

HEROES IN TRAINING

1	14514		Blair Thompson	0:49:49	Heroes in training	1	Male	1
2	34286		Caroline Warrington	0:51:28	Heroes in training	1	Female	1
3	34264		Tanya Buchan	0:51:29	Heroes in training	2	Female	2
4	48824		Luke Newlands	1:00:47	Heroes in training	2	Male	2
5	7565		Roy Newlands	1:00:48	Heroes in training	3	Male	3
6	52420		Daniel James	1:02:08	Heroes in training	4	Male	4
7	85792		christopher adam	1:03:02	Heroes in training	5	Male	5
8	4615		Marc Adam	1:03:04	Heroes in training	6	Male	6
9	34280		Shaun Ambrose	1:06:31	Heroes in training	7	Male	7
10	22449		Monica Goncalves	1:07:34	Heroes in training	3	Female	3
11	6034		Arjen Frich	1:11:21			Male	8
12	33984		Peter Potgieter	1:12:07	Heroes in training	8	Male	9
13	33995		Francois Potgieter	1:12:10	Heroes in training	9	Male	10
14	76257		Leona Lamont	1:14:56	Heroes in training	4	Female	4
15	10685		amy peckett	1:17:10	Heroes in training	5	Female	5
16	32947		Bradley Bonner	1:17:41	Heroes in training	10	Male	11
17	34191		Brigitte Dewar	1:18:21	Heroes in training	6	Female	6
18	52421		Nicholas James	1:20:23	Heroes in training	11	Male	12
19	81167		Mariska Grace	1:20:23	Heroes in training	7	Female	7
20	6864		Shane James	1:20:24	Heroes in training	12	Male	13
21	23686		Melissa Frara	1:21:09	Heroes in training	8	Female	8
22	23366		Alicia Du Plessis	1:21:21	Heroes	1	Female	9
23	23405		Roselle Van Wyk	1:21:22	Heroes	2	Female	10
24	14177		Nedene Cahill	1:21:25	Heroes in training	9	Female	11
25	34087		Kerry Cahill	1:21:27	Heroes in training	10	Female	12
26	32854		Debbie Blatt	1:23:14			Female	13
27	32852		Farzana Suleman	1:23:17			Female	14
28	33240		Kelly Van Der Linde	1:23:21	Heroes in training	11	Female	15
29	33242		Codie Engelbrecht	1:23:30	Heroes in training	13	Male	14
30	33243		Kurt Van Der Linde	1:24:16	Heroes in training	14	Male	15

31	55379		Hayley Engelbrecht	1:24:18	Heroes in training	12	Female	16
32	33856		Matthew Koch	1:24:25	Heroes in training	15	Male	16
33	34357		Damon Cousins	1:25:24			Male	17
34	56190		Telise Cousins	1:25:25	Heroes in training	13	Female	17
35	34358		Cherise Saayman	1:25:25			Female	18
36	65686		Vanessa Hunt	1:26:05	Heroes in training	14	Female	19
37	32948		Nicola Bonner	1:26:07	Heroes in training	15	Female	20
38	99413		Kira Cannon	1:26:10	Heroes in training	16	Female	21
39	34118		Brittany Westhorpe	1:27:02	Heroes in training	17	Female	22
40	9168		shannon french	1:27:16	Heroes in training	18	Female	23
41	34098		David Taverna-Tur	1:28:57	Heroes in training	16	Male	18
42	34184		Peter James	1:29:01	Heroes in training	17	Male	19
43	21555		marie-claire dunca	1:29:04	Heroes in training	19	Female	24
44	34115		gareth mcdade	1:29:04	Heroes in training	18	Male	20
45	31993		Ryan Streit	1:29:06	Heroes in training	19	Male	21
46	34130		Carla van Tonder	1:29:07	Heroes in training	20	Female	25
47	26018		Nicole Page	1:29:36	Heroes in training	21	Female	26
48	32883		Mark Marais	1:32:10	Heroes in training	20	Male	22
49	34076		Belinda Barlow	1:33:44	Heroes in training	22	Female	27
50	74693		jared oberholzer	1:33:45	Heroes in training	21	Male	23
51	45803		Tanya Ungerer	1:34:21	Heroes in training	23	Female	28
52	34045		Kelly Shaw	1:34:46	Heroes in training	24	Female	29
53	72085		Samantha Penfold	1:34:48	Heroes in training	25	Female	30
54	34306		Taryn Hillermann	1:36:37	Heroes in training	26	Female	31
55	26972		Wendy Storey	1:36:38			Female	32
56	33982		Llewellyn Soine	1:36:52	Heroes in training	22	Male	24
57	34307		Garreth Dovey	1:37:32	Heroes in training	23	Male	25
58	22721		Jaclyn Robinson	1:38:11	Heroes in training	27	Female	33
59	34030		Jacqueline Donova	1:40:13	Heroes in training	28	Female	34
60	33985		Louise Lubbe	1:40:13	Heroes in training	29	Female	35
61	18780		Bernelee Frich	1:40:16			Female	36
62	50484		Brendon Germaine	1:41:47	Heroes in training	24	Male	26

