



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
231	0:21:28	DECLAN JACKSON	U12 M	1	1	1
83	0:21:30	DEN JACKSON	Veteran M	2	2	1
251	0:23:48	ZACHERY RUTHERFORD	U12 M	3	3	2
330	0:23:53	LOUIS MULDER	Open M	4	4	1
188	0:24:00	KAYLEIGH LINDEQUE	U16 F	5	1	1
185	0:24:00	KYLE RAFFLE	Open M	6	5	2
184	0:24:31	ETHAN BRIGGEMAN	U12 M	7	6	3
225	0:24:32	EDWIN BRIGGEMAN	Master M	8	7	1
149	0:24:38	MATTHEW QUINTON	Junior M	9	8	1
148	0:24:41	CHRIS QUINTON	Veteran M	10	9	2
173	0:24:54	JUSTICE NCANE	Veteran M	11	10	3
199	0:25:29	ANDREW WILSON	Master M	12	11	2
344	0:25:46	MARIOS KYRIAKIDES	Veteran M	13	12	4
178	0:25:59	MIA CIENDENNEN	U16 F	14	2	2
151	0:26:11	EUSTACE DIERGAARDT	Veteran M	15	13	5
305	0:27:03	CYPRIAN SITHOLE	Open M	16	14	3
167	0:27:50	MADDISON POTTER	U16 F	17	3	3
247	0:27:52	MARK HARDIE	Open M	18	15	4
267	0:27:56	RILEY CARR	U12 F	19	4	1
177	0:27:59	REESE RAATGEVER	U12 F	20	5	2
332	0:28:06	BRUCE FALLET	Veteran M	21	16	6
74	0:28:10	CHRISTO LINDEQUE	Master M	22	17	3
172	0:28:32	LAYLA REYNECKE	U12 F	23	6	3
82	0:28:54	GRANT COX	U12 M	24	18	4
262	0:28:56	CAMERON EDWARDS	Veteran F	25	7	1
229	0:29:08	BRENNA CLENDENNEN	U16 F	26	8	4
80	0:29:09	ARIELLE COETZER	U12 F	27	9	4
350	0:29:11	MARTIN REED	Open M	28	19	5
235	0:29:12	MATTHEW EMANUEL	Open M	29	20	6
130	0:29:28	DANE ESCREET	Open M	30	21	7
213	0:29:29	ELOISE BRIGGEMAN	Veteran F	31	10	2
323	0:29:30	SHAWN MEYER	Master M	32	22	4
25	0:30:13	JORDAN HOLLINS	U12 M	33	23	5
270	0:30:22	CHRISTOPHER DENYSSEN	U12 M	34	24	6
248	0:30:24	PATRICK DENYSSEN	Veteran M	35	25	7
198	0:30:33	WIAN SPANGENBERG	Veteran M	36	26	8
336	0:30:40	AMELIE NXUMALO	U12 F	37	11	5
217	0:30:41	ROMEY ANDERSON	Open F	38	12	1
140	0:30:50	TYRON PIPER	Open M	39	27	8
212	0:30:52	MELANIE KENDALL-BALL	Master F	40	13	1
170	0:31:20	ZACHARIAH HANELL	U16 M	41	28	1



