



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|--------------|-----------------|--------|------------------------------|----------|------------|--------------|
| 1 | 1 | 1 | Open | 342 | Yanga | Malusi | Male | Zwelonke AC | 00:30:23 | - | 03:02 min/km |
| 2 | 2 | 2 | Open | 20 | Zuko | Kupiso | Male | EasyEquities Born2Run AC EL | 00:30:47 | +00:24.457 | 03:04 min/km |
| 3 | 3 | 3 | Open | 2 | Malixole | Kalideni | Male | Old Selbornian Road Runners | 00:30:57 | +00:34.474 | 03:05 min/km |
| 4 | 4 | 4 | Open | 742 | Luthando | Hejana | Male | Old Mutual AC | 00:31:23 | +01:00.392 | 03:08 min/km |
| 5 | 5 | 5 | Open | 465 | Sive | Tshokotsha | Male | Real Gijimas | 00:31:49 | +01:26.444 | 03:10 min/km |
| 6 | 1 | 6 | 40-49 | 712 | George | Ntshiliza | Male | Nedbank RC EPA | 00:32:25 | +02:02.248 | 03:14 min/km |
| 7 | 6 | 7 | Open | 485 | Lithobe | Menzeleli | Male | EasyEquities Born2Run AC EL | 00:32:28 | +02:05.242 | 03:14 min/km |
| 8 | 7 | 8 | Open | 729 | Mandlenkosi | Tuna | Male | Zwelonke AC | 00:32:58 | +02:35.618 | 03:17 min/km |
| 9 | 1 | 9 | 35-39 | 731 | Bulelani | Mgubo | Male | BRAC - KWT | 00:33:04 | +02:41.175 | 03:18 min/km |
| 10 | 2 | 10 | 35-39 | 25 | Nkosinathi | Nzingo | Male | Nedbank RC EL | 00:33:27 | +03:03.749 | 03:20 min/km |
| 11 | 2 | 11 | 40-49 | 728 | Siyabulela | Madlavana | Male | EasyEquities Born2Run AC EL | 00:33:41 | +03:18.254 | 03:22 min/km |
| 12 | 3 | 12 | 35-39 | 13 | Bradley | Bircholtz | Male | EasyEquities Born2Run AC EL | 00:33:51 | +03:27.929 | 03:23 min/km |
| 13 | 8 | 13 | Open | 23 | Sandile | Madlala | Male | Nedbank RC EL | 00:33:58 | +03:35.294 | 03:23 min/km |
| 14 | 1 | 14 | Junior | 432 | Sivenathi | Somerses | Male | Old Mutual AC | 00:34:04 | +03:41.374 | 03:24 min/km |
| 15 | 9 | 15 | Open | 262 | Sipamandla | Goduka | Male | Oxford Striders | 00:34:22 | +03:59.632 | 03:26 min/km |
| 16 | 4 | 16 | 35-39 | 344 | Thulani | Sidziya | Male | Zwelonke AC | 00:34:24 | +04:00.871 | 03:26 min/km |
| 17 | 10 | 17 | Open | 22 | Thabang | Marcus | Male | Nedbank RC EL | 00:34:59 | +04:35.850 | 03:29 min/km |
| 18 | 11 | 18 | Open | 343 | Anele | Satywa | Male | Zwelonke AC | 00:35:01 | +04:38.138 | 03:30 min/km |
| 19 | 12 | 19 | Open | 737 | Bethuel | Sibuyi | Male | SANDF AC | 00:35:13 | +04:50.325 | 03:31 min/km |
| 20 | 13 | 20 | Open | 24 | Edumisa | Mtoli | Male | Nedbank RC EL | 00:35:15 | +04:51.777 | 03:31 min/km |
| 21 | 1 | 21 | 50-59 | 11 | Makaya | Masumpa | Male | EasyEquities Born2Run AC EL | 00:35:19 | +04:56.545 | 03:31 min/km |
| 22 | 14 | 22 | Open | 12 | Ntobeko | Xiniwe | Male | Old Selbornian Road Runners | 00:35:20 | +04:57.466 | 03:32 min/km |
| 23 | 2 | 23 | Junior | 588 | Sikelele | Vani | Male | Real Gijimas | 00:35:24 | +05:01.062 | 03:32 min/km |
| 24 | 3 | 24 | Junior | 433 | Simamkele | Suntele | Male | Old Mutual AC | 00:35:30 | +05:06.748 | 03:32 min/km |
| 25 | 15 | 25 | Open | 741 | Sinokhanyo | Dumazaka | Male | Real Gijimas | 00:36:16 | +05:53.535 | 03:37 min/km |
| 26 | 16 | 26 | Open | 338 | Thandalwethu | Nobatana | Male | Old Mutual AC | 00:36:18 | +05:54.837 | 03:37 min/km |
| 27 | 5 | 27 | 35-39 | 273 | Ongeziwe | Noveve | Male | Adventist AC | 00:36:20 | +05:57.224 | 03:37 min/km |
| 28 | 1 | 1 | 40-49 | 26 | Hanlie | Botha | Female | EasyEquities Born2Run AC EL | 00:36:21 | +05:58.470 | 03:38 min/km |
| 29 | 3 | 28 | 40-49 | 765 | Xolile | Mashicila | Male | Overtakers Sports Club | 00:36:57 | +06:34.455 | 03:41 min/km |
| 30 | 17 | 29 | Open | 680 | Tabo | Bokana | Male | R72 Smart Pacers AC | 00:37:51 | +07:28.334 | 03:47 min/km |
| 31 | 4 | 30 | 40-49 | 391 | Ntozini | Momwabisi | Male | R72 Smart Pacers AC | 00:37:52 | +07:29.727 | 03:47 min/km |
| 32 | 5 | 31 | 40-49 | 16 | Rodney | Westgate | Male | Oxford Striders | 00:38:14 | +07:51.486 | 03:49 min/km |
| 33 | 1 | 2 | 35-39 | 17 | Myrette | Brink | Female | EasyEquities Born2Run AC JHB | 00:38:25 | +08:01.981 | 03:50 min/km |
| 34 | 2 | 3 | 35-39 | 18 | Caryn | Lategan | Female | EasyEquities Born2Run AC EL | 00:38:38 | +08:15.517 | 03:51 min/km |
| 35 | 6 | 32 | 35-39 | 14 | Owen | Frohbus | Male | EasyEquities Born2Run AC EL | 00:38:51 | +08:28.652 | 03:53 min/km |
| 36 | 3 | 4 | 35-39 | 21 | Lauren | Ranger | Female | EasyEquities Born2Run AC EL | 00:38:57 | +08:34.599 | 03:53 min/km |
| 37 | 6 | 33 | 40-49 | 4 | Bryan | Ranger | Male | Old Selbornian Road Runners | 00:38:58 | +08:35.198 | 03:53 min/km |
| 38 | 4 | 34 | Junior | 469 | Mthokozisi | Magaga | Male | | 00:39:21 | +08:58.236 | 03:56 min/km |
| 39 | 18 | 35 | Open | 705 | Lutho | Mahlangani | Male | Overtakers SC | 00:39:24 | +09:00.964 | 03:56 min/km |
| 40 | 19 | 36 | Open | 748 | Athenkosi | Lali | Male | Boxer Athletics Club | 00:39:34 | +09:10.851 | 03:57 min/km |
| 41 | 5 | 37 | Junior | 732 | Bulela | Ngcongo | Male | Old Mutual AC | 00:39:35 | +09:11.793 | 03:57 min/km |
| 42 | 7 | 38 | 40-49 | 27 | Desmond | Witbooi | Male | EasyEquities Born2Run AC EL | 00:39:35 | +09:12.277 | 03:57 min/km |
| 43 | 7 | 39 | 35-39 | 269 | David | Mortimer | Male | | 00:39:44 | +09:21.539 | 03:58 min/km |
| 44 | 20 | 40 | Open | 615 | Xolisa | Gcaza | Male | Real Gijimas | 00:40:11 | +09:48.327 | 04:01 min/km |
| 45 | 21 | 41 | Open | 740 | Phumlani | Sikweza | Male | Oxford Striders | 00:40:15 | +09:52.519 | 04:01 min/km |
| 46 | 4 | 5 | 35-39 | 10 | Andrea | Ranger | Female | EasyEquities Born2Run AC EL | 00:40:19 | +09:56.101 | 04:01 min/km |
| 47 | 6 | 42 | Junior | 607 | Yanga | Masumpa | Male | EasyEquities Born2Run AC EL | 00:40:38 | +10:15.656 | 04:03 min/km |
| 48 | 2 | 43 | 50-59 | 19 | Phillip | Quvana | Male | EasyEquities Born2Run AC EL | 00:40:43 | +10:19.826 | 04:04 min/km |
| 49 | 8 | 44 | 35-39 | 431 | Fernal | Weston | Male | EasyEquities Born2Run AC EL | 00:40:54 | +10:31.373 | 04:05 min/km |
| 50 | 1 | 6 | Open | 15 | Stephanie | Smith | Female | Team Massmart | 00:40:57 | +10:34.468 | 04:05 min/km |
| 51 | 22 | 45 | Open | 407 | Andrew | Liddle | Male | | 00:40:58 | +10:35.013 | 04:05 min/km |
| 52 | 23 | 46 | Open | 390 | Uzukanye | Sabenkolo | Male | R72 Smart Pacers AC | 00:41:06 | +10:43.125 | 04:06 min/km |
| 53 | 7 | 47 | Junior | 602 | Masimthembe | Betela | Male | EasyEquities Born2Run AC EL | 00:41:08 | +10:45.591 | 04:06 min/km |
| 54 | 5 | 7 | 35-39 | 629 | Zandile | Rubushe | Female | Old Mutual AC | 00:41:09 | +10:46.388 | 04:06 min/km |
| 55 | 6 | 8 | 35-39 | 747 | Unetsie | Steenberg-Botha | Female | EasyEquities Born2Run AC EL | 00:41:19 | +10:56.691 | 04:07 min/km |
| 56 | 8 | 48 | Junior | 467 | Kamva | Ntloko | Male | | 00:41:45 | +11:22.226 | 04:10 min/km |
| 57 | 9 | 49 | 35-39 | 620 | Bruce | Bronkhorst | Male | Oxford Striders | 00:41:57 | +11:34.489 | 04:11 min/km |
| 58 | 9 | 50 | Junior | 603 | Ntando | Mbelu | Male | EasyEquities Born2Run AC EL | 00:41:58 | +11:35.099 | 04:11 min/km |
| 59 | 10 | 51 | 35-39 | 234 | Shane | Forward | Male | Nedbank RC EL | 00:42:03 | +11:40.163 | 04:12 min/km |
| 60 | 24 | 52 | Open | 272 | Andries | de Ridder | Male | | 00:42:20 | +11:57.478 | 04:14 min/km |
| 61 | 11 | 53 | 35-39 | 648 | Unathi | Mgudlwa | Male | | 00:42:25 | +12:02.449 | 04:14 min/km |
| 62 | 8 | 54 | 40-49 | 339 | Babalo | Sanqela | Male | Old Mutual AC | 00:42:28 | +12:05.043 | 04:14 min/km |
| 63 | 25 | 55 | Open | 381 | Anele | Mtshewu | Male | Real Gijimas | 00:42:37 | +12:14.160 | 04:15 min/km |
| 64 | 1 | 9 | Junior | 263 | Sascha | Mortimer | Female | EasyEquities Born2Run AC EL | 00:42:41 | +12:17.837 | 04:16 min/km |
| 65 | 26 | 56 | Open | 362 | Mark | Leeuw | Male | | 00:42:41 | +12:17.850 | 04:16 min/km |
| 66 | 3 | 57 | 50-59 | 392 | Worcester | Tyutyani | Male | R72 Smart Pacers AC | 00:42:50 | +12:26.891 | 04:16 min/km |
| 67 | 4 | 58 | 50-59 | 536 | James | Mpunzima | Male | Old Selbornian Road Runners | 00:43:03 | +12:40.297 | 04:18 min/km |
| 68 | 12 | 59 | 35-39 | 315 | Murray | Ranger | Male | | 00:43:08 | +12:45.402 | 04:18 min/km |
| 69 | 9 | 60 | 40-49 | 320 | Matthew | Yazbek | Male | Old Selbornian Road Runners | 00:43:16 | +12:53.679 | 04:19 min/km |
| 70 | 13 | 61 | 35-39 | 657 | Thabo | Booi | Male | Nedbank RC EL | 00:43:23 | +12:59.749 | 04:20 min/km |
| 71 | 27 | 62 | Open | 578 | Ashton | Parkin | Male | Oxford Striders | 00:43:23 | +12:59.988 | 04:20 min/km |
| 72 | 14 | 63 | 35-39 | 334 | Lonwabo | Mavukwana | Male | EasyEquities Born2Run AC EL | 00:43:27 | +13:04.658 | 04:20 min/km |
| 73 | 5 | 64 | 50-59 | 718 | Simon | Ngxeke | Male | EasyEquities Born2Run AC EL | 00:43:29 | +13:06.736 | 04:20 min/km |



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| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|--------------|--------------------|--------|-----------------------------|----------|------------|--------------|
| 74 | 10 | 65 | 40-49 | 739 | Shawn | Collins | Male | Oxford Striders | 00:43:32 | +13:08.905 | 04:21 min/km |
| 75 | 11 | 66 | 40-49 | 596 | Charl | Pretorius | Male | Oxford Striders | 00:43:32 | +13:08.955 | 04:21 min/km |
| 76 | 12 | 67 | 40-49 | 316 | Sempe | Tlhotsane | Male | Old Mutual AC | 00:43:42 | +13:19.737 | 04:22 min/km |
| 77 | 13 | 68 | 40-49 | 355 | Jan | Labuschagne | Male | Old Selbornian Road Runners | 00:43:44 | +13:20.869 | 04:22 min/km |
| 78 | 2 | 10 | Open | 5 | Jessica | Blundell | Female | EasyEquities Born2Run AC EL | 00:43:45 | +13:22.246 | 04:22 min/km |
| 79 | 15 | 69 | 35-39 | 581 | Duncan | Webb | Male | Oxford Striders | 00:43:46 | +13:23.079 | 04:22 min/km |
| 80 | 14 | 70 | 40-49 | 378 | Chuma | Toni | Male | Qokolweni AC | 00:43:55 | +13:31.791 | 04:23 min/km |
| 81 | 16 | 71 | 35-39 | 565 | Ludwe | Dyushu | Male | Eskom AC | 00:44:04 | +13:41.588 | 04:24 min/km |
