



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
1	1	1	35-39	467	Thulani	Sidziya	Male	Other	02:39:10	-	03:47 min/km
2	1	2	40-44	578	Mndeni	Zulu	Male	Oxford Striders	02:39:38	+00:28.015	03:48 min/km
3	2	3	40-44	527	Welcome	Tishini	Male	Nedbank Running Club East London	02:41:51	+02:40.648	03:51 min/km
4	2	4	35-39	53	Peter	Chiwaya	Male	Oxford Striders	02:43:17	+04:06.731	03:53 min/km
5	1	5	45-49	552	Masimini	Vandabhayi	Male	Other	02:43:35	+04:25.012	03:53 min/km
6	3	6	40-44	749	Warren	Kidgell	Male	Other	02:45:43	+06:32.822	03:56 min/km
7	3	7	35-39	747	Msinidisi	Tapolisi	Male	Real Gijimas	02:46:47	+07:37.098	03:58 min/km
8	4	8	40-44	9122	Xolile	Mashicila	Male	Overtakers Sports Club	02:49:23	+10:13.255	04:01 min/km
9	2	9	45-49	445	Zakuthini	Retyu	Male	Queenstown Harriers	02:51:39	+12:28.958	04:05 min/km
10	4	10	35-39	145	Mkhululi	Jack	Male	Other	02:51:52	+12:42.377	04:05 min/km
11	1	1	Under 35	489	Stephanie	Smith	Female	Other	02:52:07	+12:57.043	04:05 min/km
12	1	11	Under 35	372	Thandalwethu	Nobatana	Male	Old Mutual Athletics Club - East London	02:53:07	+13:56.577	04:07 min/km
13	5	12	35-39	577	Daniel	Zinman	Male	Rocky Road Runners Club	02:53:11	+14:00.658	04:07 min/km
14	2	13	Under 35	129	Vuyolwethu	Hagile	Male	Other	02:54:39	+15:29.183	04:09 min/km
15	1	14	30-34	597	Phumlani	Sikweza	Male	Oxford Striders	02:54:44	+15:33.878	04:09 min/km
16	5	15	40-44	668	Mthunzi	Njaca	Male	Oxford Striders	02:55:27	+16:16.867	04:10 min/km
17	3	16	45-49	635	Mbuyisi	Ndoloshe	Male	Adventists Athletics Club	02:55:38	+16:27.570	04:10 min/km
18	3	17	Under 35	536	Sandi	Tshemese	Male	Other	02:56:31	+17:20.473	04:12 min/km
19	6	18	35-39	657	Mbongeni	Ngxatha	Male	Real Gijimas	02:57:34	+18:23.723	04:13 min/km
20	4	19	45-49	94	Vaughan	Emslie	Male	Oxford Striders	02:57:42	+18:31.680	04:13 min/km
21	6	20	40-44	9130	Bata	Toto	Male	BRAC - KWT	02:57:43	+18:32.742	04:13 min/km
22	1	2	35-39	189	Caryn	Lategan	Female	Born 2 Run AC Border	02:58:16	+19:05.773	04:14 min/km
23	7	21	35-39	191	Kurt	Leibach	Male	Oxford Striders	02:58:22	+19:11.676	04:14 min/km
24	7	22	40-44	440	Bryan	Ranger	Male	Old Selbornian Road Runners	02:58:24	+19:13.561	04:14 min/km
25	2	3	35-39	438	Lauren	Ranger	Female	Born 2 Run AC Border	02:58:28	+19:17.555	04:14 min/km
26	8	23	40-44	711	Simoni	Poni	Male	None	02:58:30	+19:19.854	04:14 min/km
27	1	24	55-59	319	Mzoli	Mpalala	Male	Old Mutual Athletics Club - East London	02:58:45	+19:34.542	04:15 min/km
28	2	25	30-34	610	Buntu	Xoki	Male	Adventists Athletics Club	02:59:18	+20:07.452	04:16 min/km
29	3	4	35-39	441	Andrea	Ranger	Female	Born 2 Run AC Border	02:59:33	+20:22.936	04:16 min/km
30	4	5	35-39	741	Ingrid	Webber	Female	Oxford Striders	02:59:49	+21:38.749	04:18 min/km
31	8	26	35-39	648	Nkululo	Mkhuzo	Male	Buffalo City Municipal AC	03:01:10	+21:59.491	04:18 min/km
32	9	27	35-39	9121	Samuel	Luqongo	Male	Overtakers Sports Club	03:02:58	+23:48.361	04:21 min/km
33	10	28	35-39	9124	Samkelo	Sinyongo	Male	Other	03:03:52	+24:41.421	04:22 min/km
34	5	29	45-49	9096	Desmond	Witbooi	Male	Born 2 Run AC Border	03:04:04	+24:54.176	04:22 min/km
35	11	30	35-39	9108	Celani	Vembo	Male	Other	03:04:21	+25:10.693	04:23 min/km
36	6	31	45-49	426	Thandabantu	Poswa	Male	Buffalo Runners Athletics Club	03:05:08	+25:57.592	04:24 min/km
37	12	32	35-39	516	Bongolethu	Tawo	Male	Correctional Services Border	03:06:02	+26:51.978	04:25 min/km
38	9	33	40-44	142	Mabona	Holiwe	Male	Other	03:06:02	+26:52.142	04:25 min/km
39	4	34	Under 35	147	Lwando	Jack	Male	Old Mutual Athletics Club - East London	03:06:09	+26:59.350	04:25 min/km
40	5	35	Under 35	475	Mzukisi	Sindiwe	Male	Nedbank Running Club East London	03:06:54	+27:44.043	04:27 min/km
41	3	36	30-34	671	Sabelo	Makhaye	Male	Eskom Athletics Club Eastern Cape	03:07:16	+28:05.738	04:27 min/km
42	10	37	40-44	202	Wayne	Maart	Male	Born 2 Run AC Border	03:07:18	+28:08.049	04:27 min/km
43	7	38	45-49	592	Robert	Zive	Male	Other	03:07:20	+28:09.624	04:27 min/km
44	1	39	50-54	258	Mnyamana	Maxwell	Male	Real Gijimas	03:07:55	+28:44.997	04:28 min/km
45	2	40	50-54	405	Thembile	Nyokana	Male	Other	03:07:59	+28:48.510	04:28 min/km
46	11	41	40-44	638	Bongani	Mtiya	Male	Old Mutual AC	03:08:02	+28:51.847	04:28 min/km
47	12	42	40-44	124	Patrick	Gqotile	Male	Nedbank Running Club East London	03:09:19	+30:09.310	04:30 min/km
48	6	43	Under 35	702	Andrew	Liddle	Male	None	03:09:31	+30:20.488	04:30 min/km
49	8	44	45-49	264	Vusumzi	Mbila	Male	Other	03:09:39	+30:28.942	04:30 min/km
50	2	6	Under 35	715	Melanie	Schemel	Female	Born 2 Run AC Border	03:09:48	+30:37.503	04:31 min/km
51	13	45	35-39	453	Babalalo	Sanqela	Male	Old Mutual Athletics Club - East London	03:10:08	+30:57.463	04:31 min/km
52	4	46	30-34	633	Max	Somdaka	Male	Other	03:10:10	+30:59.811	04:31 min/km
53	5	7	35-39	93	Melanie	Elsdon	Female	Oxford Striders	03:10:40	+31:29.689	04:32 min/km
54	14	47	35-39	84	Masixole	Dumisa	Male	Buffalo City Municipal AC	03:11:07	+31:56.936	04:33 min/km
55	15	48	35-39	537	Thuso	Tsita	Male	Stutterheim AC	03:12:20	+33:09.720	04:34 min/km
56	9	49	45-49	236	Wellington	Mangena	Male	Adventists Athletics Club	03:12:25	+33:15.253	04:34 min/km
57	6	8	35-39	521	Nicole	Thysse	Female	Oxford Striders	03:12:53	+33:42.728	04:35 min/km
58	16	50	35-39	685	Themba Vincent	Mbukushe	Male	None	03:12:58	+33:48.301	04:35 min/km
59	17	51	35-39	680	Fernal	Weston	Male	Born 2 Run AC Border	03:14:11	+35:00.644	04:37 min/km
60	13	52	40-44	360	Mzwanele	Ngoqo	Male	Other	03:14:15	+35:04.672	04:37 min/km
61	14	53	40-44	541	Tembisile	Vakele	Male	Eskom Athletics Club Eastern Cape	03:14:36	+35:25.458	04:37 min/km
62	18	54	35-39	723	Tonolo	Molosi	Male	Eskom Athletics Club Eastern Cape	03:14:38	+35:28.117	04:38 min/km
63	19	55	35-39	324	Zukile	Mqwebedu	Male	Buffalo Runners Athletics Club	03:14:53	+35:43.335	04:38 min/km
64	10	56	45-49	9100	Dumisani	Spamla	Male	Nedbank Running Club	03:15:37	+36:27.183	04:39 min/km
65	15	57	40-44	531	Shaun	Trappier	Male	Oxford Striders	03:15:42	+36:31.656	04:39 min/km
66	7	9	35-39	125	Brenda	Graham	Female	Oxford Striders	03:15:45	+36:34.652	04:39 min/km
67	16	58	40-44	379	Nzuzo	Noqekwa	Male	Nedbank RC	03:16:01	+36:51.277	04:40 min/km
68	20	59	35-39	750	Hewitt	Moni	Male	None	03:16:16	+37:05.736	04:40 min/km
69	7	60	Under 35	559	Vukile	Vimbela	Male	Goodwood Harriers Running Club	03:16:55	+37:44.947	04:41 min/km
70	17	61	40-44	97	Zamiwonga	Fani	Male	Nedbank Running Club East London	03:17:35	+38:25.113	04:42 min/km
71	18	62	40-44	634	Mawande	Temhani	Male	Other	03:17:57	+38:47.125	04:42 min/km
72	21	63	35-39	596	Senzo	Ndlovo	Male	Other	03:18:01	+38:51.346	04:42 min/km
73	11	64	45-49	389	Vincent	Ntamo	Male	All Stars AC	03:18:06	+38:55.956	04:43 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
74	8	10	35-39	115	Rianda	Gilliland	Female	Atlantic Athletic Club	03:18:13	+39:02.617	04:43 min/km
75	5	65	30-34	9113	Bricky	Mahlangeni	Male	Overtakers Sports Club	03:18:45	+39:35.155	04:43 min/km
76	22	66	35-39	563	Duncan	Webb	Male	Oxford Striders	03:19:40	+40:30.126	04:45 min/km
77	6	67	30-34	664	Mgcini	Gwubu	Male	Adventists Athletics Club	03:20:09	+40:59.203	04:45 min/km
78	12	68	45-49	73	Gcinumzi	Dekeda	Male	Other	03:20:22	+41:11.840	04:46 min/km
79	8	69	Under 35	292	Lonwabo	Mkalipi	Male	Old Mutual Athletics Club - East London	03:20:34	+41:24.144	04:46 min/km
80	23	70	35-39	439	Murray	Ranger	Male		03:20:36	+41:25.550	04:46 min/km
81	9	71	Under 35	334	Anele	Mtshewu	Male	Real Gijimas	03:21:34	+42:24.157	04:47 min/km
82	24	72	35-39	103	Shane	Forward	Male	Nedbank Running Club East London	03:22:22	+43:12.268	04:49 min/km
83	10	73	Under 35	171	Faizel	Kitching	Male	Other	03:22:46	+43:36.188	04:49 min/km
84	11	74	Under 35	309	Viwe	Mnyaka	Male	Nedbank Running Club East London	03:23:18	+44:07.599	04:50 min/km
85	12	75	Under 35	429	Julian	Pretorius	Male	Oxford Striders	03:23:38	+44:27.790	04:50 min/km
86	25	76	35-39	321	Sabelo	Mponco	Male	Other	03:23:46	+44:35.503	04:51 min/km
87	19	77	40-44	590	Vuyo	Menze	Male	Old Mutual AC	03:24:02	+44:52.117	04:51 min/km
88	20	78	40-44	9115	Phiwe	Boyce	Male	Other	03:24:05	+44:54.951	04:51 min/km
89	3	79	50-54	325	Sifiso	Msane	Male	Hollywoodbets Athletics Club	03:24:24	+45:13.579	04:51 min/km
90	4	80	50-54	367	Vukile	Njengele	Male	Old Mutual Athletics Club - East London	03:25:11	+46:00.830	04:53 min/km
91	5	81	50-54	603	Freddie	Cochran	Male	MBSA	03:25:20	+46:09.917	04:53 min/km
92	9	11	35-39	9112	Franza	Landman	Female	Old Selbornian Road Runners	03:25:27	+46:16.607	04:53 min/km