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
147	0:31:29	JAKE PAYNE	Junior M	42	29	2
242	0:31:30	BLAKE DE BRUIN	Junior M	43	30	3
204	0:31:31	GREGORY DE BRUIN	Veteran M	44	31	9
153	0:31:44	LIESL LAGERWALL	Open F	45	14	2
249	0:32:10	ANNELIE OTTO	Veteran F	46	15	3
175	0:32:15	GARRETT JOHNSON	Veteran M	47	32	10
226	0:32:23	ARABELLA KING	U12 F	48	16	6
347	0:32:25	PATRICK RIDL	Junior M	49	33	4
320	0:32:26	HANNAH THOMSO	Open F	50	17	3
30	0:32:27	MOIRA FILMER	Veteran F	51	18	4
282	0:32:29	EMILY BRIGGEMAN	U12 F	52	19	7
298	0:32:30	HOLLY RAATGEVER	U12 F	53	20	8
255	0:32:46	OLIVIA POTTER	U12 F	54	21	9
11	0:32:56	MARIANNE POTTER	Master F	55	22	2
277	0:32:58	JESSICA GREENWOOD	Open F	56	23	4
324	0:33:03	ELAINE BRUNSKILL	Grand Master F	57	24	1
319	0:33:12	VERITY HUNTER	Open F	58	25	5
244	0:33:23	STEPHEN CONWAY	Master M	59	34	5
258	0:33:24	RICHARD HENWOOD	Open M	60	35	9
232	0:33:29	SEAN HONELL	Master M	61	36	6
191	0:33:30	HANNAH HOWELL	Junior F	62	26	1
51	0:33:36	GRANT MACGREGOR	Master M	63	37	7
287	0:33:39	KELLY STEGEN	Open F	64	27	6
239	0:33:40	KINN RIDL	Junior M	65	38	5
32	0:33:43	JOAN RIDL	Open F	66	28	7
125	0:33:45	JENNI HORN	Master F	67	29	3
281	0:34:16	NICK BROWN	Open M	68	39	10
318	0:34:31	MUSA BHENGU	U12 M	69	40	7
290	0:34:34	CONNOR STAINBANK	U12 M	70	41	8
114	0:34:37	OWEN STAINBANK	Junior M	71	42	6
275	0:34:40	TYANE MOMBERG	Open F	72	30	8
210	0:34:41	KIM NEWTON	Open F	73	31	9
150	0:34:52	JESSICA SEYMOUR	Open F	74	32	10
152	0:34:53	CHRISTOPHER BARRY	Open M	75	43	11
122	0:34:59	DEBORAH LYN MC MURRAY	Open F	76	33	11
300	0:35:00	MARIUS VAN DER SANDT	Master M	77	44	8
296	0:35:04	SAMANTHA COX	Open F	78	34	12
31	0:35:05	SAMANTHA PIPER	Open F	79	35	13
203	0:35:12	MORNE CLAASSEN	U16 M	80	45	2
55	0:35:54	SHAUN STAINBANK	Veteran M	81	46	11
187	0:36:07	JULIANA SWARTZ	Open F	82	36	14



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
215	0:36:16	ADELE STEYTLER	Veteran F	83	37	5
115	0:36:19	LINDA FILMER	Veteran F	84	38	6
299	0:36:26	XOLANI MAGOJO	Master M	85	47	9
273	0:36:28	JULIE FOSTER	Veteran F	86	39	7
312	0:36:35	MINETTE MCCABE	Veteran F	87	40	8
201	0:36:36	MACHIEL UYS	Veteran M	88	48	12
183	0:36:47	LAUREN STAINBANK	Open F	89	41	15
26	0:37:10	CASSEY BINNEMAM	Open F	90	42	16
97	0:37:31	EMMA PALLETT	Open F	91	43	17
310	0:37:44	KEEGAN SANSOM	Open M	92	49	12
342	0:37:45	SIMONE IRWIN	Open F	93	44	18
24	0:37:48	ALAN WASSERMAN	Grand Master M	94	50	1
326	0:37:56	KIRSTY IRWIN	Open F	95	45	19
78	0:37:57	THEMBA BUTHELEZI	Veteran F	96	46	9
228	0:38:05	ALLAN HEY	Open M	97	51	13
269	0:38:06	DENE HEY	Open M	98	52	14
92	0:38:10	MUHAMMAD ZAFAR KHAN	Open M	99	53	15
1141	0:38:17	SHERIKA HANLEY	Open F	100	47	20
19	0:38:40	BIANCO HOUSEN	Open M	101	54	16
27	0:38:50	SAM HOLLINS	Veteran F	102	48	10
292	0:38:51	SARAH RAATGEVER	Veteran F	103	49	11
128	0:38:53	KEATON ORMSHAW	Junior M	104	55	7
284	0:38:54	BLAKE ROCHAT	Junior M	105	56	8
161	0:39:00	THOMAS DENYSSEN	Junior M	106	57	9
317	0:39:01	RACHEL MANZIE	Veteran F	107	50	12
334	0:39:11	LEAH HOWELL	U12 F	108	51	10
15	0:39:26	SHENNE DAVIES	Open F	109	52	21
142	0:39:32	ELODIE FIELD	Master F	110	53	4
154	0:39:46	DANE LAGERWALL	Open M	111	58	17
46	0:39:54	REBEKAH HOWELL	U16 F	112	54	5
50	0:39:56	TAMICA COUZENS	Open F	113	55	22
40	0:39:57	SANDRA CONWAY	Master F	114	56	5
279	0:39:59	LYNN COWIE	Master M	115	59	10
227	0:40:09	TASNEEM GAFFOOR	Open F	116	57	23
294	0:40:12	CHELSEY HALE	Open F	117	58	24
243	0:40:22	KERRIN PASS	Open F	118	59	25
265	0:40:25	JAMES JOYCE	Veteran M	119	60	13
333	0:40:26	AHMED PARUK	Open M	120	61	18
525	0:40:37	PAIGE MARAIS	U16 F	121	60	6
169	0:40:39	KAYLA KIRBY	U12 F	122	61	11
207	0:40:45	KAREN INGGS	Veteran F	123	62	13



