

Run the Greens
Killarney
17th Aug 2023

| 5KM RESULTS | | | | | |
|-------------|-------------|-------------|--------------|--------|-----------|
| Position | Race # | Name | Surname | Gender | Time |
| 1 | RTGAUGV1118 | Micharl | Arentsen | Male | 22:21.660 |
| 2 | RTGAUGV1050 | Dawood | Kruger | Male | 23:07.865 |
| 3 | RTGAUGV1019 | Ashley | Button | Female | 24:06.865 |
| 4 | RTGAUGV1052 | Debbie | Oleary | Female | 24:40.103 |
| 5 | RTGAUGV1113 | MaxX | Monticoe | Male | 24:52.004 |
| 6 | RTGAUGV1146 | Sean | Erasmus | Male | 27:05.998 |
| 7 | RTGAUGV1141 | Ryan | Bates | Male | 28:31.569 |
| 8 | RTGAUGV1122 | Mitch | Said | Male | 28:54.442 |
| 9 | RTGAUGV1135 | Richard | Montjoie | Male | 28:58.590 |
| 10 | RTGAUGV1111 | Matthew | Re | Male | 29:02.270 |
| 11 | RTGAUGV1154 | Simon | Shear | Male | 29:04.154 |
| 12 | RTGAUGV1061 | Gavin | Arentsen | Male | 29:37.955 |
| 13 | RTGAUGV1010 | Amit | Patel | Male | 29:53.799 |
| 14 | RTGAUGV1006 | Alex | Loubser | Male | 30:06.899 |
| 15 | RTGAUGV1016 | Anthony | Dell | Male | 30:50.374 |
| 16 | RTGAUGV1022 | Barry | Carstens | Male | 31:28.028 |
| 17 | RTGAUGV1121 | Minolan | Pillay | Male | 31:32.291 |
| 18 | RTGAUGV1001 | Aasif | Essack | Male | 32:57.475 |
| 19 | RTGAUGV1084 | Jordainne | Kazimierczak | Female | 33:02.507 |
| 20 | RTGAUGV1158 | Taryn | Laughton | Female | 33:05.860 |
| 21 | RTGAUGV1125 | Nathan | Elliott | Male | 33:17.764 |
| 22 | RTGAUGV1138 | ROBERTO | CINTI | Male | 33:21.762 |
| 23 | RTGAUGV1083 | Jonathan | Houston | Male | 33:22.459 |
| 24 | RTGAUGV1105 | Luke | Smith | Male | 33:43.584 |
| 25 | RTGAUGV1051 | Dean | Clifford | Male | 34:07.371 |
| 26 | RTGAUGV1124 | Nathan | Wallace | Male | 34:10.728 |
| 27 | RTGAUGV1043 | Corbyn | Buziek | Male | 34:15.226 |
| 28 | RTGAUGV1031 | Carol | Koffman | Female | 34:18.758 |
| 29 | RTGAUGV1170 | Werner | Potgieter | Male | 34:32.974 |
| 30 | RTGAUGV1038 | Christa | Ansell | Female | 35:07.989 |
| 31 | RTGAUGV1023 | Ben | Erasmus | Male | 35:11.425 |
| 32 | RTGAUGV1054 | Dominique | Richards | Male | 35:15.444 |
| 33 | RTGAUGV1079 | Jayd | Clifford | Female | 35:48.160 |
| 34 | RTGAUGV1011 | Ammarah | Tayob Essack | Female | 35:59.451 |
| 35 | RTGAUGV1162 | Theresa | Ashdown | Female | 36:06.661 |
| 36 | RTGAUGV1053 | Dirk | Steinberg | Male | 36:16.663 |
| 37 | RTGAUGV1175 | Yonit | Sher | Female | 36:35.236 |
| 38 | RTGAUGV1041 | Clinton | Houston | Male | 36:43.697 |
| 39 | RTGAUGV1145 | Sarah-Kelly | Houston | Female | 36:47.196 |
| 40 | RTGAUGV1101 | Lana | Grundlingh | Female | 36:56.412 |
| 41 | RTGAUGV1143 | Sarah | Ebben | Female | 37:04.381 |

| | | | | | |
|----|-------------|------------|--------------|--------|-----------|
