



# Table Mountain Trail Run - 7km Results



13 January 2019

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
269	0:38:33	SIPHO MKHIZE	U16 M	1	1	1
46	0:39:29	KWANELE MKHIZE	U18 M	2	2	1
78	0:39:46	LUSANDA GUMEDE	U16 M	3	3	2
273	0:45:46	ENTERH DLAMINI	U18 M	4	4	2
195	0:46:39	MNQOBI MAKHATHINI	U16 M	5	5	3
159	0:46:53	DWAMI NDLOVU	U12 M	6	6	1
50	0:47:58	SELULEKO ZONDI	U16 M	7	7	4
205	0:49:36	JACQUES PRETORIUS	Open M	8	8	1
2	0:50:28	CADE BROADHURST	U12 M	9	9	2
20	0:50:38	SIPHO MSANI	Open M	10	10	2
165	0:50:43	JONATHAN AISTON	Veteran M	11	11	1
160	0:52:36	THOMAS RAATGEVER	Veteran M	12	12	2
47	0:52:43	LUKE OCHSE	Open M	13	13	3
33	0:54:25	MARLU GOUWS	Open M	14	14	4
132	0:54:55	RYAN BROADHURST	Open M	15	15	5
232	0:56:49	SPHESIHLE NGCOBO	U16 M	16	16	5
58	0:57:04	SINDISWA NZAMA	U16 F	17	1	1
84	0:57:47	AVELA MEMELA	U16 M	18	17	6
105	0:57:52	LETHUKUTHULA MKHIZE	U16 M	19	18	7
115	0:57:53	MATTHEW OBERHOLZER	Open M	20	19	6
127	0:57:54	MITCHEL ADAM	Open M	21	20	7
125	0:58:29	PATRICK LENNON	Open M	22	21	8
123	0:58:30	GRAEME STEART	Open M	23	22	9
23	0:59:18	DYLAN HORN	Open M	24	23	10
54	1:01:34	CLINTON CARBUTT	Veteran M	25	24	3
87	1:03:09	NOMASONTO MAJOLA	Open F	26	2	1
148	1:03:29	PHILCISEINDE NKOMO	U12 M	27	25	3
92	1:03:33	PHILASANDE NGCOBO	U18 M	28	26	3
118	1:03:52	RASTER DLAMINI	Open M	29	27	11
297	1:03:58	SPHESIHLE NXELE	U16 M	30	28	8
175	1:04:01	DWAMI MKHIZE	U12 M	31	29	4
150	1:04:05	KHETHUKHULA DLAMINI	Junior F	32	3	1
170	1:04:11	MARK DUNCAN	Master M	33	30	1
101	1:04:12	SCOTT DAVEY	Veteran M	34	31	4
90	1:04:20	SANTOSH BUGWANDIN	Open M	35	32	12
266	1:05:41	KAYLA LADELL	Open F	36	4	2
98	1:05:42	SHARON DELL	Master F	37	5	1
85	1:06:17	LINDSAY KAPP	Veteran F	38	6	1
199	1:06:33	CARA SPIRO	Open F	39	7	3
79	1:07:10	JUSTIN ROSE	Open M	40	33	13
65	1:07:40	ANELE MEMELA	U12 F	41	8	1



