



Gulu Trail Run 10km

28.07.2019



Pos.	Time	Pace/km	First name	Last name	ID	Gender	Running Club
1	40:52	04:05	Vusumzi	Zondo	84	male	
2	41:56	04:12	Luthando	Hejana	86	male	Old Mutual AC - EL
3	43:39	04:22	Welcome	Tishini	67	male	Nedbank RCEL
4	44:24	04:26	Simphiwe	Majiki	82	male	Stutterheim AC
5	44:29	04:27	Masibulele Owen	Tshibo	79	male	Nedbank RCEL
6	45:22	04:32	Jonathan	Benjamin	71	male	Rhodes University
7	49:22	04:56	Sibonelo	Zukulu	78	male	WSU
8	50:22	05:02	Themba	Yekela	80	male	BRAC
9	52:52	05:17	Avuyanathi	Mrweli	65	male	
10	53:05	05:18	Mbongeni	Ngxatha	120	male	Real Gijimas AC
11	55:34	05:33	Masibulele	Gcingca	122	male	Nedbank RCEL
12	56:03	05:36	Tembelani	Goso	87	male	Nedbank RCEL
13	57:33	05:45	Siphamandla	Pilisani	69	male	
14	58:52	05:53	Ian	Malloy	*	male	Nedbank RCEL
15	58:56	05:54	Shane	Forword	178	male	Nedbank RCEL
16	59:21	05:56	Mloe	Sibanda	118	male	Real Gijimas AC
17	1:00:45	06:04	Tara	Schwulst	91	female	Born2Run
18	1:00:52	06:05	Mark	Hayne	153	male	Born2Run
19	1:00:53	06:05	Gerhard	Zechner	81	male	
20	1:01:24	06:08	Cobus	Liakos	192	male	
21	1:02:03	06:12	Komza	Komanisi	130	male	Nedbank RCEL
22	1:02:09	06:13	Kobus	Brits	176	male	Nedbank RCEL
23	1:02:23	06:14	Tristan	King	184	male	Old Selbornians
24	1:02:52	06:17	Kudzanai	Majaji	129	male	Nedbank RCEL
25	1:03:05	06:18	Ayanda	Mxakato	142	male	Real Gijimas AC

26	1:03:05	06:18	Masixole Jazz	Gaqa	121	male	Nedbank RCEL
27	1:03:42	06:22	Sithembiso	Kofi	96	male	Real Gijimas AC
28	1:03:42	06:22	Siphiwo	Bukani	92	male	Real Gijimas AC
29	1:03:53	06:23	Claire	McCann	138	female	
30	1:03:58	06:24	Sakhikhaya	Susela	104	male	Old Mutual AC - EL
31	1:04:04	06:24	Pieter	Swanepoel	88	male	ELAC
32	1:05:17	06:32	Mzuvukile	Sibhoza	70	male	Nedbank RCEL
33	1:05:41	06:34	Msimelelo	Mandongana	116	male	Old Mutual AC - EL
34	1:06:55	06:42	Ibrahim	Kamicha	133	male	Old Mutual AC - EL
35	1:07:02	06:42	Jayson	Marriot	83	male	Oxford Striders
36	1:07:39	06:46	Jonathan	Behnke	156	male	ELAC
37	1:09:33	06:57	Sibusiso	Swaartbooi	98	female	Real Gijimas AC
38	1:09:34	06:57	Siya	Swapi	108	male	BCM AC
39	1:11:04	07:06	Wayne	Pottinger	95	male	Nedbank RCEL
40	1:11:50	07:08	Aby	Popo	*	female	Nedbank RCEL
41	1:12:15	07:13	Kathryn	Ford	131	female	University of Fort Hare
42	1:12:35	07:15	Shazia	Mahmood	100	female	BRAC
43	1:12:57	07:18	Anelisa	Magama	114	female	Real Gijimas AC
44	1:15:11	07:31	Luzuko	Buku	190	male	Nedbank RCEL
45	1:15:48	07:35	Marliese	Vosloo	183	female	Nedbank RCEL
46	1:15:49	07:35	Bonga	Mabentsela	77	male	Overtakers
47	1:16:40	07:39	Andre	Kleynhans	*	male	
48	1:17:05	07:42	Xoliswa	Sibeko	94	female	Real Gijimas AC
49	1:17:08	07:43	Andrew	Liddle	149	male	
50	1:17:27	07:45	Peter	Hobson	165	male	
51	1:17:34	07:45	Peggy	Mtengwane	109	female	Overtakers
52	1:17:35	07:45	Mmampho	Gogela-Smith	117	female	Old Mutual AC - EL
53	1:17:53	07:47	Lynette	Forword	179	female	Nedbank RCEL
54	1:18:13	07:49	Fezile	Mkalipa	135	male	Old Mutual AC - EL
55	1:18:46	07:53	Gregg	Gqamane	134	male	Real Gijimas AC
56	1:19:08	07:55	Maureen	Muhlenberg	73	female	Born2Run
57	1:19:12	07:55	Carmen	Schaefer	189	female	Nedbank RCEL
58	1:19:13	07:55	Catherine	Fetting	74	female	Nedbank RCEL