93	6	82	50-54	9097	Liam	Victor	Male	Old Selbornian Road Runners	03:25:27	+46:16.889	04:53 min/km
94	21	83	40-44	204	Nikelo	Mabandla	Male	Old Mutual Athletic Club	03:25:36	+46:26.276	04:53 min/km
95	13	84	45-49	106	Sadick	Fredericks	Male	Walmers Athletics Club	03:25:37	+46:26.522	04:53 min/km
96	26	85	35-39	177	Komza	Komanisi	Male	Nedbank Athletic Club	03:25:57	+46:46.503	04:54 min/km
97	14	86	45-49	427	Monde	Booi	Male	Inyibiba Athletic Club	03:25:58	+46:48.189	04:54 min/km
98	27	87	35-39	9134	Mbulelo	Ngqonga	Male	Old Mutual AC	03:26:00	+46:49.597	04:54 min/km
99	15	88	45-49	9133	Siphiwo	Soebe	Male	Old Mutual AC	03:26:42	+47:32.337	04:55 min/km
100	2	89	55-59	79	Mncedisi	Dlova	Male	Other	03:27:33	+48:23.248	04:56 min/km
101	13	90	Under 35	226	Mncedisi Christopher Lunga	Makalima	Male	MBSA	03:27:59	+48:48.506	04:57 min/km
102	22	91	40-44	371	Mfesane	Nkwenkezi	Male	Other	03:28:02	+48:51.547	04:57 min/km
103	28	92	35-39	9103	Mbulelo	Madiolo	Male	Other	03:28:11	+49:00.796	04:57 min/km
104	14	93	Under 35	141	Matt	Hofart	Male	Oxford Striders	03:28:13	+49:02.886	04:57 min/km
105	1	94	60-64	332	Ntsikane	Mtshabe	Male	Other	03:28:22	+49:11.951	04:57 min/km
106	15	95	Under 35	223	Ntsindiso	Majali	Male	Other	03:28:45	+49:34.430	04:58 min/km
107	29	96	35-39	504	Unathi	Stoto	Male	Other	03:28:56	+49:45.751	04:58 min/km
108	23	97	40-44	464	Mloyiswa P	Sibanda	Male	Real Gijimas	03:28:56	+49:45.758	04:58 min/km
109	2	98	60-64	331	Ntsikelelo	Mtshabe	Male	Other	03:29:05	+49:55.606	04:58 min/km
110	16	99	Under 35	257	Akhona	Matyobeni	Male	Buffalo City Municipal AC	03:29:13	+50:02.853	04:58 min/km
111	16	100	45-49	452	Siraj	Salie	Male	Lion of Africa Itheko S.A.C	03:29:19	+50:09.105	04:59 min/km
112	7	101	50-54	19	Vittorio	Beltrame	Male	Oxford Striders	03:29:37	+50:27.221	04:59 min/km
113	24	102	40-44	114	Andy	Gibbons	Male		03:29:38	+50:27.429	04:59 min/km
114	30	103	35-39	397	Nkululeko	Ntuli	Male	Old Mutual Athletics Club - East London	03:29:47	+50:37.026	04:59 min/km
115	7	104	30-34	743	Vive Simon	Tshali	Male	Real Gijimas	03:30:18	+51:08.242	05:00 min/km
116	31	105	35-39	650	Dumisani	Mahashi	Male	Real Gijimas	03:30:40	+51:29.651	05:00 min/km
117	32	106	35-39	9128	Thembelani	Manqina	Male	MBSA	03:30:40	+51:30.273	05:00 min/km
118	25	107	40-44	364	Thuthuzela	Ngxoli	Male	BRAC - KWT	03:30:42	+51:31.946	05:01 min/km
119	17	108	45-49	344	Zolani	Myataza	Male	Inyibiba Athletic Club	03:30:46	+51:35.967	05:01 min/km
120	26	109	40-44	9102	Mlamli	Mabulu	Male	Other	03:30:46	+51:36.157	05:01 min/km
121	27	110	40-44	52	Richard	Chigume	Male	Nedbank Running Club East London	03:30:56	+51:45.762	05:01 min/km
122	28	111	40-44	682	Sempe	Tlhotsane	Male	Old Mutual AC	03:31:15	+52:04.971	05:01 min/km
123	8	112	50-54	492	Simphiwe	Soci	Male	Hollywoodbets Athletics Club	03:31:27	+52:16.589	05:02 min/km
124	17	113	Under 35	295	Sisa	Mkaza	Male	Old Mutual Athletics Club - East London	03:31:36	+52:25.466	05:02 min/km
125	3	114	55-59	412	Welile	Payi	Male	Overtakers Sports Club	03:32:14	+53:04.133	05:03 min/km
126	29	115	40-44	530	Chuma	Toni	Male	Other	03:32:16	+53:06.333	05:03 min/km
127	30	116	40-44	716	Craig	Stanyon	Male	None	03:32:19	+53:08.898	05:03 min/km
128	33	117	35-39	33	Thabo	Booi	Male	Nedbank Running Club East London	03:32:29	+53:19.289	05:03 min/km
129	3	118	60-64	561	Mark	Wagenheim	Male	Atlantic Athletic Club	03:32:35	+53:24.547	05:03 min/km
130	34	119	35-39	480	Khaya	Siyaha	Male	BRAC - KWT	03:32:58	+53:48.347	05:04 min/km
131	4	120	55-59	591	Nkosana	Pmolweni	Male	Real Gijimas	03:32:59	+53:48.961	05:04 min/km
132	31	121	40-44	509	Siya	Swapi	Male	Buffalo City Municipal AC	03:33:02	+53:51.525	05:04 min/km
133	35	122	35-39	739	Mzukisi	Pere	Male	BRAC - KWT	03:33:07	+53:56.511	05:04 min/km
134	32	123	40-44	394	Ntandazo	Ludidi	Male	Other	03:33:22	+54:11.958	05:04 min/km
135	1	12	40-44	454	Carmen	Schaefer	Female	Nedbank Running Club East London	03:33:24	+54:13.937	05:04 min/km
136	36	124	35-39	495	Themabela	Solilo	Male	Buffalo City Municipal AC	03:33:27	+54:16.629	05:04 min/km
137	37	125	35-39	148	Luzuko	Jako	Male	MBSA	03:33:56	+54:45.937	05:05 min/km
138	38	126	35-39	230	Asanda	Makupula	Male	Other	03:34:12	+55:01.460	05:05 min/km
139	39	127	35-39	724	Mava	Mahlulo	Male	Real Gijimas	03:34:16	+55:05.798	05:06 min/km
140	5	128	55-59	36	Colin	Bosch	Male	Old Selbornian Road Runners	03:34:25	+55:14.929	05:06 min/km
141	3	13	Under 35	301	Noligwa	Mkungeka	Female	Real Gijimas	03:34:43	+55:32.618	05:06 min/km
142	18	129	Under 35	76	Siphethuxolo	Dinga	Male	Nedbank Running Club East London	03:34:53	+55:42.765	05:06 min/km
143	18	130	45-49	585	Dalikhaya	Hlalukana	Male	Buffalo City Municipal AC	03:35:54	+56:43.640	05:08 min/km
144	33	131	40-44	545	Zaahir	Van Der Schyff	Male	Lion of Africa Itheko S.A.C	03:36:21	+57:10.713	05:09 min/km
145	19	132	45-49	9088	Pumzile	Ncapayi	Male	Other	03:36:38	+57:27.409	05:09 min/km
146	34	133	40-44	745	Desmond	Bekker	Male	Living Free AC	03:36:39	+57:29.093	05:09 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
147	9	134	50-54	744	Michael	Webb	Male	Gonubie Harriers	03:36:39	+57:29.212	05:09 min/km
148	2	14	40-44	654	Karen	Albertyn	Female	Oxford Striders	03:36:47	+57:36.744	05:09 min/km
149	10	15	35-39	718	Simone	Whittington	Female	None	03:37:28	+58:18.052	05:10 min/km
150	35	135	40-44	368	Isaac	Nkhahle	Male	Hollywoodbets Athletics Club	03:37:29	+58:18.639	05:10 min/km
151	8	136	30-34	581	Zukile	Tokwe	Male	Inyibiba Athletic Club	03:37:29	+58:18.739	05:10 min/km
152	19	137	Under 35	310	Nkosnathi	Mnyanda	Male	Real Gijimas	03:37:33	+58:23.004	05:10 min/km
153	40	138	35-39	266	Xolisile	Mbiza	Male	Old Mutual Athletics Club - East London	03:37:33	+58:23.055	05:10 min/km
154	41	139	35-39	72	Lionel	Dearlove	Male	Oxford Striders	03:37:34	+58:23.608	05:10 min/km
155	36	140	40-44	533	Sizwe	Tsama	Male	Old Mutual Athletics Club - East London	03:37:40	+58:29.515	05:10 min/km
156	42	141	35-39	144	Grant	Howell	Male	Oxford Striders	03:38:24	+59:14.187	05:12 min/km
157	37	142	40-44	300	Ntobeko	Mkumla	Male	Other	03:38:31	+59:21.227	05:12 min/km
158	4	143	60-64	95	Sam	Erasmus	Male	Nedbank RC	03:38:44	+59:33.388	05:12 min/km
159	38	144	40-44	573	Nkosinathi	Zazini	Male	Inyibiba Athletic Club	03:38:45	+59:34.624	05:12 min/km
160	1	16	50-54	170	Tracy	Kitching	Female	Oxford Striders	03:38:52	+59:41.953	05:12 min/km
161	20	145	Under 35	100	Quinton	Fortuin	Male	MBSA	03:38:54	+59:44.319	05:12 min/km
162	21	146	Under 35	101	Ricardo	Fortyn	Male	MBSA	03:38:55	+59:44.530	05:12 min/km
163	5	147	60-64	547	Jan	Van Eeden	Male	Nedbank RC	03:38:57	+59:46.723	05:12 min/km
164	39	148	40-44	385	Ndumiso	Nqiva	Male	Other	03:39:18	+1:00:08.361	05:15 min/km
165	10	149	50-54	186	Dominic	Lahoud	Male	Run Walk for Life 1/2 Border	03:39:29	+1:00:19.308	05:13 min/km
166	20	150	45-49	9095	Siraaj	Rabin	Male	Other	03:39:37	+1:00:27.354	05:13 min/km
167	40	151	40-44	9101	Kaya	Mfondo	Male	Other	03:39:54	+1:00:44.222	05:14 min/km
168	11	152	50-54	553	Andile	Velem	Male	Other	03:40:34	+1:01:23.929	05:15 min/km
169	43	153	35-39	269	Monwabisi	Mbusi	Male	Inyibiba Athletic Club	03:40:53	+1:01:42.722	05:15 min/km
170	3	17	40-44	64	Bonnie	Currin	Female	Born 2 Run AC Border	03:40:53	+1:01:42.984	05:15 min/km
171	11	18	35-39	544	Thembela	Van Der Berg	Female	Nedbank Running Club East London	03:40:56	+1:01:46.234	05:15 min/km
172	12	19	35-39	59	Charlene	Collins	Female	Oxford Striders	03:40:59	+1:01:48.513	05:15 min/km
173	1	20	45-49	525	Carol	Tinhof	Female	Old Selbornian Road Runners	03:41:01	+1:01:51.344	05:15 min/km
174	44	154	35-39	281	Bathandwa	Mgolombane	Male	Overtakers Sports Club	03:41:22	+1:02:12.195	05:16 min/km
175	41	155	40-44	463	Loyiso	Sibaca	Male	Old Mutual Athletics Club - East London	03:41:39	+1:02:28.788	05:16 min/km
176	6	156	55-59	242	Mandla	Mantlaka	Male	Other	03:42:41	+1:03:31.342	05:18 min/km
177	21	157	45-49	92	Ryan	Elsdon	Male	Oxford Striders	03:42:57	+1:03:46.956	05:18 min/km
178	4	21	40-44	488	Sherelle	Smith	Female	Oxford Striders	03:43:09	+1:03:58.731	05:18 min/km
179	22	158	45-49	207	Bara	Mabongo	Male	Queenstown Harriers	03:43:32	+1:04:21.929	05:19 min/km
180	23	159	45-49	598	Lungisa	Cuba	Male	Real Gijimas	03:43:41	+1:04:30.838	05:19 min/km
181	13	22	35-39	556	Lindy	Vermeulen	Female	Old Selbornian Road Runners	03:43:43	+1:04:33.155	05:19 min/km
182	45	160	35-39	314	Olwethu	Mondliwa	Male	Oxford Striders	03:43:49	+1:04:39.260	05:19 min/km
183	12	161	50-54	9099	Dean	Finlay	Male	Other	03:44:22	+1:05:12.344	05:20 min/km
