



# Hillcrest Villagers

## August 2025

## Newsletter

**Club Website**  
[www.hillcrestvillagers.co.za](http://www.hillcrestvillagers.co.za)

**Facebook**  
<https://www.facebook.com/groups/76475150101>

**Email**  
[secretary@hillcrestvillagers.co.za](mailto:secretary@hillcrestvillagers.co.za)  
**Your Committee**

**Chairman**  
Steve Bure  
082 442 3248

**Vice Chairman**  
Rupert Sebire  
082 334 0171

**Secretary**  
Debbie Eglington  
083 449 9766

**Treasurer**  
Mike Bradley  
082 614 9459

**Ladies Captain**  
Adi Weerheim  
082 411 1646

**Ladies Vice Captain**  
Jayde Twiddy  
083 235 4100

**Mens Captain**  
Dave Campbell-Hall  
082 563 9515

**Mens Vice Captain**  
Luke Plotts  
076 328 3455

**Administrator**  
Christine Raulstone  
084 768 1490

**Banking Details**  
Hillcrest Villagers  
Standard Bank  
Hillcrest  
a/c: 052017230

Dear Villagers,

Spring is in the air – and what a difference it makes! The mornings are getting lighter, the layers are coming off, and there's a fresh energy to every run. No more finishing in the dark or reaching for those long sleeves – it's the perfect time to lace up and get moving.

### 🏁 21km PB Program – What a Finish!

A massive **congratulations** to everyone who completed our **8-week 21km PB Program**. Despite some tough race-day conditions at SAPS, **every single runner achieved a new personal best** – a testament to what a bit of structure, consistency, and quality running can do. Whether you were chasing a sub-2:30 or a sub-90, your hard work paid off. Well done!

We'll be continuing with **quality sessions twice a week**, starting **next week**:

- **Tuesdays & Thursdays at 4:45 AM** from the club.  
These sessions typically head out towards Inanda Road, where you'll run the "quality" portion at your own pace before jogging back to the club. All paces are welcome – it's about effort and consistency, not speed.

Don't forget that we still host our **social club runs** every **Tuesday and Thursday at 5:00 AM**, with **6–10km routes** and **something for everyone**. No pressure, no pace too slow – just great company and a good start to the day.

### 🏆 Half Marathon Club Champs Results

Over the weekend, we also held our **Half Marathon Club Championships**, and what a race it was!

**Fikinkosi Zondi** not only claimed the **Men's Club Champ** title, but also finished **2nd overall**, missing the win by just **2 seconds** in a phenomenal time of **1h08m**. He was followed by **Jonathan Edwards** in 2nd and **Jabulani Sisila** in 3rd.

On the ladies' side, congratulations to our **Women's Club Champ**, **Amanda Nkomo**, who finished in a strong **1h37m**. She was followed by **Jenna Von Mollendorff** in 2nd and **Loveness Toringa** in 3rd.

🏆 **Club Champs Awards** will be handed out at our **year-end celebration** – keep an eye out for details soon. You won't want to miss it this year!

## **ZA SA Cross Country Champs**

We also had several Villagers represent the club at the **SA Cross Country Championships** this past weekend. It's a **daunting event** for many, but our athletes showed real grit, with **every one of them improving on past performances**. Well done to all who ran – you continue to make us proud.

## 📺 **Join Us This Saturday – Boks vs All Blacks at the Club!**

To end things off on a social note – **this Saturday**, we'll be broadcasting the **South Africa vs New Zealand rugby match** on the **big screen at the club**. Bring the family along – there'll be a **jumping castle for the kids**, and plenty of gees as we (hopefully!) watch the **Boks take the win**.

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Thanks for being a part of this amazing club. Whether you're building up to your next goal or just enjoying the social kilometres, there's a place for you at Hillcrest Villagers.

