Prizes : NMB Choose to Challenge Baywest 10km **Date: 2026/08/01**

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Overall Men							
1	CWENGA	NOSE	PHANTANE AC	468	25	M	0.29.27
2	KEANU	DOMINGO	TUKKIES	589	24	M	0.29.39
3	MELIKHAYA	FRANS	IKHAMVA AC	1	36	M	0.30.05
4	SINAWO	POTI	IKHAMVA AC	2	24	M	0.30.06
5	ANDILE	MOTWANI	NEDBANK RC	4	29	M	0.30.29
Category : Overall Women							
1	REFELOE	SOLOMONS	NEDBANK RC	15	45	F	0.37.42
2	KELLY	VAN VLIET	NEDBANK RC	14	38	F	0.37.58
3	DESNAY	O'GRADY	IKHAMVA AC	16	15	F	0.38.19
4	ABBIE	MITCHELL	BESTMED	784	19	F	0.38.56
5	THERESA	BUCHNER	32GI EP AC	408	41	F	0.42.22
Category : Junior Men							
1	THANDOLWET	MATSALO	IKHAMVA AC	3	19	M	0.30.50
2	ENDINAKO	JOLA	MOTHERWELL AC	919	17	M	0.32.19
3	CHRISTIANO	BROWN	TEMP	831	18	M	0.32.47
4	AGCOBILE	JEZILE	ACHILLES AAA	655	17	M	0.33.13
5	ANTON	AVENATHI	SIBALEKA NANI	740	19	M	0.33.51
Category : Junior Ladies							
1	DESNAY	O'GRADY	IKHAMVA AC	16	15	F	0.38.19
2	KYLIE	DORFLING	NEDBANK RC	699	14	F	0.42.44
3	RENEL	BILLSON	JEFFREYS BAY AC	641	15	F	0.48.24
4	STACEY	DE RIDDER	ELITE A C	320	17	F	0.52.59
5	KEISHA	HARKER	ATLANTIC ACES	64	15	F	0.53.45
Category : Men 35 - 39							
1	MELIKHAYA	FRANS	IKHAMVA AC	1	36	M	0.30.05
2	GIFT	CHIGOMARAWA	ACHILLES AAA	658	38	M	0.32.50
3	RODNEY	PRINS	RUN 4 CHRIST AC	719	37	M	0.34.09
Category : Ladies 35 - 39							
1	KELLY	VAN VLIET	NEDBANK RC	14	38	F	0.37.58
2	JEN	JONSSON	NEDBANK RC	206	39	F	0.42.47
3	LAURA	KENT	ST FRANCIS RC	864	35	F	0.43.13
Category : Men 40 - 49							
1	XOLISA	NDLUMBINI	TRANSNET ENG EP	715	44	M	0.32.15
2	ZOLANI	MABONGO	NEDBANK RC	186	40	M	0.32.31
3	KHAYA	GQWETHA	VUKANI MSC	61	41	M	0.32.42
Category : Ladies 40 - 49							
1	REFELOE	SOLOMONS	NEDBANK RC	15	45	F	0.37.42
2	THERESA	BUCHNER	32GI EP AC	408	41	F	0.42.22
3	CHANTELL	CLOETE	RUN 4 CHRIST AC	497	40	F	0.43.43
Category : Men 50 - 59							
1	XOLILE	NDINGANE	NEDBANK RC	12	54	M	0.36.16
2	NOEL	ADAMS	ELITE A C	620	54	M	0.37.04
3	ERROL	WHITTAL	ELITE A C	706	51	M	0.38.17
Category : Ladies 50 - 59							
1	DOZ	PHILLIPS	RUN 4 CHRIST AC	562	54	F	0.49.39
2	JOANNE	HOYLE	ACHILLES AAA	685	57	F	0.49.51
3	SANETTE	RYAN	ELITE A C	634	56	F	0.50.24
Category : Men 60 - 69							
1	DESMOND	ZIBI	IKHAMVA AC	10	62	M	0.38.46
2	MZOLI	MPALALA	HOLLYWOOD AC	577	64	M	0.39.53
3	MUTEKILE	RASMENI	ACHILLES AAA	660	61	M	0.40.12
Category : Ladies 60 - 69							
1	CHRISTINE	CLAASEN	NEDBANK RC	13	61	F	0.46.40
2	JUDY	GERBER	RUN 4 CHRIST AC	625	60	F	0.47.40
3	MARIETTE	HATTINGH	NEDBANK RC	792	60	F	0.48.06
Category : Men 70 +							
1	ROGER	TRADER	ACHILLES AAA	654	72	M	0.46.27
2	RAYMOND	WEITZ	NEDBANK RC	870	71	M	0.48.07
3	FRANS	LOOTS	ST FRANCIS RC	819	70	M	0.50.03
Category : Ladies 70 +							
1	MARGIE	SAUNDERS	NEDBANK RC	411	72	F	0.45.17
2	JOAN	MARLBOROUGH	CRUSADERS AC	597	71	F	0.58.16
3	ROZETTA	KEMP	RUN 4 CHRIST AC	635	72	F	0.59.41

POS	NAME	SURNAME	CLUB	R/ NO	AGE	SEX	HMS
Category : Men 80 +							
1	MARK	HEADBUSH	ACHILLES AAA	422	81	M	1.02.23
2	HERMAN	DEKKER	SAPS AC EP	500	81	M	1.21.26
3	GODFREY	KARRIEM	GELVAN AC	381	85	M	1.34.52