



# The Footprint

Southern Striders Athletic Club

January 2010 (Supp)

## Results Supplement 2009

<b>Runners Memorial 8 KM</b>	<b>31-Dec-09</b>
<b>1069 Finishers</b>	
505 Tracy Schwartz	0:49:05
832 Wendy-Joy Timmes	1:00:25
866 Lynette Slabbert	1:01:53
874 Andre Slabbert	1:02:21
937 Elza Olivier	1:06:32
<b>Sundowner 10Km</b>	<b>23-Dec-09</b>
<b>1208 Finishers</b>	
116 Robert De Monk	0:42:51
249 Paul Murphy	0:47:54
461 Tracy Schwartz	0:53:36
489 Laura Hiddleston	0:54:14
623 Elydia De Monk	0:57:33
624 Caroline De Wet	0:57:33
1108 Lynette Slabbert	1:20:24
1109 Andre Slabbert	1:20:25
<b>2nd Maharage 21Km</b>	<b>19-Dec-09</b>
<b>565 Finishers</b>	
121 Robert De Monk	1:38:27
261 Elydia De Monk	1:54:47
325 Tracy Schwartz	1:57:54
326 Peter Powell	1:57:55
330 Paul Murphy	1:58:19
<b>AVBOB 15Km</b>	<b>12-Dec-09</b>
<b>968 Finishers</b>	
169 Robert De Monk	01:10:16
365 Elyolia De Monk	01:20:16
489 Mario Josephs	01:26:46
499 Tracy Schwartz	01:27:24
504 Laura Hiddleston	01:27:35
554 Paul Murphy	01:29:12
770 John Josephs	01:42:41

<b>Run Walk for Life 21Km</b>	<b>05-Dec-09</b>
<b>1072 Finishers</b>	
211 Colleen Hohlfeld	1:48:25
258 Eugene Cairncross	1:52:10
273 Rob Joubert	1:53:03
589 Deon Riley	2:10:56
937 Laura Hiddleston	2:36:57
938 Tracy Schwartz	2:36:57
<b>Metropolitan 10Km</b>	<b>02-Dec-09</b>
<b>1354 Finishers</b>	
559 Paul Murphy	0:56:15
592 Deon Riley	0:56:55
709 Tracy Schwartz	0:59:51
<b>Phil Pansegrouw Memorial 21,1Km</b>	<b>28-Nov-09</b>
<b>524 Finishers</b>	
177 Paul Murphy	1:52:04
192 Rob Joubert	1:54:13
336 Tracy Schwartz	2:06:00
366 Caroline De Wet	2:09:13
<b>Neil Joubert 13Km</b>	<b>25-Nov-09</b>
<b>1085 Finishers</b>	
65 Brenton Ashby	0:55:27
294 Colleen Hohlfeld	1:08:19
394 Paul Murphy	1:12:10
821 Tracey Schwartz	1:25:40
822 Laura Hiddleston	1:25:40
<b>Winelands 42Km</b>	<b>21-Nov-09</b>
<b>1154 Finishers</b>	
175 Robert De Monk	03:38:29
210 Trevor Sasman	03:44:07
232 Traviss Jacobs	03:47:02
418 Laura Hiddleston	04:05:05
491 Eugene Cairncross	04:10:19
597 Elydia De Monk	04:19:12
598 Shane Kooyman	04:19:14
641 Nigel Davids	04:22:13
777 Caroline De Wet	04:33:03
887 Hugh Salvage	04:41:16
1045 Douglas Davey	04:52:44
1046 Jessie Davey	04:52:47

### Note

These results were compiled from the information downloaded from the Western Province Athletics Association data base of results for the period January 2009 to December 2009.

