

RAINBOW ATHLETICS CLUB

RACE: PALM TYRES

DATE: 06-03-2010

Pos	Name & Surname	Lic. Nr.	Club	M/F	Age	Cat	Time
1	Duitsjan	933	Hartenbos	M	20-39	S	33:26
2	Julie Saaiers	1283	Nedbank	M	40-49	V	33:47
3	Melikhanya	604	Knysna M.C	M	20-39	S	35:47
4	Mario Meier	690	Hartenbos	M	20-39	S	36:57
5	Marsel Roos	603	Knysna	M	20-39	S	37:20
6	Jan	232	Rainbow AC	M	20-39	S	37:44
7	J.Niewenhuys	1158	Nedbank	M	40-49	V	37:52
8	De Waal Swart	25	Outeniqua H	M	20-39	S	38:54
9	Mihan Roos	60	Knysna M.C	M	20-39	S	39:08
10		963	Hartenbos	M	40-49	V	39:14
11	Cecil Jan Hardnick		Nedbank	M	15-19	J	39:20
12	Dawid Matroos	230	Rainbow	M	Unknown		39:29
13	Jacques Mouton	96	Outeniqua H	M	20-39	S	39:41
14	Prince Sandile Jiba			M	50-59	M	39:54
15	Geriald	231	Rainbow AC	M	20-39	S	40:21
16	Granville	248	Rainbow AC	M	20-39	S	40:42
17	Stevens	1917	Bluewater Bay	M	40-49	V	40:46
18	Manewill	247	Rainbow AC	M	Unknown		41:14
19	Harrold Basson	3	Outeniqua H	M	50-59	M	41:21
20	HAW	1231	Nedbank	M	20-39	S	41:22
21	Kerry Roos	602	Knysna	M	Unknown	F	41:25
22	Annatjie Botes	1152	Nedbank	M	50-59	M	41:39
23	Henry V/D Watt	1277	Nedbank	M	40-49	V	41:40
24	Flippie van Rooyen	1182	Nedbank	M	20-39	S	41:49
25	Van der Merwe	1105	Nedbank	M	20-39	S	41:56
26	Nico Van Der Berk	21	Outeniqua H	M	40-49	V	42:08
27	C.Mcarthy	632	Knysna M.C	M	40-49	V	42:38
28	Lisl Grobler	659	Knysna M.C	M	20-39	S	42:42
29	Windwaaï	550	Sedgefield	M	15-19	J	43:36
30	Martin Rul	397	Mossel Bay H	M	40-49	V	43:40
31	Dirk Joubert	1023	Hartenbos	M	Unknown		43:57
32	Barnardo	23	Outeniqua H	M	50-59	M	44:16
33	Adrian du Plooy	1092	Hartenbos D	M	40-49	V	44:18
34	J.C Stevens	1923	Bluewater Bay R.R	M	15-19	J	44:25
35	Eugene Muller		Nedbank	M	20-39	S	44:34
36	N.Muller		Nedbank	M	20-39	S	44:38
37	Clarence Smart	1225	Nedbank	M	40-49	V	45:17
38	Benjamin Swartbooi	42	Outeniqua H	M	40-49	V	45:18,2
39	Stephen Gerber	984	Hartenbos	M	20-39	S	45:18,2
40	Cyril Sheen	1033	Hartenbos	M	50-59	M	45:34
41	De Swardt	660		M	40-49	V	45:51
42	Chris de We	1046	Hartenbos	M	40-49	V	46:32
43	Thea - Mari V/D Sandt	1198	Nedbank	M	Unknown	F	46:35
44	Ane Kruger	715	B/Wes	F	15-19	J	46:40
45	Suzaan Kruger	83	Outeniqua H	F	20-39	S	47:10
46	Botha	1029	Hartenbos	F	15-19	J	47:13
47	Jacquín Berben	575	Eden	M	40-49	V	47:24
48	Christa Smit	999	Hartenbos	F	40-49	V	47:38
49	Michael Brewis	325	Celtic H	M	60-69	GM	47:39
50	Goosen	85	Outeniqua H	M	20-39	S	48:04

