

**Musikili Triathlon and Trail Run  
2018 Results**

First Name	Surname	Olympic		Race No	Start Time	Finish Time	Race Time
Laura	Odonoghue	Olympic Masters Female	All	002	06:00:00	08:47:57	<b>02:47:57</b>
Rory	Mackie	Olympic Masters Male	All	012	06:30:00	09:21:42	<b>02:51:42</b>
Craig	Asherwood	Olympic Veterans Male	All	025	08:00:00	10:51:47	<b>02:51:47</b>
Ross	Odonoghue	Olympic Masters Male	All	011	06:30:00	09:22:30	<b>02:52:30</b>
Mandy	Jackson	Olympic Masters Female	All	004	06:00:00	08:57:34	<b>02:57:34</b>
Sean	Kelly	Olympic Veterans Male	All	026	08:00:00	10:57:54	<b>02:57:54</b>
Mike	Champion	Olympic Veterans Male	All	024	07:30:00	10:30:12	<b>03:00:12</b>
Theresa	Roomer	Olympic Masters Female	All	001	06:00:00	09:04:22	<b>03:04:22</b>
Shane	Roomer	Olympic Masters Male	All	010	06:30:00	09:34:55	<b>03:04:55</b>
Nicholas	Comana	Olympic Masters Male	All	009	06:30:00	09:36:03	<b>03:06:03</b>
Henry	Beckett	Olympic Masters Male	All	006	06:00:00	09:09:24	<b>03:09:24</b>
Richard	Jackson	Olympic Masters Male	All	013	07:00:00	10:10:17	<b>03:10:17</b>
Geoff	Thomas	Olympic Veterans Male	All	021	07:30:00	10:42:39	<b>03:12:39</b>
Chucky	Cantlay	Olympic Veterans Male	All	022	07:30:00	10:44:12	<b>03:14:12</b>
Kim	Tracey	Olympic Veterans Female	All	023	07:00:00	10:14:47	<b>03:14:47</b>
Stuart	Tracey	Olympic Veterans Male	All	017	07:30:00	10:45:47	<b>03:15:47</b>
Christos	Diakosavas	Olympic Masters Male	All	008	06:30:00	09:46:57	<b>03:16:57</b>
Laura	Brown	Olympic Veterans Female	All	016	07:00:00	10:24:01	<b>03:24:01</b>
Inger	Gretland	Olympic Veterans Female	All	015	07:00:00	10:27:03	<b>03:27:03</b>
Jannie	Armstrong	Olympic Veterans Male	All	019	07:30:00	11:03:52	<b>03:33:52</b>
Mandy	Donald	Olympic Masters Female	All	005	06:00:00	09:44:34	<b>03:44:34</b>
Gail	Menage	Olympic Veterans Female	All	018	07:00:00	10:45:37	<b>03:45:37</b>
Amanda	Bandey	Olympic Masters Female	All	003	06:00:00	09:57:01	<b>03:57:01</b>
Ian	Parsons	Olympic Veterans Male	All	020	07:30:00	11:29:45	<b>03:59:45</b>
Michiel	le Roux	Olympic Masters Male	All	014	07:00:00	07:00:00	<b>DNS</b>

Ian	Matobo	Olympic Team	S	031	07:30:00	10:14:55	<b>02:44:55</b>
Neil			C				
Gavin			R				
Lauren	Zim specials	Olympic Team	S	027	08:00:00	11:03:05	<b>03:03:05</b>
Lauren			C				
Tara			R				
Brendon	Chikaka	Olympic Team	S	029	08:00:00	11:08:32	<b>03:08:32</b>
Mark			C				
Gavin			R				
Clare	Cat in the Hat	Olympic Team	S	028	08:00:00	11:13:14	<b>03:13:14</b>
Andrew			C				
Chris			R				
Jane	Worth-a-tri	Olympic Team	S	030	08:00:00	11:48:48	<b>03:48:48</b>
Andrew			C				
Jeanette			R				