<b>Winelands 21Km</b>			<b>21-Nov-09</b>
<b>1202 Finishers</b>			
670	Tracy	Schwartz	02:10:59
671	Peter	Powell	02:11:00
<b>Landmarks 21Km</b>			<b>15-Nov-09</b>
<b>1464 Finishers</b>			
85	Malcolm	Harrington	1:31:33
202	Tom	Cinderey	1:41:59
220	Geetesh	Solanki	1:43:00
247	Colleen	Hohlfeld	1:44:09
272	Traviss	Jacobs	1:45:02
276	Trevor	Sasman	1:45:23
311	Shane	Kooyman	1:47:34
344	Robert	De Monk	1:49:12
656	Paul	Murphy	1:59:28
769	Elydia	De Monk	2:04:25
770	Caroline	De Wet	2:04:26
931	Neil	Myburgh	2:10:20
986	Jessie	Davey	2:12:26
987	Douglas	Davey	2:12:26
1125	Pearl	Smith	2:19:24
	Saman-		
1204	tha	Murphy	2:23:00
1253	Peter	Powell	2:25:22
1268	John	Josephs	2:27:06
1332	Estelle	Powell	2:33:59
1412	Dawn	Moore	2:48:55
1459	Lynette	Slabbert	2:58:16
1460	Andre	Slabbert	2:58:30
<b>Kraaifontein Community 10K</b>			<b>14-Nov-09</b>
<b>564 Finishers</b>			
411	Tracy	Schwartz	01:01:08
<b>Eskom 10Km</b>			<b>04-Nov-09</b>
<b>794 Finishers</b>			
109	Robert	De Monk	0:44:02
210	Paul	Murphy	0:48:21
745	Lynette	Slabbert	1:19:05
746	Andre	Slabbert	1:19:08
<b>Tokai Forest 15Km</b>			<b>31-Oct-09</b>
<b>801 Finishers</b>			
135	Robert	De Monk	1:16:22
167	Colleen	Hohlfeld	1:19:11
256	Tom	Cinderey	1:23:34
315	Eugene	Cairncross	1:26:21
417	Elydia	De Monk	1:31:33
465	Paul	Murphy	1:34:01
468	Caroline	De Wet	1:34:36
651	Laura	Hiddleston	1:45:17
695	Pearl	Smith	1:48:27

<b>Old Mutual 10Km</b>			<b>28-Oct-09</b>
<b>1369 Finishers</b>			
188	Robert	De Monk	0:42:29
435	Elydia	De Monk	0:49:11
642	Deon	Riley	0:54:17
780	Graham	Ford	0:57:40
1027	John	Josephs	1:04:06
	Andrea		
1144	Trout	Daniels	1:09:00
1197	D	Moore	1:12:37
1259	Lynette	Slabbert	1:17:42
1289	Elza	Olivier	1:21:01
1342	Gill	Aproskie	1:29:03
<b>Grape Run 21Km</b>			<b>25-Oct-09</b>
<b>1470 Finishers</b>			
64	Malcolm	Harrington	1:36:56
148	Robert	De Monk	1:45:02
186	Geetesh	Solanki	1:47:41
234	Traviss	Jacobs	1:51:00
243	Colleen	Hohlfeld	1:51:43
435	Paul	Murphy	1:59:29
471	Rob	Joubert	2:00:25
592	Elydia	De Monk	2:05:17
861	Caroline	De Wet	2:15:21
862	Neil	Myburgh	2:15:21
863	Sharon	Mcauliffe	2:15:22
1188	Laura	Hiddleston	2:30:02
1236	Tracy	Schwartz	2:32:37
1237	Monique	Bessenger	2:32:38
1456	Elza	Olivier	3:12:52
<b>Silver Queen 10Km</b>			<b>21-Oct-09</b>
<b>609 Finishers</b>			
70	Robert	De Monk	0:44:22
170	Paul	Murphy	0:49:50
213	Elydia	De Monk	0:52:20
307	Tracy	Schwartz	0:56:40
<b>Bluedowns 10Km</b>			<b>17-Oct-09</b>
<b>1032 Finishers</b>			
466	Tracy	Schwartz	0:55:59
688	Robert	Demonk	1:05:28
888	Elza	Olivier	1:21:04
<b>Gunrun 21Km *</b>			<b>11-Oct-09</b>
<b>3717 Finishers</b>			
966	Andrea	Trout-Daniels	1:04:41
1631	Juliana	De Wit	1:13:27
1984	Marion	Ensil	1:19:33
2561	Claudia	Trout	1:31:28
2751	Gillian	Aproskie	1:34:58