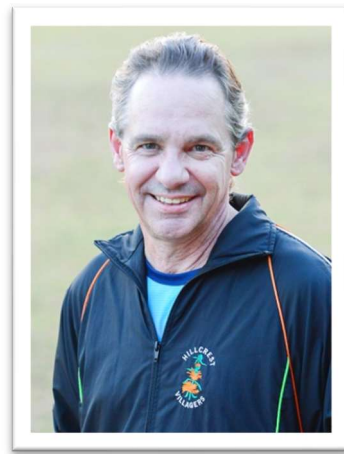
**See you on the road,**

**Steve Bure**

*Chairman – Hillcrest Villagers Athletic Club*



**Steve Bure Chairman**



**Rupert Sebire Vice Chairman**

## HAPPY BIRTHDAY SEPTEMBER

|                    |                    |         |
|--------------------|--------------------|---------|
| Ambrosio           | Isabella           | 02-Sept |
| Ziqubu             | Mzwandile          | 03-Sep  |
| Tooms              | Tristan            | 04-Sept |
| Bosse              | Bryce              | 04-Sept |
| Oliver             | Ian                | 05-Sept |
| Sithole            | Hlelolenkosi       | 05-Sept |
| Van<br>Bronckhorst | Hadley             | 05-Sept |
| Cook               | Tracey             | 06-Sept |
| Mackinnon          | Hayley             | 07-Sept |
| Brandling          | Eric               | 09-Sept |
| Hepworth           | Paul               | 10-Sept |
| Mabasa             | Mlindel<br>Thulani | 11-Sept |
| Burton             | Kelly              | 11-Sept |
| Dungelo            | Nonokazi           | 11-Sep  |
| Hean               | Isla               | 12-Sept |
| van Deventer       | Byron              | 15-Sept |
| Mazibuko           | Simphiwe           | 15-Sept |
| De Lange           | Hein               | 15-Sept |
| Smith              | Deanne             | 18-Sept |
| Viljoen            | Hannah             | 19-Sept |
| Hall               | Aidan              | 20-Sept |
| De Villiers        | Dean               | 21-Sept |
| Sithole            | Hamilton           | 21-Sept |
| Lund               | Clynt              | 22-Sept |
| Robinson           | Andrew             | 22-Sept |
| Herbert            | Ursula             | 23-Sept |
| Angel              | Lumen              | 24-Sept |
| Hansen             | Roland             | 24-Sept |
| Mthembu            | Sethembiso         | 24-Sept |
| Sneddon            | Liz                | 25-Sept |
| Vilakazi           | Dumisani           | 25-Sept |
| Rowe               | Brandon            | 26-Sept |
| Olivier            | Michelle           | 26-Sept |
| Firo               | Patience           | 28-Sept |
| Noyce              | Laura              | 30-Sept |

## TRAIL RUNNING

05-07/09 Mont-Aux Sources

07/09 KZN Trail Hilton 7k, 12k, 21k

14/09 KZN Trail Bisley 5k,10k, 18k

Enter on [www.kzntrailrunning.co.za](http://www.kzntrailrunning.co.za)

## **UPCOMING**

|                  |                                                           |
|------------------|-----------------------------------------------------------|
| <b>Saturday</b>  | <b>06 September ASA Country Champs Mpumalanga</b>         |
| <b>Saturday</b>  | <b>06 SAPS Striders 21k/10k Kings Park</b>                |
| <b>Sunday</b>    | <b>14 Mac 15k Merewent</b>                                |
| <b>Sunday</b>    | <b>21 Elokshini 21k/10k Elokshini</b>                     |
| <b>Sunday</b>    | <b>21 SAPS KZN 10k/5k Umsunduzi</b>                       |
| <b>Wednesday</b> | <b>24 Ntenga Foundation 10k/5km Kings Park</b>            |
| <b>Saturday</b>  | <b>27 Fish Eagle 10km Richards Bay</b>                    |
| <b>Sunday</b>    | <b>28 South Coast Marathon 42k/21k/10k/5k South Coast</b> |
| <b>Sunday</b>    | <b>28 Greytown 10km Greytown</b>                          |
| <b>Sunday</b>    | <b>28 Sisonke Challenge 10/5</b>                          |

