



# Kenneth Stainbank Castle Trail - 10km Results



06 January 2019

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
593	0:49:56	JUAN BOTSIS	Open M	1	1	1
464	0:52:38	COLIN THACKWRAY	Open M	2	2	2
450	0:54:15	JOHANN BRUWER	Open M	3	3	3
385	0:55:17	DANE DAVIES	Open M	4	4	4
426	0:55:37	KAREL ENGELBRECHT	Open M	5	5	5
423	0:55:57	SHELLEY HIGGO	Open F	6	1	1
592	0:56:12	RYAN GROBBELAAR	Open M	7	6	6
215	0:56:51	KEAGAN WHITE	Junior M	8	7	1
240	0:56:53	TIM WHITE	Veteran M	9	8	1
469	0:56:59	STEVEN GILL	Open M	10	9	7
254	0:57:48	BRIAN ELLIS	Veteran M	11	10	2
541	0:58:12	LISHA SOOKAN	Open F	12	2	2
529	0:58:45	DYLAN SMITH	Open M	13	11	8
561	0:58:48	CLINTON SPEED	Open M	14	12	9
424	0:59:38	ANDRE WOLMARANS	Open M	15	13	10
394	1:00:00	SIMON HESSE	Open M	16	14	11
341	1:00:42	ASHLEY VENTER	Master M	17	15	1
570	1:00:43	TYRELL FRANCIS	Open M	18	16	12
503	1:01:20	LUKE MCDANIEL	U16 M	19	17	1
430	1:01:23	JAN DE VILLIERS	Veteran M	20	18	3
447	1:01:48	PATRICIA DAMMANN	Veteran F	21	3	1
546	1:02:49	JAMES FELGATE	Veteran M	22	19	4
556	1:03:23	IAN DICKINSON	Open M	23	20	13
562	1:04:41	NHLOMULA MHKIZE	Open M	24	21	14
454	1:06:17	GRAHAM FORTE	Veteran M	25	22	5
491	1:06:52	MATTHEW MAJOR	Master M	26	23	2
404	1:06:56	MIKALA PLOTZ	Open F	27	4	3
598	1:07:33	SCOTT HIRON	Open M	28	24	15
519	1:07:36	RAY BRENT	Open M	29	25	16
330	1:07:37	SHARNAE ZIMMERMANN	Open F	30	5	4
322	1:07:40	IMTIAZ MOOSA	Open M	31	26	17
514	1:07:50	JONATHON WISDOM	Open M	32	27	18
522	1:08:08	LUC QUEVAUVILLIERS	Open M	33	28	19
344	1:08:34	PHILIP RAW	Open M	34	29	20
350	1:08:53	JETHRO ROWE	Open M	35	30	21
304	1:11:18	JONATHAN VAN DEN BERGH	Open M	36	31	22
591	1:11:29	COLLEEN PEENS	Grand Master F	37	6	1
566	1:11:54	KHULEKANI SHABALALA	Open M	38	32	23
410	1:11:57	PUSHE YENDE	Open F	39	7	5
581	1:13:10	CLAIRE LONG	Open F	40	8	6
313	1:13:58	TARYN PAOLA	Open M	41	33	24