184	42	162	40-44	740	Victor	Cankani	Male	Old Mutual AC	03:44:28	+1:05:17.695	05:20 min/km
185	22	163	Under 35	473	Siviwe	Silimela	Male	Real Gijimas	03:45:00	+1:05:49.730	05:21 min/km
186	24	164	45-49	9111	Khallethu	Ntoni	Male	Old Mutual AC	03:45:29	+1:06:18.928	05:22 min/km
187	13	165	50-54	436	Amos	Qwetha	Male	Old Mutual Athletics Club - East London	03:45:58	+1:06:48.143	05:22 min/km
188	46	166	35-39	729	Xolani	Mgangato	Male	Old Mutual AC	03:46:05	+1:06:55.190	05:22 min/km
189	14	23	35-39	27	Lesley	Blair	Female	Born 2 Run AC Border	03:46:12	+1:07:02.239	05:23 min/km
190	23	167	Under 35	706	Mphumzi	Mkanzi	Male	None	03:46:23	+1:07:12.486	05:23 min/km
191	24	168	Under 35	232	Ian	Malloy	Male	Nedbank Running Club East London	03:46:29	+1:07:18.935	05:23 min/km
192	25	169	Under 35	456	Florian	Schmidt	Male	MBSA	03:46:35	+1:07:25.329	05:23 min/km
193	25	170	45-49	81	Tobias	Doerfler	Male	Other	03:46:36	+1:07:25.643	05:23 min/km
194	14	171	50-54	284	Zuko Noel	Mgubhuli	Male	Other	03:46:36	+1:07:26.309	05:23 min/km
195	15	24	35-39	210	Nosintu	Macanda	Female	Buffalo Runners Athletics Club	03:46:43	+1:07:32.919	05:23 min/km
196	47	172	35-39	66	Sam	Daniso	Male	Old Mutual Athletics Club - East London	03:46:58	+1:07:48.061	05:24 min/km
197	15	173	50-54	373	Mfundo	Nobavu	Male	Old Mutual Athletics Club - East London	03:47:14	+1:08:03.594	05:24 min/km
198	26	174	45-49	216	Pelo	Magwentshu	Male	Old Mutual Athletics Club - East London	03:47:17	+1:08:06.552	05:24 min/km
199	27	175	45-49	641	Lucky	Mdutyana	Male	Old Mutual AC	03:47:18	+1:08:07.658	05:24 min/km
200	26	176	Under 35	703	Juandre	Lodewyk	Male	None	03:47:32	+1:08:21.814	05:25 min/km
201	16	177	50-54	570	Titiba	Yanta	Male	Real Gijimas	03:47:39	+1:08:28.613	05:25 min/km
202	48	178	35-39	346	Samora	Mzalazala	Male	Old Mutual Athletics Club - East London	03:47:39	+1:08:29.130	05:25 min/km
203	49	179	35-39	205	Ayanda	Mabeni	Male	Old Mutual Athletics Club - East London	03:47:45	+1:08:34.604	05:25 min/km
204	28	180	45-49	99	Clinton	Ford	Male	Old Selbornian Road Runners	03:47:51	+1:08:40.573	05:25 min/km
205	27	181	Under 35	576	Luyanda	Zibobo	Male	Old Mutual Athletics Club - East London	03:47:51	+1:08:41.020	05:25 min/km
206	9	182	30-34	669	Zolisa	Madasa	Male	Other	03:47:51	+1:08:41.286	05:25 min/km
207	43	183	40-44	626	Tendani	Mufamadi	Male	Old Mutual AC	03:47:52	+1:08:41.508	05:25 min/km
208	50	184	35-39	149	Lucas	James	Male	Old Mutual Athletics Club - East London	03:47:55	+1:08:44.401	05:25 min/km
209	51	185	35-39	276	Zinzile	Mdlulwa	Male	Overtakers Sports Club	03:47:55	+1:08:44.488	05:25 min/km
210	44	186	40-44	613	Xolisile	Ntulani	Male	Old Mutual AC	03:48:00	+1:08:49.774	05:25 min/km
211	52	187	35-39	209	Lindile	Mabuya	Male	Old Mutual Athletics Club - East London	03:48:09	+1:08:59.072	05:25 min/km
212	2	25	45-49	409	Esther	Palmer	Female	Pentagon Pistols A Club	03:48:18	+1:09:08.330	05:26 min/km
213	10	188	30-34	9119	Ntsikelelo	Tiyo	Male	Stutterheim AC	03:48:20	+1:09:10.291	05:26 min/km
214	28	189	Under 35	274	Seko	Mcoyana	Male	Other	03:48:20	+1:09:10.306	05:26 min/km
215	53	190	35-39	496	Unathi	Solora	Male	Pinelands Athletic Club	03:48:25	+1:09:14.684	05:26 min/km
216	17	191	50-54	44	Zola	Bulwana	Male	Other	03:49:03	+1:09:52.945	05:27 min/km
217	18	192	50-54	10	Mark	Baddis	Male	Real Gijimas	03:49:23	+1:10:12.639	05:27 min/km
218	54	193	35-39	9091	Lwando	Lwana	Male	BRAC - KWT	03:50:00	+1:10:49.467	05:28 min/km
219	55	194	35-39	588	Comfort	Guga	Male	MBSA	03:50:00	+1:10:49.617	05:28 min/km



# NFB Tony Viljoen Masters Marathon

## 1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
220	19	195	50-54	748	Craig	Snelling	Male	Old Selbornian Road Runners	03:50:15	+1:11:04.832	05:28 min/km
221	20	196	50-54	65	Craig	Dalldorf	Male	MBSA	03:50:15	+1:11:04.866	05:28 min/km
222	11	197	30-34	9136	Malwande	Magadla	Male	Other	03:50:48	+1:11:37.992	05:29 min/km
223	56	198	35-39	6	Wesley	Arentsen	Male	Oxford Striders	03:51:26	+1:12:16.235	05:30 min/km
224	57	199	35-39	731	Wayne	Pottinger	Male	Nedbank Running Club	03:51:40	+1:12:29.867	05:30 min/km
225	7	200	55-59	600	Mark	Hayne	Male	Born 2 Run AC Border	03:51:41	+1:12:30.748	05:30 min/km
226	29	201	45-49	20	Zola	Belu	Male	Eskom Athletics Club Eastern Cape	03:51:44	+1:12:34.136	05:31 min/km
227	29	202	Under 35	508	Sakhikhaya	Susela	Male	Old Mutual Athletics Club - East London	03:52:11	+1:13:00.544	05:31 min/km
228	45	203	40-44	291	Sixelise	Mjiwu	Male	BRAC - KWT	03:52:15	+1:13:05.217	05:31 min/km
229	46	204	40-44	696	Vuyani	Ngam	Male	Correctional Services Border	03:52:49	+1:13:38.770	05:32 min/km
230	47	205	40-44	532	Rivelino	Trimalley	Male	MBSA	03:52:54	+1:13:43.756	05:32 min/km
231	58	206	35-39	9085	Madoda	Bambalaza	Male	Other	03:52:58	+1:13:47.868	05:32 min/km
232	59	207	35-39	417	Abongile	Peza	Male	Other	03:52:58	+1:13:47.870	05:32 min/km
233	12	208	30-34	630	Mzuvukile	Sibhozo	Male	Nedbank Running Club	03:53:22	+1:14:12.092	05:33 min/km
234	4	26	Under 35	462	Carey	Sheffield-Webb	Female	Born 2 Run AC Border	03:53:24	+1:14:14.029	05:33 min/km
235	30	209	Under 35	71	Werner	De Lange	Male	Crusaders AC	03:53:24	+1:14:14.195	05:33 min/km
236	5	27	40-44	9107	Nosiphiwo	Nontshinga	Female	Eskom Athletics Club Eastern Cape	03:53:28	+1:14:18.267	05:33 min/km
237	30	210	45-49	404	Sitatu	Nyikana	Male	Other	03:53:34	+1:14:24.011	05:33 min/km
238	21	211	50-54	289	Gregory	Minnie	Male	United AC	03:53:38	+1:14:27.902	05:33 min/km
239	31	212	45-49	725	Mcebisi	Gobozi	Male	Real Gijimas	03:53:43	+1:14:32.919	05:33 min/km
240	32	213	45-49	619	Elliot	Keyi	Male	Overtakers Sports Club	03:53:47	+1:14:37.385	05:33 min/km
241	31	214	Under 35	166	Xolela	Kebeni	Male	Inyibiba Athletic Club	03:53:50	+1:14:39.533	05:34 min/km
242	60	215	35-39	608	Luzuko	Bisha	Male	Inyibiba Athletic Club	03:53:53	+1:14:42.419	05:34 min/km
243	48	216	40-44	252	Faro	Mateo	Male	Old Mutual Athletics Club - East London	03:54:25	+1:15:14.482	05:34 min/km
244	5	28	Under 35	208	Nowezi	Mabophe	Female	Eskom Athletics Club Eastern Cape	03:54:37	+1:15:26.562	05:35 min/km
245	3	29	45-49	327	Peggy	Mtengwane	Female	Overtakers Sports Club	03:54:44	+1:15:33.790	05:35 min/km
246	22	217	50-54	85	Makaya	Dungu	Male	Old Mutual Athletics Club - East London	03:54:46	+1:15:35.748	05:35 min/km
247	61	218	35-39	513	Lunga	Sweleni	Male	Overtakers Sports Club	03:54:55	+1:15:44.633	05:35 min/km
248	8	219	55-59	384	Mangaliso	Nqezo	Male	Queenstown Harriers	03:54:57	+1:15:46.896	05:35 min/km
249	6	30	Under 35	4	Sandiswa	Adams	Female	Nedbank RC	03:55:03	+1:15:53.351	05:35 min/km
250	62	220	35-39	221	Kudzandii	Majaji	Male	Nedbank Running Club East London	03:55:44	+1:16:33.625	05:36 min/km
251	16	31	35-39	705	Susan	Minnie	Female	None	03:55:59	+1:16:49.229	05:37 min/km
252	49	221	40-44	339	Carl	Murray	Male	Oxford Striders	03:56:12	+1:17:02.187	05:37 min/km
253	33	222	45-49	484	Monde	Skeyi	Male	Real Gijimas	03:56:14	+1:17:03.501	05:37 min/km
254	50	223	40-44	721	Mbuyiselo	Dabi	Male	Real Gijimas	03:56:14	+1:17:04.116	05:37 min/km
255	63	224	35-39	337	Tinashé	Mumbire	Male	Real Gijimas	03:56:18	+1:17:07.415	05:37 min/km
256	64	225	35-39	386	Babalo	Mvula	Male	Other	03:56:19	+1:17:08.422	05:37 min/km
257	6	32	40-44	406	Susan	O'Connor	Female	Wildrunner Athletic Club	03:56:22	+1:17:12.124	05:37 min/km
258	34	226	45-49	365	Zandisile	Ngxonono	Male	Tinhara AC	03:56:29	+1:17:18.784	05:37 min/km
259	17	33	35-39	676	Ayanda	Kettledas	Female	Real Gijimas	03:56:32	+1:17:22.269	05:37 min/km
260	32	227	Under 35	121	Lukhanyo	Gora	Male	Oxford Striders	03:56:39	+1:17:29.328	05:38 min/km
261	23	228	50-54	11	Mzwanele	Badi	Male	Old Mutual Athletics Club - East London	03:56:52	+1:17:41.853	05:38 min/km
262	9	229	55-59	123	Fikile	Gqamane	Male	Other	03:56:59	+1:17:48.644	05:38 min/km
263	10	230	55-59	382	Cawe	Novukela	Male	Old Mutual Athletics Club - East London	03:56:59	+1:17:48.974	05:38 min/km
264	35	231	45-49	631	Stephen	Ruiters	Male	United AC	03:57:00	+1:17:50.350	05:38 min/km
265	65	232	35-39	185	Mark	Kunhardt	Male	Oxford Striders	03:57:15	+1:18:05.364	05:38 min/km
266	24	233	50-54	174	Vuyisile	Koko	Male	Old Mutual Athletics Club - East London	03:57:34	+1:18:23.390	05:39 min/km
267	4	34	45-49	507	Denise	Stuart	Female	Pentagon Pistols A Club	03:57:42	+1:18:31.766	05:39 min/km
268	51	234	40-44	190	Karl	Le Roux	Male	Other	03:57:43	+1:18:32.795	05:39 min/km
269	6	235	60-64	320	Zukile	Mpapela	Male	Other	03:57:43	+1:18:33.231	05:39 min/km