## **CONGRATULATIONS**

### **Total sports Ladies 10km**

2<sup>nd</sup> Age Category 60-69 Elma Grundling

### **Matthews Meyiwa 1k0km**

2<sup>nd</sup> 60+ Women Kathy Baxter

1<sup>st</sup> 40-49 Men Jabulani Sisila

2<sup>nd</sup> 50-59 Men Sonboy Ndlovu

2<sup>nd</sup> Lady Open Walker Liz Sneddon

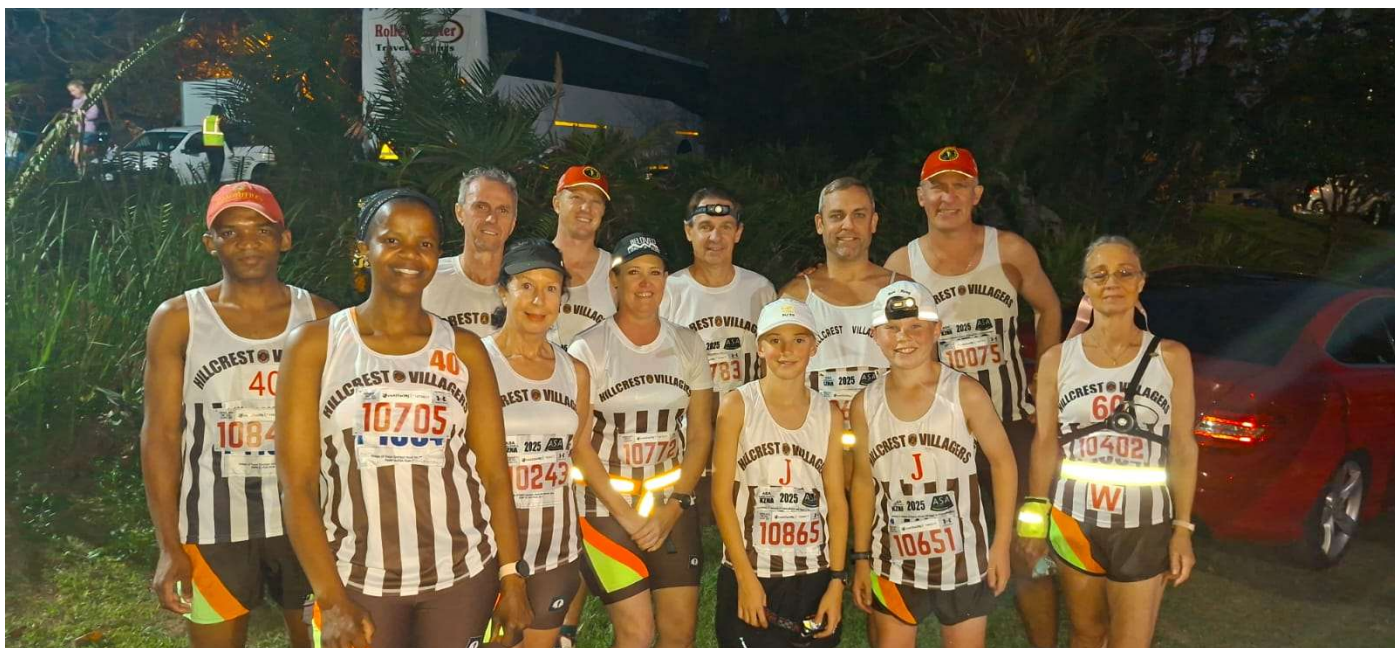
### **Capital Climb 15km**

1st 35-39 Women Helen Laatz

## LADIES LEAGUE AT KEARSNEY



## MIXED LEAGUE AT CHILTERN HOSTED BY CHILLIES



## ADVICE AND HELP FOR MEMBERS

Please do not feel shy to ask for some advice or help.

