Prizes : Galaxy Bingo Heartbreak Hill 21.1km **Date: 2023/05/06**

Category :Overall Men

1	ANDILE	MOTWANA	NEDBANK RC	209	26	M	1.09.15
2	XOLISA	NDLUMBINI	VUKANI MS CLUB	127	40	M	1.12.57
3	KHAYA	GQWETHA	VUKANI MS CLUB	324	37	M	1.13.04
4	LUCKMORE	SIAJENI	ACHILLES AAA	500	29	M	1.13.49
5	GEORGE	NTSHILIZA	NEDBANK RC	359	43	M	1.14.09

Category : Overall Women

1	KAYLA	NELL	CHARLO AC	355	28	F	1.28.37
2	LINDIE	STEYN	MIDACK A C	490	36	F	1.29.29
3	KAITLYN	WOLFF	ACHILLES AAA	470	20	F	1.33.06
4	INGE	WILLIAMS	NEDBANK RC	499	33	F	1.33.48
5	THERESA	BUCHNER	32GI EP AC	536	37	F	1.34.54

Category : Men 35 - 39

1	KHAYA	GQWETHA	VUKANI MS CLUB	324	37	M	1.13.04
2	SIBUSISO	THU	NEDBANK RC	265	35	M	1.16.14
3	VUYISILE	SIMAYILE	NEDBANK RC	174	36	M	1.35.35
4	KESETSELEM	THAGAKANE	HOLLYWOOD BETS	480	39	M	1.36.24
5	QAWE	MAJIZA	TEMP	612	36	M	1.39.24

Category : Ladies 35 - 39

1	LINDIE	STEYN	MIDACK A C	490	36	F	1.29.29
2	THERESA	BUCHNER	32GI EP AC	536	37	F	1.34.54
3	ASANDA	ZAMISA	SIBALEKA NANI	448	39	F	1.41.13
4	SIBONGILE	MGQEBA	VUKANI MS CLUB	26	36	F	1.44.47
5	SITHA	SIGENU	REAL GIJIMAS	494	39	F	1.46.44

Category : Men 40 - 49

1	XOLISA	NDLUMBINI	VUKANI MS CLUB	127	40	M	1.12.57
2	GEORGE	NTSHILIZA	NEDBANK RC	359	43	M	1.14.09
3	MELIKHAYA	KEPE	NEDBANK RC	132	46	M	1.15.19
4	MILA	PASIYA	NEDBANK RC	293	43	M	1.17.14
5	GCOBANI	BEKWAPI	ELITE A C	395	43	M	1.18.13

Category : Ladies 40 - 49

1	REFELOE	SOLOMONS	NEDBANK RC	741	41	F	1.38.48
2	NELIA	JACOBS	JEFFREYS BAY AC	326	44	F	1.42.44
3	SANNAH	MPUKULA	BODY CONCEPT	391	49	F	1.53.11
4	JANINE	WHITTAL	ELITE A C	444	42	F	1.53.39
5	JUANITA	FULLER	ALBANY RUNNERS	62	46	F	2.02.32

Category : Men 50 - 59

1	PAUL	WOLFF	ACHILLES AAA	468	54	M	1.21.29
2	NOEL	ADAMS	GELVAN AC	301	50	M	1.21.34
3	MUTEKILE	RASMENI	NEDBANK RC	366	58	M	1.24.30
4	MALIBONGWE	MBELU	NEDBANK RC	555	50	M	1.25.06
5	WELCOME	LOLIWE	NEDBANK RC	338	58	M	1.25.35

Category : Ladies 50 - 59

1	MICHELLE	HOWES	IKHAMVA AC	269	54	F	1.39.40
2	SUZETTE	VICTOR	NEDBANK RC	664	52	F	1.41.49
3	BURNITA	STRYDOM	RUN 4 CHRIST AC	377	54	F	1.42.47
4	AMANDA	SHAW	BODY CONCEPT	170	58	F	1.50.17
5	SHARON	JESSOP	NEDBANK RC	234	53	F	1.53.09

Category : Men 60 - 69

1	THOZAMILE	BOKOLO	MADIBAZ AC	400	61	M	1.34.34
2	STEPHEN	MCCARTHY	CRUSADERS AC	479	62	M	1.38.39
3	KOOS	OLIVIER	NEDBANK RC	472	65	M	1.39.36

Category : Ladies 60 - 69

1	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	473	62	F	1.55.50
2	DIANA	MARAIS	TEMP	582	65	F	2.08.37
3	CATHY	ALLERS	ELITE A C	393	61	F	2.09.44

Category : Men 70 - 79

1	HANNES	ELS	MADIBA BW	51	73	M	1.41.43
2	DON	CHARLES	NEDBANK RC	403	74	M	1.47.07
3	TREVOR	VAN RENSBURG	CHARLO AC	383	70	M	1.58.48

Category : Ladies 70 - 79

1	JOS	ELS	MADIBA BW	52	71	F	2.17.09
2	LIZ	JENKERSON	MUIRITE STRIDER	83	76	F	2.21.36

Category : Junior Men

1	SIBUSISO	COLEPI	MOTHERWELL AC	667	18	M	1.17.05
2	VUSEKANI	NOMTSHATSHO	CHILLIE RC	519	19	M	1.20.39
3	AKHONA	Tembani	CHILLIE RC	525	17	M	1.22.19
4	AVELA	QUTU	YOUTH FC AC	668	19	M	1.29.16
5	SINELIZWI	VENENE	CHILLIE RC	524	15	M	1.30.13

Category : Junior Ladies

1	AKHONA	ZAKE	CHILLIE RC	522	17	F	1.49.00