



Nedbank Running Club East London
Time Trial: 20 January 2016

Position	Name	Surname	Distance	Time	PB
1	Nathan	Le Roux	7	0:26:11	First Time
2	King	Maki	7	0:28:01	0:26:10
3	Davion	Leon	7	0:28:18	First Time
4	Clint	Gertze	7	0:29:18	0:29:11
5	Tagassa	Etora	7	0:29:22	New PB
6	Mbuyiseli	Mema	7	0:29:43	First Time
7	King	Vukile	7	0:29:48	First Time
8	Masixole	Gaba	7	0:29:50	New PB
9	Mkhulili	Jack	7	0:29:51	New PB
10	Lindani	Mthethwa	7	0:30:00	New PB
11	Camaron	Flanagan	7	0:30:39	0:30:12
12	Eliot	Ntaka	7	0:31:22	First Time
13	Mloi		7	0:32:28	First Time
14	Edwin	Frauenstein	5	0:36:20	First Time
15	Gerardina	Marfia	5	0:36:20	First Time
16	Dale	Middleton	7	0:37:11	First Time
17	Lonwabo	Mavukwana	7	0:37:38	0:32:05
18	Blake	Gertze	7	0:37:39	First Time
19	Lucky	Mdutyana	7	0:37:45	New PB
20	Jordan	Fray	7	0:38:31	First Time
21	AJ	Flanagan	7	0:38:33	First Time
22	Dale	Norris	7	0:38:34	First Time
23	Liam	Knight	7	0:39:41	0:33:03
24	BH	Tshuku	7	0:40:28	0:37:55
25	Kris-ann		7	0:40:28	First Time
26	Cillian	Ryan	7	0:41:01	0:38:57
27	Katy	Knight	7	0:41:04	New PB
28	Boifang	Moumkaa	7	0:41:39	First Time
29	Samantha	Ware	7	0:42:13	New PB
30	Ntombi	Si	7	0:42:16	First Time
31	Viwe	Mbedhli	7	0:42:17	First Time
32	Graeme		7	0:42:48	First Time
33	Teneille	Venter	7	0:42:48	First Time
34	Katherine	Wood	7	0:42:59	New PB
35	Thifhe		7	0:46:28	First Time
36	Lwandile	Gomo	7	0:49:36	First Time
37	Chulumanco	Ludaka	7	0:49:41	0:48:27
38	Boitumelo	Lepman	7	0:49:59	0:49:49
39	Nondumiso	Ngxola	7	0:52:32	First Time
40	Belz	Mabandla	7	0:54:58	First Time
41	Yolisa	Matwa	7	0:54:58	First Time
42	Khanya	Mabandla	7	0:56:35	First Time

43	Cece	Mbalo	7	0:56:36	First Time
44	Abongile	Mkani	7	0:57:16	New PB
45	Phakama		7	0:57:16	First Time
46	Yonela	Nolzimela	7	0:58:14	First Time
47	Nicky	De Lach	7	0:58:18	First Time
48	Mini		7	0:59:14	First Time
49	Lineke	Du Toit	7	1:06:23	First Time
50	Sherry	Wattrus	7	1:06:27	First Time
51	Thumeka	Ngewu	7	1:07:00	First Time
52	Phiwo	Soga	7	1:08:00	First Time
53	Mbolho		7	1:18:20	First Time
54	Yolisa		7	1:18:24	First Time
55	Weziwa	Gwabavu	7	1:28:00	First Time