NEDBANK RUNNING CLUB CAPE TOWN WPA
RACE RESULTS | TIMBERCITY REDHILL | 24 JAN 2026

Congratulations to our podium winners:
42.2KM
Open Women + W40-49
🥇 Elme Middlemost 3:13:43
M60-69
🥈 Louis Abbott 3:23:05

36KM
Open Women
🥇 Sarah Silber 2:47:26
M50-59
🥈 Hansley Weaver 2:33:26

13KM
M40-49
🥉 Sihle Mapukata 55:08

Congratulations to all our runners who participated – here are the results:

TIMBERCITY RED HILL MARATHON

42.2km Marathon

| Results | Race Stats | | | | | | | | Submit Query |

| NEDBANK RUNNING CLUB WP | | | | | | | | Search | Clear |

Pos	Race No	Name Click name to view profile & download certificate	Time Click on your time to view your video	Gap	Gender	Gen Pos	Category	Club	Lic No	Pace
49	5210	🖶 Mpendulo Sigwadi	03:07:12.2	+38:22	Male	49	Senior (20-39)	Nedbank Running Club Wp	P7758	04:27/km
58	4121	🖶 Elmé Middlemost	03:13:43.5	-	Female	1	40 - 49	Nedbank Running Club Wp	7703	04:36/km
79	5105	🖶 Louis Abbott	03:23:05.4	+54:15	Male	75	60 - 69	Nedbank Running Club Wp	11380	04:51/km
157	5156	🖶 Mzukisi Mgwebi	03:40:06.3	+01:11:16	Male	145	40 - 49	Nedbank Running Club Wp	7757	05:13/km
167	4061	🖶 Fabioh Busby	03:41:11.0	+01:12:21	Male	153	Senior (20-39)	Nedbank Running Club Wp	7745	05:16/km
321	4872	🖶 Andile Ndlovu	04:03:15.7	+01:34:26	Male	285	40 - 49	Nedbank Running Club Wp	16457	05:48/km
338	4177	🖶 Quintell Schoeman	04:05:41.3	+51:57	Female	44	50 - 59	Nedbank Running Club Wp	7714	05:49/km

TIMBERCITY RED HILL MARATHON

36km Classic

Results   Race Stats   Submit Query

NEDBANK RUNNING CLUB WP   Search   Clear

Pos	Race No	Name *Click name to view profile & download certificate*	Time Mat2Mat *Click on your time to view your video*	Gap	Gender	Gen Pos	Category	Cat Pos	Club	Lic No	Pace
15	2919	🖨 Hansley Weaver	02:33:26.8 02:33:26.8	+23:23	Male	15	50 - 59	2	Nedbank Running Club Wp		04:15/km
28	2990	🖨 Sarah Silber	02:47:26.2 02:47:26.2	-	Female	1	Senior (20-39)	1	Nedbank Running Club Wp		04:39/km
34	2307	🖨 Dallen Roos	02:49:13.7 02:49:13.7	+39:10	Male	32	40 - 49	12	Nedbank Running Club Wp		04:40/km
99	4912	🖨 Greg Calothi	03:14:33.6 03:14:33.6	+01:04:30	Male	89	Senior (20-39)	39	Nedbank Running Club Wp	7715	05:24/km
589	4605	🖨 Tanja Spamer	04:23:11.9 04:23:11.9	+01:35:46	Female	230	50 - 59	59	Nedbank Running Club Wp	13536	07:19/km
680	5306	🖨 Johan Boonzaaier	04:34:38.9 04:34:38.9	+02:24:35	Male	401	60 - 69	29	Nedbank Running Club Wp	13545	07:36/km

TIMBERCITY RED HILL MARATHON

13km Black Hill

Results   Race Stats   Submit Query

NEDBANK RUNNING CLUB WP   Search   Clear

Pos	Race No	Name *Click on name to view profile & download certificate*	Time *Click on your time to view your video*	Gap	Gender	Gen Pos	Category	Club	Lic No	Pace
10	1572	🖨 Sihle Mapukata	00:55:08.3	+13:30	Male	10	40 - 49	Nedbank Running Club Wp	13555	04:13/km