270	52	236	40-44	133	Clinton	Hayward	Male	Oxford Striders	03:57:45	+1:18:34.860	05:39 min/km
271	53	237	40-44	277	Malikhanye	Mduba	Male	Adventists Athletics Club	03:57:53	+1:18:42.611	05:39 min/km
272	13	238	30-34	9131	Zukisa	Wonqwelo	Male	Real Gijimas	03:58:05	+1:18:54.605	05:40 min/km
273	14	239	30-34	9126	Ndabezitha	Mancoba	Male	Eskom Athletics Club Eastern Cape	03:58:14	+1:19:04.162	05:40 min/km
274	25	240	50-54	155	Warrick	Jerrard	Male	Born 2 Run AC Border	03:58:16	+1:19:05.843	05:40 min/km
275	2	35	50-54	691	Gail	Langley	Female	Born 2 Run AC Border	03:58:18	+1:19:07.527	05:40 min/km
276	15	241	30-34	689	Lukhando	Nqevayo	Male	Old Mutual AC	03:58:21	+1:19:10.730	05:40 min/km
277	18	36	35-39	557	Sulette	Viljoen	Female	Oxford Striders	03:58:30	+1:19:20.108	05:40 min/km
278	26	242	50-54	24	Mark	Berndt	Male	Foundation Athletics Club	03:58:46	+1:19:35.576	05:41 min/km
279	27	243	50-54	23	Grant	Berndt	Male	Foundation Athletics Club	03:58:46	+1:19:35.839	05:41 min/km
280	54	244	40-44	98	Tamsanqa	Fikeni	Male	Other	03:59:19	+1:20:08.797	05:41 min/km
281	36	245	45-49	117	Max	Gono	Male	Old Mutual Athletics Club - East London	03:59:19	+1:20:08.802	05:41 min/km
282	55	246	40-44	514	Darryll	Talbot	Male	Oxford Striders	03:59:24	+1:20:14.063	05:42 min/km
283	28	247	50-54	282	Nkululeko	Mgontshongo	Male	Other	03:59:24	+1:20:14.169	05:42 min/km
284	37	248	45-49	160	Siyabonga	Jwaqa	Male	Old Mutual Athletics Club - East London	03:59:25	+1:20:14.456	05:42 min/km
285	11	249	55-59	317	Sisa	Moyo	Male	Old Mutual Athletics Club - East London	03:59:37	+1:20:26.948	05:42 min/km
286	7	37	40-44	82	Janine	Donaldson	Female	Born 2 Run AC Border	03:59:39	+1:20:29.226	05:42 min/km
287	38	250	45-49	35	Jacques	Booyesen	Male	Ommiedraai Friends A.C	03:59:40	+1:20:30.100	05:42 min/km
288	16	251	30-34	738	Siphumelele	Nondonsa	Male	Other	03:59:45	+1:20:35.125	05:42 min/km
289	66	252	35-39	90	Terry-Andre	Eleftheriou	Male	Born 2 Run AC Border	03:59:49	+1:20:39.082	05:42 min/km
290	67	253	35-39	411	Shaun	Pauls	Male	Oxford Striders	03:59:54	+1:20:44.349	05:42 min/km
291	19	38	35-39	255	Phyllis Ntombamaziz	Matole	Female	Vukani Multi SC	04:00:04	+1:20:53.617	05:42 min/km
292	12	254	55-59	151	Mahalweni	Jameson	Male	Other	04:00:18	+1:21:08.091	05:43 min/km





# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
293	29	255	50-54	407	John	Omwansa	Male	Nedbank Running Club East London	04:00:25	+1:21:15.158	05:43 min/km
294	68	256	35-39	218	Zanoxolo	Mahlombe	Male		04:00:42	+1:21:31.537	05:43 min/km
295	33	257	Under 35	362	Batandwa	Ngxangana	Male	Old Mutual Athletics Club - East London	04:00:42	+1:21:31.679	05:43 min/km
296	13	258	55-59	62	Aj	Corbett	Male	Oxford Striders	04:00:51	+1:21:41.203	05:44 min/km
297	56	259	40-44	732	Rich	Watt	Male	Oxford Striders	04:00:53	+1:21:43.350	05:44 min/km
298	39	260	45-49	32	Vuyisa	Booi	Male	Inyibiba Athletic Club	04:01:00	+1:21:49.573	05:44 min/km
299	69	261	35-39	111	Gcobani	Gantsho	Male	Old Mutual Athletics Club - East London	04:01:04	+1:21:54.368	05:44 min/km
300	57	262	40-44	564	Andrew	Weyer	Male	Foundation Athletics Club	04:01:12	+1:22:01.756	05:44 min/km
301	5	39	45-49	502	Charmaine	Stockigt	Female	Oxford Striders	04:01:35	+1:22:25.195	05:45 min/km
302	40	263	45-49	568	Xolani	Xintolo	Male	Other	04:01:43	+1:22:33.023	05:45 min/km
303	58	264	40-44	318	Bayanda	Mpahlwa	Male	Old Mutual Athletics Club - East London	04:01:45	+1:22:35.021	05:45 min/km
304	14	265	55-59	182	Michael	Kriedemann	Male	Oxford Striders	04:01:58	+1:22:47.692	05:45 min/km
305	8	40	40-44	469	Nikie	Sihele	Female	Other	04:02:21	+1:23:10.866	05:46 min/km
306	34	266	Under 35	135	Ade	Hewukile	Male		04:02:27	+1:23:17.179	05:46 min/km
307	70	267	35-39	229	Langa	Makubalo	Male	Inyibiba Athletic Club	04:02:33	+1:23:22.663	05:46 min/km
308	30	268	50-54	628	Patrick	Shushu	Male	BRAC - KWT	04:02:37	+1:23:27.124	05:46 min/km
309	31	269	50-54	246	Salatiso	Maqeda	Male	Other	04:02:50	+1:23:39.673	05:46 min/km
310	32	270	50-54	303	Zakhele	Mndela	Male	Buffalo Runners Athletics Club	04:03:01	+1:23:51.342	05:47 min/km
311	59	271	40-44	660	Siyamcela	Mamane	Male	Overtakers Sports Club	04:03:03	+1:23:53.016	05:47 min/km
312	35	272	Under 35	178	Asanda	Koom	Male	Adventists Athletics Club	04:03:07	+1:23:56.637	05:47 min/km
313	36	273	Under 35	153	Zolani	January	Male	Other	04:03:09	+1:23:59.147	05:47 min/km
314	37	274	Under 35	200	Anele	Ludidi	Male	Other	04:03:20	+1:24:10.103	05:47 min/km
315	7	41	Under 35	212	Nandipa	Mafongosi	Female	Vukani Multi SC	04:03:21	+1:24:10.802	05:47 min/km
316	60	275	40-44	688	Asanda	Pakade	Male	None	04:04:23	+1:25:13.339	05:49 min/km
317	41	276	45-49	602	Sipho	Kem	Male	Old Mutual AC	04:04:29	+1:25:18.789	05:49 min/km
318	71	277	35-39	661	Sibusiso	Ntsila	Male	Real Gijimas	04:04:48	+1:25:37.882	05:49 min/km
319	61	278	40-44	730	Ken	Craig	Male	Other	04:05:15	+1:26:04.493	05:50 min/km
320	62	279	40-44	562	Xolani	Wana	Male	Eskom Athletics Club Eastern Cape	04:05:59	+1:26:48.967	05:51 min/km
321	63	280	40-44	580	Wavela	Zwane	Male	Team Vitality	04:06:04	+1:26:53.892	05:51 min/km
322	64	281	40-44	474	Bulelani	Silwane	Male	Other	04:06:10	+1:26:59.809	05:51 min/km
323	72	282	35-39	272	Thozama	Mcitani	Male	Other	04:06:21	+1:27:11.295	05:51 min/km
324	65	283	40-44	611	Malibongwe	Ndamase	Male	Other	04:06:23	+1:27:13.238	05:51 min/km
325	17	284	30-34	733	Luzuko	Buku	Male	Nedbank Running Club	04:06:35	+1:27:24.815	05:52 min/km
326	73	285	35-39	88	Seunie	Dyantyi	Male	Correctional Services Border	04:06:38	+1:27:27.912	05:52 min/km
327	74	286	35-39	105	Edwin	Frauenstein	Male	Nedbank Running Club East London	04:06:56	+1:27:46.219	05:52 min/km
328	33	287	50-54	584	Malusi	Mene	Male	Inyibiba Athletic Club	04:06:58	+1:27:47.452	05:52 min/km
329	66	288	40-44	9089	Ayanda	Ntsho	Male	None	04:07:03	+1:27:52.430	05:52 min/km
330	67	289	40-44	639	Moses	Mbedhli	Male	Eskom Athletics Club Eastern Cape	04:07:33	+1:28:22.435	05:53 min/km
331	6	42	45-49	652	Mmampho	Gogela-Smith	Female	Old Mutual AC	04:07:40	+1:28:29.712	05:53 min/km
332	1	43	55-59	540	Heloise	Uys	Female	Gonubie Harriers	04:07:51	+1:28:40.470	05:54 min/km
333	75	290	35-39	587	Thulani	Mngomezulu	Male	Other	04:08:15	+1:29:05.334	05:54 min/km
334	76	291	35-39	644	Musawenkosi	Mdakane	Male	Oxford Striders	04:08:24	+1:29:13.987	05:54 min/km
335	20	44	35-39	102	Lynette	Forward	Female	Nedbank Running Club East London	04:08:28	+1:29:18.238	05:54 min/km
336	68	292	40-44	392	Nkosinathi	Ntlokonkulu	Male	Real Gijimas	04:08:29	+1:29:18.989	05:54 min/km
337	38	293	Under 35	43	Mongezi	Bubu	Male	Other	04:08:38	+1:29:27.924	05:55 min/km
338	77	294	35-39	168	Dawie	Kernekamp	Male	Queenstown Harriers	04:08:41	+1:29:30.889	05:55 min/km
339	69	295	40-44	34	Craig	Booth	Male	Kovsies Klub	04:08:47	+1:29:36.625	05:55 min/km
340	42	296	45-49	554	Phillip	Venter	Male	East London Athletic Club	04:08:54	+1:29:43.423	05:55 min/km
341	1	45	65-69	443	Pamela	Rasmussen	Female	Yellowwood Park AC	04:09:26	+1:30:15.895	05:56 min/km
342	8	46	Under 35	714	Simone	Rheeder	Female	None	04:09:43	+1:30:32.640	05:56 min/km
343	21	47	35-39	543	Marilene	Van Biljon	Female	Eskom Athletics Club Easter Cape	04:09:43	+1:30:32.705	05:56 min/km
344	18	297	30-34	645	Thembisile	Mapondeli	Male	Old Selbornian Road Runners	04:09:54	+1:30:44.277	05:57 min/km
345	7	48	45-49	31	Nkuli	Booi	Female	MBSA	04:10:33	+1:31:22.754	05:57 min/km
346	78	298	35-39	9129	Mzwanele	Funda	Male	MBSA	04:10:44	+1:31:34.259	05:58 min/km
347	34	299	50-54	250	Mxolisi	Masiso	Male	Old Mutual Athletics Club - East London	04:10:53	+1:31:43.008	05:58 min/km
348	70	300	40-44	528	Stephan	Toenjes	Male	Oxford Striders	04:10:59	+1:31:49.346	05:58 min/km
349	39	301	Under 35	241	Mthetheleli	Manqana	Male	Vukani Multi SC	04:11:03	+1:31:52.847	05:58 min/km
350	3	49	50-54	302	Kholiwe	Mlangeni	Female	Other	04:11:22	+1:32:11.663	05:59 min/km
351	79	302	35-39	224	Zinyuse Z.	Maka	Male	Other	04:11:23	+1:32:12.834	05:59 min/km
352	22	50	35-39	359	Thandokazi	Ngemntu	Female	MBSA	04:11:23	+1:32:13.364	05:59 min/km
353	9	51	40-44	637	Ncedisa	Ndonga	Female	Old Mutual AC	04:11:27	+1:32:17.362	05:59 min/km
354	80	303	35-39	692	Lita	Dazana	Male	Old Mutual AC	04:11:33	+1:32:22.809	05:59 min/km
355	71	304	40-44	249	William	Marumha	Male	Other	04:11:45	+1:32:34.728	05:59 min/km
356	72	305	40-44	329	Bhekisisa	Mthembu	Male	Old Mutual Athletics Club - East London	04:12:05	+1:32:54.926	06:00 min/km
357	15	306	55-59	674	Mxolisi	Dayi	Male	Inyibiba Athletic Club	04:12:13	+1:33:03.238	06:00 min/km
