

**TOKAI MANOR HOUSE RUN - 16 KM  
IN AID OF THE WESTERN CAPE CEREBRAL PALSY ASSC  
SOUTHERN STRIDERS ATHLETIC CLUB  
MONDAY 26 DECEMBER 2005**

POS	SURNAME	NAME	CLUB	AGE	SEX	CAT
1	JACOBS	PIET	HARMONY WP	27	M	SEN
2	RORO	ROBERT	MP CELTIC	28	M	SEN
3	VISSER	DAWID	MR PRICE WP	26	M	SEN
4	METCALFE	IAN	MP CELTIC	25	M	SEN
5	MORISON	DAVID	FORESTERS	20	M	SEN
6	DU PLESSIS	PIKKIE	HARMONY WP	43	M	40
7	FILLMORE	GRANT	TEMP	24	M	SEN
8	VAN ZYL	ELVIN	HARMONY WP	38	M	35
9	CUBA	LUNGISA	FISH HOEK	34	M	SEN
10	BECKER	RUPERT	TEMP	32	M	SEN
11	WYNNE	J	VOB	38	M	35
12	PICK	TONY	PINELANDS	36	M	35
13	TURNER	CHRISTY	METROPOLITAN	33	M	SEN
14	DAVIDSON	ROBERT	TEMP	40	M	40
15	KRIEL	MUHAMMAD	HARMONY WP	52	M	50
16	KIRK	PETER	HARFIELD	33	M	SEN
17	DIMOPOULOS	C	VOB	39	M	35
18	HOWES	GUY	FISH HOEK	44	M	40
19	BENNETT	PETER	MP CELTIC	30	M	SEN
20	LITTLE	IAN	FISH HOEK	38	M	35
21	FRADLEY	PETER	VOB	55	M	55
22	AMOS	IVOR	TOP FORM	41	M	40
23	MIDDELKOOP	DION	VOB	35	M	35
24	BAUMANN	LISA	MP CELTIC	34	F	SEN
25	JACOBS	MARTIN	HARMONY WP	41	M	40
26	COX	PATRICK	MP CELTIC	32	M	SEN
27	ENGELKE	DOUGIE	DURBAC	47	M	45
28	VISSER	ECKHARDT	DURBAC	39	M	35
29	FRAZER	JAMES	BELLVILLE	36	M	35
30	O'DONOVAN	MIKE	VOB	37	M	35
31	PATTEN	STEF	VOB	35	M	35
32	SILVER	ASHWIN	VOB	36	M	35
33	NO RETURN				M	SEN
34	HANEKOM	PIETER	HARMONY WP	36	M	35
35	FOURIE	ANTON	WEST COAST	42	M	40
36	NUWITZ	RAOUL	ATLANTA	35	M	35
37	GROENEWALD	WALTHER	HELDERBERG	37	M	35
38	ATTENBOROUGH	SHAUN	VOB	37	M	35
39	TSHISEKA	DR	MP CELTIC	40	M	40
40	BASSON	JT	PAARL	52	M	50
41	BECKINGHAM	IAN	REDHILL	42	M	40
42	TUCKER	KIM	TUKS	45	M	45
43	STOFBERG	RIAHD	AAC	29	M	SEN
44	WINDER	PAUL	VOB	40	M	40
45	BEZUIDENHOUT	ROGER	MP CELTIC	32	M	SEN
46	HOWARTH	LANCE	MR PRICE KZN	33	M	SEN
47	MEYERTHAL	KEVIN	ROCKY RR	37	M	35
48	SLATER	GRAHAM	VOB	43	M	40

49	VAN DER MERWE	JOHN	VOB	43	M	40
50	CLARKE	MICHAEL	VOB	57	M	55
51	BRINK	LOUIS	VOB	35	M	35
52	DU TOIT	HENDRIK	AAC	44	M	40
53	FRANS	URSULA	HARMONY WP	36	F	35
54	NIENABER	DANIE	HARMONY WP	55	M	55
55	DAVISON	CANDICE	HARFIELD	28	F	SEN
56	MILES	NICK	WEST COAST	47	M	45
57	FETTEN	HEIJO	LLG 80 KOLN	53	M	50
58	PRETORIUS	JOHAN	WEST COAST	40	M	40
59	DASS	ELTON	PAARL	26	M	SEN
60	BROMBACUEZ	AARNOUT	VOB	43	M	40
61	NO CARD				M	40
62	ROWE	GRAHAM	HARFIELD	45	M	45
63	CLOETE	DICKY	SANDF WP	53	M	50
64	O`SULLIVAN	SHANE	TEMP	38	M	35
65	ELLIS	LUETTA	DURBAC	39	F	35
66	SHUTTLEWORTH	RACHEL	VOB	39	F	35
67	MURRAY	DOUG	VOB	36	M	35
68	WIJSBROEK	DANIEL	HELDERBERG	46	M	45
69	LANGE	RICHARD	VOB	32	M	SEN
70	GASCO	MARCO	TEMP	37	M	35
71	WILLIS	GEORGE	TEMP	45	M	45
72	MERIFIELD	PAUL	FISH HOEK	32	M	SEN
73	SCHABORT	ELSKE	LIBERTY NIKE	32	F	SEN
74	MSIBI	D	DURBAC	36	M	35
75	JAKOET	SHAHEED	VOB	44	M	40
76	SUTTON	RICHARD	HOUT BAY	29	M	SEN
77	SKOWNO	ANDREW	TEMP	31	M	SEN
78	EVANS	DAVE	WEST COAST	43	M	40
79	QUINLAN	SEAN	HARARE AC	43	M	40
80	HAZELL	ALAN	VOB	42	M	40
81	WAGENHEIM	M	VOB	49	M	45
82	KALLIS	ANDRE	HELDERBERG	28	M	SEN
83	BLANK CARD				M	SEN
84	BASSIE	MANDLAKAYISE	ESKOM GIJIMAS	35	M	35
85	STOFBERG	T	TEMP	27	M	SEN
86	KOOPMAN	ESME	HARMONY WP	37	F	35
87	KENNY	IGSHAAN	SPARTAN	24	M	SEN
88	CLEOPHAS	HENRY	HARMONY WP	57	M	55
89	SHIPSIDE	STEVE	AAC	41	M	40
90	SMITH	DIRKIE	TEMP	16	M	JUN
91	FILANDER	ANDRE	STRAGGLERS	41	M	40
92	NO CARD				M	SEN
93	CROWSTER	REGGIE	TYGERBERG	43	M	40
94	MOSTERT	VONNIE	DURBAC	46	M	45
95	VAN SCHAIK	MARLIZE	DURBAC	29	F	SEN
96	COLE	RORY	FISH HOEK	35	M	35
97	WANTLING	ANDREW	HARFIELD	35	M	35
98	OKREGLICKI	A	UCT	45	M	45
99	HAMILTON	DAIN	VOB	39	F	35
100	MALYON	KEVIN	DURBAC	48	M	45
101	CHEDBURN	MARK	MIDRAND	42	M	40
102	WESTRAAD	JACQUES	WEST COAST	40	M	40
103	NUGENT	DELIDA	UPINGTON	26	F	SEN

