

NMB CROSS COUNTRY LEAGUE 4 - ST ALBANS - 2026/07/18
FEMALE AGE GROUP: 60-69F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	CHRISTINE	CLAASEN	4312	62	60-69F	NEDBANK	F	00:18:55
2	THANDI	NKWANDLA	4406	61	60-69F	NEDBANK	F	00:23:22
3	PAULETTE	MCEWAN	4403	61	60-69F	ACHILLES	F	00:23:35
4	LUCELLE	GOLIATH	4316	66	60-69F	GELVAN	F	00:32:33
5	PAMELA	JONKER	4319	62	60-69F	ATLANTIC	F	00:39:52

FEMALE AGE GROUP: 50-59F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JENÉ	BANFIELD	4309	55	50-59F	RUN4C	F	00:17:34
2	LIEZL	VAN ZYL	4412	52	50-59F	NEDBANK	F	00:18:23
3	CHRISTINE	BIRD	4310	55	50-59F	Elite AC	F	00:21:55
4	ANTOINETTE	HUMAN	4318	58	50-59F	GELVAN	F	00:24:27
5	ELIZE	ADAMS	4308	51	50-59F	Elite AC	F	00:25:20
6	GLORIA	ESAU	4315	57	50-59F	GELVAN	F	00:30:53

FEMALE AGE GROUP: 40-49F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	LIZA-MARIE	KINGSTON	4322	44	40-49F	NEDBANK	F	00:16:27
2	ASANDA	ZAMISA	4413	43	40-49F	EMERIS	F	00:19:20
3	SIENA	DE VOS	2036	49	SF4	NEDBANK	F	00:21:42
4	DUONETTE	HOROWITZ	4317	42	40-49F	ACHILLES	F	00:21:08
5	JUDY	KRIGE	4323	44	40-49F	TEMP	F	00:24:02
6	ASANDA	MSARO	4404	40	40-49F	SIBALEKA	F	00:28:09
7	NTSOAKI	LIBAZISO	4324	42	40-49F	SIBALEKA	F	00:30:10
8	RUSHEY	O'GRADY	4408	44	40-49F	TEMP	F	00:37:31

FEMALE AGE GROUP: 35-39F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	KANYISA	MAYAYA	4402	39	35-39F	SAPEP	F	00:22:32
2	JENOME	VALINT	4411	39	35-39F	ATLANTIC	F	00:28:21

FEMALE AGE GROUP: JF

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	SESETHU	MFIKILE	6288	18	JF	ARABIE	F	00:27:51
2	LENISHA	KOWIE	6274	17	JF	STRELITZIA	F	00:40:29

FEMALE AGE GROUP: SF

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	REFELOE	SOLOMON	129	45	SF	NEDBANK	F	00:40:33
2	HLENGIWE	NKOSI	1323	20	SF	Bestmed	F	00:41:49
3	SANGE	KOPO	286	19	SF	Bestmed MADIBAZ	F	00:44:44
4	TSHEGOFATSO	MATHUSANE	1321	21	SF	Bestmed	F	00:47:01
5	MARISKA	KRUGER	115	48	SF	RUN4C	F	00:58:15

MALE AGE GROUP: 75+M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	EDDIE	EADES	4314	77	75+M	NEDBANK	M	00:20:28
2	DON	CHARLES	4311	77	75+M	NEDBANK	M	00:21:11
3	PERCY	DALTON	4313	77	75+M	ACHILLES	M	00:21:39
4	SIZINZO	KAMA	4320	75	75+M	ACHILLES	M	00:27:51
5	HERMAN	DEKKER	4415	81	75+M	SAPS	M	00:33:18
6	ROBERT	STEDMAN	4410	76	75+M	ACHILLES	M	00:35:45
7	GODFREY	KARRIEM	4321	85	75+M	GELVAN	M	00:39:11

MALE AGE GROUP: 70-74M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	RAYMOND	WEITZ	6147	71	70-74M	NEDBANK	M	00:29:33
2	BRUCE	MCEWAN	6139	72	70-74M	ACHILLES	M	00:32:09
3	KENNETH	BARWOOD	6095	71	70-74M	ACHILLES	M	00:45:17
4	MBULELO	SOBIKWA	6144	72	70-74M	NEDBANK	M	00:46:03