**Musikili Triathlon and Trail Run  
2018 Results**

<b>First Name</b>	<b>Surname</b>	<b>Sprint</b>		<b>No</b>	<b>Start Time</b>	<b>Finish Time</b>	<b>Race Time</b>
Simon	Bentley	Sprint Masters Male	All	111	08:45:00	10:14:35	<b>01:29:35</b>
Glen	McGregor	Sprint Veterans Male	All	120	09:15:00	10:46:47	<b>01:31:47</b>
Jesper	Lublinkhof	Sprint Veterans Male	All	123	09:15:00	10:47:30	<b>01:32:30</b>
Tara	Collett	Sprint Masters Female	All	104	08:30:00	10:02:39	<b>01:32:39</b>
Antoinette	du Rand	Sprint Veterans Female	All	116	09:00:00	10:37:37	<b>01:37:37</b>
Theresa	Street	Sprint Masters Female	All	101	08:30:00	10:09:32	<b>01:39:32</b>
Brian	Royston	Sprint Masters Male	All	108	08:45:00	10:24:35	<b>01:39:35</b>
Ryan	Bryce	Sprint Masters Male	All	136	09:45:00	11:26:12	<b>01:41:12</b>
Shane	Wuth	Sprint Masters Male	All	110	08:45:00	10:26:19	<b>01:41:19</b>
Carl	Paalman	Sprint Veterans Male	All	117	09:00:00	10:41:37	<b>01:41:37</b>
Sean	Jordaan	Sprint Masters Male	All	113	09:00:00	10:41:39	<b>01:41:39</b>
Wesley	Arnold	Sprint Masters Male	All	135	09:30:00	11:11:43	<b>01:41:43</b>
Theresia	van Zyl	Sprint Veterans Female	All	114	09:00:00	10:44:57	<b>01:44:57</b>
Taylor	Yess	Sprint Masters Female	All	103	08:30:00	10:17:28	<b>01:47:28</b>
Marius	Wolmarans	Sprint Veterans Male	All	119	09:15:00	11:03:31	<b>01:48:31</b>
Julian	Odell	Sprint Veterans Male	All	124	09:30:00	11:19:17	<b>01:49:17</b>
Jennifer	Emmerson	Sprint Masters Female	All	105	08:30:00	10:20:38	<b>01:50:38</b>
Ivan	Ortlepp	Sprint Masters Male	All	112	09:00:00	10:53:12	<b>01:53:12</b>
Johan	Beukes	Sprint Veterans Male	All	118	09:15:00	11:09:29	<b>01:54:29</b>
Shane	Verster	Sprint Veterans Male	All	121	09:15:00	11:09:46	<b>01:54:46</b>
Saskia	Thomas	Sprint Masters Female	All	106	08:45:00	10:45:12	<b>02:00:12</b>
Ryan	Cloete	Sprint Masters Male	All	109	08:45:00	10:45:12	<b>02:00:12</b>
Donna	Gordon	Sprint Masters Female	All	107	08:45:00	10:46:41	<b>02:01:41</b>
Lizette	Dry	Sprint Masters Female	All	102	08:30:00	10:33:46	<b>02:03:46</b>
Barbara	Asherwood	Sprint Veterans Female	All	115	09:00:00	11:09:18	<b>02:09:18</b>
Seven	Scott	Sprint Veterans Male	All	122	09:15:00	09:15:00	<b>DNS</b>

Ry	Omnia Green Machines	Sprint Team	S	132	09:45:00	11:13:29	<b>01:28:29</b>
Campbel			C				
Kapembwa			R				
Kyle	The ZimZam Dutchies	Sprint Team	S	125	09:30:00	11:04:43	<b>01:34:43</b>
Kitty			C				
Graham			R				
Jesper	Parkes and Wild Life	Sprint Team	S	134	09:15:00	10:51:02	<b>01:36:02</b>
Stew			C				
Stew			R				
Isabella	Periquita	Sprint Team	S	131	09:45:00	11:21:40	<b>01:36:40</b>
Craig			C				
Lucy			R				
Tim	Bovril cup champs	Sprint Team	S	130	09:45:00	11:21:50	<b>01:36:50</b>
Brendan			C				
Andre			R				
Ryan			S				

**Musikili Triathlon and Trail Run  
2018 Results**

Max	Chongwe Trio	Sprint Team	C	126	09:30:00	11:07:02	<b>01:37:02</b>
Justin			R				
Wes	BOOM	Sprint Team	S	133	09:30:00	11:08:41	<b>01:38:41</b>
Russell			C				
Heather			R				
Kim	Bumblebees	Sprint Team	S	128	09:30:00	11:25:37	<b>01:55:37</b>
Mary			C				
Kathleen			R				
Rainer	Team Sink, Push, Limp!	Sprint Team	S	127	09:30:00	11:26:42	<b>01:56:42</b>
Greg			C				
Tanya			R				

