



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
1	1	1	Open	574	Frans	Melikhaya	Male	Ikhamva AC	00:51:35	-	03:26 min/km
2	2	2	Open	262	Andile	Motwana	Male	Nedbank Running Club	00:51:55	+00:20.302	03:27 min/km
3	3	3	Open	587	Adriaan	Gerwil	Male	Ikhamva AC	00:52:01	+00:26.072	03:28 min/km
4	4	4	Open	553	Zolani	Maboyo	Male	Ikhamva AC	00:52:03	+00:28.643	03:28 min/km
5	1	5	35-39	598	Luyanisa	Tshangana	Male	Ikhamva AC	00:52:38	+01:03.485	03:30 min/km
6	1	6	40-49	265	Anele	Maliza	Male	Nedbank RC EPA	00:53:44	+02:08.881	03:34 min/km
7	2	7	40-49	264	George	Ntshiliza	Male	Nedbank Running Club	00:54:09	+02:33.840	03:36 min/km
8	5	8	Open	582	Sthiyilo	Diko	Male	Nedbank RC EPA	00:55:05	+03:30.354	03:40 min/km
9	3	9	40-49	597	Mzwanele	Maphekula	Male	OTHER	00:55:10	+03:35.581	03:40 min/km
10	2	10	35-39	539	Xolisa	Ndlumbini	Male	OTHER	00:56:43	+05:08.194	03:46 min/km
11	1	11	Junior	599	Sinawo	Poti	Male	OTHER	00:57:18	+05:42.920	03:49 min/km
12	1	12	50-59	555	Desmond	Zibi	Male	Achilles AAA	00:58:40	+07:04.904	03:54 min/km
13	4	13	40-49	252	Kepe	Melikhaya	Male	Nedbank RC EPA	00:58:54	+07:19.671	03:55 min/km
14	3	14	35-39	584	Andre	Ketchem	Male	X-Cel AC	01:01:04	+09:28.899	04:04 min/km
15	4	15	35-39	559	Tumello	Mochelenyane	Male	Nedbank RC EPA	01:01:07	+09:31.773	04:04 min/km
16	1	1	Open	276	Tyler	Beling	Female	Iloosies	01:01:07	+09:32.575	04:04 min/km
17	6	16	Open	218	Jan	Ras	Male	None	01:02:44	+11:09.229	04:10 min/km
18	2	2	Open	183	Nwabisa	Mjoli	Female	Entsika	01:03:22	+11:46.896	04:13 min/km
19	7	17	Open	594	Khaya	Gqwetha	Male	X-Cel AC	01:03:56	+12:21.091	04:15 min/km
20	5	18	40-49	632	Pumlani	Bangani	Male	Nedbank RC EPA	01:04:01	+12:26.640	04:16 min/km
21	2	19	Junior	251	Valentino	Verwey	Male	None	01:04:16	+12:41.211	04:17 min/km
22	1	3	35-39	321	Ntombesintu	Mfunzi	Female	Nedbank RC EPA	01:04:33	+12:58.222	04:18 min/km
23	2	20	50-59	531	Sithembiso	Yozo	Male	Nedbank RC EPA	01:04:37	+13:02.669	04:18 min/km
24	8	21	Open	379	Ruan	Smalberger	Male	Nedbank RC EPA	01:04:44	+13:09.432	04:18 min/km
25	6	22	40-49	567	Luvuyo	Stephen	Male	Nedbank RC EPA	01:05:10	+13:35.595	04:20 min/km
26	7	23	40-49	43	August	Esau	Male	Nedbank RC	01:05:19	+13:44.643	04:21 min/km
27	8	24	40-49	624	Darell	North	Male	Achilles AAA	01:05:55	+14:20.503	04:23 min/km
28	5	25	35-39	389	Henry	Crause	Male	Nedbank RC EPA	01:06:06	+14:31.484	04:24 min/km
29	9	26	40-49	532	Ena	Whittle	Male	Elite AC	01:06:36	+15:01.306	04:26 min/km
30	9	27	Open	66	John	Jonas	Male	Benoni Northerns Athletics Club	01:07:00	+15:25.336	04:28 min/km
31	10	28	40-49	540	Graham	Eshmade	Male	Charlo AC	01:07:11	+15:35.800	04:28 min/km
32	11	29	40-49	316	Thembekile	Msipha	Male	Charlo AC	01:07:14	+15:39.662	04:28 min/km
33	10	30	Open	388	Jean-Piere	Roux	Male	Despatch AC	01:07:37	+16:01.774	04:30 min/km
34	3	31	50-59	648	Mzukisi	Klaas	Male	Nedbank RC EPA	01:08:13	+16:38.357	04:32 min/km
35	1	32	No Cat	169	FC#169	FC#169	Male		01:08:20	+16:45.216	04:33 min/km
36	6	33	35-39	196	De Bruin	Martin	Male	None	01:09:22	+17:47.588	04:37 min/km
37	11	34	Open	128	Karl	Schaberg	Male		01:10:53	+19:18.284	04:43 min/km
38	4	35	50-59	321	Patrick	Makwenkwe	Male	Charlo AC	01:11:00	+19:25.231	04:44 min/km
39	12	36	40-49	341	Mzwanele	Nqoqo	Male	OTHER	01:11:15	+19:40.653	04:45 min/km
40	3	4	Open	102	Kayla	Nell	Female	Charlo AC	01:11:26	+19:51.086	04:45 min/km
41	4	5	Open	107	Terray	Newcombe	Female	Elite AC	01:11:28	+19:53.042	04:45 min/km
42	2	37	No Cat	355	FC#355	FC#355	Male		01:11:48	+20:13.441	04:47 min/km
43	13	38	40-49	227	Robbie	Stander	Male	None	01:12:13	+20:38.358	04:48 min/km
44	12	39	Open	295	Siyabonga	Manyube	Male	Madiba Bay Warriors	01:12:22	+20:47.605	04:49 min/km
45	13	40	Open	607	Justin	Mullar	Male	None	01:12:23	+20:48.682	04:49 min/km
46	14	41	Open	633	Luyoanlan	Ngesu	Male	None	01:12:30	+20:55.397	04:50 min/km
47	7	42	35-39	639	Samkela	Sinyongo	Male	Aspen Pharmicare AC	01:12:54	+21:18.989	04:51 min/km
48	15	43	Open	647	Chris	Wewers	Male	elite	01:12:56	+21:21.150	04:51 min/km
49	16	44	Open	223	Marinus	Sjoerd	Male	None	01:13:02	+21:27.521	04:52 min/km
50	17	45	Open	59	Phillip	Heine	Male	Charlo AC	01:13:02	+21:27.713	04:52 min/km
51	14	46	40-49	289	Wessel	Wolmarans	Male	Elite AC	01:13:35	+21:59.827	04:54 min/km
52	18	47	Open	288	Willem	Potgieter	Male	Randburg Harriers	01:14:31	+22:56.407	04:58 min/km
53	5	48	50-59	337	Uran	Le Roux	Male	Volkswagen AC	01:15:14	+23:39.476	05:00 min/km
54	15	49	40-49	278	Darryl	Bagley	Male	Nedbank RC EPA	01:15:14	+23:39.633	05:00 min/km
55	1	50	60-69	284	Alan	Taylor	Male	Achilles AAA	01:15:29	+23:54.564	05:01 min/km
56	16	51	40-49	184	Denys	Wolmarans	Male	Nedbank RC EPA	01:15:32	+23:56.790	05:02 min/km
57	17	52	40-49	148	Rudi Mathys	Van Tonder	Male	Elite AC	01:15:41	+24:06.460	05:02 min/km
58	1	6	50-59	377	Christine	Claasen	Female	Achilles AAA	01:15:44	+24:08.807	05:02 min/km
59	8	53	35-39	627	Zolani	Ntungwa	Male	Vukani Multi Sport	01:15:49	+24:14.293	05:03 min/km
60	3	54	No Cat	310	FC#310	FC#310	Male		01:15:55	+24:20.353	05:03 min/km
61	18	55	40-49	396	Garreth	Jacobson	Male	Achilles AAA	01:15:59	+24:23.975	05:03 min/km
62	5	7	Open	87	Zamokuhle	Maluleke	Female	Team Vitality AC	01:16:12	+24:36.718	05:04 min/km
63	4	56	No Cat	634	FC#634	FC#634	Male		01:16:17	+24:42.576	05:05 min/km
64	19	57	Open	129	Marvin	Scharnick	Male		01:16:42	+25:07.569	05:06 min/km
65	6	58	50-59	344	Bill	Davids	Male	NMB Municipality AC	01:16:45	+25:10.347	05:07 min/km