You are welcome to contact one of the following Committee members who will only be too happy to assist you:



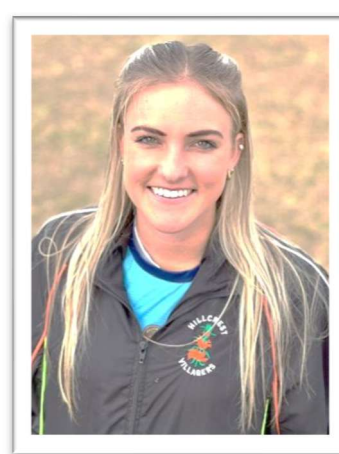
**LADIES CAPTAIN**

Adi Weerheim  
082 411 1646



**MENS CAPTAIN**

Dave Campbell-Hall  
082 563 9515



**LADIES V/CAPTAIN**

Jayde Twiddy  
0832354100



**MENS VCAPTAIN**

Luke Plotts  
0763283455

**COMRADES MARATHON**  
**RACE DATE ANNOUNCEMENT**

**SUNDAY**  
**14 JUNE 2026**

*Happy Training!*

[www.comrades.com](http://www.comrades.com)

## RESULTS

**PLEASE NOTE YOU NEED TO WEAR AGE CATEGORY TAGS FOR ALL RACES**

**HILLCREST VILLAGERS ON YOUR ENTRIES (NOT HVAC)**

**W - Walkers**

**J - Juniors**

**35 – 39**

**40 – 49**

**50 – 59**

**60 – 69**

**70 – 79**



**Hillcrest Results**

**Totalsports Ladies 10km**

| Race No | Name                 | Nation | Distance | Gun Time | Chip Time | # Sex | # Category |
|---------|----------------------|--------|----------|----------|-----------|-------|------------|
| 1600    | Elma Grundlingh      | RSA    | 10km     | 00:51:56 | 51:52:00  | 81    | 2          |
| 1536    | Gail Davidson        | RSA    | 10km     | 00:58:44 | 58:35:00  | 202   | 30         |
| 1582    | Fran Gandy           | RSA    | 10km     | 01:02:36 | 01:02:23  | 317   | 77         |
| 2046    | Candice Van Deventer | RSA    | 10km     | 01:03:02 | 01:02:37  | 324   | 80         |
| 3742    | Jemimah Kibirige     | RSA    | 10km     | 01:06:18 | 01:05:55  | 453   | 243        |
| 4141    | Lindi Butterfield    | RSA    | 10km     | 01:06:32 | 01:06:10  | 463   | 114        |
| 1684    | Vauneen Douthwaite   | RSA    | 10km     | 01:06:33 | 01:06:21  | 474   | 19         |
| 1717    | Jesse Malton         | RSA    | 10km     | 01:07:48 | 01:07:38  | 542   | 299        |
| 1979    | Marianne Potter      | RSA    | 10km     | 01:08:34 | 01:08:01  | 561   | 80         |
| 3747    | Gail Laatz           | RSA    | 10km     | 01:09:43 | 01:09:08  | 633   | 157        |
| 4135    | Sarah Arnott         | RSA    | 10km     | 01:10:50 | 01:10:15  | 684   | 386        |
| 4020    | Christine Raulstone  | RSA    | 10km     | 01:14:17 | 01:13:47  | 894   | 216        |
| 5993    | Nonduduzo Ngidi      | RSA    | 10km     | 01:30:22 | 01:29:51  | 1983  | 1135       |
| 2029    | Jennifer Stephens    | RSA    | 10km     | 01:37:10 | 01:37:00  | 2410  | 302        |

**Matthews Meyiwa 10Km Run 10 August 2025**

| Position | Time     | Pace/km | First Name      | Surname | Race No | Gender | Licence No | Age | Age Category |
|----------|----------|---------|-----------------|---------|---------|--------|------------|-----|--------------|
| 9        | 00:42:28 | 04:14   | Jabulani Edward | Sisila  | 12641   | Male   | 14324      | 45  | 40-49        |
| 11       | 00:43:28 | 04:20   | Lwazi Sonboy    | Ndlovu  | 12270   | Male   | P14328     | 51  | 50-59        |
| 44       | 01:09:41 | 06:58   | Kathy           | Baxter  | 12702   | Female | 1616       | 65  | 60+          |