<b>Gunrun 21Km *</b>	<b>11-Oct-09</b>
<b>2644 Finishers</b>	
212 Malcolm Harrington	1:35:48
569 Traviss Jacobs	1:47:06
923 Robert Joubert	1:55:30
1362 Nigel Davids	2:04:25
1494 Tracy Schwartz	2:07:36
1614 Hugh Salvage	2:10:04
1829 Paul Murphy	2:14:40
2265 John Josephs	2:28:13
2589 Floyipes De Gois	2:52:29
2598 Lucia Fernandes	2:53:20
<b>HI-Q 10Km *</b>	<b>07-Oct-09</b>
<b>578 Finishers</b>	
196 Paul Murphy	0:49:13
357 Tracy Schwartz	0:56:56
<b>CAPE TOWN 42km *</b>	<b>27-Sep-09</b>
<b>1024 Finishers</b>	
606 Paul Murphy	4:25:54
651 Hugh Salvage	4:32:42
<b>CAPE TOWN 10km *</b>	<b>27-Sep-09</b>
<b>907 Finishers</b>	
367 Tracy Schwartz	0:56:48
581 Andrea Trout-Daniels	1:06:02
715 Marion Ensil	1:17:09
760 Lynette Slabbert	1:21:22
761 Andre Slabbert	1:21:23
837 Claudia Trout	1:30:50
Graham Ford	1:35:04
Laura Hiddleston	1:41:34
John Josephs	1:44:56
<b>Stragglers 10Km Walkers *</b>	<b>19-Sep-09</b>
<b>106 Finishers</b>	
49 Elza Olivier	1:18:00
51 Lynette Slabbert	1:18:30
52 Andre Slabbert	1:18:30
<b>Stragglers 15Km *</b>	<b>19-Sep-09</b>
<b>548 Finishers</b>	
106 Robert De Monk	1:07:04
282 Deon Riley	1:21:38
361 Graham Illegible	1:28:13
380 Caroline De Wet	1:29:19
427 Samantha Murphy	1:33:44
428 Tracy Schwartz	1:33:44
<b>Brackenfell 21Km *</b>	<b>13-Sep-09</b>
<b>476 Finishers</b>	
385 Paul Murphy	2:20:50

<b>Medihelp Bike &amp; Tekkie Chal- lenge *</b>	<b>12-Sep-09</b>
<b>578 Finishers</b>	
196 Tracy Schwartz	0:57:38
396 Elza Olivier	1:20:25
<b>Don Lock 8Km *</b>	<b>30-Aug-09</b>
<b>567 Finishers</b>	
286 Nigel Davids	0:41:59
291 Deon Riley	0:42:16
402 Tracy Schwartz	0:48:09
451 J Josephs	0:50:46
<b>ASA 10km Championships *</b>	<b>29-Aug-09</b>
<b>1322 Finishers</b>	
996 Tracy Schwartz	1:00:28
<b>Thomas Mbiza 10Km *</b>	<b>16-Aug-09</b>
<b>251 Finishers</b>	
211 Lynette Slabbert	1:08:49
212 Andre Slabbert	1:08:50
<b>John Korasie 30Km *</b>	<b>16-Aug-09</b>
<b>541 Finishers</b>	
105 Traviss Jacobs	2:36:19
107 Colleen Hohlfield	2:36:25
125 Rob Joubert	2:43:15
239 Paul Murphy	2:59:14
<b>Mckenna &amp; Scott 10Km *</b>	<b>02-Aug-09</b>
<b>650 Finishers</b>	
201 Neil Burger	0:47:54
202 Paul Murphy	0:47:56
273 Wendy-Joy Timmes	0:51:41
374 Tracy Schwartz	0:57:46
494 J Josephs	1:04:36
609 Lynette Slabbert	1:20:51
610 Andre Slabbert	1:20:51
<b>Inca 15Km</b>	<b>27-Jun-09</b>
<b>689 Finishers</b>	
226 Paul Murphy	1:10:00
369 Deon Riley	1:19:22
<b>Mamre 15Km</b>	<b>20-Jun-09</b>
<b>503 Finishers</b>	
150 Colleen Hohlfield	1:13:14
<b>Table Mountain 16Km</b>	<b>31-May-09</b>
<b>240 Finishers</b>	
62 Geetesh Solanki	1:31:15
109 Neil Myburgh	1:40:24
196 Caroline De Wet	1:57:09

