



# 2017 Results

## OLYMPIC DISTANCE

1500 40 10 (INDIVIDUAL)	INDIVIDUAL MALE 40 & Over	INDIVIDUAL MALE 16-39	INDIVIDUAL FEMALE 40 & Over	INDIVIDUAL FEMALE 16-39		1500 40 10 (TEAM)	TEAM OVERALL
1st Place	Geoff Thomas	Christiaan Englebrect	Laura McGregor	Sarah Jacobsz		1st Place	Bell
2nd Place	Mike Champion	Chucky Cantay	No Competitor	No Competitor		2nd Place	Try Hards
3rd Place	Jannie Armstrong	Mark Collett	No Competitor	No Competitor		3rd Place	Cat in the Hat

## SPRINT DISTANCE

750 20 5 (INDIVIDUAL)	INDIVIDUAL MALE 40 & Over	INDIVIDUAL MALE 16-39	INDIVIDUAL FEMALE 40 & Over	INDIVIDUAL FEMALE 16-39		750 20 5 (TEAM)	TEAM OVERALL
1st Place	Craig Asherwood	Gregory Smith	Sue Clubb	Antoinette Du Rand		1st Place	Chongwe's Terrific Trio of Triathletes
2nd Place	Simon Foster	Jason Townsend	Gail Menage	Lauren Kitkat		2nd Place	Special Needs
3rd Place	Jesper Lubinkhof	Maurice Diamond	Alessia Alvisini	Theresa Street		3rd Place	The ZimZam Dutchies

## SUPER SPRINT DISTANCE

400 12 4 (INDIVIDUAL)	INDIVIDUAL MALE 40 & Over	INDIVIDUAL MALE 16-39	INDIVIDUAL MALE 15 & Under	INDIVIDUAL FEMALE 40 & Over	INDIVIDUAL FEMALE 16-39	400 12 4 (TEAM)	TEAM OVERALL
1st Place	Carl Paalman	Adrian Joscelyne	Shaun Lawrence	Inger Gretland	Jenny Emmerson	1st Place	The Hares
2nd Place	Stephen Cocker	Reese Donald	Joel Royston	Lea Butler	Phillipa Asherwood	2nd Place	Yara
3rd Place	Malcolm Kingsley	Tristan Kirby	Oliver Strover	Marjo Strover	Leah Reeve	3rd Place	Scourageous

## JUNIOR DISTANCE

200 6 2 (INDIVIDUAL)	INDIVIDUAL BOY 15-11	INDIVIDUAL BOY 8 & Under	INDIVIDUAL GIRL 15-11	INDIVIDUAL GIRL 8 & Under		200 6 2 (TEAM)	TEAM OVERALL
1st Place	Oliver Snart	Aiden Clubb	Mary Jellis	Rachel O'Donahue		1st Place	Triple Trouble Boys
2nd Place	Roman van Zyl	Joshua van Zyl	Zoe Cocker	No Competitor		2nd Place	Three Stooges
3rd Place	Justin Asherwood	Daegan Zorab	Sophie McGregor	No Competitor		3rd Place	Grade 4 Girls Rock

## MINI DISTANCE

25 1 300 (INDIVIDUAL)	INDIVIDUAL BOY 8 & Under	INDIVIDUAL GIRL 8 & Under
1st Place	Ryan Jellis	Chole Street
2nd Place	Owen Reeve	Michaela Bignell
3rd Place	Liam Green	Jodi Bawden

## 5k TRAIL RUN

5k	MALE 40 & Over	FEMALE 40 & Over	FEMALE 16-39	FEMALE 15 & Under
1st Place	Henri Wassink	Jacky Fester	Sarah Claassen	Alison Asherwood
2nd Place	Marko Donga	Lauren Wassink	No Competitor	Benedicte Menage
3rd Place	Paul Fester	Barbara Khachana	No Competitor	Jessica Sherriff

## 10k TRAIL RUN

10k	MALE 40 & Over	MALE 16-39	FEMALE 40 & Over	FEMALE 16-39	FEMALE 15 & Under
1st Place	Colin Smith	Thomas Quirk	Elenia Lindeque	Simone Marti	Rosie Wassink
2nd Place	John Jakubowicz	Duncan Machanjole	Tors Coventry	Alison Schwarz	No Competitor
3rd Place	No Competitor	Willy Kalido	Claire Brand	Marna Miers	No Competitor