## Matthews Meyiwa 10km Walk 10 August 2025

| <a href="#">Position</a> | <a href="#">Time</a> | <a href="#">Pace/km</a> | <a href="#">First Name</a> | <a href="#">Surname</a> | <a href="#">Race No</a> | <a href="#">Gender</a> | <a href="#">Licence No</a> | <a href="#">Age</a> | <a href="#">Age Category</a> |
|--------------------------|----------------------|-------------------------|----------------------------|-------------------------|-------------------------|------------------------|----------------------------|---------------------|------------------------------|
| 7                        | 01:22:13             | 08:13                   | Elizabeth                  | <a href="#">Sneddon</a> | 12627                   | Female                 | P1644                      | 65                  | 60+                          |

## Sunrise Run 17 August 2025 21km

| <a href="#">Position</a> | <a href="#">Time</a> | <a href="#">First Name</a> | <a href="#">Surname</a>    | <a href="#">Race No</a> | <a href="#">Gender</a> | <a href="#">Licence No</a> | <a href="#">Age</a> | <a href="#">Age Category</a> |
|--------------------------|----------------------|----------------------------|----------------------------|-------------------------|------------------------|----------------------------|---------------------|------------------------------|
| 136                      | 01:52:46             | Scott                      | <a href="#">Van Staden</a> | 8564                    | Male                   | 1715                       | 44                  | 40-49                        |
| 137                      | 01:52:47             | Kylie                      | <a href="#">Van Staden</a> | 8565                    | Female                 | 1714                       | 39                  | 35-39                        |
| 315                      | 02:08:14             | Samantha                   | <a href="#">Cheesman</a>   | 8302                    | Female                 | 1640                       | 44                  | 40-49                        |
| 610                      | 02:32:48             | Bekithemba                 | <a href="#">Hwalima</a>    | 8742                    | Male                   | P1745                      | 51                  | 50-59                        |
| 678                      | 02:42:57             | Angela                     | <a href="#">Willis</a>     | 8875                    | Female                 | P1677                      | 42                  | 40-49                        |

## Sunrise Run 17 August 10km

| <a href="#">Position</a> | <a href="#">Time</a> | <a href="#">Pace/km</a> | <a href="#">First Name</a> | <a href="#">Surname</a>   | <a href="#">Race No</a> | <a href="#">Gender</a> | <a href="#">Licence No</a> | <a href="#">Age</a> | <a href="#">Age Category</a> |
|--------------------------|----------------------|-------------------------|----------------------------|---------------------------|-------------------------|------------------------|----------------------------|---------------------|------------------------------|
| 69                       | 00:51:47             | 05:10                   | Bianca                     | <a href="#">Brockton</a>  | 15376                   | Female                 | 12784                      | 37                  | 35-39                        |
| 160                      | 01:01:05             | 06:06                   | Nomagugu                   | <a href="#">Ngwane</a>    | 15574                   | Female                 | 1234                       | 31                  | Senior                       |
| 186                      | 01:03:37             | 06:21                   | Wynand                     | <a href="#">Laubscher</a> | 15210                   | Male                   | P1641                      | 37                  | 35-39                        |
| 439                      | 01:36:02             | 09:36                   | Dhudhuzile                 | <a href="#">Hwalima</a>   | 15413                   | Female                 | P1746                      | 43                  | 40-49                        |

## Spar Ladies Maritzburg 10km 17 August 2025

| <a href="#">Race No</a> | <a href="#">Pos</a> | Name                         | <a href="#">Time</a> | <a href="#">Net Time</a> | Gen Pos | <a href="#">Category</a> | Cat Pos |
|-------------------------|---------------------|------------------------------|----------------------|--------------------------|---------|--------------------------|---------|
| 12                      | 158                 | <a href="#">Kathy BAXTER</a> | 01:07:24             | 01:07:24                 | 121     | <a href="#">60-69</a>    | 4       |