<b>Fast and Flat 10Km</b>	<b>30-May-09</b>		
<b>831 Finishers</b>			
601 Tracy Schwartz	0:59:16		
<b>Fast and Flat 10Km Walk</b>	<b>30-May-09</b>		
<b>80 Finishers</b>			
65 Elza Olivier	1:21:31		
<b>Darling 21Km</b>	<b>23-May-09</b>		
<b>476 Finishers</b>			
96 Neil Burger	1:45:17		
188 Wendy-Timmes	1:56:26		
408 Floripes	2:39:55		
409 Lucia	2:39:56		
<b>Comrades</b>	<b>24-May-09</b>		
<b>10,077 Finishers</b>			
2998 Robert De monk	9:24:11		
3427 Brenton Ashby	9:37:26		
3827 Trevor Sasman	9:48:23		
3970 Colleen Hohlfeld	9:52:05		
4530 Traviss Jacobs	10:07:25		
5426 Jessie Davey	10:30:03		
5427 Douglas Davey	10:30:03		
5515 Neil Myburgh	10:32:10		
5516 Elydia De monk	10:32:10		
6500 Eugene Cairncross	10:50:21		
8173 Monique Bessenger	11:28:38		
9496 Shane Kooyman	11:50:55		
9964 Marco Josephs	11:58:28		
<b>Plexis 10Km</b>	<b>17-May-09</b>		
<b>459 Finishers</b>			
201 Trace Schwartz	0:59:47		
<b>Plexis 21Km</b>	<b>17-May-09</b>		
<b>493 Finishers</b>			
386 Andrea Trout-Daniels	02:11:30		
<b>Plexis 21Km Walk</b>	<b>17-May-09</b>		
<b>48 Finishers</b>			
43 Claudia Trout	03:12:17		
<b>The Milkwood 10Km</b>	<b>10-May-09</b>		
<b>681 Finishers</b>			
271 Anne Cook	1:02:40		
436 Trish Struthers	1:10:11		
437 Weez Bramwell	1:10:11		
521 Lyndsey Mowatt	1:14:54		
577 Lynette Slabbert	1:21:54		
578 Andre Slabbert	1:21:55		
621 Claudia Trout	1:30:08		
676 Maureen Stein	1:51:56		

<b>The Milkwood 21Km</b>	<b>10-May-09</b>		
<b>950 Finishers</b>			
168 Colleen Hohlfeld	1:42:30		
174 Traviss Jacobs	1:43:01		
219 Rob Joubert	1:46:17		
	Hendricks		
484 Theo e	2:00:19		
521 Sharon Mcauliffe	2:02:20		
537 Graham Ford	2:03:42		
555 Marco Josephs	2:04:35		
753 Andrea Trout-	2:15:24		
792 John Josephs	2:19:14		
831 Neil Myburgh	2:22:42		
<b>Rola 10 Km Run / Walk</b>	<b>25-Apr-09</b>		
<b>423 Finishers</b>			
345 Marion Emsil	1:18:11		
358 Lynette Slabbert	1:19:34		
361 Andre Slabbert	1:19:57		
<b>Pro Sano 10Km Walk</b>	<b>18-Apr-09</b>		
<b>168 Finishers</b>			
56 Elza Olivier	1:16:49		
<b>Pro Sano 10Km</b>	<b>18-Apr-09</b>		
<b>979 Finishers</b>			
364 Kevin Weating	0:49:13		
497 Marco Josephs	0:55:16		
604 Tracy Schwartz	0:58:33		
<b>Two Oceans 56Km</b>	<b>11-Apr-09</b>		
<b>5,824 Finishers</b>			
Brenton Ashby	4:56:01		
Jannie De Villiers	4:58:47		
Trevor Sasman	5:07:29		
Robert De Monk	5:14:03		
Colleen Hohlfeld	5:19:18		
Elydia De Monk	5:43:14		
Monique Bessenger	5:51:16		
Nigel Davids	5:51:16		
Traviss Jacobs	5:53:26		
Eugene Cairncross	5:54:33		
Douglas Davey	5:57:25		
Jessie Davey	5:57:26		
Deon Riley	6:13:03		
Hugh Salvage	6:20:30		
Neil Myburgh	6:21:39		
Paul Murphy	6:27:21		
Shane Kooyman	6:28:28		
Craig Smith	6:38:08		
Marco Josephs	6:41:14		
Peter Powell	6:44:06		
Laura Hiddleston	6:44:53		
Graham Ford	6:49:24		
Pearl Smith	7:03:33		

