

Prizes : Crusaders 10km**Date: 2025/10/11**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	KEANU	DOMINGO	NWU PUKKE	1584	23	M	0.29.52
2	MELIKHAYA	FRANS	IKHAMVA AC	438	35	M	0.30.20
3	LITHEBE	MENZELELELI	IKHAMVA AC	440	26	M	0.30.21
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	431	44	F	0.38.39
2	DESNAY	O'GRADY	SCHOOLS EPA	1480	15	F	0.41.15
3	NATIA	GOUS	TEMP	480	34	F	0.42.24
Category : Men 40 - 49							
1	LUYANDA	TSHANGANA	IKHAMVA AC	447	42	M	0.33.00
2	MZWANELE	MAPHEKULA	IKHAMVA AC	444	49	M	0.33.48
3	KHAYA	GQWETHA	VUKANI MSC	49	40	M	0.34.18
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	431	44	F	0.38.39
2	NTOMBESINTU	MFUNZI	NEDBANK RC	449	43	F	0.42.30
3	CINDY	MARAIS	CHARLO AC	319	48	F	0.45.22
Category : Men 50 - 59							
1	NOEL	ADAMS	ELITE A C	217	53	M	0.37.06
2	ERROL	WHITTAL	ELITE A C	551	50	M	0.38.26
3	SLULAMI	JACK	TRANSNET ENG EP	2181	50	M	0.39.43
Category : Ladies 50 - 59							
1	BURNITA	STRYDOM	RUN 4 CHRIST AC	133	57	F	0.48.23
2	JUDY	GERBER	RUN 4 CHRIST AC	46	59	F	0.49.24
3	SANETTE	RYAN	ELITE A C	377	55	F	0.50.00
Category : Men 60 - 69							
1	ALAN	TAYLOR	ACHILLES AAA	451	68	M	0.46.19
2	CHESTER	BROOKS	XCEL AC	10	67	M	0.48.48
3	GRAHAM	TERBLANCHE	MADIBAZ AC	136	60	M	0.50.46
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	1631	61	F	0.46.30
2	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	120	65	F	0.53.10
3	THANDI	NKWANDLA	NEDBANK RC	107	60	F	0.54.16
Category : Men 70 +							
1	LEONARD	CONRADIE	BLUEWATER BAY	18	71	M	0.49.59
2	RAYMOND	WEITZ	NEDBANK RC	150	70	M	0.50.37
3	PERCY	DALTON	ACHILLES AAA	261	77	M	0.52.08
Category : Ladies 70 +							
1	CATHY	IVES	ACHILLES AAA	2175	72	F	1.10.26
2	MARLENE	TERBLANCE	ELITE A C	400	75	F	1.21.07
3	DENISE	TERBLANCHE	INFINITY AC	401	78	F	1.25.39
Category : Junior Men							
1	LUKHANYISO	APRIL	IKHAMVA AC	441	17	M	0.32.53
2	OKUHLE	DLOTO	IKHAMVA AC	442	18	M	0.33.12
3	SEMIHLE	BEDA	IKHAMVA AC	443	18	M	0.33.46
Category : Junior Ladies							
1	DESNAY	O'GRADY	SCHOOLS EPA	1480	15	F	0.41.15
2	CARLA	CLOTZ	SCHOOLS EPA	16	18	F	0.48.16
3	LEANDI	VAN TONDER	TEMP	9623	14	F	0.53.15
Category : Men 80 +							
1	HERMAN	DEKKER	SAPS AC EP	264	80	M	1.17.39
2	GODFREY	KARIEM	GELVAN AC	63	85	M	1.45.35