66	5	59	No Cat	335	FC#335	FC#335	Male		01:16:48	+25:12.908	05:07 min/km
67	19	60	40-49	372	Michael	Prince	Male	Nedbank RC EPA	01:16:52	+25:16.939	05:07 min/km
68	7	61	50-59	104	Frik	Nelson	Male	Bellville Athletic Club (Road)	01:17:11	+25:36.333	05:08 min/km
69	20	62	Open	111	Linden	Nzeza	Male	Nedbank RC	01:17:18	+25:43.579	05:09 min/km
70	8	63	50-59	69	Andrew	Jonas	Male	Muirite Striders	01:17:18	+25:43.663	05:09 min/km
71	20	64	40-49	595	Lonwabo	Mtshake	Male	Ikhamva AC	01:17:19	+25:44.678	05:09 min/km
72	9	65	50-59	523	Padddey	Hodgson	Male	Charlo AC	01:17:48	+26:13.478	05:11 min/km



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
73	21	66	Open	120	Brandon	Price	Male		01:18:05	+26:30.059	05:12 min/km
74	6	8	Open	562	Juanita	Claassen	Female	Despatch AC	01:18:09	+26:34.463	05:12 min/km
75	22	67	Open	134	Neville	Swarts	Male		01:18:20	+26:45.586	05:13 min/km
76	21	68	40-49	202	Jurie	Van Dyk	Male	None	01:18:21	+26:46.091	05:13 min/km
77	22	69	40-49	125	Gregory	Ross	Male	Charlo AC	01:18:21	+26:46.569	05:13 min/km
78	23	70	40-49	549	Craig	Williams	Male	Body Concept	01:18:33	+26:57.756	05:14 min/km
79	23	71	Open	36	Kirwin	De Klerk	Male	Aspen Pharmacare AC	01:18:56	+27:21.185	05:15 min/km
80	24	72	40-49	282	Richard	Mazungula	Male	Nedbank RC EPA	01:19:02	+27:27.241	05:16 min/km
81	1	73	70+	83	Lochi	Lochner	Male	Charlo AC	01:19:07	+27:31.817	05:16 min/km
82	25	74	40-49	550	Brandon	Groener	Male	X-Cel AC	01:19:28	+27:53.454	05:17 min/km
83	2	9	35-39	556	Sitha Litha	Sigenu	Female	Real Gijimas	01:19:37	+28:01.962	05:18 min/km
84	1	10	40-49	50	Cindy	Forbes	Female	Charlo AC	01:19:37	+28:02.477	05:18 min/km
85	26	75	40-49	657	David	Mama	Male	Hollywood Bets AC	01:19:59	+28:23.923	05:19 min/km
86	10	76	50-59	400	Gavin	Rogers	Male	Crusaders AC	01:20:06	+28:30.787	05:20 min/km
87	11	77	50-59	294	Willem	Brits	Male	OTHER	01:20:22	+28:46.887	05:21 min/km
88	2	11	40-49	563	Carmen	Schaefer	Female	Nedbank RC EPA	01:20:24	+28:49.662	05:21 min/km
89	24	78	Open	26	Zandisile Christopher	Cweya	Male		01:20:25	+28:49.888	05:21 min/km
90	25	79	Open	79	Musa	Senti	Male	Bluewater Bay RR	01:20:27	+28:52.360	05:21 min/km
91	3	12	35-39	189	Thelma	Mcopelo	Female	Hollywood Bets AC	01:20:35	+29:00.080	05:22 min/km
92	27	80	40-49	589	Michael	Wallis	Male	Achilles AAA	01:20:41	+29:06.562	05:22 min/km
93	28	81	40-49	385	Edvin	Donley	Male	Despatch AC	01:20:42	+29:07.536	05:22 min/km
94	12	82	50-59	164	George	Winship	Male	Charlo AC	01:20:43	+29:07.808	05:22 min/km
95	3	13	40-49	174	Marise	Prinsloo	Female	Dolphin Striders	01:21:09	+29:34.170	05:24 min/km
96	4	14	35-39	248	Ancois	Chowles	Female	None	01:21:23	+29:48.261	05:25 min/km
97	29	83	40-49	351	Helgard	Potgieter	Male	Despatch AC	01:21:28	+29:53.599	05:25 min/km
98	7	15	Open	274	Neevra	Bellingan	Female	Despatch AC	01:21:28	+29:53.666	05:25 min/km
99	13	84	50-59	391	Stephen	Phillipson	Male	Despatch AC	01:21:28	+29:53.668	05:25 min/km
100	26	85	Open	237	Klue	Werner	Male	None	01:21:29	+29:53.989	05:25 min/km
101	14	86	50-59	329	Simpshiwe	Soci	Male	Hollywood Bets AC	01:22:11	+30:36.019	05:28 min/km
102	30	87	40-49	150	Morne	Van Wyk	Male	Nedbank RC	01:22:29	+30:54.105	05:29 min/km
103	6	88	No Cat	361	FC#361	FC#361	Male		01:22:38	+31:03.540	05:30 min/km
104	15	89	50-59	167	Lawrentius	Zeelie	Male	S.A.P EP AC	01:22:45	+31:10.237	05:31 min/km
105	31	90	40-49	579	Marc	Rieder	Male	Achilles AAA	01:22:58	+31:22.996	05:31 min/km
106	27	91	Open	352	Leslie	Ferreira	Male	Crusaders AC	01:23:08	+31:33.578	05:32 min/km
107	8	16	Open	206	Christen	Lawsen	Female	None	01:23:13	+31:38.521	05:32 min/km
108	2	92	60-69	656	Chester	Brooks	Male	X-Cel AC	01:23:21	+31:46.680	05:33 min/km
109	3	93	60-69	317	Cedric	Thysse	Male	St Albans AC	01:23:34	+31:58.724	05:34 min/km
110	32	94	40-49	5	Adriaan	Badenhorst	Male	Nedbank Running Club SWD	01:24:02	+32:27.665	05:36 min/km
111	16	95	50-59	281	Jerome	May	Male	X-Cel AC	01:24:03	+32:28.073	05:36 min/km
112	28	96	Open	637	Jaques	Langely	Male	Run4Christ	01:24:10	+32:35.648	05:36 min/km
113	2	97	70+	327	Graham	Channon	Male	Achilles AAA	01:24:16	+32:40.810	05:37 min/km
114	33	98	40-49	533	Jacobus	Julius	Male	Gelvan AC	01:24:16	+32:41.213	05:37 min/km
115	9	99	35-39	319	Graham	Norton	Male	Achilles AAA	01:24:16	+32:41.304	05:37 min/km
116	4	100	60-69	338	Jan	Van Eeden	Male	Nedbank RC EPA	01:24:17	+32:42.576	05:37 min/km
117	17	101	50-59	260	Cats	Tubly	Male	None	01:24:22	+32:47.601	05:37 min/km
118	34	102	40-49	219	Chris	Gerber	Male	None	01:24:48	+33:13.304	05:39 min/km
119	10	103	35-39	236	Louis	Hoek	Male	None	01:24:48	+33:13.365	05:39 min/km
120	18	104	50-59	339	Andre	Bothma	Male	Crusaders AC	01:24:51	+33:16.631	05:39 min/km
121	11	105	35-39	279	Johannes	Knoesen	Male	Despatch AC	01:24:56	+33:21.704	05:39 min/km
122	3	106	70+	325	Eddie	Eades	Male	Nedbank RC EPA	01:25:13	+33:38.677	05:40 min/km
123	12	107	35-39	365	Eugene	Van Rooyen	Male	Despatch AC	01:25:15	+33:40.317	05:41 min/km
124	29	108	Open	39	Delaino	Domingo	Male	Nedbank RC	01:25:18	+33:43.679	05:41 min/km
125	35	109	40-49	30	Nigel	Daniels	Male	X-Cel AC	01:25:21	+33:46.464	05:41 min/km
126	30	110	Open	349	Renier	Gouws	Male	Despatch AC	01:25:22	+33:47.567	05:41 min/km
127	5	111	60-69	573	Joseph	Bain	Male	St Albans AC	01:25:25	+33:49.804	05:41 min/km
128	36	112	40-49	613	Bruce	Acton	Male	OTHER	01:25:35	+34:00.540	05:42 min/km
129	31	113	Open	614	Justin	Pyle	Male	None	01:25:36	+34:01.243	05:42 min/km
130	37	114	40-49	313	Mxolisi	Siziba	Male	Charlo AC	01:25:38	+34:03.153	05:42 min/km
