

Athletes Fit4Life 26 July 2025

Coaches	Category	unning ord	Placed	Name & Surname	Division
	Gld/Slvr/Brnz				
Max	Bronze	2	1	Mfundi Magubani	Junior Men's Fitness Challenge - Under 23
Zamile	Bronze	5	2	Thapelo Ndaba	Junior Men's Fitness Challenge - Under 23
Max	Bronze	1	1	Pinky Dube	Women's Fitness Challenge age 24 -35
Max	Bronze	4	1	Mdumiseni Duma	Men's Fitness Challenge age 24 to 40
Max	Bronze	3	2	Bongumenzi Xulu	Men's Fitness Challenge age 24 to 40
Zamile	Silver	11	1	Sikhona Ndulini	Junior Men's Fitness Challenge - Under 23
Max	Silver	9	2	Lucky Tundzi	Junior Men's Fitness Challenge - Under 23
Max	Silver	10	3	Langelihle Khambule (affiliated)	Junior Men's Fitness Challenge - Under 23
	Silver	8	4	Siwaphiwe Yaze	Junior Men's Fitness Challenge - Under 23
Zamile	Silver	12	1	Ntando Xolo	Men's Fitness Challenge age 24 -40
Zamile	Silver	7	1	Lucia Mtehwa	Women's Fitness Challenge age 24 -35
Max	Silver	6	2	Luthando Joana Mthembu	Women's Fitness Challenge age 24 -35
	Gold	13	1	Ayabonga Cele	Junior Men's Fitness Challenge - Under 23
Max	Gold	15	1	Sifiso Cebekhulu,	Men's Fitness Challenge age 24 to 40
	Gold	16	2	Renardo George	Men's Fitness Challenge age 24 to 40
	Gold	14	3	Mbhekiseni Mdletshe	Men's Fitness Challenge age 24 to 40