

GZT Run 2023 – Stage 1 – Results – Teams

Mixed Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Nadia Jooste Mvuyisi Gcogco	01:37:29	103	Mixed Team Full	Team Engeli
2	Brett Cullis Tessa Cullis	02:11:44	106	Mixed Team Full	Just For Fun
3	Johannette Oosthuizen Mark Oosthuizen	02:18:08	104	Mixed Team Full	Team Mojo
4	Robert Freercks Lisa Freercks	02:18:32	105	Mixed Team Full	Pole Pole
5	Sandy Rubin Zaniel Richards	02:57:02	102	Mixed Team Full	Team Cip
6	Stephanie Johnson Geoff Johnson	03:04:47	108	Mixed Team Full	Waterland Wanderers

Ladies Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Helena Slabbert Anna-Lucia Steven	02:16:18	107	Womens Team Full	Stunning Sisters
2	Lauren Brown Belinda Louw	02:19:38	101	Womens Team Full	Pink Rage

GZT Run 2023 – Stage 2 – Results – Teams

Mixed Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Nadia Jooste Mvuyisi Gcogco	02:23:23	103	Mixed Team Full	Team Engeli
2	Brett Cullis Tessa Cullis	03:22:07	106	Mixed Team Full	Just For Fun
3	Robert Freercks Lisa Freercks	03:27:24	105	Mixed Team Full	Pole Pole
4	Johann Beukes Joy Pregnolato	03:40:38	110	Mixed Team Full	Groundbreakers
5	Johannette Oosthuizen Mark Oosthuizen	03:57:13	104	Mixed Team Full	Team Mojo
6	Stephanie Johnson Geoff Johnson	04:16:26	108	Mixed Team Full	Waterland Wanderers
7	Sandy Rubin Zaniel Richards	04:34:09	102	Mixed Team Full	Team Cip

Ladies Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Helena Slabbert Anna-Lucia Steven	03:21:11	107	Womens Team Full	Stunning Sisters
2	Lauren Brown Belinda Louw	03:41:01	101	Womens Team Full	Pink Rage

GZT Run 2023 – Stage 3 – Results – Teams

Mixed Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Nadia Jooste Mvuyisi Gcogco	01:27:29	103	Mixed Team Full	Team Engeli
2	Brett Cullis Tessa Cullis	01:53:58	106	Mixed Team Full	Just For Fun
3	Robert Freercks Lisa Freercks	01:57:33	105	Mixed Team Full	Pole Pole
4	Johann Beukes Joy Pregnolato	02:04:44	110	Mixed Team Full	Groundbreakers
5	Sandy Rubin Zaniel Richards	02:43:10	102	Mixed Team Full	Team Cip
6	Stephanie Johnson Geoff Johnson	02:45:27	108	Mixed Team Full	Waterland Wanderers

Ladies Teams

Pos	Team Members	Time	Bib No	Entry Type	Team Name
1	Helena Slabbert Anna-Lucia Steven	01:58:25	107	Womens Team Full	Stunning Sisters
2	Lauren Brown Belinda Louw	02:05:16	101	Womens Team Full	Pink Rage

Mixed Teams

Pos	Team Members	Time-S1	Time-S2	Time-S3	Total Overall	Bib No	Entry Type	Team Name
1	Nadia Jooste Mvuyisi Gcogco	01:37:29	02:23:23	01:27:29	05:28:21	103	Mixed Team Full	Team Engeli
2	Brett Cullis Tessa Cullis	02:11:44	03:22:07	01:53:58	07:27:49	106	Mixed Team Full	Just For Fun
3	Robert Freercks Lisa Freercks	02:18:32	03:27:24	01:57:33	07:43:29	105	Mixed Team Full	Pole Pole
4	Stephanie Johnson Geoff Johnson	03:04:47	04:16:26	02:45:27	10:06:40	108	Mixed Team Full	Waterland Wanderers
5	Sandy Rubin Zaniel Richards	02:57:02	04:34:09	02:43:10	10:14:21	102	Mixed Team Full	Team Cip

Ladies Teams

Pos	Team Members	Time-S1	Time-S2	Time-S3		Bib No	Entry Type	Team Name
1	Helena Slabbert Anna-Lucia Steven	02:16:18	03:21:11	01:58:25	07:35:54	107	Womens Team Full	Stunning Sisters
2	Lauren Brown Belinda Louw	02:19:38	03:41:01	02:05:16	08:05:55	101	Womens Team Full	Pink Rage