131	13	115	35-39	188	Nkhathalleng	Khiba	Male	Hollywood Bets AC	01:25:46	+34:10.874	05:43 min/km
132	32	116	Open	10	Malcolm	Blandy	Male	Charlo AC	01:26:06	+34:30.836	05:44 min/km
133	38	117	40-49	655	Tembelani	Mabongo	Male	Nedbank RC EPA	01:26:07	+34:32.457	05:44 min/km
134	39	118	40-49	307	Bennitus	Welch	Male	St Albans AC	01:26:07	+34:32.540	05:44 min/km
135	40	119	40-49	180	Rodger	Gysman	Male	Run4Christ	01:26:13	+34:38.345	05:44 min/km
136	5	17	35-39	235	Debbie	Hoek	Female	None	01:26:16	+34:41.629	05:45 min/km
137	33	120	Open	249	Gioff	Grilwald	Male	None	01:26:37	+35:02.452	05:46 min/km
138	41	121	40-49	186	Xlile	Mbali	Male	None	01:26:54	+35:18.895	05:47 min/km
139	6	122	60-69	390	Schoombee	Pretorius	Male	MBSA	01:26:58	+35:23.102	05:47 min/km
140	34	123	Open	290	Ruan	Welgemoed	Male	St Albans AC	01:27:07	+35:31.738	05:48 min/km
141	9	18	Open	601	Caitlin	Williams	Female	Kovsies bfn	01:27:13	+35:38.430	05:48 min/km
142	42	124	40-49	554	Ivo	Meyer	Male	Body Concept	01:27:16	+35:40.967	05:49 min/km
143	3	125	Junior	638	Ambesa	Tokwe	Male	Nedbank RC EPA	01:27:22	+35:47.110	05:49 min/km
144	4	19	40-49	612	Michelle	Acton	Female	Midrand Stiders	01:27:32	+35:57.331	05:50 min/km



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
145	6	20	35-39	259	Natalie	Van Der Linde	Female	None	01:27:49	+36:13.825	05:51 min/km
146	7	21	35-39	268	Lindie	Stander	Female	Despatch AC	01:27:49	+36:14.243	05:51 min/km
147	43	126	40-49	628	Kaashiief	Pietersen	Male	St Albans AC	01:27:51	+36:16.197	05:51 min/km
148	5	22	40-49	277	Wendy	Van Der Merwe	Female	St Albans AC	01:27:52	+36:17.350	05:51 min/km
149	19	127	50-59	375	Marius	Ferreira	Male	St Albans AC	01:28:07	+36:31.784	05:52 min/km
150	35	128	Open	89	Thomas	Marais	Male	Charlo AC	01:28:10	+36:35.710	05:52 min/km
151	8	23	35-39	275	Johanet	Cilliers	Female	Douglas	01:28:30	+36:55.617	05:54 min/km
152	36	129	Open	197	Johannes	Grobbelaar	Male		01:28:31	+36:55.731	05:54 min/km
153	44	130	40-49	610	Michael	Prinsloo	Male	Dolphin Striders	01:28:44	+37:09.144	05:54 min/km
154	10	24	Open	63	Cynthia	Heyns	Female	Charlo AC	01:28:48	+37:13.422	05:55 min/km
155	20	131	50-59	312	Fransois	Williams	Male	tygerberg	01:28:51	+37:15.813	05:55 min/km
156	21	132	50-59	328	Jan	Swini	Male	OTHER	01:29:09	+37:34.111	05:56 min/km
157	6	25	40-49	216	Adel	Coetzee	Female	OTHER	01:29:19	+37:44.094	05:57 min/km
158	14	133	35-39	620	Luthando	Ndzambo	Male	None	01:29:27	+37:52.023	05:57 min/km
159	22	134	50-59	285	Geddes	Gallant	Male	SANDB AC	01:29:39	+38:04.091	05:58 min/km
160	7	26	40-49	609	Cindy	Mullar	Female	None	01:29:39	+38:04.558	05:58 min/km
161	7	135	60-69	558	Anthonye	Fourie	Male	OTHER	01:29:40	+38:05.664	05:58 min/km
162	1	27	60-69	140	Charmaine	Van Der Walt	Female	Bloemfontein NedbankAchilles	01:29:49	+38:14.417	05:59 min/km
163	23	136	50-59	646	Clive	Wewers	Male	Elite AC	01:29:51	+38:16.645	05:59 min/km
164	11	28	Open	602	Karla	Gillwald	Female	None	01:29:53	+38:18.579	05:59 min/km
165	12	29	Open	100	Ntombentsha	Nazo	Female	Ikhamba AC	01:29:55	+38:20.198	05:59 min/km
166	24	137	50-59	61	Lester	Hen-Boisen	Male	Charlo AC	01:29:58	+38:23.148	05:59 min/km
167	45	138	40-49	49	Dean	Foong	Male	Charlo AC	01:29:58	+38:23.316	05:59 min/km
168	25	139	50-59	570	Mluleki	Gqobose	Male	Madiba Bay Warriors	01:30:00	+38:24.749	05:59 min/km
169	26	140	50-59	34	Ricardo	De Andrade	Male	Charlo AC	01:30:04	+38:29.709	06:00 min/km
170	27	141	50-59	303	Jonathan	Mandell	Male	32GI EP AC	01:30:07	+38:32.540	06:00 min/km
171	2	30	50-59	538	Aletta	Joubert	Female	Crusaders AC	01:30:10	+38:35.575	06:00 min/km
172	8	142	60-69	146	Peter	Van Rensburg	Male	Elite AC	01:30:17	+38:41.883	06:01 min/km
173	9	31	35-39	232	Anei	Ferreira	Female	None	01:30:29	+38:53.845	06:01 min/km
174	8	32	40-49	576	Lesley-Ann	Bush	Female	Despatch AC	01:30:30	+38:54.932	06:01 min/km
175	3	33	50-59	308	Laura	Maritz	Female	Infinity AC	01:30:31	+38:55.740	06:02 min/km
176	37	143	Open	22	Westley	Cockrell	Male		01:30:33	+38:58.292	06:02 min/km
177	13	34	Open	162	Ludine	Williams	Female	St Albans AC	01:30:38	+39:03.446	06:02 min/km
178	38	144	Open	88	Mkhululi Xavier	Manyala	Male		01:30:42	+39:07.075	06:02 min/km
179	10	35	35-39	231	Anri	Dorfling	Female	None	01:30:47	+39:12.341	06:03 min/km
180	46	145	40-49	386	Erik	Kemp	Male	Despatch AC	01:30:48	+39:13.515	06:03 min/km
181	47	146	40-49	158	Neville	Warmberg	Male	Old Mutual Athletics Club - East London	01:30:49	+39:14.593	06:03 min/km
182	28	147	50-59	577	Shaun	Coetzee	Male	X-Cel AC	01:30:57	+39:22.392	06:03 min/km
183	48	148	40-49	583	Eugene	Van Wyk	Male	X-Cel AC	01:30:57	+39:22.553	06:03 min/km
184	39	149	Open	293	Kobus	Jansen	Male	Bloemfontein striders	01:30:58	+39:23.669	06:03 min/km
185	14	36	Open	250	Lindie	Vermaak	Female	None	01:31:10	+39:34.788	06:04 min/km
186	15	150	35-39	566	Bonga	Funani	Male	Vukani Multi Sport	01:31:14	+39:39.630	06:04 min/km
187	9	151	60-69	185	Robert	Button	Male	Old Selbornian Road Runners	01:31:26	+39:50.956	06:05 min/km
188	9	37	40-49	151	Martha	Van Zyl	Female	VKRR	01:31:27	+39:52.416	06:05 min/km
189	4	152	70+	629	Cillian	Seart	Male	Nedbank RC EPA	01:31:48	+40:13.561	06:07 min/km
190	40	153	Open	640	Njongo	Cokotho	Male	Nedbank RC EPA	01:32:02	+40:27.507	06:08 min/km
191	16	154	35-39	255	Khangeloni	Halom	Male	None	01:32:10	+40:35.311	06:08 min/km
192	15	38	Open	398	Abena	Dlakavu	Female	Vukani Multi Sport	01:32:13	+40:37.848	06:08 min/km