104	WRIGHT	MARK	VOB	35	M	35
105	VAN HEERDEN	ANTON	HARFIELD	33	M	SEN
106	RABE	MARYKE	TEMP	20	F	SEN
107	GORG	KONRAD	TEMP	26	M	SEN
108	SETHUSA	WL	SPARTAN		M	40
109	BRIMBLE	BEN	UCT	20	M	SEN
110	FRANCIS	CAIT	TEMP	37	F	35
111	VAN DEN BERG	GYS	VAAL AC	30	M	SEN
112	JEE	WARREN	VAAL AC	30	M	SEN
113	BRAND	MONICE	HARMONY WP	38	F	35
114	LOUW	MARIE	HARMONY WP	39	F	35
115	BELLAIRS	TIM	VOB	40	M	40
116	REID	MARK	HARFIELD	35	M	35
117	NO CARD				M	SEN
118	PEPLER	ALBERTO	DURBAC	52	M	50
119	ABRAHAMS	MY	TOP FORM	58	M	55
120	SAMAAL	B	NDABA AGN	43	M	40
121	GROENEWALD	EUGENE	TEMP	38	M	35
122	DE JONGH	TANIA	VOB	36	F	35
123	MILLWARD	S	TEMP	46	M	45
124	EDWARDS	D	WPCC	35	M	35
125	ABRAHAMS	WAHEED	TOP FORM	38	M	35
126	JEPHTHAS	ALEC	MP CELTIC	54	M	50
127	NO RETURN				M	SEN
128	NO RETURN				M	SEN
129	DAMAS	ERROL	SPARTAN	29	M	SEN
130	LOUW	CLAIRE	MR PRICE WP		F	SEN
131	EVERINGHAM	JUDY	VOB	44	F	40
132	PURCELL	STUART	WPCC	39	M	35
133	MAYEKISO	VUKILE	NB GUGS	46	M	45
134	CHIN	LIZA	VOB	35	F	35
135	BANDA	GERSON	AAC	46	M	45
136	KROPMAN	J	FORESTERS	43	M	40
137	MILLWARD	Y	PICK n PAY	39	M	35
138	GREEN	ALAN	WEST COAST	41	M	40
139	LITTLE	KAREN	VOB	40	F	40
140	HOEFER	KEITH	WEST COAST	38	M	35
141	ROSENSTEIN	SHAUN	AAC	33	M	SEN
142	BLANK CARD				M	SEN
143	MENDELSON	SIMON	VOB	18	M	JUN
144	VAN DER MERWE	BENNIE	TEMP	36	M	35
145	WHITMILL	BARRY	FIT 2000	35	M	35
146	ABRAHAMS	PAUL	AAC	42	M	40
147	PRINSLOO	SOLLIE	VOB	40	M	40
148	JARLEY	RAYAAN	VOB	30	M	SEN
149	HEATHCOTE-MARKS	ANDY	TEMP	44	M	40
150	HENDRICKS	OWEN	MP CELTIC	43	M	40
151	MILLER	JOHNNY	DURBAC	50	M	50
152	BENNETT	NIGEL	DURBAC	36	M	35
153	MOSTERT	SYBRAND	HARMONY WP	67	M	65
154	SHILLINGTON	G	TEMP	29	M	SEN
155	ERASMUS	P	VOB	40	M	40
156	DARIUS	EBRAHIMA	VOB	44	M	40
157	MORGENROOD	BRENT	VOB	34	M	SEN
158	ANDREWS	SANDY	TEMP	41	F	40

159	JOBSON	TIM	METROPOLITAN	45	M	45
160	MARGOLIN	ALAN	FORESTERS	50	M	50
161	GILDENHUYS	ADRIAN	HARFIELD	39	M	35
162	KUHN	MANDY	HARFIELD	37	F	35
163	LE ROUX	C	PAARL	40	M	40
164	RISTOW	GARY	EDGEMEAD	54	M	50
165	HEYNEKE	DAVID	TYGERBERG	36	M	35
166	MYNHARDT	C	TYGERBERG	40	M	40
167	NIEMAND	MILLY	DURBAC	33	F	SEN
168	VILJOEN	DE WAAL	TEMP	44	M	40
169	BROM	ANNA	MIDDELBURG	27	F	SEN
170	BROM	JOHNNY	UCT	24	M	SEN
171	HAND	BERNIE	WEST COAST	49	M	45
172	JONES	GARY	ESKOM GIJIMAS	40	M	40
173	PIKKER	MARK	TEMP		M	SEN
174	RONNIE	ROGER	VOB	47	M	45
175	AUGUST	PJ	VOB	41	M	40
176	CAMP	LLOYD	WINDHOEK	43	M	40
177	BERRANGE	A	GERMISTIN	45	M	45
178	GULLE	ROB	VOB	42	M	40
179	ELSWORTH	MALCOLM	RAC	56	M	55
180	BAKE	KEITH	AAC	55	M	55
181	COETZEE	ELMARIE	HARMONY WP	41	F	40
182	VAN NOORDWYK	ELMA	HARMONY WP	42	F	40
183	BLUMCHEN	JENS	LLG 80 KOLN	27	M	SEN
184	BREIER	MATTHEW	SPARTAN	24	M	SEN
185	CILLIERS	WILLEM	STRAND	54	M	50
186	HOUGH	GRAHAM	WEST COAST	49	M	45
187	CARTER	ADRIAAN	FLORIDA	33	M	SEN
188	YOUENS	HAIG	TEMP	30	M	SEN
189	ROELOFSE	PIETER	MP CELTIC	32	M	SEN
190	NICHAL	GARY	IRENE	36	M	35
191	SMITH	LINDSAY	PINELANDS	52	M	50
192	PEREZ	BERNARD	EDGEMEAD	56	M	55
193	BLAKE	CLIFFORD	TRANSNET WP	40	M	40
194	MINNAAR	JP	PHOBIANS	53	M	50
195	MARAIS	ROELOF	TEMP	40	M	40
196	LEDERLE	JENNY	TEMP	45	F	45
197	VISSER	ANDRIES	MR PRICE WP	57	M	55
198	DAVIDS	ACHMAT	TOP FORM	36	M	35
199	BARENDSE	HERMAN	TOP FORM	37	M	35
200	MORALIE	LEON	TOP FORM	43	M	40
201	STURROCK	P	VOB	42	M	40
202	OKKERS	MUIZZ	HARMONY WP	44	M	40
203	DE LANGE	THEUNS	CERES	34	M	SEN
204	MUNDY	PETER	VOB	65	M	65
205	NO CARD				F	SEN
206	BLANK CARD				M	40
207	WITTEN	A	PINELANDS	48	M	45
208	WILLIAM	VAN DUETEREN	AAC	32	M	SEN
209	HAMLIN	V	TEMP	57	M	55
210	ADANS	AMIEN	TOP FORM	52	M	50
211	JARDINE	PAT	WEST COAST	50	F	50
212	ROSSOUW	JULIAN	SPARTAN	39	M	35
213	GOUWS	FRANCOIS	EDGEMEAD	40	M	40

