

EVENT 5 WOMEN 31 + RESULTS

POSITION	RACE #	AGE	NAME	SURNAME	TIME
1	1525	53	Annemarie	Dressler	13:49.7
2	332	57	Kim	Foster	15:21.0
3	311	55	Debra	Kotze	16:43.7
4	83	53	Rick	Ferreira	17:00.3
5	323	50	Jade	Homveld	17:12.4
6	324	51	Jana	Grobler	17:14.4
7	974	47	Hilda	Laubscher	18:32.1
8	308	56	Corlia	Mathews	19:18.7
9	358	49	Sanet	Carow	19:20.7
10	976	58	Mignon	Milwid	21:14.8
11	966	41	Karyn	Dama	21:18.2
12	348	41	Melanie	Pretorius	21:38.0
13	361	44	Susan	West	21:43.5
14	341	60	Liz	Bronkhorst	21:52.6
15	319	35	Heather	Lawlor	21:56.4
16	331	43	Karen	Fletcher	21:58.9
17	306	34	Ashadee	Miller	22:02.3
18	357	44	Samantha	Munro	22:15.5
19	314	56	Elana	Olivier	22:18.0
20	972	42	Michelle	Custers	22:25.8
21	47	63	Hugo	Knoetze	23:09.8
22	338	31	Liezel	van Zyl	23:20.8
23	330	69	Joyce	Fyfe	23:45.4
24	973	46	Cornelia	Loots	23:49.7
25	349	31	Melanie	Grobler	24:15.0
26	975	32	Sarah	Webb	24:17.1
27	304	79	Ann	Hanson	24:19.5
28	346	60	Maggi	Soer	26:02.9
29	315	51	Elsa	Brits	27:26.7
30	353	42	Nikki	Adams	30:13.5
31	68	47	Marius	Adams	30:15.6
32	364	32	Zuleika	Aylward	36:28.5