193	29	155	50-59	224	William	Faulkner	Male	None	01:32:13	+40:38.542	06:08 min/km
194	5	156	70+	287	Brian	Currie	Male	Sunward AC	01:32:23	+40:48.537	06:09 min/km
195	16	39	Open	41	Nikita	Drury	Female	Charlo AC	01:32:25	+40:50.505	06:09 min/km
196	30	157	50-59	160	Attie	Williams	Male	Run 4 Christ AC	01:32:27	+40:52.121	06:09 min/km
197	10	158	60-69	187	Ronald	Ndiza	Male	Tinarha AC	01:32:42	+41:07.154	06:10 min/km
198	31	159	50-59	370	Deon	Vyver	Male	Nedbank RC EPA	01:32:42	+41:07.616	06:10 min/km
199	4	40	50-59	542	Susan	Alcock	Female	Madiba Bay Warriors	01:33:14	+41:39.064	06:12 min/km
200	41	160	Open	112	Werner	Olivier	Male	Despatch AC	01:33:42	+42:07.067	06:14 min/km
201	32	161	50-59	85	Wayne	Mac Gear	Male	Bestmed Madibaz AC	01:33:43	+42:08.020	06:14 min/km
202	17	41	Open	591	Talana	Wyatt	Female	Despatch AC	01:33:44	+42:09.658	06:14 min/km
203	11	42	35-39	592	Sonja	Van Wyk	Female	Despatch AC	01:33:48	+42:13.558	06:15 min/km
204	2	43	60-69	630	Renee	Hawkrigde	Female	Bluewater Bay RR	01:33:53	+42:17.988	06:15 min/km
205	10	44	40-49	241	Franja	Serfontein	Female	None	01:33:58	+42:23.608	06:15 min/km
206	49	162	40-49	240	Johan	Serfontein	Male	OTHER	01:33:59	+42:23.857	06:15 min/km
207	11	45	40-49	387	Jane	Kemp	Female	Despatch AC	01:34:01	+42:26.318	06:16 min/km
208	12	46	40-49	98	Samantha	Mukheibir	Female	Charlo AC	01:34:22	+42:47.180	06:17 min/km
209	50	163	40-49	92	Gavin	Matthews	Male	Charlo AC	01:34:42	+43:06.998	06:18 min/km
210	42	164	Open	80	Christiaan	Kritzinger	Male		01:34:56	+43:20.985	06:19 min/km
211	5	47	50-59	137	Annelize	Theron	Female	Team Vitality AC	01:34:58	+43:23.142	06:19 min/km
212	51	165	40-49	618	Ryan	Swart	Male	None	01:35:01	+43:26.476	06:20 min/km
213	33	166	50-59	354	Deon	Van Der Merwe	Male	Nedbank RC EPA	01:35:03	+43:28.705	06:20 min/km
214	17	167	35-39	368	Phillip	Kemp	Male	Elite AC	01:35:07	+43:32.654	06:20 min/km
215	18	48	Open	299	Surita	Jansen Van Vuuren	Female	Charlo AC	01:35:08	+43:33.457	06:20 min/km
216	43	168	Open	226	Rian	Currie	Male	None	01:35:36	+44:01.446	06:22 min/km



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
217	12	49	35-39	526	Arushke	Haefele	Female	Despatch AC	01:35:38	+44:03.399	06:22 min/km
218	6	50	50-59	132	Burnita	Strydom	Female	Run 4 Christ AC	01:35:40	+44:04.999	06:22 min/km
219	11	169	60-69	543	Sam	Erasmus	Male	Nedbank RC EPA	01:35:40	+44:05.118	06:22 min/km
220	19	51	Open	363	Yvette	De Villiers	Female	Aspen Pharmacare AC	01:35:51	+44:16.029	06:23 min/km
221	20	52	Open	347	Theresa	Buchner	Female	Nedbank RC EPA	01:35:53	+44:17.748	06:23 min/km
222	18	170	35-39	394	Dewalt	Van Vuuren	Male	Elite AC	01:35:53	+44:18.373	06:23 min/km
223	12	171	60-69	331	Kenneth	Barnard	Male	Achilles AAA	01:35:57	+44:22.497	06:23 min/km
224	13	53	35-39	247	Belinda	Louw	Female	None	01:36:03	+44:28.107	06:24 min/km
225	21	54	Open	195	De Bruin	Elizna	Female	None	01:36:17	+44:42.046	06:25 min/km
226	22	55	Open	108	Hayley	Newing	Female	Transnet Port Terminals AC	01:36:23	+44:48.659	06:25 min/km
227	44	172	Open	109	Christo	Niemand	Male		01:36:37	+45:02.661	06:26 min/km
228	7	56	50-59	320	Phunyezwa	Ndevu	Female	SABC	01:36:38	+45:02.777	06:26 min/km
229	34	173	50-59	393	Karel	Daniels	Male	Transnet Engineering EP AC	01:36:44	+45:09.362	06:26 min/km
230	19	174	35-39	194	Uran	Tee	Male	None	01:36:54	+45:19.308	06:27 min/km
231	3	57	60-69	171	Mari	Malan	Female	OTHER	01:36:56	+45:21.627	06:27 min/km
232	14	58	35-39	207	Maureen	Jordaan	Female	None	01:36:59	+45:24.029	06:27 min/km
233	13	175	60-69	221	Lawrence	Bernard	Male	None	01:37:05	+45:29.941	06:28 min/km
234	13	59	40-49	343	Yvette	Jonker	Female	Despatch AC	01:37:23	+45:47.859	06:29 min/km
235	23	60	Open	113	Mariska	Olivier	Female	Despatch AC	01:37:23	+45:48.234	06:29 min/km
236	15	61	35-39	535	Elzabe	Phillipson	Female	Despatch AC	01:37:24	+45:48.765	06:29 min/km
237	14	62	40-49	350	Lydia	Potgieter	Female	Despatch AC	01:37:24	+45:48.914	06:29 min/km
238	15	63	40-49	13	Ilana	Boshoff	Female	Despatch AC	01:37:24	+45:49.041	06:29 min/km
239	8	64	50-59	64	Antoinette	Human	Female	Gelvan AC	01:37:26	+45:51.707	06:29 min/km
240	45	176	Open	254	Errol	Stoltz	Male	None	01:37:27	+45:52.699	06:29 min/km
241	24	65	Open	225	Chenelle	Currie	Female	None	01:37:46	+46:11.608	06:31 min/km
242	16	66	35-39	545	Christelle	Knoesen	Female	Despatch AC	01:37:51	+46:16.289	06:31 min/km
243	17	67	35-39	534	Janine	Whittal	Female	Elite AC	01:37:52	+46:17.204	06:31 min/km
244	18	68	35-39	603	Elize	Bosh	Female	Alpha centurion	01:37:52	+46:17.266	06:31 min/km
245	4	177	Junior	374	Korne	Pretorius	Male	Elite AC	01:37:53	+46:18.231	06:31 min/km
246	52	178	40-49	362	Michael	Slater	Male	Volkswagen AC	01:38:04	+46:29.439	06:32 min/km
247	14	179	60-69	376	Adriaan	Smalberger	Male	St Albans AC	01:38:08	+46:33.315	06:32 min/km
248	15	180	60-69	537	Cornelius	Barnard	Male	Nedbank RC EPA	01:38:13	+46:38.035	06:32 min/km
249	7	181	No Cat	208	FC#208	FC#208	Male		01:38:18	+46:43.041	06:33 min/km
250	25	69	Open	291	Elaine	Van Zyl	Female	Achilles AAA	01:38:22	+46:46.882	06:33 min/km
251	46	182	Open	238	Ryan	Dodds	Male	None	01:38:22	+46:47.445	06:33 min/km
252	35	183	50-59	593	Siyabonga	Pandle	Male	NMB Municipality AC	01:38:27	+46:51.740	06:33 min/km
253	9	70	50-59	300	Cathy	Allers	Female	Elite AC	01:38:31	+46:56.182	06:34 min/km
254	16	71	40-49	145	Janet	Van Niekerk	Female	Charlo AC	01:38:37	+47:02.634	06:34 min/km
255	20	184	35-39	229	Ryan	Van Der Mescht	Male	None	01:38:44	+47:08.979	06:34 min/km