## Capital Climb 16km 24 August 2025

| <a href="#">Position</a> | <a href="#">Time</a> | <a href="#">Pace/km</a> | <a href="#">First Name</a> | <a href="#">Surname</a>       | <a href="#">Race No</a> | <a href="#">Licence No</a> | <a href="#">Age</a> | <a href="#">Age Category</a> |
|--------------------------|----------------------|-------------------------|----------------------------|-------------------------------|-------------------------|----------------------------|---------------------|------------------------------|
| 75                       | 01:35:55             | 05:59                   | Helen                      | <a href="#">Laatz</a>         | 7950                    | 1717                       | 39                  | 35-39                        |
| 176                      | 01:57:13             | 07:19                   | Debbie                     | <a href="#">Eglington</a>     | 8561                    | 1668                       | 48                  | 40-49                        |
| 185                      | 01:58:08             | 07:23                   | David                      | <a href="#">Campbell-hall</a> | 9951                    | 14341                      | 43                  | 40-49                        |

## Capital Climb 5km 24 August 2025

| <a href="#">Position</a> | <a href="#">Time</a> | <a href="#">Pace/km</a> | <a href="#">First Name</a> | <a href="#">Surname</a>   | <a href="#">Race No</a> | <a href="#">Gender</a> | <a href="#">Licence No</a> | <a href="#">Age</a> | <a href="#">Age Category</a> |
|--------------------------|----------------------|-------------------------|----------------------------|---------------------------|-------------------------|------------------------|----------------------------|---------------------|------------------------------|
| 7                        | 00:28:17             | 05:39                   | Jamie                      | <a href="#">Eglington</a> | 12823                   | Female                 | J40331                     | 13                  | Under 14                     |

