Prizes : NMB Colchester 10km incorporating EP Championships **Date: 2022/06/25**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	THABANG	MOSIAKO	BOXER AC	431	27	M	0.29.06
2	MELIKHAYA	FRANS	IKHAMVA AC	388	32	M	0.29.27
3	CWENGA	NOSE	IKHAMVA AC	446	21	M	0.30.05
4	ANDILE	MOTWANA	NEDBANK RC	114	25	M	0.30.09
5	LUYANDA	TSHANGANA	IKHAMVA AC	481	39	M	0.31.05
Category : Overall Women							
1	KELLY	VAN VLIET	NEDBANK RC	156	34	F	0.36.03
2	NTOMBESINTU	MFUNZI	NEDBANK RC	169	40	F	0.38.28
3	Kaitlyn	Wolff	ACHILLES AAA	198	19	F	0.40.15
4	LIZA-MARIE	KINGSTON	NEDBANK RC	409	40	F	0.40.51
5	TERRAY	POTHIER	ELITE A C	455	31	F	0.41.54
Category : Men 35 - 39							
1	LUYANDA	TSHANGANA	IKHAMVA AC	481	39	M	0.31.05
2	THULANI	MDLALO	TRANSNET ENG EP	2786	37	M	0.34.00
3	HOPEWELL	JABAVU	IKHAMVA AC	404	38	M	0.34.57
Category : Ladies 35 - 39							
1	ASANDA	ZAMISA	SIBALEKA NANI	2795	39	F	0.43.26
2	THERESA	BUCHNER	32GI EP AC	364	37	F	0.45.16
3	FIONA	FLEUR	CRUSADERS AC	330	37	F	0.47.44
Category : Men 40 - 49							
1	XOLISA	NDLUMBINI	VUKANI MS CLUB	277	40	M	0.32.38
2	GEORGE	NTSHILIZA	NEDBANK RC	120	42	M	0.33.03
3	ANELE	MALIZA	NEDBANK RC	82	44	M	0.34.30
Category : Ladies 40 - 49							
1	NTOMBESINTU	MFUNZI	NEDBANK RC	169	40	F	0.38.28
2	LIZA-MARIE	KINGSTON	NEDBANK RC	409	40	F	0.40.51
3	DAVERA	MAGSON	NEDBANK RC	68	47	F	0.42.42
Category : Men 50 - 59							
1	DESMOND	ZIBI	IKHAMVA AC	176	58	M	0.33.34
2	MAKHAYA	MASUMPA	BORN 2 RUN	342	56	M	0.35.22
3	LUVUYO	DYANI	MOTHERWELL AC	2772	52	M	0.36.31
Category : Ladies 50 - 59							
1	CHRISTINE	CLAASEN	NEDBANK RC	2387	57	F	0.43.24
2	JENE	BANFIELD	RUN 4 CHRIST AC	354	51	F	0.44.05
3	BURNITA	STRYDOM	RUN 4 CHRIST AC	313	53	F	0.48.34
Category : Men 60 - 69							
1	ALAN	TAYLOR	ACHILLES AAA	478	65	M	0.42.10
2	STEPHEN	MCCARTHY	CRUSADERS AC	2488	61	M	0.42.33
3	CHARLES	BAATJIES	GELVAN AC	350	65	M	0.43.24
Category : Ladies 60 - 69							
1	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	2475	61	F	0.49.27
2	MARIA	VAN ZYL	SAPS AC EP	491	63	F	0.52.12
3	ALETTA	JOUBERT	CRUSADERS AC	334	60	F	0.52.15
Category : Men 70 - 79							
1	EDDIE	EADES	NEDBANK RC	383	73	M	0.49.35
2	DON	CHARLES	MURRAY & ROBERT	367	73	M	0.51.43
3	ARMIN	BRANDLE	CHARLO AC	362	70	M	0.55.36
Category : Ladies 70 - 79							
1	LIZ	JENKERSON	MUIRITE STRIDER	2773	75	F	0.57.35
2	JEANETTE	PIENAAR	PEAAC	452	74	F	1.06.29
3	DENISE	TERBLANCHE	INFINITY AC	315	74	F	1.15.32
Category : Men 80 +							
1	GODFREY	KARIEM	GELVAN AC	2791	81	M	1.25.02
Category : Ladies 80 +							
1	DOROTHY	HART	NEDBANK RC	400	84	F	1.28.48
Category : Junior Men							
1	BRENDEN	WESSELS	RUN 4 CHRIST AC	247	16	M	0.33.46
2	OYAMA	NTANTISO	MOTHERWELL AC	2775	17	M	0.34.03
3	SIYABO	RHAFUZA	NEDBANK RC	170	17	M	0.34.54
4	BRYN	DUGMORE	TEMP	230	18	M	0.36.02
5	VUSEKANI	NOMTSHATSHO	CHILLIE EP	445	18	M	0.37.00
Category : Junior Ladies							
1	MIA-CARA	HART	SCHOOLS EPA	399	17	F	0.43.38
2	Anganathi	Mvakwendlu	TINARHA AC	2790	14	F	0.47.21
3	NOMANDLA	TOLWANA	CHILLIE EP	480	14	F	0.47.33
4	SESETHU	FULANI	SIBALEKA NANI	2763	19	F	1.22.58