First Name	Surname	Super Sprint		Race No	Start Time	Finish Time	Race Time
Jake	Coventry	Ssprint Junior Male	All	236	11:45:00	12:49:33	<b>01:04:33</b>
Shane	Parkes	Ssprint Junior Male	All	229	11:30:00	12:35:37	<b>01:05:37</b>
Wayne	Thompson	Ssprint Masters Male	All	206	10:00:00	11:06:07	<b>01:06:07</b>
Rhys	Donald	Ssprint Veterans Male	All	224	10:45:00	11:54:13	<b>01:09:13</b>
Stephen	Cocker	Ssprint Veterans Male	All	220	10:45:00	11:56:12	<b>01:11:12</b>
Courtney	Bragge	SSprint Masters Female	All	208	10:15:00	11:26:48	<b>01:11:48</b>
Richard	Chapple	Ssprint Masters Male	All	202	10:00:00	11:12:29	<b>01:12:29</b>
Marc	Bragge	Ssprint Veterans Male	All	219	10:45:00	11:57:51	<b>01:12:51</b>
Shaun	Reeve	Ssprint Veterans Male	All	221	10:45:00	11:58:12	<b>01:13:12</b>
Rob	Rogers	Ssprint Masters Male	All	203	10:00:00	11:14:27	<b>01:14:27</b>
Liam	Graham	Ssprint Masters Male	All	204	10:00:00	11:14:27	<b>01:14:27</b>
David	Morgan	Ssprint Masters Male	All	205	10:00:00	11:14:27	<b>01:14:27</b>
Timon	Kradolfer	Ssprint Junior Male	All	237	11:45:00	12:59:27	<b>01:14:27</b>
Stacey	Mackay	SSprint Masters Female	All	210	10:15:00	11:30:28	<b>01:15:28</b>
Ryan	Mackenzie	Ssprint Veterans Male	All	222	10:45:00	12:03:09	<b>01:18:09</b>
Mary	Jellis	Ssprint Junior Female	All	226	11:15:00	12:33:54	<b>01:18:54</b>
Lea	Butler	Ssprint Veterans Female	All	216	10:30:00	11:49:24	<b>01:19:24</b>
Victoria	Evans	SSprint Masters Female	All	207	10:15:00	11:34:30	<b>01:19:30</b>
Elton	Dry	Ssprint Masters Male	All	201	10:00:00	11:19:40	<b>01:19:40</b>
Joanne	Jordaan	SSprint Masters Female	All	213	10:15:00	11:34:56	<b>01:19:56</b>
Jenny	Carr	Ssprint Veterans Female	All	217	10:30:00	11:51:38	<b>01:21:38</b>
Lance	Carr	Ssprint Veterans Male	All	218	10:30:00	11:51:38	<b>01:21:38</b>
Sophie	McGregor	Ssprint Junior Female	All	227	11:15:00	12:36:50	<b>01:21:50</b>
Leah	Reeve	SSprint Masters Female	All	212	10:30:00	11:52:58	<b>01:22:58</b>
Justin	Asherwood	Ssprint Junior Male	All	238	11:45:00	13:08:49	<b>01:23:49</b>
Hayden	King	Ssprint Junior Male	All	239	11:45:00	13:08:49	<b>01:23:49</b>
Edwin	Miller	Ssprint Junior Male	All	231	11:30:00	12:56:17	<b>01:26:17</b>
Vaughan	Sherriff	Ssprint Junior Male	All	234	11:30:00	12:56:18	<b>01:26:18</b>
Laurie	Royston	SSprint Masters Female	All	211	10:15:00	11:42:23	<b>01:27:23</b>
James	Lawrence	Ssprint Veterans Male	All	223	10:45:00	12:13:32	<b>01:28:32</b>
Mikael	Royston	Ssprint Junior Male	All	230	11:30:00	13:01:13	<b>01:31:13</b>

**Musikili Triathlon and Trail Run  
2018 Results**

Isabella	McGregor	Ssprint Junior Female	All	228	11:15:00	12:49:05	<b>01:34:05</b>
Lindsay	Thomas	Ssprint Veterans Female	All	215	10:30:00	12:05:35	<b>01:35:35</b>
Rachael	Pieterse	SSprint Veterans Female	All	214	10:30:00	12:08:09	<b>01:38:09</b>
Megan	Taylor	SSprint Masters Female	All	209	10:15:00	11:53:47	<b>01:38:47</b>
Samuel	Miers	Ssprint Junior Male	All	240	11:45:00	13:24:12	<b>01:39:12</b>
Caleb	Coventry	Ssprint Junior Male	All	232	11:30:00	13:18:38	<b>01:48:38</b>
Benjamin	Tunney	Ssprint Junior Male	All	233	11:30:00	13:18:38	<b>01:48:38</b>
Hope	Mwanyungwi	SSprint Masters Female	All	241	12:00:00	14:04:10	<b>02:04:10</b>
Musafili	Chinganya	Ssprint Masters Male	All	242	12:00:00	14:04:10	<b>02:04:10</b>
Russell	Saunders	Ssprint Veterans Male	All	225	11:00:00	11:00:00	<b>DNS</b>
Declan	McIntosh	Ssprint Junior Male	All	235	11:45:00	11:45:00	<b>DNS</b>

