



2023 Awards - List of Prize Winners & Colour Standards

Cross Country Male	LUTHABO MPONGWANA
Cross Country Female	ABIGAIL BESTER
Most Improved Time Trialist – Improvair Trophy	ALEXANDER MASTERS-KAY
Most Time Trial Run – Lynette Bazeley Trophy	CHARLOTTE KETTLEWELL (42 weeks)
Most Improved Hearing-Impaired Time-Trialist - Redewaan Andrew Trophy	APHELELA HECE
Comrades Last Bronze	ROBERT DUNN
First at Comrades	DAVID RICE
First at Two Oceans	RICHARD FLINT
Top Ten Male – CJ Trophy	INAM MBATSA
Top Ten Female – Yardley Trophy	PHILISWA DALANE
Tax Master	ROBERT DE MONK
Best Social – Hemmingway Isaacs Coetzee	KATHRYN CLEARY - YEAR END SOCIAL & KARAOKE
Best Junior Male (Monty Floating Trophy)	LUTHABO MPONGWANA
Best Junior Female (Monty Floating Trophy)	YONELISA SIWA
Lang Asem – CK Trophy	PETER-JOHN AUGUST
Christine Williams Walking Trophy	DEBORAH HORN-BOTHA
Tim Bellairs Trail Running	PATRICK CAMERON-SMITH
Best Master Man	ROGER DICKSON
Best Master Lady	DEE SMALE
Best Lady Veteran	PHILISWA DALANE
Best Male Veteran	LUCKY XOLANI ZIQWAYI
Most Improved Lady – Bester Trophy	KATHRYN CLEARY
Most Improved Man	LEON LUBEMBA
Best Senior Lady	ASHLEIGH SANDES-NEIL
Best Senior Man	SIVE BHEBHA
Club Member of the Year	ELYDIA DE MONK
Chairman’s Award	RENÉ DICK
Uwe Strack Best Novice Walker	BRONWEN MACKRILL
Jeff Shapiro Trophy	DAVE WAYWELL
Ladies Time Trial Pink Slipper	SLYVIA BESTER
VOB Legend Recognition	DERRY DEVINE

Cross Country Attendance Incentive: 7 out of 7

Bulela Mganu, Asakhe Mbatsa, Lithemba Ndyonyela, Inam Mbatsa, Luthabo Mpongwana, Uzukhanye Makhonxa, Tumelo Chepape



Cross Country Attendance Incentive: 6 out of 7

Lethu Cetywayo, Lynn Etheridge, Deborah Horn-Botha, Angela Ndaba, Charlotte Kettlewell, Paula van der Merwe, Likhona Ngqolana, Alatha Ngxumza, Libone Siswana, Lilihle Ngqolana, Saliswa Qotywiwe, Indiphile Ntshinga, Ncuthukazi Mvuyeni

Cross Country Attendance Incentive: 5 out of 7

Jeffrey Mabeleng, Roger Dickson, Lucky Ziqwayi, Paul Fortuin, Malcolm Collins, Christian Edwards, Liesel Schulenburg, Theresa Rennie, Sandra Jonathan, René Dick, Dee Smale, Jeanine Koopman, Priscilla Jason, Beverley Charters, Theresa Jordaan, Lisakhanya Kotsana, Khomotjo Chepape, Sambese Vena, Sesihle Letsie, Sinxolo Jijingbubo, Khanya Madela, Phetho Mbem, Makotyana Esona, Abigail Bester, Kiara Bester, Trish Gilmour

Race Walking Incentive: Charlottte Kettlewell, Deborah Horn-Botha, Jane Fuller, Judy Collins, Mercia Hendricks, Mike Evans, Raymond Fuller, René Dick, Tamar Koekemoer, Teri Smith, Trish Gilmour

Top Ten Award – Male: 10. Jeremy Petersen, 9. Asakhe Mbatsa, 8. Ashley Isaacs, 7. Uzukhanye Makohonxa, 6. Colin George, 5. Mark Pikker, 4. Tumelo Chepape, 3. Alexander Knox, 2. Sive Bhebha, **1. Inam Mbatsa**

Top Ten Award – Female: 10. Angela Ndaba, 9. Nathalie Cloete, 8. Heather Bougard, 7. Sandra Jonathan, 6. Kathryn Chu, 5. Sarah Johl, 4. Dumisa Sipunzi, 3. Beverley Charters, 2. Angela Dell, **1. Philiswa Dalane**

Top Five Vets Award – Male: 5. Afzal Dhansay, 4. Peter-John August, 3. Ashley Isaacs, 2. Colin George, **1. Jeremy Petersen**

Top Five Vets Award – Female: 5. Sandra Jonathan, 4. Kathryn Chu, 3. Sarah Johl, 2. Beverley Charters, **1. Philiswa Dalane**

Fastest Male 10km: Sive Bhebha – 31:58

Fastest Male 15km: Sive Bhebha – 52:03

Fastest Male 21.1km: Kyle Breda – 1:16:39

Fastest Male Marathon: Richard Flint – 2:47:32

Fastest Female 10km: Philiswa Dalane – 40:21

Fastest Female 15km: Nadia Turton – 01:06:57

Fastest Female 21.1km: Philiswa Dalane – 1:29:25

Fastest Female Marathon: Ashleigh Sandes-Neil - 03:10:59

Full Colours: Sive Bhebha, Roger Dickson, Philiswa Dalane, Tracy Forbes, Jana Trojan, Dee Smale

Half Colours: Tumelo Chepape, Uzukhanye Makhonxa, Asakhe Mbatsa, Inam Mbatsa, Luthabo Mpongwana, Kyle Breda, Richard Flint, Colin George, Nadia Turton, Sarah Johl, Chloe Lennox, Ashleigh Sandes-Neil, Angela Dell, Kathleen Shuttleworth, Tania Anderson, Clare Cousins, Susan Dickson, Joanna Thomas, Beverley Charters, Renee Scott

Lang Asem Award: 5. Ashley Isaacs, 4. Angela Dell, 3. Jeremy Petersen, 2. Melissa Phillips, 1. Peter-John August

Top 100 Challenge: Jeremy Petersen (1702 points in 19 races)