| 82 | 17 | 72 | 35-39 | 569 | Senzo | Ndlovo | Male | Real Gijimas | 00:44:08 | +13:45.508 | 04:24 min/km |
| 83 | 15 | 73 | 40-49 | 764 | Vuyo | Menze | Male | Old Mutual AC | 00:44:14 | +13:50.740 | 04:25 min/km |
| 84 | 10 | 74 | Junior | 608 | Anoxolo | Dumezweni | Male | EasyEquities Born2Run AC EL | 00:44:14 | +13:50.888 | 04:25 min/km |
| 85 | 18 | 75 | 35-39 | 598 | Sibongile | Sifao | Male | | 00:44:14 | +13:51.534 | 04:25 min/km |
| 86 | 19 | 76 | 35-39 | 599 | Simon | Kumm | Male | | 00:44:17 | +13:53.754 | 04:25 min/km |
| 87 | 16 | 77 | 40-49 | 445 | Tim | Stones | Male | Nedbank RC EL | 00:44:18 | +13:54.867 | 04:25 min/km |
| 88 | 28 | 78 | Open | 482 | James | Taylor | Male | Old Selbornian Road Runners | 00:44:30 | +14:07.556 | 04:27 min/km |
| 89 | 3 | 11 | Open | 7 | Jo-Mari | le Grange | Female | EasyEquities Born2Run AC EL | 00:44:32 | +14:09.586 | 04:27 min/km |
| 90 | 17 | 79 | 40-49 | 291 | Brandon | van der Merwe | Male | East London AC | 00:44:40 | +14:17.225 | 04:27 min/km |
| 91 | 20 | 80 | 35-39 | 716 | Zuko | Phandle | Male | Old Mutual AC | 00:44:41 | +14:18.679 | 04:28 min/km |
| 92 | 21 | 81 | 35-39 | 457 | Wesley | Bahlmann | Male | | 00:44:50 | +14:26.951 | 04:28 min/km |
| 93 | 18 | 82 | 40-49 | 395 | Mloe | Sibanda | Male | Real Gijimas | 00:44:57 | +14:34.401 | 04:29 min/km |
| 94 | 22 | 83 | 35-39 | 369 | Nigel | Maritz | Male | Old Selbornian Road Runners | 00:44:58 | +14:35.004 | 04:29 min/km |
| 95 | 11 | 84 | Junior | 601 | Luthando | Nogwanya | Male | EasyEquities Born2Run AC EL | 00:44:58 | +14:35.090 | 04:29 min/km |
| 96 | 2 | 12 | Junior | 277 | Refiloe | Masipa | Female | EasyEquities Born2Run AC EL | 00:45:00 | +14:36.778 | 04:29 min/km |
| 97 | 1 | 85 | 60+ | 506 | Charl | Pienaar | Male | Old Selbornian Road Runners | 00:45:08 | +14:45.522 | 04:30 min/km |
| 98 | 19 | 86 | 40-49 | 372 | Jan | Victor | Male | | 00:45:11 | +14:47.778 | 04:31 min/km |
| 99 | 3 | 13 | Junior | 8 | Taryn | Hensberg | Female | EasyEquities Born2Run AC EL | 00:45:14 | +14:51.373 | 04:31 min/km |
| 100 | 12 | 87 | Junior | 478 | Robijn | van der Westhuizen | Male | | 00:45:24 | +15:01.705 | 04:32 min/km |
| 101 | 13 | 88 | Junior | 604 | Lathitha | Poni | Male | EasyEquities Born2Run AC EL | 00:45:25 | +15:01.771 | 04:32 min/km |
| 102 | 2 | 14 | 40-49 | 220 | Karen | Albertyn | Female | Oxford Striders | 00:45:47 | +15:23.743 | 04:34 min/km |
| 103 | 6 | 89 | 50-59 | 519 | Colin | Bosch | Male | Old Selbornian Road Runners | 00:45:49 | +15:26.727 | 04:34 min/km |
| 104 | 14 | 90 | Junior | 653 | Zayne | Turnbull | Male | Oxford Striders | 00:45:54 | +15:30.931 | 04:35 min/km |
| 105 | 29 | 91 | Open | 685 | Van Wyk | Burnett | Male | | 00:45:54 | +15:30.969 | 04:35 min/km |
| 106 | 3 | 15 | 40-49 | 53 | Joanne | van der Walt | Female | Team Vitality | 00:46:00 | +15:37.362 | 04:36 min/km |
| 107 | 7 | 92 | 50-59 | 528 | Warrick | Jerrard | Male | EasyEquities Born2Run AC EL | 00:46:03 | +15:40.387 | 04:36 min/km |
| 108 | 4 | 16 | Open | 691 | Stephanje | de Jager | Female | Oxford Striders | 00:46:10 | +15:47.014 | 04:36 min/km |
| 109 | 7 | 17 | 35-39 | 181 | Madelein | Gerber | Female | EasyEquities Born2Run AC EL | 00:46:12 | +15:49.228 | 04:37 min/km |
| 110 | 30 | 93 | Open | 537 | Jono | Stephen | Male | Nedbank RC EL | 00:46:13 | +15:49.850 | 04:37 min/km |
| 111 | 2 | 94 | 60+ | 238 | Mark | Hayne | Male | EasyEquities Born2Run AC EL | 00:46:13 | +15:50.198 | 04:37 min/km |
| 112 | 8 | 95 | 50-59 | 359 | Chris | van Vuuren | Male | | 00:46:14 | +15:51.486 | 04:37 min/km |
| 113 | 3 | 96 | 60+ | 530 | Michael John | Heathcote | Male | EasyEquities Born2Run AC EL | 00:46:32 | +16:08.818 | 04:39 min/km |
| 114 | 9 | 97 | 50-59 | 621 | Jannie | Bronkhorst | Male | Oxford Striders | 00:46:33 | +16:10.597 | 04:39 min/km |
| 115 | 4 | 18 | 40-49 | 669 | Hayley | Mclaren | Female | | 00:46:45 | +16:22.555 | 04:40 min/km |
| 116 | 15 | 98 | Junior | 477 | Emihle | Tshiwula | Male | | 00:46:50 | +16:27.163 | 04:40 min/km |
| 117 | 16 | 99 | Junior | 468 | Tendai | Chanetsa | Male | | 00:46:50 | +16:27.165 | 04:40 min/km |
| 118 | 20 | 100 | 40-49 | 341 | Momelezi | Mbizeni | Male | Zwelonke AC | 00:46:54 | +16:30.953 | 04:41 min/km |
| 119 | 23 | 101 | 35-39 | 329 | Edwin | Frauenstein | Male | Nedbank RC EL | 00:47:06 | +16:42.935 | 04:42 min/km |
| 120 | 10 | 102 | 50-59 | 529 | Rick | Davies | Male | EasyEquities Born2Run AC EL | 00:47:15 | +16:52.163 | 04:43 min/km |
| 121 | 11 | 103 | 50-59 | 350 | Makaya | Dungu | Male | Old Mutual AC | 00:47:16 | +16:52.884 | 04:43 min/km |
| 122 | 12 | 104 | 50-59 | 521 | Robin | Fourie | Male | Old Selbornian Road Runners | 00:47:20 | +16:57.070 | 04:43 min/km |
| 123 | 8 | 19 | 35-39 | 3 | Lindy | Vermeulen | Female | Old Selbornian Road Runners | 00:47:26 | +17:02.804 | 04:44 min/km |
| 124 | 31 | 105 | Open | 679 | Issah | Gomani | Male | R72 Smart Pacers AC | 00:47:32 | +17:09.224 | 04:45 min/km |
| 125 | 9 | 20 | 35-39 | 6 | Taryn | Mackenzie | Female | EasyEquities Born2Run AC EL | 00:47:34 | +17:11.263 | 04:45 min/km |
| 126 | 17 | 106 | Junior | 476 | Anathi | Shumi | Male | | 00:47:38 | +17:14.772 | 04:45 min/km |
| 127 | 32 | 107 | Open | 475 | Jaco | Nothnagel | Male | | 00:47:48 | +17:24.927 | 04:46 min/km |
| 128 | 24 | 108 | 35-39 | 541 | Simphiwe | Swartbooi | Male | | 00:47:55 | +17:32.478 | 04:47 min/km |
| 129 | 33 | 109 | Open | 611 | Nico | Botha | Male | | 00:47:59 | +17:36.315 | 04:47 min/km |
| 130 | 4 | 21 | Junior | 708 | Kirsten | Nash | Female | EasyEquities Born2Run AC EL | 00:48:01 | +17:38.061 | 04:48 min/km |
| 131 | 5 | 22 | Open | 759 | Olivia | Reitsma | Female | Oxford Striders | 00:48:01 | +17:38.339 | 04:48 min/km |
| 132 | 34 | 110 | Open | 758 | Rene | Lamont | Male | None | 00:48:01 | +17:38.733 | 04:48 min/km |
| 133 | 21 | 111 | 40-49 | 668 | Hayden | Mclaren | Male | | 00:48:04 | +17:41.692 | 04:48 min/km |
| 134 | 5 | 23 | 40-49 | 300 | Phumzile | Tyumie | Female | Nedbank RC EL | 00:48:06 | +17:43.013 | 04:48 min/km |
| 135 | 6 | 24 | Open | 639 | Alex | Shaan | Female | | 00:48:10 | +17:46.996 | 04:48 min/km |
| 136 | 35 | 112 | Open | 766 | Zolisa | Madasa | Male | Achilles AAA | 00:48:17 | +17:54.337 | 04:49 min/km |
| 137 | 1 | 113 | No Cat | 361 | B2R#361 | B2R#361 | Male | | 00:48:20 | +17:57.618 | 04:50 min/km |
| 138 | 6 | 25 | 40-49 | 63 | Sunell | Roux | Female | EasyEquities Born2Run AC EL | 00:48:22 | +17:58.743 | 04:50 min/km |
| 139 | 36 | 114 | Open | 493 | Andrew | Breetzke | Male | Oxford Striders | 00:48:29 | +18:06.560 | 04:50 min/km |
| 140 | 18 | 115 | Junior | 609 | Tinashe | Riva | Male | Oxford Striders | 00:48:37 | +18:14.689 | 04:51 min/km |
| 141 | 7 | 26 | Open | 213 | Ingrid | Newcombe | Female | Old Selbornian Road Runners | 00:48:41 | +18:18.598 | 04:52 min/km |
| 142 | 25 | 116 | 35-39 | 481 | Rudi | le Roux | Male | | 00:48:45 | +18:22.564 | 04:52 min/km |
| 143 | 1 | 27 | 60+ | 634 | Debby | de Koning | Female | Save Orion AC | 00:48:49 | +18:26.087 | 04:52 min/km |
| 144 | 26 | 117 | 35-39 | 597 | Elandre | Schonken | Male | | 00:49:05 | +18:42.025 | 04:54 min/km |
| 145 | 7 | 28 | 40-49 | 319 | Jolene | Yazbek | Female | Old Selbornian Road Runners | 00:49:07 | +18:44.006 | 04:54 min/km |
| 146 | 27 | 118 | 35-39 | 293 | Kurt | Bruiners | Male | | 00:49:08 | +18:45.523 | 04:54 min/km |



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15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|-------------------|----------------|--------|----------------------------------|----------|------------|--------------|
| 147 | 13 | 119 | 50-59 | 525 | Graham | Hensberg | Male | | 00:49:12 | +18:49.463 | 04:55 min/km |
| 148 | 1 | 29 | 50-59 | 94 | Alison | Langtree | Female | EasyEquities Born2Run AC EL | 00:49:17 | +18:54.270 | 04:55 min/km |
| 149 | 2 | 30 | 50-59 | 60 | Sherae | Kreusch | Female | EasyEquities Born2Run AC EL | 00:49:17 | +18:54.490 | 04:55 min/km |
| 150 | 10 | 31 | 35-39 | 290 | Elette | Catherine | Female | Old Boys Running club | 00:49:35 | +19:12.206 | 04:57 min/km |
| 151 | 11 | 32 | 35-39 | 287 | Mariette | van der Merwe | Female | | 00:49:35 | +19:12.208 | 04:57 min/km |
| 152 | 28 | 120 | 35-39 | 424 | Mbulelo | Funiselo | Male | | 00:49:43 | +19:19.786 | 04:58 min/km |
| 153 | 37 | 121 | Open | 443 | Sikhanyiso | Ndesi | Male | Correctional Services | 00:49:43 | +19:19.868 | 04:58 min/km |
| 154 | 38 | 122 | Open | 304 | Darryl | Watson | Male | Oxford Striders | 00:49:43 | +19:19.913 | 04:58 min/km |
| 155 | 39 | 123 | Open | 505 | Sheridon | Holloway | Male | | 00:49:51 | +19:28.180 | 04:59 min/km |
| 156 | 40 | 124 | Open | 564 | Azhar | Poovan | Male | Oxford Striders | 00:50:02 | +19:38.928 | 05:00 min/km |
| 157 | 41 | 125 | Open | 358 | Kyle | Schaefer | Male | | 00:50:08 | +19:44.925 | 05:00 min/km |
| 158 | 42 | 126 | Open | 375 | Xolisani | Roboji | Male | | 00:50:14 | +19:51.255 | 05:01 min/km |
| 159 | 22 | 127 | 40-49 | 236 | Tendani | Mufumadi | Male | Old Mutual AC | 00:50:16 | +19:53.274 | 05:01 min/km |
| 160 | 43 | 128 | Open | 534 | Frans-Meyer | van der Walt | Male | | 00:50:22 | +19:58.785 | 05:02 min/km |
| 161 | 12 | 33 | 35-39 | 692 | Zukiswa | Sam | Female | Old Mutual AC | 00:50:22 | +19:59.731 | 05:02 min/km |
| 162 | 13 | 34 | 35-39 | 738 | Nathalie | Janssens | Female | R72 Smart Pacers AC | 00:50:25 | +20:01.932 | 05:02 min/km |
| 163 | 19 | 129 | Junior | 606 | Likhona | Mtati | Male | EasyEquities Born2Run AC EL | 00:50:27 | +20:04.446 | 05:02 min/km |
| 164 | 23 | 130 | 40-49 | 559 | Michael | O'Connell | Male | | 00:50:28 | +20:05.318 | 05:02 min/km |
| 165 | 4 | 131 | 60+ | 594 | Graham | Kumm | Male | Oxford Striders | 00:50:35 | +20:12.122 | 05:03 min/km |
