

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

10KM (MEN)

No.	Name	Time
1.	Werner Martin	48:22
2.	Ramahgadi Rorisang	51:20
3.	Maree Louw	53:47
4.	Willie du Plessis	54:04
5.	Wynand Le Roux	54:22
6.	Patrick Mcilwaine	54:42
7.	Johan Fourie	59:53
8.	Andre Lombaard	59.56
9.	Carla Classen	1:24:00
10.	J Wolhitz	1:03:15
11.	Zian Saunderson	1:03:39
12.	Solomon Mataung	1:05:00
13.	Christiaan Schutte	1:07:50
14.	Diekie vd Merwe	1:07:53
15.	Konrad Nuwenhuizen	1:09:44
16.	Alex Urban	1:10:48
17.	Hermanus Scott	1:11:19
18.	Frederick Bezuidenhout	1:13:18
19.	Philip Koornhof	1:13:21
20.	Dirk Fourie	1:13:36
21.	Micheal Loubsher	1:15:22
22.	Theuns Pretorius	1:18:17
23.	Lebo Mosala	1:18:25
24.	Jacques Mammeyer	1:15:51
25.	Gerrit Meerkotter	1:20:06
26.	Ruan Erasmus	1:27:34
27.	Shawn Behm	1:28:31
28.	Gottlieb Opperman	1:39:22
29.	Reynard van Antwerpen	1:42:56

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10KM (WOMEN)

No.	Name	Time
1.	Antoinette Schutte	54:42
2.	Amanda Schutte	58:34
3.	Riza Fourie	59:02
4.	Carla Claasen	1:00:24
5.	Cameron Kromker	1:01:33
6.	Julandi Groenewald	1:05:04
7.	Folis Coetzee	1:06:33
8.	Ida Neethling	1:07:21
9.	Corne vd Merwe	1:10:24
10.	Martinette Fourie	1:11:10
11.	Tamsyn Edgcumbe	1:11:35
12.	Greta Wessels	1:11:35
13.	Annerie Fourie	1:13:05
14.	Jayne Mcilwaine	1:15:32
15.	Annelize Meerkotter	1:15:45
16.	Coreen Malherbe	1:16:24
17.	Sephani Fouche	1:17:30
18.	Zanel Kammeyer	1:19:02
19.	Grazyna Koornhof	1:21:34
20.	L'Mri Erasmus	1:23:06
21.	Paula Kernan	1:31:34
22.	Olga Pretorius	1:37:05
23.	Alysa vd Merwe	1:37:12
24.	Lisa Edgcumbe	1:42:36

