

Palm Tyres 10km
7 March 2009
Rainbow Athletic Club

POS	NAME & SURNAME	LIC NO	CLUB	M/F	AGE	CAT	TIME
1	Vuyo Witbooi	109	Outeniqua Harriers	M	33	S	31:59:10
2	Ntsinijaro Zuzile	591	Knysna MC	M	34	S	34:14
3	Elfonso Pieterse	226	Rainbow AC	M	20	S	34:39
4	Marlon Mortlock	586	Knysna MC	M	35	S	35:04
5	Sidney Samatambe	35	Outeniqua Harriers	M	40	V	35:44
6	Niewenhuis	1158	Nedbank	M	47	V	36:35
7	Phillipus Wildeman	245	Rainbow AC	M	34	S	37:43
8	Chris Gomorsall	55	Outeniqua Harriers	M	37	S	37:47
9	Joy Albiton	212	Rainbow AC	M	18	J	38:19
10	Andile Mettithakali	241	Rainbow AC	M	34	S	38:33
11	Joseph Adams	244	Rainbow AC	M	44	V	38:48
12	Uys	85	Outeniqua Harriers	M	17	J	38:58
13	Aubrey Brinkhuis	150	Outeniqua Harriers	M	39	S	39:10
14	Jacques Mouton	14	Outeniqua Harriers	M	30	S	39:26
15	Clarence Smart	1225	Nedbank	M	39	S	40:43
16	S. Booyesen	0349	MSC Oudtshoorn	M	36	S	40:47
17	Liebenberg	25	Outeniqua Harriers	M	39	S	41:00
18	Annatjie Botes	1150	Nedbank	F	51	M	41:13
19	Badenhorst	1119	Nedbank	M	53	M	42:24
20	Alette Naudè	735	T	F	25	S	42:35
21	Yusuf Isaacs	34	Outeniqua Harriers	M	33	S	42:43
22	Robertson	84	Outeniqua Harriers	M	28	S	42:44
23	Collin Louw	132	Outeniqua Harriers	M	38	S	42:55
24	Andre Barnodo	23	Outeniqua Harriers	M	52	M	43:10
25	Kerry Roos	602	Knysna mc	F	31	S	43:13
26	Benjamin Swartbooi	105	Outeniqua Harriers	M	41	V	43:39
27	Willie Hewitt	45	Outeniqua Harriers	M	45	V	43:41
28	Gauant	88	Outeniqua Harriers	M	31	S	43:41
29	Flippie Myburg	724	T	M	38	S	43:41
30	L. De Meyer	1269	Nedbank	F	38	S	44:02
31	Plaatjie Cronje	62	Outeniqua Harriers	M	62	GM	44:04
32	Quinten Meyer	218	Rainbow AC	M	25	S	44:23
33	Malan DuPreez	40	Outeniqua Harriers	M	40	V	44:46
34	Arno Du Plessis	134	Outeniqua Harriers	M	34	S	44:49
35	Christiaan Cloete	122	Outeniqua Harriers	M	28	S	45:03
36	Petrus Le Roux	213	Rainbow AC	M	35	S	45:20
37	Derick Bruce	1227	Nedbank	M	45	V	45:30
38	Potgieter	868	Eden	M	36	S	45:39
39	Stephen Gerber	936	?	M	36	S	45:46
40	Theron	1110	Sasol Sasolburg	M	56	M	46:00
41	Ernest Blaauw	205	Rainbow AC	M	49	V	46:07
42	Stoffberg	52	Outeniqua Harriers		52	M	46:13
43	Beyi Solly	1073	Hartenbos Drawwers	M	30	S	46:28