| 166 | 44 | 132 | Open | 693 | Bulela | Sidloyi | Male | Old Mutual AC | 00:50:35 | +20:12.724 | 05:03 min/km |
| 167 | 24 | 133 | 40-49 | 586 | Greig | Naude | Male | Living Free AC | 00:50:37 | +20:13.790 | 05:03 min/km |
| 168 | 25 | 134 | 40-49 | 576 | Jon | Holmes | Male | MBSA RC | 00:50:37 | +20:14.689 | 05:03 min/km |
| 169 | 26 | 135 | 40-49 | 230 | Mzikayise | Stoffel | Male | | 00:50:39 | +20:16.634 | 05:03 min/km |
| 170 | 8 | 35 | 40-49 | 393 | Nicolette | Cunningham | Female | Oxford Striders | 00:50:43 | +20:20.735 | 05:04 min/km |
| 171 | 27 | 136 | 40-49 | 647 | Ntuthuko | Mbatha | Male | DRDLR AC | 00:50:47 | +20:23.823 | 05:04 min/km |
| 172 | 14 | 137 | 50-59 | 650 | John | Omwansa | Male | Nedbank RC EL | 00:50:48 | +20:25.429 | 05:04 min/km |
| 173 | 45 | 138 | Open | 356 | Angus | Spence | Male | | 00:51:11 | +20:47.914 | 05:07 min/km |
| 174 | 2 | 36 | 60+ | 1 | Blanche | Moila | Female | Savages AC | 00:51:12 | +20:49.416 | 05:07 min/km |
| 175 | 28 | 139 | 40-49 | 509 | Martinus | Hewitt | Male | Nedbank RC EL | 00:51:12 | +20:49.612 | 05:07 min/km |
| 176 | 29 | 140 | 35-39 | 526 | Jacques | Rapoza | Male | | 00:51:15 | +20:52.056 | 05:07 min/km |
| 177 | 30 | 141 | 35-39 | 584 | Davrin | Marais | Male | Oxford Striders | 00:51:19 | +20:56.534 | 05:07 min/km |
| 178 | 46 | 142 | Open | 583 | Jacques | van der Merwe | Male | | 00:51:20 | +20:56.943 | 05:07 min/km |
| 179 | 15 | 143 | 50-59 | 245 | Pierre | Marx | Male | | 00:51:24 | +21:01.044 | 05:08 min/km |
| 180 | 29 | 144 | 40-49 | 726 | Lulama | Koliwe | Male | Nedbank Running Club East London | 00:51:28 | +21:04.906 | 05:08 min/km |
| 181 | 47 | 145 | Open | 512 | Morne | Nowers | Male | Hamiltons AC | 00:51:28 | +21:05.493 | 05:08 min/km |
| 182 | 30 | 146 | 40-49 | 714 | Richard | Chigume | Male | Nedbank Running Club East London | 00:51:32 | +21:09.117 | 05:09 min/km |
| 183 | 31 | 147 | 40-49 | 546 | Craig | Leibach | Male | | 00:51:37 | +21:13.926 | 05:09 min/km |
| 184 | 32 | 148 | 40-49 | 398 | Peter | Dyer | Male | Nedbank RC EL | 00:51:38 | +21:15.184 | 05:09 min/km |
| 185 | 5 | 37 | Junior | 709 | Anya | Nash | Female | EasyEquities Born2Run AC EL | 00:51:44 | +21:21.355 | 05:10 min/km |
| 186 | 33 | 149 | 40-49 | 760 | Fezile | Mkalipi | Male | Old Mutual AC | 00:51:46 | +21:23.121 | 05:10 min/km |
| 187 | 8 | 38 | Open | 484 | Phelokazi | Langatye | Female | | 00:51:47 | +21:24.158 | 05:10 min/km |
| 188 | 9 | 39 | Open | 103 | Bianca | Sweetnam | Female | EasyEquities Born2Run AC EL | 00:51:49 | +21:26.666 | 05:10 min/km |
| 189 | 16 | 150 | 50-59 | 725 | Gibson | Muzonzini | Male | Old Mutual AC | 00:51:53 | +21:29.981 | 05:11 min/km |
| 190 | 17 | 151 | 50-59 | 226 | Leigh | Durrheim | Male | Buffalo Road Runners | 00:52:00 | +21:37.295 | 05:12 min/km |
| 191 | 18 | 152 | 50-59 | 524 | Alex | Kambule | Male | Real Gijimas | 00:52:06 | +21:43.484 | 05:12 min/km |
| 192 | 5 | 153 | 60+ | 225 | Alan | Ter Morshuizen | Male | EasyEquities Born2Run AC EL | 00:52:08 | +21:45.706 | 05:12 min/km |
| 193 | 31 | 154 | 35-39 | 354 | Jacques | Crozier | Male | | 00:52:17 | +21:54.338 | 05:13 min/km |
| 194 | 32 | 155 | 35-39 | 428 | David | Viljoen | Male | Oxford Striders | 00:52:24 | +22:01.047 | 05:14 min/km |
| 195 | 48 | 156 | Open | 676 | Jacobus | Coetzee | Male | Oxford Striders | 00:52:25 | +22:02.335 | 05:14 min/km |
| 196 | 49 | 157 | Open | 736 | Simphiwe Nicholas | Sibanyoni | Male | SANDF AC | 00:52:27 | +22:04.019 | 05:14 min/km |
| 197 | 34 | 158 | 40-49 | 675 | Duane | Hurn | Male | | 00:52:29 | +22:06.382 | 05:14 min/km |
| 198 | 9 | 40 | 40-49 | 652 | Sannah | Mpukula | Female | Nedbank RC EL | 00:52:34 | +22:11.378 | 05:15 min/km |
| 199 | 50 | 159 | Open | 500 | Rohan | Marais | Male | Oxford Striders | 00:52:36 | +22:12.910 | 05:15 min/km |
| 200 | 51 | 160 | Open | 771 | Wesley | Norris | Male | | 00:52:36 | +22:13.221 | 05:15 min/km |
| 201 | 20 | 161 | Junior | 473 | Siyomthanda | Kili | Male | | 00:52:36 | +22:13.717 | 05:15 min/km |
| 202 | 21 | 162 | Junior | 474 | Kwakhanya | Magqabi | Male | | 00:52:37 | +22:13.814 | 05:15 min/km |
| 203 | 6 | 163 | 60+ | 605 | Mzamo | Mancasa | Male | EasyEquities Born2Run AC EL | 00:52:37 | +22:14.218 | 05:15 min/km |
| 204 | 19 | 164 | 50-59 | 370 | Robert | Ross | Male | Old Selbournian Road Runners | 00:52:47 | +22:23.813 | 05:16 min/km |
| 205 | 33 | 165 | 35-39 | 772 | Siyabulela | Pohlongo | Male | Oxford Striders | 00:52:49 | +22:26.621 | 05:16 min/km |
| 206 | 10 | 41 | 40-49 | 101 | Gillian | Davies | Female | EasyEquities Born2Run AC EL | 00:52:54 | +22:30.996 | 05:17 min/km |
| 207 | 52 | 166 | Open | 549 | Luzuko | Buku | Male | Nedbank RC EL | 00:53:01 | +22:38.006 | 05:18 min/km |
| 208 | 53 | 167 | Open | 568 | Amos | Mahyambe | Male | Real Gijimas | 00:53:11 | +22:48.713 | 05:19 min/km |
| 209 | 35 | 168 | 40-49 | 698 | Bhekisisa | Mthembu | Male | Old Mutual AC | 00:53:21 | +22:58.633 | 05:20 min/km |
| 210 | 36 | 169 | 40-49 | 745 | Sibusiso | Siswana | Male | BRAC - KWT | 00:53:22 | +22:58.766 | 05:20 min/km |
| 211 | 37 | 170 | 40-49 | 715 | Bongani | Zwane | Male | Old Mutual AC | 00:53:25 | +23:01.899 | 05:20 min/km |
| 212 | 38 | 171 | 40-49 | 303 | Nicholas | Butt | Male | EasyEquities Born2Run AC EL | 00:53:31 | +23:08.097 | 05:21 min/km |
| 213 | 10 | 42 | Open | 464 | Tuliswa | Busakwe | Female | MBSA RC | 00:53:34 | +23:11.722 | 05:21 min/km |
| 214 | 11 | 43 | Open | 165 | Mischa | Mager | Female | Oxford Striders | 00:53:45 | +23:22.613 | 05:22 min/km |
| 215 | 39 | 172 | 40-49 | 579 | Richard | Prinsloo | Male | | 00:53:45 | +23:22.634 | 05:22 min/km |
| 216 | 3 | 44 | 50-59 | 76 | Wendy | Schroeder | Female | Old Selbournian Road Runners | 00:53:46 | +23:22.789 | 05:22 min/km |
| 217 | 20 | 173 | 50-59 | 462 | Deon | McQuirk | Male | Oxford Striders | 00:53:48 | +23:25.523 | 05:22 min/km |
| 218 | 54 | 174 | Open | 422 | Simtandile | Mtubeli | Male | | 00:53:56 | +23:33.272 | 05:23 min/km |
| 219 | 7 | 175 | 60+ | 522 | Julius | Gqibani | Male | Run / Walk for Life | 00:54:05 | +23:42.484 | 05:24 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|-------------|----------------|--------|-----------------------------|----------|------------|--------------|
| 220 | 22 | 176 | Junior | 470 | Someleze | Matwa | Male | | 00:54:06 | +23:43.067 | 05:24 min/km |
| 221 | 12 | 45 | Open | 215 | Anari | Botha | Female | | 00:54:08 | +23:44.895 | 05:24 min/km |
| 222 | 21 | 177 | 50-59 | 535 | Wayne | Hastings | Male | | 00:54:09 | +23:45.800 | 05:24 min/km |
| 223 | 13 | 46 | Open | 330 | Nadia | Lucouw | Female | Nedbank RC EL | 00:54:23 | +24:00.661 | 05:26 min/km |
| 224 | 22 | 178 | 50-59 | 593 | Hendrik | Coetzee | Male | Oxford Striders | 00:54:30 | +24:07.160 | 05:26 min/km |
| 225 | 14 | 47 | 35-39 | 674 | Denise | Hurn | Female | Oxford Striders | 00:54:32 | +24:09.125 | 05:27 min/km |
| 226 | 34 | 179 | 35-39 | 690 | Russell | Bryant | Male | | 00:54:37 | +24:14.082 | 05:27 min/km |
| 227 | 3 | 48 | 60+ | 112 | Esme | Ehrke | Female | Nedbank RC EL | 00:54:45 | +24:22.346 | 05:28 min/km |
| 228 | 11 | 49 | 40-49 | 496 | Silvia | van Rensburg | Female | Oxford Striders | 00:54:50 | +24:27.583 | 05:29 min/km |
| 229 | 23 | 180 | 50-59 | 533 | Leon | van Niekerk | Male | University of Fort Hare AC | 00:54:51 | +24:28.129 | 05:29 min/km |
| 230 | 55 | 181 | Open | 415 | Cedric | Luabini | Male | | 00:54:53 | +24:30.715 | 05:29 min/km |
| 231 | 8 | 182 | 60+ | 561 | Brian | Mitchell | Male | Fish Hoek AC | 00:54:54 | +24:31.136 | 05:29 min/km |
| 232 | 40 | 183 | 40-49 | 641 | Shay | Moore | Male | | 00:55:00 | +24:37.092 | 05:29 min/km |
| 233 | 4 | 50 | 50-59 | 520 | Sharon | Eldridge | Female | Old Selbornian Road Runners | 00:55:01 | +24:38.489 | 05:30 min/km |
| 234 | 35 | 184 | 35-39 | 326 | Tremaine | Underwood | Male | Oxford Striders | 00:55:14 | +24:50.769 | 05:31 min/km |
| 235 | 14 | 51 | Open | 268 | Sally | de Klerk | Female | | 00:55:21 | +24:57.877 | 05:32 min/km |
| 236 | 15 | 52 | Open | 483 | Sheridan | Swart | Female | | 00:55:28 | +25:05.435 | 05:32 min/km |
| 237 | 15 | 53 | 35-39 | 232 | Lynette | Forward | Female | Nedbank RC EL | 00:55:28 | +25:05.542 | 05:32 min/km |
| 238 | 12 | 54 | 40-49 | 408 | Robyn | Coleman | Female | Oxford Striders | 00:55:30 | +25:06.772 | 05:32 min/km |
| 239 | 13 | 55 | 40-49 | 183 | Samantha | Naude | Female | Living Free AC | 00:55:32 | +25:09.538 | 05:33 min/km |
| 240 | 16 | 56 | Open | 143 | Yanga | Mangisa | Female | Old Mutual AC | 00:55:35 | +25:11.769 | 05:33 min/km |
| 241 | 41 | 185 | 40-49 | 707 | Stephen | Nash | Male | EasyEquities Born2Run AC EL | 00:55:38 | +25:15.157 | 05:33 min/km |
| 242 | 4 | 57 | 60+ | 414 | Beanie | Beard | Female | Old Selbornian Road Runners | 00:55:43 | +25:19.807 | 05:34 min/km |
| 243 | 5 | 58 | 50-59 | 264 | Lynn | Schumann | Female | | 00:55:49 | +25:26.341 | 05:34 min/km |
| 244 | 36 | 186 | 35-39 | 562 | Himal | Lalla | Male | Nedbank RC EL | 00:55:52 | +25:28.947 | 05:35 min/km |
| 245 | 16 | 59 | 35-39 | 294 | Sandra | Kruger | Female | | 00:55:54 | +25:30.961 | 05:35 min/km |
| 246 | 6 | 60 | 50-59 | 399 | Catherine | Fetting | Female | Nedbank RC EL | 00:55:55 | +25:32.580 | 05:35 min/km |
| 247 | 37 | 187 | 35-39 | 275 | Scott | Richardson | Male | Gonubie Harriers | 00:55:59 | +25:36.183 | 05:35 min/km |
| 248 | 56 | 188 | Open | 592 | Wynand | Roets | Male | Gonubie Harriers | 00:56:06 | +25:43.512 | 05:36 min/km |
| 249 | 24 | 189 | 50-59 | 558 | Manfred | Ottermann | Male | MBSA RC | 00:56:11 | +25:48.448 | 05:37 min/km |
| 250 | 17 | 61 | Open | 452 | Tracey Anne | Gaze | Female | EasyEquities Born2Run AC EL | 00:56:12 | +25:49.360 | 05:37 min/km |