214	DU PLESSISI	ANDRI	TEMP	37	M	35
215	NO RETURN				M	SEN
216	LIEBENBERG	DENISE	HARMONY WP	37	F	35
217	DE KACH	MARETHA	HARMONY WP	45	F	45
218	PIETERS	CHRISTAAN	SANLAM	34	M	SEN
219	GLASSER	ALAN	WPCC	39	M	35
220	CAMPBALL	ALISDAIR	EDGEMEAD	15	M	JUN
221	OHLSSON	M	SPARTAN	47	M	45
222	SCHWARTZ	CHRISTO	TRANSNET WP	43	M	40
223	READMAN	CHRIS	AAC	56	M	55
224	WAINMAN	B	AAC	41	M	40
225	JONKER	BERNARD	TEMP	46	M	45
226	WYNNE	T	DURBAC	44	M	40
227	WYNNE	JOANNE	DURBAC	41	F	40
228	SEYMOUR	STEPHEN	AAC	44	M	40
229	WEILGUNY	MICHAIEL	FALSCHE HASEN	34	M	SEN
230	COOPER	RB	VOB	50	M	50
231	SMITH	JOHAN	YEBO STRIDERS	45	M	45
232	LABUSCHAGNE	GRANT	FISH HOEK	44	M	40
233	MACKINTOSH	RUSSELL	FISH HOEK	39	M	35
234	McAUGHEY	ANDY	FISH HOEK	39	M	35
235	BESTER	RONELLE	DURBAC	37	F	35
236	POYNTON	JO	DURBAC	37	F	35
237	LOCKHART	NICOLA	VOB	29	F	SEN
238	LOUVEIRO	CARLA	TEMP	28	F	SEN
239	ESPIN	ANDREW	VOB	29	M	SEN
240	SALMON	BRIAN	TEMP	40	M	40
241	HOLING	F	TEMP		F	40
242	KOHLER	KEVIN	EDGEMEAD	55	M	55
243	SPARG	PIXIE	MP CELTIC	61	F	60
244	NO RETURN				M	SEN
245	NO RETURN				F	SEN
246	OSBORN	LISA	TEMP	27	F	SEN
247	SCHMIDT	CHRISTIAN	VOB	38	M	35
248	KILPATRICK	BRUCE	TEMP	31	M	SEN
249	SWANEPOEL	D	BLUFF	52	M	50
250	FREY	NICOLE	TEMP	25	F	SEN
251	MENARD	DANI	WPCC	43	M	40
252	JOHNSTON	DAVID	WEST COAST	41	M	40
253	HART	WALLY	SPARTAN	55	M	55
254	DAVIS	ROGER	MP CELTIC	59	M	55
255	JOUBERT	ROBBIE	TYGERBERG	52	M	50
256	MacGREGOR	T	AAC	35	M	35
257	SMUTS	MARK	TEMP	39	M	35
258	VICARS	DAVID	STRAGGLERS	52	M	50
259	MARAIS	FRANS	TRANSNET WP	47	M	45
260	DE BURCA	DIARMAID	RAC	36	M	35
261	RUSH	ATHOS	TEMP		M	40
262	ZIEHL	ROBIN	AAC	37	M	35
263	GOLDSCHMIDT	CHRIS	MP CELTIC	47	M	45
264	WESTRAADT	H	HARMONY WP	62	M	60
265	HARLOCK	SONIA	FISH HOEK	43	F	40
266	POCOCK	FRAN	MP CELTIC	55	F	55
267	ROBERTSON	LIZ	TEMP	36	F	35
268	MAXWELL	DAVID	HARFIELD	41	M	40

269	DANIEL	GREGG	TEMP	39	M	35
270	DANIEL	JONTI	PE AAC	37	M	35
271	ACHESON	R	VOB	57	M	55
272	GROENEWALD	MARISA	HELDERBERG	36	F	35
273	BRADLEY		TYGERBERG	31	M	SEN
274	NDLUNI	AJ	VOB	42	M	40
275	SCOTT	DONALD	WEST COAST	44	M	40
276	WEIGHT	LINDSAY	UCT	43	F	40
277	BANFIELD	GARY	VOB	32	M	SEN
278	BURDZIK	GERRY	VOB	66	M	65
279	BUNN	NICK	HARMONY WP	45	M	45
280	FULLER	RAY	VOB	47	M	45
281	BURGESS	THERESA	VOB	30	F	SEN
282	LUDINI	T	VOB	42	F	40
283	MAZZOUM	TERRENCE	VOB	50	M	50
284	GILDENHUYIS	I	FISH HOEK	41	M	40
285	HEALY	RICHARD	HOUT BAY	54	M	50
286	BROOKS	RUPERT	SPARTAN	29	M	SEN
287	BALL	SHARON	HOUT BAY	39	F	35
288	LYNE	ANDREW	TEMP	40	M	40
289	ABDURAHMAN	M	STRAGGLERS	42	M	40
290	NO CARD				M	SEN
291	JAFFER	ABDULLAH	VOB	49	M	45
292	VAN HEERDEN	J	MP CELTIC	33	M	SEN
293	STEMMET	EBRAHIM	PICK n PAY	50	M	50
294	TAUTE	ALEX	TOP FORM	49	M	45
295	AJERAAN	I	TOP FORM	50	M	50
296	MORROW	M	TEMP	53	M	50
297	CLAASSEN	PIERRE	HARMONY WP	57	M	55
298	SYLVESTER	BERNARD	METROPOLITAN	40	M	40
299	HORSLEY	ELIZANE	EDGEMEAD	47	F	45
300	PETERS	ACHMAT	TOP FORM	55	M	55
301	DOWLING	SAM	PINELANDS	60	M	60
302	STEVENSON	BRENDA	PINELANDS	50	F	50
303	BLACK	KEVIN	SPORTS	37	M	35
304	TUCKWELL	ZACH	TEMP	40	M	40
305	ROUX	ANTON	MP CELTIC	44	M	40
306	VAN AARDE	GEDEON	RANDBURG	45	M	45
307	MAGUIRE	GLEN	AUCKLAND	37	M	35
308	WITBOOI	NICO	SPARTAN	42	M	40
309	GASCO	RACHAEL	TEMP	33	F	SEN
310	TUNSTALL	ABIGAIL	HOUT BAY	30	F	SEN
311	THERON	DANIE	TRANSNET WP	53	M	50
312	VAN DER MERWE	FREDDY	TELKOM	44	M	40
313	COETZEE	J	WEST COAST	29	F	SEN
314	TAFT	ELSABET	VOB	37	F	35
315	GALLAGHER	R	RUN WALK 4		F	SEN
316	PETERSEN	FREDERICK	SANDF WP	55	M	55
317	KOOPMAN	MERVYN	SANDF WP	44	M	40
318	ISAACS	THERESA	VOB	54	F	50
319	CARMINAH	NADIA	TEMP	28	F	SEN
320	DHANSAY	A	VOB	45	M	45
321	DE LA MOTTE	JP	BCC	43	M	40
322	BRINK	LIZ	VOB	44	F	40
323	LEE	MERVYN	EDGEMEAD	51	M	50

