Prizes : Despatch Superspar 10km **Date: 2022/08/13**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	BONGANI	BANDA	NEDBANK RC	1433	22	M	0.31.41
2	SIBAHLE	MAQWARA	NEDBANK RC	1338	20	M	0.31.44
3	SINETHEMBA	MIRELE	NEDBANK RC	1322	25	M	0.33.05
Category : Overall Women							
1	KAYLA	NELL	CHARLO AC	908	28	F	0.39.59
2	KARA	FOURIE	SCHOOLS EPA	4333	15	F	0.41.26
3	REFELOE	SOLOMONS	NEDBANK RC	1406	41	F	0.41.47
Category : Men 40 - 49							
1	MELIKHAYA	KEPE	NEDBANK RC	1336	46	M	0.34.16
2	GCOBANI	BEKWAPI	ELITE A C	1202	43	M	0.34.59
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	1406	41	F	0.41.47
2	CINDY	MARAIS	CHARLO AC	952	45	F	0.48.57
Category : Men 50 - 59							
1	NOEL	ADAMS	GELVAN AC	1728	50	M	0.36.24
2	AUGUST	ESAU	NEDBANK RC	2059	51	M	0.37.45
Category : Ladies 50 - 59							
1	AMANDA	SHAW	IKHAMVA AC	1001	57	F	0.49.01
2	BURNITA	STRYDOM	RUN 4 CHRIST AC	555	53	F	0.51.02
Category : Men 60 - 69							
1	JAN	VAN EEDEN	NEDBANK RC	1010	64	M	0.45.46
2	KOOS	OLIVIER	NEDBANK RC	1385	64	M	0.46.42
Category : Ladies 60 - 69							
1	ALETTA	JOUBERT	CRUSADERS AC	723	60	F	0.54.57
2	LYNETTE	CRAUSE	INFINITY AC	100	62	F	1.02.39
Category : Men 70 +							
1	DAVID	O'REILLY	NEDBANK RC	1464	74	M	0.57.07
2	TREVOR	VAN RENSBURG	CHARLO AC	926	70	M	0.57.26
Category : Ladies 70 +							
1	JOS	ELS	MADIBA BW	1632	70	F	1.00.24
Category : Junior Men							
1	CHRISTIANO	BROWN	ST ALBANS AC	4366	14	M	0.34.37
2	SIYABO	RHAFUZA	NEDBANK RC	20014	18	M	0.34.39
Category : Junior Ladies							
1	KARA	FOURIE	SCHOOLS EPA	4333	15	F	0.41.26
2	Hadigah	Fulani	SIBALEKA NANI	4412	19	F	1.16.30