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34	1:07:44	SIBISI THABISO	U12 M	42	34	5
16	1:07:54	LEA REYNOLDS	Veteran F	43	9	2
173	1:07:55	GEORGE REYNOLDS	Veteran M	44	35	5
104	1:08:38	JESSICA GREENWOOD	Open F	45	10	4
140	1:08:47	JOHAN GROBBELAAR	Open M	46	36	14
196	1:08:48	LONDY MBANJWA	Open F	47	11	5
225	1:08:50	ASIH DLAMINI	Junior M	48	37	1
248	1:08:56	NEIL MOODLEY	Open M	49	38	15
76	1:08:57	ANNALET MOODLEY	Open F	50	12	6
24	1:09:01	JO WEBBER	Veteran F	51	13	3
185	1:09:04	MARC WEBBER	Veteran M	52	39	6
151	1:09:07	ROSE DLAMINI	Open M	53	40	16
234	1:09:08	APHIWE NDABA	U12 M	54	41	6
110	1:09:12	CLARE VAN RENSBURG	Open F	55	14	7
265	1:09:16	NOKWANDA GOQO	U16 F	56	15	2
293	1:09:19	JASON GILABEY	Open M	57	42	17
139	1:09:26	KYLE HALSE	Open M	58	43	18
80	1:12:06	KIMBERLEY LOMAS	Open F	59	16	8
212	1:12:08	KATIE-LEE WISDOM	Open F	60	17	9
271	1:12:09	ASIBONGE NDABA	Junior M	61	44	2
112	1:12:42	WHITNEY LAMB	Open F	62	18	10
69	1:13:41	APHILE NDLOVU	U12 F	63	19	2
116	1:13:50	ROBYN MILNE	Open F	64	20	11
161	1:14:21	CAROL VANDEN BUSSCHE	Open F	65	21	12
245	1:14:22	KIRSTY GROBLER	Open F	66	22	13
182	1:14:28	FINNIAN RIDL	Junior M	67	45	3
214	1:14:30	LANCE RIDL	Veteran M	68	46	7
157	1:15:14	BYRAN KELBE	Open M	69	47	19
204	1:15:18	CHARLOTTE RAW	Open F	70	23	14
287	1:15:21	NICOLE KELBE	Open F	71	24	15
30	1:15:28	DAVID WARREN	Open M	72	48	20
17	1:15:40	KHARA-JADE WARREN	Open F	73	25	16
227	1:15:48	D MALCOMESS	Veteran M	74	49	8
63	1:16:11	AUDREY WALKER	Open F	75	26	17
276	1:17:13	HAMISH MCINTYRE	U12 M	76	50	7
217	1:18:52	KRISTI DALY	Open F	77	27	18
52	1:18:53	RAMSAY DALY	Open M	78	51	21
121	1:19:01	CHERYL CLARK	Veteran F	79	28	4
184	1:19:11	CHARLENE SMIT	Veteran F	80	29	5
71	1:20:02	SARAH RAATGEVER	Open F	81	30	19
280	1:23:04	ROS CROOKES	Open M	82	52	22



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193	1:23:05	JOHAN KRUGER	Open M	83	53	23
288	1:23:54	SUHAIL DADA	Open M	84	54	24
243	1:24:10	BROOKLYN RIGGIEN	U16 F	85	31	3
14	1:24:11	KIM LABUSCHAGNE	Open F	86	32	20
18	1:24:18	ROB HUMPHRY	Grand Master M	87	55	1
277	1:24:21	JANA ZORGER	Open F	88	33	21
83	1:24:55	BRENDA MOON	Master F	89	34	2
222	1:24:56	WAYNE MOON	Master M	90	56	2
154	1:25:04	JESSICA CONSTANTINE	Open F	91	35	22
298	1:25:08	NOKUTHULA NZAMA	Open F	92	36	23
172	1:25:11	MENDY NDLOVU	U16 F	93	37	4
177	1:25:12	SLINDOKUHLE NDLOVU	Open M	94	57	25
94	1:25:17	ROSLIND MALAN	Open F	95	38	24
135	1:25:18	TRISTAN MCKENZIE	U18 M	96	58	4
95	1:25:42	GILLIAN SCOTT	Grand Master F	97	39	1
156	1:25:48	MARK DU PREEZ	Open M	98	59	26
1	1:25:58	SHENNE DAVIES	Open F	99	40	25
10	1:25:59	DANE DAVIES	Open M	100	60	27
240	1:26:13	AMANDA HARDY	Veteran F	101	41	6
235	1:27:47	GARETH EDWARDS	U12 M	102	61	8
274	1:28:03	NICHOLAS EDWARDS	Master M	103	62	3
62	1:28:05	SANDY LAMB	Master F	104	42	3
59	1:28:47	TAMRYN EDWARDS	U16 F	105	43	5
224	1:29:51	DELVEEN HOLLINGWORTH	Veteran F	106	44	7
226	1:29:52	KERRY GILLHAM	Veteran F	107	45	8
29	1:30:05	JACLYN ROBINSON	Open F	108	46	26
134	1:30:25	JOANNE WEAKLEY	Open F	109	47	27
12	1:30:27	CHLOE SNYDER	Open F	110	48	28
286	1:30:27	TENNEIL LEE	Open F	111	49	29
211	1:30:43	LARA PARK	Veteran F	112	50	9
163	1:30:46	GRANT COLLIER	Veteran M	113	63	9
198	1:35:34	GABISILE SCUSSEL	Open F	114	51	30
187	1:35:35	LINDA NORTJE	Master F	115	52	4
99	1:35:50	ARNO GOEBEL	Veteran M	116	64	10
208	1:35:51	JESSICA GOEBEL	Master F	117	53	5
153	1:36:01	ASHEN SINGH	Open M	118	65	28
221	1:37:09	LOUISE WHITTAL	Open F	119	54	31
278	1:37:11	YOLANDIE FOURIE	Open F	120	55	32
72	1:37:16	ANDISWA NGUBANE	U16 F	121	56	6
109	1:37:19	RHYS PURVES	U12 F	122	57	3
67	1:37:19	ROXY VAN ZYL	U12 F	123	58	4