59	1:20:43	08:04	Sive	Soka	66	male	Balekani AC
60	1:21:26	08:09	Dieter	Ruhrmund	136	male	Oxford Striders
61	1:21:31	08:09	Philip	Storm	151	male	
62	1:21:40	08:10	Stuart	Robertson	72	male	Oxford Striders
63	1:21:48	08:11	Christelle	Becker	164	female	
64	1:21:55	08:11	Cyril	Bekker	196	male	Gonubie Harriers
65	1:22:17	08:14	Nicolette	Lennox	171	female	Nedbank RCEL
66	1:22:43	08:16	Chris	Nel	89	male	
67	1:22:50	08:17	Zukile	Mbelu	180	male	Stutterheim AC
68	1:23:43	08:22	Petru	McFarlane	155	female	
69	1:24:00	08:25	Mathew	Delbridge	*	male	
70	1:24:37	08:28	Johan	Scheepers	T121	male	
71	1:25:05	08:30	Andisiwe	Jack	143	female	Real Gijimas AC
72	1:25:18	08:32	Hermien	Jones	167	female	
73	1:25:44	08:34	Lindsey	Swart	185	female	Oxford Striders
74	1:25:53	08:35	Rene	Skorbinski	177	female	Living Free
75	1:26:17	08:38	Marlene	De Wet	123	female	Queenstown Harriers
76	1:26:19	08:38	Lulama	Mceka	126	female	Kowie Striders
77	1:26:22	08:38	Mkhululi	Jack	90	male	Rainbow United AC
78	1:26:23	08:38	Phindile	Tetiwe	107	male	
79	1:26:24	08:38	Bahlanu	Mahleka	141	male	Real Gijimas AC
80	1:26:25	08:38	Siyabulela	Mtembu	163	male	VWA AC
81	1:27:11	08:43	Elsa	Jacobs	154	female	Nedbank RCEL
82	1:27:44	08:46	Nathi	Mfaka	115	male	Nedbank RCEL
83	1:28:09	08:49	Akhona	Nohako	144	female	Real Gijimas AC
84	1:28:41	08:52	Pumla	Kiswa	*	female	Nedbank RCEL
85	1:30:26	09:02	Pamela	Mpange	68	female	Real Gijimas AC
86	1:32:10	09:13	Senovia	De Bruin	102	female	Old Mutual AC - EL
87	1:32:18	09:14	Craig	Arnold	182	male	Born2Run
88	1:33:09	09:19	Tamara	Hartwanger	199	female	University of Fort Hare
89	1:33:32	09:21	Iola	Saayman	158	female	Oxford Striders
90	1:33:33	09:21	Lee-Anne	Botha	159	female	Oxford Striders
91	1:33:34	09:21	Roy	Nel	160	male	Oxford Striders

92	1:34:15	09:26	Shameem	Farooq	101	female	Queenstown Harriers
93	1:34:20	09:26	Mlingani	Nombe	147	female	Qokolweni AC
94	1:34:57	09:30	Siyamthanda	Loni	172	female	Nedbank RCEL
95	1:35:04	09:30	Zikhona	Mgweba	170	female	Nedbank RCEL
96	1:35:08	09:31	Zintle	Mapongwana	152	female	BRAC
97	1:35:17	09:32	Nomfundo	Somhlahlo	111	female	Team Vitality
98	1:35:42	09:34	Chanzelle	De Kock	139	female	
99	1:36:01	09:36	Miranda	Mvumvu	64	female	BRAC
100	1:37:44	09:46	Sue	Prinsloo	168	female	
101	1:37:45	09:46	Debbie	Lacey	166	female	
102	1:37:48	09:47	Nombeko	Gqetywa	112	female	BCM AC
103	1:39:27	09:57	Roxzanne	Lands	174	female	Oxford Striders
104	1:41:00	10:06	Mpho Gift	Betsha	85	female	Old Mutual AC - EL
105	1:41:01	10:06	Natasha	Venter	197	female	ELAC
106	1:41:42	10:10	Ncumisa	Tokwe	75	female	Inyibiba AC
107	1:41:43	10:10	Bulelani	Sidloyi	63	male	Old Mutual AC - EL
108	1:44:34	10:27	Nokutula	Mzamo	191	female	Old Mutual AC - EL
109	1:45:19	10:32	Mark	Prinsloo	169	male	
110	1:46:13	10:37	Abulele	Bangani	198	female	
111	1:50:46	11:05	Noncedo	Stofile	148	female	Nedbank RCEL
112	1:52:41	11:16	Quintin	Lands	173	male	Oxford Striders
113	1:52:41	11:16	Mandy	Clark	124	female	Oxford Striders
114	1:52:42	11:16	Bianca	Ruhrmund	137	female	Oxford Striders
115	1:53:17	11:20	Sheena	Mentz	200	female	University of Fort Hare
116	1:54:45	11:30	Jonathan	Bosman	*	male	Nedbank RCEL
117	2:01:41	12:10	Janette	Samauls	187	female	Old Mutual AC - QTN
118	2:01:41	12:10	Smartryk	Rossouw	188	male	Old Mutual AC - QTN
119	2:03:27	12:21	Inganathi	Ndawule	195	female	
120	2:06:04	12:36	Samantha	Botha	103	female	
121	2:06:05	12:36	Akhona	Mahlakaza	186	female	Nedbank RCEL
122	2:13:21	13:20	Warrick	Jerrard	157	male	Born2Run
123	2:13:35	13:21	Lilly	Whitehead	181	female	Oxford Striders
124	2:15:28	13:33	Nonkoliseko	Ndawule	194	female	Nedbank RCEL

125	2:15:32	13:33	Lisakhanya	Ndawule	193	female	Nedbank RCEL
126	2:19:50	13:59	Khanyi	Pupuma	62	male	
127	2:19:59	14:00	Nolitha	Klu	113	female	Nedbank RCEL
128	2:30:05	15:00	Tim	Stones	146	male	Nedbank RCEL
129	2:30:05	15:00	Mercia	Van der Merwe	145	female	Nedbank RCEL



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* committee run 13/07/2019

