



5km Fun Run Results - 2020

Place	Name	Club	Distance	Category	Gender	Time	Difference
1	Amos Undi		5km	Open	Male	20:59.6	-
2	Luthando Gade		5km	Junior	Male	21:55.5	+0:55.9
3	Lunathi Makase		5km	Junior	Male	21:56.1	+0:56.5
4	Zach Myners		5km	Juniors (J)	Male	22:08.0	+1:08.4
5	Jack Armitage		5km	Juniors (J)	Male	22:17.3	+1:17.7
6	Bella Tooley		5km	Juniors (J)	Female	22:24.8	+1:25.2
7	Simphiwe Qubu		5km	Junior	Male	24:29.3	+3:29.7
8	Emihle Sifile		5km	Junior	Male	25:01.1	+4:01.5
9	Anees Samaai	TOPFORM AC	5km	Junior (J)	Male	26:15.2	+5:15.6
10	Thimna Zothimba		5km	Junior	Male	26:39.2	+5:39.6
11	Shane Mollentze		5km	50-59 (50)	Male	27:18.4	+6:18.8
12	Noah Brand		5km	Junior (J)	Male	28:28.9	+7:29.3
13	Brian Davey		5km	50-59 (50)	Male	29:20.0	+8:20.4
14	Jared Judd		5km	Open	Male	30:21.6	+9:22.0
15	Sarah Bagley		5km	Open	Female	30:23.4	+9:23.8
16	Kathleen Eggers		5km	Open	Female	31:20.1	+10:20.5
17	Onke Mtyotywa		5km	Junior	Male	31:30.2	+10:30.6
18	Esona Stwayi		5km	Junior	Male	31:39.2	+10:39.6
19	Theresa Isaacs	Kway VOB	5km	60-69 (60)	Female	31:40.6	+10:41.0
20	Angel Chiheya		5km	Junior	Female	32:04.1	+11:04.5
21	Tavonga Manyeruke		5km	Junior	Male	32:04.7	+11:05.1
22	John Mcpetrie		5km	60-69 (60)	Male	32:08.8	+11:09.2
23	Mia Van Loggerenberg		5km	Junior (J)	Female	32:14.1	+11:14.5
24	Tiné Van Loggerenberg		5km	Junior (J)	Female	32:15.2	+11:15.6
25	Unknown		5km	Open	Female/Male	32:15.8	+11:16.2
26	Guy Salmon		5km	50-59 (50)	Male	32:28.2	+11:28.6
27	Candice Salmon		5km	Open	Female	32:30.1	+11:30.5
28	Brink Bestbier		5km	Open	Male	32:49.2	+11:49.6
29	Anushka Dowling		5km	Open	Female	32:55.3	+11:55.7
30	Shane Bond		5km	40-49 (40)	Male	33:23.8	+12:24.2
31	Sue Mcpetrie		5km	60-69 (60)	Female	33:43.2	+12:43.6
32	Brett Wordon		5km	Open	Male	34:04.3	+13:04.7
33	Marisa Williams		5km	Open	Female	34:34.6	+13:35.0
34	Henk Van Jaarsveld		5km	Open	Male	34:43.4	+13:43.8
35	Wilmie Meintjes		5km	Juniors (J)	Female	35:22.5	+14:22.9
36	Pascale De Villiers		5km	Open	Female	36:03.6	+15:04.0
37	Brandon Spangenberg		5km	Open	Male	36:06.4	+15:06.8
38	Kristin Theunissen		5km	Open	Female	36:07.1	+15:07.5
39	Jarred Manasse		5km	Open	Male	36:13.0	+15:13.4
40	Marius Van Rooyen		5km	50-59 (50)	Male	36:19.8	+15:20.2
41	Hannah Van Rooyen		5km	Juniors (J)	Female	36:20.4	+15:20.8
42	Janet Early		5km	Open	Female	36:38.9	+15:39.3
43	Kim Ingle		5km	Open	Female	36:52.9	+15:53.3
44	Belinda Derman		5km	50-59 (50)	Female	37:04.9	+16:05.3
45	Lynette Thompson		5km	40-49 (40)	Female	37:57.0	+16:57.4
46	Daniel Schlosser		5km	Junior (J)	Male	38:00.7	+17:01.1
47	Michelle Schlosser	PICK N PAY ATHLETICS CLUB WP	5km	Open	Female	38:01.2	+17:01.6
48	Dave Vaughan		5km	40-49 (40)	Male	38:11.0	+17:11.4
49	Thandiwe Chiheya		5km	Open	Female	38:26.5	+17:26.9
50	Celinah Banda		5km	Open	Female	38:27.1	+17:27.5
51	Jim Lang	Gonubie Harriers	5km	Open	Female	38:44.0	+17:44.4
52	Stephanie Le Roux		5km	40-49 (40)	Female	38:49.4	+17:49.8
53	Penny Lasker		5km	40-49 (40)	Female	39:09.5	+18:09.9