| 42 | RTGAUGV1133 | Retha | Ntema | Male | 37:46.572 |
| 43 | RTGAUGV1081 | Johann | Erasmus | Male | 37:56.012 |
| 44 | RTGAUGV1015 | Annamaree | Erasmus | Female | 37:58.450 |
| 45 | RTGAUGV1132 | Reitumetse | Chiloane | Female | 38:04.492 |
| 46 | RTGAUGV1153 | Siddiqah | Rinquest | Female | 38:19.177 |
| 47 | RTGAUGV1174 | Yolandie | Bothma | Female | 38:34.350 |
| 48 | RTGAUGV1131 | Reece | Martin | Male | 38:39.276 |
| 49 | RTGAUGV1080 | Jeanette | Rust | Female | 38:48.902 |
| 50 | RTGAUGV1115 | Mehnaaz | Bamn | Female | 39:09.773 |
| 51 | RTGAUGV1020 | Aslam | Sayed | Male | 39:58.919 |
| 52 | RTGAUGV1056 | Ebrahim | Omar | Male | 40:01.167 |
| 53 | RTGAUGV1069 | Ignus | Gresse | Male | 40:24.492 |
| 54 | RTGAUGV1057 | Elani | Gresse | Female | 40:26.976 |
| 55 | RTGAUGV1106 | Lumka | Sotashe | Female | 41:36.093 |
| 56 | RTGAUGV1184 | Cleo | Nicolaou | Female | 41:56.125 |
| 57 | RTGAUGV1183 | Alex | Haw | Male | 41:56.965 |
| 58 | RTGAUGV1082 | John | Du Plessis | Male | 42:42.261 |
| 59 | RTGAUGV1139 | Rowan | Grundlingh | Male | 42:44.990 |
| 60 | RTGAUGV1027 | Brittini | Koen | Female | 43:01.664 |
| 61 | RTGAUGV1156 | Sylvia | Harrison | Female | 43:12.570 |
| 62 | RTGAUGV1004 | Aimee | Roos | Female | 43:34.821 |
| 63 | RTGAUGV1002 | Adam | Randall | Male | 43:36.876 |
| 64 | RTGAUGV1018 | Arshad | Essa | Male | 43:50.256 |
| 65 | RTGAUGV1173 | Yasira | Osman | Female | 43:52.755 |
| 66 | RTGAUGV1046 | Crystal | Landsberg | Female | 44:28.907 |
| 67 | RTGAUGV1127 | Palesa | Ditse | Female | 44:32.879 |
| 68 | RTGAUGV1025 | Bontle | Ditse | Female | 44:35.375 |
| 69 | RTGAUGV1032 | Cassandra | Nesbitt | Female | 46:34.083 |
| 70 | RTGAUGV1150 | Shauneen | Bryden | Female | 46:41.799 |
| 71 | RTGAUGV1119 | Michele | Gleave | Female | 47:25.008 |
| 72 | RTGAUGV1129 | Privania | Naidoo | Female | 47:33.208 |
| 73 | RTGAUGV1029 | Cameron | Lazarus | Male | 47:35.974 |
| 74 | RTGAUGV1128 | Patricia | Ramsay | Female | 47:39.739 |
| 75 | RTGAUGV1048 | Danielle | Mallabone | Female | 47:56.586 |
| 76 | RTGAUGV1028 | Bronwyn | Groves | Female | 47:59.767 |
| 77 | RTGAUGV1142 | Sameera | Essa | Female | 48:21.731 |
| 78 | RTGAUGV1096 | Kopano | Morena | Male | 49:07.646 |
| 79 | RTGAUGV1165 | Tseleng | Tshabalala | Female | 49:15.093 |
| 80 | RTGAUGV1130 | Rachel | Jones | Female | 49:28.236 |
| 81 | RTGAUGV1065 | Greg | Ansell | Male | 49:51.813 |
| 82 | RTGAUGV1012 | Amy | Degenhardt | Female | 49:55.565 |
| 83 | RTGAUGV1172 | Yaron | Herr | Male | 51:14.445 |
| 84 | RTGAUGV1091 | Kayla | Sternberg | Female | 51:51.155 |
| 85 | RTGAUGV1100 | Kylene | Raubenheimer | Female | 51:52.482 |
| 86 | RTGAUGV1167 | Vitesh | Bhana | Male | 52:11.105 |