## MUSIKILI HALF MARATHON

21k	MALE 40 & Over	MALE 16-39	FEMALE 40 & Over	FEMALE 16-39
1st Place	Wizz Bignall	Dan Machai	Roz Bignell	Mandy Donald
2nd Place	No Competitor	Joseph Thole	No Competitor	Gwendoline Williams
3rd Place	No Competitor	Mabvuto Mumba	No Competitor	Serena Jhala

First Name	Surname	Olympic		No	Batch	Start Time	Finish Time	Race Time	Position
Rainer	Ihmann	Olympic Masters Male	All	008	2	06:30:00	06:30:00	00:00:00	DNF
Christiaan	Engelbrecht	Olympic Masters Male	All	006	1	06:00:00	08:49:30	02:49:30	1
Chucky	Cantlay	Olympic Masters Male	All	004	1	06:00:00	09:24:10	03:24:10	2
Geoff	Thomas	Olympic Veterans Male	All	009	2	06:30:00	09:55:45	03:25:45	3
Sarah	Jacobsz	Olympic Masters Female	All	002	1	06:00:00	09:28:55	03:28:55	4
Mike	Champion	Olympic Veterans Male	All	012	2	06:30:00	10:01:25	03:31:25	5
Mark	Collett	Olympic Masters Male	All	005	1	06:00:00	09:34:05	03:34:05	6
Jannie	Armstrong	Olympic Veterans Male	All	011	2	06:30:00	10:08:40	03:38:40	7
Leon	Kotze	Olympic Masters Male	All	007	2	06:30:00	10:09:15	03:39:15	8
Laura	McGregor	Olympic Veterans Female	All	003	1	06:00:00	09:49:03	03:49:03	9
Ian	Parsons	Olympic Veterans Male	All	010	2	06:30:00	10:22:22	03:52:22	10
Laura	Bell	Olympic Team	S	097	3	07:00:00	09:51:13	02:51:13	1
Ross		Olympic Team	C						
Wayne		Olympic Team	R						
Nicholas	Try Hards	Olympic Team	S	096	3	07:00:00	10:20:12	03:20:12	2
Steven		Olympic Team	C						
Austin		Olympic Team	R						
Clare	Cat in the Hat	Olympic Team	S	099	3	07:00:00	10:27:17	03:27:17	3
Andrew		Olympic Team	C						
Chris		Olympic Team	R						
Brendon	Pot Luck	Olympic Team	S	098	3	07:00:00	10:49:40	03:49:40	4
Mary		Olympic Team	C						
Jessica		Olympic Team	R						
First Name	Surname	Sprint		No	Batch	Start Time	Finish Time	Race Time	Position
Gregory	Smith	Masters Male	All	110	5	07:45:00	09:05:30	01:20:30	1
Craig	Asherwood	Veterans Male	All	109	5	07:45:00	09:15:40	01:30:40	2
Jason	Townsend	Masters Male	All	115	6	08:00:00	09:36:04	01:36:04	3
Maurice	Diamond	Masters Male	All	114	6	08:00:00	09:36:30	01:36:30	4
Derek	Pollard	Masters Male	All	116	6	08:00:00	09:37:04	01:37:04	5
Simon	Foster	Veterans Male	All	107	5	07:45:00	09:25:16	01:40:16	6
Jesper	Lubinkhof	Veterans Male	All	101	4	07:30:00	09:10:30	01:40:30	7
Dean	van Zyl	Veterans Male	All	104	4	07:30:00	09:11:00	01:41:00	8
Jeffrey	Scheidegger	Veterans Male	All	105	4	07:30:00	09:11:05	01:41:05	9
Antoinette	du Rand	Masters Female	All	121	7	08:15:00	09:56:51	01:41:51	10
Glen	McGregor	Veterans Male	All	106	5	07:45:00	09:29:30	01:44:30	11
Brian	Royston	Masters Male	All	111	5	07:45:00	09:30:35	01:45:35	12
Lauren	Kitkat	Masters Female	All	113	6	08:00:00	09:48:30	01:48:30	13
Theresa	Street	Masters Female	All	119	7	08:15:00	10:05:12	01:50:12	14
Steven	Scott	Veterans Male	All	102	4	07:30:00	09:20:59	01:50:59	15
Sue	Clubb	Veterans Female	All	127	8	08:30:00	10:23:29	01:53:29	16
Tara	Morgan	Masters Female	All	125	8	08:30:00	10:25:52	01:55:52	17
Gail	Menage	Veterans Female	All	130	8	08:30:00	10:27:36	01:57:36	18