| 251 | 18 | 62 | Open | 701 | Tara | Gravett | Female | | 00:56:17 | +25:53.963 | 05:37 min/km |
| 252 | 19 | 63 | Open | 166 | Christine | Beard | Female | | 00:56:20 | +25:56.923 | 05:37 min/km |
| 253 | 57 | 190 | Open | 752 | Gregg | Gqamane | Male | Stutterheim AC | 00:56:22 | +25:59.701 | 05:38 min/km |
| 254 | 5 | 64 | 60+ | 622 | Ansie | Bronkhorst | Female | Oxford Striders | 00:56:24 | +26:01.052 | 05:38 min/km |
| 255 | 14 | 65 | 40-49 | 239 | Shenaz | Moodley | Female | MBSA RC | 00:56:25 | +26:02.216 | 05:38 min/km |
| 256 | 20 | 66 | Open | 364 | Dayne | Lutge | Female | | 00:56:27 | +26:04.431 | 05:38 min/km |
| 257 | 58 | 191 | Open | 365 | Junior | Pamplin | Male | | 00:56:27 | +26:04.566 | 05:38 min/km |
| 258 | 59 | 192 | Open | 284 | Spencer | Mugezi | Male | | 00:56:30 | +26:07.479 | 05:39 min/km |
| 259 | 42 | 193 | 40-49 | 463 | Derrick | Benneck | Male | MBSA RC | 00:56:30 | +26:07.522 | 05:39 min/km |
| 260 | 15 | 67 | 40-49 | 627 | Monica | Lahle | Female | | 00:56:39 | +26:15.903 | 05:39 min/km |
| 261 | 9 | 194 | 60+ | 353 | Johan | Aereboe | Male | Gonubie Harriers | 00:56:42 | +26:18.937 | 05:40 min/km |
| 262 | 21 | 68 | Open | 205 | Jani | Louw | Female | | 00:56:47 | +26:24.595 | 05:40 min/km |
| 263 | 16 | 69 | 40-49 | 115 | Estelle | Boy | Female | | 00:56:47 | +26:24.648 | 05:40 min/km |
| 264 | 25 | 195 | 50-59 | 600 | John | Ward | Male | | 00:56:48 | +26:25.664 | 05:40 min/km |
| 265 | 60 | 196 | Open | 664 | Steven | de Bruin | Male | Old Selbornian Road Runners | 00:56:50 | +26:27.428 | 05:41 min/km |
| 266 | 17 | 70 | 35-39 | 667 | Heidi | Hobbs | Female | Old Selbornian Road Runners | 00:56:50 | +26:27.674 | 05:41 min/km |
| 267 | 23 | 197 | Junior | 454 | Bradley | Shrieber | Male | | 00:56:53 | +26:29.953 | 05:41 min/km |
| 268 | 17 | 71 | 40-49 | 91 | Kim | Hensberg | Female | | 00:56:54 | +26:31.152 | 05:41 min/km |
| 269 | 18 | 72 | 35-39 | 146 | Quanita | Salie | Female | | 00:56:57 | +26:34.212 | 05:41 min/km |
| 270 | 26 | 198 | 50-59 | 292 | Selwyn | Stoter | Male | Oxford Striders | 00:56:59 | +26:35.942 | 05:41 min/km |
| 271 | 18 | 73 | 40-49 | 295 | Suzanne | Echardt | Female | | 00:56:59 | +26:36.160 | 05:41 min/km |
| 272 | 43 | 199 | 40-49 | 299 | Mzozuko | Fuba | Male | | 00:57:03 | +26:39.793 | 05:42 min/km |
| 273 | 6 | 74 | 60+ | 83 | Michelle | Whittington | Female | Old Selbornian Road Runners | 00:57:04 | +26:41.381 | 05:42 min/km |
| 274 | 44 | 200 | 40-49 | 557 | Brian | Kraemer | Male | | 00:57:05 | +26:42.601 | 05:42 min/km |
| 275 | 38 | 201 | 35-39 | 687 | Mandla | Mantshongo | Male | Old Mutual AC | 00:57:07 | +26:44.315 | 05:42 min/km |
| 276 | 10 | 202 | 60+ | 266 | Barry | Kretschmer | Male | EasyEquities Born2Run AC EL | 00:57:14 | +26:51.099 | 05:43 min/km |
| 277 | 7 | 75 | 50-59 | 387 | Sue | Prinsloo | Female | | 00:57:18 | +26:55.100 | 05:43 min/km |
| 278 | 22 | 76 | Open | 774 | Thina | Ncapayi | Female | | 00:57:23 | +27:00.548 | 05:44 min/km |
| 279 | 39 | 203 | 35-39 | 582 | Daylan | Staude | Male | | 00:57:25 | +27:02.613 | 05:44 min/km |
| 280 | 19 | 77 | 40-49 | 90 | Joanne | Bernardie | Female | EasyEquities Born2Run AC EL | 00:57:30 | +27:07.353 | 05:45 min/km |
| 281 | 23 | 78 | Open | 75 | Carey | Sheffield-Webb | Female | EasyEquities Born2Run AC EL | 00:57:30 | +27:07.440 | 05:45 min/km |
| 282 | 45 | 204 | 40-49 | 516 | Deon | van der Merwe | Male | | 00:57:31 | +27:07.893 | 05:45 min/km |
| 283 | 24 | 79 | Open | 456 | Tanya | Do Amaral | Female | | 00:57:32 | +27:09.031 | 05:45 min/km |
| 284 | 46 | 205 | 40-49 | 479 | Victor | Moonieyan | Male | | 00:57:33 | +27:09.747 | 05:45 min/km |
| 285 | 19 | 80 | 35-39 | 386 | Kgadi | Matlala | Female | Old Mutual AC | 00:57:34 | +27:11.671 | 05:45 min/km |
| 286 | 6 | 81 | Junior | 175 | Kendra | Ball | Female | | 00:57:35 | +27:12.082 | 05:45 min/km |
| 287 | 47 | 206 | 40-49 | 384 | Hlubi | Singama | Male | Old Mutual AC | 00:57:35 | +27:12.231 | 05:45 min/km |
| 288 | 20 | 82 | 35-39 | 170 | Marlene | Stals | Female | | 00:57:38 | +27:15.019 | 05:45 min/km |
| 289 | 21 | 83 | 35-39 | 79 | Petru | Macfarlane | Female | | 00:57:40 | +27:16.920 | 05:45 min/km |
| 290 | 8 | 84 | 50-59 | 160 | Noelene | Botes | Female | Harmony Striders | 00:57:40 | +27:17.662 | 05:46 min/km |
| 291 | 48 | 207 | 40-49 | 531 | Deg | Westgate | Male | Living Free AC | 00:57:43 | +27:19.756 | 05:46 min/km |
| 292 | 27 | 208 | 50-59 | 261 | Len | Cloete | Male | Oxford Striders | 00:57:47 | +27:23.951 | 05:46 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|----------------|---------------|--------|-----------------------------|----------|------------|--------------|
| 293 | 49 | 209 | 40-49 | 585 | Lonwabo | Adonis | Male | Stutterheim AC | 00:57:50 | +27:26.998 | 05:46 min/km |
| 294 | 22 | 85 | 35-39 | 404 | Andiswa | Getye | Female | Real Gijimas | 00:57:50 | +27:27.160 | 05:46 min/km |
| 295 | 50 | 210 | 40-49 | 616 | Mcebisi | Gobozi | Male | Real Gijimas | 00:57:50 | +27:27.321 | 05:47 min/km |
| 296 | 40 | 211 | 35-39 | 405 | Nkosnathi | Mnyanda | Male | Real Gijimas | 00:57:50 | +27:27.515 | 05:47 min/km |
| 297 | 23 | 86 | 35-39 | 744 | Xoliswa | Sibeko | Female | Real Gijimas | 00:57:50 | +27:27.579 | 05:47 min/km |
| 298 | 61 | 212 | Open | 757 | Wandile | Kafu | Male | None | 00:57:51 | +27:27.860 | 05:47 min/km |
| 299 | 62 | 213 | Open | 767 | Phwmzile | Nginase | Male | Real Gijimas | 00:57:51 | +27:27.968 | 05:47 min/km |
| 300 | 51 | 214 | 40-49 | 617 | Mbuyiselo | Dabi | Male | Real Gijimas | 00:57:51 | +27:27.987 | 05:47 min/km |
| 301 | 28 | 215 | 50-59 | 682 | Titiba | Yanta | Male | Real Gijimas | 00:57:51 | +27:27.991 | 05:47 min/km |
| 302 | 63 | 216 | Open | 410 | Okhuhle | Hanisi | Male | | 00:57:51 | +27:28.062 | 05:47 min/km |
| 303 | 64 | 217 | Open | 185 | Grant | Buckley | Male | | 00:57:52 | +27:28.748 | 05:47 min/km |
| 304 | 29 | 218 | 50-59 | 508 | Fanie | Terblanche | Male | Nedbank RC EL | 00:57:52 | +27:28.921 | 05:47 min/km |
| 305 | 41 | 219 | 35-39 | 642 | Brendon | Venter | Male | | 00:57:52 | +27:28.940 | 05:47 min/km |
| 306 | 65 | 220 | Open | 640 | Tyron | Hugo | Male | | 00:57:52 | +27:29.184 | 05:47 min/km |
| 307 | 52 | 221 | 40-49 | 423 | Khayaletu | Ntuli | Male | Old Mutual AC | 00:57:53 | +27:30.185 | 05:47 min/km |
| 308 | 42 | 222 | 35-39 | 441 | Cyril | Bekker | Male | Gonubie Harriers | 00:57:59 | +27:35.977 | 05:47 min/km |
| 309 | 25 | 87 | Open | 107 | Kaylie | Goosen | Female | | 00:58:03 | +27:39.879 | 05:48 min/km |
| 310 | 26 | 88 | Open | 195 | Melissa | Taberer | Female | Oxford Striders | 00:58:10 | +27:47.319 | 05:49 min/km |
| 311 | 24 | 89 | 35-39 | 105 | Taralyn | McLean | Female | | 00:58:23 | +27:59.947 | 05:50 min/km |
| 312 | 66 | 223 | Open | 314 | Pritesh Dansuk | Nagar | Male | | 00:58:28 | +28:05.014 | 05:50 min/km |
| 313 | 53 | 224 | 40-49 | 551 | Gareth | Barbour | Male | Oxford Striders | 00:58:29 | +28:06.100 | 05:50 min/km |
| 314 | 27 | 90 | Open | 274 | Toni | Bezuidenhout | Female | | 00:58:30 | +28:07.211 | 05:50 min/km |
| 315 | 67 | 225 | Open | 446 | Philosende | Pule | Male | | 00:58:42 | +28:19.316 | 05:52 min/km |
| 316 | 7 | 91 | Junior | 419 | Inga | Makholop | Female | | 00:58:50 | +28:27.705 | 05:53 min/km |
| 317 | 24 | 226 | Junior | 455 | Scott | Hayes | Male | | 00:58:54 | +28:31.169 | 05:53 min/km |
| 318 | 20 | 92 | 40-49 | 312 | Elsabe | Owen | Female | | 00:59:00 | +28:37.309 | 05:54 min/km |
| 319 | 54 | 227 | 40-49 | 313 | Morne | Owen | Male | | 00:59:00 | +28:37.386 | 05:54 min/km |
| 320 | 25 | 93 | 35-39 | 724 | Nonzukiso | Manjezi | Female | Old Mutual AC | 00:59:05 | +28:42.703 | 05:54 min/km |
| 321 | 28 | 94 | Open | 439 | Tarryn | Lotz | Female | | 00:59:09 | +28:46.598 | 05:54 min/km |
| 322 | 29 | 95 | Open | 57 | Astrid | Lambrechs | Female | | 00:59:11 | +28:48.542 | 05:55 min/km |
| 323 | 21 | 96 | 40-49 | 633 | Louise | O'Reilly | Female | Oxford Striders | 00:59:15 | +28:52.079 | 05:55 min/km |
| 324 | 30 | 97 | Open | 323 | Zakhe | Thandile | Female | Real Gijimas | 00:59:16 | +28:53.017 | 05:55 min/km |
| 325 | 43 | 228 | 35-39 | 696 | Sive | Soka | Male | Balekani AC | 00:59:16 | +28:53.154 | 05:55 min/km |
| 326 | 68 | 229 | Open | 547 | Kholo | Mneno | Male | | 00:59:17 | +28:54.123 | 05:55 min/km |
| 327 | 44 | 230 | 35-39 | 542 | Hayden | Smith | Male | | 00:59:17 | +28:54.340 | 05:55 min/km |
| 328 | 45 | 231 | 35-39 | 773 | Gift | Matengambiri | Male | None | 00:59:21 | +28:58.737 | 05:56 min/km |
| 329 | 22 | 98 | 40-49 | 134 | Peta-Jane | Dineen | Female | EasyEquities Born2Run AC EL | 00:59:23 | +28:59.893 | 05:56 min/km |
| 330 | 55 | 232 | 40-49 | 501 | Jaco | Botha | Male | | 00:59:28 | +29:05.670 | 05:56 min/km |
| 331 | 9 | 99 | 50-59 | 207 | Denise | Coetzee | Female | Oxford Striders | 00:59:32 | +29:08.948 | 05:57 min/km |
| 332 | 26 | 100 | 35-39 | 159 | Kirsten | van der Merwe | Female | Oxford Striders | 00:59:34 | +29:11.298 | 05:57 min/km |
| 333 | 25 | 233 | Junior | 449 | Jonathan | Pook | Male | | 00:59:36 | +29:13.662 | 05:57 min/km |
| 334 | 56 | 234 | 40-49 | 448 | Grant | Pook | Male | | 00:59:37 | +29:14.512 | 05:57 min/km |
| 335 | 23 | 101 | 40-49 | 302 | Lindsey | Swart | Female | Oxford Striders | 00:59:41 | +29:18.661 | 05:58 min/km |
| 336 | 31 | 102 | Open | 210 | Nicolette | Allam | Female | Old Selbornian Road Runners | 00:59:51 | +29:28.203 | 05:59 min/km |
| 337 | 30 | 235 | 50-59 | 345 | Roman | Xolisa | Male | Old Mutual AC | 00:59:55 | +29:31.836 | 05:59 min/km |
| 338 | 46 | 236 | 35-39 | 440 | Vive Nelson | Masiba | Male | Correctional Services | 00:59:57 | +29:33.983 | 05:59 min/km |
| 339 | 69 | 237 | Open | 612 | Francis John | Deudney | Male | | 01:00:00 | +29:37.340 | 06:00 min/km |