358	23	52	35-39	9098	Sabelo	Ndude	Female	Other	04:12:21	+1:33:11.334	06:00 min/km
359	81	307	35-39	656	Zolani	Shugu	Male	Real Gijimas	04:12:27	+1:33:17.159	06:00 min/km
360	7	308	60-64	46	Robert	Button	Male	Old Selbornian Road Runners	04:12:33	+1:33:22.716	06:00 min/km
361	19	309	30-34	679	Anele	Mashologu	Male	Other	04:12:48	+1:33:37.528	06:01 min/km
362	9	53	Under 35	175	Nolubaba	Kokose-Hlwele	Female	Old Mutual Athletics Club - East London	04:12:50	+1:33:40.272	06:01 min/km
363	4	54	50-54	352	Phunyezwa	Ndevu	Female	SABC Athletic Club	04:13:09	+1:33:59.086	06:01 min/km
364	10	55	Under 35	225	Nothando	Makaka	Female	Old Mutual Athletics Club - East London	04:13:18	+1:34:08.237	06:01 min/km
365	24	56	35-39	517	Kerry	Tee	Female	Foundation Athletics Club	04:13:18	+1:34:08.299	06:01 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
366	40	310	Under 35	127	R-J	Green	Male		04:13:37	+1:34:27.364	06:02 min/km
367	25	57	35-39	444	Marianne	Reabow	Female	Gonubie Harriers	04:14:03	+1:34:53.104	06:02 min/km
368	73	311	40-44	646	Mphankomo	Dandala	Male	Overtakers Sports Club	04:14:08	+1:34:58.145	06:03 min/km
369	10	58	40-44	472	Ntombozuko	Sikiti	Female	Eskom Athletics Club Eastern Cape	04:14:29	+1:35:18.510	06:03 min/km
370	26	59	35-39	393	Andisa	Ntshela	Female	Old Mutual Athletics Club - East London	04:14:31	+1:35:21.028	06:03 min/km
371	16	312	55-59	308	Nevile Philisa	Mnqandi	Male	Other	04:14:49	+1:35:38.552	06:04 min/km
372	43	313	45-49	538	John Lee	Turnbull	Male	Oxford Striders	04:14:49	+1:35:38.621	06:04 min/km
373	74	314	40-44	594	Phindile	Tetiwe	Male	None	04:14:58	+1:35:48.252	06:04 min/km
374	82	315	35-39	708	Mzwabantu	Ngcobo	Male	None	04:15:24	+1:36:14.064	06:04 min/km
375	8	60	45-49	510	Caroline	Swart	Female	Oxford Striders	04:15:29	+1:36:19.227	06:04 min/km
376	44	316	45-49	38	Kallie	Boyce	Male	Oxford Striders	04:15:29	+1:36:19.366	06:04 min/km
377	75	317	40-44	449	Delwyn	Roberts	Male	Old Selbornian Road Runners	04:15:32	+1:36:21.584	06:05 min/km
378	11	61	40-44	448	Sarah	Roberts	Female	Old Selbornian Road Runners	04:15:32	+1:36:21.666	06:05 min/km
379	27	62	35-39	387	Nosita	Nqwata	Female	Vukani Multi SC	04:15:40	+1:37:29.573	06:05 min/km
380	17	318	55-59	87	Leigh	Durrheim	Male	Buffalo Road Runners	04:15:43	+1:36:33.012	06:05 min/km
381	18	319	55-59	143	Mark	Holloway	Male	Oxford Striders	04:16:06	+1:36:56.105	06:05 min/km
382	41	320	Under 35	220	Amos	Mahyambere	Male	Real Gijimas	04:16:17	+1:37:07.162	06:06 min/km
383	9	63	45-49	17	Meloney	Beck	Female	Oxford Striders	04:16:18	+1:37:07.903	06:06 min/km
384	76	321	40-44	136	Zithulele	Hleko	Male	Nedbank Running Club East London	04:16:29	+1:37:18.682	06:06 min/km
385	28	64	35-39	77	Ayanda	Dlambulo	Female	Real Gijimas	04:16:31	+1:37:21.005	06:06 min/km
386	42	322	Under 35	477	Monwabisi	Sintu	Male	Old Mutual Athletics Club - East London	04:16:36	+1:37:26.251	06:06 min/km
387	77	323	40-44	248	Grant	Martin	Male	Oxford Striders	04:16:38	+1:37:28.250	06:06 min/km
388	45	324	45-49	434	Valie	Qutywa	Male	Inyibiba Athletic Club	04:16:39	+1:37:28.549	06:06 min/km
389	12	65	40-44	78	Asanda	Dlova	Female	Other	04:16:39	+1:37:28.873	06:06 min/km
390	5	66	50-54	181	Stephanie	Kretzmann	Female	Born 2 Run AC Border	04:16:42	+1:37:31.536	06:06 min/km
391	35	325	50-54	483	Mabhaswana	Skeyi	Male	Other	04:17:15	+1:38:04.731	06:07 min/km
392	1	326	65-69	9118	Mbulelo	Sobikwa	Male	Nedbank Running Club	04:17:23	+1:38:12.663	06:07 min/km
393	83	327	35-39	140	Gcelo	Hlwele	Male	Old Mutual Athletics Club - East London	04:17:26	+1:38:15.634	06:07 min/km
394	46	328	45-49	26	Wonga	Bizani	Male	Inyibiba Athletic Club	04:17:31	+1:38:20.695	06:07 min/km
395	6	67	50-54	424	Charmaine	Pook	Female	Gonubie Harriers	04:17:39	+1:38:28.643	06:08 min/km
396	36	329	50-54	376	Mcebisi	Nonjola	Male	Aliwal North Road Runners	04:18:06	+1:38:55.686	06:08 min/km
397	84	330	35-39	636	Sonwabo	Zenzile	Male	Inyibiba Athletic Club	04:18:13	+1:39:02.852	06:08 min/km
398	85	331	35-39	18	Jonathan	Behnke	Male	East London Athletic Club	04:18:34	+1:39:23.980	06:09 min/km
399	78	332	40-44	270	Bheki	Mbuundwini	Male	Nedbank Running Club East London	04:18:59	+1:39:48.443	06:09 min/km
400	2	333	65-69	9114	Sam	Damane	Male	Born 2 Run AC Border	04:19:07	+1:39:56.754	06:10 min/km
401	79	334	40-44	239	Stuart	Mann	Male	Fourways Runners Athletics Club	04:19:17	+1:40:06.431	06:10 min/km
402	86	335	35-39	558	David	Viljoen	Male	Oxford Striders	04:19:38	+1:40:27.484	06:10 min/km
403	43	336	Under 35	431	Vincent	Qasha	Male	Hollywoodbets Athletics Club	04:19:38	+1:40:27.595	06:10 min/km
404	37	337	50-54	520	Johnny	Thompson	Male	United AC	04:19:40	+1:40:29.553	06:10 min/km
405	13	68	40-44	199	Yvette	Louw	Female	Nedbank Running Club East London	04:20:06	+1:40:56.342	06:11 min/km
406	44	338	Under 35	164	Juan	Karelse	Male	United AC	04:20:22	+1:41:12.281	06:11 min/km
407	87	339	35-39	351	Mphumzi	Ndamase	Male	Other	04:20:27	+1:41:16.627	06:12 min/km
408	80	340	40-44	746	Lulamile	Dyalo	Male	Other	04:20:54	+1:41:43.614	06:12 min/km
409	1	69	60-64	169	Sheree	Kirsten	Female	Westville AC	04:20:55	+1:41:45.198	06:12 min/km
410	38	341	50-54	162	Alex	Kambule	Male	Real Gijimas	04:21:05	+1:41:54.472	06:12 min/km
411	81	342	40-44	259	Mluleki	Mba	Male	Old Mutual Athletics Club - East London	04:21:21	+1:42:11.126	06:13 min/km
412	47	343	45-49	54	Shane	Christian	Male	Other	04:21:24	+1:42:13.970	06:13 min/km
413	45	344	Under 35	494	Sive	Soka	Male	Other	04:21:30	+1:42:20.239	06:13 min/km
414	88	345	35-39	455	Michael	Schenk	Male	Old Selbornian Road Runners	04:21:40	+1:42:30.226	06:13 min/km
415	14	70	40-44	355	Akhona	Neka	Female	Real Gijimas	04:21:42	+1:42:31.678	06:13 min/km
416	48	346	45-49	658	Andile	Maxhayi	Male	Correctional Services Border	04:21:42	+1:42:32.119	06:13 min/km
417	2	71	55-59	89	Sharon	Eldridge	Female	Old Selbornian Road Runners	04:21:46	+1:42:35.940	06:13 min/km
418	29	72	35-39	283	Mandisa	Mgoqi	Female	Buffalo City Municipal AC	04:22:00	+1:42:49.860	06:14 min/km
419	7	73	50-54	548	Dalene	Van Jaarsveld	Female	Other	04:22:17	+1:43:07.143	06:14 min/km
420	8	74	50-54	551	Nicolene	Van Zyl	Female	Other	04:22:17	+1:43:07.145	06:14 min/km
421	15	75	40-44	391	Nosiphivo	Ntengento	Female	Other	04:22:28	+1:43:18.199	06:14 min/km
422	82	347	40-44	323	Kwezi	Mpuhlu	Male	Real Gijimas	04:22:35	+1:43:24.455	06:15 min/km
423	89	348	35-39	672	Asa	Ntuku	Male	Nedbank Running Club	04:22:47	+1:43:36.973	06:15 min/km
424	49	349	45-49	497	Monwabisi	Somana	Male	Oxford Striders	04:22:47	+1:43:37.052	06:15 min/km
425	83	350	40-44	735	Monwabisi	Pina	Male	Old Mutual AC	04:22:52	+1:43:41.765	06:15 min/km
426	84	351	40-44	9139	Oyama	Makalima	Male	Buffalo Road Runners	04:22:52	+1:43:41.828	06:15 min/km
427	50	352	45-49	215	Brendon	Main	Male	Born 2 Run AC Border	04:22:53	+1:43:42.577	06:15 min/km
428	85	353	40-44	146	Thamsanqa	Jack	Male	Inyibiba Athletic Club	04:22:53	+1:43:42.676	06:15 min/km
429	86	354	40-44	624	Goodwill	Stoffels	Male	Real Gijimas	04:23:09	+1:43:59.294	06:15 min/km
430	90	355	35-39	9090	Luvuyo	Marala	Male	Nedbank Running Club	04:23:31	+1:44:20.500	06:16 min/km
431	91	356	35-39	353	Linda	Ndongeni	Male	Other	04:23:42	+1:44:31.561	06:16 min/km
432	30	76	35-39	612	Babalwa	Nompukane	Female	Other	04:23:48	+1:44:37.692	06:16 min/km
433	31	77	35-39	55	Sheree	Christie	Female	Oxford Striders	04:23:55	+1:44:45.262	06:17 min/km
434	32	78	35-39	63	Carey-Anne	Crossman	Female	Oxford Striders	04:23:56	+1:44:45.416	06:17 min/km
435	19	357	55-59	7	Graham	Arthur	Male	Oxford Striders	04:23:56	+1:44:46.266	06:17 min/km
436	92	358	35-39	298	Nkosinathi Walls	Mkhwanazi	Male	Other	04:24:00	+1:44:49.604	06:17 min/km
437	33	79	35-39	457	Marion	Schutzler	Female	Oxford Striders	04:24:02	+1:44:51.915	06:17 min/km
438	39	359	50-54	25	Petrus	Bester	Male	Oxford Striders	04:24:08	+1:44:57.705	06:17 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
439	93	360	35-39	400	Lavela	Nyati	Male	Adventists Athletics Club	04:24:17	+1:45:06.966	06:17 min/km
440	16	80	40-44	9138	Monica	Lahle	Female	Old Mutual AC	04:24:22	+1:45:12.372	06:17 min/km
441	40	361	50-54	214	Phila	Magadla	Male	Old Mutual Athletics Club - East London	04:24:59	+1:45:48.954	06:18 min/km
442	20	362	55-59	446	Mark	Richards	Male	Oxford Striders	04:25:08	+1:45:57.612	06:18 min/km
443	10	81	45-49	640	Sandy	Schoeman	Female	Oxford Striders	04:25:08	+1:45:57.845	06:18 min/km
444	8	363	60-64	322	Thabiso	Mpondo	Male	Real Gijimas	04:25:28	+1:46:18.320	06:19 min/km