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21	1:37:52	ROBIN PURVES	Veteran M	124	66	11
113	1:37:53	LISA VAN ZYL	Veteran F	125	59	10
45	1:37:53	ROSEMARY PURVES	Veteran F	126	60	11
267	1:39:56	DYLAN RAWSON	Open M	127	67	29
73	1:39:56	RONEL-ANN RAWSON	Veteran F	128	61	12
257	1:39:58	CAITLIN BURN	Open F	129	62	33
61	1:39:59	MANI BULELWA	Open F	130	63	34
48	1:41:24	INGE MILBANK	Grand Master F	131	64	2
114	1:41:34	REECE CLARK	U12 M	132	68	9
190	1:41:58	SHUNTURI GOVENDER	Open F	133	65	35
108	1:42:05	JERUSHA BEHARI	Open F	134	66	36
57	1:42:07	KABIR SANGHAM	Open M	135	69	30
174	1:43:55	ROBYN MCINTYRE	Master F	136	67	6
263	1:43:56	ALISTAIR MCINTYRE	Veteran M	137	70	12
202	1:44:24	JOAO DE JESUS	Open M	138	71	31
82	1:44:50	FRED NUTTALL	Master M	139	72	4
197	1:45:43	VERONIKA PENEV	Veteran F	140	68	13
117	1:45:44	CHERISE PLATT	Veteran F	141	69	14
275	1:46:31	MARION BURN	Master F	142	70	7
238	1:46:40	BONGA NDABA	Open F	143	71	37
216	1:47:04	MARY CALLAGHAN	Grand Master F	144	72	3
220	1:47:09	PATRICK RIDL	Junior M	145	73	4
241	1:47:15	OSIHLE SOKHELA	Junior M	146	74	5
152	1:47:21	ELIZMA GROBBELAAR	Open F	147	73	38
188	1:47:24	CHANTAL CHADDERTON	Veteran F	148	74	15
189	1:47:28	LIANA POWELL	Veteran F	149	75	16
291	1:47:29	RENEE LANZONI	Veteran F	150	76	17
13	1:47:50	AVUYILE REBE	Open F	151	77	39
181	1:47:51	NASHEEL BALKARAN	Open M	152	75	32
68	1:47:52	JABU SOKHELA	Veteran F	153	78	18
166	1:47:53	SIYANDA NGIDI	Open M	154	76	33
200	1:48:07	SANELE THABEDE	Open M	155	77	34
107	1:48:30	MICHELLE SCHEEPERS	Grand Master F	156	79	4
133	1:48:39	CHARMAINE CHELIN	Master F	157	80	8
81	1:48:40	JOAN RIDL	Open F	158	81	40
256	1:48:43	W VERBIE	Master M	159	78	5
246	1:49:02	CLAUDIA ERRADU	Open F	160	82	41
146	1:50:36	INA PEEK	Master F	161	83	9
27	1:50:43	BAPHELELE BHENGU	Open F	162	84	42
142	1:52:48	MICHELLE DEMPSTER	Master F	163	85	10
44	1:53:09	KARUSHA PILLAY	Open F	164	86	43