256	36	185	50-59	286	Johnny	Malgas	Male	None	01:38:48	+47:13.674	06:35 min/km
257	19	72	35-39	271	Justine	Campbell	Female	Run Zone AC	01:38:58	+47:22.877	06:35 min/km
258	17	73	40-49	243	Rene	Swart	Female	Despatch AC	01:39:08	+47:33.589	06:36 min/km
259	10	74	50-59	95	Janice	Mckerry	Female	Queenstown Harriers	01:39:12	+47:36.851	06:36 min/km
260	53	186	40-49	68	Alwin	Jonas	Male		01:39:12	+47:37.217	06:36 min/km
261	18	75	40-49	364	Anize	Gerber	Female	Despatch AC	01:39:21	+47:46.142	06:37 min/km
262	54	187	40-49	617	Attie	Jooste	Male	Nedbank RC EPA	01:39:23	+47:48.620	06:37 min/km
263	55	188	40-49	641	Franklyn	Haman	Male	Volkswagen AC	01:39:25	+47:50.027	06:37 min/km
264	56	189	40-49	214	Johannes	Peyper	Male	OTHER	01:39:33	+47:58.522	06:38 min/km
265	19	76	40-49	311	Antionette	Williams	Female	Tyg	01:39:40	+48:05.206	06:38 min/km
266	26	77	Open	147	Shavonne	Van Staden	Female	Crusaders AC	01:39:53	+48:17.783	06:39 min/km
267	37	190	50-59	346	Tremaine	Wesson	Male	Achilles AAA	01:39:54	+48:18.995	06:39 min/km
268	20	78	40-49	392	Margaretha	Potgieter	Female	Despatch AC	01:39:59	+48:24.220	06:39 min/km
269	47	191	Open	552	Lorenzo	Samuels	Male	Muirite Striders	01:40:02	+48:26.790	06:40 min/km
270	48	192	Open	357	Werner	De Lange	Male	Crusaders AC	01:40:09	+48:34.270	06:40 min/km
271	27	79	Open	356	Emelisa	Meiring	Female	Despatch AC	01:40:09	+48:34.326	06:40 min/km
272	21	80	40-49	144	Tania	Van Niekerk	Female	Run 4 Christ AC	01:40:10	+48:35.127	06:40 min/km
273	22	81	40-49	62	Lisa	Hen-Boisen	Female	Charlo AC	01:40:16	+48:41.041	06:41 min/km
274	23	82	40-49	143	Lara	Van Heerden	Female	Charlo AC	01:40:16	+48:41.195	06:41 min/km
275	24	83	40-49	4	Louise	Axon	Female	Charlo AC	01:40:16	+48:41.384	06:41 min/km
276	49	193	Open	153	Peter	Venter	Male	Charlo AC	01:40:17	+48:41.870	06:41 min/km
277	25	84	40-49	139	Ceri	Tustin	Female	Charlo AC	01:40:17	+48:42.142	06:41 min/km
278	38	194	50-59	119	Peter	Pohlmann	Male	Charlo AC	01:40:17	+48:42.507	06:41 min/km
279	28	85	Open	152	Kim	Venter	Female	Charlo AC	01:40:18	+48:42.782	06:41 min/km
280	50	195	Open	3	Donovan	Austin	Male	Charlo AC	01:40:18	+48:42.924	06:41 min/km
281	16	196	60-69	17	Armin	Brandle	Male	Charlo AC	01:40:18	+48:42.928	06:41 min/km
282	57	197	40-49	90	Allister	Marran	Male	Charlo AC	01:40:18	+48:43.559	06:41 min/km
283	26	86	40-49	257	Tina	Olckers	Female	None	01:40:19	+48:44.069	06:41 min/km
284	11	87	50-59	572	Lesley	Maggott	Female	Achilles AAA	01:40:25	+48:50.621	06:41 min/km
285	27	88	40-49	358	Adele	Janse Van Rensburg	Female	Despatch AC	01:40:28	+48:53.628	06:41 min/km
286	5	198	Junior	228	Ruben	Pretorius	Male	None	01:40:38	+49:02.842	06:42 min/km
287	12	89	50-59	298	Benita	Gerber	Female	Elite AC	01:40:45	+49:10.392	06:43 min/km
288	39	199	50-59	324	Daniel	Pieterse	Male	Despatch AC	01:40:47	+49:12.618	06:43 min/km





# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
289	29	90	Open	239	Dedre	Gerber	Female	None	01:40:50	+49:15.381	06:43 min/km
290	21	200	35-39	596	Gavin	Maziza	Male	Vitality	01:40:50	+49:15.430	06:43 min/km
291	8	201	No Cat	626	FC#626	FC#626	Male		01:40:53	+49:18.706	06:43 min/km
292	13	91	50-59	222	Carol	Bernard	Female	None	01:40:57	+49:22.282	06:43 min/km
293	14	92	50-59	521	Angela	Rogers	Female	Crusaders AC	01:41:01	+49:26.642	06:44 min/km
294	15	93	50-59	585	Jhaninen	Boshoff	Female	Despatch AC	01:41:07	+49:32.087	06:44 min/km
295	30	94	Open	606	Noluklanyo	Madlingozi	Female	None	01:41:16	+49:41.320	06:45 min/km
296	31	95	Open	242	Idelette	Nel	Female	Bestmed Madibaz Athletics Club	01:41:17	+49:42.325	06:45 min/km
297	32	96	Open	27	Michele	Dalton	Female	Charlo AC	01:41:24	+49:49.247	06:45 min/km
298	28	97	40-49	14	Kirsty	Boshoff	Female	Charlo AC	01:41:24	+49:49.667	06:45 min/km
299	16	98	50-59	522	Diana	Hodgson	Female	Crusaders AC	01:41:25	+49:50.706	06:45 min/km
300	29	99	40-49	371	Toegeda	Vyver	Female	Nedbank RC EPA	01:41:26	+49:51.482	06:45 min/km
301	58	202	40-49	280	Zakhele	Lelaka	Male	Volkswagen AC	01:41:37	+50:02.715	06:46 min/km
302	17	100	50-59	529	Carol	Booyesen	Female	Muirite Striders	01:41:41	+50:06.009	06:46 min/km
303	6	203	70+	631	Geoff	Hawkridge	Male	Bluewater Bay RR	01:41:41	+50:06.194	06:46 min/km
304	59	204	40-49	18	Christopher	Bruintjies	Male	Volkswagen AC	01:41:42	+50:07.182	06:46 min/km
305	60	205	40-49	256	Mark	Momberg	Male	None	01:41:49	+50:14.580	06:47 min/km
306	61	206	40-49	56	Keith	Harris	Male	Gelvan AC	01:41:50	+50:15.156	06:47 min/km
307	62	207	40-49	527	Zirk	Haefele	Male	Despatch AC	01:41:52	+50:16.881	06:47 min/km
308	33	101	Open	622	Wilmeri	Potgieter	Female	Crusaders AC	01:41:56	+50:21.252	06:47 min/km
309	40	208	50-59	73	George	Kant	Male		01:42:09	+50:34.143	06:48 min/km
310	1	102	Junior	334	Simone	Olckers	Female	SAP AC	01:42:13	+50:38.249	06:48 min/km
311	18	103	50-59	623	Sharon	Pyle	Female	Midrand striders	01:42:51	+51:16.559	06:51 min/km
312	19	104	50-59	114	Paula	Pearce	Female	Charlo AC	01:42:56	+51:21.229	06:51 min/km
313	20	105	50-59	557	Desiree	Titus	Female	OTHER	01:42:56	+51:21.369	06:51 min/km
314	41	209	50-59	2	Charles	Astle	Male		01:42:58	+51:23.374	06:51 min/km
315	20	106	35-39	234	Barbara	Hoek	Female	None	01:43:24	+51:49.717	06:53 min/km
316	34	107	Open	611	Nicole	Deschamps	Female	None	01:43:28	+51:52.744	06:53 min/km
317	42	210	50-59	156	Jacques	Vorster	Male	S.A.P EP AC	01:43:35	+51:59.773	06:54 min/km
318	51	211	Open	578	Ian	Killian	Male	Bluewater Bay RR	01:43:36	+52:01.302	06:54 min/km