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
256	0:40:46	CASSANDRA DAVIE	Veteran F	124	63	14
263	0:40:47	ANTON DAVIE	Veteran M	125	62	14
131	0:40:49	LISA BUMFAU	Open F	126	64	26
98	0:40:52	MICHAEL DEWAR	Veteran M	127	63	15
190	0:41:16	ISABELLA DAY	U12 F	128	65	12
278	0:41:19	KAREN SISSONS	Master F	129	66	6
230	0:41:20	CHERRY MUSLIM	Master F	130	67	7
309	0:41:27	MICHELLE GOVENDER	Open F	131	68	27
338	0:41:38	PAULA VISSER	Veteran F	132	69	15
216	0:41:42	AVEETH DUDHRAJ	Open M	133	64	19
301	0:42:00	JOHAN KASSELMAN	Veteran M	134	65	16
129	0:42:08	SHRISHTI MAHARAJ	Open F	135	70	28
291	0:42:13	WAYNE MOON	Master M	136	66	11
343	0:42:18	ASH MOHARAJ	Veteran M	137	67	17
193	0:42:19	DAVE ALVARRAOS	Open M	138	68	20
96	0:42:32	LAUREN BATCHELOR	Open M	139	69	21
181	0:42:44	WARREN KING	Veteran M	140	70	18
91	0:42:45	SHAHEEV PARTHAB	Open M	141	71	22
72	0:42:50	ALEXANDER WATT	U12 M	142	72	9
146	0:42:57	KATHRYN MARRAN	Open F	143	71	29
144	0:42:58	NATALIE LA CAVE	Veteran F	144	72	16
41	0:43:10	HERVE ROUGIER-LAGANE	Grand Master M	145	73	2
112	0:43:11	ANGELA MACHANICK	Open F	146	73	30
113	0:43:12	RICHARD MACHANICK	Grand Master M	147	74	3
349	0:43:15	REHARA PARUK	Open F	148	74	31
168	0:43:18	ELMA RABE	Veteran F	149	75	17
340	0:43:25	MO LIMBADA	Master M	150	75	12
302	0:43:28	TAYLOR GRIFFITH JONES	U12 F	151	76	13
171	0:43:32	KIM GRIFFITH JONES	Veteran F	152	77	18
240	0:44:01	SANDRA MCMURCHE	Master F	153	78	8
119	0:44:05	MEVAN VAN HEERDEN	Open M	154	76	23
206	0:44:10	TANYA VAN HEERDEN	Veteran F	155	79	19
335	0:44:20	NATASHA POOLTON	Open F	156	80	32
276	0:44:21	BRADLEY RUDMAN	Open M	157	77	24
315	0:44:24	VERNON THERON	Master M	158	78	13
22	0:44:27	JASMIN MAREE	Open F	159	81	33
272	0:44:33	SIBO SHABALALA	Open M	160	79	25
139	0:45:02	DEE BENNION	Grand Master F	161	82	2
166	0:45:08	MARCIA VAN DER AVOORT	Grand Master F	162	83	3
328	0:45:10	FANIE ROBBERTSE	Master M	163	80	14
165	0:45:14	AVA SPANGENBERG	Junior F	164	84	2