51	Anthony Noble	111	Outeniqua H	M	40-49	V	48:11
52	G.Nieuwehuys	1276	Nedbank	M	40-49	V	48:19
53	Cherry	58	Outeniqua H	M	50-59	M	48:30
54	Randall Boesak	517	Sedgefield St		15-19	J	48:38
55	Hattingh	363	Rustenburg	M	20-39	S	48:39
56	Ad Lole	666	Knysna	F	40-49	V	48:41,7
57	Sonia Jenkins	807	Eden	F	15-19	J	48:41,8
58	De Villiers	1075	Hartenbos	F	50-59	M	48:43
59	Andre Swart	969	Hartenbos	M	40-49	V	48:49
60	Linda Norje	1173	Nedbank	M	20-39	S	48:58
61	Pieter Norje	1174	Nedbank	M	50-59	M	49:01
62	Monica Vorster	977		F	15-19	J	49:03
63	Jacques Berry	951	Hartenbos	M	20-39	S	49:04
64	Peter Berry	959	Hartenbos	M	20-39	S	49:26
65	Mtshali	979		M	20-39	S	49:30
66	S.Coetsee	880	Eden	F	40-49	V	49:36
67	Jacobs	1206	Nedbank	F	20-39	S	49:39
68	R. van Lill	965		M	20-39	S	49:54,1
69	Leon Brown	642	Knysna	M	40-49	V	49:54,6
70	Gabriel Swartbooi	233	Rainbow A.C	M	15-19	J	50:07
71	Marius Delpont	1237	Nedbank	M	40-49	V	50:34
72	Gideon Brits	1236	Nedbank	M	40-49	V	50:42
73	Mary-Jean Pieterse	978		M	20-39	S	50:43
74	Des Harris	1055	Hartenbos	M	50-59	M	52:02
75	Anthony Persy	1288	Nedbank	M	40-49	V	52:55
76	Leon Nel	1111	Nedbank	M	50-59	M	52:59
77	Eura M	1101	Nedbank	M	40-49	V	53:06
78	Essel	1154	Nedbank	F	40-49	V	53:39
79	Ron Muller	55	Outeniqua H	M	50-59	M	53:49
80	Elmari Booysen	1133	Nedbank R.C	F	40-49	V	53:50
81	Kym Roll	1281	Nedbank	F	40-49	V	54:12
82	Karl Meissner-Rollof	986	Hartenbos	M	50-59	M	54:13
83	Steph Bennet	1233	Nedbank	F	60-69	GM	54:15
84	Hentiette Van Niekerk	866	Eden	F	20-39	S	55:06
85	Brenda Kritzinger	995	Hartenbos	F	50-59	M	55:10
86	Danie Pienaar	1064	Hartenbos	M	40-49	V	55:19
87	Lutheus van Niekerk	44	Outeniqua	M	40-49	V	55:20
88	Maralize	992	Hartenbos	F	20-39	S	55:25
89	Chris de Jager	28	Outeniqua	M	20-39	S	55:32
90	Erasmus	920	Run/walk for life	F	20-39	S	56:06
91	D. Venter	962		M	40-49	V	56:12
92	Jaques Bosman	1062	Hartenbos	M	50-59	M	56:15
93	Marelize Earle	1114	Nedbank	F	40-49	V	56:23
94	J. Swiegers			M	Unknown		56:31
95	M. Du Plessis			M	15-19	J	56:32,3
96	Elisheia Leats	1211	Nedbank	F	40-49	V	56:32,9
97	Van Zyl	1123	Nedbank	F	50-59	M	56:33
98	Sandra du Toit	1274	Nedbank	F	50-59	M	56:35
99	Eddie Mouton	1106	Nedbank	M	20-39	S	56:42
100	P. Begbie	1189	Nedbank	F	60-69	GM	56:34
101	A. Gilliers	1181	Nedbank	F	40-49	V	56:48
102	Nieuwenhuys	855	Eden	F	40-49	V	57:08
103	De Bruyn	1077	Hartenbos	M	40-49	V	57:30
104	E. Meissner-Roloff	986	Hartenbos	F	50-59	M	57:39
105	Jaques Hofsta	412	Mosselbaai H	M	20-39	S	57:40
106	Rual Draai			M	20-39	S	58:13