324	THOMAS	SANDRA	MP CELTIC	43	F	40
325	THOMAS	G	VOB	39	F	35
326	MacGREGOR	ROY	PINELANDS	50	M	50
327	FREY	MARCEL	TEMP	30	M	SEN
328	KOEDYK	PETER	FIT 2000	39	M	35
329	WORTHINGTON	RUSSELL	WEST COAST	42	M	40
330	BESTER	B	VOB	54	M	50
331	JENKINS	DAVID	FISH HOEK	39	M	35
332	TINKLER	MANDY	VOB	47	F	45
333	SHANNON	LYNNE	PINELANDS	34	F	SEN
334	BUCKLAND	PAUL	TRANSNET WP	43	M	40
335	VOLMINK	JOHNNY	ESKOM GIJIMAS	53	M	50
336	TAYLOR	MIKE	STRAND	61	M	60
337	TYFIELD	J	VOB	51	M	50
338	SAINSBURY	CHET	MP CELTIC	63	M	60
339	VELDSMAN	NATASHA	HARMONY WP	32	F	SEN
340	BOOYSEN	KOOS	HARMONY WP	43	M	40
341	TRUTT	SUE	TEMP	49	F	45
342	BUNTING	SALLY	VOB	44	F	40
343	GROVE	ALEWYN	TEMP	24	M	SEN
344	GROVE	AP	TEMP	22	M	SEN
345	ROMAN	P	SPARTAN	38	M	35
346	MacDONALD	GAIL	WEST COAST	44	F	40
347	McKAY	TOM	WEST COAST	49	M	45
348	NO CARD				M	SEN
349	NO CARD				M	SEN
350	TAYLOR	MIKE	TYGERBERG	60	M	60
351	SAULS	JEREMIAH	ESKOM GIJIMAS	46	M	45
352	MINNAAR	ANDREW	ESKOM GIJIMAS	47	M	45
353	JORDAAN	DESIREE	TEMP	30	F	SEN
354	WHITAKER	ROBERT	TEMP	26	M	SEN
355	WILLIAMS	VINCENT	TOP FORM	38	M	35
356	JONES	SAMMY	TOP FORM	48	M	45
357	DA ROCHA	TREVOR	UCT	36	M	35
358	HARKETT	GRAHAM	EDGEMEAD	53	M	50
359	JOUBERT	EVETTE	TYGERBERG	43	F	40
360	DOUGLAS	EDWARD	DURBAC	48	M	45
361	DAVIS	PETER	TEMP	31	M	SEN
362	SMYLY	PAT	HOUT BAY	58	F	55
363	BEUKES	DENZIL	SPARTAN	38	M	35
364	BURROW	LESTER	STRAND	50	M	50
365	BAILEY	DEREK	MP CELTIC	44	M	40
366	NELL	PETER	HARMONY WP	50	M	50
367	WILLIAMS	AMANDA	RAC	26	F	SEN
368	BLANK CARD				M	SEN
369	JAFFER	GOOLAM	TOP FORM	46	M	45
370	McAUGHEY	TOM	HOUT BAY	61	M	60
371	MARKS	RICHARD	HOUT BAY	51	M	50
372	TYRRELL	J	VOB	59	M	55
373	VAN SCHALKWYK	NEIL	TEMP	35	M	35
374	JAY	BRAD	LONEHILL	46	M	45
375	JOHNSON	A	METROPOLITAN	33	M	SEN
376	GLENDAY	DI	RUN WALK 4	46	F	45
377	PATRICK	BRIAN	UWC	50	M	50
378	VAN WYK	CYNTHIA SYBIL	HARMONY WP	46	F	45

379	JURIES	ANDREW	TOP FORM	47	M	45
380	BLANK CARD				M	40
381	BLANK CARD				M	40
382	VAN HUYSSSTEEN	RICHARD	FISH HOEK	40	M	40
383	WARREN	G	WEST COAST	45	M	45
384	LOVE	R	HARFIELD	42	M	40
385	ROSSOUW	MIKE	ROODEPOORT	49	M	45
386	HAMPSHIRE	LIZ	TEMP	44	F	40
387	MAGGOTT	PAUL	EDGEMEAD	36	M	35
388	O'DONOGHUE	RORY	TEMP	39	M	35
389	VAN KETS	MARIANNE	VOB	24	F	SEN
390	SLACK	JENNY	VOB	46	F	45
391	CURTIS	GRANT	TEMP	39	M	35
392	GOREDEMA	C	VOB	44	M	40
393	ABRAHAMS	JOY	SPARTAN	40	F	40
394	LEUKES	BERTRAM	STRAGGLERS	41	M	40
395	DEWAR	BRENT	RAC	32	M	SEN
396	LOUW	F	VOB	34	M	SEN
397	ANDREW	KEN	MP CELTIC	62	M	60
398	SHILLINGTON	ANTHEA	VARSITY KUDUS	44	F	40
399	GELDERBLOM	W	BELLVILLE	54	M	50
400	UPHAM	TONI	SPARTAN	54	F	50
401	NEL	KOBUS	SANLAM	47	M	45
402	NEL	ARMOND	SANLAM		M	JUN
403	SCHEEPERS	RUDI	MATIES	29	M	SEN
404	DLANGAMANDLA	PM	MP CELTIC	49	M	45
405	VAN DYK	FLIPPIE	ESKOM GIJIMAS	47	M	45
406	JACOBS	GRANT	RAC	37	M	35
407	GRAHAM	CARLA	HOUT BAY	30	F	SEN
408	CURRIE	RAYMOND	TEMP	37	M	35
409	HOUGH	TRUDY	WEST COAST	45	F	45
410	CONRADIE	DANIEL	RAVENSMEAD	45	M	45
411	GEFFEN	LISA	TEMP	32	F	SEN
412	NABARRO	ANDREW	AAC	38	M	35
413	KAHN	SYNDI	AAC	31	F	SEN
414	KEMP	ALEX	HARMONY WP	34	M	SEN
415	VAN DER VYVER	CELESTE	SANLAM	28	F	SEN
416	FAUGHT	DOROTHY	TRANSNET WP	42	F	40
417	LOOS	DAVID	TEMP	33	M	SEN
418	WYLIE	JOANIE	MP CELTIC	44	F	40
419	LAW	LINDE	MP CELTIC	46	F	45
420	NUGENT	KATHY	TEMP	29	F	SEN
421	JOHANNES	DENISE	SPARTAN	48	F	45
422	VAN MALTITZ	DARRYN	LONEHILL	36	F	35
423	ASHLEY		RUN WALK 4	37	M	35
424	WIESE	MARIA	STRAND	52	F	50
425	POOL	ANNE	STRAND	44	F	40
426	HOLLANDER	DARREN	TEMP	25	M	SEN
427	JACOBS	ALAN	SPARTAN	48	M	45
428	NO CARD				M	SEN
429	JACKELMAN	S	TEMP	37	F	35
430	MATTHEWS	HOWARD	UWC	46	M	45
431	BRIAN	ALEXANDER	VOB	60	F	60
432	LINGENFELDER	J	BELLVILLE	31	M	SEN
433	McGOLDRICK	PAUL	SPARTAN	39	M	35

