

POS	CAT	PTS	ATHLETE	CLUB	CAPE TOWN RESULTS	CAPE TOWN POINTS	CAPE TOWN BONUS POINTS	TOTAL
							37:30 or faster = 5	
1	40-49	5	Lebogang PHALULA-LUTHULI	BOXER ATHLETICS CLUB	35:49:00	5	5	10
2	40-49	4	Lebo PHALULA	BOXER ATHLETICS CLUB	35:50:00	4	5	9
3	40-49	3	Christiane ADRIAANSE	NEDBANK RUNNING CLUB	38:58:00	3	0	3
4	40-49	2	Hannelie LOTTER	BOXER ATHLETICS CLUB	39:26:00	2	0	2
5	40-49	1	Elme MIDDLEMOST	NEDBANK RUNNING CLUB	39:41:00	1	0	1
POS	CAT	PTS					41:00 or faster = 5	
1	50-59	5	Anne STEWART	ATLANTIC ATHLETICS CLUB	40:19:00	5	5	10
2	50-59	4	Ronel THOMAS	BOXER ATHLETICS CLUB	40:49:00	4	5	9
3	50-59	3	Janene CAREY	BOXER ATHLETICS CLUB	40:49:00	3	5	8
4	50-59	2	Shani SILVER	BOXER ATHLETICS CLUB	40:56:00	2	5	7
5	50-59	1	Julie HUCKLE	HOUTBAY HARRIERS ATHLETIC CLUB	42:18:00	1	0	1
POS	CAT	PTS					48:00 or faster = 5	
1	60+	5	Judy BIRD	BOXER ATHLETICS CLUB	42:18:00	5	5	10
2	60+	4	Dee SMALE	TOTALSPORTS VOB ATHLETIC CLUB	45:04:00	4	5	9
3	60+	3	Grace D'OLIVEIRA	MAXED ELITE RUNNING CLUB	45:15:00	3	5	8
4	60+	2	Margie SAUNDERS	NEDBANK RUNNING CLUB	45:51:00	2	5	7
5	60+	1	Karen BROUGH	BOXER ATHLETICS CLUB	45:59:00	1	5	6