First Name	Surname	Supersprint		No	Batch	Start Time	Finish Time	Race Time	Position
Shannon	Mediocre Mums	Super Sprint Team	S	296	17	10:45:00	12:04:06	01:19:06	4
Tammy		Super Sprint Team	C						
Karen		Super Sprint Team	R						
Marianne	1 Speedy Granny	Super Sprint Team	S	298	16	10:30:00	11:52:00	01:22:00	5
Lindsay		Super Sprint Team	C						
Abi		Super Sprint Team	R						
Andrew	Wahadi Wackers	Super Sprint Team	S	295	17	10:45:00	12:09:55	01:24:55	6
Theresa		Super Sprint Team	C						
Andrew		Super Sprint Team	R						
Renee	Tamanga Trident	Super Sprint Team Junio	S	299	18	11:00:00	12:26:52	01:26:52	7
Benjiman		Super Sprint Team Junio	C						
Robyn		Super Sprint Team Junio	R						
Jade	Triple Trouble	Super Sprint Team Junio	S	292	17	10:45:00	12:13:35	01:28:35	8
Anna		Super Sprint Team Junio	C						
Hannah		Super Sprint Team Junio	R						
Muchinchi	Munenga	Super Sprint Team	S	188	10	11:00:00	12:32:07	01:32:07	9
Chipila		Super Sprint Team	C						
Nsabata		Super Sprint Team	R						
Leo	The Mudskippers	Super Sprint Team Junio	S	291	18	11:00:00	12:32:30	01:32:30	10
Alex		Super Sprint Team Junio	C						
Tyla		Super Sprint Team Junio	R						
Gui	Pamono	Super Sprint Team	S	297	17	10:45:00	12:26:20	01:41:20	11
Anne	Pamono	Super Sprint Team	C						
Lindsay	Pamono	Super Sprint Team	R						
Nthane	Malaikha Team	Super Sprint Team	S	189	10	11:00:00	12:48:30	01:48:30	12
Cliff		Super Sprint Team	C						
Orment		Super Sprint Team	R						
First Name	Surname	Junior		No	Batch	Start Time	Finish Time	Race Time	Position
Tabani	Kavindele	Under 15 Male	All	322	23	12:00:00	12:00:00	00:00:00	
Ethan	Hepplethwaite	Under 15 Male	All	329	24	12:10:00	12:10:00	00:00:00	
Giacinto	Cataldi	Under 15 Male	All	335	25	12:20:00	12:20:00	00:00:00	
Tashan	Mpundu	Under 15 Male	All	336	26	12:30:00	12:30:00	00:00:00	DNF
Tristan	van der Merwe	Under 8 Male	All	347	27	12:40:00	12:40:00	00:00:00	
Oliver	Snart	Under 15 Male	All	321	23	12:00:00	12:35:30	00:35:30	1
Roman	van Zyl	Under 15 Male	All	314	22	11:50:00	12:27:10	00:37:10	2
Justin	Asherwood	Under 15 Male	All	319	23	12:00:00	12:37:33	00:37:33	3
Mary	Jellis	Under 15 Female	All	307	21	11:40:00	12:20:38	00:40:38	4
Zoe	Cocker	Under 15 Female	All	300	20	11:30:00	12:12:05	00:42:05	5
Alistair	Howard	Under 15 Male	All	328	24	12:10:00	12:53:00	00:43:00	6
Aiden	Clubb	Under 8 Male	All	345	26	12:30:00	13:14:02	00:44:02	7
Damian	Fester	Under 15 Male	All	324	24	12:10:00	12:54:10	00:44:10	8
Joshua	van Zyl	Under 8 Male	All	343	27	12:40:00	13:24:52	00:44:52	9
Hayden	King	Under 15 Male	All	337	26	12:30:00	13:15:05	00:45:05	10
Tinashe	Khachana	Under 15 Male	All	315	22	11:50:00	12:35:07	00:45:07	11

