



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
391	0:50:21	EMMANUEL BENGO	Open M	1	1	1
610	0:51:42	LUCAS DUYS	U16 M	2	2	1
388	0:52:41	OWEN BENGO	Veteran M	3	3	1
648	0:54:31	LESLEY WILSON-JONES	Open F	4	1	1
393	0:54:41	JOSHUA DE KIEWWIT	Open M	5	4	2
402	0:54:44	ROSS VAN DER MERWE	Open M	6	5	3
586	0:57:46	DOUG GILLINGS	Veteran M	7	6	2
371	0:58:13	KOBUS BLOM	Open M	8	7	4
432	0:58:47	MICHELLE SCHEFFER	Open F	9	2	2
451	0:58:48	ANTHONY CLARK	Open M	10	8	5
613	0:59:10	DWAYNE MORSWEN	Open M	11	9	6
609	0:59:14	RICHARD ROBERTS	Veteran M	12	10	3
436	0:59:35	JANA JAROLIMOVA	Open F	13	3	3
621	1:00:01	DOROTHY FOURIE	Open F	14	4	4
425	1:01:26	GREG WILL	Open M	15	11	7
385	1:01:28	ABIGAIL PETERS	Open F	16	5	5
410	1:02:28	DARREN ODENDAAL	Open M	17	12	8
567	1:02:39	CONNOR VON BERG	Open M	18	13	9
457	1:02:42	HUGO LE ROUX	Open M	19	14	10
687	1:03:07	RICKY FARDELLA	Open M	20	15	11
416	1:03:09	BRADLEY RUDMAN	Open M	21	16	12
395	1:03:26	WILLIAM LAMBERT	Grand Master M	22	17	1
405	1:03:41	BRANDON ROCHAT	Master M	23	18	1
375	1:03:50	KATE BURNETT	U18 F	24	6	1
407	1:05:08	LISA HORN	Open F	25	7	6
401	1:05:16	DERRICK COCHRANE	Veteran M	26	19	4
591	1:05:58	JULIE-ANN COPPINGER	Open F	27	8	7
503	1:06:02	MICHAEL FROST	Veteran M	28	20	5
686	1:06:05	NICKY BOTHA	Open F	29	9	8
700	1:06:09	ASHLEIGH JOUBERT	Open F	30	10	9
427	1:06:11	NICHOLAS MUNRO	Veteran M	31	21	6
394	1:06:19	JANE DICKINSON	Grand Master F	32	11	1
413	1:06:25	LINDA WOLHUTER	Grand Master F	33	12	2
616	1:07:22	PAULA WALKER	Open F	34	13	10
362	1:07:23	KATE BAIN	Veteran F	35	14	1
368	1:07:26	PELHAM PIEK	Open M	36	22	13
646	1:07:42	JONATHAN HOLLINSHEAD	Veteran M	37	23	7
689	1:07:45	JOCELYN JANSEN VAN VUUREN	Open F	38	15	11
645	1:08:09	RENATA MACKENZIE	Veteran F	39	16	2
569	1:08:13	MEGAN PARKER	Open F	40	17	12
570	1:08:14	MATTHEW PETZER	Open M	41	24	14



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
400	1:08:17	MNOTHO NYEMBE	Open M	42	25	15
430	1:08:23	STEPHEN STEGEN	Open M	43	26	16
435	1:08:39	JOANNA REINTGES	Open F	44	18	13
408	1:08:42	MIKE COPPINGER	Grand Master M	45	27	2
478	1:08:58	MARK BUTLER	Master M	46	28	2
458	1:09:14	MICHELLE LE ROUX	Open F	47	19	14
510	1:09:15	CHRISTEN? JOUBERT	Open F	48	20	15
354	1:09:17	JEAN-MICHEL STEYN	Open M	49	29	17
611	1:09:47	MICHAEL DUYS	Veteran M	50	30	8
600	1:09:50	DARREN MULLER	Open M	51	31	18
642	1:09:54	KIRSTEN CALDECOTT	Open F	52	21	16
604	1:10:17	JACO SCHOEMAN	Open M	53	32	19
603	1:10:21	NICOLENE SCHOEMAN	Open F	54	22	17
396	1:10:44	ROLAND MINGAY	Master M	55	33	3
474	1:10:47	STUART PATTERSON	Open M	56	34	20
472	1:11:31	ISAK DU PREEZ	Open M	57	35	21
499	1:11:37	ADRIAN NEL	Open M	58	36	22
584	1:11:54	KEEGAN DE LANGE	Open M	59	37	23
684	1:11:57	PHILIP STEGEN	Open M	60	38	24
620	1:13:07	CONNOR MACFIE	Open M	61	39	25
564	1:13:15	ROB KALESTCH	Veteran M	62	40	9
555	1:13:35	MEGHANN CARLISLE	Veteran F	63	23	3