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54	Mark Hendricks		5km	50-59 (50)	Male	39:18.7	+18:19.1
55	Arnold Woodward	CARBINEERS WP	5km	40-49 (40)	Male	40:33.6	+19:34.0
56	Kyle Thwaites		5km	Open	Male	40:51.3	+19:51.7
57	Lee-Sah Thwaites		5km	Open	Female	40:51.9	+19:52.3
58	Paolo Molaro		5km	60-69 (60)	Male	41:34.5	+20:34.9
59	Claudia Brand		5km	Open	Female	41:36.0	+20:36.4
60	Michelle Botha		5km	50-59 (50)	Female	42:06.3	+21:06.7
61	Barbara Elshove-Schmidt		5km	40-49 (40)	Female	42:46.6	+21:47.0
62	Andrew Morkel		5km	50-59 (50)	Male	42:59.9	+22:00.3
63	Tracey Morkel		5km	50-59 (50)	Female	43:00.5	+22:00.9
64	Paige Altern		5km	Open	Female	43:21.1	+22:21.5
65	Ilse Sabrina Theys Woodward	CARBINEERS WP	5km	Open	Female	43:22.0	+22:22.4
66	Makabongwe Kahla		5km	Open	Male	43:26.4	+22:26.8
67	Lisa Mngini		5km	Junior	Female	43:27.4	+22:27.8
68	Heloise Breytenbach		5km	40-49 (40)	Female	43:41.7	+22:42.1
69	Dalena Spies		5km	50-59 (50)	Female	43:42.3	+22:42.7
70	Laetitia Voigt		5km	60-69 (60)	Female	44:27.5	+23:27.9
71	T Sheperd		5km	50-59 (50)	Female	44:29.0	+23:29.4
72	Kyle Kennedy		5km	Open	Male	44:41.9	+23:42.3
73	Leanne Kennedy		5km	Open	Female	44:43.0	+23:43.4
74	Leanne Micklewood		5km	Open	Female	45:03.3	+24:03.7
75	Leon Grove	Tygerberg AC	5km	70+	Male	45:21.9	+24:22.3
76	Almarie Nel		5km	40-49	Female	45:35.5	+24:35.9
77	Steffanie White		5km	Junior	Female	45:42.7	+24:43.1
78	Edvige Minkusch		5km	60-69 (60)	Female	45:44.2	+24:44.6
79	Louis Scheepers		5km	60-69 (60)	Male	48:18.6	+27:19.0
80	Julie Twigg		5km	50-59 (50)	Female	48:46.1	+27:46.5
81	Kathryn Haycock		5km	50-59 (50)	Female	50:19.8	+29:20.2
82	Theodore White		5km	Junior	Male	50:21.5	+29:21.9
83	Bronwyn Bell		5km	40-49 (40)	Female	51:06.4	+30:06.8
84	Ellen Le Roux	Cape Multi Sport	5km	40-49 (40)	Female	51:48.1	+30:48.5
85	Jorja Mehl	Celtic Harriers	5km	Junior (J)	Female	53:20.8	+32:21.2
86	Danielle Mehl	Celtic Harriers	5km	Junior (J)	Female	53:21.7	+32:22.1
87	Jamie Knight		5km	Junior (J)	Female	55:08.9	+34:09.3
88	Ashleigh Knight		5km	Junior (J)	Female	55:10.5	+34:10.9
89	Rene Glover		5km	40-49 (40)	Female	55:11.2	+34:11.6
90	Lauren Henderson		5km	Open	Female	55:46.5	+34:46.9
91	Dylan Isaacs		5km	Junior	Male	55:48.3	+34:48.7
92	Tristan Isaacs	Spartan Harriers	5km	Open	Male	55:52.9	+34:53.3
93	Carin Isaacs	Spartan Harriers	5km	Open	Female	55:53.8	+34:54.2
94	Kylie Isaacs		5km	Junior	Female	56:28.7	+35:29.1
95	Hannah Ansell		5km	Junior (J)	Female	56:37.7	+35:38.1
96	Jim Lang	Gonubie Harriers	5km	Junior (J)	Female	56:56.2	+35:56.6
97	Georgina Griffin		5km	Open	Female	57:30.0	+36:30.4
98	Hlompho Ntoi		5km	40-49 (40)	Male	57:30.7	+36:31.1
99	Vina Naidoo		5km	40-49 (40)	Male	58:41.3	+37:41.7
100	Joleen Aaron		5km	40-49	Female	58:50.5	+37:50.9
101	Craig Aaron		5km	40-49	Male	59:35.9	+38:36.3