44	Niewenhuys	1273	Nedbank	M	46	V	46:37
45	Ad Cole	666	Knysna MC	F	41	V	46:56
46	G.Cherry	56	Outeniqua Harriers	M	57	M	47:28
47	Frikkie Ellis	48	Outeniqua Harriers	M	47	V	47:28
48	Paul Manson-Kullin	1160	Nedbank	M	42	V	47:35
49	Keuler	1265	Nedbank		64	GM	47:36
50	Manie Steenkamp	1162	Nedbank	M	59	M	47:42
51	Rossouw	757	T	M	40	V	47:55
52	Sizaan Kruger	17	Outeniqua Harriers	F	26	S	47:58
53	Anthony Noble	101	Outeniqua Harriers	M	48	V	48:08
54	Mariette De Haan	1104	Nedbank	F	54	M	48:10
55	Justine Sharples	862	Eden	F	35	S	48:11
56	Johann Prinsloo	736	T	M	22	S	48:47
57	Teller	624	Knysna MC	M	68	GM	48:55
58	L.Leonard	754	T	F	33	S	49:04
59	Swartbooi	755	T	M	16	J	49:23
60	Du Plessis	872	Eden	F	38	S	49:28
61	Abrahams	1263	Nedbank	M	52	M	49:41
62	Van Heerden	1170	Nedbank	M	35	S	50:06
63	Ernest Afrika	723	T	M	32	S	50:32
64	A.Percy	1288	Nedbank	M	45	V	51:12
65	Juanita Olivier	104	O uteniqua	F	37	S	51:18
66	Jeanu St	21	Outeniqua	M	21	S	51:27
67	Daan Botha		T	M	62	GM	51:29
68	Eddie Mouton	1106	Nedbank	M	34	S	51:37
69	Petra Rossouw	1185	Nedbank	F	31	S	51:38
70	Smith	1220	Nedbank	F	42	V	52:15
71	Toekie Steenkamp	1161	Nedbank	F	56	M	52:22
72	Wilma du Toit	1262	Nedbank	F	25	S	52:36
73	A. Vd Merwe	1124	Nedbank	M	58	M	52:44
74	M.Earl	1114	Nedbank	F	39	S	53:07
75	A. Van Zyl	1123	Nedbank	F	52	M	53:08
76	Wendy Maritz	870	Eden	F	40	V	53:25
77	?						53:42
78	Anita du Plessis	787	ODN	F	57	M	53:52
79	Vernon Finger	720	T	M	42	V	53:57
80	Calitz	728	T	F	23	S	53:59
81	L.Struthers	727	T	M	24	S	53:59
82	Botha	740	T	M	44	V	54:06
83	Ferreira	1138	Nedbank	F	40	V	54:07
84	Chris Spark	879	Eden	M	39	S	54:12
85	Willem Otto	123	Outeniqua	M	33	S	54:14
86	Johannes Janse v Rensburg	30	Outeniqua	M	27	S	55:10
87	Vonita Niewenhuys	885	Eden	F	43	V	55:16

