

## **KZNA 30km RACE WALK CHAMPIONSHIPS**

**SATURDAY 31<sup>ST</sup> AUGUST @ 06H00: PEOPLES PARK**

### **RESULTS**

#### **30km**

#### **Men**

Aaron Mahlangu(153)	2.53.34	G
Thembile Qhanqiso(127)	2.54.37	S
Wiseman Hlongwa(106)	3.05.48	B
Siswe Ndebele(93)	D. N. S.	

#### **20km**

#### **Men**

Vukani Mdunge (8015)	1.39.48	G
S'phiwesihle Mnyandu(8191)	2.27.05	S

#### **20km**

#### **Women**

Khetiwe Memela(8001)	D. N. F.	
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**RESULTS(continued) KZNA 30km R.W.CHAMPS**

**(31/08/2019 - Peoples Park.**

**10km**

**Men**

<b>Lonwabo Sezela(3201)</b>	<b>1.02.52</b>	<b>G</b>
<b>Samkelo Mlambo(3349)</b>	<b>1.04.23</b>	<b>S</b>
<b>Langelihle Ngcobo(3342)</b>	<b>1.06.50</b>	<b>B</b>
<b>Lyanda Shangse(3932)</b>	<b>1.12.41</b>	

**10km**

**Women**

<b>Anele Mteshane (3163)</b>	<b>1.09.14</b>	<b>B</b>
<b>Caryn Loudon(3211)</b>	<b>1.09.38</b>	<b>S</b>