

| <b>First Name</b> | <b>Second Name</b> | <b>Gender</b> | <b>Date</b> | <b>Distance</b> | <b>Time</b> | <b>Runs</b> | <b>PB</b> |
|-------------------|--------------------|---------------|-------------|-----------------|-------------|-------------|-----------|
| Ewan              | Oates              | M             | 20/6/2026   | 5               | 00;22;16    |             | 1 PB      |
| Glynn             | Allen              | M             | 20/6/2026   | 5               | 00;26;25    |             | 3 PB      |
| Maselo            | Mphafudi           | M             | 20/6/2026   | 5               | 00;27;38    |             | 74        |
| Masoono           | Nchabeleng         | M             | 20/6/2026   | 5               | 00;28;10    |             | 252       |
| Russ              | Dodding            | M             | 20/6/2026   | 5               | 00;28;20    |             | 213       |
| Heather           | Murch              | F             | 20/6/2026   | 5               | 00;31;22    |             | 193       |
| Ludowijk          | Nell               | M             | 20/6/2026   | 5               | 00;31;33    |             | 31        |
| Beth              | Levin              | F             | 20/6/2026   | 5               | 00;34;04    |             | 3         |
| Saul              | Levin              | M             | 20/6/2026   | 5               | 00;34;04    |             | 108       |
| Caroline          | James              | F             | 20/6/2026   | 5               | 00;35;23    |             | 13        |
| Brenden           | Whyte              | M             | 20/6/2026   | 5               | 00;35;23    |             | 1 PB      |
| Stephen           | Mark               | M             | 20/6/2026   | 5               | 00;35;23    |             | 1 PB      |
| Les               | Sutcliffe          | M             | 20/6/2026   |                 | Timekeeper  |             |           |