88	Grotepass	144	Outeniqua	F	47	V	55:16
89	Gert	451	Riebeeck	M	56	M	55:19
90	Fourie		T	F	38	S	55:49
91	Brink	719	T	M	52	M	55:52
92	Llewellyn Hewit	18	Outeniqua	M	18	J	55:57
93	G Brits		T	M	42	V	56:02
94	Francois vd Walt	1056	Hartenbos	M	52	M	56:16
95	Estian Stander	732	T	M	31	S	56:30
96	Ferreira	495	Sedgefield Striders	M	50	M	56:57
97	Patrick Nyuka	1264	Nedbank	M	41	V	57:12
98	Huddy	60	Outeniqua	M	57	M	57:16
99	M.Van Heerden	1298	Nedbank	F	32	S	57:42
100	Hattingh	738	T	F	28	S	57:59
101	Brink	718	T	M	17	J	58:49
102	Stander	1117	Nedbank	M	35	S	58:50
103	C.Nel	1229	Nedbank	M	56	M	58:53
104	Aretha Bezuidenhout	743	T	F	19	J	58:54
105	Rolfe	746	T	F	41	V	58:55
106	Charlene Folding	1207	Nedbank	F	28	S	59:33
107	M.Olivier	737	T	F	35	S	59:42
108	B.Roos	1297	Nedbank	F	32	S	59:52
109	Grilius	1141	Nedbank	F	36	S	59:56
110	Chantelle Caul kette	1116	Nedbank	F	23	S	1:00:01
111	Nico Babotyana	337	Weermag/Oudtshoorn	M	41	V	1:00:7
112	Smith	1219	Nedbank	F	46	V	1:00:9
113	Oosthuizen	1047	Hart Draw	F	61	GM	1:00:59
114	Ben Bouwer	1069	Hart Draw	M	63	GM	1:01:10
115	Sanne Carniere	742	T	F	25	S	1:01:33
116	G.Essel	1154	Nedbank		48	V	1:01:35
117	R.Zietsman	1208	Nedbank	F	36	S	1:01:36
118	A.Knoetze	749	T	F	25	S	1:02:09
119	De Wit Taryn	752	T	F	32	S	1:02:21
120	Huber V. Suka	759	T	M	43	V	1:03:02
121	Van Zyl	1145	Nedbank	F	30	S	1:03:33
122	Jenny Henderson	734	T	F	43	V	1:03:34
123	Bonnee vd Walt	1057	Hartenbos	F	51	M	1:03:37
124	Harris	750	T	M	53	M	1:03:46
125	Harris	751	T	F	48	F	1:03:47
126	Wouter Pretorius	1072	Hartenbos	M	45	M	1:04:22
127	Kallie Jordaan	739	T	M	25	S	1:04:45
128	Cook	350	MSC	M	50	M	1:04:58
129	Judy Kent			F			1:05:13
130	M.Joubert	1022	Hartenbos	F	44	V	1:05:15
131	Niel v Wyk	1019	Hartenbos	M	50	M	1:05:28
132	Jenni Swanepoel	616	Knysna	F	27	S	1:07:13

133	Gericke	1212	Nedbank	F	33	S	1:07:28
134	Talor-May	1233	Nedbank	F	27	S	1:07:33
135	Monson Kullin	1137	Nedbank	F	44	V	1:07:48
136	Michelle Schermbrucker	1071	Hartenbos	F	49	V	1:08:46
137	J.Schermbrucker	722	T	F	24	S	1:09:50
138	Frans	1021	Hartenbos	M	34	S	1:09:53
139	Marie Scherrer	75	Outeniqua	F	50	M	1:10:07
140	David Morgan-S	538	Sedgefield	M	71	GM	1:10:36
141	Merrils	503	Sedgefield	F	65	GM	1:12:00
142	Ria Bouwer	1070	Hartenbos	F	62	GM	1:12:20
143	Koster	1014	Hartenbos	M	67	GM	1:13:02
144	Hester Venter	452	Riebeeckstad Harriers	F	55	M	1:14:27
145	Mariet Horn	748	T	F	54	M	1:15:09
146	Elize Nowarowitsch	523	Sedgefield	F	54	M	1:15:21
147	Maryka Swai	576	Knysna	F	22	S	1:15:33
148	K.Serfontein	756	T	M	40	V	1:16:00
149	Jacobsen	1261	Nedbank	F	43	S	1:16:07
150	Eaton	758	T	M	37	S	1:16:42
151	Lynne Muller	492	Sedgefield	F	48	V	1:18:56
152	Marian Cross	507	Sedgefield	F	62	GM	1:18:57
153	Johannes Du Plessis	733	T	M	57	M	1:19:17
154	Barnard	920	RWFL	M	37	S	1:19:18
155	Large	53	Outeniqua	M	80	GM	1:20:31
156	PR Nel	1048	Hartenbos	M	44	V	1:22:39
157	Trudy Vis	T741	T	F	67	GM	1:24:20
158	Woolley	744	T	F	56	M	1:24:50
159	Woolley		T	M	56	M	1:27:20
160	Gottini	753	T	M	54	M	1:27:25
161							
162							