



The Momentum Ngwenya Glass Trail Run

momentum

Ngwenya Glass - Ngwenya eSwatini - 7th July 2018

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
Senior Women 16km TR	1	1	817	SWT	Mollie	Lanir	01.33.38	Senior Women 16km TR
	2	2	815	SWT	Yun-Hua	Chen	01.39.56	Senior Women 16km TR
	3	3	809	SWT	Julia	Benjamin	01.43.42	Senior Women 16km TR
	4	4	822	SWT	Bongiwe	Dlamini	01.55.22	Senior Women 16km TR
	5	5	821	SWT	Lindelwe	Ndzemandze	01.59.01	Senior Women 16km TR
	6	6	811	SWT	Fran	Diesel	02.04.05	Senior Women 16km TR
	7	7	810	SWT	Abigail	Thalrose	02.04.05	Senior Women 16km TR
	8	8	807	SWT	Dudu	Nyembe	02.42.16	Senior Women 16km TR
	9	9	801	SWT	Yvette	Olwage	02.46.10	Senior Women 16km TR
	10	10	819	SWT	Rose	Hamilton	02.52.48	Senior Women 16km TR
	11	11	820	SWT	Mosizo	Mthupho	02.54.34	Senior Women 16km TR
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
Senior Men 16km TR	1	1	823	SMT	Mthorozisi	Dlamini	01.26.22	Senior Men 16km TR
	2	2	813	SMT	Johan	Brieussel	01.29.52	Senior Men 16km TR
	3	3	818	SMT	Joe	Roques	01.33.38	Senior Men 16km TR
	4	4	805	SMT	Paul	Taylor	01.40.56	Senior Men 16km TR
	5	5	802	SMT	Brett	Miller	01.43.46	Senior Men 16km TR
	6	6	803	SMT	Wiseman	Nyembe	01.59.01	Senior Men 16km TR
	7	7	812	SMT	Musa	Dlamini	02.20.46	Senior Men 16km TR
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Women 7km TR	1	1	951	OWT	Allison	Hughey	00.42.58	Open Women 7km TR
	2	2	920	OWT	Sarah	Barnard	00.46.07	Open Women 7km TR
	3	3	902	OWT	Justine	Martin	00.50.05	Open Women 7km TR
	4	4	927	OWT	Jenna	Lee	00.50.07	Open Women 7km TR
	5	5	919	OWT	Kirstie	Van Rensburg	00.54.27	Open Women 7km TR
	6	6	916	OWT	Charlotte	Barnard	00.56.26	Open Women 7km TR
	7	7	907	OWT	Patricia	Cawood	00.56.46	Open Women 7km TR
	8	8	905	OWT	Pamela	Cawood	00.58.27	Open Women 7km TR
	9	9	929	OWT	Bongile	Dlamini	01.01.45	Open Women 7km TR
	10	10	908	OWT	June	Mckenzie	01.03.00	Open Women 7km TR
	11	11	962	OWT	Megan	Van Rensburg	01.03.43	Open Women 7km TR
	12	12	964	OWT	Myeni	Sithembile	01.06.48	Open Women 7km TR
	13	13	904	OWT	Cheryl	Le Roux	01.07.26	Open Women 7km TR
	14	14	906	OWT	Ankia	Karpakis	01.10.48	Open Women 7km TR
	15	15	934	OWT	Nomsa	Zulu	01.15.06	Open Women 7km TR
	16	16	933	OWT	Yanda	Masilela	01.15.20	Open Women 7km TR
	17	17	950	OWT	Teagan	Ward	01.21.28	Open Women 7km TR
	18	18	945	OWT	Perice	Mwakio	01.21.57	Open Women 7km TR
	19	19	913	OWT	Charmaine	Gervais	01.22.08	Open Women 7km TR
	20	20	946	OWT	Natalie	Pierce	01.22.08	Open Women 7km TR
	21	21	965	OWT	Mary	Jones	01.23.20	Open Women 7km TR



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	22	22	938	OWT	Mukelwe	Mdluli	01.24.29	Open Women 7km TR
	23	23	966	OWT	Cynthia	Ziegler	01.26.08	Open Women 7km TR
	24	24	956	OWT	Nikita	Johnston	01.28.30	Open Women 7km TR
	25	25	957	OWT	Renate	Johnston	01.28.31	Open Women 7km TR
	26	26	935	OWT	Phumlani	Dlamini	01.32.27	Open Women 7km TR
	27	27	949	OWT	Nomvula	Fakudze	01.34.18	Open Women 7km TR
	28	28	944	OWT	Noxolo	Ndckandicka	01.35.54	Open Women 7km TR
	29	29	943	OWT	Tshengisile	Simekune	01.42.21	Open Women 7km TR
	30	30	953	OWT	Lerato	Zingelwa	01.49.25	Open Women 7km TR
	31	31	954	OWT	Natasha	Makgobola	01.49.26	Open Women 7km TR
	32	32	932	OWT	Raquel	Fernandes	01.51.41	Open Women 7km TR
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 7km TR	1	1	963	OMT	Follow.Me	Mkhilisi	00.31.49	Open Men 7km TR
	2	2	930	OMT	Ntokozo	Ndwandwe	00.37.10	Open Men 7km TR
	3	1	958	YMT	Mongi	Dlamini	00.38.58	Youth Men 7km TR
	4	3	952	OMT	Nicholas	Kisyheria	00.39.29	Open Men 7km TR
	5	4	922	OMT	James	Mcgregor	00.46.07	Open Men 7km TR
	6	5	941	OMT	Sphamandla	Mthupha	00.53.29	Open Men 7km TR
	7	6	939	OMT	Mbuso	Kunene	00.53.31	Open Men 7km TR
	8	7	948	OMT	Donann	Norsworthy	00.56.17	Open Men 7km TR
	9	2	961	YMT	Leigh	Thring	00.56.18	Youth Men 7km TR
	10	3	914	YMT	Joshua	Vila Pouca	00.56.39	Youth Men 7km TR
	11	4	915	YMT	Angelo	Vila Pouca	00.58.00	Youth Men 7km TR
	12	8	910	OMT	Bongani	Mkhonta	01.02.36	Open Men 7km TR
	13	9	942	OMT	Mcebo	Masuku	01.21.56	Open Men 7km TR
	14	10	921	OMT	Kiel	Vanderhovel	01.26.08	Open Men 7km TR
	15	11	936	OMT	Thembinkosi	Dlamini	01.32.29	Open Men 7km TR
	16	12	937	OMT	Simanga	Mdluli	01.51.27	Open Men 7km TR
	17	13	959	OMT	Mthokozisi	Mthethwa	01.51.32	Open Men 7km TR
	18	14	931	OMT	Mandla	Masilela	02.42.18	Open Men 7km TR