



23.07.2022

Pos.	Time	Pace	Athlete	Cat.	Gender	Athletic Club	Race No.
1	1:17:37	03:40	Edumisa Mtoli	Open	M	Nedbank Running Club East London	445
2	1:18:16	03:42	Bulelani Mgubo	35-39	M	Buffalo Runners AC	343
3	1:20:55	03:50	Musa Zweni	Open	M	Murray & Roberts	187
4	1:27:14	04:08	Ncedo Joors	Open	M	Ingomso AC	413
5	1:29:21	04:14	Masibulele Owen Tshibo	Open	M	Nedbank Running Club East London	180
6	1:30:13	04:17	Eliot Maine	Open	M	R72 Smart Pacers AC	446
7	1:30:29	04:17	Mbasa Ndoro	Open	M	Real Gijimas AC	414
8	1:30:36	04:18	Sandiso Ngxishe	50-59	M	Nelson Bay AC	371
9	1:30:53	04:18	Phikisile Menjenjalo	40-49	M	Old Mutual Athletics Club - East London	380
10	1:33:10	04:25	Komza Komanisi	40-49	M	Nedbank Running Club East London	*
11	1:34:27	04:28	Mzoli Mpalala	60-69	M	Boxer AC	356
12	1:34:34	04:28	Owen Frohbus	35-39	M	Nedbank Running Club East London	181
13	1:36:46	04:35	Msindisi Tapolisi	35-39	M	Real Gijimas AC	40
14	1:37:53	04:38	James Burns	35-39	M	Old Selbornian Road Runners	303

15	1:39:54	04:44	Mcebisi Yose	40-49	M	R72 Smart Pacers AC	190
16	1:40:09	04:45	Liam Victor	50-59	M	Old Selbornian Road Runners	339
17	1:40:18	04:45	Vusumzi Mbila	50-59	M	EL Pacers	305
18	1:40:22	04:45	Lonwabo Mavukwana	35-39	M	<i>None</i>	427
19	1:41:41	04:49	Clinton Hayward	40-49	M	Old Selbornian Road Runners	318
20	1:42:27	04:51	Zandile Rubushe	35-39	F	Boxer AC	306
21	1:44:42	04:58	Michelle Conroy	40-49	F	Nedbank Running Club East London	345
22	1:44:44	04:58	Angus Spence	Open	M	<i>None</i>	425
23	1:44:50	04:58	Michael Schenk	40-49	M	Old Selbornian Road Runners	346
24	1:45:55	05:01	Shane Forword	40-49	M	Nedbank Running Club East London	404
25	1:46:29	05:03	Lutho Buku	Open	M	<i>None</i>	387
26	1:46:29	05:03	Lizo Siko	40-49	M	Chillie Running Club	386
27	1:48:39	05:09	Carey Sheffield-Webb	35-39	F	Oxford Striders Running Club	439
28	1:49:28	05:10	Bulelani Silwana	Open	M	Cheetahs AC	39
29	1:49:32	05:11	Bonga Mabentsela	40-49	M	Pumpkins AC	436
30	1:50:19	05:14	Luzuko Fanteso	40-49	M	Real Gijimas AC	401
31	1:54:16	05:25	Khanyiso Mcolozelwa	35-39	M	Old Mutual Athletics Club - East London	416
32	1:55:12	05:28	Phumzile Tyumre	40-49	M	Nedbank Running Club East London	314
33	1:55:20	05:28	Rishi Neerunjan	40-49	M	Mercedes-Benz AC	365
34	1:55:57	05:30	Thokozani Dolo	40-49	M	Chillie Running Club	383
35	1:56:08	05:30	Hlomela Putini	40-49	M	Buffalo Runners AC	344
36	1:57:14	05:33	Lusanda Mkiva	35-39	F	Overtakers Sports Club	337
37	1:57:15	05:33	Phil Quma	35-39	M	Stutterheim Athletics Club	338
38	1:58:14	05:36	Khanyiso Makhaka	40-49	M	Buffalo Runners AC	398
39	1:58:26	05:37	Nangoku Mahlati	35-39	M	Buffalo Runners AC	390
40	1:59:10	05:39	Meike Moser	40-49	F	<i>None</i>	157
41	1:59:11	05:39	Colin Bosch	60-69	M	Old Selbornian Road Runners	302
42	1:59:12	05:39	Christiaan Kleinhans	Open	M	<i>None</i>	409
43	1:59:16	05:39	Zanenkosi Olayi	40-49	M	Old Mutual Athletics Club - East London	431
44	1:59:20	05:39	James Bosch	Open	M	Old Selbornian Road Runners	304

