

SA TEAM



IAU 100km World Championships 2018

8 September (Sveti martin, Croatia)

<u>NAME</u>	<u>CLUB</u>
1. Bongmusa Mthembu	Arthur Ford AC
2. Thuso Mosiea	Arthur Ford AC
3. Best Ngwenya	Nedbank
4. Claude Moshiywa	Nedbank
5. Nkosinathi Duma	Arthur Ford AC
WOMEN	
6. Fikile Mbuthuma	Nedbank
7. Deanne Horn	Nedbank
8. Lisa Collett	Boxer
9. Salome Cooper	Easy Equities born to run AC
TEAM MANAGEMENT	
1. George Lamb	Team Manager
2. Nick Bester	Team coach
3. Lindsey Parry	Manager
4. Xolani Mabida	Manager
5. Fikile Phasha	Physiotherapist
6. Duane Rabie	Personal Coach