Prizes : Volkswagen 10km **Date: 2022/08/20**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	ANDILE	MOTWANA	NEDBANK RC	1361	25	M	0.31.09
2	BONGANI	BANDA	NEDBANK RC	1433	22	M	0.32.13
3	SINETHEMBA	MIRELE	NEDBANK RC	1322	25	M	0.34.12
Category : Overall Women							
1	NTOMBESINTU	MFUNZI	NEDBANK RC	1405	40	F	0.38.51
2	REBECCA	JORDAAN	32GI EP AC	1489	31	F	0.42.12
3	DAVERA	MAGSON	NEDBANK RC	1394	47	F	0.44.27
Category : Men 40 - 49							
1	MASANDE	MLONYENI	CHARLO AC	994	41	M	0.35.50
2	GCOBANI	BEKWAPI	ELITE A C	1202	43	M	0.35.51
3	MNCEDI	KHANTI	TINARHA AC	254	42	M	0.36.59
Category : Ladies 40 - 49							
1	NTOMBESINTU	MFUNZI	NEDBANK RC	1405	40	F	0.38.51
2	DAVERA	MAGSON	NEDBANK RC	1394	47	F	0.44.27
3	ROMMANY	ROGERS	32GI EP AC	1501	40	F	0.46.19
Category : Men 50 - 59							
1	NOEL	ADAMS	GELVAN AC	1728	50	M	0.37.12
2	AUGUST	ESAU	NEDBANK RC	2059	51	M	0.38.27
3	LUVUYO	DYANI	MOTHERWELL AC	182	52	M	0.40.23
Category : Ladies 50 - 59							
1	JENE	BANFIELD	RUN 4 CHRIST AC	558	51	F	0.45.14
2	AMANDA	SHAW	IKHAMVA AC	1001	57	F	0.49.25
3	CATHY	CURTAIN	MUIRITE STRIDER	278	51	F	0.49.33
Category : Men 60 - 69							
1	ALAN	TAYLOR	ACHILLES AAA	1083	65	M	0.43.36
2	PETER	NTSHIKILA	TINARHA AC	264	60	M	0.43.59
3	JAN	VAN EEDEN	NEDBANK RC	1010	64	M	0.47.43
Category : Ladies 60 - 69							
1	THOBEKA	MABUSELA	VUKANI MS CLUB	1802	60	F	1.07.18
2	CHRISTINE	SNYMAN	TEMP	5056	66	F	1.10.28
3	IRENE	VAN ROOYEN	RAND ATH CLUB	6238	60	F	1.17.01
Category : Men 70 +							
1	SIZINZO	KAMA	ACHILLES AAA	1059	71	M	0.55.59
2	DAVID	O'REILLY	NEDBANK RC	1464	74	M	0.57.03
3	TREVOR	VAN RENSBURG	CHARLO AC	926	70	M	0.57.20
Category : Ladies 70 +							
1	HELENE	OPPEL	ELITE A C	1231	72	F	1.06.42
2	ANNA	LE ROUX	MUIRITE STRIDER	325	75	F	1.39.00
Category : Junior Men							
1	SIYABO	RHAFUZA	NEDBANK RC	20012	18	M	0.35.23
2	VUSEKANI	NOMTSHATSHO	CHILLIE EP	20225	18	M	0.37.50
3	AKHONA	Tembani	CHILLIE EP	20139	16	M	0.37.59
Category : Junior Ladies							
1	AKHONA	ZAKE	CHILLIE EP	4419	17	F	0.48.48
2	NOMANDLA	TOLWANA	CHILLIE EP	20227	14	F	0.49.30
3	Anam	Ngantweni	CHILLIE EP	20229	17	F	0.58.41