First Name	Surname	Junior		No	Batch	Start Time	Finish Time	Race Time	Position
Edwin	Miller	Under 15 Male	All	313	25	12:20:00	13:06:00	00:46:00	12
Mikael	Royston	Under 15 Male	All	317	22	11:50:00	12:37:29	00:47:29	13
Daegan	Zorab	Under 8 Male	All	342	27	12:40:00	13:27:53	00:47:53	14
Morgan	Cantlay	Under 8 Male	All	348	19	11:15:00	12:02:56	00:47:56	15
Sophie	McGregor	Under 15 Female	All	306	21	11:40:00	12:28:00	00:48:00	16
Malvern	Donga	Under 15 Male	All	320	23	12:00:00	12:49:00	00:49:00	17
Isabella	McGregor	Under 15 Female	All	305	20	11:30:00	12:19:11	00:49:11	18
Keanan	Zorab	Under 15 Male	All	312	22	11:50:00	12:39:50	00:49:50	19
Lauren	Menage	Under 15 Female	All	309	21	11:40:00	12:30:02	00:50:02	20
Abigail	Burton	Under 15 Female	All	311	21	11:40:00	12:30:02	00:50:02	21
Armand	Janse van Rensbu	Under 15 Male	All	331	25	12:20:00	13:10:13	00:50:13	22
Grace	Thomas	Under 15 Female	All	301	20	11:30:00	12:20:37	00:50:37	23
Iggy	Lindeque	Under 15 Male	All	340	26	12:30:00	13:21:30	00:51:30	24
Lizelle	Lindeque	Under 15 Female	All	310	21	11:40:00	12:32:50	00:52:50	25
Vaughan	Sherriff	Under 15 Male	All	318	23	12:00:00	12:53:57	00:53:57	26
Christopher	Thomas	Under 8 Male	All	346	27	12:40:00	13:34:06	00:54:06	27
Rachel	O'Donoghue	Under 8 Female	All	341	27	12:40:00	13:34:15	00:54:15	28
James	Scorgies	Under 15 Male	All	327	24	12:10:00	13:05:48	00:55:48	29
Lesley	Jhala	Under 15 Female	All	302	20	11:30:00	12:26:00	00:56:00	30
Chanda	Bwalya	Under 15 Female	All	304	20	11:30:00	12:26:33	00:56:33	31
Tabitha	Tunney	Under 15 Female	All	303	20	11:30:00	12:26:40	00:56:40	32
Lyle	Clubb	Under 15 Male	All	339	26	12:30:00	13:26:50	00:56:50	33
Luke	Miers	Under 15 Male	All	338	26	12:30:00	13:26:55	00:56:55	34
Jasper	Donald	Under 15 Male	All	316	22	11:50:00	12:47:05	00:57:05	35
Camilla	Green	Under 15 Female	All	308	21	11:40:00	12:37:30	00:57:30	36
Angus	Pinkney	Under 15 Male	All	325	24	12:10:00	13:09:20	00:59:20	37
Brendon	King	Under 8 Male	All	344	27	12:40:00	13:40:50	01:00:50	38
Benjamin	Buchholz	Under 15 Male	All	334	25	12:20:00	13:21:50	01:01:50	39
Neil	Basera	Under 15 Male	All	326	24	12:10:00	13:12:55	01:02:55	40
Mark	Kakoma	Under 15 Male	All	323	23	12:00:00	13:03:53	01:03:53	41
Mukuna	Kaleji	Under 15 Male	All	332	22	11:50:00	12:54:10	01:04:10	42
Labson	Kumafasa	Under 15 Male	All	333	25	12:20:00	13:25:17	01:05:17	43
Ruan	Janse van Rensbu	Under 15 Male	All	330	25	12:20:00	13:25:45	01:05:45	44
First Name	Surname	Mini - 8 & Under		No	Batch	Start Time	Finish Time	Race Time	Position
Ava	Clarkson	Under 5 Female	All	426	30	13:10:00	13:10:00	00:00:00	
Ryan	Jellis	Under 8 Male	All	412	29	13:05:00	13:12:09	00:07:09	1
Owen	Reeve	Under 8 Male	All	405	28	13:00:00	13:07:10	00:07:10	2
Liam	Green	Under 8 Male	All	410	28	13:00:00	13:07:20	00:07:20	3
Chloe	Street	Under 8 Female	All	417	29	13:05:00	13:12:15	00:07:15	4
Michaela	Bignell	Under 8 Female	All	416	29	13:05:00	13:12:30	00:07:30	5
David	Middleton	Under 8 Male	All	413	29	13:05:00	13:12:40	00:07:40	6
Jodi	Bawden	Under 8 Female	All	424	30	13:10:00	13:17:55	00:07:55	7
Weston	van Zyl	Under 8 Male	All	401	28	13:00:00	13:08:07	00:08:07	8
Giovanni	Beukes	Under 8 Male	All	404	28	13:00:00	13:08:08	00:08:08	9



