Prizes : Aspen 10KM **Date: 2025/11/29**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	ANDILE	MOTWANA	NEDBANK RC	2035	28	M	0.31.55
2	GIFT	CHIGOMARAWA	OXFORD STR	2262	37	M	0.32.44
3	ARCHIE	ZAKE	CHILLIE EP	2148	25	M	0.33.06
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	2049	44	F	0.38.43
2	KAYLA	VAN RENSBURG	CHARLO AC	2172	31	F	0.39.22
3	NTOMBESINTU	MFUNZI	NEDBANK RC	2032	43	F	0.40.21
Category : Men 35 - 39							
1	GIFT	CHIGOMARAWA	OXFORD STR	2262	37	M	0.32.44
2	JEMAIN	WILSON	TEAM VITALITY E	1761	37	M	0.38.17
3	ZUKISANI	NJOKWENI	ST ALBANS AC	2261	36	M	0.41.04
Category : Ladies 35 - 39							
1	BERNICE	NEL	HEAT AC	1675	38	F	0.49.07
2	BOMKAZI	NTONI	ACHILLES AAA	1683	38	F	0.51.36
3	ANELISA	MAGAMA	REAL GIJIMAS	2208	38	F	0.52.04
Category : Men 40 - 49							
1	KHAYA	GQWETHA	VUKANI MSC	1561	40	M	0.34.51
2	GEORGE	NTSHILIZA	SIBALEKA NANI	2295	46	M	0.35.26
3	THULANI	MDLALO	NEDBANK RC	2037	40	M	0.36.08
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	2049	44	F	0.38.43
2	NTOMBESINTU	MFUNZI	NEDBANK RC	2032	43	F	0.40.21
3	CINDY	MARAIS	CHARLO AC	2092	48	F	0.43.57
Category : Men 50 - 59							
1	LUVUYO	DYANI	NEDBANK RC	2252	55	M	0.37.56
2	ERROL	WHITTAL	ELITE A C	1757	50	M	0.38.00
3	ANDILE	NYOKA	CHARLO AC	2096	52	M	0.38.44
Category : Ladies 50 - 59							
1	BURNITA	STRYDOM	RUN 4 CHRIST AC	1730	57	F	0.47.33
2	SANETTE	RYAN	ELITE A C	2013	55	F	0.49.35
3	YOLANDIE	LANDMAN	RUN 4 CHRIST AC	1620	50	F	0.50.56
Category : Men 60 - 69							
1	MUTEKILE	RASMENI	NEDBANK RC	1786	60	M	0.41.00
2	GAVIN	ROGERS	CRUSADERS AC	1708	61	M	0.44.12
3	CHESTER	BROOKS	XCEL AC	1782	67	M	0.49.02
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	2034	61	F	0.46.52
2	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	2184	65	F	0.51.30
3	JOHANNETTE	OOSTHUIZEN	BODY CONCEPT	2203	61	F	0.52.00
Category : Men 70 +							
1	LEONARD	CONRADIE	BLUEWATER BAY	1296	71	M	0.50.10
2	DON	CHARLES	NEDBANK RC	2146	76	M	0.52.44
3	PERCY	DALTON	ACHILLES AAA	2047	77	M	0.53.07
Category : Ladies 70 +							
1	CATHY	IVES	ACHILLES AAA	2043	72	F	1.07.42
2	MARLENE	TERBLANCE	ELITE A C	2021	75	F	1.19.22
3	DENISE	TERBLANCHE	INFINITY AC	1731	78	F	1.30.25
Category : Junior Men							
1	ASONGE	MTHANA	NEDBANK RC	2038	18	M	0.34.16
2	JOHAN	DYER	TEMP	2111	17	M	0.52.20
3	CONNOR	BIRD	ELITE A C	1191	14	M	0.57.00
Category : Junior Ladies							
1	ABBIE	MITCHELL	MADIBAZ AC	2186	19	F	0.45.26
2	MINIQUE	VAN TONDER	DESPATCH AC	1745	19	F	1.02.22
3	STEFANI	LAMBRECHTS	DESPATCH AC	1616	15	F	1.14.03