434	GIBBS	SAMANTHA	BEDFORDVIEW	30	F	SEN
435	SCULLARD	SHADRACK	OLD MUTUAL	46	M	45
436	ELEY	BRIAN	PINELANDS	41	M	40
437	DINAN	IAN	PINELANDS	37	M	35
438	GILMOUR	TRISH	VOB	43	F	40
439	LOMBARD	D	VOB	41	F	40
440	ADONIS	PAUL	EDGEMEAD	56	M	55
441	BLANK CARD				F	40
442	ILLEGIBLE	D	TEMP		F	40
443	CUPIDO	YOLANDA	UWC	38	F	35
444	NO CARD				F	SEN
445	MacDONALD	A	FISH HOEK	42	M	40
446	SWEETNAM	GERRY	FISH HOEK	56	M	55
447	ZABOROWSKI	ANTHONY	TEMP	31	M	SEN
448	CAMP	SUE	WINDHOEK	35	F	35
449	BUSINGER	G	TEMP	24	F	SEN
450	ARUMUGAM	PRO	STRAGGLERS	49	M	45
451	THEUNISSEN	M	TOP FORM	47	M	45
452	WESTON	JOHN	WEST COAST	64	M	60
453	ARNOLD	HASSIEM	TOP FORM	57	M	55
454	COOPER	J	TEMP		M	50
455	GRAY	MATTHEW	ROCKY RR	34	M	SEN
456	MENACHEMSON	M	ROCKY RR	60	M	60
457	ABDROFF	F	HARMONY WP	32	M	SEN
458	TURNER	NICK	TEMP	32	M	SEN
459	PETERS	RUSSEL	OLD MUTUAL	33	M	SEN
460	FLAX	SIMON	TEMP	31	M	SEN
461	BLANK CARD				F	SEN
462	PRIESTMAN	MICHELE	VOB	47	F	45
463	HAUPT	SERENA	FISH HOEK	39	F	35
464	HOWES	GREG	FISH HOEK	42	M	40
465	BAXTER	DEBBIE	RUN WALK 4	46	F	45
466	HUDSON	LIZ	MP CELTIC		F	40
467	HART	JOHN	EDGEMEAD	39	M	35
468	McMUIIN	C	EDGEMEAD	49	M	45
469	NO CARD				M	SEN
470	FISHER	DON	TYGERBERG	45	M	45
471	ENGELBRECHT	SIBYLLE	MITTAL AVT	43	F	40
472	BULMER	TRACEY	RANDBURG	35	F	35
473	CRUTCHLEY	LINDA	MP CELTIC	43	F	40
474	SCHOLZ	MANFRED	MP CELTIC	44	M	40
475	VAN DER COLFT	FRANCOIS	LONEHILL	44	M	40
476	SHEPLEY	FRANK	STONE MM	50	M	50
477	FOSTER	LYNNE	STONE MM	49	F	45
478	MALLON	MIKE	MP CELTIC	62	M	60
479	JACOBS	MARIAN	SPARTAN	36	F	35
480	RUST	MIKE	SPARTAN	56	M	55
481	ROBERTS	ROBYN	TEMP		F	SEN
482	BREAKEY	LAWRENCE	EDGEMEAD	41	M	40
483	MANN	R	WPCC	46	M	45
484	VAN NIEKERK	JOHAN	TRANSNET WP	63	M	60
485	DE KOCK	FOURIE	TEMP	41	M	40
486	NO RETURN				M	SEN
487	NO RETURN				M	SEN
488	WILLIS	ALAN	NB GUGS	50	M	50

489	VAN RENSBURG	S	SPARTAN	53	M	50
490	NO RETURN				M	SEN
491	NO RETURN				M	SEN
492	HEYNES	IGSHAAN	TOP FORM	43	M	40
493	DHWAY	RAZAK	VOB	51	M	50
494	NO RETURN				M	SEN
495	KOOYMAN	SHANE	SOUTH	29	M	SEN
496	BROWN	SEAN	TEMP	26	M	SEN
497	WATERHOUSE	G	VOB	46	M	45
498	CLOETE	NATHALIE	TEMP	36	F	35
499	MACKRILL	BRONWEN	HELDERBERG	43	F	40
500	DIENER	MICHELE	VOB	46	F	45
501	REINHARDT REAS	PETRA	VOB	45	F	45
502	ALCOCK	CK	TEMP	45	M	45
503	CROMBIE	D	AAC	51	M	50
504	ALCOCK	B	VOB	47	M	45
505	HOOK	SUE	MP CELTIC	49	F	45
506	COHEN	JO	VOB	44	F	40
507	CAMMIDGE	JACK	FISH HOEK	67	M	65
508	FRIESLAAR	NICOLA	VOB	31	F	SEN
509	WEWEGE	ASHLEY	TEMP	38	M	35
510	NIKIFOROS	JOLENE	TEMP	29	F	SEN
511	MOHAMMED	GAVIN	NB GUGS	42	M	40
512	WRATTEN	MARILYN	STRAND	52	F	50
513	MILLIGAN	CLIVE	METROPOLITAN	44	M	40
514	THERON	FRANZISKA	METROPOLITAN	49	F	45
515	MATTHYS	EDDIE	HEWAT	46	M	45
516	FAKIER	S	TOP FORM	38	M	35
517	JACK	BRIAN	TOP FORM	51	M	50
518	PRETORIUS	MARTHA	TOP FORM	35	F	35
519	SMIT	MERVIN	TOP FORM	51	M	50
520	KINDO	JOY	TOP FORM	50	F	50
521	MOHAMED	ADNAAN	TOP FORM	38	M	35
522	SMITH	SONIA	TOP FORM	48	F	45
523	JOHAAR	FERIAL	TOP FORM	47	F	45
524	ARNOLD	ROBERT	TOP FORM	48	M	45
525	ILLEGIBLE	JAMEEL	TOP FORM	40	M	40
526	CIEVERTS	HP	TOP FORM	47	M	45
527	JONES	DAVID	SPARTAN	59	M	55
528	NO RETURN				M	SEN
529	ARENDSE	RINALDA	SPARTAN	43	F	40
530	WARLEY	MAAJID	SPARTAN	59	M	55
531	QUINTARD		SPARTAN	49	F	45
532	JOHANNES	DERICK	SPARTAN	47	M	45
533	GRANGER	STEPHEN	VOB	50	M	50
534	BEAUMONT	JUDY	TEMP	42	F	40
535	NO RETURN				F	SEN
536	RICHFIELD	ROSALIE	SPARTAN	54	F	50
537	HUGGETT	ANDREA	HARFIELD	31	F	SEN
538	MARAIS	LONA	TEMP	40	F	40
539	WALKER	JACKIE	EDGEMEAD	46	F	45
540	CULLEN	CAT	HOUT BAY	24	F	SEN
541	NIEMAND	R	DURBAC	35	F	35
542	SNEYD	T	DURBAC	39	F	35
543	CARMOLIN	ERIK	HOUT BAY	59	M	55