GZT Run 2023 – Stage 1 – Results – Solo

Ladies Solo – Lite

Pos	Name	Time	Bib No	Entry Type
1	Michelle Scowby	01:03:25	208	Ladies Solo Lite
2	Beate Stindt	01:03:29	209	Ladies Solo Lite

Ladies Solo - Full

Pos	Name	Time	Bib No	Entry Type
1	Magna Snyman	02:04:46	206	Ladies Solo Full
2	Shannen Kethro	02:07:26	202	Ladies Solo Full
3	Pamela Joy Hamman	03:06:01	205	Ladies Solo Full
4	Heidrin Gerber	03:06:56	204	Ladies Solo Full

Mens Solo – Lite

Pos	Name	Time	Bib No	Entry Type
1	Rappe Ngquse	01:04:28	211	Mens Solo Lite
2	Christopher Pike	01:05:58	201	Mens Solo Lite
3	Gavin Biggs	01:06:35	207	Mens Solo Lite

Mens Solo – Full

Pos	Name	Time	Bib No	Entry Type
1	Mandisi	02:44:16	203	Mens Solo Full

GZT Run 2023 – Stage 2 – Results – Solo

Ladies Solo – Lite

Pos	Name	Time	Bib No	Entry Type
1	Beate Stindt	01:26:06	209	Ladies Solo Lite
2	Michelle Scowby	01:26:10	208	Ladies Solo Lite

Ladies Solo - Full

Pos	Name	Time	Bib No	Entry Type
1	Magna Snyman	03:11:43	206	Ladies Solo Full
2	Shannen Kethro	03:32:31	202	Ladies Solo Full
3	Pamela Joy Hamman	04:40:45	205	Ladies Solo Full
4	Heidrin Gerber	05:18:38	204	Ladies Solo Full

Mens Solo – Lite

Pos	Name	Time	Bib No	Entry Type
1	Gavin Biggs	01:27:40	207	Mens Solo Lite
2	Christopher Pike	01:31:58	201	Mens Solo Lite

Mens Solo – Full

Pos	Name	Time	Bib No	Entry Type
1	Mandisi	03:59:13	203	Mens Solo Full

GZT Run 2023 – Stage 3 – Results – Solo

Ladies Solo - Full

Pos	Name	Time	Bib No	Entry Type
1	Magna Snyman	03:11:43	206	Ladies Solo Full
2	Shannen Kethro	03:32:31	202	Ladies Solo Full
3	Pamela Joy Hamman	04:40:45	205	Ladies Solo Full
4	Heidrin Gerber	05:18:38	204	Ladies Solo Full

Mens Solo – Lite

Pos	Name	Time	Bib No	Entry Type
1	Gavin Biggs	01:27:40	207	Mens Solo Lite
2	Christopher Pike	01:31:58	201	Mens Solo Lite

Mens Solo – Full

Pos	Name	Time	Bib No	Entry Type
1	Mandisi	03:59:13	203	Mens Solo Full

GZT Run 2023 – Overall – Results – Solo

Ladies Solo - Full

Pos	Name	Time – S1	Time – S2	Time – S3	Time – Overall	Bib No	Entry Type
1	Magna Snyman	02:04:46	03:11:43	01:43:44	07:00:13	206	Ladies Solo Full
2	Shannen Kethro	02:07:26	03:32:31	01:55:06	07:35:03	202	Ladies Solo Full
3	Pamela Joy Hamman	03:06:01	04:40:45	02:27:17	10:14:03	205	Ladies Solo Full
4	Heidrin Gerber	03:06:56	05:18:38	02:55:08	11:20:42	204	Ladies Solo Full

Mens Solo – Lite

Pos	Name	Time – S1	Time – S2	Time – S3	Time – Overall	Bib No	Entry Type
1	Christopher Pike	01:05:58	01:31:58	01:10:58	03:48:54	201	Mens Solo Lite
2	Gavin Biggs	01:06:35	01:27:40	01:15:57	03:50:12	207	Mens Solo Lite

Mens Solo – Full

Pos	Name	Time – S1	Time – S2	Time – S3	Time – Overall	Bib No	Entry Type
1	Mandisi	02:44:16	03:59:13	02:27:17	09:10:46	203	Mens Solo Full