## Hollywood Bets 10km 30 August 2025

| Race No | Pos  | Name                                      | Time     | Wave  | Start Time | Gender                 | Gen Pos | Category               | Cat Pos |
|---------|------|-------------------------------------------|----------|-------|------------|------------------------|---------|------------------------|---------|
| 1142    | 36   | <a href="#">Fikinkosi ZONDI</a>           | 00:31:39 | A     | 07:30:02   | <a href="#">Male</a>   | 36      | <a href="#">Senior</a> | 30      |
| 1129    | 61   | <a href="#">Jonathan EDWARDS</a>          | 00:33:17 | A     | 07:30:02   | <a href="#">Male</a>   | 54      | <a href="#">40-49</a>  | 7       |
| 1134    | 132  | <a href="#">Jannie HORN</a>               | 00:35:32 | A     | 07:30:02   | <a href="#">Male</a>   | 119     | <a href="#">35-39</a>  | 21      |
| 1135    | 153  | <a href="#">Simo MATHYE</a>               | 00:35:59 | A     | 07:30:02   | <a href="#">Male</a>   | 138     | <a href="#">40-49</a>  | 28      |
| 1128    | 157  | <a href="#">Anele ANELE</a>               | 00:36:03 | A     | 07:30:02   | <a href="#">Male</a>   | 141     | <a href="#">Junior</a> | 8       |
| 1133    | 199  | <a href="#">Brendon HLANGUZA</a>          | 00:36:40 | A     | 07:30:02   | <a href="#">Male</a>   | 181     | <a href="#">Senior</a> | 89      |
| 1141    | 246  | <a href="#">Mzwandile ZIQUBU</a>          | 00:37:49 | A     | 07:30:02   | <a href="#">Male</a>   | 226     | <a href="#">40-49</a>  | 53      |
| 2742    | 298  | <a href="#">Simon TSIKAI</a>              | 00:38:38 | B     | 07:32:00   | <a href="#">Male</a>   | 277     | <a href="#">40-49</a>  | 68      |
| 1143    | 329  | <a href="#">Nkanyiso ZUNGU</a>            | 00:39:09 | A     | 07:30:02   | <a href="#">Male</a>   | 304     | <a href="#">Senior</a> | 131     |
| 1138    | 356  | <a href="#">Jabulani SISILA</a>           | 00:39:33 | A     | 07:30:02   | <a href="#">Male</a>   | 330     | <a href="#">40-49</a>  | 86      |
| 1136    | 592  | <a href="#">Siphosethu NDAWONDE</a>       | 00:42:26 | A     | 07:30:02   | <a href="#">Male</a>   | 550     | <a href="#">Senior</a> | 208     |
| 2737    | 879  | <a href="#">Nyarai GANDIDZWANWA</a>       | 00:45:47 | B     | 07:32:00   | <a href="#">Female</a> | 68      | <a href="#">40-49</a>  | 18      |
| 1132    | 906  | <a href="#">Ashton HARICHAND</a>          | 00:46:07 | A     | 07:30:02   | <a href="#">Male</a>   | 837     | <a href="#">Senior</a> | 285     |
| 1130    | 1098 | <a href="#">Patience FIRO</a>             | 00:47:59 | A     | 07:30:02   | <a href="#">Female</a> | 87      | <a href="#">Senior</a> | 34      |
| 2738    | 1203 | <a href="#">Nhlananipho KWAZI MTHEMBU</a> | 00:48:57 | B     | 07:32:00   | <a href="#">Male</a>   | 1103    | <a href="#">35-39</a>  | 222     |
| 1139    | 1267 | <a href="#">Loveness TORINGA</a>          | 00:49:33 | A     | 07:30:02   | <a href="#">Female</a> | 108     | <a href="#">35-39</a>  | 20      |
| 4090    | 1638 | <a href="#">Leila MARAIS</a>              | 00:52:52 | C     | 07:34:02   | <a href="#">Female</a> | 189     | <a href="#">Junior</a> | 7       |
| 1137    | 1639 | <a href="#">Luke PLOTTS</a>               | 00:52:52 | C     | 07:34:02   | <a href="#">Male</a>   | 1450    | <a href="#">Senior</a> | 449     |
| 2741    | 2220 | <a href="#">Promise MSAMARIYA SHEZI</a>   | 00:57:40 | B     | 07:32:00   | <a href="#">Female</a> | 352     | <a href="#">35-39</a>  | 83      |
| 5675    | 2707 | <a href="#">Gail DAVIDSON</a>             | 01:01:27 | C     | 07:34:02   | <a href="#">Female</a> | 531     | <a href="#">50-59</a>  | 66      |
| 4091    | 2743 | <a href="#">Phumelele MDLALOSE</a>        | 01:01:45 | B     | 07:32:00   | <a href="#">Female</a> | 543     | <a href="#">40-49</a>  | 161     |
| 7078    | 2918 | <a href="#">Xolani PHEWA</a>              | 01:03:24 | D     | 07:36:09   | <a href="#">Male</a>   | 2300    | <a href="#">50-59</a>  | 279     |