622	1:13:36	KEYAN CARLISLI	Veteran M	64	41	10
399	1:14:45	CAROLYN ROCHAT	Veteran F	65	24	4
482	1:15:05	KIM STRATFORD	Open F	66	25	18
379	1:15:09	JACQUI MEYER	Veteran F	67	26	5
466	1:15:49	NICOLE HARRISON	Open F	68	27	19
572	1:16:06	BRADLEY WADSWORTH	Open M	69	42	26
422	1:16:36	ASIA COCHRANE	U18 F	70	28	2
421	1:16:48	CLAIRE COCHRANE	Veteran F	71	29	6
463	1:16:55	DAWN COETZEE	Open F	72	30	20
390	1:17:00	LINDA TURNER	Master F	73	31	1
476	1:17:04	DEBBIE YOUNG	Veteran F	74	32	7
698	1:17:08	DONOVAN HALL	Open M	75	43	27
477	1:17:10	MARK HANDMAN	Veteran M	76	44	11
507	1:17:40	CHANTELLE KOEKEMOER	Veteran F	77	33	8
353	1:18:32	SUSAN MARSHALL	Veteran F	78	34	9
643	1:18:46	MELANIE PAUL	Veteran F	79	35	10
585	1:18:52	GRAEME MCINTOSH	Veteran M	80	45	12
619	1:18:53	PAM SMIT	Open F	81	36	21
449	1:19:16	GARY MOODIE	Master M	82	46	4



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
571	1:19:20	DESERE WADSWORTH	Open F	83	37	22
386	1:19:28	BRIGITTE TULLIS	Master F	84	38	2
426	1:19:29	ALISTAIR WILL	Master M	85	47	5
467	1:19:50	RICHARD CARTER	Veteran M	86	48	13
468	1:19:51	SHAYLEEN JAMES	Veteran F	87	39	11
488	1:20:07	CAROLYN ENGLISH	Open F	88	40	23
612	1:20:14	OLIVIA HANSEN	Open F	89	41	24
424	1:20:19	SAMANTHA ENGELBRECHT	Open M	90	49	28
581	1:20:21	MANDY MEYER	Veteran F	91	42	12
618	1:20:24	LEIGH BRISCOE	Veteran F	92	43	13
412	1:20:42	JONATHAN STARMER	Veteran M	93	50	14
589	1:20:53	ROBYN DU TOIT	Open F	94	44	25
470	1:21:00	SARAH PITOUT	Master F	95	45	3
471	1:21:01	KATH ACUTT	Master F	96	46	4
588	1:21:12	NAKITA PRICE	Open F	97	47	26
640	1:21:13	HANNAH SAVAGE	Open F	98	48	27
447	1:21:38	ANDREW LAAS	Veteran M	99	51	15
628	1:21:52	GILLIAN BAUGH	Master F	100	49	5
639	1:22:06	MEGAN CONRADIE	Open F	101	50	28
508	1:22:09	LARA MORROW	Veteran F	102	51	14
442	1:22:26	ESTELLE MALAN	Master F	103	52	6
630	1:22:27	JOANNE DE BRUYN	Master F	104	53	7
383	1:22:31	CRAIG FOURIE	Open M	105	52	29
597	1:23:01	KATHY MCKENZIE	Veteran F	106	54	15
593	1:23:02	GINA ARNTZEN	Open F	107	55	29
454	1:23:16	DIETER KOSSMANN	Veteran M	108	53	16
582	1:23:22	SUZETTE VENTER	Master F	109	56	8
693	1:23:32	JESSICA JACOBS	Open F	110	57	30
455	1:23:43	MANUELA KOSSMANN	Veteran F	111	58	16
506	1:23:53	DAVID IRELAND	U18 M	112	54	1
601	1:23:55	OLIVER CURRIE	U18 M	113	55	2
473	1:24:14	GLENDA PATTERSON	Master F	114	59	9
494	1:24:16	DAWN PATTERSON	Open F	115	60	31
384	1:24:18	OBVIOUS SHOKO	Open M	116	56	30
692	1:24:26	TYRON FREER	Open M	117	57	31
602	1:24:29	JANE MATHIAS	Veteran F	118	61	17
554	1:25:00	RAYMOND SMITH	Open M	119	58	32
550	1:25:02	KEVIN WALLIS	Master M	120	59	6
511	1:25:07	SHANE GOUWS	U18 F	121	62	3
568	1:25:09	PENNY VAN VREDEN	Veteran F	122	63	18
181	1:25:15	AMBER MOON	Open F	123	64	32



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
462	1:25:23	LISA VAN ZYL	Veteran F	124	65	19
577	1:25:26	ROSLYND BARKER	Open F	125	66	33