<b>Two Oceans 21Km</b>		<b>11-Apr-09</b>	
<b>10,612 Finishers</b>			
Aamil	Bejai	1:48:09	
Robert	Joubert	1:53:50	
Siri	Moe	1:55:15	
Sharon	Mcauliffe	2:03:54	
Cicyn	Jose	2:06:38	
Theodore	Hendrickse	2:06:46	
Caroline	De Wet	2:07:10	
Wendy-Joy	Timmes	2:11:48	
Tracy	Schwartz	2:15:01	
Anne	Cook	2:18:43	
John	Josephs	2:25:22	
Estelle	Powell	2:33:21	
Debbie	Kemp	2:34:08	
Florites	De Gois	2:37:54	
Samantha	Murphy	2:38:17	
Lucia	Fernandes	2:38:35	
Andrew	Smith	2:40:02	
Weez	Bramwell	2:43:47	
Trish	Struthers	2:43:47	
Dawn	Moore	2:48:08	
Marion	Ensil	2:49:06	
Lynette	Slabbert	2:53:14	
Andre	Slabbert	2:53:15	
Jacqueline	Stewart	2:57:34	
Elza	Olivier	2:59:43	
<b>Spar Ladies 10Km</b>		<b>05-Apr-09</b>	
<b>4667 Finishers</b>			
405	Schwartz Tracy	0:58:36	
490	De Wit Juliana	0:59:50	
541	Trout- Daniels Andrea	1:00:54	
1419	Olivier Elza	1:16:23	
1468	Ensil Marion	1:17:21	
1894	Slabbert Lynette	1:24:05	
2181	Trout Claude	1:28:41	
<b>Kleinmond 21Km *</b>		<b>30-Mar-09</b>	
	Colleen Hohlfeld		
<b>Glenryck 30km</b>		<b>22-Mar-09</b>	
<b>1085 Finishers</b>			
247	Trevor Sasman	2:29:26	
255	Colleen Hohlfeld	2:30:18	
352	Robert De Monk	2:38:43	
506	Deon Riley	2:47:42	
685	Paul Murphy	2:55:56	
695	Graham Ford	2:56:26	
697	Eugene Cairncross	2:56:29	
747	Theodore Hendrickse	3:00:16	
775	Monique Bessenger	3:02:16	
793	Marco Josephs	3:03:56	
830	Craig Smith	3:06:35	
832	Elydia de Monk	3:06:42	
1006	Pearl Smith	3:27:02	
1016	Laura Hiddleston	3:30:56	

