conni	01:19:02.06	(38) OPEN	POS 123 OF 162 (F)
262	10KM	Nowases	Clementine	01:19:26.58	(30) OPEN	POS 124 OF 162 (F)
263	10KM	Mathias	Elizabeth	01:19:45.74	(30) OPEN	POS 125 OF 162 (F)
264	10KM	Edwards	Yvonne	01:19:50.46	(61) GRAND MASTER	POS 126 OF 162 (F)
265	10KM	litana	Bertha	01:19:51.57	(38) OPEN	POS 127 OF 162 (F)
266	10KM	Amweelo	Mechtilde	01:19:52.06	(39) OPEN	POS 128 OF 162 (F)
267	10KM	Muhapi	Josefina	01:20:03.42	(40) VETERAN	POS 129 OF 162 (F)
268	10KM	Muhapi	Oscar	01:20:04.14	(45) VETERAN	POS 139 OF 141 (M)
269	10KM	Nevonga	Martha	01:20:26.53	(33) OPEN	POS 130 OF 162 (F)
270	10KM	Scherer	Charlene	01:20:32.52	(50) MASTER	POS 131 OF 162 (F)
271	10KM	Hausiku	Loide	01:20:37.47	(33) OPEN	POS 132 OF 162 (F)
272	10KM	Nangolo	Zelda	01:20:40.55	(42) VETERAN	POS 133 OF 162 (F)
273	10KM	Nuuyoma	Beulah	01:21:02.40	(33) OPEN	POS 134 OF 162 (F)
274	10KM	Tsuses	Jenelee	01:21:25.95	(23) OPEN	POS 135 OF 162 (F)
275	10KM	Karuaihe-martin	Patty	01:21:30.54	(48) VETERAN	POS 136 OF 162 (F)
276	10KM	Dreyer	Riana	01:21:56.16	(56) MASTER	POS 137 OF 162 (F)
277	10KM	Van Niekerk	Wilma	01:21:57.83	(64) GRAND MASTER	POS 138 OF 162 (F)
278	10KM	Gloek	Margaret	01:22:20.93	(61) GRAND MASTER	POS 139 OF 162 (F)
279	10KM	Mutenda	Robert	01:22:31.11	(34) OPEN	POS 140 OF 141 (M)
280	10KM	Vasu	Dipil	01:22:35.65	(31) OPEN	POS 141 OF 141 (M)
281	10KM	Modipane	Zanila	01:22:39.41	(37) OPEN	POS 140 OF 162 (F)
282	10KM	Motswasele	Masego	01:22:39.93	(40) VETERAN	POS 141 OF 162 (F)
283	10KM	Poulton	Maureen	01:23:15.58	(49) VETERAN	POS 142 OF 162 (F)
284	10KM	Shimpanda	Toini	01:23:19.78	(26) OPEN	POS 143 OF 162 (F)
285	10KM	Joseph	Nicolene	01:24:03.51	(36) OPEN	POS 144 OF 162 (F)
286	10KM	Asser	Joyce	01:24:49.95	(22) OPEN	POS 145 OF 162 (F)
287	10KM	Kevanhu	Hilaria	01:24:50.47	(28) OPEN	POS 146 OF 162 (F)
288	10KM	Geies	Denise	01:25:25.13	(26) OPEN	POS 147 OF 162 (F)
289	10KM	Plaatje	Genoveve	01:25:52.29	(35) OPEN	POS 148 OF 162 (F)
290	10KM	Kalomo	Nancy	01:25:53.46	(36) OPEN	POS 149 OF 162 (F)

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## 10KM (RUNNING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
291	10KM	Peterson	Jo-anne	01:28:22.13	(28) OPEN	POS 150 OF 162 (F)
292	10KM	Junius	Elaine	01:28:24.16	(36) OPEN	POS 151 OF 162 (F)
293	10KM	Mbuai	Kate	01:29:01.16	(28) OPEN	POS 152 OF 162 (F)
294	10KM	Shikongo	Hella	01:29:46.99	(28) OPEN	POS 153 OF 162 (F)
295	10KM	Bishi	Isabel	01:30:02.71	(46) VETERAN	POS 154 OF 162 (F)
296	10KM	Poly	Terry-lee	01:30:33.16	(17) JUNIOR	POS 155 OF 162 (F)
297	10KM	Intamba	Hilya	01:32:40.49	(23) OPEN	POS 156 OF 162 (F)
298	10KM	Nuule	Diana	01:35:07.17	(27) OPEN	POS 157 OF 162 (F)
299	10KM	Kathena	Sabina	01:36:07.61	(42) VETERAN	POS 158 OF 162 (F)
300	10KM	Kazondunge	Uejaa	01:39:45.00	(35) OPEN	POS 159 OF 162 (F)
301	10KM	Kamati	Jacky	01:40:06.85	(36) OPEN	POS 160 OF 162 (F)
302	10KM	Erastus	Ulania	01:44:55.09	(42) VETERAN	POS 161 OF 162 (F)
303	10KM	Van Niekerk	Suzette	01:49:18.82	(65) GRAND MASTER	POS 162 OF 162 (F)

## 10W (WALKING)

POSITION	EVENT	SURNAME	NAME	TIME	CATEGORY	GENDER
1	10W	Nel	Tobi	01:27:44.49	(43) VETERAN	POS 1 OF 1 (M)