544	MAGGOTT	JULIAN	METROPOLITAN	45	M	45
545	BURNS	MANDY	FISH HOEK	33	F	SEN
546	BIRD	E	STRAGGLERS	48	M	45
547	McCALLUM	ANITA	RUN WALK 4	39	F	35
548	JORDAAN	D	TEMP	32	M	SEN
549	NO RETURN				M	SEN
550	EGAN	JOHN	VOB	43	M	40
551	LESLIN	THYRA	TEMP	39	F	35
552	VAN HUYSTEEN	KAREN	FISH HOEK	44	F	40
553	BRUINDERS	VERONICA	SPARTAN	45	F	45
554	GRIFFIN	D	WESTVILLE	55	M	55
555	NO CARD				M	SEN
556	TOOLEY	BILL	MP CELTIC	62	M	60
557	GRACE	JAMES	TEMP	27	M	SEN
558	KRUGER	JUSTIN	FIT 2000	33	M	SEN
559	FUTTER	CATHERINE	VOB	27	F	SEN
560	NICHOLSON	KAT	AAC	45	F	45
561	SAMODIE	RUWAYDAH	SPARTAN	42	F	40
562	PHILANDER	CLARENCE	TEMP	34	M	SEN
563	WAKER	NICOLE	VOB	32	F	SEN
564	GIVAN	CAROL	TEMP	48	F	45
565	ARENDSE	ELROY	METROPOLITAN	32	M	SEN
566	ADAMS	HENRY	METROPOLITAN	54	M	50
567	SLACK	PAUL	VOB	48	M	45
568	JACKELMAN	JAMES	TEMP	45	M	45
569	BOEDEN	GREGORY	VOB	30	M	SEN
570	MICHELL	GREG	STELLA AC	55	M	55
571	TAYLOR	ELISABETH	SPARTAN	43	F	40
572	WILLIS	GREGORY	TOP FORM	50	M	50
573	NEL	VENITA	TYGERBERG	35	F	35
574		MARK	HEWAT	40	M	40
575	VOGES	ARISA	TYGERBERG	42	F	40
576	HARTNICK	JOHN	PAARL	52	M	50
577	ELS	LINDA	FISH HOEK	37	F	35
578	MARTIN	GREG	HOUT BAY	37	M	35
579	HATTINGH	STEVE	FISH HOEK	45	M	45
580	FARMER	D	STRAND		M	40
581	GILBERT	V	MELKBOS	45	M	45
582	CORBISHLEY	Y	RAC	49	F	45
583	HAUPT	ALAN	FISH HOEK	46	M	45
584	SAULS	JOAN	ESKOM GIJIMAS	45	F	45
585	KINDO	MERVYN	TOP FORM	52	M	50
586	CURTIS	JULIA	MP CELTIC	38	F	35
587	MATTHEWS	J	TEMP	45	M	45
588	VAN DER VALK	JOANNE	MP CELTIC	50	F	50
589	SYMINGTON	P	TEMP	50	M	50
590	KOHNE	ROGER	WPCC		M	40
591	SIDDONS	MARK	DURBAC	45	M	45
592	DANIELS	BRUCE	DURBAC	50	M	50
593	BURNS	ROB	DURBAC	55	M	55
594	MULLER	GLENN	OLD MUTUAL	36	M	35
595	FLORIS	DENNIS	MP CELTIC	41	M	40
596	SCHOEMAN	KATIE	PINELANDS	55	F	55
597	SEARLE	GRAEME	TOP FORM	39	M	35
598	BOSCH	A	SANLAM	55	M	55

599	ISAACS	JANNIE	SANLAM	52	M	50
600	HOWES	B	FISH HOEK		F	40
601	McGLEN	L	VOB	44	F	40
602	FOURIE	HAZEL	STRAND	45	F	45
603	BRAND	MARTIN	PINELANDS	43	M	40
604	HAYNES	GARY	PINELANDS	49	M	45
605	CLEMEN	STACEY	WEST COAST	41	F	40
606	WILL	TONY	PINELANDS	56	M	55
607	CLOETE	PIERRE	PINELANDS	54	M	50
608	HAYNES	LINDA-JANE	PINELANDS	44	F	40
609	NANCY	WILL	PINELANDS	53	F	50
610	ROGERS	ALAIN	PINELANDS	35	M	35
611	SCHNEHAGE	CHRIS	PINELANDS	52	M	50
612	SMITH	HAYLEY	PINELANDS	39	F	35
613	LOMAX	KAREN	PINELANDS	47	F	45
614	DAWES	JOHN	PINELANDS	45	M	45
615	SWANSON	PATRICK	PINELANDS	43	M	40
616	TSUAR	TIM	PINELANDS	40	M	40
617	WALLER	DELENE	PINELANDS	46	F	45
618	MORTLEY	MICHAEL	PINELANDS	40	M	40
619	HILL	LIONEL	CERES	64	M	60
620	CARL	AE	BELLVILLE		M	50
621	HANEKOM	ARRIE	BELLVILLE	47	M	45
622	THORNE	B	PINELANDS	55	M	55
623	ENUS	NASRULLA	TOP FORM	49	M	45
624	BRINK	PAUL	DURBAC	51	M	50
625	HOWARD	JUDY	HOUT BAY	46	F	45
626	DUNSTAN	KLEM	FISH HOEK	54	M	50
627	MARKS	MALCOLM	HEWAT	49	M	45
628	CECIL		METROPOLITAN	47	M	45
629	NO CARD				F	SEN
630	GLEN	LYNETTE	VOB	46	F	45
631	HUBER	JOSEF	TEMP	65	M	65
632	VAN SOEST	ABE	ESKOM GIJIMAS	58	M	55
633	STRYDOM	CAROLYN	HOUT BAY	54	F	50
634	ENGELBRECHT	SCHALK	MITTAL AVT	48	M	45
635	FULTON	CAROLYN	TEMP	39	F	35
636	TARR	ROB	FISH HOEK	50	M	50
637	DE BRANDT	PIERRE	WEST COAST	38	M	35
638	CRONJE	ANTHONY	VOB	51	M	50
639	CUBITT	TIM	HARMONY WP	50	M	50
640	DOONER	CHRIS	SANDF WP	53	M	50
641	KASFIKIS	MICHELE	FISH HOEK	43	F	40
642	FRANK	JOSEPH	SPARTAN	40	M	40
643	BLANK CARD				F	50
644	LAMB	CEDRIC	PINELANDS	55	M	55
645	HORNE	ROBIN	TEMP	47	M	45
646	JACOBS	BERNICE	SPARTAN	45	F	45
647	TEMMERS	GAIL	SPARTAN	48	F	45
648	STEVE		TEMP	20	M	SEN
649	WALLACE	MIKE	FIT 2000	42	M	40
650	NEETHLING	J	PAARL	50	M	50
651	HECTOR	STEPHEN	STRAGGLERS	41	M	40
652	OLIVER	MARIAN	TEMP	39	F	35
653	BOCOCK	IAN	FORESTERS	57	M	55