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
237	0:45:15	BERTHA SPANGENBERG	Veteran F	165	85	20
311	0:45:40	SHAUN STUMKE	Open M	166	81	26
346	0:45:44	MBAZABO LENWON	Veteran M	167	82	19
13	0:45:44	BRYONY ROCHAT	Veteran F	168	86	21
214	0:45:47	YOLANDA BLIGNAUT	Open F	169	87	34
257	0:45:54	DEBBIE SMITH	Veteran F	170	88	22
135	0:45:56	GIZELLE VAN DER MERWE	U16 F	171	89	7
329	0:45:58	HAYLEY KIM TENNANT	Veteran F	172	90	23
23	0:45:59	AMBER PATTON	Open F	173	91	35
233	0:46:01	MEGAN RABE	U16 F	174	92	8
118	0:46:05	NUWEYRA BUGWANDIN	Open F	175	93	36
224	0:46:16	THOBILE NGUBANE	Open F	176	94	37
430	0:46:22	IMAN ALLY	U16 F	177	95	9
381	0:46:26	NATASHA KALYAN	Veteran F	178	96	24
285	0:46:30	MIKE BRUNSKILL	Grand Master M	179	83	4
218	0:46:47	WENDY DA SILVA	Master F	180	97	9
283	0:46:54	KIM SMITH	Master F	181	98	10
123	0:47:51	MARTHA DILLON	Master F	182	99	11
110	0:47:53	MELISSA ALLISON	U16 F	183	100	10
209	0:47:54	MARTIN REED	Grand Master M	184	84	5
34	0:47:54	NATASHA CHERRY	Veteran F	185	101	25
33	0:48:00	JUNE CHERRY	Master F	186	102	12
266	0:48:01	LYDIA TOWILL	Grand Master F	187	103	4
295	0:48:06	ELIZE BOTHA	Master F	188	104	13
70	0:48:07	MARIA VAN TONDER	Grand Master F	189	105	5
221	0:48:08	RENETTE VAN DER MERWE	Grand Master F	190	106	6
111	0:49:11	KAYLEE STEYN	Open F	191	107	38
127	0:49:22	DOUGLAS ESCREET	Master M	192	85	15
126	0:49:25	MAUREEN ESCREET	Master F	193	108	14
314	0:49:35	TYLER ROBERTS	Open M	194	86	27
286	0:49:36	GARY ROBERTS	Veteran M	195	87	20
241	0:49:38	CATHERINE ROBERTS	Veteran F	196	109	26
86	0:49:42	JAVASHIN SIVALINGAM	Open M	197	88	28
289	0:49:54	CANDICE MCGREGOR	Open F	198	110	39
179	0:49:55	NICOLE BETTENCOURT COELHO	Open F	199	111	40
280	0:50:17	EMILY RIVETT-CARNAC	Open F	200	112	41
238	0:50:44	NELLY DLAMINI	Master F	201	113	15
102	0:50:46	MUHAMMAD FUDHAIL CASSIM	Junior M	202	89	10
202	0:50:48	SIBUSISO DLAMINI	Grand Master M	203	90	6
101	0:50:50	VISHAL APPALRAJU	Veteran M	204	91	21
106	0:50:51	HASSAN CASSIM	Open M	205	92	29



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
162	0:50:52	RIYAH APPALRAJU	U12 F	206	114	14
132	0:51:00	CYRIL HLONGWANE	Open M	207	93	30
223	0:51:05	SNEGUGU ZONDI	Open M	208	94	31
321	0:51:06	MALVEN CHIWESE	Open M	209	95	32
341	0:51:11	HUGO BRAUNS	Open M	210	96	33
236	0:51:13	MATTHEW BRAUNS	U12 F	211	115	15
337	0:51:28	MURRAY DALES	Veteran M	212	97	22
197	0:51:31	LAUREN DALES	Veteran F	213	116	27
520	0:51:32	ERIN RUSHTON	Open F	214	117	42
195	0:51:36	RIO LEUCI	Master M	215	98	16
124	0:52:20	EBRAHIM KHAN	Open M	216	99	34
234	0:52:21	ONKE DAMANE	Open M	217	100	35
85	0:52:22	CAMERON WATT	Junior M	218	101	11
73	0:52:25	MEGAN WATT	Open F	219	118	43
159	0:52:31	AANYA APPALRAJU	Junior F	220	119	3
3281	0:52:32	ALEESHA APPALRAJU	Veteran F	221	120	28
103	0:52:48	BRIDGETTE HOWELL	Veteran F	222	121	29
297	0:52:49	JONAH HOWELL	Junior M	223	102	12
176	0:53:19	THULADU RADEBE	Open F	224	122	44
192	0:53:23	GLEN VAN NOOLEN	Master M	225	103	17
37	0:53:25	LAURA TAYLOR	Master F	226	123	16
145	0:53:32	ALETHEA DUNCAN-BROWN	Grand Master F	227	124	7
76	0:54:08	CHARMAINE ALLISON	Master F	228	125	17
196	0:55:05	ZAHRAH LIMBADA	Open F	229	126	45
264	0:55:06	YURESHAN NAIDOO	Open M	230	104	36
325	0:55:14	ANGELIQUE VAN DER HOOGEN	Open F	231	127	46
222	0:55:16	JEANTAN VAN DER HOOGEN	Open M	232	105	37
307	0:55:53	MPHO HURD	Open F	233	128	47
259	0:58:02	LAKEN BRAUNS	U16 F	234	129	11
109	0:58:03	MOHAMED ALTAAF RAOOF	Open M	235	106	38
322	0:58:04	LAURIE BRAUNS	Open F	236	130	48
268	0:58:24	AGATHA OOKO	Open F	237	131	49
107	0:58:28	MARYAM LEEUW	Master F	238	132	18
288	0:58:29	NICOLE DELPORT	Open F	239	133	50
246	0:58:33	TESS GOVENDER	Veteran F	240	134	30
90	0:58:33	BIANCA BRITZ	Open F	241	135	51
89	0:58:34	LESLEY HUGHES	Master F	242	136	19
36	0:58:35	RAEESAH NABEE	Open F	243	137	52
120	0:58:36	TAARIK NABEE	Open M	244	107	39
220	1:00:56	NATU HARGOVAN	Grand Master M	245	108	7
339	1:01:08	HEMA HARGOVAN	Master F	246	138	20