Rob	At Least	Super Sprint Team	S	249	11:15:00	12:23:35	<b>01:08:35</b>
Markus			C				
Colin			R				
David	Can Do's	Super Sprint Team	S	248	11:00:00	12:11:10	<b>01:11:10</b>
Paul			C				
Julie			R				
Kim	Tri-Chicks	Super Sprint Team	S	245	11:00:00	12:13:32	<b>01:13:32</b>
Berenice			C				
Suzy			R				
Clint	Racing Snakes	Super Sprint Team	S	246	11:00:00	12:13:49	<b>01:13:49</b>
Clinton			C				
Simon			R				
Shannon	Mother of Dragons	Super Sprint Team	S	243	11:00:00	12:17:22	<b>01:17:22</b>
Tamryn			C				
Karen			R				
Sarah	Zuza	Super Sprint Team	S	247	11:00:00	12:23:44	<b>01:23:44</b>
Albert			C				
Kim			R				
Ian	Team Stragglers	Super Sprint Team	S	250	11:15:00	12:48:46	<b>01:33:46</b>
Guillaume			C				
Don			R				

First Name	Surname	Junior		Race No	Start Time	Finish Time	Race Time
Ollie	Snart	Junior 14-11 Boy	All	303	12:15:00	12:48:40	<b>00:33:40</b>
Tom	Hodgson	Junior 14-11 Boy	All	312	12:35:00	13:12:39	<b>00:37:39</b>
Lisa	Duckett	Junior 14-11 Girl	All	314	13:15:00	13:53:46	<b>00:38:46</b>
Aiden	Clubb	Junior U10 Boy	All	326	12:45:00	13:25:05	<b>00:40:05</b>
Leo	Clarkson	Junior U10 Boy	All	325	12:45:00	13:25:44	<b>00:40:44</b>
Levi	Kradolfer	Junior U10 Boy	All	329	12:55:00	13:36:02	<b>00:41:02</b>
Khumbo	Mupeso	Junior 14-11 Boy	All	307	12:25:00	13:06:06	<b>00:41:06</b>
Benjy	Coventry	Junior U10 Boy	All	327	12:45:00	13:26:29	<b>00:41:29</b>
Ryan	Jellis	Junior U10 Boy	All	323	12:45:00	13:26:30	<b>00:41:30</b>