654	PRODGERS	REED	FORESTERS	53	M	50
655	THOMPSON	DAVID	FORESTERS	48	M	45
656	KEY	BRIAN	FORESTERS	67	M	65
657	DE GENDT	JOS	FORESTERS	61	M	60
658	WRIGHT	GAVIN	FORESTERS	46	M	45
659	ROGERS	TRACY	FORESTERS	34	F	SEN
660	ROGERS	EVAN	FORESTERS	38	M	35
661	BRIMBLE	J	FORESTERS		M	50
662	GARROD	KP	FORESTERS	45	M	45
663	BEARD	SONIA	FORESTERS	58	F	55
664	HERRMANN	A	FORESTERS		M	40
665	CAINE	JANET	FORESTERS	44	F	40
666	SALT	JOHN	FISH HOEK	48	M	45
667	SCHRIKKER	AC	EDGEMEAD	51	M	50
668	MARSHALL	B	RUN WALK 4		F	SEN
669	VAN DER	WILBE	STRAND	61	F	60
670	MARSHALL	HOLDEN	TEMP	43	M	40
671	ARENDSE	ROGER	SPARTAN	40	M	40
672	ISAACS	ASSRAF	METROPOLITAN	43	M	40
673	SPARKS	LINDA	HOUT BAY		F	40
674	MUNIAN	A	EDGEMEAD	33	M	SEN
675	JOHNSON	SHERWIN	TEMP	35	M	35
676	SCHERRER	MARIE	OUTENIQUA	50	F	50
677	SHILLINGTON	FA	TEMP	58	M	55
678	INGRAM	JILL	FORESTERS	40	F	40
679	AHMED	M SALIE	TEMP	43	M	40
680	McINTOSH	CHRISTINE	HARMONY WP	48	F	45
681	FREDERICKS	ANILISE	NB GUGS	48	F	45
682	DA SILVA	JENNY	METROPOLITAN	45	F	45
683	LEETJER	CHER	MP CELTIC	28	F	SEN
684	WESSON	NICKI	MP CELTIC	37	F	35
685	JAMES	SHARON	PINELANDS	46	F	45
686	TAYLOR	CATHY	DURBAC	63	F	60
687	JAFFER	MOHAMED	VOB	44	M	40
688	STOPPERMAN	RONNIE	ROCKY RR	62	M	60
689	NO RETURN				M	SEN
690	COLLINS	MALCOLM	SPARTAN	40	M	40
691	MICHAELS	CECILY	HELDERBERG	52	F	50
692	MARCUS	KASHIF	UCT	41	M	40
693	FRAZER	BOB	HELDERBERG	64	M	60
694	WILSON	W	VOB	61	M	60
695	TAYLOR	MICHELLE	EDGEMEAD	37	F	35
696	BLANK CARD				F	SEN
697	ERFORT	ROBIN	SPARTAN	51	M	50
698	GRAHAM	PETER	FLORIDA	66	M	65
699	GRAHAM	ROBERT	HOUT BAY	32	M	SEN
700	BLANK CARD				F	50
701	BLANK CARD				M	50
702	HITCHCOCK	JULIAN	TEMP	49	M	45
703	RIFAED SAMBO	MOEGAMAT	TOP FORM	34	M	SEN
704	HARGREAVES	E	MP CELTIC	59	M	55
705	SCHULLER	RENE	TOP FORM	38	F	35
706	SCHULLER	TASWELL	TOP FORM	40	M	40
707	CHIRUME	C	AAC	47	M	45
708	DU TOIT	LORETTE	TEMP	34	F	SEN

709	GROBLER	KOBA	TEMP	22	F	SEN
710	ALLAN	KIKI	FISH HOEK	47	F	45
711	ROSSOUW	DOUGLAS	FISH HOEK	42	M	40
712	NO RETURN				M	SEN
713	BECKETT	JANA	TEMP	46	F	45
714	DAVIDS	CONNELL	SPARTAN	57	M	55
715	SALEEM ALLIE	MOHAMED	TOP FORM	43	M	40
716	HILL	MARIE	CERES	60	F	60
717	JOSEPHSON	H	AAC	67	F	65
718	ATTENBOROUGH	C	VOB	34	F	SEN
719	KEARNS	GHOLA	MP CELTIC	60	F	60
720	BLANK CARD				F	50
721	SNELL	M	MP CELTIC	36	F	35
722	SNELL	GAVIN	MP CELTIC	43	M	40
723	GORTON	MIKA	TEMP	39	F	35
724	THERON	K	STRAND	37	F	35
725	YANAGAWA	MARI	TEMP	43	F	40
726	MILES	EDDIE	RAC	65	M	65
727	KETTLEWELL	CHARLOTTE	VOB	57	F	55
728	SCHREVE	P	WELLINGTON	69	M	65
729	JAMES	M	PINELANDS	45	M	45
730	STURROCK	COLLEEN	TEMP	42	F	40
731	DA SILVEIRA	IZABEL	TYGERBERG	57	F	55
732	ELLOKER	SORAYA	SPARTAN	45	F	45
733	SIERMAND	VINCENT R	SPARTAN	43	M	40
734	BLANK CARD				M	50
735	WILLIAMS	FARIEDA	VOB	46	F	45
736	CARMEN	J	TOP FORM	28	F	SEN
737	FREDERICKS	ELIZABETH	TOP FORM	44	F	40
738	NO CARD				F	SEN
739	JONES	SANDRA	TOP FORM	50	F	50
740	ABRAHAMS	IRAFAN	TEMP	46	M	45
741	MEYER	FAROUK	TEMP	54	M	50
742	BROWN	MICHAEL	EDGEMEAD	55	M	55
743	FLINT	M	AAC	36	F	35
744	ILLEGIBLE	D	ROCKY RR	62	M	60
745	DELPORT	STEPHEN	HARMONY WP	42	M	40
746	VAN BLERK	GLENDIA	EDGEMEAD		F	50
747	GINGE		EDGEMEAD	45	F	45
748	AUGUST	COLLEEN	VOB	37	F	35
749	NO CARD				F	SEN
750	SHILLINGTON	JOHN	VARISTY KUDUS	60	M	60
751	JONSON	HILARY	TEMP	39	F	35
752	DE KOCK	MARGARET	TEMP	36	F	35
753	BLANCHARD	M	METROPOLITAN	45	M	45
754	STEWART	MIKE	VOB	64	M	60
755	ABRAHAMS	LIONEL	OLD MUTUAL	56	M	55
756	DOUGAN	C	NB GUGS	51	M	50
757	BRITS	MARTHIE	CHAPPIES CGA	43	F	40
758	STEVENS	WENDY	DURBAC	42	F	40
759	SPAHN	CHRISTINE	DURBAC	49	F	45
760	BLANK CARD				F	SEN
761	MARTIN	SARAH	METROPOLITAN	47	F	45
762	KIM		TEMP	32	F	SEN
763	ANDREW	JANE	MP CELTIC	35	F	35