<b>Capestorm Uct Memorial 10Km</b>		<b>15-Mar-09</b>	
<b>1045 Finishers</b>			
740	Tracy Schwartz	1:03:17	
855	Samantha Murphy	1:07:37	
912	Adrian Hartman	1:11:05	
1022	Olza Oliver	1:23:08	
<b>Weskus 42km</b>		<b>14-Mar-09</b>	
<b>562 Finishers</b>			
105	Robert De Monk	3:40:27	
106	Brenton Ashby	3:40:27	
151	Trevor Sasman	3:47:23	
174	Colleen Hohlfeld	3:52:02	
212	Traviss Jacobs	4:00:05	
299	Raymond Wiesner	4:17:09	
305	Elydia De Monk	4:18:29	
309	Eugene Cairncross	4:19:16	
330	Glenn Muller	4:24:03	
360	Monique Bessenger	4:28:30	
379	Theodore Hendrickse	4:31:55	
392	Marco Josephs	4:34:47	
397	Jessie Davey	4:36:18	
398	Douglas Davey	4:36:19	
408	Graham Ford	4:39:23	
416	Laura Hiddleston	4:40:39	
426	Shane Kooyman	4:43:31	
493	Peter Powell	4:57:43	
<b>Weskus 21km</b>		<b>14-Mar-09</b>	
<b>685 Finishers</b>			
107	Tom Cinderey	1:44:56	
194	Wendy-joy Timmes	1:55:33	
525	Floripes De Gois	2:34:51	
526	Lucia Fernandes	2:35:05	
<b>Constantia Village 15Km</b>		<b>07-Mar-09</b>	
<b>1851 Finishers</b>			
171	Trevor Sasman	1:05:48	
331	Colleen Hohlfeld	1:12:06	
454	Traviss Jacobs	1:15:30	
532	Eugene Cairncross	1:17:36	
569	Nigel Davids	1:18:36	
595	Marco Josephs	1:19:08	
619	Deon Riley	1:19:35	
643	Peter Powell	1:20:30	
677	Rob Joubert	1:21:24	
773	Graham Ford	1:23:22	
777	Theo Hendricks	1:23:29	
933	Sharon Mcauliffe	1:26:47	
934	Caroline De Wet	1:26:48	
971	Laura Hiddleston	1:27:30	
1247	John Josephs	1:34:04	
1270	Andrea Trout-Daniels	1:34:47	
1418	Estelle Powell	1:38:55	
1592	Debbie Kemp	1:45:02	
1613	Samantha Murphy	1:46:07	
1711	Aamil Bejai	1:52:37	

<b>Constantia Village 15Km</b>			<b>07-Mar-09</b>
1734	Marion	Ensil	1:53:44
1735	Adrian	Hartman	1:53:50
1787	Lynette	Slabbert	1:59:05
1788	Andre	Slabbert	1:59:06
1820	Jacqui	Stewart	2:04:40
<b>Men's Health 10Km</b>			<b>04-Mar-09</b>
<b>1697 Finishers</b>			
78	Brenton	Ashby	0:39:45
175	Robert	De Monk	0:43:21
486	Elydia	De Monk	0:50:08
569	Marco	Josephs	0:51:44
585	Graham	Ford	0:51:58
618	Deon	Riley	0:52:30
1597	Lynette	Slabbert	1:17:47
<b>Koeberg 15Km</b>			<b>28-Feb-09</b>
<b>958 Finishers</b>			
279	Tom	Cinderey	1:18:33
368	Peter	Powell	1:24:00
616	Juliana	De Wit	1:35:47
731	Tracy	Schwartz	1:44:20
732	Estelle	Powel	1:44:20
785	Debbie	Kemp	1:49:24
846	Lucia	Fernandes	1:56:07
847	Floripes	De Gois	1:56:12
<b>Peninsula 42Km</b>			<b>22-Feb-09</b>
<b>1366 Finishers</b>			
211	Traviss	Jacobs	3:41:52
258	Colleen	Hohlfeld	3:47:58
259	Geetesh	Solanki	3:47:59
567	Eugene	Cairncross	4:11:58
746	Neil	Myburgh	4:25:32
777	Graham	Ford	4:27:49
961	Deon	Riley	4:40:15
970	Theodore	Hendricks	4:41:16
1093	Shane	Kooyman	4:53:03
1094	Peter	Powell	4:53:04
1142	Hugh	Salvage	4:55:38
1255	Monique	Bessenger	5:06:30
1256	Marco	Josephs	5:07:25
<b>Peninsula 21Km</b>			<b>22-Feb-09</b>
<b>850 Finishers</b>			
59	Trevor	Sasman	1:36:13
339	Aamil	Bejai	2:00:33
427	Elydia	De Monk	2:07:32
428	Robert	De Monk	2:07:39
539	Andrea	Trout-Daniels	2:17:18
549	Laura	Hiddleston	2:17:54
561	Juliana	De Wit	2:19:04
569	John	Josephs	2:19:53
766	Marion	Ensil	2:48:05
780	Lucia	Fernandes	2:53:38
788	Floripes	De Gois	2:54:34
789	Lynette	Slabbert	2:54:41
793	Andre	Slabbert	2:55:34
830	Claudia	Trout	3:13:56