**Musikili Triathlon and Trail Run  
2018 Results**

Bradley	Mandazona	Junior 14-11 Boy	All	345	12:35:00	13:17:02	00:42:02
Sante	Kumumfisa	Junior 14-11 Boy	All	310	12:25:00	13:07:12	00:42:12
Christopher	Thomas	Junior U10 Boy	All	324	12:45:00	13:27:37	00:42:37
Tristan	van der Merwe	Junior U10 Boy	All	322	12:45:00	13:27:49	00:42:49
Mitch	Coventry	Junior 14-11 Boy	All	302	12:15:00	12:58:36	00:43:36
Shannan	Wixley	Junior 14-11 Girl	All	317	13:15:00	13:58:58	00:43:58
Kyriaco	Spanou	Junior U10 Boy	All	333	13:05:00	13:49:18	00:44:18
Erin	Butler	Junior 14-11 Girl	All	313	13:15:00	13:59:25	00:44:25
Jordan	Ferreira	Junior U10 Girl	All	342	13:25:00	14:09:34	00:44:34
Keanan	Zorab	Junior 14-11 Boy	All	300	12:15:00	13:00:26	00:45:26
Armand	Janse van Rens	Junior 14-11 Boy	All	306	12:25:00	13:10:35	00:45:35
Lyle	Clubb	Junior 14-11 Boy	All	305	12:15:00	13:00:47	00:45:47
Jamie	Dunn	Junior U10 Boy	All	331	12:55:00	13:40:48	00:45:48
Luke	Miers	Junior 14-11 Boy	All	344	12:35:00	13:21:31	00:46:31
Jennifer	van der Merwe	Junior U10 Girl	All	340	13:25:00	14:11:38	00:46:38
Joshua	Thompson	Junior 14-11 Boy	All	301	12:15:00	13:01:45	00:46:45
Daegan	Zorab	Junior U10 Boy	All	320	12:35:00	13:21:52	00:46:52
Jodi	Bawden	Junior U10 Girl	All	338	13:25:00	14:12:15	00:47:15
Kara	Mackay	Junior U10 Girl	All	341	13:25:00	14:12:15	00:47:15
Dean	Tata	Junior 14-11 Boy	All	309	12:25:00	13:12:50	00:47:50
Morgan	Cantlay	Junior U10 Boy	All	319	12:35:00	13:22:52	00:47:52
Nathan	Thompson	Junior U10 Boy	All	321	12:35:00	13:23:24	00:48:24
Rhodah	Musonda	Junior 14-11 Girl	All	316	13:15:00	14:03:35	00:48:35
Lexi	Coventry	Junior 14-11 Girl	All	318	13:15:00	14:03:35	00:48:35
Chisala	Lishomwa	Junior U10 Girl	All	337	13:25:00	14:14:07	00:49:07
Brendon	King	Junior U10 Boy	All	336	13:05:00	13:54:19	00:49:19
Komani	Majula	Junior 14-11 Boy	All	311	12:25:00	13:16:41	00:51:41
Tyla	Knox	Junior U10 Boy	All	335	13:05:00	13:57:08	00:52:08
Jasper	Donald	Junior 14-11 Boy	All	308	12:25:00	13:17:18	00:52:18
Lukas	Hodgson	Junior U10 Boy	All	330	12:55:00	13:49:44	00:54:44
Marc	Menage	Junior 14-11 Boy	All	304	12:15:00	13:10:05	00:55:05
Amari	Gerber-Vlahak	Junior 14-11 Girl	All	315	13:15:00	14:13:54	00:58:54
Emmanuel	Chama	Junior U10 Boy	All	328	12:55:00	13:55:10	01:00:10
David	Ndulo-Likando	Junior U10 Boy	All	332	13:05:00	14:05:11	01:00:11

Zuliana	Team ZLN	Junior Team	S	343	13:05:00	13:55:06	00:50:06
Lucille			C				
Nadia			R				

First Name	Surname	Mini		Race No	Start Time	Finish Time	Race Time
David	Middleton	Mini Boy	All	403	13:35:00	14:05:11	00:30:11
Rachel	Odonoghue	Mini Girl	All	419	13:50:00	14:20:50	00:30:50
Lubomba	Hamatate	Mini Boy	All	410	13:40:00	14:12:40	00:32:40
Chloe	Street	Mini Girl	All	420	13:50:00	14:23:29	00:33:29

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2018 Results**

Jacob	van Wyk	Mini Boy	All	412	13:45:00	14:18:52	00:33:52
Liselo	Alpheas	Mini Boy	All	417	13:45:00	14:18:52	00:33:52
Emmanuel	Muleya	Mini Boy	All	413	13:45:00	14:19:40	00:34:40
Owen	Reeve	Mini Boy	All	404	13:35:00	14:09:58	00:34:58
Tazi	Whitfield	Mini Girl	All	433	14:00:00	14:34:59	00:34:59
Michaela	Bignell	Mini Girl	All	418	13:50:00	14:25:19	00:35:19
Twalumba	Hamatate	Mini Boy	All	409	13:40:00	14:15:30	00:35:30
Daniel	Gordon	Mini Boy	All	414	13:45:00	14:21:40	00:36:40
Mia	Miers	Mini Girl	All	432	14:00:00	14:36:45	00:36:45
Timothy	Paalman	Mini Boy	All	400	13:35:00	14:12:24	00:37:24
Chloe	Lough	Mini Girl	All	421	13:50:00	14:27:40	00:37:40
Lucas	Collett	Mini Boy	All	434	14:00:00	14:37:50	00:37:50
Cody	Robinson	Mini Boy	All	405	13:35:00	14:13:01	00:38:01
Neissa	Basera	Mini Girl	All	425	13:55:00	14:35:15	00:40:15
Angelina	Wixley	Mini Girl	All	428	13:55:00	14:35:22	00:40:22
Ruan	Janse van Rens	Mini Boy	All	415	13:45:00	14:26:12	00:41:12
Woxie	Bruyns	Mini Boy	All	416	13:45:00	14:26:12	00:41:12
Jordan	Bruyns	Mini Girl	All	424	13:55:00	14:36:45	00:41:45
Giovanni	Beukes	Mini Boy	All	402	13:35:00	14:16:57	00:41:57
Mwila	Chilekwa	Mini Girl	All	429	13:55:00	14:38:36	00:43:36
Alex	Meikle	Mini Boy	All	407	13:40:00	14:24:39	00:44:39
Lulu	Nortje	Mini Girl	All	422	13:50:00	14:35:43	00:45:43
Joshua	Verster	Mini Boy	All	408	13:40:00	14:28:36	00:48:36
Rachel	Schley	Mini Girl	All	426	13:55:00	14:44:08	00:49:08
Rebecca	Du Plooy	Mini Girl	All	427	13:55:00	14:46:35	00:51:35
Claire	Robinson	Mini Girl	All	423	13:50:00	14:42:27	00:52:27
Kushal	Sharma	Mini Boy	All	401	13:35:00	13:35:00	DNS