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524	1:14:11	WARREN EGAN	Open M	42	34	25
589	1:14:12	YASEEN AZIZ	Veteran M	43	35	6
402	1:14:24	JOHN FLYNN	Veteran M	44	36	7
542	1:14:36	TANDY GOUDGE	Master F	45	9	1
338	1:14:54	PHILIP GUTTENTAG	Master M	46	37	3
568	1:15:05	HILSON WILMOT	Veteran M	47	38	8
513	1:15:07	ANT BORSTLAP	Veteran F	48	10	2
335	1:15:19	NOAH DAMMANN	U16 M	49	39	2
517	1:15:35	RICHARD EVANS	Grand Master M	50	40	1
302	1:15:43	JONATHAN SCHROEDER	Open M	51	41	26
407	1:16:02	JOHN KEATING	Master M	52	42	4
429	1:16:05	ANNELINE MEYER	Open F	53	11	7
579	1:16:14	MICHELLE LINZ	Veteran F	54	12	3
379	1:16:17	MARC YOUNG	Open M	55	43	27
526	1:16:22	JOHANN CRAIG MCLEOD	Master M	56	44	5
319	1:16:23	LEE-ANN MCEWEN	Junior F	57	13	1
587	1:16:25	RENATO GSCHWEND	Open M	58	45	28
307	1:16:28	JONATHAN ENGELBRECHT	Open M	59	46	29
435	1:16:44	SHAWN MEYER	Veteran M	60	47	9
580	1:17:14	EUGENE BARNETT	Veteran M	61	48	10
380	1:17:16	DAVID WISDOM	Open M	62	49	30
353	1:17:38	SAMANTHA STEPHENSON	Open F	63	14	8
415	1:17:43	LOUIS NEL	Open M	64	50	31
370	1:18:25	LUKE ISEMONGER	Open M	65	51	32
500	1:19:10	SIMPHIWE ZWANE	Veteran M	66	52	11
386	1:19:11	LOUISE BAMBER	Open F	67	15	9
433	1:19:13	GAY TILBURY	Master F	68	16	2
544	1:19:33	SUZAANE DOS SANTOS NIZ	Master F	69	17	3
340	1:19:59	MELAINE LUMGAIR	Open F	70	18	10
411	1:20:05	DENISE JOUBERT	Veteran F	71	19	4
523	1:20:06	HEIN DE KOCK	Veteran M	72	53	12
494	1:20:10	ALAN KIRBY	Master M	73	54	6
303	1:20:48	ANEESA LOCHAT	Veteran F	74	20	5
420	1:20:51	LEONA LAMONT	Veteran F	75	21	6
305	1:21:42	STUART COLE	Open M	76	55	33
473	1:21:47	LINDY HEAD	Open F	77	22	11
475	1:21:49	JOELENE SCHEFERMAN	Open F	78	23	12
412	1:22:16	PHETHELE DUBE	Open F	79	24	13
481	1:22:21	KATHERINE FLACK	Veteran F	80	25	7
442	1:22:30	LINDSAY KAPP	Veteran F	81	26	8
485	1:22:32	TARYN PAOLA	Open F	82	27	14



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520	1:22:54	SCOTT SINCLAIR	Veteran M	83	56	13
474	1:23:37	SHANNON POTGIETER	Veteran F	84	28	9
381	1:24:12	YESHKHIR NAIDOO	Open M	85	57	34
537	1:24:13	NIRVASH GOVENDER	Open M	86	58	35
466	1:24:15	SANDRA CONWAY	Master M	87	59	7
421	1:24:48	JACQUELINE VAN MEYGAARDEN	Veteran F	88	29	10
489	1:24:54	STEPHANIE DENISON	Open F	89	30	15
470	1:24:57	JODI PIETERS	Open F	90	31	16
337	1:24:58	CHARLES DENISON	Open M	91	60	36
377	1:25:01	SIBUSISO DLAMINI	Open M	92	61	37
490	1:25:05	CHARMAINE NEWMARCH	Veteran F	93	32	11
452	1:25:07	MICHELLE LAGESSE	Master F	94	33	4
409	1:25:20	NANA MAZIBUKO	Veteran F	95	34	12
499	1:25:47	MARISKA PAUL	Open F	96	35	17
445	1:25:57	JOHAN BAARD	Veteran M	97	62	14
431	1:26:12	NATHAN MCDANIEL	U16 M	98	63	3
548	1:26:14	MATTHEW GRAY	U16 M	99	64	4
318	1:27:41	ANTONIO DA SILVA	Master M	100	65	8
599	1:27:44	TASNEEM KHAN	Open F	101	36	18
455	1:27:58	LEE-ANNE BARKER-COBB	Open F	102	37	19
323	1:28:14	CANDICE HERRIDGE	Open F	103	38	20
392	1:28:22	MEGAN GAZE	Open F	104	39	21
375	1:28:33	BRADLEY LONG	Veteran M	105	66	15
336	1:28:38	NICOLE SAUNDERS	Open F	106	40	22
389	1:28:40	ARJEN FRICK	Veteran M	107	67	16
590	1:29:01	DICKY COETZEE	Master M	108	68	9
417	1:29:05	CONER CREAMER	Open M	109	69	38
459	1:29:06	CHLOE SNYDER	Open F	110	41	23
390	1:29:08	GEOFFREY WIGGILL	U16 M	111	70	5
436	1:29:10	NQABENI THABEDE	Open M	112	71	39
446	1:29:17	NELIA VAN SCHALKWYK	Veteran F	113	42	13
422	1:29:18	RASHIDA MOOSA	Master F	114	43	5
456	1:29:19	ANKI ROSSOUW	Veteran F	115	44	14
538	1:29:36	SARAH WALLIS	Master F	116	45	6
516	1:29:37	BOBBY HUGILL	Open M	117	72	40
388	1:29:38	CASIDY ATKINS	Open F	118	46	24
600	1:29:41	RAY DAVIS	Grand Master M	119	73	2
502	1:29:43	SAMANTHA DE LA PORTE	Veteran F	120	47	15
565	1:29:47	LIESL HECKROODT	Veteran F	121	48	16
382	1:29:55	JESSICA STAPELBERG	Open F	122	49	25
314	1:29:57	PRANESH KORA	Open M	123	74	41



