



Green Dream Team

10km Male

Lungisa Mdedelwa

10km 28:27 Durban 2008

2009 Student games Belgrade 10000m, time: 28:21



Sibosiso Nzima

10km 28:13 Mossel Bay 2009



Juan van Deventer

1500 Metres 3:34.30 New York City, NY 30/05/2009

One Mile 3:51.31 Oslo (Bislett) 06/06/2008

3000 Metres 7:41.06 Stockholm 22/07/2008



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10km Female

Irvette van Blerk

10km 34:08 Durban 2009



Maxine Heine-Wacker

10km 36:14 Eastern Province 2007



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21km Male

Jefrey Gwebu

Half Marathon 1:02:20 Port Elizabeth 2009



Tshamano Setone

Half Marathon 1:02:26 Port Elizabeth 2008



Xolisa Tyali

Half Marathon 1:01:58 Port Elizabeth 04/07/2009



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21km Female

Rene Kalmer

10 Kilometres 32:28 Stellenbosch 2007

Half Marathon 1:10:37 Birmingham 2009



Annerien van Schalkwyk

Half Marathon 1:11:26 Birmingham 2009



Marelise Retief

Half Marathon 01:15:59 Eastern Province 2009



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42km Male

Vincent Seng

Marathon 2:17:29 Cape Town 27/09/2009



David Ngakane

Marathon 2:16:37 Cape Town 21/09/2008



Lucky Miya

Marathon 2:16:41 Cape Town 21/09/2008



Hendrick Ramaala

Marathon 2:06:55 London 23/04/2006



Zongamele Dyubeni

Marathon 2:16:10 Port Elizabeth 10/02/2007

Coolboy Ngamole

Marathon 2:15:08 Durban 10/02/2008



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42km Female

Tshifihiwa Mundalamo

Marathon 2:47:05 Durban //2009



Poppy Mlambo

Marathon 2:39:19 Port Elizabeth 10/02/2007



Mpho Mabuza

Marathon 2:45:59 Cape Town //2008



Pulina Njeya

Marathon 2:48:20 Cape Town //2009



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Two Oceans Male

Peter Muthubi

Two Oceans 3:15:13 Cape Town 2008



Mzwanele Maphekula

Two Oceans 3:11:09 Cape Town 2008

Josia Thugwane

Marathon 2:07:28 Fukuoka 07/12/1997



Marathon 2006 2:17:11 Warszawa 2006



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Two Oceans Female

Adinda Kruger

Two Oceans 4:00:47 CT 2007

Comrades 6:38:39 KZN 2007

Xolisa Bici

Two Oceans 4:19:24 KZN 2002



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Comrades Male

Lucas Nonyana

Comrades 5:39:29 KZN 2009



Harmans Mokgadi

Comrades 5:44:49 KZN 2009



Peter Molapo

Comrades 5:42:25 KZN 2009



Victor Ngubelanga

Comrades 5:46:38 KZN 2009



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Comrade Female

Lesley Train

Comrades 7:01:07 KZN 2009



Berdine Smit

Comrades 7:28:09 KZN 2009



Kashmira Purbhoo

Comrades 7:16:13 KZN 2009



Kerry Koen

Comrades 7:18:13 KZN 2009



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Promising Athletes

10km/21km Male

Shaun Zuzani
Juel Mmone
Steven Mokubung
Tumelo Motlagale

10km/21km Female

Bianca van Niekerk
Nadia Hechter
Monique Hechter

Marathon Male

Jaseph Mphuti
Odwa Tunyiswa
Samuel Tsotsani

Two Oceans Male

Colin Khoza
Patrick Sefako
Goerge Ntzelisa
Gladys Lukhwareni

Comrades

Frans Kutu
Eric Ngubane

Managers and Coaches

Nick Bester
Bruce Fordyce
Zithulele Sinqe
Lungile Rado
Gerrie Coetzee
Adriaan Cronje
Pio Mpolokeng
Patrick Baransky
Mark Struwig
Johan Brits



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