



Howick Trail Run - 5km Results



01 March 2020

Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
50	0:24:31	JONATHAN WERTH	U16 M	1	1	1
187	0:27:39	PIETER KOEKEMOER	Open M	2	2	1
51	0:28:49	CHRIS COUSINS	Open M	3	3	2
197	0:29:00	MATTHEW QUINTON	Junior M	4	4	1
194	0:29:09	CHRIS QUINTON	Veteran M	5	5	1
212	0:29:19	MICHAEL HARRISON	Open M	6	6	3
122	0:30:24	ANGELA MARX	Open F	7	1	1
12	0:30:43	BRUCE FALLET	Veteran M	8	7	2
97	0:31:09	ASHWIN MAHARAJ	Master M	9	8	1
18	0:31:10	THEMBEKILE MTHIMUNYE	Open F	10	2	2
296	0:33:15	ANDREW WILSON	Master M	11	9	2
126	0:33:34	MICHELLE BLOM	Open F	12	3	3
17	0:34:22	WESLEY SCHAFER	Open M	13	10	4
14	0:34:33	STUART HANCOOKS	Open M	14	11	5
134	0:35:46	JORDAN SUMMERFORD	Junior M	15	12	2
115	0:35:48	JOAN RIDL	Open F	16	4	4
125	0:35:55	KATHLEEN MACAULAY	Open F	17	5	5
138	0:37:58	HANNAH MORROW	Junior F	18	6	1
137	0:38:01	IAN MORROW	Veteran M	19	13	3
48	0:38:05	CARISSA KELL	Open F	20	7	6
57	0:38:42	KARLA VAN EEDEN	U16 F	21	8	1
363	0:39:26	ADAM KING	Open M	22	14	6
24	0:39:40	ANTHONY PURNELL	Open M	23	15	7
116	0:40:02	FINN RIDL	Junior M	24	16	3
132	0:40:03	KATHERINE TROISI	Open F	25	9	7
110	0:40:04	PATRICK JAMES RIDL	Junior M	26	17	4
114	0:40:06	LANCE RIDL	Veteran M	27	18	4
130	0:40:24	JOHN TROISI	Veteran M	28	19	5
7	0:41:42	JOE-ANN SPRINGOLO	Open F	29	10	8
100	0:41:58	CARLYLE SEAGREEN	Open F	30	11	9
200	0:41:59	NATASHA POOLTON	Open F	31	12	10
39	0:42:01	MICHELLE RUMNEY	Master F	32	13	1
99	0:42:05	MARIUS VAN DER SANDT	Master M	33	20	3
166	0:42:39	TYANE MOMBERG	Open F	34	14	11
19	0:42:41	TAMARA KLOS	Open F	35	15	12
8	0:43:07	JOANNE COPPINGER	Grand Master F	36	16	1
29	0:43:08	CAYLIEGH FOURIE	Open F	37	17	13
36	0:43:47	COLETTE FOURIE	Open F	38	18	14
111	0:43:51	JORDAN STOREY	Master M	39	21	4
109	0:43:52	KEITH STOREY	Master M	40	22	5
20	0:44:02	ALEX BRIGGS	Veteran M	41	23	6



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105	0:44:26	JOHAN KASSELMAN	Master M	42	24	6
33	0:44:38	ANDREW MARSHALL	U12 M	43	25	1
173	0:44:44	RHETT LAWSON	Veteran M	44	26	7
175	0:44:45	CARINE SMIT	Open F	45	19	15
121	0:44:51	LIZA REINTGES	Master M	46	27	7
35	0:45:29	JONATHAN MARSHALL	Veteran M	47	28	8
34	0:45:30	MAX MARSHALL	U12 M	48	29	2
185	0:45:35	MASCHA ZARNACK	Veteran F	49	20	1
195	0:45:41	GENEVIEVE QUINTON	Veteran F	50	21	2
123	0:47:21	BRUCE MACAULAY	Veteran M	51	30	9
3	0:47:24	SHARON SCOTT	Master F	52	22	2
217	0:47:29	JULIA TURNER	U18 F	53	23	1
167	0:47:30	DEAN BURRELL	Open M	54	31	8
41	0:48:24	EBEN VAN EEDEN	U12 M	55	32	3
11	0:48:54	JEDINE GOVENDER	Open F	56	24	16
127	0:49:30	BRETT ACUTT	Open M	57	33	9
60	0:50:06	TASHNIE NAIDOO	Open F	58	25	17
91	0:50:22	SHAUW STUMKE	Open M	59	34	10
89	0:50:51	JENNIFER BAUGH	Master F	60	26	3
104	0:51:03	MONIQUE KURVERS	Veteran F	61	27	3
207	0:51:26	TINKS WIENDL	Master F	62	28	4
172	0:51:27	EMMA PALLETT	Open F	63	29	18
157	0:51:44	MICHELLE DYE	Open F	64	30	19
37	0:51:45	BRUCE WEDDERBURN	Grand Master M	65	35	1
53	0:53:28	NIKITA LITTLE	U16 F	66	31	2
153	0:54:40	SINEAD MINGAY	Open F	67	32	20
152	0:54:47	LIUSAIDH MINGAY	U18 F	68	33	2
204	0:55:11	LINDI KHUZWAYO	Veteran F	69	34	4
154	0:55:23	HEIDI DE KOCK	Veteran F	70	35	5
159	0:55:27	MPUME NYEMBEZI	Master F	71	36	5
294	0:55:35	ASHLEE ROCK	U16 F	72	37	3
4	0:56:01	CHARMAIN VAN DER SANDT	Master F	73	38	6
118	0:56:27	SIVE VIMBA	U12 M	74	36	4
102	0:56:45	TEEGAN BOTHMA	Open F	75	39	21
103	0:56:58	WENDY BOTHMA	Master F	76	40	7
101	0:56:59	E BOTHMA	Master M	77	37	8
206	0:57:23	NATASHA SUTTON	Open F	78	41	22
26	0:57:24	LEIGH PARKER	Open F	79	42	23
81	0:57:26	LOUISE LANDER	Master F	80	43	8
292	0:57:33	MICHELLE ROCK	Veteran F	81	44	6
94	0:57:49	KEEGAN KIDWELL	Junior M	82	38	5



