

NMB HUMAN RACE								
Course: 10 Km								
Start time: 2026-03-21 06:30:01								
FEMALE AGE GROUP: JUNIOR								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	DESNAV	O'GRADY	4918	15	Junior	IKHAMVA	F	39:08.679
2	ZINTLE	XHONTI	4901	17	Junior	MOTHER	F	44:49.543
3	KYLIE	VERMAAK	4833	18	Junior	ELITEAC	F	47:49.102
MALE AGE GROUP: JUNIOR								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	THANDOLWETHU	MATSALO	4917	18	Junior	IKHAMVA	M	31:33.921
2	ENDINAKO	JOLA	4902	17	Junior	MOTHER	M	31:40.841
3	LUKHANYISO	APRIL	4916	17	Junior	IKHAMVA	M	31:58.874
FEMALE AGE GROUP: 35-39								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	SIBONGILE	MGQEBA	4911	39	35-39	NEDBANK	F	51:10.723
2	MICHA	CRONJE	4735	36	35-39	32GI	F	52:32.889
3	CARLA	GILLWALD	4749	37	35-39	MADIBA	F	53:11.601
MALE AGE GROUP: 35-39								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	ZOLANI	MABONGO	4994	39	35-39	NEDBANK	M	33:16.183
2	RODNEY	PRINS	4526	37	35-39	RUN4C	M	34:20.920
3	VUYISILE	SIMAYILE	4910	49	35-39	NEDBANK	M	46:11.099
FEMALE AGE GROUP: 40-49								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	NTOMBESINTU	MFUNZI	4920	44	40-49	NEDBANK	F	41:56.620
2	FREDAH	NCUBE	4791	43	40-49	BESTMED	F	45:21.091
3	LINDI	VAN TONDER	4971	48	40-49	CHARLO	F	52:35.083
MALE AGE GROUP: 40-49								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	GEORGE	NTSHILIZA	4567	46	40-49	ACH	M	35:02.916
2	GCOBANI	BEKWHAPI	4727	46	40-49	ELITEAC	M	35:05.650
3	MNCEDI	KHANTI	4992	46	40-49	NEDBANK	M	36:12.026
FEMALE AGE GROUP: 50-59								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	ADRI	WESSELS	4835	50	50-59	RUN4C	F	42:19.203
2	BURNITA	STRYDOM	4943	57	50-59	RUN4C	F	55:37.313
3	BRONWIN	MEYER	4780	53	50-59	32GI	F	59:40.591
MALE AGE GROUP: 50-59								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	THOBILE	XATA	4979	51	50-59	TEMP	M	44:00.750
2	PAUL	WOLFF	4951	57	50-59	ACH	M	45:34.482
3	ELROY	MATTHEWS	4974	56	50-59	NEDBANK	M	49:55.778
FEMALE AGE GROUP: 60-69								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JANETTE	SCHIERZ-CRUSIUS	4944	65	60-69	BODYCON	F	51:53.869
3	BELINDA	BAIN	4958		60-69	CHARLO	F	00:56:56
4	ANNALIE	STRYDOM	4721	62	60-69	MUIRITE	F	1:03:24.690

MALE AGE GROUP: 60-69								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	WELCOME	LOLIWE	4886	61	60-69	TEMP	M	48:39.454
2	SITHEMBILE	MPAKO	4950	65	60-69	NEDBANK	M	50:35.642
3	PIETER	STRYDOM	4954	64	60-69	DESPATCH	M	54:21.196
FEMALE AGE GROUP: 70-79								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JOAN	MARLBOROUGH	4946	71	70-79	CRUSADE	F	57:01.743
2	ROZETTA	KEMP	4764	72	70-79	RUN4C	F	1:05:01.174
3	CATHY	IVES	4947	72	70-79	ACH	F	1:05:03.658
MALE AGE GROUP: 70-79								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	LES	HARTY	4922	72	70-79	NEDBANK	M	57:52.804
2	TREVOR	VAN RENSBURG	4970	73	70-79	CHARLO	M	59:59.094
3	SIZINZO	KAMA	4540	74	70-79	ACH	M	1:06:50.810
MALE AGE GROUP: 80+								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JOHANNES	HERBST	4923	80	80+	MUIRITE	M	1:14:36.267
2	GODFREY	KARIEM	4887	80	80+	GELVAN	M	01:37:17
FEMALE AGE GROUP: OPEN								
Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	DESNAY	O'GRADY	4918	15	Junior	IKHAMVA	F	39:08.679
2	AMANDA	DETSHE	4743	21	Open	BESTMED	F	40:04.757
3	KAITLYN	WOLFF	4836	23	Open	ACH	F	40:59.141
MALE AGE GROUP: OPEN								
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1	THANDOLWETHU	MATSALO	4917	18	Junior	IKHAMVA	M	31:33.921
2	ENDINAKO	JOLA	4902	17	Junior	MOTHER	M	31:40.841
3	LUKHANYISO	APRIL	4916	17	Junior	IKHAMVA	M	31:58.874