| 340 | 24 | 103 | 40-49 | 420 | Nondumiso | Zukelwa | Female | | 01:00:00 | +29:37.502 | 06:00 min/km |
| 341 | 70 | 238 | Open | 352 | Siphiwo | Hoko | Male | | 01:00:06 | +29:43.546 | 06:00 min/km |
| 342 | 27 | 104 | 35-39 | 138 | Natasha | Venter | Female | East London AC | 01:00:09 | +29:46.634 | 06:00 min/km |
| 343 | 31 | 239 | 50-59 | 587 | Shaun | Pook | Male | Gonubie Harriers | 01:00:10 | +29:47.374 | 06:01 min/km |
| 344 | 10 | 105 | 50-59 | 221 | Karen | Watson | Female | Buffalo Road Runners | 01:00:14 | +29:51.068 | 06:01 min/km |
| 345 | 32 | 106 | Open | 411 | Lubobalo | Stemele | Female | Real Gijimas | 01:00:26 | +30:02.855 | 06:02 min/km |
| 346 | 57 | 240 | 40-49 | 240 | Dean | Moodley | Male | | 01:00:27 | +30:04.550 | 06:02 min/km |
| 347 | 33 | 107 | Open | 122 | Natalie | Hill | Female | | 01:00:33 | +30:09.784 | 06:03 min/km |
| 348 | 7 | 108 | 60+ | 254 | Maureen | Pitt | Female | Oxford Striders | 01:00:38 | +30:14.783 | 06:03 min/km |
| 349 | 71 | 241 | Open | 270 | Sheldon | Grieb | Male | | 01:00:41 | +30:18.413 | 06:04 min/km |
| 350 | 25 | 109 | 40-49 | 366 | Mandy-Lee | Bird | Female | Aspen Pharmacare AC | 01:00:48 | +30:25.085 | 06:04 min/km |
| 351 | 58 | 242 | 40-49 | 367 | Darryn | Birch | Male | MBSA RC | 01:00:48 | +30:25.377 | 06:04 min/km |
| 352 | 11 | 243 | 60+ | 591 | Andrew | Chaloner | Male | Oxford Striders | 01:00:59 | +30:36.027 | 06:05 min/km |
| 353 | 12 | 244 | 60+ | 560 | Braam | le Roux | Male | | 01:00:59 | +30:36.573 | 06:05 min/km |
| 354 | 34 | 110 | Open | 180 | Lindsay | Killeen | Female | Oxford Striders | 01:01:03 | +30:40.054 | 06:06 min/km |
| 355 | 11 | 111 | 50-59 | 179 | Linda | Killeen | Female | Oxford Striders | 01:01:03 | +30:40.190 | 06:06 min/km |
| 356 | 13 | 245 | 60+ | 563 | Attie | Botha | Male | Oxford Striders | 01:01:10 | +30:47.119 | 06:06 min/km |
| 357 | 59 | 246 | 40-49 | 575 | Tyrell | Holm | Male | | 01:01:16 | +30:53.505 | 06:07 min/km |
| 358 | 32 | 247 | 50-59 | 548 | Johann | van Vuuren | Male | | 01:01:28 | +31:05.488 | 06:08 min/km |
| 359 | 14 | 248 | 60+ | 368 | Alan | Introna | Male | Old Selbornian Road Runners | 01:01:29 | +31:06.151 | 06:08 min/km |
| 360 | 72 | 249 | Open | 286 | Colin | Kemp | Male | | 01:01:31 | +31:07.884 | 06:09 min/km |
| 361 | 35 | 112 | Open | 285 | Eloise | McIntyre | Female | | 01:01:36 | +31:13.110 | 06:09 min/km |
| 362 | 28 | 113 | 35-39 | 700 | Bernice | Burmeister | Female | | 01:01:39 | +31:16.701 | 06:09 min/km |
| 363 | 73 | 250 | Open | 618 | Martin | Kemp | Male | | 01:01:57 | +31:34.181 | 06:11 min/km |
| 364 | 12 | 114 | 50-59 | 67 | Annette | Meyer | Female | | 01:02:03 | +31:40.114 | 06:12 min/km |
| 365 | 15 | 251 | 60+ | 517 | Kevin | Marlow | Male | East London AC | 01:02:08 | +31:45.585 | 06:12 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|----------------|-------------|--------|-----------------------------|----------|------------|--------------|
| 366 | 47 | 252 | 35-39 | 532 | Justin | Davis | Male | | 01:02:15 | +31:52.714 | 06:13 min/km |
| 367 | 13 | 115 | 50-59 | 51 | Iola | Saayman | Female | Oxford Striders | 01:02:16 | +31:53.311 | 06:13 min/km |
| 368 | 60 | 253 | 40-49 | 577 | Pushpa Raj | Bhattarai | Male | Oxford Striders | 01:02:17 | +31:54.002 | 06:13 min/km |
| 369 | 26 | 116 | 40-49 | 88 | Pamela | Mpange | Female | Real Gijimas | 01:02:22 | +31:59.026 | 06:14 min/km |
| 370 | 74 | 254 | Open | 555 | Zukisani | Dikana | Male | | 01:02:23 | +32:00.628 | 06:14 min/km |
| 371 | 61 | 255 | 40-49 | 307 | Philani | Ngidi | Male | | 01:02:27 | +32:04.219 | 06:14 min/km |
| 372 | 33 | 256 | 50-59 | 253 | Antony | Rooney | Male | Oxford Striders | 01:02:28 | +32:04.877 | 06:14 min/km |
| 373 | 8 | 117 | 60+ | 56 | Gill | Fordyce | Female | Team Vitality | 01:02:31 | +32:08.570 | 06:15 min/km |
| 374 | 16 | 257 | 60+ | 504 | Bruce | Fordyce | Male | Team Vitality | 01:02:31 | +32:08.710 | 06:15 min/km |
| 375 | 27 | 118 | 40-49 | 637 | Angie | Lindhorst | Female | Oxford Striders | 01:02:35 | +32:12.449 | 06:15 min/km |
| 376 | 17 | 258 | 60+ | 553 | Fred | Ferreira | Male | EasyEquities Born2Run AC EL | 01:02:39 | +32:15.938 | 06:15 min/km |
| 377 | 29 | 119 | 35-39 | 658 | Fiona | Pieterse | Female | | 01:02:40 | +32:17.580 | 06:16 min/km |
| 378 | 30 | 120 | 35-39 | 403 | Pils | Nkosi | Female | EasyEquities Born2Run AC EL | 01:02:48 | +32:25.548 | 06:16 min/km |
| 379 | 14 | 121 | 50-59 | 150 | Karen | Coetzer | Female | | 01:02:51 | +32:28.606 | 06:17 min/km |
| 380 | 8 | 122 | Junior | 491 | Sophia | Burgess | Female | | 01:02:52 | +32:29.170 | 06:17 min/km |
| 381 | 9 | 123 | Junior | 492 | Maxine | Burgess | Female | | 01:02:52 | +32:29.653 | 06:17 min/km |
| 382 | 18 | 259 | 60+ | 619 | Leon | Kemp | Male | EasyEquities Born2Run AC EL | 01:02:53 | +32:30.156 | 06:17 min/km |
| 383 | 10 | 124 | Junior | 488 | Phoebe | Saxton | Female | | 01:02:53 | +32:30.239 | 06:17 min/km |
| 384 | 31 | 125 | 35-39 | 684 | Vuyolwethu | Zakhe | Female | Real Gijimas | 01:02:54 | +32:30.913 | 06:17 min/km |
| 385 | 32 | 126 | 35-39 | 93 | Tracey | van Niekerk | Female | ROAG | 01:02:57 | +32:34.421 | 06:17 min/km |
| 386 | 28 | 127 | 40-49 | 421 | Catherine | Sirgel | Female | | 01:03:00 | +32:37.425 | 06:18 min/km |
| 387 | 15 | 128 | 50-59 | 132 | Dianne | Calder | Female | | 01:03:01 | +32:38.184 | 06:18 min/km |
| 388 | 29 | 129 | 40-49 | 200 | Ronele | Hendricks | Female | | 01:03:08 | +32:45.296 | 06:18 min/km |
| 389 | 34 | 260 | 50-59 | 490 | Donovan | Burgess | Male | | 01:03:15 | +32:52.166 | 06:19 min/km |
| 390 | 30 | 130 | 40-49 | 318 | Melanie | Kumm | Female | | 01:03:16 | +32:52.850 | 06:19 min/km |
| 391 | 62 | 261 | 40-49 | 733 | Mlandeli | Poto | Male | Real Gijimas | 01:03:32 | +33:09.521 | 06:21 min/km |
| 392 | 36 | 131 | Open | 137 | Nosipho | Dube | Female | Real Gijimas | 01:03:33 | +33:10.496 | 06:21 min/km |
| 393 | 31 | 132 | 40-49 | 73 | Tammy | Moss | Female | | 01:03:36 | +33:13.313 | 06:21 min/km |
| 394 | 33 | 133 | 35-39 | 108 | Tamara | Hartwanger | Female | University of Fort Hare AC | 01:03:41 | +33:18.155 | 06:22 min/km |
| 395 | 75 | 262 | Open | 663 | Shayn | Gradwell | Male | | 01:03:41 | +33:18.296 | 06:22 min/km |
| 396 | 32 | 134 | 40-49 | 280 | Marliese | Vosloo | Female | | 01:03:44 | +33:20.794 | 06:22 min/km |
| 397 | 34 | 135 | 35-39 | 638 | Michann | Moore | Female | | 01:03:45 | +33:21.887 | 06:22 min/km |
| 398 | 35 | 263 | 50-59 | 241 | Russel | Rous | Male | | 01:03:47 | +33:24.607 | 06:22 min/km |
| 399 | 16 | 136 | 50-59 | 242 | Janet | Rous | Female | | 01:03:47 | +33:24.702 | 06:22 min/km |
| 400 | 17 | 137 | 50-59 | 164 | Michelle | Venter | Female | Oxford Striders | 01:03:49 | +33:26.170 | 06:22 min/km |
| 401 | 36 | 264 | 50-59 | 571 | Nation | Madikiza | Male | | 01:03:49 | +33:26.324 | 06:22 min/km |
| 402 | 33 | 138 | 40-49 | 301 | Annete | David Peter | Female | Nedbank RC EL | 01:04:04 | +33:41.222 | 06:24 min/km |
| 403 | 37 | 139 | Open | 80 | Melissa | Mackley | Female | Old Selbornian Road Runners | 01:04:08 | +33:45.327 | 06:24 min/km |
| 404 | 48 | 265 | 35-39 | 749 | Dwayne | O Neil | Male | EasyEquities Born2Run AC EL | 01:04:10 | +33:47.111 | 06:24 min/km |
| 405 | 38 | 140 | Open | 70 | Joanne | Winson | Female | | 01:04:15 | +33:52.081 | 06:25 min/km |
| 406 | 34 | 141 | 40-49 | 153 | Irene | Morrison | Female | Buffalo City Municipal AC | 01:04:20 | +33:57.647 | 06:26 min/km |
| 407 | 39 | 142 | Open | 670 | Anel | Trollip | Female | | 01:04:31 | +34:08.011 | 06:27 min/km |
| 408 | 40 | 143 | Open | 632 | Woraphan | Kijwasasdi | Female | | 01:04:37 | +34:14.517 | 06:27 min/km |
| 409 | 37 | 266 | 50-59 | 442 | Mzukisi | Charlie | Male | Correctional Services | 01:04:49 | +34:26.204 | 06:28 min/km |
| 410 | 18 | 144 | 50-59 | 78 | Elsa | Jacobs | Female | Nedbank RC EL | 01:04:50 | +34:27.496 | 06:29 min/km |
| 411 | 76 | 267 | Open | 554 | Nangamso | Nkomana | Male | | 01:04:50 | +34:27.593 | 06:29 min/km |
| 412 | 19 | 145 | 50-59 | 69 | Bev | Goldhill | Female | | 01:04:51 | +34:28.614 | 06:29 min/km |
| 413 | 11 | 146 | Junior | 193 | Asanele | Xobiso | Female | Old Mutual AC | 01:04:52 | +34:28.851 | 06:29 min/km |
| 414 | 38 | 268 | 50-59 | 510 | Wynand | Smit | Male | | 01:04:52 | +34:29.540 | 06:29 min/km |
| 415 | 77 | 269 | Open | 572 | Yamkela | Qotoyi | Male | | 01:04:54 | +34:31.019 | 06:29 min/km |
| 416 | 63 | 270 | 40-49 | 438 | Philani | Moyo | Male | Nedbank RC EL | 01:04:57 | +34:34.622 | 06:29 min/km |
| 417 | 19 | 271 | 60+ | 573 | Luyton | Driman | Male | | 01:05:00 | +34:36.920 | 06:29 min/km |
| 418 | 35 | 147 | 40-49 | 689 | Chantel | Marriott | Female | | 01:05:02 | +34:39.143 | 06:30 min/km |
| 419 | 41 | 148 | Open | 396 | Lisa | Langhein | Female | | 01:05:07 | +34:44.256 | 06:30 min/km |
| 420 | 42 | 149 | Open | 113 | Denise | Norris | Female | | 01:05:07 | +34:44.424 | 06:30 min/km |
| 421 | 36 | 150 | 40-49 | 64 | Nicol | Kruger | Female | | 01:05:12 | +34:49.124 | 06:31 min/km |
| 422 | 43 | 151 | Open | 65 | Siwa | Kondlo | Female | Oxford Striders | 01:05:16 | +34:53.510 | 06:31 min/km |
| 423 | 49 | 272 | 35-39 | 624 | Mluleki | Poto | Male | | 01:05:23 | +35:00.167 | 06:32 min/km |
| 424 | 44 | 152 | Open | 214 | Kerry | Waberski | Female | | 01:05:27 | +35:03.856 | 06:32 min/km |
| 425 | 45 | 153 | Open | 218 | Amy | Hofart | Female | | 01:05:27 | +35:03.943 | 06:32 min/km |
| 426 | 20 | 154 | 50-59 | 233 | Vera | Kean | Female | | 01:05:45 | +35:21.788 | 06:34 min/km |
| 427 | 37 | 155 | 40-49 | 229 | Loryn | Nel | Female | | 01:05:45 | +35:22.320 | 06:34 min/km |
| 428 | 21 | 156 | 50-59 | 126 | Anita | van Vuuren | Female | Oxford Striders | 01:05:54 | +35:31.526 | 06:35 min/km |
