



CENTRAL GAUTENG
ATHLETICS

2024 CGA 10KM ROAD RUNNING CHAMPIONSHIPS RESULTS

| NAME | SURNAME | CLUB | POSITION | TIME |
|------|---------|------|----------|------|
|------|---------|------|----------|------|

Open Women

| | | | | |
|----------|-----------------|-------|---|----------|
| Lebo | Phalula Mzazi | Boxer | 1 | 00:35:33 |
| Lebohang | Phalula Luthuli | Boxer | 2 | 00:36:51 |
| Cornelia | Joubert | Boxer | 3 | 00:37:47 |

Junior Women

| | | | | |
|-----------|----------|-------|---|----------|
| Corne | Stoltz | Boxer | 1 | 00:38:47 |
| Kiona | Robinson | Boxer | 2 | 00:39:59 |
| Kelly-Lyn | Barkley | Irun | 3 | 00:40:51 |

Veteran Women

| | | | | |
|----------|-----------------|---------|---|----------|
| Lebo | Phalula Mzazi | Boxer | 1 | 00:35:33 |
| Lebohang | Phalula Luthuli | Boxer | 2 | 00:36:51 |
| Ilze | Marais | Nedbank | 3 | 00:39:36 |

Master Women

| | | | | |
|-----------|--------------|---------------|---|----------|
| Elizabeth | Pottter | Boxer | 1 | 00:41:45 |
| Thuli | Mbatha | Katlehong AC | 2 | 00:43:08 |
| Joane | Van Der Walt | Team Vitality | 3 | 00:43:43 |

Grand Master Women

| | | | | |
|-------|---------|-------------------|---|----------|
| Karen | Brough | Boxer | 1 | 00:49:22 |
| Karin | Smith | Springs Striders | 2 | 00:57:04 |
| Susan | Grobler | Run Walk for Life | 3 | 00:58:57 |

Open Men

| | | | | |
|---------|--------|----------|---|----------|
| Gladwin | Mzazi | Boxer | 1 | 00:30:25 |
| Andries | Sesedi | Nedback | 2 | 00:30:31 |
| Bernad | Seloyi | Mr Price | 3 | 00:30:40 |

Junior Men

| | | | | |
|--------|-----------|---------|---|----------|
| Prince | Kelomathi | FFA | 1 | 00:33:16 |
| Keagan | Botha | Nedbank | 2 | 00:34:34 |
| Lwazi | Mkansi | Boxer | 3 | 00:34 |

Veteran Men

| | | | | |
|------------|-----------|------------|---|----------|
| Rhirhandzu | Rhangane | Rockies | 1 | 00:32:20 |
| Omo | Hlungwane | Waterfall | 2 | 00:34:21 |
| Sam | Bolo | Top Runner | 3 | 00:37:11 |

Master Men

| | | | | |
|--------|--------|---------------------|---|----------|
| George | Mooi | Gallopers | 1 | 00:36:31 |
| Warren | Ralph | Nedbank | 2 | 00:37:40 |
| David | Kgoele | Corretional Service | 3 | 00:00 |

Grand Master Men

| | | | | |
|---------|--------|----------|---|----------|
| Tony | Silva | Brooks | 1 | 00:40:53 |
| Sontaga | Mabale | Striders | 2 | 00:42:43 |
| Garth | Swifte | Nedbank | 3 | 00:47:50 |