445	51	364	45-49	297	Thobile	Mkhonkqo	Male	Real Gijimas	04:25:35	+1:46:25.029	06:19 min/km
446	21	365	55-59	726	Benjamin	Meyer	Male	None	04:25:38	+1:46:27.764	06:19 min/km
447	94	366	35-39	9086	Pieter	Korff	Male	Oxford Striders	04:25:38	+1:46:28.324	06:19 min/km
448	41	367	50-54	341	Gibson	Muzonzini	Male	Old Mutual Athletics Club - East London	04:26:14	+1:47:04.362	06:20 min/km
449	52	368	45-49	9116	Mbulelo	Gxota	Male	Other	04:26:33	+1:47:22.424	06:20 min/km
450	11	82	Under 35	707	Lusanda	Mkiva	Female	None	04:26:50	+1:47:39.465	06:21 min/km
451	95	369	35-39	583	Lukanyo	Stemele	Male	Inyibiba Athletic Club	04:27:21	+1:48:10.481	06:21 min/km
452	87	370	40-44	503	Tim	Stones	Male	Nedbank Running Club East London	04:27:24	+1:48:13.547	06:22 min/km
453	42	371	50-54	567	Frank	Wohlbold	Male	Other	04:27:34	+1:48:24.104	06:22 min/km
454	96	372	35-39	122	Vumile	Gosa	Male	Other	04:27:52	+1:48:41.883	06:22 min/km
455	97	373	35-39	5	Lonwabo	Adonis	Male	Other	04:27:52	+1:48:42.299	06:22 min/km
456	1	83	30-34	734	Onela	Mgoli	Female	Inyibiba Athletic Club	04:28:05	+1:48:54.573	06:22 min/km
457	2	84	30-34	632	Matsepho	Pongoma	Female	Stutterheim AC	04:28:10	+1:49:00.060	06:23 min/km
458	11	85	45-49	119	Liz	Goosen	Female	Oxford Striders	04:28:39	+1:49:29.189	06:23 min/km
459	46	374	Under 35	128	Ryan	Guest	Male	Born 2 Run AC Border	04:28:41	+1:49:30.893	06:23 min/km
460	12	86	Under 35	512	Bianca	Sweetnam	Female	Born 2 Run AC Border	04:28:46	+1:49:35.539	06:23 min/km
461	13	87	Under 35	132	Mandy	Hatton	Female	Gonubie Harriers	04:28:47	+1:49:36.872	06:23 min/km
462	2	88	60-64	70	Elsabe	De Klerk	Female	Other	04:28:56	+1:49:46.352	06:24 min/km
463	88	375	40-44	294	Thembelani	Mkatshane	Male	Other	04:29:11	+1:50:00.980	06:24 min/km
464	9	89	50-54	1	Sabra	Abdool	Female	Other	04:29:25	+1:50:14.560	06:24 min/km
465	43	376	50-54	163	Jonathan	Kaplan	Male	Atlantic Athletic Club	04:29:39	+1:50:29.077	06:25 min/km
466	17	90	40-44	388	Nosipho	Nqwata	Female	Old Mutual Athletics Club - East London	04:29:48	+1:50:37.666	06:25 min/km
467	98	377	35-39	621	Sivuyile	Mkhokeli	Male	Real Gijimas	04:29:59	+1:50:49.120	06:25 min/km
468	34	91	35-39	42	Michelle	Brown	Female	Old Selbornian Road Runners	04:30:43	+1:51:32.781	06:26 min/km
469	53	378	45-49	243	Siyakudumisa	Manyeca	Male	Inyibiba Athletic Club	04:30:44	+1:51:33.661	06:26 min/km
470	99	379	35-39	333	Nkokheli	Mtshakaza	Male	MBSA	04:30:44	+1:51:33.804	06:26 min/km
471	10	92	50-54	315	Mandy	Morgan	Female	Born 2 Run AC Border	04:30:49	+1:51:38.405	06:26 min/km
472	35	93	35-39	91	Samantha	Eleftheriou	Female	Born 2 Run AC Border	04:31:00	+1:51:50.049	06:27 min/km
473	100	380	35-39	345	Brian	Myburgh	Male	Oxford Striders	04:31:15	+1:52:05.232	06:27 min/km
474	54	381	45-49	198	Henk	Lombard	Male	Old Mutual Athletics Club - East London	04:31:40	+1:52:30.033	06:28 min/km
475	36	94	35-39	316	Liesl	Mortimer	Female	Oxford Striders	04:31:51	+1:52:40.890	06:28 min/km
476	22	382	55-59	203	Monde	Mabala	Male	Other	04:32:04	+1:52:54.019	06:28 min/km
477	3	95	30-34	606	Sibongiseni	Tyeni	Female	Real Gijimas	04:32:49	+1:53:39.125	06:29 min/km
478	20	383	30-34	675	Khanyiso	Mgolozelwa	Male	Old Mutual AC	04:32:50	+1:53:40.160	06:29 min/km
479	14	96	Under 35	418	Anda	Phanya	Female	United AC	04:32:56	+1:53:46.312	06:29 min/km
480	101	384	35-39	666	Xtsindiso	Mdyelwe	Male	None	04:33:10	+1:54:00.149	06:30 min/km
481	89	385	40-44	251	Zweli	Matanzima	Male	Other	04:33:40	+1:54:30.328	06:30 min/km
482	9	386	60-64	9109	Gladman	Mpemvushe	Male	Real Gijimas	04:33:45	+1:54:34.481	06:31 min/km
483	47	387	Under 35	104	Michael	Francis	Male	East London Athletic Club	04:33:56	+1:54:45.731	06:31 min/km
484	90	388	40-44	615	Shumo	Demson	Male	Adventists Athletics Club	04:34:25	+1:55:15.376	06:32 min/km
485	91	389	40-44	116	Andile	Gogi	Male	Oxford Striders	04:34:32	+1:55:22.359	06:32 min/km
486	23	390	55-59	369	Darwin Zinzile	Nkonki	Male	Old Mutual Athletics Club - East London	04:34:39	+1:55:28.794	06:32 min/km
487	4	97	30-34	647	Zoleka	Magqaza	Female	Inyibiba Athletic Club	04:34:42	+1:55:32.251	06:32 min/km
488	12	98	45-49	361	Ncediwe	Ngwadla	Female	Other	04:34:51	+1:55:40.876	06:32 min/km
489	48	391	Under 35	498	Keith	Sporke	Male	Foundation Athletics Club	04:35:17	+1:56:06.753	06:33 min/km
490	5	99	30-34	673	Zikhona	Monakali	Female	Real Gijimas	04:35:30	+1:56:19.831	06:33 min/km
491	37	100	35-39	307	Amukelani	Mnisi	Female	MiWay Warriors Athletics Club	04:35:35	+1:56:25.173	06:33 min/km
492	38	101	35-39	228	Zandile	Makitiwana	Female	Buffalo Runners Athletics Club	04:35:35	+1:56:25.210	06:33 min/km
493	92	392	40-44	643	Mthuthuzeli	Xozwa	Male	Other	04:35:49	+1:56:38.462	06:34 min/km
494	39	102	35-39	432	Thembi	Qolo	Female	Real Gijimas	04:35:53	+1:56:43.071	06:34 min/km
495	6	103	30-34	617	Thandile	Zakhe	Female	Real Gijimas	04:35:54	+1:56:43.401	06:34 min/km
496	49	393	Under 35	526	Nkosiphendule Anga	Tintelo	Male	Old Mutual Athletics Club - East London	04:36:22	+1:57:11.821	06:34 min/km
497	44	394	50-54	465	Malizole	Sidela	Male	Other	04:36:25	+1:57:15.166	06:34 min/km
498	24	395	55-59	112	Kaledlile	Gebengana	Male	Old Mutual Athletics Club - East London	04:36:26	+1:57:15.869	06:34 min/km
499	3	104	55-59	180	Suzette	Krause	Female	Oxford Striders	04:36:36	+1:57:25.980	06:35 min/km
500	40	105	35-39	690	Janine	Newey	Female	None	04:36:39	+1:57:29.121	06:35 min/km
501	41	106	35-39	244	Cwayita	Mapekula	Female	Other	04:36:48	+1:57:38.077	06:35 min/km
502	93	396	40-44	9123	Nceba	Dingl	Male	Correctional Services Border	04:37:02	+1:57:52.066	06:35 min/km
503	102	397	35-39	288	Graeme	Milligan	Male	South Coast Striders	04:37:04	+1:57:53.986	06:35 min/km
504	18	107	40-44	287	Taryn	Milligan	Female	South Coast Striders	04:37:04	+1:57:54.311	06:35 min/km
505	94	398	40-44	623	Xolisile	Dume	Male	MBSA	04:37:13	+1:58:02.902	06:36 min/km
506	50	399	Under 35	8	Daniel Ayitey	Aryee	Male	None	04:37:21	+1:58:10.992	06:36 min/km
507	42	108	35-39	187	Yolanda	Langeni	Female	Old Mutual Athletics Club - East London	04:37:23	+1:58:12.463	06:36 min/km
508	43	109	35-39	273	Taralyn	Mclean	Female	None	04:37:27	+1:58:16.512	06:36 min/km
509	44	110	35-39	311	Nomaqobo	Mnyapa	Female	None	04:37:29	+1:58:19.046	06:36 min/km
510	19	111	40-44	618	Nicolette	Lennox	Female	Nedbank Running Club	04:37:33	+1:58:23.270	06:36 min/km
511	45	400	50-54	519	Ngalwana	Thembaletu	Male	Buffalo Runners Athletics Club	04:37:35	+1:58:25.360	06:36 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
512	20	112	40-44	188	Janine	Langley	Female	Oxford Striders	04:37:48	+1:58:37.785	06:36 min/km
513	45	113	35-39	150	Lezel	James	Female	Oxford Striders	04:37:48	+1:58:37.841	06:36 min/km
514	46	401	50-54	605	Abraham	Ramontseng	Male	Adventists Athletics Club	04:37:50	+1:58:40.142	06:36 min/km
515	21	114	40-44	491	Sandra	Sobey	Female	Oxford Striders	04:37:53	+1:58:43.040	06:36 min/km
516	25	402	55-59	47	Fikile	Buwa	Male	Old Mutual Athletics Club - East London	04:39:05	+1:59:55.270	06:38 min/km
517	13	115	45-49	240	Zeldi	Mann	Female	Other	04:39:07	+1:59:57.339	06:38 min/km
518	95	403	40-44	435	David	Qwabeni	Male	Old Mutual Athletics Club - East London	04:39:19	+2:00:08.462	06:39 min/km
519	1	404	70-74	428	Geoff	Preston	Male	Buffalo Road Runners	04:39:33	+2:00:22.681	06:39 min/km
520	103	405	35-39	194	Vaughn	Lindhorst	Male	Oxford Striders	04:39:33	+2:00:22.759	06:39 min/km
521	15	116	Under 35	442	Queen	Rasmeni	Female	Buffalo City Municipal AC	04:39:40	+2:00:29.479	06:39 min/km
522	104	406	35-39	589	Sipho	Breakfast	Male	Buffalo City Municipal AC	04:39:40	+2:00:29.564	06:39 min/km
523	105	407	35-39	486	Ayanda	Skwebu	Male	Overtakers Sports Club	04:39:42	+2:00:31.651	06:39 min/km
524	14	117	45-49	195	Angie	Lindhorst	Female	Oxford Striders	04:40:25	+2:01:15.135	06:40 min/km
525	15	118	45-49	366	Nopelo	Nhantsi	Female	Other	04:40:57	+2:01:46.712	06:41 min/km
526	16	119	Under 35	499	Lubobalo	Stemele	Female	Real Gijimas	04:41:01	+2:01:51.115	06:41 min/km
527	16	120	45-49	37	Lee-Anne	Botha	Female	Oxford Striders	04:41:11	+2:02:01.374	06:41 min/km
528	106	408	35-39	681	Mawethu	Banzi	Male	Other	04:41:13	+2:02:03.157	06:41 min/km
529	17	121	45-49	601	Amanda	Nqumashe	Female	Stutterheim AC	04:41:23	+2:02:13.031	06:41 min/km
530	51	409	Under 35	263	Zukile	Mbelu	Male	Other	04:41:28	+2:02:18.121	06:42 min/km
531	107	410	35-39	697	Mzukisi	Socosa	Male	None	04:41:36	+2:02:25.445	06:42 min/km
532	47	411	50-54	487	Henri	Smit	Male	Gonubie Harriers	04:41:43	+2:02:32.669	06:42 min/km
