



## 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 Pohlango    | 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 | Kudzana 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