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16	0:57:49	KERRY KIDWELL	Open F	83	45	24
21	0:58:16	RENETTE VAN EEDEN	Veteran F	84	46	7
156	0:58:28	CLAIRE WEITSZ	Open F	85	47	25
208	0:58:31	CYDNEY BRAUTESETH	Veteran F	86	48	8
169	0:58:35	NATASHA CASTELING	Veteran F	87	49	9
165	0:58:36	CHANTAL NUSS	Open F	88	50	26
120	0:58:39	KYLIE VAN DYK	Open F	89	51	27
95	0:59:04	DEBBIE BOLD	Master F	90	52	9
15	0:59:05	GARY BOLD	Master M	91	39	9
209	0:59:58	TRAVIS BRAUTESETH	Veteran M	92	40	10
211	0:59:59	TANIS BRAUTESETH	Veteran F	93	53	10
22	1:00:18	ADLENE MATHAVALLA	Open F	94	54	28
23	1:00:19	KEVIN MATHAVALLA	Open M	95	41	11
171	1:01:41	JOHANN VAN DER MERWE	Open M	96	42	12
59	1:02:05	KIRSTIN HAGGLUND	Open F	97	55	29
210	1:02:32	DEREK BRAUTESETH	Veteran M	98	43	11
93	1:03:04	DANIEL JACOBS	U16 M	99	44	2
27	1:03:26	JENNY VAN DEVENTER	Veteran F	100	56	11
161	1:03:27	CAMERON MACKINTOSH	Master F	101	57	10
32	1:03:27	BEV BULEY	Master F	102	58	11
119	1:03:31	BONGIWE LUGONGOLO	Veteran F	103	59	12
117	1:03:33	NONELISA THULE	Master F	104	60	12
170	1:03:37	RENETTE VAN DER MERWE	Grand Master F	105	61	2
188	1:03:39	MARIA VAN TONDER	Grand Master F	106	62	3
90	1:06:16	HEIDI OLIVIER	Veteran F	107	63	13
40	1:06:18	SANDRA CHRISTIE	Veteran F	108	64	14
92	1:06:20	IRIS CLARKE	Grand Master F	109	65	4
184	1:08:32	MARTIN CONRADIE	Grand Master M	110	45	2
5	1:08:32	CAROL CONRADIE	Master F	111	66	13
2	1:09:04	LINDOKUHLE SIKHOSANA	U12 F	112	67	1
54	1:10:21	KAREN VERESS	Master F	113	68	14
1	1:10:22	SONYA ROUGIER LAGANE	Grand Master F	114	69	5
133	1:10:36	TAYLA SUMMERFORD	Junior F	115	70	2
38	1:10:38	PAUL SUMMERFORD	Grand Master M	116	46	3
155	1:10:41	SHIRLEY FERGUSON	Grand Master M	117	47	4
25	1:11:11	BONGEKILE MAKHAYE	Veteran F	118	71	15
86	1:11:36	SIMONE GOBEY	Open F	119	72	30
82	1:11:37	JACQUELINE COX	Open F	120	73	31
150	1:11:49	KABIR SANGHAM	Open M	121	48	13
139	1:11:50	JERUSHA BEHARI	Open F	122	74	32
151	1:11:51	KARL MARAIS	Open M	123	49	14



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128	1:18:49	DEBBIE BURT	Master F	124	75	15
214	1:23:58	LYNNE HARRISON	Veteran F	125	76	16
213	1:24:05	ISABELLA HARRISON	Junior F	126	77	3
397	1:28:52	THEMBI ZONDI	Veteran F	127	78	17
47	1:35:43	LESLIE BEUKES	Grand Master F	128	79	6
52	1:35:52	AMY ROBERTSON	U16 F	129	80	4
445	1:57:51	SHEILA DEACON	Master F	130	81	16