



Nedbank RCEL Gulu Trail Run 2018

29.07.2018
(10km)



Pos	Athlete	M/F	Club	KM	Time
1	Bulelani Mgubo**	M	All Stars	10	38:54
2	Vusumzi Zondo**	M	Born2Run-EL	10	38:55
3	Peter Chiwaya**	M	Oxford Striders	10	39:28
4	Edumisa Mtoli	M	Nedbank RCEL	10	46:12
5	Mndeni Zulu	M	Oxford Striders	10	46:32
6	Doran Fritz	M	Nedbank RCEL	10	48:14
7	Melikhaya Dyubele	M	Nedbank RCEL	10	48:19
8	Odwa Baneti	M	BRAC	10	48:41
9	Andrea Ranger	F	Born2Run-EL	10	48:42
10	Shane Forword	M	Hamiltons Club	10	49:19
11	Daniel McDonald	M	Born2Run-EL	10	49:21
12	Jason Nkuzana	M		10	50:14
13	Aubrey Glasgow	M		10	50:25
14	Msindisi Tapolisi	M	Real Gijimas	10	50:38
15	Masixole Gaqa	M	Nedbank RCEL	10	51:27
16	Bongani Mtiya	M	OMAC	10	52:16
17	Lutho Qampi	M		10	52:57
18	Rebekah Anderson	F		10	52:59
19	Shawn Collins	M	Oxford Striders	10	52:59
20	Bruce Bronkhorst	M		10	54:51
21	Xolisa Gcaza	M		10	57:14
22	Duncan Webb	M	Oxford Striders	10	58:37
23	Nick Bester	M	Nedbank RC	10	58:38
24	Monwabisi Mandindi	M	Rising Star	10	59:54
25	Sean Newland-Nell	M		10	59:58
26	Johan Scheepers	M	Born2Run-EL	10	1:00:59
27	Sandiswa Kundulu	F	All Stars	10	1:01:56
28	Mzameni Mafuna	M		10	1:02:10
29	Christiaan Kleinhans	M		10	1:02:48
30	Mark Kunhardt	M	Oxford Striders	10	1:05:40
31	Brett Eddy	M	Oxford Striders	10	1:05:58
32	Mzuvukile Sibhozo	M	Nedbank RCEL	10	1:06:27
33	Siyabulela Pohlongo	M		10	1:06:28
34	Phumulele Maqhubela	M		10	1:07:24
35	Mthobeli Menze	M		10	1:07:56
36	Siphiwo Bukani	M		10	1:07:56
37	Donne Gierke	F		10	1:09:19
38	Ntsikayamazotsho Skele	M		10	1:09:45
39	Daniel De Frend	M		10	1:09:46
40	Colin Bosch	M	Old Selbornians	10	1:11:05
41	Lulama Koliwe	M	Nedbank RCEL	10	1:13:14
42	Lihle Magajana	M		10	1:13:14

43	Althea Van Der Merwe	F	Oxford Striders	10	1:13:32
44	Lynette Forword	F	Hamiltons Club	10	1:15:04
45	Kathryn Ford	F		10	1:15:25
46	Ntombi Mbane	F	BRAC	10	1:16:09
47	Khanyisa Nomatye	M	BRAC	10	1:16:10
48	Phillip Storm	M		10	1:16:54
49	Anelisa Magama	M		10	1:17:07
50	Xoliswa Sibeko	M	Real Gijimas	10	1:17:09
51	Mmampho Gogela-Smith	F	OMAC	10	1:17:11
52	Sharon Eldridge	F	Old Selbornians	10	1:17:40
53	Dalu Majeke	M	Nedbank RCEL	10	1:18:01
54	Jannie Bronkhorst	M	Oxford Striders	10	1:18:03
55	Kudzanai Majaji	M	Nedbank RCEL	10	1:18:18
56	Nosintu Macanda	F	BRAC	10	1:18:23
57	Gerhardus Bronkhorst	M	Oxford Striders	10	1:18:38
58	Ansie Bronkhorst	F	Oxford Striders	10	1:19:01
59	Nicolette Lennox	F	Oxford Striders	10	1:19:18
60	Mbasa Mbali	M	Real Gijimas	10	1:19:38
61	Andrew Liddle	M	Oxford Striders	10	1:20:01
62	Nicole Coleman	F	Oxford Striders	10	1:20:23
63	Nolovuyo Mlukwana	F		10	1:20:58
64	Petru McFarlane	F		10	1:21:04
65	Bradley Saunders	M	Born2Run-EL	10	1:21:11
66	Lynda Saunders	F	Born2Run-EL	10	1:21:12
67	Nokutula Mpazi	F	OMAC	10	1:21:35
68	Nathan De Ridder	M		10	1:21:40
69	Marlene De Wet	F	Queenstown Harriers	10	1:22:17
70	Delene Foley	M		10	1:23:03
71	Leonard Foley	M	Old Selbornians	10	1:23:04
72	Craig Edmond*	M		10	1:23:49
73	Anthony Omwansa*	M		10	1:23:50
74	Rene Skorbinski	F	Living Free	10	1:24:13
75	John Omwansa*	M	Nedbank RCEL	10	1:24:20
76	Alan Phayre	M		10	1:24:40
77	Ryan Lee Banks	M		10	1:25:13
78	Zinzile Nkonki	M		10	1:25:40
79	Fred Dicks	M		10	1:25:54
80	Lungisa Mdemka	F	Real Gijimas	10	1:26:55
81	Cecilia Maritz	F		10	1:28:03
82	Tia Davis	F		10	1:28:06
83	Tracy Thomas	F	Oxford Striders	10	1:28:27
84	Marc Bradley	M		10	1:29:24
85	Derek Helm	M		10	1:29:25
86	Nadia De Ridder	F	Oxford Striders	10	1:31:10
87	Elsa Jacobs	F		10	1:31:24
88	Lindsey Swart	F	Oxford Striders	10	1:31:25
89	Chantel Kleber	F	Oxford Striders	10	1:31:43
90	Makabongwe Nomatse	M		10	1:31:53
91	Kuhle Mbadamana	F	Eskom	10	1:31:55
92	Nicole Harvett	F		10	1:32:12