| 429 | 64 | 273 | 40-49 | 544 | Gideon | Joubert | Male | University of Fort Hare AC | 01:05:57 | +35:33.921 | 06:35 min/km |
| 430 | 20 | 274 | 60+ | 538 | Louis | Ehrke | Male | Nedbank RC EL | 01:05:57 | +35:34.317 | 06:35 min/km |
| 431 | 46 | 157 | Open | 199 | Kiyra | McVitty | Female | | 01:06:01 | +35:37.867 | 06:36 min/km |
| 432 | 22 | 158 | 50-59 | 327 | Deidre | Rohland | Female | | 01:06:18 | +35:55.602 | 06:37 min/km |
| 433 | 39 | 275 | 50-59 | 567 | Sebenzile | Dyantjie | Male | Real Gijimas | 01:06:19 | +35:55.861 | 06:37 min/km |
| 434 | 65 | 276 | 40-49 | 231 | Tumani Richard | Sifile | Male | MBSA RC | 01:06:24 | +36:01.576 | 06:38 min/km |
| 435 | 23 | 159 | 50-59 | 282 | Michelle | Cloete | Female | East London Pacers | 01:06:27 | +36:03.826 | 06:38 min/km |
| 436 | 38 | 160 | 40-49 | 110 | Nicky | Terblanche | Female | Oxford Striders | 01:06:30 | +36:07.016 | 06:38 min/km |
| 437 | 47 | 161 | Open | 388 | Anniqque | Swanepoel | Female | | 01:06:32 | +36:08.938 | 06:39 min/km |
| 438 | 39 | 162 | 40-49 | 96 | Lee-Anne | Botha | Female | Oxford Striders | 01:06:33 | +36:09.967 | 06:39 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|-------------|---------------|--------|-----------------------------|----------|------------|--------------|
| 439 | 40 | 277 | 50-59 | 527 | Roy | Nel | Male | Oxford Striders | 01:06:33 | +36:10.051 | 06:39 min/km |
| 440 | 9 | 163 | 60+ | 267 | Julia | Kretschmer | Female | EasyEquities Born2Run AC EL | 01:06:36 | +36:13.171 | 06:39 min/km |
| 441 | 48 | 164 | Open | 400 | Nwabisa | Mashiala | Female | DHET AC | 01:06:49 | +36:26.241 | 06:40 min/km |
| 442 | 40 | 165 | 40-49 | 227 | Natalie | Gibson | Female | EasyEquities Born2Run AC EL | 01:06:49 | +36:26.707 | 06:40 min/km |
| 443 | 41 | 166 | 40-49 | 54 | Nadine | Meinie | Female | | 01:07:00 | +36:36.835 | 06:41 min/km |
| 444 | 21 | 278 | 60+ | 503 | Sarel | Labuschagne | Male | | 01:07:00 | +36:36.863 | 06:41 min/km |
| 445 | 78 | 279 | Open | 566 | Phaphama | Malusi | Male | DRDLR AC | 01:07:00 | +36:36.970 | 06:41 min/km |
| 446 | 24 | 167 | 50-59 | 117 | Debbie | Thoresen | Female | Oxford Striders | 01:07:00 | +36:37.040 | 06:41 min/km |
| 447 | 42 | 168 | 40-49 | 376 | Asanda | Toni | Female | Qokolweni AC | 01:07:06 | +36:43.673 | 06:42 min/km |
| 448 | 25 | 169 | 50-59 | 489 | Lisa | Durell | Female | | 01:07:08 | +36:44.768 | 06:42 min/km |
| 449 | 79 | 280 | Open | 498 | Yanga | Ndandani | Male | | 01:07:14 | +36:51.699 | 06:43 min/km |
| 450 | 35 | 170 | 35-39 | 111 | Bianca | Turner | Female | Gonubie Harriers | 01:07:20 | +36:57.299 | 06:44 min/km |
| 451 | 10 | 171 | 60+ | 100 | Teresa | Roux | Female | Gonubie Harriers | 01:07:20 | +36:57.659 | 06:44 min/km |
| 452 | 43 | 172 | 40-49 | 734 | Zanele | Goni | Female | Old Mutual AC | 01:07:26 | +37:03.515 | 06:44 min/km |
| 453 | 50 | 281 | 35-39 | 589 | Thabo | Yonto | Male | Old Mutual AC | 01:07:26 | +37:03.597 | 06:44 min/km |
| 454 | 66 | 282 | 40-49 | 751 | Kuda | Chasara | Male | None | 01:07:42 | +37:18.919 | 06:46 min/km |
| 455 | 11 | 173 | 60+ | 92 | Diane | Hensburg | Female | | 01:07:44 | +37:21.344 | 06:46 min/km |
| 456 | 12 | 174 | 60+ | 161 | Petro | le Roux | Female | | 01:07:46 | +37:23.395 | 06:46 min/km |
| 457 | 80 | 283 | Open | 380 | Akhona | Matyobeni | Male | Buffalo City Municipal AC | 01:07:57 | +37:34.739 | 06:47 min/km |
| 458 | 49 | 175 | Open | 379 | Sivenathi | Matyobeni | Female | Buffalo City Municipal AC | 01:07:59 | +37:36.139 | 06:47 min/km |
| 459 | 67 | 284 | 40-49 | 614 | Zwelethemba | Mpendukana | Male | | 01:08:00 | +37:37.737 | 06:48 min/km |
| 460 | 22 | 285 | 60+ | 545 | Dennis | Leibach | Male | | 01:08:04 | +37:41.047 | 06:48 min/km |
| 461 | 81 | 286 | Open | 550 | Siyasansa | Nggandu | Male | Real Gijimas | 01:08:06 | +37:43.038 | 06:48 min/km |
| 462 | 36 | 176 | 35-39 | 351 | Noluvuyo | Nanto | Female | Old Mutual AC | 01:08:07 | +37:43.815 | 06:48 min/km |
| 463 | 26 | 177 | 50-59 | 155 | Maryann | Luyt | Female | Oxford Striders | 01:08:08 | +37:45.489 | 06:48 min/km |
| 464 | 51 | 287 | 35-39 | 580 | Wandile | Bidla | Male | | 01:08:10 | +37:46.864 | 06:48 min/km |
| 465 | 44 | 178 | 40-49 | 649 | Violet | Omwansa | Female | Nedbank RC EL | 01:08:17 | +37:53.873 | 06:49 min/km |
| 466 | 50 | 179 | Open | 249 | Claire | Howe | Female | | 01:08:21 | +37:57.824 | 06:50 min/km |
| 467 | 45 | 180 | 40-49 | 248 | Marlene | Dalldorf | Female | | 01:08:21 | +37:57.888 | 06:50 min/km |
| 468 | 46 | 181 | 40-49 | 688 | Janet | Pitcher | Female | | 01:08:21 | +37:57.952 | 06:50 min/km |
| 469 | 26 | 288 | Junior | 514 | Toivo | Mlokothi | Male | | 01:08:22 | +37:59.160 | 06:50 min/km |
| 470 | 51 | 182 | Open | 750 | Zizo | Mqoboli | Female | Old Mutual AC | 01:08:28 | +38:05.691 | 06:50 min/km |
| 471 | 27 | 289 | Junior | 472 | Lilitha | Taki | Male | | 01:08:30 | +38:07.037 | 06:50 min/km |
| 472 | 28 | 290 | Junior | 480 | Bobakho | Qozeleni | Male | | 01:08:33 | +38:09.753 | 06:51 min/km |
| 473 | 41 | 291 | 50-59 | 298 | Zamumzi | Ndawule | Male | Correctional Services | 01:08:35 | +38:12.032 | 06:51 min/km |
| 474 | 37 | 183 | 35-39 | 114 | Erica | Radloff | Female | | 01:08:42 | +38:19.325 | 06:52 min/km |
| 475 | 47 | 184 | 40-49 | 697 | Veliswa | Mbeki | Female | Balekani AC | 01:08:44 | +38:21.492 | 06:52 min/km |
| 476 | 52 | 185 | Open | 106 | Kira | van der Walt | Female | | 01:08:53 | +38:30.709 | 06:53 min/km |
| 477 | 53 | 186 | Open | 149 | Tamrynn | Roos | Female | | 01:08:55 | +38:31.911 | 06:53 min/km |
| 478 | 54 | 187 | Open | 347 | Aphiwe | Fayindlala | Female | DRDLR AC | 01:09:03 | +38:40.007 | 06:54 min/km |
| 479 | 82 | 292 | Open | 333 | Sebastian | van Eden | Male | | 01:09:18 | +38:55.394 | 06:55 min/km |
| 480 | 38 | 188 | 35-39 | 148 | Sarita | Bhattarai | Female | Oxford Striders | 01:09:24 | +39:00.898 | 06:56 min/km |
| 481 | 48 | 189 | 40-49 | 279 | Zolisa | Ondala | Female | Adventist AC | 01:09:28 | +39:04.795 | 06:56 min/km |
| 482 | 55 | 190 | Open | 171 | Nandi | Ramsunder | Female | Oxford Striders | 01:09:30 | +39:07.675 | 06:57 min/km |
| 483 | 52 | 293 | 35-39 | 426 | Brian | Myburgh | Male | Oxford Striders | 01:09:31 | +39:08.171 | 06:57 min/km |
| 484 | 42 | 294 | 50-59 | 543 | Arthur | Thoresen | Male | Oxford Striders | 01:09:35 | +39:12.341 | 06:57 min/km |
| 485 | 39 | 191 | 35-39 | 349 | Pumla | Kiswa | Female | Nedbank RC EL | 01:09:38 | +39:14.806 | 06:57 min/km |
| 486 | 49 | 192 | 40-49 | 99 | Clare | Robb | Female | | 01:09:51 | +39:28.136 | 06:59 min/km |
| 487 | 56 | 193 | Open | 335 | Lindi | McDowell | Female | | 01:09:51 | +39:28.356 | 06:59 min/km |
| 488 | 57 | 194 | Open | 435 | Mpho Gift | Betsha | Female | Old Mutual AC | 01:10:01 | +39:38.469 | 07:00 min/km |
| 489 | 50 | 195 | 40-49 | 109 | Mandy | Clark | Female | Oxford Striders | 01:10:29 | +40:06.160 | 07:02 min/km |
| 490 | 51 | 196 | 40-49 | 157 | Lorraine | Pook | Female | East London AC | 01:10:29 | +40:06.579 | 07:02 min/km |
| 491 | 23 | 295 | 60+ | 613 | Eddie | Watson | Male | | 01:10:34 | +40:10.984 | 07:03 min/km |
| 492 | 58 | 197 | Open | 416 | Emma | Fraser | Female | | 01:10:52 | +40:29.009 | 07:05 min/km |
| 493 | 40 | 198 | 35-39 | 360 | Akona | Mangena | Female | Adventists AC | 01:10:55 | +40:32.650 | 07:05 min/km |
| 494 | 41 | 199 | 35-39 | 743 | Nandipha | Fongo-Siswana | Female | BRAC - KWT | 01:10:59 | +40:36.738 | 07:05 min/km |
| 495 | 59 | 200 | Open | 495 | Zikhona | Mgweba | Female | Nedbank RC EL | 01:11:01 | +40:38.353 | 07:06 min/km |
| 496 | 60 | 201 | Open | 494 | Siyamthanda | Loni | Female | Nedbank RC EL | 01:11:01 | +40:38.547 | 07:06 min/km |
| 497 | 61 | 202 | Open | 695 | Tandokazi | Siko | Female | Justice AC | 01:11:14 | +40:51.296 | 07:07 min/km |
| 498 | 43 | 296 | 50-59 | 389 | Christopher | Mgoboli | Male | Correctional Services | 01:11:28 | +41:04.774 | 07:08 min/km |
| 499 | 42 | 203 | 35-39 | 711 | Shirley | Jones-Ndaba | Female | | 01:11:47 | +41:24.331 | 07:10 min/km |
| 500 | 68 | 297 | 40-49 | 710 | Lubabalo | Ndaba | Male | | 01:11:47 | +41:24.521 | 07:10 min/km |
| 501 | 13 | 204 | 60+ | 357 | Karima | Kitsoopoulos | Female | | 01:11:52 | +41:28.861 | 07:11 min/km |
| 502 | 44 | 298 | 50-59 | 513 | Craig | Arnold | Male | EasyEquities Born2Run AC EL | 01:11:52 | +41:29.086 | 07:11 min/km |
| 503 | 62 | 205 | Open | 145 | Zikhona | Lento | Female | | 01:11:54 | +41:30.765 | 07:11 min/km |
| 504 | 63 | 206 | Open | 144 | Amanda | Fihlani | Female | | 01:11:54 | +41:30.953 | 07:11 min/km |
| 505 | 64 | 207 | Open | 382 | Asithandile | Wana | Female | Real Gijimas | 01:11:58 | +41:35.583 | 07:11 min/km |
| 506 | 65 | 208 | Open | 283 | Christine | Tapedza | Female | EasyEquities Born2Run AC EL | 01:12:12 | +41:49.468 | 07:13 min/km |
| 507 | 66 | 209 | Open | 58 | Louise | Nel | Female | | 01:12:16 | +41:53.471 | 07:13 min/km |
| 508 | 52 | 210 | 40-49 | 59 | Grace | Stockenstrom | Female | | 01:12:16 | +41:53.644 | 07:13 min/km |
| 509 | 67 | 211 | Open | 271 | Lineke | du Toit | Female | | 01:12:26 | +42:03.331 | 07:14 min/km |
| 510 | 27 | 212 | 50-59 | 116 | Janetta | Botha | Female | Oxford Striders | 01:12:48 | +42:25.304 | 07:16 min/km |
| 511 | 24 | 299 | 60+ | 570 | Brian | Beling | Male | Gonubie Harriers | 01:12:48 | +42:25.469 | 07:16 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|--------|-----|---------------|----------------|--------|----------------------------------|----------|------------|--------------|
| 512 | 68 | 213 | Open | 677 | Phumeza | Debeda | Female | Real Gijimas | 01:12:56 | +42:32.808 | 07:17 min/km |
| 513 | 53 | 214 | 40-49 | 130 | Zoliswa | Mncameni | Female | | 01:12:56 | +42:33.712 | 07:17 min/km |
