

Prizes : Gelvandale 10KM**Date: 2025/09/20**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	MELIKHAYA	FRANS	IKHAMVA AC	1	35	M	0.29.53
2	ANDILE	MOTWANA	NEDBANK RC	3	28	M	0.30.23
3	KEANU	DOMINGO	NWU PUKKE	9602	23	M	0.30.43
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	189	44	F	0.38.50
2	KELLY	VAN VLIET	NEDBANK RC	2256	37	F	0.39.28
3	BIANCA	MEISTRE	32GI EP AC	1203	40	F	0.40.14
Category : Men 35 - 39							
1	MELIKHAYA	FRANS	IKHAMVA AC	1	35	M	0.29.53
2	GIFT	CHIGOMARAWA	OXFORD STR	9544	37	M	0.32.34
3	MAIXOLE	NTLOKO	IKHAMVA AC	1287	35	M	0.35.20
Category : Ladies 35 - 39							
1	KELLY	VAN VLIET	NEDBANK RC	2256	37	F	0.39.28
2	INGE	WILLIAMS	NEDBANK RC	174	36	F	0.44.43
3	SIBONGILE	MGQEBA	VUKANI MSC	9693	38	F	0.46.35
Category : Men 40 - 49							
1	KHAYA	GQWETHA	VUKANI MSC	9554	40	M	0.32.25
2	LUYANDA	TSHANGANA	IKHAMVA AC	9	42	M	0.33.03
3	THULANI	MDLALO	NEDBANK RC	2207	40	M	0.33.31
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	189	44	F	0.38.50
2	BIANCA	MEISTRE	32GI EP AC	1203	40	F	0.40.14
3	NTOMBESINTU	MFUNZI	NEDBANK RC	2258	43	F	0.40.49
Category : Men 50 - 59							
1	LUVUYO	DYANI	NEDBANK RC	9747	55	M	0.37.20
2	NOEL	ADAMS	ELITE A C	1207	53	M	0.37.39
3	SANDISO	NGXISHE	CHILLIE EP	9757	55	M	0.37.45
Category : Ladies 50 - 59							
1	BURNITA	STRYDOM	RUN 4 CHRIST AC	158	57	F	0.47.33
2	JUDY	GERBER	RUN 4 CHRIST AC	53	59	F	0.48.52
3	SANETTE	RYAN	ELITE A C	1221	55	F	0.50.06
Category : Men 60 - 69							
1	DESMOND	ZIBI	IKHAMVA AC	1290	61	M	0.36.47
2	MZOLI	MPALALA	BOXER AC	1174	63	M	0.39.49
3	MUTEKILE	RASMENI	NEDBANK RC	1294	60	M	0.41.44
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	9687	61	F	0.47.24
2	THANDIWE	NKWANDLA	NEDBANK RC	128	60	F	0.52.27
3	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	1198	65	F	0.53.00
Category : Men 70 +							
1	ROGER	TRADER	ACHILLES AAA	2273	71	M	0.46.22
2	RAYMOND	WEITZ	NEDBANK RC	9565	70	M	0.49.44
3	LEONARD	CONRADIE	BLUEWATER BAY	1141	71	M	0.50.03
Category : Ladies 70 +							
1	ROZETTA	KEMP	RUN 4 CHRIST AC	73	71	F	0.58.10
2	JOS	ELS	MADIBA BW	1276	73	F	1.06.10
3	TINA	DERBYSHIRE	SAPS AC EP	1281	71	F	1.13.52
Category : Junior Men							
1	ENDINAKO	JOLA	MOTHERWELL AC	9562	17	M	0.32.31
2	OKUHLE	DLOTO	IKHAMVA AC	8	18	M	0.32.35
3	LUKHANYISO	APRIL	IKHAMVA AC	1292	17	M	0.33.00
Category : Junior Ladies							
1	ABBIE	MITCHELL	MADIBAZ AC	7171	18	F	0.40.23
2	HLENGIWE	NKOSI	MADIBAZ AC	7173	19	F	0.42.41
3	KYLIE	VERMAAK	ELITE A C	2266	18	F	0.46.03
Category : Men 80 +							
1	HERMAN	DEKKER	SAPS AC EP	1280	80	M	1.13.30
2	GODFREY	KARIEM	GELVAN AC	9749	84	M	1.43.56
Category : Ladies 80 +							
1	ORGIA	NELL	MUIRITE STRIDER	9607	82	F	1.30.31