93	Tamara Hartwanger	F		10	1:32:19
94	Nokutula Mzamo	F		10	1:34:40
95	Thandi Koti	M		10	1:35:18
96	Edgar Willis	M		10	1:36:02
97	Tony Willis	M		10	1:36:03
98	Scott Richardson	M	Gonubie Harriers	10	1:36:25
99	Ian Mackay	M	Gonubie Harriers	10	1:36:45
100	Galebalwe Ramorola	F		10	1:37:09
101	Peggy Mtengwane	F	Overtakers	10	1:40:38
102	Zukisa Qwasha	F		10	1:40:39
103	Smartryk Rossouw	M	Queenstown Harriers	10	1:41:10
104	Angela Labuschagne	F		10	1:42:00
105	Craig Arnold	M	Born2Run-EL	10	1:43:02
106	Antoinette Grobler	F		10	1:43:03
107	Tabisa Ralawe	F	OMAC	10	1:43:03
108	Wendy Zweni	F		10	1:43:04
109	Ann Todd	F	Oxford Striders	10	1:45:02
110	Angie Borraz-Andres	F		10	1:45:04
111	Robert Cloete	M		10	1:48:44
112	Karen McLaren	F		10	1:48:45
113	Lilly Whitehead	F	Oxford Striders	10	1:58:13
114	Warrick Jerrard	M	Born2Run-EL	10	1:58:13
115	Shameem Farooq	M	Queenstown Harriers	10	2:03:15
116	Wendy Campbell	F	Oxford Striders	10	2:03:39
117	Mary-Lou Davis	F	Oxford Striders	10	2:03:39
118	Roxanne Ruhmund	F	Oxford Striders	10	2:03:40
119	Pumla Kiswa	F	Nedbank RCEL	10	2:04:21
120	Tuku Miza	F		10	2:07:06
121	Nolita Matshingana	F		10	2:09:17
122	Karen Chellew	F		10	2:14:46
123	Kathy Helm	F		10	2:14:48
124	Margaret Samauls	F	Queenstown Harriers	10	2:14:48
125	Nicolette Bradley	F		10	2:16:48

** disqualified

* committee run



Nedbank RCEL Gulu Trail Run 2018

29.07.2018
(4km)



Pos	Athlete	M/F	Club	km	Time
1	Liam Prime	M	Oxford Striders	4	23:57
2	Juan Strydom	M		4	26:12
3	Keegan Mattheus	M		4	29:52
4	Taryn Hurly	F	Kidds Beach Primary	4	29:52
5	Jared Marshall Coles	M	Kidds Beach Primary	4	29:53
6	Sam Underwood	F	Kidds Beach Primary	4	29:53
7	Roche Lawson	F		4	30:47
8	Esme Ehrke	F		4	36:54
9	Shizelle Glasgow	F		4	37:44
10	Sine Nompundulo	F		4	41:18
11	Lisa Langhein	F		4	43:21
12	Elzabe Bronkhorst	F	Oxford Striders	4	43:22
13	Pat McCarlie	F		4	44:20
14	Louis Ehrke	M		4	44:29
15	Charlene De Villiers*	F	Nedbank RCEL	4	45:02
16	Kelly Bowman	F		4	45:44
17	Jaclyn Snell-Kunhardt	F		4	45:44
18	Michelle Hall	F		4	45:46
19	Alison Tharratt	F		4	46:30
20	Cecile Breytenbach	F		4	47:18
21	Dylan Zietsman	M		4	47:24
22	Jessica Scheepers	F		4	47:24
23	Amelia Schwulst	F		4	48:06
24	Tenica Theron	F		4	49:11
25	Bradley Smit	M		4	49:12
26	Pierre Theron	M		4	49:13
27	Gaynor Johnson	F		4	51:13
28	Werner Strauss	M		4	51:15
29	Michelle Marshall	F		4	53:37
30	Karen De Lange	F		4	54:29
31	Shawn Cole	M		4	54:51
32	Jani Maritz	F		4	58:21
33	Anke Maritz	F		4	58:22
34	Frans Maritz	M		4	58:24
35	Phillie De Lange	F		4	58:50
36	Belinda De Lange	F		4	59:20
37	Gail Kirchmann	F		4	59:36
38	Lorna Fuller	F		4	59:36
39	Allan Morran	M		4	59:47

* committee run