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
260	1:01:17	LAUREL THERON	Veteran F	247	139	31
155	1:01:23	SHELBY GLASS	U16 M	248	109	3
156	1:01:24	KERRY GLASS	Veteran F	249	140	32
84	1:01:39	YUSUF VALODIA	Master M	250	110	18
28	1:01:59	NAAHEED RABOOBEE	Open F	251	141	53
29	1:02:01	MUSARRATH RABOOBEE	Open F	252	142	54
35	1:02:03	YASHMAN JUGGOO	Open M	253	111	40
219	1:02:30	DANELLA MIDDLETON	Open F	254	143	55
138	1:02:34	QUINTIN MIDDLETON	Veteran M	255	112	23
316	1:02:36	JADON THERON	U12 M	256	113	10
141	1:02:37	GLENN FIELD	Master M	257	114	19
137	1:02:51	BONISILE NZAMA	Open F	258	144	56
100	1:02:55	SUGEN PERUMAL	Veteran M	259	115	24
93	1:02:56	VERONA ODAYAN	Open F	260	145	57
136	1:03:00	KAYLEEN SANTOS	Open F	261	146	58
88	1:03:04	CLARISSA PILLAY	Open F	262	147	59
117	1:03:05	SAMUEL MUDALY	Open M	263	116	41
164	1:03:09	JIANA NAIDU	Junior F	264	148	4
345	1:03:12	KEVINDRA NAIDU	Veteran M	265	117	25
20	1:04:38	BYRON SEWCHARRAN	Open M	266	118	42
133	1:04:39	NIRVANA SINGH	Open F	267	149	60
21	1:04:40	JERUSHA GOVENDER	Open F	268	150	61
143	1:04:42	ZOEY RUTHERFORD	Junior F	269	151	5
313	1:04:45	SHAYLENE RUTHERFORD	Open F	270	152	62
94	1:05:07	CLAIRE FORSTER	Veteran F	271	153	33
609	1:05:14	LLOYD RIDL	Veteran M	272	119	26
95	1:06:06	HELEN THOMPSON	Veteran M	273	120	27
194	1:06:32	SEGRAN MOODLEY	Open M	274	121	43
160	1:06:34	ORLENE PILLAY	Open F	275	154	63
304	1:06:34	PRIANTA PATHER	Open F	276	155	64
163	1:07:19	YOLANDE LABUSCHAGNE	Open F	277	156	65
245	1:07:20	GERT LABUSCHAGNE	Open M	278	122	44
134	1:08:12	NOMUSA SITHOLE	Veteran F	279	157	34
116	1:08:13	MELANIE NAICKER	Open F	280	158	66
68	1:08:54	DANIEL DENYSSEN	Junior M	281	123	13
200	1:08:55	LEANNE DENYSSEN	Veteran F	282	159	35
271	1:09:16	ZIKHONA MADLADLA	Junior F	283	160	6
75	1:10:28	ADRIAAN NAIDOO	Open M	284	124	45
211	1:10:34	NAVEEN BEHARELAL	Veteran M	285	125	28
79	1:10:42	CASSLYN CIARA NAIDOO	Junior F	286	161	7
81	1:11:09	JERALDINE NAIDOO	Open F	287	162	67



Kenneth Stainbank Castle Trail - 5km Results



05 January 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
105	1:27:33	TYRONE SPINNER	Open M	288	126	46