Samantha	Totally Spies	Mini Team	S	430	14:00:00	14:35:53	00:35:53
Brooklyn			C				
Peyton			R				
Loic	The Stuckies	Mini Team	S	431	14:00:00	14:43:38	00:43:38
Cuinn			C				
Cuinn			R				



**Musikili Triathlon and Trail Run  
2018 Results**

<b>First Name</b>	<b>Last Name</b>	<b>5k Trail Run</b>	<b>Race No</b>	<b>Start time</b>	<b>Finish time</b>	<b>Race Time</b>
Allison	Asherwood	5k Female	5k009	07:30:30	07:55:04	00:24:34
Maambo	Maluba	5K Male	5k003	07:30:30	07:55:04	00:24:34
Remmy	Katumoya	5K Male	5k007	07:30:30	08:04:37	00:34:07
Megan	Smith	5k Female	5k015	07:30:30	08:06:23	00:35:53
Winnie	Kasoma Pele	5k Female	5k008	07:30:30	08:09:56	00:39:26
Tesha	Makulu	5k Female	5k014	07:30:30	08:10:10	00:39:40
Nyondwa	Chimai-Mukosa	5k Female	5k004	07:30:30	08:11:44	00:41:14
Mark	Butler	5K Male	5k010	07:30:30	08:13:21	00:42:51
Ndayanja Yvonne	Majata	5k Female	5k013	07:30:30	08:24:17	00:53:47
Tony	King	5k Female	5k005	07:30:30	08:51:24	01:20:54
Daryl	King	5K Male	5k006	07:30:30	08:51:24	01:20:54
Alice	Tembo	5k Female	5k001	07:30:30	07:30:30	DNS
Kunda	Sakala	5k Female	5k002	07:30:30	07:30:30	DNS
Luboma	Mwinga	5k Male bike	5k016	07:30:30	07:30:30	DNS
Mwanidah	Sheyo	5K Male	5k011	07:30:30	07:30:30	DNS
Sven	Buchholz	5K Male	5k012	07:30:30	07:30:30	DNS

<b>First Name</b>	<b>Last Name</b>	<b>10k Trail Run</b>	<b>Race No</b>	<b>Start time</b>	<b>Finish time</b>	<b>Race Time</b>
Linda	Kachamba	10k Female	10k030	07:00:15	08:05:39	01:05:24
Duncan	Macmanjole	10k Male	10k005	07:00:15	07:45:32	00:45:17
Hilary	Sibanda	10k Male	10k049	07:00:15	07:52:09	00:51:54
Willy	Kaliolio	10k Male	10k004	07:00:15	07:52:57	00:52:42
Colin	Smith	10k Male	10k048	07:00:15	07:53:28	00:53:13
Alex	Jordaan	10k Male	10k044	07:00:15	07:54:28	00:54:13
Samsung	Kasuka	10k Male	10k032	07:00:15	08:04:35	01:04:20
Payton	Whitfield	10k Male	10k036	07:00:15	08:04:36	01:04:21
Mambwe	Kachasa	10k Male	10k041	07:00:15	08:04:48	01:04:33
Victoria	Thompson	10k Female	10k054	07:00:15	08:06:38	01:06:23
Michael	Thompson	10k Male	10k055	07:00:15	08:06:38	01:06:23
Jack	Deka	10k Male	10k035	07:00:15	08:09:56	01:09:41
Evaristo	Mvula	10k Male	10k031	07:00:15	08:10:40	01:10:25
Christabel	Chama	10k Female	10k040	07:00:15	08:11:08	01:10:53
Joan Chembe	Lungu	10k Female	10k037	07:00:15	08:13:14	01:12:59
Marna	Miers	10k Female	10k026	07:00:15	08:20:12	01:19:57
Anel	Minnaar	10k Female	10k025	07:00:15	08:25:08	01:24:53
Penny	van Vreden	10k Female	10k028	07:00:15	08:25:22	01:25:07
Noleen	Parsons	10k Female	10k001	07:00:15	08:25:30	01:25:15
Tabitha	Shamaila	10k Female	10k006	07:00:15	08:26:40	01:26:25
Letitia	Mapulanga	10k Female	10k034	07:00:15	08:30:05	01:29:50
Manyaki	Yamba	10k Female	10k053	07:00:15	08:31:02	01:30:47
Yande	Musonda	10k Female	10k033	07:00:15	08:33:24	01:33:09