45	1:59:41	05:40	Lindy Vermeulen	40-49	F	Old Selbornian Road Runners	317
46	1:59:42	05:40	Nkosinathi Ntlokonkulu	40-49	F	R72 Smart Pacers AC	186
47	1:59:44	05:40	Mawande Meje	40-49	M	Nedbank Running Club East London	192
48	1:59:46	05:40	Jason Stolk	40-49	M	R72 Smart Pacers AC	448
49	2:00:33	05:43	Janet Kieck	40-49	F	Nedbank Running Club East London	336
50	2:00:46	05:43	Danny Cocklen	Open	M	Mercedes-Benz AC	406
51	2:01:45	05:46	Carmen Schaefer	40-49	F	Nedbank Running Club East London	308
52	2:01:58	05:47	Sunell Roux	40-49	F	Nedbank Running Club East London	323
53	2:02:18	05:48	Cawe Novukela	50-59	M	Old Mutual Athletics Club - East London	441
54	2:02:34	05:48	Lizo Maneli	50-59	M	Chillie Running Club	373
55	2:02:53	05:49	Chuma Novukela	40-49	M	Old Mutual Athletics Club - East London	444
56	2:04:03	05:53	Vuyani Foslara	40-49	M	Nedbank Running Club East London	399
57	2:04:08	05:53	Lesley Blair	40-49	F	Oxford Striders Running Club	333
58	2:04:27	05:54	Nosipho Jakucana	35-39	F	Real Gijimas AC	335
59	2:05:05	05:56	Msimelelo Tshangana	40-49	M	Old Mutual Athletics Club - East London	312
60	2:06:52	06:01	Siyabonga Mdodi	35-39	M	Old Mutual Athletics Club - East London	428
61	2:07:22	06:02	Siyabulela Fatyi	40-49	M	Nedbank Running Club East London	173
62	2:08:39	06:06	Ziphezihle Wababa	35-39	M	Buffalo Runners AC	163
63	2:08:47	06:06	Simphiwe Buso	Open	M	<i>None</i>	407
64	2:09:53	06:09	Asive Sifo	Open	F	Chillie Running Club	410
65	2:10:28	06:11	Sharon Eldridge	60-69	F	Old Selbornian Road Runners	301
66	2:10:36	06:11	Terri Schwulst	40-49	F	Nedbank Running Club East London	395
67	2:10:50	06:12	Justin Hayes	Open	M	<i>None</i>	391
68	2:11:10	06:13	Asanda Tina	35-39	F	Pumpkins Athletics Club	415
69	2:11:10	06:13	Lynette Forword	40-49	F	Nedbank Running Club East London	405
70	2:12:01	06:15	Linda Goduka	40-49	F	Old Mutual Athletics Club - East London	372
71	2:12:37	06:17	Mpilo Ntlati	Open	M	Overtakers Sports Club	392
72	2:12:48	06:18	Andiswa Getye	40-49	F	Real Gijimas AC	321
73	2:12:49	06:18	Titiba Yanta	50-59	M	Real Gijimas AC	156
74	2:13:40	06:20	Mxolisi Masiso	50-59	M	Old Mutual Athletics Club - East London	329

