

GOLDEN GATE 4 - IN - 1 (1 October 2022)		
21km (MEN)		
No.	Name	Time
1.	Piet Maleka	1:39:39
2.	Francois Botha	1:40:37
3.	James Morrison	1:44:16
4.	Kgauta Motsoeneng	1:53:36
5.	Mike Edgcumbe	1:53:46
6.	Henno Malan	1:54:22
7.	Deon Venter	1:59:33
8.	Andries Oelofse	2:12:00
9.	Pieter Naude	2:45:02
10.	Coenie Engelbrecht	2:01:01
11.	RJ vd Heever	2:02:02
12.	Erenst Burger	2:02:32
13.	Henry du Toit	2:02:33
14.	Andre Wagenaar	2:04:42
15.	Motshenete Radebe	2:06:55
16.	Paulus Monareng	2:12:25
17.	Montsi Masiane	2:13:20
18.	Heinrich DU Toit	2:14:38
19.	Wessel vd Merwe	2:14:45
20.	Gerhard Wagenaaar	2:18:22
21.	Diau Mokoena	2:18:27
22.	Nkopa Tohlang	2:18:51
23.	Standford de Jongh	2:19:09
24.	Graham McLachlan	2:21:20
25.	Vincent Mofokeng	2:23:07
26.	Jan Coetzee	2:25:21
27.	Mike Edgcumbee	2:25:35
28.	Simon Treston	2:33:06
29.	Mark Dare	2:35:35
30.	Chis Conje	2:35:40
31.	Daan Malherbe	2:37:44
32.	Tsekiso Mothalosa	2:38:53
33.	Steve Roux	2:39:16
34.	Karel Matsoele	2:40:04
35.	Lethlogonola Maluleke	2:44:41
36.	Lungisane	2:45:10
37.	Greg Mullins	2:55:35
38.	Johan Scheepers	2:56:30
39.	Mthetho Sebini	3:10:54
40.	Caesar Mphahlane	3:17:28

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GOLDEN GATE 4 - IN - 1 (1 October 2022)

21km (WOMEN)

Name	Time
Mia Morison	1:36:58
Kristen Anderson	1:53:07
Benita Coetzee	2:06:32
Hanmarie Lombaard	2:06:32
Maryna van Strijp	2:07:56
Marisa vd Berg	2:07:57
Vanessa Fallows	2:10:48
Shannon Smith	2:14:01
Elmarie Hayes	2:19:07
Gaylin Jee	2:20:01
Jeanette McLachlan	2:20:46
Corlia Wessels	2:21:22
Ronel Fourie	2:21:53
Jaqueline Claassen	2:23:00
Moipone Matlabe	2:24:36
Cornelia Deacon	2:27:54
Ilana Bisschoff	3:31:46
Ann Motholosa	3:34:04
Sefia Makupane	2:37:39
Elmarie Kruger	2:40:13
Liezel van Blerk	2:40:13
Sulene Oosthuizen	2:40:14
Elmarie Botha	2:44:06
Stienie Kompagnie	2:50:12
Thembi Sebini	2:51:49
Mthato Masiane	2:52:50
Molene Scheepers	2:56:31
Marianna Scott	3:05:09
Lydia Mosia	3:17:28
Musline Gororo	3:17:28
Terry Ndzumeni	3:29:54