| 87 | RTGAUGV1033 | Cathy | MacLeod | Female | 55:56.391 |
| 88 | RTGAUGV1157 | Tanya | van Rooyen | Female | 56:39.669 |
| 89 | RTGAUGV1049 | Darren | Erwee | Male | 56:42.837 |

| | | | | | |
|-----|-------------|-------------|--------------|--------|-------------|
| 90 | RTGAUGV1030 | Carla | Koen | Female | 56:47.704 |
| 91 | RTGAUGV1013 | Andr  | Cuyler | Female | 57:05.526 |
| 92 | RTGAUGV1148 | Sendry | Moralo | Male | 57:42.794 |
| 93 | RTGAUGV1077 | Jason | van der Spuy | Male | 57:47.030 |
| 94 | RTGAUGV1035 | Chantel | van Wyk | Female | 57:49.198 |
| 95 | RTGAUGV1066 | Heather | Brooker | Female | 58:20.325 |
| 96 | RTGAUGV1047 | dana | hurwitz | Female | 59:11.317 |
| 97 | RTGAUGV1151 | Shelly | Blake | Female | 59:16.599 |
| 98 | RTGAUGV1120 | Minky | de Winnaar | Female | 59:30.670 |
| 99 | RTGAUGV1074 | Janan | Dietrich | Female | 59:34.209 |
| 100 | RTGAUGV1067 | Heinrich | Beukes | Male | 59:40.099 |
| 101 | RTGAUGV1087 | Julioa | Balona | Male | 1:01:40.943 |
| 102 | RTGAUGV1058 | Erna | Balona | Female | 1:01:47.414 |
| 103 | RTGAUGV1068 | Ibrahim | Mohammed | Male | 1:02:37.271 |
| 104 | RTGAUGV1159 | Tasreaka | Warren | Female | 1:02:39.285 |
| 105 | RTGAUGV1180 | Gail | Mathewson | Female | 1:07:20.285 |
| 106 | RTGAUGV1181 | Amelia | Miller | Female | 1:07:22.441 |
| 107 | RTGAUGV1182 | Werner | Potgieter | Male | 1:07:23.185 |
| 108 | RTGAUGV1168 | Vongai | Chindeka | Female | 1:12:32.235 |
| 109 | RTGAUGV1147 | Sekgothadi | Kabelo | Female | 1:13:05.114 |
| 110 | RTGAUGV1166 | Tshegofatso | Lebudi | Female | 1:13:08.212 |

| 10KM RESULTS | | | | | |
|--------------|-------------|-----------|---------------|--------|-------------|
| Position | Race # | Name | Surname | Gender | Time |
| 1 | RTGAUGV1044 | Cornelius | Rall | Male | 40:45.773 |
| 2 | RTGAUGV1123 | Mohammed | Amid | Male | 43:47.379 |
| 3 | RTGAUGV1055 | Dylan | Baxter | Male | 45:10.456 |
| 4 | RTGAUGV1024 | Blake | Vermaak | Male | 48:37.714 |
| 5 | RTGAUGV1109 | Martin | Simango | Male | 48:44.510 |
| 6 | RTGAUGV1112 | Matthew | Mills | Male | 50:13.022 |
| 7 | RTGAUGV1085 | Jordan | Bortz | Male | 50:41.887 |
| 8 | RTGAUGV1097 | Kyla | Meyerson | Female | 50:46.527 |
| 9 | RTGAUGV1073 | Jamie | Brouze | Male | 50:47.733 |
| 10 | RTGAUGV1108 | Margaret | van Rensburg | Female | 52:27.055 |
| 11 | RTGAUGV1099 | Kyle | Schachat | Male | 52:42.040 |
| 12 | RTGAUGV1169 | Vyvyan | Trinder-Smith | Male | 53:51.094 |
| 13 | RTGAUGV1026 | Brad | Raasch | Male | 57:44.577 |
| 14 | RTGAUGV1137 | Robert | hlahla | Male | 58:30.811 |
| 15 | RTGAUGV1071 | Jaco | Voigt | Male | 59:48.214 |
| 16 | RTGAUGV1014 | Anita | Voigt | Female | 59:52.665 |