75	2:13:44	06:20	Ntomboxolo Mngambi	50-59	F	Old Mutual Athletics Club - East London	328
76	2:15:15	06:25	Yoliswa Sinyanya	50-59	F	Chillie Running Club	357
77	2:15:18	06:25	Lonwabo Adonis	40-49	M	Stutterheim Athletics Club	319
78	2:15:19	06:25	Andisa Ntshela	40-49	F	Old Mutual Athletics Club - East London	355
79	2:16:12	06:27	Wayne Pottinger	35-39	M	Nedbank Running Club East London	168
80	2:16:33	06:28	Julius Gqibani	60-69	M	Old Selbornian Road Runners	353
81	2:16:33	06:28	Ayanda Rwayi	Open	M	Old Mutual Athletics Club - East London	325
82	2:17:10	06:30	Sive Soka	35-39	M	Balekani AC	419
83	2:17:24	06:31	Philasande Tunzana	35-39	F	Real Gijimas AC	400
84	2:18:38	06:34	Hubert Gubevu	50-59	M	Old Mutual Athletics Club - East London	377
85	2:18:47	06:35	Nicolette Lennox	40-49	F	Nedbank Running Club East London	348
86	2:20:04	06:38	Nyameko Stuurman	40-49	M	Nedbank Running Club East London	361
87	2:20:46	06:40	Mluleki Nduna	Open	M	Nedbank Running Club East London	412
88	2:21:02	06:41	Lee Long	40-49	F	Old Selbornian Road Runners	316
89	2:21:58	06:44	Andrew Bolman	35-39	M	Old Mutual Athletics Club - East London	433
90	2:22:00	06:44	Akhona Nohako	35-39	F	Real Gijimas AC	394
91	2:22:11	06:44	Ayanda Ashes Mxakato	35-39	M	Real Gijimas AC	393
92	2:23:26	06:48	Thobelani Mfengwana	40-49	M	Overtakers Sports Club	330
93	2:23:32	06:48	Mmampho Gogela-Smith	50-59	F	Old Mutual Athletics Club - East London	188
94	2:23:53	06:49	Phumeza Mahala	35-39	F	Balekani AC	420
95	2:24:03	06:50	Vuvu Zakhe	35-39	F	Real Gijimas AC	382
96	2:24:15	06:50	Geo Arends	Open	M	<i>None</i>	366
97	2:24:41	06:51	Zolani Twani	40-49	M	Old Mutual Athletics Club - East London	162
98	2:24:49	06:52	Zameka Balasana	40-49	F	Cheetahs AC	165
99	2:24:50	06:52	Warrick Jerrard	50-59	M	EasyEquities Born2Run	334
100	2:25:10	06:53	Stephanie Kretzmann	50-59	F	EasyEquities Born2Run	342
101	2:25:10	06:53	Tulisa Busakwe	Open	F	Mercedes-Benz AC	43
102	2:25:55	06:55	Lwando Jack	35-39	M	Mercedes-Benz AC	158
103	2:26:00	06:55	Nicole Coleman	35-39	F	Nedbank Running Club East London	331
104	2:26:16	06:56	Simone Bester	Open	F	<i>None</i>	307