533	18	122	45-49	574	Dawn	Zealand	Female	Oxford Striders	04:42:34	+2:03:24.368	06:43 min/km
534	108	412	35-39	290	Lizo	Mjindi	Male	Old Mutual Athletics Club - East London	04:42:45	+2:03:34.880	06:43 min/km
535	17	123	Under 35	336	Noma-Efese	Mtunzana	Female	Other	04:42:46	+2:03:35.506	06:43 min/km
536	55	413	45-49	625	Tatase	Faku	Male	Real Gijimas	04:42:46	+2:03:36.160	06:43 min/km
537	7	124	30-34	9127	Nomfesane	Ndzandzeka	Female	Old Mutual AC	04:42:47	+2:03:36.728	06:43 min/km
538	18	125	Under 35	701	Cheride	Harris	Female	None	04:43:09	+2:03:58.558	06:44 min/km
539	46	126	35-39	152	Nokuzola	Jamjam	Female	Vukani Multi SC	04:43:13	+2:04:02.391	06:44 min/km
540	47	127	35-39	9120	Xolisa	Mjylelini	Female	Other	04:43:16	+2:04:05.800	06:44 min/km
541	109	414	35-39	158	Zukile	Jonginamba	Male	Inyibiba Athletic Club	04:43:19	+2:04:08.540	06:44 min/km
542	11	128	50-54	22	Margaret	Bentley	Female	Oxford Striders	04:43:34	+2:04:24.149	06:45 min/km
543	110	415	35-39	378	Thoba	Nontsonto	Male	Old Mutual Athletics Club - East London	04:44:02	+2:04:51.397	06:45 min/km
544	48	416	50-54	375	Zanoxolo	Nomatye	Male	All Stars AC	04:44:15	+2:05:04.477	06:46 min/km
545	56	417	45-49	460	Moses	Shasha	Male	Old Mutual Athletics Club - East London	04:44:17	+2:05:07.250	06:46 min/km
546	52	418	Under 35	29	Siviwe	Bolowana	Male	Nedbank	04:44:18	+2:05:08.220	06:46 min/km
547	49	419	50-54	720	Christopher	Moody	Male	Other	04:44:30	+2:05:20.139	06:46 min/km
548	111	420	35-39	312	Birthwell Masupa	Mofoka	Male	Nedbank	04:44:34	+2:05:23.720	06:46 min/km
549	48	129	35-39	278	Nthabiseng	Mfabane	Female	Overtakers Sports Club	04:44:36	+2:05:25.622	06:46 min/km
550	112	421	35-39	9094	Aluwani	Ramashau	Male	Real Gijimas	04:44:48	+2:05:37.891	06:46 min/km
551	49	130	35-39	254	Kgadi	Matlala	Female	Other	04:44:50	+2:05:39.996	06:46 min/km
552	57	422	45-49	396	Simphiwe	Ntshweni	Male	Old Mutual Athletics Club - East London	04:45:08	+2:05:58.186	06:47 min/km
553	96	423	40-44	677	Mawethu	Madlokazi	Male	Old Mutual AC	04:45:09	+2:05:59.165	06:47 min/km
554	50	131	35-39	139	Oyama	Hlungula	Female	Old Mutual Athletics Club - East London	04:45:17	+2:06:06.732	06:47 min/km
555	50	424	50-54	698	Xola	Nyangiwe	Male	Real Gijimas	04:45:18	+2:06:07.793	06:47 min/km
556	22	132	40-44	604	Bondile	Goda	Female	Inyibiba Athletic Club	04:45:41	+2:06:31.142	06:48 min/km
557	113	425	35-39	235	Prince	Manganyi	Male	Old Mutual Athletics Club - East London	04:45:41	+2:06:31.320	06:48 min/km
558	51	133	35-39	293	Bathandwa	Mkanzi	Female	Old Mutual Athletics Club - East London	04:45:43	+2:06:33.358	06:48 min/km
559	23	134	40-44	74	Maritza	Dietrechsen	Female	Oxford Striders	04:45:58	+2:06:47.893	06:48 min/km
560	58	426	45-49	134	Alwin	Hendricks	Male	United AC	04:46:00	+2:06:49.795	06:48 min/km
561	53	427	Under 35	39	Aziz Ab'''	Braimah	Male	Qolokweni A.C	04:46:09	+2:06:58.565	06:48 min/km
562	12	135	50-54	265	Tabiso	Mbiyozo	Female	Other	04:46:21	+2:07:10.967	06:49 min/km
563	19	136	Under 35	233	Zintle	Malusi	Female	Real Gijimas	04:46:25	+2:07:15.361	06:49 min/km
564	20	137	Under 35	493	Refoe	Sofute	Female	Other	04:46:26	+2:07:15.458	06:49 min/km
565	59	428	45-49	737	Bongani	Tshuku	Male	Old Mutual AC	04:46:37	+2:07:26.655	06:49 min/km
566	60	429	45-49	245	Thanduxolo	Maqase	Male	BRAC - KWT	04:46:45	+2:07:35.169	06:49 min/km
567	24	138	40-44	433	Noma-Efese	Qotoyi	Female	Other	04:47:06	+2:07:55.837	06:50 min/km
568	114	430	35-39	704	Shane	Marcus	Male	None	04:47:13	+2:08:02.970	06:50 min/km
569	4	139	55-59	380	Nomveliso	Notyasi	Female	Old Mutual Athletics Club - East London	04:47:33	+2:08:22.689	06:50 min/km
570	25	140	40-44	61	Antoinette	Compaan	Female	Born 2 Run AC Border	04:47:48	+2:08:37.539	06:51 min/km
571	97	431	40-44	727	Stuart	Robertson	Male	Oxford Striders	04:47:50	+2:08:40.107	06:51 min/km
572	10	432	60-64	48	Jaco	Buys	Male	Pentagon Pistols A Club	04:47:58	+2:08:47.479	06:51 min/km
573	52	141	35-39	9084	Leandra	Jordaan	Female	Other	04:47:58	+2:08:47.685	06:51 min/km
574	115	433	35-39	571	Thabo	Yonto	Male	Old Mutual Athletics Club - East London	04:48:14	+2:09:04.358	06:51 min/km
575	21	142	Under 35	524	Asanda	Tina	Female	Overtakers Sports Club	04:48:19	+2:09:09.048	06:51 min/km
576	21	434	30-34	642	Dumisani	Mhlongo	Male	BRAC - KWT	04:48:33	+2:09:22.804	06:52 min/km
577	22	143	Under 35	279	Bandlakazi	Mfengu	Female	Other	04:48:44	+2:09:34.180	06:52 min/km
578	53	144	35-39	466	Sbongile	Sidina	Female	Other	04:48:46	+2:09:36.297	06:52 min/km
579	5	145	55-59	271	Lulama	Mceka	Female	Kowie Striders	04:48:47	+2:09:36.428	06:52 min/km
580	26	435	55-59	354	Paul	Neary	Male	Born 2 Run AC Border	04:48:50	+2:09:39.475	06:52 min/km
581	26	146	40-44	113	Vuyi	Gela	Female	Old Mutual Athletics Club - East London	04:48:50	+2:09:39.585	06:52 min/km
582	61	436	45-49	120	Jannie	Goosen	Male	Oxford Striders	04:48:51	+2:09:40.517	06:52 min/km
583	23	147	Under 35	719	Tamzyn	Williams	Female	None	04:48:53	+2:09:42.552	06:52 min/km
584	54	148	35-39	614	Nomvuyiseko	Macingwane	Female	Old Mutual AC	04:48:55	+2:09:45.286	06:52 min/km





# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
585	51	437	50-54	485	Kerry	Skidmore	Male	Oxford Striders	04:48:56	+2:09:46.006	06:52 min/km
586	22	438	30-34	9125	Bulela	Sidloyi	Male	Old Mutual AC	04:48:57	+2:09:46.912	06:52 min/km
587	24	149	Under 35	335	Olwethu	Mtshixa	Female	Old Mutual Athletics Club - East London	04:48:58	+2:09:47.824	06:52 min/km
588	62	439	45-49	655	Peter	Dyer	Male	None	04:48:58	+2:09:48.190	06:52 min/km
589	25	150	Under 35	451	Roxanne	Ruhrmund	Female	Oxford Striders	04:49:02	+2:09:51.447	06:52 min/km
590	55	151	35-39	356	Vuyokazi	Ngalo	Female	Vukani Multi SC	04:49:02	+2:09:52.138	06:52 min/km
591	98	440	40-44	471	Thembela	Sikhumba	Male	Other	04:49:05	+2:09:55.378	06:52 min/km
592	56	152	35-39	534	Ziphindiwe	Tshaka	Female	Other	04:49:18	+2:10:07.524	06:53 min/km
593	8	153	30-34	694	Zikhona	Mgweba	Female	Nedbank Running Club	04:49:24	+2:10:13.474	06:53 min/km
594	57	154	35-39	342	Nosiphelo	Mvinkqi	Female	Other	04:49:30	+2:10:19.843	06:53 min/km
595	63	441	45-49	736	Bongani	Jakavula	Male	Real Gijimas	04:49:31	+2:10:20.421	06:53 min/km
596	27	155	40-44	108	Hombakazi	Funeka	Female	Old Mutual Athletics Club - East London	04:49:33	+2:10:22.567	06:53 min/km
597	13	156	50-54	237	Lungisa	Mangisa	Female	Old Mutual Athletics Club - East London	04:50:25	+2:11:14.706	06:54 min/km
598	28	157	40-44	550	Annelize	Van Zyl	Female	East London Athletic Club	04:50:30	+2:11:19.509	06:54 min/km
599	29	158	40-44	9092	Nonkosi	Hloyi	Female	BRAC - KWT	04:50:35	+2:11:25.336	06:55 min/km
600	58	159	35-39	518	Noxolo	Tenge	Female	Inyibiba Athletic Club	04:51:16	+2:12:05.651	06:56 min/km
601	116	442	35-39	398	Bakhlule	Nyanda	Male	Oxford Striders	04:51:26	+2:12:16.261	06:56 min/km
602	99	443	40-44	722	Simphiwe	Koti	Male	Old Mutual AC	04:53:00	+2:13:50.234	06:58 min/km
603	19	160	45-49	80	Zandile	Dlova	Female	Buffalo City Municipal AC	04:53:20	+2:14:09.575	06:59 min/km
604	30	161	40-44	247	Gerardina	Marfia-Rautenbach	Female	Oxford Striders	04:53:24	+2:14:13.674	06:59 min/km
605	64	444	45-49	299	Mava	Mkukwana	Male	Eskom Athletics Club Easter Cape	04:53:25	+2:14:14.864	06:59 min/km
606	20	162	45-49	423	Driekie	Pitout	Female	Bloemfontein NedbankAchilles	04:53:59	+2:14:49.291	06:59 min/km
607	31	163	40-44	285	Ayandiswa	Mgwebi	Female	Old Mutual Athletics Club - East London	04:54:37	+2:15:26.843	07:00 min/km
608	32	164	40-44	395	Yolisa	Ntshobane	Female	Hollywoodbets Athletics Club	04:55:25	+2:16:14.467	07:02 min/km
609	59	165	35-39	176	Zine	Kolisi	Female	Other	04:55:42	+2:16:32.096	07:02 min/km
610	26	166	Under 35	40	Jessica	Broodryk	Female	Run Walk for Life 1/2 Border	04:56:05	+2:16:54.494	07:02 min/km
611	60	167	35-39	710	Hayley	Pestifield	Female	Run Walk for Life 1/2 Border	04:56:05	+2:16:54.899	07:02 min/km
612	6	168	55-59	330	Nompilo	Mti	Female	Other	04:56:05	+2:16:55.273	07:02 min/km
613	27	445	55-59	184	Egbert	Kruse	Male	MBSA	04:56:45	+2:17:35.084	07:03 min/km
614	33	169	40-44	686	Vuyokazi	Zazini	Female	Old Mutual AC	04:57:00	+2:17:49.503	07:04 min/km
615	11	446	60-64	651	Bahlanu	Mahleka	Male	Real Gijimas	04:57:10	+2:17:59.478	07:04 min/km
616	34	170	40-44	437	Tabisa	Ralawe	Female	Old Mutual Athletics Club - East London	04:57:22	+2:18:11.981	07:04 min/km
617	35	171	40-44	156	Linda	Jones	Female	Nedbank Running Club East London	04:57:31	+2:18:21.083	07:05 min/km