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438	1:30:12	KERRY GAZE	Open F	124	50	26
418	1:30:15	AVRIL JACOBS	Open F	125	51	27
483	1:30:59	SONJA CECH	Open F	126	52	28
401	1:31:00	SHIREEN SWART	Open F	127	53	29
427	1:31:08	SERGE BEGA	Open M	128	75	42
547	1:31:11	SUE LIEBENBERG	Veteran F	129	54	17
437	1:31:14	WENDY CONSTANTINE	Master F	130	55	7
354	1:31:15	JACLYN ROBINSON	Open F	131	56	30
316	1:31:19	MICHAEL ORAM	Veteran M	132	76	17
505	1:31:28	MIKE SHIPTON	Master M	133	77	10
443	1:31:35	FRIKKIE BOTES	Master M	134	78	11
585	1:31:41	CHARMAINE CHELIN	Master F	135	57	8
448	1:32:46	JO WILD	Open F	136	58	31
400	1:32:49	MAUREEN VAN DEN BERGH	Master F	137	59	9
558	1:32:50	MORNE CLAASEN	U16 M	138	79	6
413	1:34:37	KATHY CLELAND	Master F	139	60	10
569	1:34:50	FARHANA OSMAN	Veteran F	140	61	18
345	1:34:50	VICTORIA WILSON	Open F	141	62	32
551	1:36:24	NTOKOZO NXELE	Open F	142	63	33
440	1:36:58	JACO VAN VUUREN	Veteran M	143	80	18
342	1:37:01	JOLENE SMYTHE	Veteran F	144	64	19
553	1:37:02	LINDIE BAARD	Open F	145	65	34
549	1:37:12	JANET BLAKEMORE	Master F	146	66	11
403	1:37:14	MARTINE PAREDIS	Master F	147	67	12
372	1:37:18	BRONWYN SCHROEDER	Open F	148	68	35
498	1:37:45	ANGIE THORLUND	Open F	149	69	36
393	1:37:47	DANBEIGH VAN DER MERWE	Open F	150	70	37
560	1:37:49	PAUL VAN DER MERWE	Open M	151	81	43
398	1:38:11	TENIELLE EGAN	Open F	152	71	38
508	1:38:43	CHRIS MCCABE	Open M	153	82	44
419	1:39:01	KERRY RICHMOND	Veteran F	154	72	20
584	1:39:03	ANGELIQUE DELIGNY	Master F	155	73	13
362	1:39:09	LEONA SWANEPOEL	Veteran F	156	74	21
533	1:39:27	LINDA STAPENBERG	Master F	157	75	14
364	1:39:28	JANINE DIXON	Master F	158	76	15
331	1:40:40	GENEVIEVE KEYS	Open F	159	77	39
510	1:40:56	PHILIPPA CHARLESWORTH	Veteran F	160	78	22
346	1:41:00	NOKUTHULA SHONGWE	Veteran F	161	79	23
461	1:41:35	NOBUHLE MDABA	Open F	162	80	40
530	1:41:47	LUNGILE ZONDO	Master F	163	81	16
399	1:42:05	MARGARET WILMOT	Veteran F	164	82	24



