



**NEDBANK RUNNING CLUB CAPE TOWN WPA  
RACE RESULTS | TOP FORM BAY TO BAY 15KM + 30KM | 18 JAN 2026**

Congratulations to our podium winners:

**15KM**

W70-79

🏆 Charmaine Cupido 1:24:41

**30KM**

M50-59

🥈 Hansley Weaver 2:01:25

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

TOPFORM BAY TO BAY 15KM RESULTS									
PC	BIE	Surname	FirstName	Club	Age	Gender	AgeGrot	Distance	RaceTime
37	4930	Shakeel	Shiraz	NEDBANK RUNNING CLUB WP	24	M	M20-39	15km	01:04:57
232	5109	Cupido	Charmaine	NEDBANK RUNNING CLUB WP	70	W	W70	15km	01:24:41
1617	5351	Calothi	Terri-Lee	NEDBANK RUNNING CLUB WP	35	W	W20-39	15km	02:20:59

TOPFORM BAY TO BAY 30KM RACE RESULTS									
PC	BIE	Surname	FirstName	Club	Age	Gender	AgeGrot	Distance	RaceTime
7	224	Tuna	Mandlenkosi	NEDBANK RUNNING CLUB WP	30	M	M20-39	30km	01:46:39
38	1384	Calothi	Greg	NEDBANK RUNNING CLUB WP	38	M	M20-39	30km	02:01:22
39	2832	Weaver	Hansley	NEDBANK RUNNING CLUB WP	53	M	M50-59	30km	02:01:25
42	1382	Burke	Christopher	NEDBANK RUNNING CLUB WP	43	M	M40-49	30km	02:02:34
73	1561	Silber	Sarah	NEDBANK RUNNING CLUB WP	32	W	W20-39	30km	02:09:45
98	167	Middlemost	Elme	NEDBANK RUNNING CLUB WP	47	W	W40-49	30km	02:12:59
173	2779	Cackett	Jenna	NEDBANK RUNNING CLUB WP	32	W	W20-39	30km	02:20:08
182	1564	Smit	Maretha	NEDBANK RUNNING CLUB WP	36	W	W20-39	30km	02:20:53
185	2800	Mally	Mahri	NEDBANK RUNNING CLUB WP	38	W	W20-39	30km	02:21:14
280	127	Janse Van Rensburg	Leon	NEDBANK RUNNING CLUB WP	33	M	M20-39	30km	02:27:44
358	1323	Prins	Marjorie	NEDBANK RUNNING CLUB WP	58	W	W50-59	30km	02:31:48
1015	1175	Folo	Amanda	NEDBANK RUNNING CLUB WP	32	W	W20-39	30km	02:56:48
1182	1484	Low	Tim	NEDBANK RUNNING CLUB WP	56	M	M50-59	30km	03:03:11
1391	2194	Schoeman	Quintell	NEDBANK RUNNING CLUB WP	52	W	W50-59	30km	03:11:53
1736	611	Brand	Francois	NEDBANK RUNNING CLUB WP	56	M	M50-59	30km	03:23:16
2124	1029	Ngobeni	Latasha	NEDBANK RUNNING CLUB WP	49	W	W40-49	30km	03:41:18



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