| 514 | 53 | 300 | 35-39 | 427 | Pieter | Korff | Male | Oxford Striders | 01:12:57 | +42:34.243 | 07:17 min/km |
| 515 | 54 | 215 | 40-49 | 425 | Desire' | Korff | Female | | 01:12:57 | +42:34.412 | 07:17 min/km |
| 516 | 43 | 216 | 35-39 | 413 | Nyameka | Mqaqeni | Female | Old Mutual AC | 01:13:09 | +42:45.766 | 07:18 min/km |
| 517 | 55 | 217 | 40-49 | 770 | Lwandlekazi | Mahga | Female | Old Mutual AC | 01:13:25 | +43:02.085 | 07:20 min/km |
| 518 | 44 | 218 | 35-39 | 769 | Nolukhanyo | Malashe | Female | Overtakers Sports Club | 01:13:25 | +43:02.167 | 07:20 min/km |
| 519 | 69 | 301 | 40-49 | 704 | Khaya | Mkoko | Male | | 01:13:27 | +43:04.310 | 07:20 min/km |
| 520 | 69 | 219 | Open | 203 | Odette | Schuch | Female | | 01:13:38 | +43:15.275 | 07:21 min/km |
| 521 | 14 | 220 | 60+ | 66 | Bev | Leal | Female | Oxford Striders | 01:13:38 | +43:15.326 | 07:21 min/km |
| 522 | 45 | 221 | 35-39 | 206 | Sane | Matole-Sakhela | Female | | 01:13:59 | +43:35.888 | 07:23 min/km |
| 523 | 56 | 222 | 40-49 | 694 | Nolitha | Barnes | Female | Old Mutual AC | 01:14:02 | +43:39.305 | 07:24 min/km |
| 524 | 57 | 223 | 40-49 | 281 | Andrea | Kemp | Female | | 01:14:06 | +43:43.455 | 07:24 min/km |
| 525 | 70 | 224 | Open | 436 | Ntsepeng | Tamakw | Female | | 01:14:07 | +43:43.820 | 07:24 min/km |
| 526 | 25 | 302 | 60+ | 377 | Jimmy | Ainslie | Male | Gonubie Harriers | 01:14:09 | +43:45.976 | 07:24 min/km |
| 527 | 15 | 225 | 60+ | 174 | Janet | Webb | Female | Oxford Striders | 01:14:22 | +43:59.298 | 07:26 min/km |
| 528 | 71 | 226 | Open | 371 | Carla | Boshoff | Female | | 01:14:28 | +44:05.449 | 07:26 min/km |
| 529 | 26 | 303 | 60+ | 363 | Patrick | Treadway | Male | United AC | 01:14:29 | +44:06.006 | 07:26 min/km |
| 530 | 27 | 304 | 60+ | 723 | Elliot | Qaka | Male | Real Gijimas | 01:14:32 | +44:09.697 | 07:27 min/km |
| 531 | 12 | 227 | Junior | 763 | Julia | Nham | Female | None | 01:14:37 | +44:14.483 | 07:27 min/km |
| 532 | 58 | 228 | 40-49 | 761 | Mucha | Nhawu | Female | Nedbank Running Club East London | 01:14:37 | +44:14.603 | 07:27 min/km |
| 533 | 13 | 229 | Junior | 762 | Tiri | Nhawu | Female | None | 01:14:38 | +44:14.742 | 07:27 min/km |
| 534 | 72 | 230 | Open | 383 | Zimbini | Tshali | Female | Real Gijimas | 01:14:44 | +44:20.966 | 07:28 min/km |
| 535 | 54 | 305 | 35-39 | 406 | Viwe Simon | Tshali | Male | Real Gijimas | 01:14:45 | +44:21.970 | 07:28 min/km |
| 536 | 46 | 231 | 35-39 | 194 | Linda | Binase | Female | EasyEquities Born2Run AC EL | 01:14:52 | +44:28.898 | 07:29 min/km |
| 537 | 73 | 232 | Open | 222 | Nicole | Harvett | Female | University of Fort Hare AC | 01:15:00 | +44:36.990 | 07:29 min/km |
| 538 | 28 | 233 | 50-59 | 156 | Sheena | Mentz | Female | University of Fort Hare AC | 01:15:00 | +44:37.163 | 07:29 min/km |
| 539 | 59 | 234 | 40-49 | 223 | Tozama | Stefane | Female | Old Mutual AC | 01:15:00 | +44:37.567 | 07:30 min/km |
| 540 | 83 | 306 | Open | 539 | Ludwig | Ehrke | Male | | 01:15:03 | +44:40.124 | 07:30 min/km |
| 541 | 47 | 235 | 35-39 | 296 | Andiswa | Feni | Female | DRDLR AC | 01:15:10 | +44:47.349 | 07:31 min/km |
| 542 | 74 | 236 | Open | 681 | Andiswa | Ndzamela | Female | | 01:15:18 | +44:55.666 | 07:31 min/km |
| 543 | 84 | 307 | Open | 374 | Thamsanga | Dube | Male | | 01:15:19 | +44:56.217 | 07:31 min/km |
| 544 | 70 | 308 | 40-49 | 574 | Xolani | Xakeka | Male | United AC | 01:15:21 | +44:58.374 | 07:32 min/km |
| 545 | 75 | 237 | Open | 141 | Denise | Boucher | Female | | 01:15:25 | +45:02.072 | 07:32 min/km |
| 546 | 76 | 238 | Open | 727 | Kerry | Boy | Female | None | 01:15:25 | +45:02.549 | 07:32 min/km |
| 547 | 16 | 239 | 60+ | 244 | Janette | Halkema | Female | East London Pacers | 01:15:49 | +45:25.789 | 07:34 min/km |
| 548 | 17 | 240 | 60+ | 243 | Denise | O'Hagan | Female | East London Pacers | 01:15:49 | +45:26.186 | 07:34 min/km |
| 549 | 77 | 241 | Open | 190 | Karyn | Leibach | Female | Oxford Striders | 01:16:09 | +45:46.175 | 07:36 min/km |
| 550 | 29 | 242 | 50-59 | 55 | Rene | le Roux | Female | | 01:16:16 | +45:53.189 | 07:37 min/km |
| 551 | 48 | 243 | 35-39 | 118 | Evette | Joubert | Female | University of Fort Hare AC | 01:16:18 | +45:55.281 | 07:37 min/km |
| 552 | 78 | 244 | Open | 119 | Joy-Christine | Victa | Female | | 01:16:23 | +46:00.411 | 07:38 min/km |
| 553 | 79 | 245 | Open | 219 | Sandra | Kovane | Female | | 01:16:23 | +46:00.636 | 07:38 min/km |
| 554 | 49 | 246 | 35-39 | 730 | Sindiswa | Mvani | Female | OTHER | 01:16:32 | +46:09.223 | 07:39 min/km |
| 555 | 80 | 247 | Open | 278 | Mahlatsu | Masipa | Female | | 01:16:47 | +46:24.656 | 07:40 min/km |
| 556 | 50 | 248 | 35-39 | 397 | Tracy | Dass | Female | | 01:16:56 | +46:33.588 | 07:41 min/km |
| 557 | 81 | 249 | Open | 152 | Yolanda | Sayo | Female | DRDLR AC | 01:17:08 | +46:45.495 | 07:42 min/km |
| 558 | 51 | 250 | 35-39 | 417 | Lunga | Jerem | Female | | 01:17:11 | +46:48.431 | 07:43 min/km |
| 559 | 60 | 251 | 40-49 | 451 | Ntombozuko | Ngxazisa | Female | | 01:17:11 | +46:48.577 | 07:43 min/km |
| 560 | 71 | 309 | 40-49 | 317 | Phillip | van der Merwe | Male | | 01:17:15 | +46:52.003 | 07:43 min/km |
| 561 | 30 | 252 | 50-59 | 84 | Judy | Simpson | Female | | 01:17:16 | +46:53.338 | 07:43 min/km |
| 562 | 61 | 253 | 40-49 | 72 | Lilly | Whitehead | Female | Oxford Striders | 01:17:17 | +46:54.255 | 07:43 min/km |
| 563 | 72 | 310 | 40-49 | 595 | Wayne | Jones | Male | Nedbank RC EL | 01:17:18 | +46:55.409 | 07:43 min/km |
| 564 | 62 | 254 | 40-49 | 191 | Linda | Jones | Female | Nedbank RC EL | 01:17:18 | +46:55.496 | 07:43 min/km |
| 565 | 82 | 255 | Open | 659 | Priyanka | Naidoo | Female | | 01:17:33 | +47:10.636 | 07:45 min/km |
| 566 | 63 | 256 | 40-49 | 86 | Carolyn | Mason | Female | Old Selborean Road Runners | 01:17:36 | +47:13.433 | 07:45 min/km |
| 567 | 64 | 257 | 40-49 | 746 | Rothea | Roux | Female | None | 01:17:37 | +47:14.011 | 07:45 min/km |
| 568 | 65 | 258 | 40-49 | 418 | Tabisa | Jadezweni | Female | | 01:17:44 | +47:21.351 | 07:46 min/km |
| 569 | 52 | 259 | 35-39 | 636 | Wendy | Skelenge | Female | | 01:17:54 | +47:31.159 | 07:47 min/km |
| 570 | 66 | 260 | 40-49 | 168 | Yolande | Peter | Female | Adventist AC | 01:17:54 | +47:31.206 | 07:47 min/km |
| 571 | 31 | 261 | 50-59 | 288 | Tembisa | Rulumeni | Female | Adventist AC | 01:17:54 | +47:31.285 | 07:47 min/km |
| 572 | 32 | 262 | 50-59 | 178 | Zanele | Nongogo | Female | Adventist AC | 01:17:54 | +47:31.457 | 07:47 min/km |
| 573 | 53 | 263 | 35-39 | 129 | Petro | Sieberhagen | Female | | 01:18:06 | +47:43.489 | 07:48 min/km |
| 574 | 83 | 264 | Open | 394 | Khumsa | Ntamo | Female | | 01:18:11 | +47:48.446 | 07:49 min/km |
| 575 | 84 | 265 | Open | 735 | Zimbini | Hlakoza | Female | None | 01:18:11 | +47:48.475 | 07:49 min/km |
| 576 | 67 | 266 | 40-49 | 385 | Portia | Singama | Female | Old Mutual AC | 01:18:17 | +47:53.975 | 07:49 min/km |
| 577 | 85 | 267 | Open | 645 | Busiwe | Jeza | Female | DRDLR AC | 01:18:29 | +48:06.691 | 07:50 min/km |
| 578 | 68 | 268 | 40-49 | 177 | Christelle | Froneman | Female | Stutterheim AC | 01:18:33 | +48:09.803 | 07:51 min/km |
| 579 | 69 | 269 | 40-49 | 340 | Lisa | Beling | Female | | 01:18:48 | +48:25.446 | 07:52 min/km |
| 580 | 70 | 270 | 40-49 | 61 | Bridgette | Beetge-Magnus | Female | Oxford Striders | 01:19:30 | +49:07.603 | 07:57 min/km |
| 581 | 86 | 271 | Open | 289 | Khanyiswa | Gxoyiya-Nyamfu | Female | | 01:19:37 | +49:14.137 | 07:57 min/km |
| 582 | 54 | 272 | 35-39 | 309 | Zoliswa | Galo | Female | | 01:19:37 | +49:14.244 | 07:57 min/km |
| 583 | 55 | 273 | 35-39 | 702 | Nomawethu | Mkoko | Female | | 01:19:48 | +49:25.337 | 07:58 min/km |
| 584 | 33 | 274 | 50-59 | 202 | Sandy | Ward | Female | | 01:20:01 | +49:37.937 | 08:00 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|-------|-----|--------------|------------------|--------|-----------------------------------|----------|------------|--------------|
| 585 | 87 | 275 | Open | 625 | Xolelwa | Bowsha | Female | DHET AC | 01:20:01 | +49:38.595 | 08:00 min/km |
| 586 | 71 | 276 | 40-49 | 453 | Janette | Durandt | Female | | 01:20:18 | +49:54.956 | 08:01 min/km |
| 587 | 88 | 277 | Open | 139 | Phelokazi | Maqaqa | Female | Adventist AC | 01:20:25 | +50:02.644 | 08:02 min/km |
| 588 | 72 | 278 | 40-49 | 151 | Gail | Trollip | Female | Oxford Striders | 01:20:32 | +50:08.762 | 08:03 min/km |
| 589 | 34 | 279 | 50-59 | 518 | Val | Robinson | Female | | 01:20:48 | +50:25.730 | 08:04 min/km |
| 590 | 89 | 280 | Open | 671 | Lisakhanya | Ndawule | Female | Nedbank Running Club East London | 01:20:57 | +50:34.465 | 08:05 min/km |
| 591 | 73 | 281 | 40-49 | 201 | Zoleka | Nondabula | Female | | 01:21:02 | +50:39.330 | 08:06 min/km |
| 592 | 73 | 311 | 40-49 | 754 | Darren Shaun | Menzies | Male | None | 01:21:11 | +50:48.388 | 08:07 min/km |
| 593 | 18 | 282 | 60+ | 306 | Helene | Nel | Female | East London Pacers | 01:21:13 | +50:50.404 | 08:07 min/km |
| 594 | 35 | 283 | 50-59 | 189 | Sharon | Brown | Female | Oxford Striders | 01:21:16 | +50:52.889 | 08:07 min/km |
| 595 | 45 | 312 | 50-59 | 322 | Solomzi | Siciko | Male | | 01:21:21 | +50:58.557 | 08:08 min/km |
| 596 | 46 | 313 | 50-59 | 515 | Vuyo | Mlokothi | Male | | 01:21:23 | +50:59.857 | 08:08 min/km |
| 597 | 85 | 314 | Open | 556 | Ralph | Victa | Male | | 01:21:24 | +51:01.212 | 08:08 min/km |
| 598 | 55 | 315 | 35-39 | 429 | Mark | Smith | Male | | 01:21:25 | +51:02.717 | 08:08 min/km |
| 599 | 74 | 284 | 40-49 | 672 | Nonkoliswe | Ndesele | Female | Nedbank RC EL | 01:21:31 | +51:07.899 | 08:09 min/km |
| 600 | 36 | 285 | 50-59 | 208 | Nolita | Matshingana | Female | Oxford Striders | 01:21:39 | +51:16.524 | 08:09 min/km |