| 5679    | 3148 | <a href="#">Angela WILLIS</a>             | 01:05:37 | D     | 07:36:09   | <a href="#">Female</a> | 725     | <a href="#">40-49</a>  | 214     |
| 4092    | 3602 | <a href="#">Cynthia SMITH</a>             | 01:09:46 | A     | 07:30:02   | <a href="#">Female</a> | 951     | <a href="#">Senior</a> | 297     |
| 4626    | 3619 | <a href="#">Jamie MORHING</a>             | 01:09:56 | C     | 07:34:02   | <a href="#">Female</a> | 959     | <a href="#">Senior</a> | 301     |
| 7076    | 3625 | <a href="#">Graesyn CUNINGHAME</a>        | 01:09:58 | D     | 07:36:09   | <a href="#">Male</a>   | 2663    | <a href="#">Junior</a> | 82      |
| 10483   | 3629 | <a href="#">Melanie JONES</a>             | 01:10:01 | G     | 07:43:59   | <a href="#">Female</a> | 966     | <a href="#">40-49</a>  | 292     |
| 7077    | 3635 | <a href="#">Niki MARUSICH</a>             | 01:10:06 | D     | 07:36:09   | <a href="#">Female</a> | 969     | <a href="#">40-49</a>  | 294     |
| 2736    | 3678 | <a href="#">Nokuthula DEBBIE VILAKAZI</a> | 01:10:29 | B     | 07:32:00   | <a href="#">Female</a> | 990     | <a href="#">40-49</a>  | 302     |
| 1131    | 4052 | <a href="#">Siphindile GWALA</a>          | 01:13:34 | A     | 07:30:02   | <a href="#">Female</a> | 1214    | <a href="#">40-49</a>  | 361     |
| 7079    | 4305 | <a href="#">Marianne POTTER</a>           | 01:15:42 | F     | 07:40:02   | <a href="#">Female</a> | 1372    | <a href="#">50-59</a>  | 155     |
| 5676    | 4356 | <a href="#">Jesse MALTON</a>              | 01:16:03 | F     | 07:40:02   | <a href="#">Female</a> | 1406    | <a href="#">Senior</a> | 465     |
| 2739    | 4452 | <a href="#">Gail LAATZ</a>                | 01:16:55 | F     | 07:40:02   | <a href="#">Female</a> | 1470    | <a href="#">40-49</a>  | 425     |
| 224     | 4836 | <a href="#">Jayd TWIDDY</a>               | 01:20:12 | Elite | 07:30:02   | <a href="#">Female</a> | 1742    | <a href="#">Senior</a> | 596     |
| 223     | 4840 | <a href="#">Chane KEMP</a>                | 01:20:13 | Elite | 07:30:02   | <a href="#">Female</a> | 1745    | <a href="#">Senior</a> | 597     |
| 8589    | 5041 | <a href="#">Tanyalajwa MSIMANGA</a>       | 01:21:44 | G     | 07:43:59   | <a href="#">Female</a> | 1876    | <a href="#">40-49</a>  | 516     |
| 5678    | 5044 | <a href="#">Steven STEWART</a>            | 01:21:46 | F     | 07:40:02   | <a href="#">Male</a>   | 3166    | <a href="#">40-49</a>  | 1011    |
| 10485   | 5582 | <a href="#">Graham LEWIS</a>              | 01:26:33 | G     | 07:43:59   | <a href="#">Male</a>   | 3306    | <a href="#">60+</a>    | 194     |
| 10487   | 6248 | <a href="#">Nonduduzo NGIDI</a>           | 01:33:03 | G     | 07:43:59   | <a href="#">Female</a> | 2807    | <a href="#">Senior</a> | 929     |
| 7080    | 6437 | <a href="#">Nonhlanhla QWABE</a>          | 01:35:08 | D     | 07:36:09   | <a href="#">Female</a> | 2967    | <a href="#">40-49</a>  | 884     |
| 8588    | 6469 | <a href="#">Jabulile GWACELA</a>          | 01:35:34 | D     | 07:36:09   | <a href="#">Female</a> | 2990    | <a href="#">60+</a>    | 109     |

|       |      |                                     |          |   |          |                        |      |                       |      |
|-------|------|-------------------------------------|----------|---|----------|------------------------|------|-----------------------|------|
| 10484 | 6607 | <a href="#">Sharon JONES</a>        | 01:37:18 | G | 07:43:59 | <a href="#">Female</a> | 3099 | <a href="#">60+</a>   | 113  |
| 10488 | 6608 | <a href="#">Deanne STEYTLER</a>     | 01:37:18 | G | 07:43:59 | <a href="#">Female</a> | 3100 | <a href="#">50-59</a> | 345  |
| 5677  | 7023 | <a href="#">Jennifer STEPHENS</a>   | 01:43:26 | F | 07:40:02 | <a href="#">Female</a> | 3452 | <a href="#">50-59</a> | 398  |
| 8590  | 7024 | <a href="#">Christine RAULSTONE</a> | 01:43:27 | F | 07:40:02 | <a href="#">Female</a> | 3453 | <a href="#">40-49</a> | 1027 |