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MALE AGE GROUP: 60-69M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	DESMOND	ZIBI	6149	62	60-69M	IKHAMVA	M	00:23:53
2	MUTEKILE	RASMENI	6142	61	60-69M	ACHILLES	M	00:24:57
3	CHRISTOPHER	MABENGEZA	6137	60	60-69M	NEDBANK	M	00:25:16
4	PIERRE	SCHWEYER	6143	61	60-69M	NEDBANK	M	00:28:16
5	DAVID	BAINS	6151	60	60-69M	XCEL	M	00:29:40
6	JAN	VAN EEDEN	6146	68	60-69M	NEDBANK	M	00:29:56
7	CHESTER	BROOKS	6096	68	60-69M	XCEL	M	00:30:45
8	VERNON	NEWFELDT	6150	60	60-69M	GELVAN	M	00:31:18
9	SITHEMBILE	MPAKO	6090	65	60-69M	NEDBANK	M	00:33:28
10	ABRAHAM	PATRICK	6141	63	60-69M	ATLANTIC	M	00:37:28
11	SYLVAN	BLIGNAUT	6083	66	60-69M	Bestmed	M	00:37:46
12	TREMAINE	WESSON	6148	65	60-69M	ACHILLES	M	00:38:30
13	WAYNE	MAC GEAR	6085	63	60-69M	Bestmed	M	00:41:47
14	DERRICK	HOSHE	6098	67	60-69M	ATLANTIC	M	00:43:39
15	SIMON	STRIMLING	6145	64	60-69M	ATLANTIC	M	00:49:48

MALE AGE GROUP: 50-59M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	NOEL	ADAMS	8110	54	50-59M	Elite AC	M	00:30:58
2	AUGUST	ESAU	8124	55	50-59M	NEDBANK	M	00:33:39
3	MICHAEL	KINGSTON	8130	53	50-59M	NEDBANK	M	00:35:35
4	RODGER	GYSMAN	8125	52	50-59M	RUN4C	M	00:38:36
5	LEON	LOUW	8133	54	50-59M	SIBALEKA	M	00:53:51

MALE AGE GROUP: 40-49M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	MZOLISI	MAKHANDA	8136	43	40-49M	NEDBANK	M	00:27:57
2	THULANI	MDLALO	8139	41	40-49M	NEDBANK	M	00:29:19
3	SIZAKELE	DAYIMANI	8120	46	40-49M	Bathurst	M	00:30:50
4	MONWABISI	KEPE	8128	42	40-49M	NEDBANK	M	00:30:53
5	SANDILE	NGUNUZA	8144	43	40-49M	NEDBANK	M	00:31:03
6	HENRY	CRAUSE	8118	43	40-49M	NEDBANK	M	00:33:57
7	NTSIKELELO	SEBE	8153	43	40-49M	NEDBANK	M	00:34:05
8	HANSON	SINGAPHI	8154	48	40-49M	ACHILLES	M	00:34:24
9	DYLAN	COX	8117	42	40-49M	KOWIE	M	00:34:44
10	DANIEL	O'GRADY	8150	44	40-49M	TEMP	M	00:35:37
11	NEIL	KRIGE	8131	45	40-49M	TEMP	M	00:37:25
12	RICHARD	MAZUNGULA	8138	49	40-49M	NEDBANK	M	00:38:15
13	RONALD	REEVES	8151	45	40-49M	ACHILLES	M	00:40:26
14	JASON	ENSOR	8123	48	40-49M	MADIBA	M	00:43:13

MALE AGE GROUP: 35-39M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JEAN-PIERE	ROUX	8152	39	35-39M	DESPATCH	M	00:31:34

MALE AGE GROUP: JM

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	ENDINAKO	JOLA	8127	17	JM	MOTHERWELL	M	00:25:53
2	DALLIAN	OERSON	8149	19	JM	Elite AC	M	00:27:42
3	HLOMLA	NCUMANI	8143	19	JM	MOTHERWELL	M	00:27:58
4	LATHITHA	NTSUNGUZI	8145	18	JM	WAAINEK	M	00:28:18
5	ANTONI	AVENATHI	8111	19	JM	SIBALEKA	M	00:28:50
6	BULUMKO	MALINGA	8137	19	JM	NEDBANK	M	00:29:11
7	CHRISTIANO	BROWN	8113	18	JM	BRANDWAG	M	00:29:27
8	LUKHANYO	MAFANI	8135	18	JM	SIBALEKA	M	00:29:30
1	MOLOTSI	NTSALONG	8103	18	JM	Bestmed	M	00:29:51
9	ONGEZWA	XATA	8157	18	JM	VWAC	M	00:30:19
10	GUERRA	NTULI	8146	17	JM	FRAMESBY	M	00:30:28
11	THEO	BUIS	8114	17	JM	NEDBANK	M	00:31:16
12	DANIËL	KRUGER	8132	19	JM	FRAMESBY	M	00:31:58
13	SIYAMTHANDA	SODLADLA	8155	18	JM	Bathurst	M	00:32:44
14	KHANYA	NYATHI	8148	17	JM	NEDBANK	M	00:34:09