107	Diana Mouton	1107	Nedbank	F	20-39	S	58:14
108					Unknown		58:19
109	Francios Strydom	975		M	40-49	V	58:28
110	Nieuwenhuys	855	Eden	F	40-49	V	58:30
111	Brunhilda Roos	1077	Hartenbos	M	40-49	V	58:39
112	Michell Schermrucker	1071	Hartenbos	F	50-59	M	58:49
113	Danie Theron	937	Hartenbos	M	50-59	M	58:54
114	Amanda Malan	1039	Hartenbos	F	40-49	V	58:56
115	C. Cricius	1107	Nedbank	F	20-39	S	59:09
116	Neizel	1190	Nedbank	F	20-39	S	59:10
117	Johanita Ferreira	971		F	40-49	V	59:28
118	Mart-Marie	1172	Nedbank	F	20-39	S	59:30
119	C.Badenhorst	1119	Nedbank	M	50-59	M	59:34
120	Dan Edwards	2994	Harfield Harriers	M	20-39	S	01:10:00
121	Liane van Zyl	973		F	20-39	S	01:10:01
122	Brian	495	Sedgefield	M	50-59	M	01:10:29
123	Johannes van B	509	Sedgefield	M	20-39	S	01:01,53
124	S. Bezuidenhout	968		F	20-39	S	01:02:11,9
125	Elana Hattingh	969		F	20-39	S	01:02:11,73
126	C. Du Plessis	76		F	20-39	S	01:02:53
127	Geoffrey Hall	70	Outeniqua H	M	60-69	GM	01:02:54,1
128	Francios v/d Walt	1056	Hartenbos	M	60-69	GM	01:02:54,7
129	Edmarie JV Rensburg	980	Hartenbos	F	15-19	J	01:03:30
130	Swart	970	Hartenbos	F	20-39	S	01:03:36
131	Carla Boshoff	993	Hartenbos	F	20-39	S	01:03:56
132	Ulene Visser	970		F	20-39	S	01:04:00
133	Mariana Aspeling	123	Nedbank	F	20-39	S	01:04:12
134	Jordaan	197	Eden	F	40-49	V	01:04,22
135	Botha	1109	Nedbank	F	20-39	S	01:04:46
136	Venitia Stander	982TL	Hartenbos	F	20-39	S	01:04:46
137	Cornea Fourie	1034	Hartenbos	F	20-39	S	01:04:54
138	Ben Bouwers	1069	Hartenbos	M	60-69	GM	01:05:00
139	Hoffman	967	Outeniqua H	M	60-69	GM	01:05:14
140	Elise VD Westhuysen	1145	Nedbank	F	20-39	S	01:05:28
141	Nico Grobler	611	Knysna	M	20-39	S	01:05,44
142	Bonnee V/D Walt	1057	Hartenbos	M	50-59	M	01:06:21
143	Jacqui Nel	1078	Hartenbos	M	40-49	V	01:06:31
144	Phillip Nel	1048	Hartenbos	M	40-49	V	01:06:45
145	D. Lungereene	985		M	20-39	S	01:07:08,2
146	Marietjie Joubert	1022	Hartenbos	F	40-49	V	01:07:08,7
147	Susan Theron	936	Hartenbos	F	50-59	M	01:07:50
148	Enrico Petersen	961		M	20-39	S	01:07:57,2
149	Gerard	964		M	60-69	GM	01:07:51,9
150	Linda Klein	1058	Hartenbos	F	50-59	M	01:08:17
151	Anna-Marie Harris	1100	Hartenbos	F	50-59	M	01:10:46
152	Whiteferd	532	Sedgefield	F	60-69	GM	01:11,04
153	Olivier	1183	Nedbank	M	50-59	M	01:11,11
154	Edward Abrahams	379	Mosselbaai H	M	50-59	M	01:11,35
155	Ria Boucher	1070	Hartenbos	F	60-69	GM	01:13:32
156	Hector Klein	1009	Hartenbos	M	50-59	M	01:13,35
157	Annemarie V Eck	108	Outeniqua H	F	60-69	GM	01:13,48
158	Nowakowitsch	523	Sedgefield	F	50-59	M	01:13,50
159	Merrills Jean	503	Sedgefield	F	60-69	GM	01:13,51
160	Koster	1014	Hartenbos	M	60-69	GM	01:14,23
161	Elzanne Bredell	1087	Hartenbos	F	20-39	S	01:14,26
162	Wolmarans	966		F	20-39	S	01:14,37
163	Brenran	501	Sedgefield	F	60-69	GM	01:19:25
164	Cross	507	Sedgefield	F	60-69	GM	01:20:00
165	Mamonette Kapp	511	Sedgefield	F	50-59	M	01:22:22