<b>Top Form 10Km</b>			<b>14-Feb-09</b>
<b>675 Finishers</b>			
329	Andrea	Trout-Daniels	1:01:38
521	Marion	Ensil	1:17:00
616	Claudia	Trout	1:28:09
<b>Valentines 10Km</b>			<b>11-Feb-09</b>
<b>211 Finishers</b>			
33	Robert	De Monk	0:46:00
89	Elydia	De Monk	0:55:12
<b>Philip Rabinowitz 10Km Walk</b>			<b>07-Feb-09</b>
<b>433 Finishers</b>			
76	Marion	Ensil	1:15:54
105	Lynette	Slabbert	1:19:13
106	Andre	Slabbert	1:19:13
117	Elza	Olivier	1:20:38
221	Claudia	Trout	1:29:33
<b>The Lion Of Africa 42Km</b>			<b>07-Feb-09</b>
<b>1111 Finishers</b>			
158	Trevor	Sasman	1:39:49
190	Traviss	Jacobs	1:42:06
195	Robert	De Monk	1:42:25
242	Colleen	Hohlfeld	1:45:13
319	Brenton	Ashby	1:48:45
358	Cicyn	Jose	1:50:40
483	Rbo	Joubert	1:56:52
507	Deon	Riley	1:57:49
564	Elydia	De Monk	1:59:43
575	Marco	Josephs	2:00:01
603	Peter	Powell	2:01:34
610	Nigel	Davids	2:01:56
678	Graham	Ford	2:04:56
680	Theo	Hendrickse	2:05:00
714	Caroline	De Wet	2:07:14
946	John	Josephs	2:22:06
992	Andrea	Trout-Daniels	2:25:33
1032	Desmond	De Monk	2:29:45
<b>Kloofnek Classic 21.1Km</b>			<b>01-Feb-09</b>
<b>1001 Finishers</b>			
178	Traviss	Jacobs	1:50:51
265	Eugene	Cairncross	1:56:06
510	Paul	Murphy	2:09:34
613	Theo	Hendrickse	2:14:29
<b>Kloofnek Classic Marshalls 21.1Km</b>			<b>31-Jan-09</b>
<b>18 Finishers</b>			
2	Colleen	Hohlfeld	1:59:39
9	Caroline	De Wet	2:15:07
10	Niel	Myberg	2:17:00
<b>Dan Luyt 15Km</b>			<b>28-Jan-09</b>
<b>733 Finishers</b>			
349	Josephs	Marco	1:26:28