618	100	447	40-44	157	Wayne	Jones	Male	Nedbank Running Club East London	04:57:31	+2:18:21.205	07:05 min/km
619	36	172	40-44	546	Annelisa	Van Dyk	Female	United AC	04:57:43	+2:18:32.778	07:05 min/km
620	61	173	35-39	217	Phumeza	Mahala	Female	Oxford Striders	04:57:45	+2:18:34.394	07:05 min/km
621	28	448	55-59	154	Gary	Jasson	Male	United AC	04:57:45	+2:18:34.488	07:05 min/km
622	52	449	50-54	515	Matthew	Tatchell	Male	United AC	04:57:45	+2:18:35.277	07:05 min/km
623	101	450	40-44	338	Brian	Murisa	Male	Other	04:57:46	+2:18:35.493	07:05 min/km
624	62	174	35-39	535	Nombuyiselo	Tshaka	Female	Buffalo City Municipal AC	04:58:22	+2:19:11.564	07:06 min/km
625	37	175	40-44	410	Ntombizanele	Papa	Female	Overtakers Sports Club	04:58:24	+2:19:13.688	07:06 min/km
626	63	176	35-39	572	Vuyolwethu	Zakhe	Female	Real Gijimas	04:59:00	+2:19:49.910	07:07 min/km
627	27	177	Under 35	305	Xoliswa	Mngcotane	Female	Other	04:59:02	+2:19:51.670	07:07 min/km
628	54	451	Under 35	159	Ji2%an	Jordaan	Male	MBSA	04:59:05	+2:19:55.185	07:07 min/km
629	38	178	40-44	348	Elena	Naude	Female	Run Walk for Life 1/2 Border	04:59:07	+2:19:57.203	07:07 min/km
630	102	452	40-44	107	Tony	French	Male	Other	04:59:08	+2:19:57.554	07:07 min/km
631	39	179	40-44	470	Zanele	Sihlahla	Female	Eskom Athletics Club Eastern Cape	04:59:41	+2:20:30.745	07:08 min/km
632	64	180	35-39	286	Mandilakhe	Mili	Female	Old Mutual Athletics Club - East London	04:59:48	+2:20:38.260	07:08 min/km
633	28	181	Under 35	231	Nolukhanyo	Malashe	Female	Overtakers Sports Club	04:59:54	+2:20:44.264	07:08 min/km
634	65	182	35-39	555	Natasha	Venter	Female	East London Athletic Club	04:59:57	+2:20:47.310	07:08 min/km
635	29	183	Under 35	505	Vuyokazi	Stoto	Female	Stutterheim AC	05:00:04	+2:20:54.300	07:08 min/km
636	66	184	35-39	401	Tamara	Nyati	Female	Adventists Athletics Club	05:00:43	+2:21:32.947	07:09 min/km
637	21	185	45-49	500	Nobuhle	Stenge	Female	Overtakers Sports Club	05:00:53	+2:21:43.103	07:09 min/km
638	40	186	40-44	430	Nicky	Puffett	Female	Oxford Striders	05:01:03	+2:21:52.432	07:10 min/km
639	117	453	35-39	609	Jeremy	Knox	Male	Born 2 Run AC Border	05:01:14	+2:22:04.022	07:10 min/km
640	118	454	35-39	479	Mkhuseli	Siramza	Male	Real Gijimas	05:01:27	+2:22:16.707	07:10 min/km
641	65	455	45-49	476	Hlubi	Singama	Male	Old Mutual Athletics Club - East London	05:01:56	+2:22:45.413	07:11 min/km
642	55	456	Under 35	450	Farrin	Robinson	Male	Oxford Striders	05:02:04	+2:22:53.731	07:11 min/km
643	103	457	40-44	413	Tsepo	Pefole	Male	Other	05:02:13	+2:23:03.361	07:11 min/km
644	22	187	45-49	9117	Nomava	Mdingi	Female	Correctional Services Border	05:03:20	+2:24:09.528	07:13 min/km
645	12	458	60-64	167	Leon	Kemp	Male	Born 2 Run AC Border	05:03:21	+2:24:11.142	07:13 min/km
646	3	188	60-64	582	Nomfanelo	Dandala	Female	Other	05:03:54	+2:24:43.992	07:14 min/km
647	30	189	Under 35	501	Sonet	Steyn	Female	Run Walk for Life 1/2 Border	05:04:33	+2:25:22.387	07:15 min/km
648	53	459	50-54	9093	Fez	Ntobongwana	Male	Real Gijimas	05:05:13	+2:26:02.894	07:16 min/km
649	29	460	55-59	408	Manfred	Ottermann	Male	MBSA	05:05:18	+2:26:07.931	07:16 min/km
650	67	190	35-39	130	Asanda	Hanise	Female	Qolokweni A.C	05:07:38	+2:28:27.852	07:19 min/km
651	30	461	55-59	3	Henke	Ackermann	Male	Oxford Striders	05:07:56	+2:28:45.915	07:19 min/km
652	104	462	40-44	357	Sabelo	Ngamlana	Male	Other	05:08:52	+2:29:41.414	07:21 min/km
653	31	191	Under 35	21	Xoliswa	Bengu	Female	Nedbank Athletic Club	05:09:05	+2:29:54.832	07:21 min/km
654	13	463	60-64	728	Elvis	Basson	Male	None	05:10:29	+2:31:18.999	07:23 min/km
655	68	192	35-39	523	Tanya	Timms	Female	Old Selbournian Road Runners	05:11:39	+2:32:29.084	07:25 min/km
656	32	193	Under 35	275	Ayanda	Mdludlu	Female	Department of Public Works AC	05:11:55	+2:32:45.276	07:25 min/km
657	119	464	35-39	684	Sibongiseni	Soniwandie	Male	DSRAC AC	05:12:10	+2:32:59.663	07:25 min/km



# NFB Tony Viljoen Masters Marathon

1 September 2019

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
658	41	194	40-44	172	Nomakaya	Klaas	Female	Old Mutual Athletics Club - East London	05:12:36	+2:33:25.698	07:26 min/km
659	105	465	40-44	15	Gareth	Barbour	Male	Oxford Striders	05:13:11	+2:34:00.927	07:27 min/km
660	14	195	50-54	607	Faith	Haya	Female	MBSA	05:13:12	+2:34:01.395	07:27 min/km
661	69	196	35-39	306	Zandile	Mngomeni	Female	Old Mutual Athletics Club - East London	05:13:24	+2:34:14.152	07:27 min/km
662	70	197	35-39	370	Pils	Nkosi	Female		05:13:30	+2:34:19.472	07:27 min/km
663	33	198	Under 35	280	Zimasa	Mgadlwa	Female	Nedbank Running Club East London	05:13:32	+2:34:22.108	07:27 min/km
664	42	199	40-44	687	Maureen	Thisani	Female	Old Mutual AC	05:16:07	+2:36:56.843	07:31 min/km
665	54	466	50-54	459	Brett	Sharp	Male	Oxford Striders	05:16:10	+2:36:59.648	07:31 min/km
666	71	200	35-39	262	Yolisa	Mbatha	Female	Old Mutual Athletics Club - East London	05:17:28	+2:38:17.831	07:33 min/km
667	15	201	50-54	179	Nomthandazo	Koti	Female	Old Mutual Athletics Club - East London	05:18:19	+2:39:08.411	07:34 min/km
668	1	202	75+	447	Paula	Richardson	Female	Buffalo Road Runners	05:20:20	+2:41:09.594	07:37 min/km
669	66	467	45-49	419	Alex	Pheiffer	Male	Run Walk for Life ½ Border	05:20:21	+2:41:10.563	07:37 min/km
670	72	203	35-39	28	Martie	Bloem	Female	Pentagon Pistols A Club	05:20:25	+2:41:14.576	07:37 min/km
671	34	204	Under 35	68	Ndileka	Daymani	Female	Real Gijimas	05:21:51	+2:42:40.520	07:39 min/km
672	55	468	50-54	9135	Steven	Eason	Male	None	05:22:35	+2:43:24.609	07:40 min/km
673	43	205	40-44	51	Wendy	Campbell	Female	Oxford Striders	05:22:47	+2:43:36.853	07:41 min/km
674	35	206	Under 35	13	Saneziwe	Baduza	Female	Old Mutual Athletics Club - East London	05:23:20	+2:44:09.978	07:41 min/km
675	73	207	35-39	425	Singathwa	Poswa	Female	Buffalo Runners Athletics Club	05:24:10	+2:44:59.623	07:43 min/km
676	120	469	35-39	96	Sachin	Fakir	Male		05:25:46	+2:46:35.510	07:45 min/km
677	67	470	45-49	83	Deetesh	Dullabh	Male		05:25:46	+2:46:35.520	07:45 min/km
678	7	208	55-59	340	Michele	Murry	Female	Edgemead Runners	05:30:02	+2:50:52.358	07:51 min/km
679	1	471	75+	126	Caspar	Greeff	Male	Atlantic Athletic Club	05:30:03	+2:50:52.756	07:51 min/km
680	106	472	40-44	328	Philasande	Mtheleli	Male	None	05:30:08	+2:50:57.784	07:51 min/km
681	23	473	30-34	9132	Lwanda	Mkhatshane	Male	Nedbank Running Club	05:30:14	+2:51:03.984	07:51 min/km
682	107	474	40-44	529	Sakhiwe	Toni	Male	Qolokweni A.C	05:31:53	+2:52:43.213	07:54 min/km
683	74	209	35-39	693	Zonke	Sonjani	Female	BRAC - KWT	05:33:33	+2:54:22.661	07:56 min/km
684	23	210	45-49	9106	Nombusa	Manzana	Female	Other	05:33:47	+2:54:36.605	07:56 min/km
685	56	475	50-54	616	Roman	Xolisa	Male	Old Mutual AC	05:33:47	+2:54:36.661	07:56 min/km
686	108	476	40-44	9105	Nondumisa	Zukelwa	Male	Old Mutual AC	05:33:52	+2:54:41.734	07:56 min/km
687	75	211	35-39	9137	Akhona	Mhlokaza	Female	Nedbank Running Club	05:34:09	+2:54:58.855	07:57 min/km
688	24	212	45-49	197	Debbi	Lombard	Female	Run Walk for Life ½ Border	05:38:30	+2:59:19.915	08:03 min/km
689	76	213	35-39	238	Nonzukiso	Manjezi	Female	Old Mutual Athletics Club - East London	05:42:51	+3:03:40.609	08:09 min/km
690	25	214	45-49	712	Zoleka	Putye	Female	None	05:42:55	+3:03:44.540	08:09 min/km
691	16	215	50-54	695	Kholiswa	Fex	Female	Nedbank Running Club	05:43:57	+3:04:46.585	08:11 min/km
692	77	216	35-39	261	Babalwa	Mbangeleli	Female	Old Mutual Athletics Club - East London	05:44:37	+3:05:26.908	08:12 min/km
693	26	217	45-49	565	Lilly	Whitehead	Female	Oxford Striders	05:45:55	+3:06:45.290	08:14 min/km
694	36	218	Under 35	131	Siphokazi	Hashe	Female		05:46:43	+3:07:32.463	08:15 min/km
695	27	219	45-49	45	Thandi	Bulwana	Female	Other	05:49:27	+3:10:16.845	08:19 min/km
696	9	220	30-34	599	Nande	Matshingana	Female	Old Mutual AC	05:49:42	+3:10:31.504	08:19 min/km
697	109	477	40-44	377	Zandisile	Nonjuzana	Male	Old Mutual Athletics Club - East London	05:51:50	+3:12:39.527	08:22 min/km
698	44	221	40-44	12	Nompucuko	Badi	Female	Old Mutual Athletics Club - East London	05:52:29	+3:13:19.334	08:23 min/km
699	78	222	35-39	699	Noma-Afrika	Peter	Female	Old Mutual AC	05:52:30	+3:13:19.951	08:23 min/km
700	10	223	30-34	595	Zanele	Konza	Female	Old Mutual AC	06:03:30	+3:24:19.951	08:39 min/km
701	45	224	40-44	256	Nolitha	Matshikwe	Female	Other	06:08:04	+3:28:53.951	08:45 min/km
702	110	478	40-44	161	Mava	Kakana	Male	Adventists Athletics Club	06:09:00	+3:29:49.951	08:47 min/km
703	28	225	45-49	110	Nozuko	Gani	Female	Other	06:14:00	+3:34:49.951	08:54 min/km