

| POS                              | NAME        | SURNAME         | CLUB            | R/ NO | AGE | SEX | HMS     |
|----------------------------------|-------------|-----------------|-----------------|-------|-----|-----|---------|
| <b>Category : Overall Men</b>    |             |                 |                 |       |     |     |         |
| 1                                | SINAWO      | POTI            | IKHAMVA AC      | 1582  | 24  | M   | 0.29.44 |
| 2                                | APHELELE    | NKONYENI        | BESTMED         | 1388  | 28  | M   | 0.30.38 |
| 3                                | MXOLELENI   | TABATA          | ACHILLES AAA    | 1451  | 23  | M   | 0.30.52 |
| <b>Category : Overall Women</b>  |             |                 |                 |       |     |     |         |
| 1                                | AMANDA      | DETSHE          | BESTMED         | 1386  | 22  | F   | 0.38.53 |
| 2                                | GIFT        | NKOSI           | BESTMED         | 1389  | 20  | F   | 0.39.03 |
| 3                                | KYLIE       | DORFLING        | NEDBANK RC      | 1404  | 14  | F   | 0.42.36 |
| <b>Category : Men 35 - 39</b>    |             |                 |                 |       |     |     |         |
| 1                                | RODNEY      | PRINS           | TEMP            | 1687  | 37  | M   | 0.34.36 |
| 2                                | LUBABALO    | JUSAYI          | NEDBANK RC      | 1614  | 35  | M   | 0.35.48 |
| 3                                | VUYISILE    | SIMAYILE        | NEDBANK RC      | 1580  | 39  | M   | 0.46.04 |
| <b>Category : Ladies 35 - 39</b> |             |                 |                 |       |     |     |         |
| 1                                | INGE        | WILLIAMS        | NEDBANK RC      | 1035  | 36  | F   | 0.43.56 |
| 2                                | BABALWA     | NGCOKO          | NEDBANK RC      | 1568  | 39  | F   | 0.51.02 |
| 3                                | CARLA       | GILLWALD        | MADIBA BW       | 1412  | 37  | F   | 0.58.04 |
| <b>Category : Men 40 - 49</b>    |             |                 |                 |       |     |     |         |
| 1                                | GEORGE      | NTSHILIZA       | ACHILLES AAA    | 1442  | 46  | M   | 0.33.06 |
| 2                                | MZOLISI     | MAKHANDA        | NEDBANK RC      | 1579  | 43  | M   | 0.35.00 |
| 3                                | GCOBANI     | BEKWAPHI        | ELITE A C       | 1734  | 46  | M   | 0.35.01 |
| <b>Category : Ladies 40 - 49</b> |             |                 |                 |       |     |     |         |
| 1                                | HESTER      | KINGWILL        | 32GI EP AC      | 1025  | 45  | F   | 0.44.29 |
| 2                                | JANINE      | WHITTAL         | 32GI EP AC      | 1462  | 45  | F   | 0.49.17 |
| 3                                | NATASCIA    | DE RIDDER       | ELITE A C       | 1648  | 47  | F   | 0.53.30 |
| <b>Category : Men 50 - 59</b>    |             |                 |                 |       |     |     |         |
| 1                                | XOLILE      | NDINGANE        | NEDBANK RC      | 1569  | 54  | M   | 0.36.26 |
| 2                                | KOBUS       | JOUBERT         | JEFFREYS BAY AC | 1422  | 51  | M   | 0.38.36 |
| 3                                | LESLEY      | KOESEBA         | NEDBANK RC      | 1639  | 53  | M   | 0.39.05 |
| <b>Category : Ladies 50 - 59</b> |             |                 |                 |       |     |     |         |
| 1                                | JENE        | BANFIELD        | RUN 4 CHRIST AC | 1732  | 55  | F   | 0.45.06 |
| 2                                | ANGELA      | ROGERS          | CRUSADERS AC    | 1111  | 56  | F   | 0.56.11 |
| 3                                | ELAINE      | WELSH           | ACHILLES AAA    | 1461  | 57  | F   | 0.56.12 |
| <b>Category : Men 60 - 69</b>    |             |                 |                 |       |     |     |         |
| 1                                | DESMOND     | ZIBI            | IKHAMVA AC      | 1585  | 62  | M   | 0.36.45 |
| 2                                | FREEMAN     | VUTU            | VUKANI MSC      | 1177  | 61  | M   | 0.41.58 |
| 3                                | THOZAMILE   | BOKOLO          | BESTMED         | 1716  | 64  | M   | 0.43.35 |
| <b>Category : Ladies 60 - 69</b> |             |                 |                 |       |     |     |         |
| 1                                | CHRISTINE   | CLAASEN         | NEDBANK RC      | 1218  | 61  | F   | 0.45.56 |
| 2                                | MAGGIE      | LLOYD           | CRUSADERS AC    | 1472  | 62  | F   | 0.52.02 |
| 3                                | JANETTE     | SCHIERZ-CRUSIUS | BODY CONCEPT    | 1709  | 65  | F   | 0.54.39 |
| <b>Category : Men 70 +</b>       |             |                 |                 |       |     |     |         |
| 1                                | ROGER       | TRADER          | ACHILLES AAA    | 3199  | 72  | M   | 0.45.19 |
| 2                                | ANDRE       | VILJOEN         | ACHILLES AAA    | 1458  | 71  | M   | 0.54.19 |
| 3                                | JOHAN       | REDELINGHUYS    | CITY CHANGERS   | 1214  | 80  | M   | 1.00.06 |
| <b>Category : Ladies 70 +</b>    |             |                 |                 |       |     |     |         |
| 1                                | CATHY       | IVES            | ACHILLES AAA    | 1619  | 73  | F   | 1.06.27 |
| 2                                | MARLENE     | TERBLANCHE      | ELITE A C       | 1208  | 76  | F   | 1.21.05 |
| 3                                | DENISE      | TERBLANCHE      | INFINITY AC     | 1203  | 78  | F   | 1.27.55 |
| <b>Category : Junior Men</b>     |             |                 |                 |       |     |     |         |
| 1                                | ENDINAKO    | JOLA            | MOTHERWELL AC   | 1578  | 17  | M   | 0.32.05 |
| 2                                | CHRISTIAAN  | BROWN           | SCHOOLS EPA     | 1463  | 18  | M   | 0.32.51 |
| 3                                | SIMTHANDILE | GOLIATH         | HOLLYWOOD AC    | 1159  | 18  | M   | 0.34.57 |
| <b>Category : Junior Ladies</b>  |             |                 |                 |       |     |     |         |
| 1                                | KYLIE       | DORFLING        | NEDBANK RC      | 1404  | 14  | F   | 0.42.36 |
| 2                                | KYLIE       | VERMAAK         | ELITE A C       | 1198  | 19  | F   | 0.45.29 |
| 3                                | CHLOE       | VERMAAK         | ELITE A C       | 1197  | 19  | F   | 0.45.52 |