319	63	212	40-49	546	Shawn	Sharp	Male	Despatch AC	01:43:41	+52:06.583	06:54 min/km
320	21	108	35-39	547	Lisa	Sharp	Female	Despatch AC	01:43:41	+52:06.653	06:54 min/km
321	43	213	50-59	48	Leonard	Foley	Male	St Francis Runners	01:43:42	+52:07.696	06:54 min/km
322	21	109	50-59	340	Denise	Ferreira	Female	None	01:43:49	+52:14.182	06:55 min/km
323	17	214	60-69	551	Yusye	Samuels	Male	X-Cel AC	01:44:19	+52:44.395	06:57 min/km
324	35	110	Open	84	Jacki	Lyle	Female	Bluewater Bay RR	01:44:35	+53:00.104	06:58 min/km
325	44	215	50-59	136	Jd	Theron	Male	Team Vitality AC	01:44:46	+53:11.010	06:59 min/km
326	4	111	60-69	571	Elizabeth	Austin	Female	Achilles AAA	01:44:56	+53:21.531	06:59 min/km
327	22	112	50-59	75	Yolande	Knoetze	Female	Elite AC	01:45:06	+53:31.312	07:00 min/km
328	23	113	50-59	131	Sharon	Smuts	Female	St Albans AC	01:45:10	+53:35.312	07:00 min/km
329	18	216	60-69	302	Renier	Van Vuuren	Male	PE Airports AC	01:45:16	+53:40.773	07:01 min/km
330	22	114	35-39	230	Tanya	Norris	Female	None	01:45:38	+54:03.696	07:02 min/km
331	36	115	Open	78	Marike	Kritzinger	Female		01:45:50	+54:15.138	07:03 min/km
332	23	116	35-39	604	Riette	Herbst	Female	None	01:45:54	+54:19.366	07:03 min/km
333	9	217	No Cat	645	FC#645	FC#645	Male		01:45:58	+54:23.091	07:03 min/km
334	24	117	50-59	560	Lynette	Crause	Female	Infinity AC	01:46:16	+54:40.783	07:05 min/km
335	25	118	50-59	47	Delene	Foley	Female	St Francis Runners	01:46:17	+54:42.027	07:05 min/km
336	7	218	70+	201	Johannes	Verhoef	Male	None	01:46:20	+54:44.801	07:05 min/km
337	52	219	Open	615	Luvo	Msutwana	Male	None	01:46:20	+54:45.372	07:05 min/km
338	30	119	40-49	649	Karen	Hume	Female	Muirite Striders	01:46:24	+54:49.220	07:05 min/km
339	26	120	50-59	644	Pearl	Damons	Female	Gelvan AC	01:46:26	+54:51.128	07:05 min/km
340	37	121	Open	127	Claudia	Schaberg	Female		01:46:28	+54:53.131	07:05 min/km
341	5	122	60-69	198	Cora	Van Der Wath	Female	None	01:46:35	+55:00.623	07:06 min/km
342	38	123	Open	163	Inge	Williamson	Female	Profiles AC	01:46:39	+55:03.767	07:06 min/km
343	31	124	40-49	318	Christy	Rennie	Female	Achilles AAA	01:46:50	+55:15.633	07:07 min/km
344	32	125	40-49	220	Anet	Gerber	Female	None	01:46:59	+55:24.027	07:07 min/km
345	27	126	50-59	77	Zelda	Krige	Female	Infinity AC	01:47:07	+55:32.344	07:08 min/km
346	8	220	70+	53	Andre	Fourie	Male	Nedbank RC	01:47:07	+55:32.396	07:08 min/km
347	33	127	40-49	215	Juliette	Bezuidenhout	Female	OTHER	01:47:08	+55:33.243	07:08 min/km
348	45	221	50-59	525	Jacobus	Wyatt	Male	Despatch AC	01:47:08	+55:33.367	07:08 min/km
349	53	222	Open	58	Timothy	Heine	Male	Charlo AC	01:47:14	+55:39.218	07:08 min/km
350	19	223	60-69	60	Roy	Heine	Male	Charlo AC	01:47:14	+55:39.347	07:08 min/km
351	28	128	50-59	6	Belinda	Bain	Female	Charlo AC	01:47:40	+56:05.015	07:10 min/km
352	39	129	Open	600	Alycia	Langley	Female	Run4Christ	01:47:50	+56:14.796	07:11 min/km
353	9	224	70+	29	Henry	Daniels	Male		01:47:56	+56:21.056	07:11 min/km
354	46	225	50-59	8	Rowan	Bentley	Male	Charlo AC	01:48:05	+56:30.538	07:12 min/km
355	20	226	60-69	301	Robert	Rietmuller	Male	PE Airports AC	01:48:06	+56:30.998	07:12 min/km
356	10	227	70+	654	David	O'Reilly	Male	Nedbank RC EPA	01:48:13	+56:38.632	07:12 min/km
357	40	130	Open	569	Alicia	Killian	Female	Bluewater Bay RR	01:48:19	+56:44.101	07:13 min/km
358	34	131	40-49	366	Yolande	Van Rooyen	Female	Despatch AC	01:48:37	+57:02.190	07:14 min/km
359	41	132	Open	46	Caitlyn	Ferreira	Female	Nedbank RC	01:48:47	+57:12.347	07:15 min/km
360	35	133	40-49	51	Erika	Foreman	Female	St Albans AC	01:48:51	+57:15.757	07:15 min/km



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
361	36	134	40-49	57	Sunet	Harris	Female	St Albans AC	01:48:51	+57:15.759	07:15 min/km
362	37	135	40-49	636	Lezelle	Harris	Female	Volkswagen AC	01:49:27	+57:52.319	07:17 min/km
363	38	136	40-49	211	Mareli	Visser	Female	None	01:49:38	+58:03.298	07:18 min/km
364	22	228	35-39	212	Jaco	Cilliers	Male	None	01:49:38	+58:03.343	07:18 min/km
365	39	137	40-49	210	Ilze	Basson	Female	Helderberg	01:49:38	+58:03.669	07:18 min/km
366	40	138	40-49	204	Lynette	Botha	Female	None	01:49:54	+58:19.143	07:19 min/km
367	24	139	35-39	399	Shameema	Solomon	Female	Charlo AC	01:50:00	+58:25.251	07:20 min/km
368	1	140	70+	367	Ronelle	Steyn	Female	Nedbank RC EPA	01:50:13	+58:38.082	07:20 min/km
369	41	141	40-49	588	Doris	Gerber	Female	OTHER	01:50:22	+58:47.223	07:21 min/km
370	23	229	35-39	258	Stefan	Van Der Linde	Male	None	01:50:44	+59:09.485	07:22 min/km
371	47	230	50-59	586	Willie	Boshoff	Male	Despatch AC	01:51:17	+59:42.665	07:25 min/km
372	25	142	35-39	369	Lezelle	Hall	Female	Elite AC	01:51:22	+59:47.386	07:25 min/km
373	21	231	60-69	130	At	Schoeman	Male	Nedbank RC	01:51:53	+1:00:17.929	07:27 min/km
374	29	143	50-59	44	Janet	Fanton	Female	Run 4 Christ AC	01:51:57	+1:00:22.572	07:27 min/km
375	48	232	50-59	270	Deon	Mostert	Male	Despatch AC	01:52:10	+1:00:34.916	07:28 min/km
376	24	233	35-39	296	Winslow	Bouwer	Male	Despatch AC	01:52:11	+1:00:36.188	07:28 min/km
377	22	234	60-69	305	Michael	Botha	Male	Achilles AAA	01:52:29	+1:00:54.154	07:29 min/km
378	26	144	35-39	590	Anne	Wallis	Female	Achilles AAA	01:52:29	+1:00:54.350	07:29 min/km
379	30	145	50-59	314	Estelle	De Klerk	Female	Madiba Bay Warriors	01:52:38	+1:01:03.309	07:30 min/km
380	49	235	50-59	116	Gopala	Pillay	Male	Charlo AC	01:52:39	+1:01:04.647	07:30 min/km
381	64	236	40-49	651	Bramwell	Fleurs	Male	Gelvan AC	01:52:50	+1:01:15.153	07:31 min/km
