

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<b>All Women</b>	1	1	659	Veteran Women 40-49	Jean	Tarr	00.09.02	
<b>400m</b>	2	2	454	Veteran Women 40-49	Bryony	Mccormick	00.09.16	
<i>400m</i>	3	1	536	Master Women 50-59	Michelle	Petring	00.09.20	
<i>400m</i>	4	1	593	Sub Vet Women 30-39	Elsje	Schreuder	00.09.36	
<i>400m</i>	5	3	662	Veteran Women 40-49	Renie	Theron	00.09.44	
<i>400m</i>	6	4	455	Veteran Women 40-49	Taryn	Mccormick	00.09.46	
<i>400m</i>	7	1	385	Sprog Girls 11-12	Samantha	Kroger	00.10.00	
<i>400m</i>	8	5	228	Veteran Women 40-49	Alet	Engelbrecht	00.10.02	
<i>400m</i>	9	1	148	Sub Jun Girls 13-14	Kairo	Courtney	00.10.19	
<i>400m</i>	10	1	70	Nipper Girls 8-10	Caro	Bishop	00.10.37	
<i>400m</i>	11	2	382	Sub Vet Women 30-39	Elmarie	Koekemoer	00.10.41	
<i>400m</i>	12	6	525	Veteran Women 40-49	Allison	Osler	00.10.51	
<i>400m</i>	13	1	177	Gr Master Women 60+	Lindsay	De Kock	00.10.54	
<i>400m</i>	14	2	635	Master Women 50-59	Marion	Stevens	00.10.59	
<i>400m</i>	15	7	55	Veteran Women 40-49	Tarryn	Beretta	00.11.04	
<i>400m</i>	16	2	26	Nipper Girls 8-10	Giulia	Astengo	00.11.11	
<b>All Women</b>	17	2	206	Sprog Girls 11-12	Alessia	Dowle	00.11.15	
<b>400m</b>	18	3	173	Sub Vet Women 30-39	Carmen	De Gouveia	00.12.03	
<i>400m</i>	19	3	388	Sprog Girls 11-12	Milan	Kruger	00.12.10	
<i>400m</i>	20	8	389	Veteran Women 40-49	Stefane	Kruger	00.12.13	
<i>400m</i>	21	3	69	Master Women 50-59	Sara	Bind	00.12.17	
<i>400m</i>	22	9	665	Veteran Women 40-49	Ilse	Theys-Woodward	00.12.21	
<i>400m</i>	23	1	77	Senior Women 19-29	Michaela	Borodinsky	00.12.24	
<i>400m</i>	24	2	185	Senior Women 19-29	Sonya	De Waardt	00.12.37	
<i>400m</i>	25	3	200	Senior Women 19-29	Danielle	Dirksen	00.12.50	
<i>400m</i>	26	4	314	Sub Vet Women 30-39	Yolande	Hill	00.12.56	
<i>400m</i>	27	5	201	Sub Vet Women 30-39	Adi	Dirmeik	00.13.11	
<i>400m</i>	28	10	459	Veteran Women 40-49	Christiane	Mcewen	00.13.15	
<i>400m</i>	29	4	234	Master Women 50-59	Robin	Ferguson	00.13.22	
<i>400m</i>	30	5	95	Master Women 50-59	Leonore	Bredekamp	00.13.23	
<i>400m</i>	31	11	379	Veteran Women 40-49	Judith	Kluge	00.13.38	
<i>400m</i>	32	4	34	Nipper Girls 8-10	Sienna	Barenblatt	00.13.46	
<i>400m</i>	33	12	307	Veteran Women 40-49	Deidre	Heafield	00.14.21	
<i>400m</i>	34	2	397	Sub Jun Girls 13-14	Keona	Landman	00.14.32	
<i>400m</i>	35	6	689	Sub Vet Women 30-39	Fé	Van Haght	00.14.53	
<i>400m</i>	36	13	188	Veteran Women 40-49	Elvea	De Wet	00.15.03	
<i>400m</i>	37	2	767	Gr Master Women 60+	Carol	Wilson	00.15.06	
<i>400m</i>	38	14	240	Veteran Women 40-49	Lizel	Fincham	00.15.15	
<i>400m</i>	39	5	704	Nipper Girls 8-10	Charlotte	Van Vlaanderen	00.15.21	
<i>400m</i>	40	6	589	Master Women 50-59	Jacqueline	Scheepers	00.15.24	
<i>400m</i>	41	7	267	Master Women 50-59	Tanya	Glazer	00.15.28	
<i>400m</i>	42	15	779	Veteran Women 40-49	Charlotte	Young	00.15.35	
<i>400m</i>	43	16	58	Veteran Women 40-49	Fiona	Bergmann	00.17.05	
<i>400m</i>	44	6	57	Nipper Girls 8-10	Addison	Bergmann	00.17.07	