| 17 | RTGAUGV1117 | Michael | Mills | Male | 1:00:25.632 |
| 18 | RTGAUGV1104 | Lleyton | Oxley | Male | 1:00:48.068 |
| 19 | RTGAUGV1126 | Neil | Pollock | Male | 1:00:55.564 |
| 20 | RTGAUGV1102 | Leor | Seligmann | Male | 1:01:00.457 |
| 21 | RTGAUGV1093 | Kevin | Ramsay | Male | 1:02:27.385 |
| 22 | RTGAUGV1090 | Kampamba | Chanda | Male | 1:03:16.248 |
| 23 | RTGAUGV1092 | Kennedy | Simango | Male | 1:03:21.225 |
| 24 | RTGAUGV1007 | Ally | Samakosky | Female | 1:03:35.960 |
| 25 | RTGAUGV1098 | Kyle | Nesbitt | Male | 1:05:43.072 |
| 26 | RTGAUGV1160 | Thabiso | Sefa | Male | 1:09:01.713 |
| 27 | RTGAUGV1163 | Thomas | Hope | Male | 1:09:21.454 |
| 28 | RTGAUGV1045 | Craig | Pheiffer | Male | 1:09:26.299 |
| 29 | RTGAUGV1036 | Charl | Theron | Male | 1:09:48.882 |
| 30 | RTGAUGV1070 | Ilze | Tserkezis | Female | 1:09:57.303 |
| 31 | RTGAUGV1017 | Antony | Barker | Male | 1:09:58.274 |
| 32 | RTGAUGV1005 | Alessia | Pisapia | Female | 1:10:05.402 |
| 33 | RTGAUGV1114 | Mduduzi | Khambule | Male | 1:10:19.295 |
| 34 | RTGAUGV1155 | Siviwe | Ngani | Male | 1:10:22.772 |
| 35 | RTGAUGV1171 | Yanica | Venter | Female | 1:10:52.179 |
| 36 | RTGAUGV1003 | Adriann | Bergh | Female | 1:12:14.786 |
| 37 | RTGAUGV1078 | Jason | Baudinet | Male | 1:13:12.597 |
| 38 | RTGAUGV1089 | Kabelo | Lesito | Male | 1:13:41.903 |
| 39 | RTGAUGV1094 | Kgomotso | Morena | Male | 1:13:48.353 |
| 40 | RTGAUGV1161 | Thabiso | Ramollo | Male | 1:13:59.927 |
| 41 | RTGAUGV1164 | Tiffany | Nels | Female | 1:14:42.749 |
| 42 | RTGAUGV1149 | Shali | Neumbo | Male | 1:14:44.691 |
| 43 | RTGAUGV1140 | Ruvaine | Patience | Male | 1:14:51.137 |
| 44 | RTGAUGV1040 | Clint | Langson | Male | 1:15:12.202 |

| | | | | | |
|----|-------------|----------|---------------|--------|-------------|
| 45 | RTGAUGV1034 | Cecile | Masuret | Female | 1:15:26.779 |
| 46 | RTGAUGV1064 | Graham | Hutchins | Male | 1:15:30.185 |
| 47 | RTGAUGV1095 | Kim | Steer | Female | 1:18:13.004 |
| 48 | RTGAUGV1088 | Justine | Levitas | Female | 1:18:22.029 |
| 49 | RTGAUGV1116 | Michael | Koryl | Male | 1:18:23.619 |
| 50 | RTGAUGV1009 | amir | regev | Male | 1:18:27.967 |
| 51 | RTGAUGV1107 | Lutho | Sotashe | Male | 1:18:42.904 |
| 52 | RTGAUGV1039 | Claudia | Schaberg | Female | 1:18:49.146 |
| 53 | RTGAUGV1134 | Riaan | Brits | Male | 1:20:03.176 |
| 54 | RTGAUGV1086 | Juan-Ray | Botha | Male | 1:21:21.097 |
| 55 | RTGAUGV1136 | Robert | Cameron | Male | 1:21:49.655 |
| 56 | RTGAUGV1062 | Gerald | van der Merwe | Male | 1:26:47.568 |
| 57 | RTGAUGV1075 | Jandre | Strydom | Male | 1:33:40.055 |
| 58 | RTGAUGV1042 | Colleen | Parkins | Female | 1:37:41.025 |
| 59 | RTGAUGV1185 | Ric | Marini | Male | 2:06:34.025 |