382	42	146	Open	213	Lynn	Fourie	Female	None	01:52:53	+1:01:17.739	07:31 min/km
383	25	237	35-39	190	Luciano	Moss	Male	Transnet Engineering EP AC	01:52:59	+1:01:23.908	07:31 min/km
384	50	238	50-59	397	Deon	Smith	Male	Gelvan AC	01:53:08	+1:01:33.102	07:32 min/km
385	65	239	40-49	70	Ashwell	Jonas	Male	Achilles AAA	01:53:09	+1:01:34.394	07:32 min/km
386	66	240	40-49	54	Bandile	Gwamanda	Male	Volkswagen AC	01:53:11	+1:01:35.941	07:32 min/km
387	43	147	Open	91	Bulelwa	Masoka	Female	Vukani Multi SC	01:53:12	+1:01:37.242	07:32 min/km
388	31	148	50-59	31	Denise	Darlow	Female	Charlo AC	01:53:24	+1:01:48.890	07:33 min/km
389	23	241	60-69	74	Gary	Kelleher	Male	Charlo AC	01:53:25	+1:01:50.224	07:33 min/km
390	44	149	Open	23	Sarah	Cohen	Female	None	01:53:31	+1:01:56.358	07:34 min/km
391	67	242	40-49	9	Neelesh	Bhana	Male	Charlo AC	01:53:36	+1:02:01.587	07:34 min/km
392	45	150	Open	110	Kholive	Ntsonta	Female	Team Vitality AC	01:53:37	+1:02:01.834	07:34 min/km
393	27	151	35-39	621	Asonde	Kayingana	Female	Absa	01:53:41	+1:02:06.563	07:34 min/km
394	42	152	40-49	42	Charbelle	Du Plessis	Female	Charlo AC	01:53:56	+1:02:21.213	07:35 min/km
395	24	243	60-69	336	Eldon	Fortmann	Male	Infinity AC	01:53:57	+1:02:22.483	07:35 min/km
396	2	153	Junior	608	Mitsi	Genis	Female	None	01:54:00	+1:02:24.738	07:35 min/km
397	54	244	Open	192	Ignatius	Viljoen	Male	None	01:54:01	+1:02:26.688	07:36 min/km
398	32	154	50-59	40	Leta	Dos Santos	Female	Infinity AC	01:54:09	+1:02:33.817	07:36 min/km
399	68	245	40-49	643	Justmine	Jack	Male	galvini2½	01:54:19	+1:02:44.086	07:37 min/km
400	69	246	40-49	650	Denver	Hume	Male	Muirite Striders	01:54:24	+1:02:48.781	07:37 min/km
401	46	155	Open	117	Pavana	Pillay	Female	Charlo AC	01:54:26	+1:02:51.033	07:37 min/km
402	33	156	50-59	115	Eusentha	Pillay	Female	Charlo AC	01:54:32	+1:02:57.334	07:38 min/km
403	11	247	70+	330	Bob	Sieman	Male	Achilles AAA	01:55:25	+1:03:50.622	07:41 min/km
404	34	157	50-59	99	Anusha	Naidu	Female	Charlo AC	01:55:38	+1:04:03.670	07:42 min/km
405	70	248	40-49	568	Marius	Beste	Male	Volkswagen AC	01:55:40	+1:04:05.630	07:42 min/km
406	71	249	40-49	575	Gordon	Potgieter	Male	Nedbank RC EPA	01:55:59	+1:04:23.862	07:43 min/km
407	25	250	60-69	395	Jan	Le Roux	Male	Nedbank RC EPA	01:55:59	+1:04:24.452	07:43 min/km
408	43	158	40-49	101	Placxedes	Ndhlovu	Female	Crusaders AC	01:56:33	+1:04:58.456	07:46 min/km
409	26	251	60-69	149	Jan	Van Velden	Male	OTHER	01:56:34	+1:04:59.262	07:46 min/km
410	44	159	40-49	177	Chantel	Miles	Female	None	01:56:39	+1:05:04.619	07:46 min/km
411	72	252	40-49	333	Michael	Dekker	Male	SAP AC	01:56:48	+1:05:13.437	07:47 min/km
412	27	253	60-69	315	Aubrey	Le Roux	Male	St Albans AC	01:56:49	+1:05:14.067	07:47 min/km
413	6	254	Junior	106	Niel	Nelson	Male	Bellville Athletic Club (Road)	01:57:16	+1:05:41.079	07:49 min/km
414	35	160	50-59	541	Rehana	De Maine	Female	Gelvan AC	01:57:46	+1:06:11.023	07:51 min/km
415	45	161	40-49	625	Rochelle	Thorne	Female	Madiba Bay Warriors	01:57:48	+1:06:13.177	07:51 min/km
416	73	255	40-49	37	Fa-Eez	Deljion	Male	S.A.P EP AC	01:57:48	+1:06:13.522	07:51 min/km
417	51	256	50-59	565	Mark	Ross	Male	Aspen Pharmacare AC	01:57:57	+1:06:22.174	07:51 min/km
418	47	162	Open	67	Shurilda	Jonas	Female	Benoni Harriers Athletics Club	01:58:02	+1:06:26.944	07:52 min/km
419	46	163	40-49	326	Nolwazi	Boqwana	Female	OTHER	01:58:09	+1:06:34.480	07:52 min/km
420	48	164	Open	72	Leigh-Ann	Kant	Female	None	01:58:18	+1:06:43.369	07:53 min/km
421	36	165	50-59	55	Sonia	Hambridge	Female	Volkswagen AC	01:58:29	+1:06:54.546	07:53 min/km
422	28	257	60-69	342	Xolile	Gomomo	Male	Nedbank RC EPA	01:58:31	+1:06:56.293	07:54 min/km
423	47	166	40-49	548	Bernadette	Loock	Female	Run4Christ	01:58:42	+1:07:07.642	07:54 min/km
424	49	167	Open	203	Nadia	Kok	Female	None	01:58:46	+1:07:10.733	07:55 min/km
425	74	258	40-49	272	Moose	Burger	Male	OTHER	01:58:49	+1:07:14.043	07:55 min/km
426	12	259	70+	642	Godfrey	Kariem	Male	Gelvan AC	01:59:05	+1:07:30.429	07:56 min/km
427	75	260	40-49	653	Mphathisi	Mjadu	Male	OTHER	01:59:12	+1:07:37.034	07:56 min/km
428	48	168	40-49	205	Sandra	Faber	Female	None	01:59:15	+1:07:40.087	07:56 min/km
429	52	261	50-59	297	Johan	Ferreira	Male	Nedbank RC EPA	01:59:18	+1:07:42.868	07:57 min/km
430	53	262	50-59	605	Langa	Peppepa	Male	None	01:59:26	+1:07:51.226	07:57 min/km
431	29	263	60-69	193	Francois	Smit	Male	None	01:59:29	+1:07:54.633	07:57 min/km
432	37	169	50-59	25	Tania	Cowley	Female	Run 4 Christ AC	01:59:31	+1:07:55.956	07:58 min/km



# The First Choice Race

## 4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
433	6	170	60-69	252	Madeleine	Kelly	Female	Rand Athletics Club	01:59:48	+1:08:13.455	07:59 min/km
434	54	264	50-59	345	Andre	Pienaar	Male	Bluewater Bay RR	01:59:50	+1:08:14.801	07:59 min/km
435	7	171	60-69	141	Ria	Van Heerden	Female		01:59:53	+1:08:17.828	07:59 min/km
436	30	265	60-69	253	Graham	Nell	Male	None	02:00:12	+1:08:36.952	08:00 min/km
437	49	172	40-49	353	Eunice	Kefile	Female	Transnet Engineering EP AC	02:00:28	+1:08:53.268	08:01 min/km
438	38	173	50-59	172	Jackie	Groenewald	Female	None	02:00:30	+1:08:54.969	08:01 min/km
439	50	174	Open	283	Thea	Vermaak	Female	Somerset East AC	02:00:30	+1:08:55.053	08:01 min/km
440	39	175	50-59	178	Lindi	Coetzee	Female	None	02:00:40	+1:09:05.410	08:02 min/km
441	40	176	50-59	384	Ntombizine	Mekuto	Female	Nedbank RC EPA	02:01:06	+1:09:30.950	08:04 min/km
442	55	266	50-59	45	Ebrahim	Fanton	Male	Run 4 Christ AC	02:02:14	+1:10:38.875	08:08 min/km