592	1:25:27	SUSAN RUDMAN	Veteran M	126	60	17
551	1:25:33	SARAH WALLIS	Master F	127	67	10
553	1:26:08	AMY MCINTOSH	Veteran M	128	61	18
637	1:26:24	JEANE TURNER	Open F	129	68	34
456	1:26:28	PETER HOUSTON	Veteran M	130	62	19
465	1:26:36	TARYN GOWDY	Veteran F	131	69	20
583	1:26:53	AIMEE VAN NIEKERK	Open F	132	70	35
552	1:26:55	CARLA VAN NIEKERK	Open F	133	71	36
440	1:27:00	PATRICK CONNOLLY	Master M	134	63	7
641	1:27:01	PENNY NEL	Open F	135	72	37
502	1:27:03	SANELE NDLOVU	Open F	136	73	38
580	1:27:05	ASHLEIGH ROBERTSON	Grand Master F	137	74	3
464	1:27:06	KEVIN GOWDY	Master M	138	64	8
378	1:27:25	JILL MORRIS	Veteran F	139	75	21
398	1:27:28	JANA BARFF	Veteran F	140	76	22
356	1:27:43	AMY BURT	Open F	141	77	39
695	1:28:08	GRETCHEN ANKER	Open F	142	78	40
694	1:28:36	SUSAN AITKEN	Open F	143	79	41
699	1:28:44	JOANNE CRIMES	Open F	144	80	42
431	1:29:16	LISA CAMPBELL	Veteran F	145	81	23
549	1:30:05	CANDY BAM	Master F	146	82	11
607	1:30:06	LISA HAY	U16 F	147	83	1
605	1:30:17	ROSALINE OLIVER	Grand Master F	148	84	4
479	1:30:32	MARTIN ROESTOF	Master M	149	65	9
691	1:30:34	PAMELA CORLETT	Veteran F	150	85	24
548	1:30:39	LINDA SUMMERS	Junior F	151	86	1
606	1:30:47	BELINDA MARTIN	Veteran F	152	87	25
557	1:30:55	ED BARRY	Master M	153	66	10
556	1:30:56	ISORA BARRY	Master F	154	88	12
358	1:31:19	TENNEAL LEE	Open F	155	89	43
392	1:31:42	P MOORES	Grand Master F	156	90	5
387	1:32:06	DUMISANI GXAWU	Master M	157	67	11
183	1:32:21	BRENDA MOON	Master F	158	91	13
635	1:32:32	BARCLAY HALLETT	Master M	159	68	12
446	1:32:33	LOUISE MAHER	Master F	160	92	14
403	1:32:34	VANESSA PHIPPEN	Master F	161	93	15
481	1:32:44	GARETH THOMSON	Grand Master M	162	69	3
489	1:32:52	NONSIKELELO MHLONGO	Open F	163	94	44
633	1:32:53	SHARLENE MCGILVRAY	Grand Master F	164	95	6



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
444	1:32:54	YVONNE HOWARD	Master F	165	96	16
370	1:33:06	DAVE BURT	Grand Master M	166	70	4
380	1:33:10	LARA PLOTTS	Veteran F	167	97	26
369	1:33:43	TONY YUNNIE	Grand Master M	168	71	5
623	1:33:45	ZEFA MKWANAZI	Veteran F	169	98	27
382	1:33:50	MICHELLE ALBERS	Master F	170	99	17
559	1:33:57	DEBBIE SOROUR	Master F	171	100	18
453	1:33:58	BRIGITTE JACOBS	Master F	172	101	19
626	1:34:00	WENDY CONSTANTINE	Master F	173	102	20
631	1:34:15	TERENCE WULFSOHN	Grand Master M	174	72	6
480	1:34:42	STEPHEN CRIMES	Open M	175	73	33
490	1:34:48	ANGELIQUE DELIGNY	Master F	176	103	21
456	1:34:49	KERRY RICHMOND	Veteran F	177	104	28
376	1:34:50	MICHAEL ORAM	Veteran M	178	74	20
644	1:34:55	SUSAN GRIFFITHS	Grand Master F	179	105	7
434	1:36:34	BRIDGETTE STEGEN	Open F	180	106	45
493	1:36:35	THULUBUKE NTULI	Open M	181	75	34
627	1:36:41	SHARON O'HARA	Grand Master F	182	107	8
501	1:36:43	DENISE MULDER	Grand Master M	183	76	7
459	1:36:46	JULYETTE LEWIS	Grand Master F	184	108	9
638	1:38:23	CHRISTINA ECKSTEIN	Grand Master F	185	109	10