First Name	Surname	Mini - 8 & Under		No	Batch	Start Time	Finish Time	Race Time	Position
Rachel	Schley	Under 5 Female	All	427	30	13:10:00	13:18:15	00:08:15	10
Mia	Miers	Under 8 Female	All	422	29	13:05:00	13:13:30	00:08:30	11
Justine	Bignell	Under 5 Female	All	425	30	13:05:00	13:14:00	00:09:00	12
Zacc	Park	Under 8 Male	All	402	28	13:00:00	13:09:00	00:09:00	13
Rowan	Frick	Under 8 Male	All	403	28	13:00:00	13:09:00	00:09:00	14
Emmanuel	Chama	Under 8 Male	All	435	28	13:05:00	13:14:30	00:09:30	15
Kushal	Sharma	Under 8 Male	All	406	28	13:00:00	13:09:30	00:09:30	16
Mark	menage	Under 8 Male	All	400	28	13:00:00	13:09:30	<b>00:09:30</b>	17
Lulu	Nortje	Under 8 Female	All	415	29	13:05:00	13:14:40	00:09:40	18
Lucas	Collett	Under 5 Male	All	431	30	13:10:00	13:20:11	00:10:11	19
Chloe	Lough	Under 8 Female	All	421	29	13:05:00	13:15:15	00:10:15	20
Murray	O'Donoghue	Under 5 Male	All	430	30	13:10:00	13:20:21	00:10:21	21
Tiann	Mpundu	Under 8 Male	All	409	28	13:00:00	13:10:25	00:10:25	22
Claire	Robinson	Under 8 Female	All	420	29	13:05:00	13:15:35	00:10:35	23
Kylan	Hepplethwaite	Under 5 Male	All	428	30	13:10:00	13:20:50	00:10:50	24
Luke	Beukes	Under 5 Male	All	429	30	13:10:00	13:22:22	00:12:22	25
Lily	Miller	Under 8 Female	All	434	30	13:10:00	13:24:00	00:14:00	26
Immanuel	Muleya	Under 8 Male	All	407	28	13:10:00	13:24:50	00:14:50	27
Hannah	Green	Under 8 Female	All	418	29	13:05:00	13:19:54	00:14:54	28
Asher	Cantlay	Under 5 Female	All	432	30	13:10:00	13:25:15	00:15:15	29
Jacob	van Wyk	Under 8 Male	All	408	28	13:00:00	13:15:30	00:15:30	30
Jacob	Claassen	Under 8 Male	All	414	29	13:05:00	13:21:50	00:16:50	31
Samantha	Schley	Under 8 Female	All	423	29	13:05:00	13:24:05	00:19:05	32
Chichi	Team Tazi	Under 8 Team	S	433	30				
Tazi		Under 8 Team	B	433	30	13:10:00	13:19:15	00:09:15	1
Avery		Under 8 Team	R	433	30				
First Name	Surname	Dinky - 5 & Under		No	Batch	Start Time	Finish Time	Race Time	Position
Samuel	Ihmann	Under 5 Female	All	457	33	13:30:00			1
Emily	Street	Under 5 Female	All	452	33	13:30:00			2
Angelique	Lindeque	Under 5 Female	All	458	33	13:30:00			3
Riley	Bawden	Under 5 Male	All	459	33	13:30:00			4
			All	450	33	13:30:00			5
Claire	Nortje	Under 5 Female	All	451	33	13:30:00			6
Johan	Lindeque	Under 5 Male	All	464	33	13:30:00			7
Luke	Morgan	Under 5 Male	All	463	33	13:30:00			8
Jack	Thompson	Under 5 Male	All	466	33	13:30:00			9
Kyle	Garcia	Under 5 Male	All	465	33	13:30:00			10
Samantha	Kitcat	Under 5 Female	All	455	33	13:30:00			11
Cassidy	Donald	Under 5 Female	All	453	33	13:30:00			12
Jesse	Green	Under 5 Male	All	462	33	13:30:00			13
Joshua	Norton	Under 5 Male	All	461	33	13:30:00			14
Ella	Bragge	Under 5 Female	All	454	33	13:30:00			15
Evelyn	Claassen	Under 5 Female	All	456	33	13:30:00			16