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51	1:55:15	MARILESE HAVENGA	Open F	165	87	44
223	1:55:16	WARREN HAVENGA	Open M	166	79	35
137	1:55:32	CRAIG PRICE	Grand Master M	167	80	2
106	1:55:42	ANDREW NESS	Open M	168	81	36
230	1:55:43	ALICE MORRISON	Open F	169	88	45
144	1:56:34	BERNICE LOVE	Veteran F	170	89	19
66	1:56:41	BRENDA JANSSENS	Veteran F	171	90	20
39	1:57:08	JAMIE-LEE ARENZ	Open F	172	91	46
130	1:57:45	AMY WEBSTER	Open F	173	92	47
264	1:57:47	MICHELLE DYE	Open F	174	93	48
111	1:58:06	ANDREW HYETT	Open M	175	82	37
247	1:58:07	MONIQUE GELDENHUYS	Open F	176	94	49
35	1:59:15	SATISH BUGWANDIN	Veteran M	177	83	13
237	1:59:20	SAMANTHA BUGWANDIN	Open F	178	95	50
186	1:59:26	JENINE DWARIKA	Open F	179	96	51
210	1:59:41	TERRANCE LUMGAIR	Veteran M	180	84	14
229	2:00:08	NUWEYRA BUGWANDIN	Open F	181	97	52
75	2:00:59	LYNDEN SCOTT-WILLIAMS	Grand Master F	182	98	5
191	2:01:00	ROXANNE SCOTT-WILLIAMS	Open M	183	85	38
97	2:02:17	IRIS CHAPMAN	Veteran F	184	99	21
254	2:05:53	ZINA ANASTASIOU	Veteran F	185	100	22
7	2:05:54	ROCHE KRAUSE	Open F	186	101	53
279	2:06:48	KYLIE TOWNSEND	Veteran F	187	102	23
236	2:07:25	DAPHNE BOUTTELL	Master F	188	103	11
96	2:07:34	PETA CASON	Master F	189	104	12
209	2:07:42	COURTNEY DE VILLIERS	U12 F	190	105	5
155	2:08:33	HAYLEY WOOD	Master F	191	106	13
102	2:08:33	LEZAAN ALEXANDER	Open F	192	107	54
183	2:09:06	SIMONNE VAN ZUYDAM	Open F	193	108	55
26	2:10:53	SAMANTHA BERRIMAN	Open F	194	109	56
179	2:10:55	SARAH HALGREEN	Open F	195	110	57
124	2:13:56	CHRIS CASON	Grand Master M	196	86	3
128	2:13:57	PETER SIBANDA	Grand Master M	197	87	4
194	2:14:03	GEOFFREY BOUTTELL	Master M	198	88	6
250	2:14:05	LINDSAY DUNSMORE	Master F	199	111	14
294	2:14:09	CHRISTY HALSE	Open F	200	112	58
282	2:14:11	KATHY PEARSON	Master F	201	113	15
233	2:14:21	PETER ARCHER	Open M	202	89	39
91	2:14:22	AMY PEACOCK	Open F	203	114	59
249	2:19:03	HAMWANTHIE MAHARAJ	Master F	204	115	16
432	2:30:27	SINDISIWE NDLOVU	U16 F	205	116	7



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253	2:40:50	YOLANDE HAY BUCHANAN	Master F	206	117	17
164	2:42:20	DEBBIE REYNDERS	Open F	207	118	60
4	2:45:33	KHATIJA DADA	Grand Master F	208	119	6
126	2:45:34	ABDOOL KADER DADA	Grand Master M	209	90	5
299	2:48:57	CHRISTY PEACOCK	Open F	210	120	61
201	2:49:15	GERALDINE PEACOCK	Master F	211	121	18
255	3:11:43	SANDEEP GOBIND	Open M	212	91	40
131	3:13:44	CRAIG GOVENDER	Open M	213	92	41
242	3:13:46	HADLEY MANUEL	Open M	214	93	42
206	3:13:52	ANDREA JACOBS	Open F	215	122	62
228	3:13:54	MOHAMMED BALLIM	Open M	216	94	43
514	3:17:03	ALISON ENGELBRECHT	Master F	217	123	19