**Musikili Triathlon and Trail Run  
2018 Results**

Terry-Lynn	Zorab	10k Female	10k007	07:00:15	08:42:25	01:42:10
Natasha	Bolton	10k Female	10k008	07:00:15	08:42:25	01:42:10
Alized	Nkhoma	10k Female	10k042	07:00:15	08:42:25	01:42:10
Lady	Muleya	10k Female	10k009	07:00:15	08:42:30	01:42:15
Theresa	Taylor	10k Female	10k014	07:00:15	08:42:55	01:42:40
Kerry	Kirby	10k Female	10k021	07:00:15	08:42:55	01:42:40
Sian	Higgins	10k Female	10k038	07:00:15	08:42:55	01:42:40
Danielle	Atkins	10k Female	10k050	07:00:15	08:42:55	01:42:40
Francois	Groenewalf	10k Male	10k029	07:00:15	08:42:55	01:42:40
Raymond	Sibalwa	10k Male	10k043	07:00:15	08:42:55	01:42:40
Samantha	Hein	10k Female	10k024	07:00:15	08:44:27	01:44:12
Ilne	Paalman	10k Female	10k003	07:00:15	08:44:30	01:44:15
Ngawa	Ndhlovu	10k Female	10k011	07:00:15	08:47:16	01:47:01
Judy	Hamatate	10k Female	10k027	07:00:15	08:50:40	01:50:25
Eileen	Coventry	10k Female	10k015	07:00:15	09:03:30	02:03:15
Helen	Collett	10k Female	10k016	07:00:15	09:03:30	02:03:15
Lindsay	Robinson	10k Female Bike	10k045	07:00:15	07:36:47	00:36:32
Linda	Coventry	10k Female Bike	10k052	07:00:15	07:51:22	00:51:07
Pat	Park	10k Female	10k017	07:00:15	07:00:15	DNF
Patrick	Mutende	10k Male	10k046	07:00:15	07:00:15	DNF
Mimi	Maambo	10k Female	10k010	07:00:15	07:00:15	DNS
Carolyn	Msoni	10k Female	10k012	07:00:15	07:00:15	DNS
Paula	Gou	10k Female	10k013	07:00:15	07:00:15	DNS
Sue	Arnold	10k Female	10k018	07:00:15	07:00:15	DNS
Mandy	Arnold	10k Female	10k019	07:00:15	07:00:15	DNS
Victoria	Daka	10k Female	10k020	07:00:15	07:00:15	DNS
Sandra	Kasonso	10k Female	10k022	07:00:15	07:00:15	DNS
Masuka	Mutenda	10k Female	10k023	07:00:15	07:00:15	DNS
Safi Natasha	Kalala	10k Female	10k039	07:00:15	07:00:15	DNS

<b>First Name</b>	<b>Last Name</b>	<b>21k Trail Run</b>	<b>Race No</b>	<b>Start time</b>	<b>Finish time</b>	<b>Race Time</b>
Lubambo	Chipangwa	21k Male	21k021	06:31:00	07:52:46	01:21:46
Dan	Betts	21k Male	21k009	06:31:00	08:07:55	01:36:55
Donald	Mumba	21k Male	21k044	06:31:00	08:14:14	01:43:14
Chomba	Chileshe	21k Male	21k008	06:31:00	08:24:05	01:53:05
Dan	Machai	21k Male	21k030	06:31:00	08:26:40	01:55:40
Ngandwe	Miyambo	21k Female	21k007	06:31:00	08:28:38	01:57:38
Sashi	Chalwe	21k Male	21k005	06:31:00	08:29:07	01:58:07
Limpo	Mubita	21k Female	21k019	06:31:00	08:29:34	01:58:34
Duncan	Scott	21k Male	21k018	06:31:00	08:33:12	02:02:12
James	Wong	21k Male	21k023	06:31:00	08:36:36	02:05:36
Caroline	Macisaac	21k Female	21k042	06:31:00	08:38:49	02:07:49
Heather	Steele	21k Female	21k003	06:31:00	08:40:30	02:09:30
David	Moomba	21k Male	21k041	06:31:00	08:41:49	02:10:49