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400m	45	17	441	Veteran Women 40-49	Rowen	Markie	00.17.32	
400m	46	8	645	Master Women 50-59	Toni	Stringer	00.19.22	
	47	9	489	Master Women 50-59	Shareen	Muratori	00.21.00	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
<b>All Men</b>	1	1	691	Youth Men 15-16	Jaryd	Van Heerden	00.06.53	
400m	2	2	112	Youth Men 15-16	Driesie	Burger	00.06.58	
400m	3	1	68	Veteran Men 40-49	Mark	Bind	00.07.05	
400m	4	1	661	Sprog Boys 11-12	Noah	Taylor	00.07.44	
400m	5	1	660	Sub Vet Men 30-39	Keith	Tarr	00.08.16	
400m	6	1	671	Master Men 50-59	Andrew	Trench	00.08.32	
400m	7	2	80	Sprog Boys 11-12	Jan	Bosman	00.08.43	
400m	8	2	491	Master Men 50-59	Hans	Muylaert-Gelein	00.09.11	
400m	9	3	91	Sprog Boys 11-12	Kobus	Brand	00.09.13	
400m	10	1	552	Sub Jun Boys 13-14	Steyn	Pretorius	00.10.19	
400m	11	1	168	Gr Master Men 60+	Derek	Day	00.10.48	
400m	12	3	247	Youth Men 15-16	Connor	Fourie	00.11.10	
400m	13	4	768	Sprog Boys 11-12	Eli	Wollenschlaeger	00.11.50	
<b>All Men</b>	14	2	769	Veteran Men 40-49	Luke	Wollenschlaeger	00.11.52	
400m	15	1	630	Junior Men 17-18	Abdu-Razeen	Stemmet	00.11.56	
400m	16	1	108	Nipper Boys 8-10	John	Buchanan	00.12.05	
400m	17	3	109	Veteran Men 40-49	Malcolm	Buchanan	00.12.07	
400m	18	2	272	Nipper Boys 8-10	Joseph	Graaff	00.12.30	
400m	19	4	64	Veteran Men 40-49	Johann	Beytell	00.12.33	
400m	20	5	521	Veteran Men 40-49	Stefan	Oosthuizen	00.12.35	
400m	21	2	674	Junior Men 17-18	Fabiano	Truda	00.12.42	
400m	22	6	306	Veteran Men 40-49	Craig	Heafield	00.12.54	
400m	23	7	631	Veteran Men 40-49	Ameen	Stemmet	00.13.01	
400m	24	3	460	Nipper Boys 8-10	Jack	Mcewen	00.13.12	
400m	25	8	570	Veteran Men 40-49	George	Richards	00.13.14	
400m	26	2	664	Sub Jun Boys 13-14	Blaise-Danté	Theys	00.13.30	
400m	27	1	452	Senior Men 19-29	Daniel	May	00.13.44	
400m	28	9	33	Veteran Men 40-49	Nicholas	Barenblatt	00.13.45	
400m	29	3	364	Master Men 50-59	Gregory	Kahn	00.13.49	
400m	30	5	365	Sprog Boys 11-12	Levi	Kahn	00.13.53	
400m	31	4	40	Master Men 50-59	Marc	Barrow	00.13.58	
400m	32	10	126	Veteran Men 40-49	Neil	Carrick	00.14.06	
400m	33	6	266	Sprog Boys 11-12	Ryan	Glazer	00.14.09	
400m	34	7	305	Sprog Boys 11-12	Christian	Heafield	00.14.18	
400m	35	8	652	Sprog Boys 11-12	Milan	Swanepoel	00.14.23	
400m	36	4	553	Nipper Boys 8-10	Thomas	Pretorius	00.14.52	
400m	37	11	399	Veteran Men 40-49	Rihan	Landman	00.15.11	
400m	38	5	396	Nipper Boys 8-10	Callum	Landman	00.15.13	
400m	39	12	241	Veteran Men 40-49	Richard	Fincham	00.15.30	
400m	40	6	238	Nipper Boys 8-10	A J	Fincham	00.15.39	

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400m	41	13	705	Veteran Men 40-49	Dirk	Van Vlaanderen	00.15.58	
400m	42	14	59	Veteran Men 40-49	Jason	Bergmann	00.17.07	
400m	43	7	60	Nipper Boys 8-10	Torran	Bergmann	00.17.30	
400m	44	8	207	Nipper Boys 8-10	Luca	Dowle	00.17.34	
	45	5	488	Master Men 50-59	Massimo	Muratori	00.21.02	