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361	1:43:23	LEEANNE OERTEL	Open F	165	83	41
534	1:43:29	NASEERAH OSMAN	U18 F	166	84	1
367	1:43:30	KHINESH VALLABH	Veteran M	167	83	19
576	1:43:33	SHARLEEN LUPKE	Open F	168	85	42
414	1:43:35	BHAVNA JASMAT	Veteran F	169	86	25
365	1:43:57	LAURA CAMPBELL	Master F	170	87	17
574	1:44:17	DEREK GACE	Master M	171	84	12
557	1:45:19	SHIRLEY VINCENT	Veteran F	172	88	26
310	1:45:30	KIM LINDSAY	Master M	173	85	13
395	1:45:32	JULIE SCOTT	Master F	174	89	18
471	1:45:39	ZINHLE NDABA	Open F	175	90	43
378	1:47:52	MICHELLE FOUCHE	Veteran F	176	91	27
595	1:48:27	DEBRA HANDS	Veteran M	177	86	20
406	1:48:28	AMBER KEATING	Open M	178	87	45
527	1:48:56	KAYCEE DALRYMPLE-KELLY	Open F	179	92	44
387	1:48:58	ISABEL BRINK	Open F	180	93	45
487	1:49:04	TANIA KUHL	Open F	181	94	46
326	1:49:36	SUSAN RUDMAN	Veteran F	182	95	28
352	1:49:37	TRACEY SWART	Master F	183	96	19
488	1:49:39	VERONICA MASON	Open F	184	97	47
597	1:49:39	JASMIN BORSTLAP	Open F	185	98	48
531	1:49:58	HAJRAH OSMAN	Veteran F	186	99	29
451	1:52:33	BAWINILE PETERS	Veteran F	187	100	30
465	1:53:16	MARGARET BOTES	Grand Master F	188	101	2
554	1:53:17	CHANTEL EVA	Open F	189	102	49
482	1:53:18	FERNANDO EVA	Open M	190	88	46
493	1:53:20	ANITA HARRIS	Master F	191	103	20
332	1:53:56	MAYVIE BHAGWADAN	Veteran F	192	104	31
315	1:55:17	JULIANA VORSTER	Master F	193	105	21
441	1:55:18	NAOMI CROUS	Master F	194	106	22
425	1:55:26	CARMEN HASTIE	Veteran F	195	107	32
333	1:56:43	SHANENE JOLLEY	Master F	196	108	23
359	1:57:02	VALERIE LOGANDAVIS	Grand Master F	197	109	3
355	1:57:02	GILLIAN SCOTT	Grand Master F	198	110	4
479	1:57:37	CHARMAINE REDMAN	Grand Master F	199	111	5
371	1:58:34	FATHIMA PARUK	Master F	200	112	24
486	1:59:44	NOMTHANAZO CHALA	Open F	201	113	50
596	1:59:45	PENNY CELE	Master F	202	114	25
535	2:01:19	MUMTA HARGOVAN	Open F	203	115	51
391	2:01:45	YANDISA MAKELE	Open F	204	116	52
480	2:01:59	LINDA ATTWELL	Grand Master F	205	117	6



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462	2:04:38	NICOLASA MCCABE	Master F	206	118	26
539	2:04:40	CHANTALLE WILSON	Veteran F	207	119	33
497	2:04:40	SIMPHIWE MTHEMBU	Open F	208	120	53
439	2:04:50	BERNIE SWARTZ	Grand Master F	209	121	7
555	2:05:01	RICHARD MILLER	Master M	210	89	14
511	2:05:15	VICKI HICKEN	Open F	211	122	54
428	2:05:16	SONYA ROUGIER-LAGANE	Grand Master F	212	123	8
343	2:08:33	RAMCEZ AMRA	Open M	213	90	47
492	2:08:46	ZAIDA OMAR	Open F	214	124	55
476	2:15:09	ROBYN MCMENEMEY	Master F	215	125	27
472	2:28:45	MARC KALINA	Open M	216	91	48
528	2:28:46	ELIZABETH KALINA	Open F	217	126	56
449	2:41:27	ZOBI MKHIZE	Veteran F	218	127	34
582	2:41:29	NELLY XABA	Veteran F	219	128	35