Prizes :	Motherwell Freedom Run 10km – 10th Edition				2022/04/23		
POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category :	**Overall Men**						
1	MELIKHAYA	FRANS	IKHAMVA AC	1	32	M	0.28.39
2	MATTHEWS	LEETO	NEDBANK KZN	6	31	M	0.29.36
3	FOLAVIA	SEHOHLE	TEMP	543	31	M	0.29.48
4	TETE	DIJANA	NEDBANK RC CNW	527	33	M	0.29.57
5	CWENGA	NOSE	IKHAMVA AC	2	21	M	0.30.11
Category :	**Overall Women**						
1	NWABISA	MJOLI	IKHAMVA AC	86	30	F	0.35.16
2	NTOMBESINTU	MFUNZI	NEDBANK RC	414	40	F	0.37.50
3	ANNALISE	SCHOLTZ	MADIBA BW	232	39	F	0.39.18
4	NOKHOLO	HLEZUPONDO	SANDF AC EP	48	43	F	0.41.53
5	TERRAY	POTHIER	ELITE A C	115	31	F	0.41.58
Category :	**Men 35 - 39**						
1	LUYANDA	TSHANGANA	IKHAMVA AC	4	38	M	0.31.24
2	KHAYA	GQWETHA	VUKANI MS CLUB	9	36	M	0.31.39
3	XOLISA	NDLUMBINI	VUKANI MS CLUB	10	39	M	0.31.50
Category :	**Ladies 35 - 39**						
1	ANNALISE	SCHOLTZ	MADIBA BW	232	39	F	0.39.18
2	ZANDILE	RUBUSHE	BOXER AC	231	37	F	0.43.06
3	ASANDA	ZAMISA	SIBALEKA NANI	509	38	F	0.43.55
Category :	**Men 40 - 49**						
1	GEORGE	NTSHILIZA	NEDBANK RC	97	42	M	0.32.16
2	XOLISILE	SINKINTANA	BOXER AC	233	43	M	0.33.04
3	ANELE	MALIZA	NEDBANK RC	70	44	M	0.33.24
Category :	**Ladies 40 - 49**						
1	NTOMBESINTU	MFUNZI	NEDBANK RC	414	40	F	0.37.50
2	NOKHOLO	HLEZUPONDO	SANDF AC EP	48	43	F	0.41.53
3	DAVERA	MAGSON	NEDBANK RC	422	47	F	0.42.32
Category :	**Men 50 - 59**						
1	DESMOND	ZIBI	IKHAMVA AC	218	58	M	0.34.27
2	MAKHAYA	MASUMPA	OXFORD STR	225	56	M	0.35.04
3	SITHEMBISO	YOZO	NEDBANK RC	216	57	M	0.36.21
Category :	**Ladies 50 - 59**						
1	CHRISTINE	CLAASEN	NEDBANK RC	294	57	F	0.42.29
2	MICHELLE	HOWES	IKHAMVA AC	131	53	F	0.42.45
3	CATHY	CURTAIN	MUIRITE STRIDER	24	51	F	0.46.14
Category :	**Men 60 - 69**						
1	ALAN	TAYLOR	ACHILLES AAA	336	64	M	0.42.14
2	CHARLES	BAATJIES	GELVAN AC	342	65	M	0.44.27
3	HAMILTON	MAZOMBA	TEMP	506	68	M	0.47.27
Category :	**Ladies 60 - 69**						
1	MARGIE	SAUNDERS	NEDBANK RC	171	68	F	0.43.41
2	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	479	61	F	0.51.20
3	ALETTA	JOUBERT	CRUSADERS AC	52	60	F	0.52.20
Category :	**Men 70 - 79**						
1	HANNES	ELS	MADIBA BW	34	72	M	0.43.44
2	EDDIE	EADES	NEDBANK RC	365	73	M	0.48.32
3	ALBERT	NGCANGA	XCEL AC	303	72	M	0.51.53
Category :	**Ladies 70 - 79**						
1	LIZ	JENKERSON	MUIRITE STRIDER	470	75	F	0.57.48
2	JOS	ELS	MADIBA BW	33	70	F	1.01.12
3	HELENE	OPPEL	ELITE A C	311	72	F	1.04.59
Category :	**Ladies 80 +**						
1	DOROTHY	HART	NEDBANK RC	373	84	F	1.26.19
Category :	**Junior Men**						
1	APHELELE	SEPTEMBER	ACT AC	330	17	M	0.33.03
2	OYAMA	NTANTISO	MOTHERWELL AC	495	17	M	0.33.12
3	NDOTO	JEKANA	KOWIE STRIDERS	381	17	M	0.33.22
4	KEANU	WELCH	ST ALBANS AC	532	16	M	0.33.47
5	SIYABONGA	RHAFUZA	TEMP	570	17	M	0.34.43

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category :	**Junior Ladies**						
1	ANKE	SERFONTEIN	SCHOOLS EPA	541	17	F	0.42.34
2	INDIPHILE	MKHOSANA	ACT AC	540	15	F	0.46.15
3	Akhanya	Ngesi	KOWIE STRIDERS	305	16	F	0.46.34
4	ILKE	WOLMARANS	ELITE A C	402	14	F	0.49.05
5	ABIGAIL	VAN DER BERG	ST ALBANS AC	192	16	F	0.51.30
Category :	**EPA Licenced Athletes**						
1	MELIKHAYA	FRANS	IKHAMVA AC		32		0.28.39
2	CWENGA	NOSE	IKHAMVA AC		21		0.30.11
3	ANDILE	MOTWANA	NEDBANK RC		25		0.30.12
Category :	**Senior Ladies**						
1	NWABISA	MJOLI	IKHAMVA AC		30		0.35.16
2	NTOMBESINTU	MFUNZI	NEDBANK RC		40		0.37.50
3	ANNALISE	SCHOLTZ	MADIBA BW		39		0.39.18