105	2:26:38	06:57	Tembi Qolo	40-49	F	Real Gijimas AC	171
106	2:29:43	07:06	Petru Macfarlane	35-39	F	<i>None</i>	408
107	2:29:53	07:06	Nonnie Canham	40-49	F	Nedbank Running Club East London	423
108	2:30:42	07:09	Tanya Do Amaral	Open	F	Old Selbornian Road Runners	326
109	2:32:27	07:13	Nicole Boucher	Open	F	<i>None</i>	426
110	2:34:41	07:20	Patiswa Mayongo	35-39	F	Aliwal Top Runners	443
111	2:34:43	07:20	Jayde Grimmer	Open	F	<i>None</i>	358
112	2:35:07	07:21	John-Marc Russell	Open	M	<i>None</i>	360
113	2:35:18	07:22	Maureen Thisani	40-49	F	Old Mutual Athletics Club - East London	327
114	2:37:46	07:29	Nangamso Cokile	35-39	F	Eskom Running Club	364
115	2:39:20	07:33	Annette Davids	40-49	F	Nedbank Running Club East London	311
116	2:39:25	07:33	Karen Watson	50-59	F	Bufs Club	309
117	2:39:33	07:34	Nombasa Manzana	40-49	F	University of Fort Hare	313
118	2:40:21	07:36	Nandipha Baleni	Open	F	<i>None</i>	362
119	2:42:05	07:41	Stan Prins	50-59	M	Mercedes-Benz AC	320
120	2:42:18	07:41	Antoinette Grobler	40-49	F	Nedbank Running Club East London	359
121	2:42:21	07:42	Zimkitha Magwentshu	Open	F	Cheetahs AC	310
122	2:42:22	07:42	Nolubabalo Stemele	35-39	F	Real Gijimas AC	396
123	2:42:56	07:43	Dalu Majeke	40-49	M	Nedbank Running Club East London	397
124	2:43:25	07:45	Merilene Menold	Open	F	Old Mutual Athletics Club - East London	189
125	2:43:31	07:45	Lindsey Swart	40-49	F	Pumpkins AC	204
126	2:45:18	07:50	Linda Bhengu	40-49	F	Old Mutual Athletics Club - East London	418
127	2:45:30	07:51	Christine Roux	50-59	F	Oxford Striders Running Club	341
128	2:48:23	07:59	Pamela Mpange	40-49	M	Real Gijimas AC	179
129	2:49:03	08:01	Salusiwe Mntikitiki	Open	F	Real Gijimas AC	403
130	2:51:25	08:07	Lola Saayman	50-59	F	Oxford Striders Running Club	369
131	2:51:27	08:07	Roy Nel	50-59	M	Oxford Striders Running Club	368
132	2:52:32	08:11	Vuyokazi Siyaka	35-39	F	Inyibiba AC	352
133	2:53:18	08:13	Nomtha Taris Dloko	40-49	F	R72 Smart Pacers AC	370
134	2:57:36	08:25	Lee-Anne Botha	40-49	F	Oxford Striders Running Club	367

135	3:01:09	08:35	Hombakazi Funeka	40-49	F	Old Mutual Athletics Club - East London	376
136	3:01:47	08:37	Mbree Unathi Letile	Open	F	Nedbank Running Club East London	191
137	3:02:24	08:39	Phumeza Jonas	40-49	F	Inyibiba AC	350
138	3:04:34	08:45	Mandilakhe Mili	40-49	F	Old Mutual Athletics Club - East London	378
139	3:05:43	08:48	Lindy Diadla	35-39	F	Maritzburg City AC	315
140	3:08:20	08:56	Nomhlangano Mahlanza	40-49	F	Inyibiba AC	349
141	3:08:23	08:56	Nwabisa Gcelu	35-39	F	Real Gijimas AC	363
142	3:08:37	08:56	Chantel Kleber	35-39	F	Nedbank Running Club East London	332
143	3:08:39	08:56	Nolitha Matshikwe	40-49	F	Old Mutual Athletics Club - East London	354
144	3:08:40	08:56	Noluthando Fumazele	40-49	F	Old Mutual Athletics Club - East London	183
145	3:09:10	08:58	Mercy Bosini	Open	F	Real Gijimas AC	402
146	3:11:22	09:04	Nolukholo Taho	40-49	F	None	184
147	3:11:43	09:05	Zakhe Madala	50-59	F	None	166
148	3:12:01	09:07	Violet Omwansa	40-49	F	Nedbank Running Club East London	*
149	3:16:41	09:19	Tracey Mackay	50-59	F	None	340
150	3:21:30	09:33	Babalwa Ursulla Malgas	40-49	F	Inyibiba AC	351
151	3:33:11	10:06	Khanyisa Willie	Open	F	R72 Smart Pacers AC	449
152	3:34:45	10:11	Nolitha Xam	35-39	F	Khulani AC	185



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* committee run