First Name	Last Name	5k Trail Run	Race No	Start time	Finish time	Race Time	Position
Allison	Asherwood	Under 15 Female	F008	07:30:00	07:55:45	00:25:45	1
Henri	Wassink	Veterans Male	F014	07:30:00	08:03:15	00:33:15	2
Sarah	Claassen	Masters Female	F001	07:45:00	08:23:05	00:38:05	3
Benedicte	Menage	Under 15 Female	F005	07:30:00	08:08:30	00:38:30	4
Jessica	Sherriff	Under 15 Female	F006	07:30:00	08:10:00	00:40:00	5
Fiona	Watt	Under 15 Female	F004	07:30:00	08:10:05	00:40:05	6
Marco	Donga	Veterans Male	F019	07:30:00	08:10:50	00:40:50	7
Jacky	Fester	Veterans Female	F010	07:30:00	08:11:40	00:41:40	8
Lauren	Wassink	Veterans Female	F012	07:30:00	08:14:00	00:44:00	9
Paul	Fester	Veterans Male	F013	07:30:00	08:14:50	00:44:50	10
Barbara	Khachana	Veterans Female	F009	07:30:00	08:15:00	00:45:00	11
Sandra	Munyumbwe	Under 15 Female	F007	07:30:00	08:38:17	01:08:17	12
First Name	Last Name	10k Trail Run	Race No	Start time	Finish time	Race Time	Position
Thomas	Quirk	Masters Male	T014	07:00:00	07:36:15	00:36:15	1
Duncan	Machanjole	Masters Male	T011	07:00:00	07:48:40	00:48:40	2
Willy	Kaliolio	Masters Male	T012	07:00:00	07:51:25	00:51:25	3
Colin	Smith	Veterans Male	T033	07:00:00	07:51:40	00:51:40	4
Elnelia	Lindeque	Veterans Female	T024	07:00:00	07:55:50	00:55:50	5
Rosie	Wassink	Under 15 Female	T001	07:00:00	07:58:48	00:58:48	6
Simone	Marti	Masters Female	T007	07:00:00	08:01:00	01:01:00	7
Alisa	Schwarz	Masters Female	T008	07:00:00	08:01:30	01:01:30	8
Frank	Vanhoucke	Masters Male	T015	07:00:00	08:01:30	01:01:30	8
Marna	Miers	Masters Female	T009	07:00:00	08:03:00	01:03:00	10
Rachael	Pieterse	Veterans Female	T032	07:00:00	08:07:45	01:07:45	11
Vincent	Tembo	Masters Male	T038	07:00:00	08:08:00	01:08:00	12
Jeanette	Nortje	Masters Female	T002	07:00:00	08:08:50	01:08:50	13
Tanya	Frick	Masters Female	T004	07:00:00	08:08:50	01:08:50	13
Victoria	Coventry	Veterans Female	T022	07:00:00	08:09:30	01:09:30	15
Claire	Brand	Veterans Female	T021	07:00:00	08:09:35	01:09:35	16
Cathy	Jakubowicz	Veterans Female	T023	07:00:00	08:40:25	01:40:25	17
John	Jakubowicz	Veterans Male	T029	07:00:00	08:40:25	01:40:25	17
Zubeda	Bhagoo	Veterans Female	T003	07:00:00	08:42:10	01:42:10	19
Melanie	Buckland	Masters Female	T036	07:00:00	08:42:10	01:42:10	19
First Name	Last Name	Half Marathon	Race No	Start time	Finish time	Race Time	Position
Dan	Machai	Masters Male	M014	06:30:00	08:18:13	01:48:13	1
Mandy	Donald	Masters Female	M003	06:30:00	08:18:20	01:48:20	2
Joseph	Thole	Masters Male	M009	06:30:00	08:30:00	02:00:00	3
Rosalind	Bignell	Veterans Female	M010	06:30:00	08:33:25	02:03:25	4
Adrian	Bignell	Veterans Male	M011	06:30:00	08:33:25	02:03:25	4
Gwendoline Gony	Williams	Masters Female	M006	06:30:00	08:41:50	02:11:50	6
Serena	Jhala	Masters Female	M005	06:30:00	08:55:20	02:25:20	7
Mabvuto	Mumba	Masters Male	M015	06:30:00	09:21:10	02:51:10	8
Tabitha	Shamaila	Masters Female	M007	06:30:00	09:27:10	02:57:10	9
Chomba	Chileshe	Masters Female	M004	06:30:00	09:55:00	03:25:00	10