



# Lets Run Against Abuse

Venue : Vergenoegd Löw Wine Estate

Date : 06/07/2019

No	Name	Laps	Distance (km)
161	Reganald Crowster	32	83.20
19	Belinda Rhodes	24	62.40
69	Hester Fortune	23	59.80
116	Magriet De Mooij	20	52.00
169	Samantha Fry	20	52.00
199	Warren Farre	20	52.00
163	Rene Tepper	19	49.40
81	Jayne Roestorf	17	44.20
37	Christopher Schnehage	16	41.60
155	Petro Miller	16	41.60
14	Annelize Buys	14	36.40
99	Koert Meyer	14	36.40
198	Urda Kotze	14	36.40
47	Dominique Waso	13	33.80
82	Jean Nepgen	13	33.80
94	Kanakana Mushanganyisi	13	33.80
130	Michelle Williams	13	33.80
202	Wendal Smith	13	33.80
28	Cathy Austin	12	31.20
56	Ferdi Rhoda	12	31.20
57	Flora Masamba	12	31.20
86	Johan Van Zyl	12	31.20
146	Nico Steenkamp	11	28.60
207	Sandi Fundiswa	11	28.60
25	Carol Nepgen	10	26.00
44	Derry Devine	10	26.00
59	Frieda Blignaut	10	26.00
208	Mogamd Norodien	10	26.00
206	Tougieda Allie	9	23.40
15	Annette Botha	8	20.80
66	Heinrich Van Der Sandt	8	20.80
88	Josephine Norodien	8	20.80
153	Peter Arendse	8	20.80
191	Thersia Grobbelaar	8	20.80
205	Brenda Human	8	20.80
78	Jackie Goosen	7	18.20
151	Pamela Duarte	7	18.20
38	Clinton Van Reenen	6	15.60
124	Mercia Smith	5	13.00
125	Mervin Schnehage	5	13.00
12	Annalie Rich	4	10.40
188	Teresa Morris	4	10.40
201	Veena Naran-Smith	4	10.40
43	Demitri Baroutsos	2	5.20
80	Janine Kaal	2	5.20



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No	Name	Laps	Distance (km)
187	Tanja Odendaal	2	5.20
209	Tammy Sirilli	2	5.20
179	Sonja Vermaak	1	2.60
200	Unati Solora	6	15.60