443	41	177	50-59	52	Helen	Fourie	Female	Nedbank RC	02:02:35	+1:11:00.639	08:10 min/km
444	56	267	50-59	616	Neville	Martin	Male	OTHER	02:02:48	+1:11:13.169	08:11 min/km
445	50	178	40-49	580	Tania	Truter	Female	Madiba Bay Warriors	02:02:53	+1:11:18.469	08:11 min/km
446	42	179	50-59	359	Berenice	Smith	Female	Nedbank RC EPA	02:02:54	+1:11:19.591	08:11 min/km
447	43	180	50-59	246	Christelle	Mccabe	Female	None	02:03:04	+1:11:29.001	08:12 min/km
448	26	268	35-39	200	Justin	Duffield	Male	None	02:03:22	+1:11:47.507	08:13 min/km
449	55	269	Open	199	Jeanis	Smit	Male	None	02:03:22	+1:11:47.507	08:13 min/km
450	51	181	40-49	332	Hester	Dekker	Female	SAP AC	02:03:23	+1:11:48.531	08:13 min/km
451	52	182	40-49	168	Tania	Zeelie	Female	S.A.P EP AC	02:03:23	+1:11:48.612	08:13 min/km
452	27	270	35-39	176	Lutando	Mbusi	Male	None	02:03:30	+1:11:55.013	08:13 min/km
453	44	183	50-59	35	Charlene	De Coning	Female	Elite AC	02:03:42	+1:12:06.736	08:14 min/km
454	45	184	50-59	292	Anna	Welgemoed	Female	St Albans AC	02:04:56	+1:13:21.079	08:19 min/km
455	8	185	60-69	24	Jacoline	Combrinck	Female		02:05:25	+1:13:50.185	08:21 min/km
456	9	186	60-69	142	Mitzi	Van Heerden	Female		02:05:25	+1:13:50.499	08:21 min/km
457	46	187	50-59	179	Yvonne	Thompson	Female	PEAAC	02:05:53	+1:14:18.301	08:23 min/km
458	31	271	60-69	381	Pieter	Gerber	Male	Run4Christ	02:06:09	+1:14:34.160	08:24 min/km
459	53	188	40-49	564	Chantel	Ross	Female	Aspen Pharmacare AC	02:06:11	+1:14:36.566	08:24 min/km
460	54	189	40-49	528	Jorlina	Botha	Female	DSRAC AC	02:06:37	+1:15:01.762	08:26 min/km
461	55	190	40-49	217	Portia	Rametsi	Female	None	02:06:40	+1:15:05.079	08:26 min/km
462	51	191	Open	1	Galiema	Abrahams	Female		02:07:38	+1:16:03.592	08:30 min/km
463	10	192	60-69	245	Esther	Botha	Female	None	02:08:05	+1:16:30.624	08:32 min/km
464	56	193	40-49	373	Fadilla	Fritz	Female	Nedbank RC EPA	02:08:38	+1:17:03.708	08:34 min/km
465	3	194	Junior	118	Thuraya	Pillay	Female	Charlo AC	02:08:39	+1:17:04.365	08:34 min/km
466	52	195	Open	138	Hannah	Truter	Female	Ommiedraai Friends A.C	02:08:48	+1:17:12.927	08:35 min/km
467	47	196	50-59	536	Gloria	Esau	Female	Infinity AC	02:09:27	+1:17:52.155	08:37 min/km
468	57	272	50-59	383	Werner	Claassen	Male	Despatch AC	02:09:33	+1:17:58.699	08:38 min/km
469	48	197	50-59	382	Magdalena	Claassen	Female	Despatch AC	02:09:40	+1:18:05.384	08:38 min/km
470	49	198	50-59	21	Eva	Chetty	Female		02:09:47	+1:18:12.646	08:39 min/km
471	58	273	50-59	20	Kesval	Chetty	Male	Charlo AC	02:09:48	+1:18:13.443	08:39 min/km
472	32	274	60-69	360	Danie	Hartzenber	Male	Nedbank RC EPA	02:09:50	+1:18:15.691	08:39 min/km
473	13	275	70+	191	Paul	Sieberhagen	Male	None	02:09:51	+1:18:16.205	08:39 min/km
474	53	199	Open	619	Nwabisa	Mali	Female	None	02:10:26	+1:18:51.377	08:41 min/km
475	57	200	40-49	28	Ntokozo	Dambuza	Female	Crusaders AC	02:10:31	+1:18:56.662	08:42 min/km
476	59	276	50-59	378	Michael	Fowler	Male	32GI EP AC	02:10:46	+1:19:11.584	08:43 min/km
477	50	201	50-59	304	Paige	Lee	Female	32GI EP AC	02:10:47	+1:19:12.327	08:43 min/km
478	33	277	60-69	273	Robert	Galloway	Male	Charlo AC	02:10:52	+1:19:17.408	08:43 min/km
479	51	202	50-59	380	Margaretha	Gerber	Female	Run4Christ	02:11:02	+1:19:27.066	08:44 min/km
480	52	203	50-59	11	Sonja	Bosch	Female	Charlo AC	02:11:07	+1:19:31.902	08:44 min/km
481	54	204	Open	348	Amore	Gouws	Female	Despatch AC	02:11:57	+1:20:21.799	08:47 min/km
482	58	205	40-49	76	Siziwe	Kosi	Female	Transnet AC	02:12:44	+1:21:08.850	08:50 min/km
483	28	206	35-39	306	Thembisile	Vetsheza	Female	Transnet Engineering EP AC	02:12:44	+1:21:08.989	08:50 min/km
484	28	278	35-39	635	Mpo	Nompalweni	Male	Ikhamva AC	02:13:32	+1:21:56.791	08:54 min/km
485	34	279	60-69	12	Deon	Bosch	Male		02:14:14	+1:22:39.519	08:56 min/km
486	76	280	40-49	652	Khaya	Mti	Male	Absa	02:15:40	+1:24:04.918	09:02 min/km
487	60	281	50-59	323	Michael	Flynn	Male	Nedbank RC EPA	02:16:14	+1:24:39.009	09:04 min/km
488	11	207	60-69	524	Noleen	Noleen	Female	Gelvan AC	02:16:51	+1:25:16.014	09:07 min/km
489	12	208	60-69	244	Gideon	Botha	Female	None	02:16:52	+1:25:17.223	09:07 min/km
490	10	282	No Cat	668	FC#668	FC#668	Male		02:17:04	+1:25:29.328	09:08 min/km
491	61	283	50-59	269	Neil	Grobler	Male	Muirite Striders	02:17:27	+1:25:51.886	09:09 min/km
492	53	209	50-59	561	Claudia	Langson	Female	None	02:18:15	+1:26:40.661	09:13 min/km
493	54	210	50-59	530	Sharon	Potgieter	Female	Walmer AC	02:20:59	+1:29:24.316	09:23 min/km
494	55	211	50-59	154	Mile	Vermaak	Female	Charlo AC	02:21:26	+1:29:51.144	09:25 min/km
495	56	284	Open	166	Timothy	Young	Male		02:22:29	+1:30:54.336	09:29 min/km
496	55	212	Open	165	Gwen	Young	Female	Charlo AC	02:22:30	+1:30:55.232	09:30 min/km
497	13	213	60-69	309	Rina	Barnard	Female	Elite AC	02:23:10	+1:31:35.348	09:32 min/km
498	59	214	40-49	7	Clarissa	Bender	Female	Nedbank RC	02:24:09	+1:32:33.995	09:36 min/km
499	60	215	40-49	32	Gerain	David	Female	Nedbank RC	02:24:59	+1:33:24.707	09:39 min/km
500	56	216	50-59	86	Edith	Mac Gear	Female	Charlo AC	02:27:29	+1:35:54.651	09:49 min/km
501	61	217	40-49	33	Lyndene	Davidson	Female	Profiles AC	02:28:41	+1:37:05.783	09:54 min/km
502	62	218	40-49	16	Nicky	Botha	Female		02:33:45	+1:42:10.491	10:15 min/km



# The First Choice Race

4th January 2020

Pos.	Cat.Pos.	Gen.Pos.	Cat.	No.	Name	Surname	Gen.	Club	Time	Diff.	Pace
------	----------	----------	------	-----	------	---------	------	------	------	-------	------

**MOON**  
**ELITE TIMING**