NMB CROSS COUNTRY LEAGUE 4 - ST ALBANS - 2026/07/18
MALE AGE GROUP: B17

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	AGCOBILE	JEZILE	6272	17	B17	ACHILLES	M	00:20:20
2	CARLIN	LEHMAN	6276	17	B17	Pearson	M	00:20:49
3	CLEUSHAY	JANSEN	6271	16	B17	FRAMESBY	M	00:21:22
4	SINAWO	APRIL	6257	17	B17	ACHILLES	M	00:21:30
5	LIQHAWE	MKAYO	6289	17	B17	ATLANTIC	M	00:22:31
6	ETHAN	BANTOM	6258	17	B17	CAMDEBOO	M	00:22:36
7	PETER	YAMKELA	6094	17	B17	ATLANTIC	M	00:22:44
8	IBANATHI	MVAKWENDLU	6091	17	B17	TINARHA	M	00:23:08
9	SIHLE	MTABATI	6290	17	B17	GRASSRIDGE	M	00:23:42
10	JOSH	BOTHA	6261	16	B17	FRAMESBY	M	00:24:51
11	IBANATHI	TSEWU	6299	16	B17	WAAINEK	M	00:24:59
12	RUBEN	KRUGER	6275	16	B17	FRAMESBY	M	00:26:13
13	SINGALAKHA	PAPU	6296	17	B17	Bathurst	M	00:27:21
14	JOSIAH	STILL	6297	17	B17	GREY HS	M	00:28:59
15	ALEX	MATSHABELA	6281	16	B17	BERGSIG	M	00:29:35

MALE AGE GROUP: B16

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	LEON	MACHINA	6278	15	B16	PORTALFRED	M	00:20:48
2	JANILIO	VAN HEERDEN	6300	15	B16	CAMDEBOO	M	00:21:23
3	MATTHEW	KINGWILL	6273	15	B16	GREY HS	M	00:21:35
4	LIAM	WESTRAADT	6462	15	B16	FRAMESBY	M	00:21:58
5	JENOVAN	BONAPARTE	6259	16	B16	BRANDWAG	M	00:22:54
6	ALLESANDRO	MAYAYA	6282	16	B16	ARABIE	M	00:22:59
7	LEWANDRÉ	WILLIAMS	6093	16	B16	CAMDEBOO	M	00:23:54
8	BEN	NÖTNAGEL	6294	15	B16	FRAMESBY	M	00:24:36
9	AYAVUYA	NGXWASHULA	6291	16	B16	WAAINEK	M	00:25:11
10	ALZANEDRIO	WILLEMSE	6092	16	B16	BRANDWAG	M	00:26:20
11	ISIPHILE	GOJELA	6263	16	B16	WAAINEK	M	00:27:23
12	AHLUMILE	NODA	6292	16	B16	GRASSRIDGE	M	00:27:26
13	CHRISTIAN	THERON	6298	16	B16	FRAMESBY	M	00:27:27

MALE AGE GROUP: NO CAT

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	SENZO	NZOTOYI	6295	17	No Cat	SIBALEKA	M	00:21:29
5	APHELELE	BAM	139	19	SM	RUN4C	M	00:35:04

MALE AGE GROUP: SM

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	THANDOLWETHU	MATSALO	118	19	SM	IKHAMVA	M	00:32:06
2	MELIKHAYA	FRANS	106	36	SM	IKHAMVA	M	00:32:25
3	ANDILE	MOTWANI	122	29	SM	NEDBANK	M	00:32:30
4	LITHEBE	MENZELELELI	1320	26	SM	IKHAMVA	M	00:34:17
5	LUYANDA	TSHANGANA	130	43	SM	IKHAMVA	M	00:35:37
6	JENIEL	ZANA	134	31	SM	RUN4C	M	00:36:31
7	THANDO	NDISHE	124	19	SM	CAMDEBOO	M	00:38:17
8	SINETHEMBA	NGXONI	1319	29	SM	BESTMED	M	00:38:52
9	THEMBELANI	MBENENGE	120	61	SM	SIBALEKA	M	00:38:54
10	JEANDRY	DEERLING	108	34	SM	NEDBANK	M	00:39:16
11	AMOGELANG	SEHLWANA	99	22	SM	Bestmed	M	00:40:37
12	ROGER	MIGGELS	121	33	SM	ATLANTIC	M	00:41:48
13	SANELE	SAM	127	33	SM	STALBANS	M	00:42:39
14	MARK	FRASER	111	32	SM	ACHILLES	M	00:43:18
15	ROMAN	SEPTOE	128	28	SM	GELVAN	M	00:43:47
16	PATLI	NGOBENI	98	35	SM	CHILLIE	M	00:44:02
17	ZOLANI	KOLOSA	114	32	SM	SIBALEKA	M	00:45:08
18	KANYA	MSHUMPELA	123	27	SM	TEMP	M	00:46:42
19	MARCELLE	DE LANGE	107	30	SM	TEMP	M	00:46:55
20	DWAYNE	WILLIAMS	132	24	SM	ATLANTIC	M	00:46:57
21	JUSTIN	LEESON	116	40	SM	MADIBA	M	00:47:22
22	LUYOLO	DYUBHELE	138	33	SM	NEDBANK	M	00:53:50
23	REON	VAN RENSBURG	131	54	SM	CHARLO	M	00:56:47
24	BONIWE	DYWANISI	109	37	SM	SIBALEKA	M	00:57:11
25	SAM	ERASMUS	110	68	SM	SAPS	M	00:58:14
26	TEMBA	PEZISA	126	59	SM	SIBALEKA	M	01:11:18