| 601 | 56 | 286 | 35-39 | 487 | Talita | Jacobs | Female | University of Fort Hare AC | 01:21:40 | +51:17.165 | 08:09 min/km |
| 602 | 90 | 287 | Open | 297 | Ondela | Sangotsha | Female | | 01:21:54 | +51:31.247 | 08:11 min/km |
| 603 | 37 | 288 | 50-59 | 81 | Sharon | Shadwell | Female | Oxford Striders | 01:22:04 | +51:41.540 | 08:12 min/km |
| 604 | 91 | 289 | Open | 623 | Noncedo | Fono | Female | DRDLR AC | 01:22:41 | +52:17.934 | 08:16 min/km |
| 605 | 57 | 290 | 35-39 | 211 | Nomfundiso | Baneo | Female | DRDLR AC | 01:22:44 | +52:21.149 | 08:16 min/km |
| 606 | 38 | 291 | 50-59 | 142 | Mariaan | Bezuidenhout | Female | | 01:22:45 | +52:22.307 | 08:16 min/km |
| 607 | 75 | 292 | 40-49 | 311 | Teresa | Moldenhanger | Female | | 01:22:47 | +52:24.159 | 08:16 min/km |
| 608 | 92 | 293 | Open | 699 | Lakin | Flugel | Female | | 01:22:47 | +52:24.430 | 08:16 min/km |
| 609 | 76 | 294 | 40-49 | 635 | Vuyolwethu | Gadu | Female | Old Mutual AC | 01:22:55 | +52:32.517 | 08:17 min/km |
| 610 | 39 | 295 | 50-59 | 703 | Noluthando | Mahlangeni | Female | Overtakers SC | 01:23:02 | +52:39.170 | 08:18 min/km |
| 611 | 77 | 296 | 40-49 | 212 | Phumeza | Jonas | Female | Inyibiba AC | 01:23:10 | +52:47.411 | 08:19 min/km |
| 612 | 78 | 297 | 40-49 | 62 | Sanet | Terblanche | Female | Nedbank RC EL | 01:23:10 | +52:47.553 | 08:19 min/km |
| 613 | 19 | 298 | 60+ | 224 | Olga | Ter Morshuizen | Female | EasyEquities Born2Run AC EL | 01:23:25 | +53:02.320 | 08:20 min/km |
| 614 | 20 | 299 | 60+ | 461 | Anthea | Megan | Female | | 01:23:33 | +53:10.556 | 08:21 min/km |
| 615 | 93 | 300 | Open | 644 | Afrika | Ndzamela | Female | DRDLR AC | 01:23:37 | +53:14.117 | 08:21 min/km |
| 616 | 79 | 301 | 40-49 | 401 | Luthando | Ntombeni | Female | | 01:23:37 | +53:14.217 | 08:21 min/km |
| 617 | 94 | 302 | Open | 305 | Sharnay | Sparg | Female | Oxford Striders | 01:23:40 | +53:17.425 | 08:22 min/km |
| 618 | 40 | 303 | 50-59 | 257 | Sharon | Stap | Female | East London Pacers | 01:23:43 | +53:20.728 | 08:22 min/km |
| 619 | 41 | 304 | 50-59 | 255 | Michelle | Pitcher | Female | East London Pacers | 01:23:44 | +53:21.411 | 08:22 min/km |
| 620 | 95 | 305 | Open | 123 | Kayla | Oosthuizen | Female | Oxford Striders | 01:23:54 | +53:31.405 | 08:23 min/km |
| 621 | 86 | 316 | Open | 552 | Bradley | Sansom | Male | Oxford Striders | 01:23:54 | +53:31.455 | 08:23 min/km |
| 622 | 96 | 306 | Open | 127 | Nydine | Maritz | Female | | 01:24:07 | +53:44.714 | 08:24 min/km |
| 623 | 58 | 307 | 35-39 | 459 | Silvia | Peters | Female | | 01:24:18 | +53:55.473 | 08:25 min/km |
| 624 | 56 | 317 | 35-39 | 460 | Andrew | Peters | Male | | 01:24:18 | +53:55.616 | 08:25 min/km |
| 625 | 97 | 308 | Open | 437 | Vuyolwetu | Mjanjelwa | Female | | 01:24:22 | +53:58.961 | 08:26 min/km |
| 626 | 21 | 309 | 60+ | 251 | Viola | Janse van Vuuren | Female | University of Fort Hare AC | 01:24:30 | +54:06.838 | 08:26 min/km |
| 627 | 98 | 310 | Open | 140 | Sandisiwe | Poswayo | Female | Adventist AC | 01:24:37 | +54:14.688 | 08:27 min/km |
| 628 | 22 | 311 | 60+ | 68 | Estelle | Brooks | Female | East London Pacers | 01:24:41 | +54:18.325 | 08:28 min/km |
| 629 | 99 | 312 | Open | 216 | Noluvo | Thyotyho | Female | | 01:24:47 | +54:23.834 | 08:28 min/km |
| 630 | 59 | 313 | 35-39 | 722 | Nolundi | Breakfast | Female | Buffalo City Municipal AC | 01:24:51 | +54:28.156 | 08:29 min/km |
| 631 | 100 | 314 | Open | 717 | Nuyelwa | Gudula | Female | Buffalo City Municipal AC | 01:24:51 | +54:28.255 | 08:29 min/km |
| 632 | 80 | 315 | 40-49 | 720 | Zandile | Dlova | Female | Buffalo City Municipal AC | 01:24:51 | +54:28.601 | 08:29 min/km |
| 633 | 60 | 316 | 35-39 | 192 | Queen | Rasmeni | Female | Buffalo City Municipal AC | 01:24:51 | +54:28.669 | 08:29 min/km |
| 634 | 61 | 317 | 35-39 | 346 | Lusanda | Poswa | Female | DRDLR AC | 01:24:52 | +54:28.751 | 08:29 min/km |
| 635 | 57 | 318 | 35-39 | 721 | Sipho | Breakfast | Male | Buffalo City Municipal AC | 01:24:52 | +54:28.786 | 08:29 min/km |
| 636 | 74 | 319 | 40-49 | 719 | Dalikhaya | Hlalukana | Male | Buffalo City Municipal AC | 01:24:52 | +54:29.108 | 08:29 min/km |
| 637 | 58 | 320 | 35-39 | 713 | Nkululo | Mkhuzo | Male | Buffalo City Municipal AC | 01:24:52 | +54:29.123 | 08:29 min/km |
| 638 | 101 | 318 | Open | 499 | Viwe | Ndandani | Female | Justice AC | 01:24:52 | +54:29.235 | 08:29 min/km |
| 639 | 102 | 319 | Open | 120 | Thantaswa | Mavovana | Female | Buffalo City Municipal AC | 01:24:52 | +54:29.274 | 08:29 min/km |
| 640 | 81 | 320 | 40-49 | 337 | Deidre | Bezuidenhout | Female | Old Mutual AC | 01:24:52 | +54:29.669 | 08:29 min/km |
| 641 | 28 | 321 | 60+ | 458 | Ian | Thomson | Male | | 01:25:28 | +55:05.144 | 08:32 min/km |
| 642 | 82 | 321 | 40-49 | 128 | Danielle | Wiwe-Butt | Female | | 01:25:33 | +55:10.400 | 08:33 min/km |
| 643 | 47 | 322 | 50-59 | 502 | Jaco | van der Walt | Male | Team Vitality | 01:25:37 | +55:14.296 | 08:33 min/km |
| 644 | 62 | 322 | 35-39 | 250 | Veronique | van Vuuren | Female | | 01:25:53 | +55:30.501 | 08:35 min/km |
| 645 | 42 | 323 | 50-59 | 259 | Moiria | Scott | Female | East London Pacers | 01:26:28 | +56:05.446 | 08:38 min/km |
| 646 | 43 | 324 | 50-59 | 646 | Mary-Rose | Ndlovu | Female | DRDLR AC | 01:26:30 | +56:07.224 | 08:38 min/km |
| 647 | 103 | 325 | Open | 643 | Tingaza | Mgwetana | Female | DRDLR AC | 01:26:30 | +56:07.444 | 08:39 min/km |
| 648 | 104 | 326 | Open | 188 | Noluvo | Mbali | Female | Oxford Striders | 01:26:38 | +56:15.508 | 08:39 min/km |
| 649 | 105 | 327 | Open | 660 | Nicole | Sakwe | Female | | 01:26:38 | +56:15.646 | 08:39 min/km |
| 650 | 83 | 328 | 40-49 | 265 | Dorothy | Hulley | Female | | 01:27:04 | +56:41.444 | 08:42 min/km |
| 651 | 84 | 329 | 40-49 | 655 | Nerissa | Lindstrom | Female | | 01:27:10 | +56:46.835 | 08:42 min/km |
| 652 | 106 | 330 | Open | 162 | Peggy | Mpoti | Female | Nedbank RC EL | 01:27:20 | +56:57.449 | 08:44 min/km |
| 653 | 107 | 331 | Open | 673 | Inganathi | Ndawule | Female | Nedbank RC EL | 01:27:23 | +57:00.575 | 08:44 min/km |
| 654 | 63 | 332 | 35-39 | 756 | Andiswa | Fatyi | Female | Eskom Athletics Club Eastern Cape | 01:27:28 | +57:04.913 | 08:44 min/km |
| 655 | 44 | 333 | 50-59 | 133 | Nozuko | Kondile | Female | | 01:27:56 | +57:32.796 | 08:47 min/km |
| 656 | 85 | 334 | 40-49 | 95 | Mary | Spurdzins | Female | | 01:28:08 | +57:45.233 | 08:48 min/km |
| 657 | 45 | 335 | 50-59 | 135 | Louise | Maduciza | Female | | 01:28:42 | +58:18.956 | 08:52 min/km |



Ocean 10 Km

15 March 2020

| Pos. | Cat.Pos. | Gen.Pos. | Cat. | No. | Name | Surname | Gen. | Club | Time | Diff. | Pace |
|------|----------|----------|-------|-----|-------------------|-----------------|--------|-----------------------------|----------|--------------|--------------|
| 658 | 86 | 336 | 40-49 | 136 | Nontle | Handy | Female | | 01:29:06 | +58:43.009 | 08:54 min/km |
| 659 | 46 | 337 | 50-59 | 409 | Thembakazi Yvonne | Tshefu | Female | Adventist AC | 01:29:39 | +59:16.533 | 08:57 min/km |
| 660 | 108 | 338 | Open | 182 | Stacey-Lee | Rolston | Female | | 01:29:45 | +59:21.906 | 08:58 min/km |
| 661 | 47 | 339 | 50-59 | 332 | Sheryl | van Eden | Female | | 01:29:59 | +59:36.579 | 08:59 min/km |
| 662 | 109 | 340 | Open | 331 | Melissa | Daniels | Female | | 01:30:00 | +59:36.850 | 08:59 min/km |
| 663 | 48 | 341 | 50-59 | 169 | Felicity | Wong | Female | | 01:30:00 | +59:36.998 | 08:59 min/km |
| 664 | 87 | 342 | 40-49 | 163 | Bettina | Balie-Jordaan | Female | | 01:30:01 | +59:38.140 | 09:00 min/km |
| 665 | 88 | 343 | 40-49 | 172 | Jacqueline | Austin | Female | | 01:30:07 | +59:43.786 | 09:00 min/km |
| 666 | 89 | 344 | 40-49 | 173 | Karen | Wheeler | Female | | 01:30:07 | +59:44.192 | 09:00 min/km |
| 667 | 90 | 345 | 40-49 | 235 | Nontsikelelo | Njamela | Female | | 01:30:49 | +1:00:26.432 | 09:04 min/km |
| 668 | 110 | 346 | Open | 197 | Nqabomzi | Vooi | Female | Qokolweni AC | 01:31:01 | +1:00:38.085 | 09:06 min/km |
| 669 | 49 | 347 | 50-59 | 321 | Vuyiswa | Victoria Siciko | Female | | 01:32:38 | +1:02:15.481 | 09:15 min/km |
| 670 | 111 | 348 | Open | 260 | Thembisa | Tyutyu | Female | Overtakers SC | 01:32:49 | +1:02:26.631 | 09:16 min/km |
| 671 | 112 | 349 | Open | 198 | Sibongile | Molodi | Female | | 01:33:06 | +1:02:43.136 | 09:18 min/km |
| 672 | 64 | 350 | 35-39 | 753 | Zizo | Papu | Female | None | 01:33:57 | +1:03:34.722 | 09:23 min/km |
| 673 | 91 | 351 | 40-49 | 71 | Mbalentle | Mlokothi | Female | Adventist AC | 01:34:38 | +1:04:15.223 | 09:27 min/km |
| 674 | 65 | 352 | 35-39 | 256 | Phumeza | Millisi | Female | | 01:35:29 | +1:05:06.668 | 09:32 min/km |
| 675 | 50 | 353 | 50-59 | 204 | Debbie | Erasmus | Female | | 01:35:29 | +1:05:06.722 | 09:32 min/km |
| 676 | 92 | 354 | 40-49 | 310 | Nwabisa | Mgudlwa | Female | | 01:36:51 | +1:06:28.398 | 09:41 min/km |
| 677 | 66 | 355 | 35-39 | 444 | Theresa | Stones | Female | Nedbank RC EL | 01:37:25 | +1:07:02.436 | 09:44 min/km |
| 678 | 113 | 356 | Open | 768 | Elysia | Beukes-Bhana | Female | None | 01:37:34 | +1:07:11.378 | 09:45 min/km |
| 679 | 93 | 357 | 40-49 | 654 | Belinda | Diemer | Female | Run / Walk for Life | 01:37:44 | +1:07:21.008 | 09:46 min/km |
| 680 | 94 | 358 | 40-49 | 196 | Tully | Vooi | Female | Real Gijimas | 01:42:11 | +1:11:48.262 | 10:13 min/km |
| 681 | 114 | 359 | Open | 755 | Vuyokazi | Mjasi | Female | None | 01:47:26 | +1:17:02.848 | 10:44 min/km |
| 682 | 48 | 323 | 50-59 | 325 | Dean | Cloete | Male | | 01:49:57 | +1:19:34.087 | 10:59 min/km |
| 683 | 51 | 360 | 50-59 | 324 | Vanessa | Cloete | Female | | 01:49:57 | +1:19:34.160 | 10:59 min/km |
| 684 | 115 | 361 | Open | 209 | Zikhona | Dumezweni | Female | EasyEquities Born2Run AC EL | 01:57:31 | +1:27:08.719 | 11:45 min/km |