<b>Red Hill 42Km</b>			<b>24-Jan-09</b>
<b>604 Finishers</b>			
162	Colleen	Hohlfeld	3:50:41
179	Trevor	Sasman	3:54:37
188	Brenton	Ashby	3:55:25
197	Traviss	Jacobs	3:56:36
246	Geetesh	Solanki	4:04:32
388	Paul	Murphy	4:28:10
498	Hugh	Salvage	4:49:37
<b>Red Hill 36Km</b>			<b>24-Jan-09</b>
<b>721 Finishers</b>			
90	Robert	De Monk	3:06:49
287	Eugene	Cairncross	3:35:57
358	Neil	Myburgh	3:43:41
364	Elydia	De Monk	3:44:06
438	Monique	Bessenger	3:51:31
476	Nigel	Davids	3:54:40
495	Caroline	De Wet	3:56:30
496	Peter	Powell	3:56:31
510	Jessie	Davey	3:58:35
511	Douglas	Davey	3:58:35
518	Graham	Ford	3:59:01
525	Marco	Josephs	3:59:28
<b>KFC Brackenfell 10Km</b>			<b>21-Jan-09</b>
<b>890 Finishers</b>			
785	Ensil	Marion	1:19:10
817	Slabbert	Lynette	1:22:40
818	Slabbert	Andre	1:22:42
<b>Hohenort 15Km</b>			<b>17-Jan-09</b>
<b>1607 Finishers</b>			
159	Robert	De Monk	1:08:18
237	Trevor	Sasman	1:11:40
240	Jannie	De Villiers	1:11:54
281	Traviss	Jacobs	1:13:44
367	Colleen	Hohlfeld	1:16:37
406	Eugene	Cairncross	1:17:59
419	Siri	Moe	1:18:14
437	Jose	Cloyn	1:18:45
534	Deon	Riley	1:21:35
723	Wendy-Joy	Timmes	1:25:35
727	Neil	Myburgh	1:25:50
786	Elydia	De Monk	1:27:19
793	Marco	Josephs	1:27:32
800	Nigel	Davids	1:27:42
803	Aamil	Bejai	1:27:45
804	Peter	Powell	1:27:46
827	Paul	Murphy	1:28:03
873	Theo	Hendrickse	1:29:28
957	Graham	Ford	1:31:28
1062	Caroline	De Wet	1:34:07
1081	Rob	Andre	1:34:38
1235	John	Joseph	1:40:16
1282	Hugh	Salvage	1:42:17
1305	Laura	Hiddleston	1:43:08

<b>Hohenort 15Km</b>			<b>17-Jan-09</b>
1306	Tracy	Schwartz	1:43:08
1377	Anne	Cook	1:46:47
1396	Andrea	Trout-Daniels	1:47:55
1567	Elza	Olivier	2:09:00
<b>Bay To Bay 2 x 15Km Relay</b>			<b>11-Jan-09</b>
<b>250 Finishers</b>			
76	Siri	Moe	1:16:27
151	Wendy-Joy	Timmes	1:26:47
234	Adrian	Hartman	1:52:32
<b>Bay To Bay 30Km</b>			<b>11-Jan-09</b>
<b>1428 Finishers</b>			
165	Robert	De Monk	2:25:08
382	Colleen	Hohlfeld	2:40:46
445	Trevor	Sasman	2:44:58
453	Eugene	Cairncross	2:45:25
522	Paul	Murphy	2:49:30
664	Craig	Arendse	2:56:19
691	Traviss	Jacobs	2:57:22
816	Elydia	De Monk	3:03:00
998	Monique	Bessenger	3:14:08
1018	Shane	Kooyman	3:15:26
1020	Marco	Josephs	3:15:27
1083	Douglas	Davey	3:19:31
1084	Jessie	Davey	3:19:31
1114	Nigel	Davids	3:21:31
1115	Theo	Hendricks	3:21:32
1249	Peter	Powell	3:31:07
1262	Caroline	De Wet	3:32:39
1280	Tracy	Schwartz	3:34:34
<b>Poppy Road Race 15Km</b>			<b>03-Jan-09</b>
<b>654 Finishers</b>			
61	Robert	De Monk	1:05:44
171	Colleen	Hohlfeld	1:14:30
269	Deon	Riley	1:20:36
285	Neil	Myburgh	1:21:41
287	Paul	Murphy	1:22:02
321	Wendy-Joy	Timmes	1:24:03
322	Elydia	De Monk	1:24:03
461	Tracy	Schwartz	1:33:23
628	Elza	Olivier	2:05:39

**Come and join us at  
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**Southern Striders Athletics Club**  
Marist Sports Club  
Moolenberg Road  
Rondebosch  
Cape Town

**Chairperson** (Laura) 0839641756  
laura@redstable.co.za  
**Secretary** (Wendy-Joy)  
WTimmes@easypay.co.za  
**Editor** (Neil) nmyburgh@uwc.ac.za

[http://www.  
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