Prizes : The Local Choice Pharmacy Govan Mbeki 10km **Date: 2025/08/10**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	CWENGA	NOSE	PHANTANE AC	364	24	M	0.29.09
2	MELIKHAYA	FRANS	IKHAMVA AC	1	35	M	0.29.24
3	ANDILE	MOTWANA	NEDBANK RC	3	28	M	0.30.17
4	LITHOBE	MENZELELELI	IKHAMVA AC	4	25	M	0.30.21
5	SINETHEMBA	JILINGISI	HAVEN HILLS AC	428	22	M	0.30.28
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	52	44	F	0.37.26
2	KAITLYN	WOLFF	ACHILLES AAA	240	23	F	0.39.02
3	AMANDA	DETSHE	MADIBAZ AC	86	21	F	0.39.02
4	KELLY	VAN VLIET	NEDBANK RC	29	37	F	0.39.18
5	LEIGH	CALLAGHAN	ACHILLES AAA	72	30	F	0.39.22
Category : Men 35 - 39							
1	MELIKHAYA	FRANS	IKHAMVA AC	1	35	M	0.29.24
2	MASIXOLE	NTLOKO	IKHAMVA AC	17	35	M	0.33.52
3	SIYANDA	PETER	BLUEWATER BAY	193	36	M	0.36.00
Category : Ladies 35 - 39							
1	KELLY	VAN VLIET	NEDBANK RC	29	37	F	0.39.18
2	SIBONGILE	MGQEBA	VUKANI MSC	399	38	F	0.44.27
3	OLWETHU	BOMVANA	CHILLIE EP	419	39	F	0.46.17
Category : Men 40 - 49							
1	MZWANELE	MAPHEKULA	IKHAMVA AC	14	48	M	0.32.40
2	GEORGE	NTSHILIZA	SIBALEKA NANI	421	45	M	0.32.57
3	KHAYA	GQWETHA	VUKANI MSC	103	40	M	0.33.09
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	52	44	F	0.37.26
2	THERESA	BUCHNER	32GI EP AC	431	40	F	0.42.48
3	FREDAH	NCUBE	MADIBAZ AC	398	43	F	0.46.43
Category : Men 50 - 59							
1	XOLILE	NDINGANE	NEDBANK RC	24	53	M	0.35.48
2	LUVUYO	DYANI	NEDBANK RC	28	55	M	0.37.38
3	PAUL	WOLFF	ACHILLES AAA	241	57	M	0.38.08
Category : Ladies 50 - 59							
1	NOLEEN	AMBRAAL	DESPATCH AC	425	55	F	0.52.57
2	LISLE	MATTHEWS	ELITE A C	160	51	F	0.53.47
3	THERESA	OOSTHUIZEN	DESPATCH AC	191	54	F	0.53.51
Category : Men 60 - 69							
1	DESMOND	ZIBI	IKHAMVA AC	13	61	M	0.33.30
2	MUTEKILE	RASMENI	NEDBANK RC	53	60	M	0.40.29
3	WELCOME	LOLIWE	NEDBANK RC	405	60	M	0.40.52
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	109	60	F	0.44.56
2	MARGARET	LLOYD	CRUSADERS AC	139	61	F	0.50.25
3	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	378	64	F	0.51.59
Category : Men 70 +							
1	LEONARD	CONRADIE	BLUEWATER BAY	80	71	M	0.48.31
2	ALBERT	NGCANGA	XCEL AC	180	75	M	0.54.56
3	SIZINZO	KAMA	ACHILLES AAA	401	74	M	0.58.04

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Ladies 70 +							
1	JOAN	MARLBOROUGH	CRUSADERS AC	146	70	F	0.57.27
2	ROZETTA	KEMP	RUN 4 CHRIST AC	124	71	F	0.57.41
Category : Junior Men							
1	ENDINAKO	JOLA	MOTHERWELL AC	424	16	M	0.32.13
2	LUKHANYISO	APRIL	IKHAMVA AC	377	17	M	0.32.31
3	OKUHLE	DLOTO	IKHAMVA AC	9	18	M	0.32.55
Category : Junior Ladies							
1	DESNAY	O'GRADY	SCHOOLS EPA	189	14	F	0.39.39
2	ZINTLE	XHONTI	MOTHERWELL AC	423	17	F	0.40.14
3	HLENGIWE	NKOSI	MADIBAZ AC	185	19	F	0.40.56
Category : Men 80 +							
1	GODFREY	KARIEM	GELVAN AC	450	84	M	1.39.10