764	KATZ	KATHY	BENONI	57	F	55
765	KATZ	P	BENONI	58	M	55
766	WHITMILL	PAUL	FIT 2000	36	M	35
767	GARBERS	FELICITY	VOB	45	F	45
768	GARBERS	NEIL	VOB	48	M	45
769	ALUND	PEN	TEMP	62	F	60
770	JOOSTE	ELSABE	HARMONY WP	52	F	50
771	SWANEPOEL	MARTIE	HARMONY WP	34	F	SEN
772	VILJOEN	LIZELLE	SANLAM	23	F	SEN
773	SIMONS	FAIZA	TEMP	40	F	40
774	NORMAN	CLIVE	MP CELTIC	51	M	50
775	TOOLEY	PHYLLIS	MP CELTIC	54	F	50
776	ATKINSON	DAGMAR	STRAND	42	F	40
777	ENGELBRECHT	THERESA	MITTAL AVT	19	F	JUN
778	CALITZ	ROZANNE	TEMP	16	F	JUN
779	CALITZ	PIERRE	H PERF MIDAS	45	M	45
780	NO RETURN				M	SEN
781	HILL	SIMON	IRENE	29	M	SEN
782	LEVERTON	RUTH	PINELANDS	53	F	50
783	HILL	HEATHER	IRENE	28	F	SEN
784	KISSACK	GRAHAM	SPARTAN	56	M	55
785	BASHEER	R	SUNSHINE HMP	31	M	SEN
786	KOTZE	ALTA	TYGERBERG	44	F	40
787	CLAMP	DAVID	TEMP	43	M	40
788	ROHLAND	LIANE	FISH HOEK	40	F	40
789	MAITLAND	STEVE	RUN WALK 4	45	M	45
790	ABRAHAMS	ROLAND	HEWAT	50	M	50
791	TAFT	DOUGLAS	VOB	43	M	40
792	O`BERNE	DI	TEMP	39	F	35
793	EYGELAAR	IRENE	EDGEMEAD	60	F	60
794	NO CARD				F	SEN
795	HARKER	ANTHONY	PICK n PAY	36	M	35
796	SILVER	CHRISTOLINE	VOB	37	F	35
797	STROH	A	STRAND	43	F	40
798	NO CARD				F	SEN
799	CALITZ	RENE	H PERF MIDAS	48	F	45
800	FILLMORE	GRAHAM	TOP FORM	58	M	55
801	BARNETT	RICHARD	MP CELTIC	67	M	65
802	TAYLOR	BUCK	SANDF WP	69	M	65
803	MARAIS	DENISE	TRANSNET WP	45	F	45
804	DE LA MOTTE	C	BEDFORDVIEW	39	F	35
805	VAN BLERCK	L	TEMP	50	M	50
806	BASHEER	S	SUNSHINE HMP	32	F	SEN
807	SOLOMON	KEITH	HEWAT	44	M	40
808	ERFORT	MARILYNE	SPARTAN		F	50
809	NO CARD				F	SEN
810	STAN		TEMP	49	M	45
811	FAZLYN		TYGERBERG	46	F	45
812	FOSKETT	KAYE	VOB	44	F	40
813	DENNIS	PHILIP	EDGEMEAD	43	M	40
814	SOLOMON	INGRID	HEWAT	42	F	40
815	BEUKES	WYNAND	SANLAM	53	M	50
816	NO CARD				M	SEN
817	HENDRIKSE	ELIZKA	DURBAC	35	F	35
818	DICK	RENE	VOB	41	F	40

819	HOFFA	KAREN	SOUTH	34	F	SEN
820	LAKER	DENISE	RUN WALK 4	52	F	50
821	DU TOIT	ALETTA	BELLVILLE	54	F	50
822	NO CARD				F	SEN
823	BROXHAM	RON	RUN WALK 4	65	M	65
824	RICHFIELD	JULIAN	SPARTAN	55	M	55
825	CYSTER	CLIVE	TEMP	52	M	50
826	ROBERTS	JACK	YEBO STRIDERS	49	M	45
827	THERON	CELESTE	TEMP	46	F	45
828	NO CARD				F	SEN
829	SUNGSBY	DAVID	TEMP	61	M	60
830	NO CARD				M	SEN
831	YOUENS	DEREK	FISH HOEK	48	M	45
832	PAUL	ULLA	SPARTAN	63	F	60
833	NO CARD				F	SEN
834	NO CARD				M	SEN
835	GODFREY	ALLAN	PICK n PAY	37	M	35
836	SHER	CECIL	STELLA AC	57	M	55
837	CAMERON	RUTH	SPARTAN	49	F	45
838	UNITE	LESLEY	MP CELTIC	44	F	40
839	MANN	MARGIE	WPCC	46	F	45
840	SWART	ANNALENE	SAPS WP	43	F	40
841	SWART	JAN	SAPS WP	46	M	45
842	KINGSWELL	VINCENT	VOB	70	M	70
843	LANHAM	CAMILLA	TEMP	16	F	JUN
844	NEETHLING	ERNEST	STRAND	47	M	45
845	MALYON	JENNIE	DURBAC	49	F	45
846	CAMERON	LESTER	SPARTAN	49	M	45
847	KLEINSCHMIDT	MACKIE	SPARTAN	55	M	55
848	MILNER	SAM	SPARTAN	74	M	70
849	WITTEN	JEAN	TEMP	48	F	45
850	PIENAAR	JACKIE	TEMP	48	F	45
851	LANNING	ROB	FIT 2000	65	M	65
852	WEBSTER	ERIC	MP CELTIC	78	M	75
853	GRUNDLINGH	ANDRE	NEWCASTLE	50	M	50
854	GRUNDLINGH	ELSA	NEWCASTLE	50	F	50
855	ADAMS	GERALDINE	RUN WALK 4	49	F	45
856	BULLIVANT	D	RUN WALK 4	50	F	50
857	DEVINE	DERRY	VOB	70	M	70
858	VAN ROOYEN	SUZI	VAAL AC	32	F	SEN
859	LATIMER	BERNIE	DURBAC	36	F	35
860	SELLER	HELEN	WEST COAST	52	F	50
861	LUMB	VALERIE	SPARTAN	64	F	60
862	SELLER	BRIAN	WEST COAST	59	M	55
863	SHER	KATHY	STELLA AC	55	F	55
864	FRIEDMAN	ROY	FIT 2000 CGA	55	M	55
865	SONDAY	TILLY	SPARTAN	64	F	60
866	McULESTER	ROB	WEST COAST	42	M	40
867	SPIILHAUS	MARK	TEMP	50	M	50
868	ISAACS	REGINA	EERSTERIVIER	45	F	45
869	NO RETURN				F	SEN
870	MORRIS	PRELILA	RUN WALK 4	47	F	45
871	WILLCOCK	DOREEN	RUN WALK 4	58	F	55
872	KLEIN	L	TEMP	60	F	60
873	STRAUSS	ELRI	RUN WALK 4	35	F	35

874	VENTER	JAN	TEMP	39	M	35
875	VAN RHYN	PAM	TEMP	58	F	55
876	WRIGHT	DEBBIE	FORESTERS	46	F	45
877	BALARIN	MARIANNE	VOB	71	F	70
878	BUCKLAND	NEIL	SOUTH	45	M	45
879	JOSEPHS	MARLO	SOUTH	33	M	SEN

**Sonia Harlock**

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