63	34000		Taryn Germaine	1:41:48	Heroes in training	30	Female	37
64	17223		Wesley de Jager	1:51:34	Heroes in training	25	Male	27
65	34046		Beverley Baksa	1:51:45	Heroes in training	31	Female	38
66	34060		Rene Conradie	1:52:09	Heroes in training	32	Female	39
67	22700		Shireen Swart	1:52:28	Heroes in training	33	Female	40
68	15754		Michelle Tessendor	1:52:29	Heroes in training	34	Female	41
69	82076		Leigh Anne Egling	1:53:00	Heroes in training	35	Female	42
70	34299		Jaydon Cocks	1:53:01	Heroes in training	26	Male	28
71	34298		Savannah Egling	1:53:04	Heroes in training	36	Female	43
72	24985		Tracy Long	1:53:12	Heroes in training	37	Female	44
73	34247		Hannah Long	1:53:13	Heroes in training	38	Female	45
74	64850		Belinda de Broize	1:53:16	Heroes in training	39	Female	46
75	60034		Jenna-Emily Minga	1:57:12	High school	1	Female	47
76	23613		Gabriella Mitchell	1:57:13	High school	2	Female	48
77	34295		Carmen Egling	1:57:25	High school	3	Female	49
78	72216		Kathy Pascoe	1:58:06	Heroes in training	40	Female	50
79	8779		Christine Zondagh	1:58:07	Heroes in training	41	Female	51
80	33989		Wade Foster	2:05:22	Heroes in training	27	Male	29
81	33991		Kyle Govender	2:05:32	Heroes in training	28	Male	30
82	33990		Carl Krishnalall	2:05:46	Heroes in training	29	Male	31
83	55096		Deon van Antwerp	2:05:49	Heroes in training	30	Male	32
84	43270		Tahlita Sparg	2:07:49	Heroes in training	42	Female	52
85	85709		Kevin Sparg	2:08:29	Heroes in training	31	Male	33
86	48765		Liesl Sparg	2:08:32	Heroes in training	43	Female	53
87	33398		Nichol Mitchley	2:08:59	Heroes in training	44	Female	54
88	33399		St John Pitt	2:09:14	Heroes in training	32	Male	34
89	33401		Caitlyn Frayne	2:09:25	Heroes in training	45	Female	55
90	43366		Merik Sparg	2:09:27	Heroes in training	33	Male	35
91	34179		Tanya King	2:20:23	Heroes in training	46	Female	56
92	34180		Kholiwe Mtolo	2:21:11	Heroes in training	47	Female	57
93	34248		Andrew M'sonzah	2:21:29	Heroes in training	34	Male	36
94	14882		RHONDA NAIDOO	2:21:45	Heroes in training	48	Female	58

95	14972		Kumar Naidoo	2:22:30	Heroes in training	35	Male	37
96	30103		Buhle Mtshali	2:22:32	Heroes in training	49	Female	59
97	34177		Sashan Ganas	2:22:33	Heroes in training	36	Male	38
98	34175		Emslee Venketese	2:22:38	Heroes in training	37	Male	39
99	34176		Delisia Venketsamy	2:22:38	Heroes in training	50	Female	60
100	34181		James Rhynes	2:22:41	Heroes in training	38	Male	40
101	34178		Dane Naicker	2:22:42	Heroes in training	39	Male	41
	10846		Chris Rawlins	Not started	Heroes in training		Male	
	18783		Kai Honywill	Not started			Male	
	22592		Mario Goncalves	Not started	Heroes in training		Male	
	32902		Simone Pelser		Heroes in training		Female	
	33987		Jeremy Grantham	Not started	Heroes in training		Male	
	33988		Shawn Chetty	Not started	Heroes in training		Male	
	34012		Wayne Galloway	Not started	Heroes in training		Male	
	34013		Jason Goodsell	Not started	Heroes in training		Male	
	34128		Julie Rawlins	Not started	Heroes in training		Female	
	34237		Stephan Bothma	Not started			Male	
	34238		Matt Cornell	Not started			Male	
	34239		Brandon Partridge	Not started			Male	
	34274		Mark Botha	Not started	Heroes in training		Male	
	51845		Caryn Botha	Not started	Heroes in training		Female	
	71666		Colin McLaren	Not started			Male	
	95696		Caitlin Canton	Not started	Heroes in training		Female	
	100000		LEON DYSON	Not started	Heroes		Male	