

Century City Express 2023

Results by Secondary Category: 10km

Date: 04 Mar 2023

Junior - Male

	Pos	No	Name		Category	Age	Time
☐	1	2403	Mikaeel MOOLLA	ATLANTIC TRIATHLON CLUB	Junior	18	00:37:25
☐	2	1079	Tapiwa GANDA	SPARTAN HARRIERS	Junior	18	00:38:00
☐	3	1531	Tinama NGWENDUNA	SATORI ATHLETICS CLUB	Junior	14	00:39:09

Junior - Female

	Pos	No	Name		Category	Age	Time
☐	1	1160	Unathi NAKUMBA	SPARTAN HARRIERS	Junior	18	00:49:36
☐	2	1781	Kerryn JOHNSTON	EDGEMEAD RUNNING CLUB	Junior	18	00:55:23
☐	3	1095	Kiana ISAACS	SPARTAN HARRIERS	Junior	15	00:56:13

40-49 - Male

	Pos	No	Name		Category	Age	Time
☐	1	1881	Lindikhaya MTHANGAYI	NEDBANK RUNNING CLUB WP	40-49	43	00:31:42
☐	2	2123	Ricardo BLAUW	NEDBANK RUNNING CLUB WP	40-49	41	00:32:18
☐	3	1690	Oscar COETZEE	BRIMSTONE ITHEKO ATHLETIC CLUB	40-49	40	00:32:47

40-49 - Female

	Pos	No	Name		Category	Age	Time
☐	1	1622	Christiane ADRIAANSE	NEDBANK RUNNING CLUB WP	40-49	45	00:38:14
☐	2	1850	Tanith MAXWELL	BOXER ATHLETICS CLUB WP	40-49	46	00:40:33
☐	3	735	Tanya POSTHUMUS-FOX	NEDBANK RUNNING CLUB WP	40-49	42	00:41:17



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Results signed off by	
Name	Signature
Time	

50-59 - Male

	Pos	No	Name		Category	Age	Time
☐	1	2081	Shawn ABRAHAMS	KUILSRIVER RUNNERS CLUB	50-59	52	00:33:54
☐	2	1791	Graham KATZEN	CELTIC HARRIERS	50-59	52	00:35:24
☐	3	828	John SEPTEMBER	BRIMSTONE ITHEKO ATHLETIC CLUB	50-59	56	00:35:41

50-59 - Female

	Pos	No	Name		Category	Age	Time
☐	1	1444	Obertina KANYONGO	NEDBANK RUNNING CLUB WP	50-59	55	00:40:39
☐	2	1134	Shamim MANSOOR	ATLANTIC ATHLETICS CLUB	50-59	50	00:44:34
☐	3	1260	Amanda WOOD	TEAM VITALITY	50-59	50	00:44:54

60-69 - Male

	Pos	No	Name		Category	Age	Time
☐	1	629	Stephen MOTAU	BRIMSTONE ITHEKO ATHLETIC CLUB	60-69	62	00:38:52
☐	2	2256	Owen HENDRICKS	CELTIC HARRIERS	60-69	61	00:43:36
☐	3	1539	Adam PAPIER	OMMIEDRAAI FRIENDS ATHLETIC CLUB	60-69	60	00:47:29

60-69 - Female

	Pos	No	Name		Category	Age	Time
☐	1	2587	Grietjie ZAKARIAN	MELKBOS ATHLETIC CLUB	60-69	60	00:48:27
☐	2	2489	Dawn SAUNDERS	HELDERBERG HARRIERS	60-69	64	00:49:02
☐	3	2175	Charmaine CUPIDO	NEDBANK RUNNING CLUB WP	60-69	67	00:51:09

70+ - Male

	Pos	No	Name		Category	Age	Time
☐	1	1727	Christian EDWARDS	TOTALSPORTS VOB ATHLETIC CLUB	70+	70	00:46:26
☐	2	344	Neville FRIESLICH	FISH HOEK ATHLETIC CLUB	70+	73	00:49:22
☐	3	2356	Johan MALLINSON	TEMP	70+	76	00:50:26



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Results signed off by	
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Time	

70+ - Female

	Pos	No	Name		Category	Age	Time
☐	1	984	Nancy WILL	PINELANDS ATHLETICS CLUB	70+	70	00:55:19
☐	2	906	Diana THOMSON	TOTALSPORTS VOB ATHLETIC CLUB	70+	76	00:59:53
☐	3	301	Helen DU PLESSIS	BRACKENFELL ATHLETICS CLUB	70+	70	01:02:27



Results signed off by	
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Time	