**Musikili Triathlon and Trail Run  
2018 Results**

Gwen Gonya	Williams	21k Female	21k002	06:31:00	08:42:05	<b>02:11:05</b>
Rosalind	Bignell	21k Female	21k012	06:31:00	08:44:08	<b>02:13:08</b>
Nelia	Nkholongo	21k Female	21k006	06:31:00	08:44:23	<b>02:13:23</b>
Mugove	Nyimo	21k Male	21k043	06:31:00	08:45:20	<b>02:14:20</b>
Adrian	Bignell	21k Male	21k011	06:31:00	08:50:01	<b>02:19:01</b>
Adon	Sakala	21k Male	21k046	06:31:00	08:50:55	<b>02:19:55</b>
Henry Joe	Sakala	21k Male	21k017	06:31:00	08:53:54	<b>02:22:54</b>
Christopher	Chikwamo	21k Male	21k045	06:31:00	08:55:09	<b>02:24:09</b>
Don	Burton	21k Male	21k051	06:31:00	08:56:20	<b>02:25:20</b>
Macie	Whitfield	21k Female	21k032	06:31:00	09:02:23	<b>02:31:23</b>
Ortis	Chisenga	21k Male	21k031	06:31:00	09:04:05	<b>02:33:05</b>
Sarunas	Buga	21k Male	21k022	06:31:00	09:04:13	<b>02:33:13</b>
Katho	Tshimpanga	21k Female	21k040	06:31:00	09:05:42	<b>02:34:42</b>
Patience	Chisanga	21k Female	21k033	06:31:00	09:50:00	<b>03:19:00</b>
Charmaine	Clayton	21k Female	21k035	06:31:00	09:59:45	<b>03:28:45</b>
Emma	Reeve	21k Female	21k036	06:31:00	09:59:45	<b>03:28:45</b>
Patrick	Kumongo	21k Male Bike	21k048	06:31:00	07:47:48	<b>01:16:48</b>
Anthony	Collett	21k Male bike	21k037	06:31:00	08:00:28	<b>01:29:28</b>
Shane	Coventry	21k Male Bike	21k047	06:31:00	08:03:00	<b>01:32:00</b>
Doug	Cantlay	21k Male bike	21k038	06:31:00	08:03:06	<b>01:32:06</b>
Gillian	Coventry	21k Female bike	21k050	06:31:00	08:03:07	<b>01:32:07</b>
Lionel	Coventry	21k Male Bike	21k028	06:31:00	08:03:07	<b>01:32:07</b>
Rob	Coventry	21k Male bike	21k049	06:31:00	08:03:07	<b>01:32:07</b>
Deborah SC	Zuli	21k Female	21k001	06:31:00	06:31:00	<b>DNS</b>
Myverty	Hamududu	21k Female	21k010	06:31:00	06:31:00	<b>DNS</b>
Majory	Chisapi	21k Female	21k013	06:31:00	06:31:00	<b>DNS</b>
Rebecca	Williams	21k Female	21k014	06:31:00	06:31:00	<b>DNS</b>
Janet	Ngulube	21k Female	21k020	06:31:00	06:31:00	<b>DNS</b>
Ilze	Janse van Rensburg	21k Female	21k024	06:31:00	06:31:00	<b>DNS</b>
Frances	Davies	21k Female	21k039	06:31:00	06:31:00	<b>DNS</b>
Rhys	Williams	21k Male	21k015	06:31:00	06:31:00	<b>DNS</b>
Choolwe	Muchoka	21k Male	21k025	06:31:00	06:31:00	<b>DNS</b>
James	Simutowe	21k Male	21k026	06:31:00	06:31:00	<b>DNS</b>
Bonaventure	Mutale	21k Male	21k027	06:31:00	06:31:00	<b>DNS</b>
David	Clayton	21k Male Bike	21k029	06:31:00	06:31:00	<b>DNF</b>