730	1:38:23	LEON OOSTHUIZEN	Veteran M	186	77	21
636	1:39:20	JANDI HALLETT	Master F	187	110	22
469	1:40:06	RILEY MCCABE	Open F	188	111	46
443	1:40:13	MARK HOWARD	Master M	189	78	13
420	1:40:38	MIKE ALBERS	Grand Master M	190	79	8
500	1:40:49	SONJA FRANKE	Veteran F	191	112	29
509	1:40:52	KIRSTEN MESSINA	Veteran F	192	113	30
361	1:40:54	SHAUN COOK	Open M	193	80	35
448	1:41:08	DERRICK WIGHT	Open M	194	81	36
614	1:41:09	ERROL VAN DEVONTE	Master M	195	82	14
629	1:41:10	MILAN HAMICHAN	Open M	196	83	37
381	1:41:57	PREYA BHARATH	Open F	197	114	47
595	1:42:09	TANIA WATERS	Veteran F	198	115	31
594	1:42:10	WYNAND HATTINGH	Veteran M	199	84	22
417	1:42:46	RENE JACKLIN	Veteran F	200	116	32
437	1:43:07	TOBEKA GXAWU	Veteran F	201	117	33
365	1:43:39	MARY ANNE CALLAGHAN	Grand Master F	202	118	11
461	1:44:17	TREVOR HUTTON	Open M	203	85	38
460	1:44:19	TERTIA HUTTON	Open F	204	119	48
685	1:44:21	SHARON BYERS	Master F	205	120	23



Howick Trail Run - 10km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
377	1:44:22	LYNNE SCHWAN	Open F	206	121	49
355	1:44:49	TARYN O'NEIL	Veteran F	207	122	34
438	1:45:24	LORNA MAHLKNECHT	Master F	208	123	24
439	1:45:26	ANTHONY MITCHELL	Master M	209	86	15
554	1:45:32	RAYMOND SMITH	Open M	210	87	39
587	1:45:32	VANESSA STUART	Open F	211	124	50
579	1:45:51	ALEX ROBERTSON	Master M	212	88	16
418	1:47:47	BRUCE WEDDERBURN	Grand Master M	213	89	9
433	1:47:49	JUSTIN FOSTER	Open M	214	90	40
624	1:48:19	ELIZE SCHOEMA	Master F	215	125	25
625	1:48:20	JAN SCHOMAN	Master M	216	91	17
578	1:48:23	PATRICIA BOTTON	Grand Master F	217	126	12
696	1:49:01	CLARE HUDSON-REED	Master F	218	127	26
697	1:49:10	JESSICA HUDSON-REED	Open F	219	128	51
683	1:49:43	RATIDZO TINAGO	Open F	220	129	52
367	1:50:11	SANDY HANBURY	Master F	221	130	27
414	1:50:30	KATE JANSE VAN RENSBURG	Open F	222	131	53
419	1:50:32	TYRON NEL	Open M	223	92	41
487	1:52:34	AMBER PATTON	Open F	224	132	54
615	1:52:40	TAZMIN READ	Open F	225	133	55
357	1:53:39	NOMPUMELELO SIBAYENI	Veteran F	226	134	35
486	1:55:13	MICHELLE BREHANY	Grand Master F	227	135	13
484	1:55:14	NICOLASA ANDREA MCCABE	Grand Master F	228	136	14
561	1:55:52	NTOMBIFUTHI DLOMO	Open F	229	137	56
452	1:59:32	SIMPIWE MAJOLA	Veteran F	230	138	36
374	2:01:09	NICOLE GOVENDER	Open F	231	139	57
563	2:03:51	ANITA COHEN	Master F	232	140	28
634	2:05:16	GREGORY LEVIN	Veteran F	233	141	37
428	2:11:35	PHAKAMILE	Veteran F	234	142	38
429	2:11:37	THULELENI ZUMA	Veteran F	235	143	39
617	2:12:06	GILL HALL	Master F	236	144	29
590	2:12:32	ROBYN MCMENEMEY	Master F	237	145	30
688	2:14:09	LUNGILE TSHOMELA	Open F	238	146	58
351	2:14:11	XOLISWA MCHUNU	Open F	239	147	59
560	2:15:35	NONHLANHLA KHESWA	Open F	240	148	60
504	2:17:24	THERESA DU PLESSIS	Veteran F	241	149	40
505	2:17:25	MICHELE BOSCH	Veteran F	242	150	41
574	2:32:58	LUNGILE NCANE	Veteran F	243	151	42
576	2:33:02	PHINDILE ZAMA	Veteran F	244	152	43