



## Cascades SLF Trail - 10km



02 October 2021

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
671	0:48:37	MICHAEL PATRICK	Open M	1	1	1
494	0:50:35	TYRONE HOLDER	Veteran M	2	2	1
689	0:51:18	MARCUS TAYLOR	Master M	3	3	1
387	0:51:34	ROSS TRELEAVEN	Veteran M	4	4	2
670	0:52:01	MATT EDWARDS	Open M	5	5	2
615	0:54:06	ANDRE WOLMARANS	Veteran M	6	6	3
523	0:56:07	CHRISTO LINDEQUE	Master M	7	7	2
497	0:58:36	PAULA LOUW	Open F	8	1	1
724	0:58:43	COURTNEY MEIKLEJOHN	U18 F	9	2	1
675	0:59:30	KATE MARTENS	Open M	10	8	3
519	1:00:06	SHANTE VAN DER SANDT	Open F	11	3	2
676	1:00:41	CANDICE WHITE	Open F	12	4	3
534	1:01:31	NICHOLAS MUNRO	Veteran M	13	9	4
668	1:02:13	SYABONGA GWAMANDA	Open M	14	10	4
389	1:02:49	SPHOKUHLE MAKHWASA	Open M	15	11	5
496	1:03:15	LUKE PLOTTS	Open M	16	12	6
538	1:04:53	ADAM BRADING	U18 M	17	13	1
643	1:05:43	SCHAE PAYN	Open F	18	5	4
720	1:06:23	CLINTON VEALE	Open M	19	14	7
745	1:06:27	JUSTINE BRISCOE	Open F	20	6	5
531	1:06:44	KATE BUTLIN	Veteran F	21	7	1
492	1:06:55	LYNTON KINLOCH	Master M	22	15	3
672	1:07:08	DAWN COETZEE	Open F	23	8	6
377	1:07:38	CAIN DUBE	Veteran M	24	16	5
410	1:09:51	MICHAEL FROST	Veteran M	25	17	6
382	1:09:54	NSIZWA DLAMINI	Veteran M	26	18	7
721	1:12:00	GREGORY MASKELL	Master M	27	19	4
366	1:14:32	LESLEY DRALLE	Open F	28	9	7
398	1:17:38	PETER DEPPE	Master M	29	20	5
620	1:19:20	TARYN ZAMMIT	Veteran F	30	10	2
681	1:20:11	HELEEN BOTHA	Veteran F	31	11	3
665	1:20:20	BRIGITTE TULLIS	Master F	32	12	1
737	1:20:39	PAMELA ROESTOF	Master F	33	13	2
456	1:20:42	MARTIN ROESTOF	Master M	34	21	6
416	1:20:44	RYAN REYNOLDS	Veteran M	35	22	8
370	1:24:01	KIRUBAN NAIDOO	Master M	36	23	7
402	1:24:25	LEZÉ COETZEE	Open F	37	14	8
513	1:26:03	JULIANE SCHÜTTE	Veteran F	38	15	4
405	1:28:32	CEBOLENKOSI MLOTSHWA	Open M	39	24	8
678	1:28:34	ALAYNE MASKELL	Veteran F	40	16	5
367	1:29:58	JANE BENTLEY	Grand Master F	41	17	1



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640	1:33:32	WINSOME BONGIWE MPUNGOSE	Open F	42	18	9
493	1:34:05	ZAMA MDADANE	Open F	43	19	10
614	1:34:29	SYLVIA FOURIE	Grand Master F	44	20	2
430	1:37:29	SHARON HOCKLY	Master F	45	21	3
738	1:37:31	BELINDA QUIN	Master F	46	22	4
616	1:46:35	LUNGILE ZONDO	Grand Master F	47	23	3
722	2:13:36	CAROL MATZ	Master F	48	24	5
736	2:13:38	NOLOYISO NGCOLA	Open F	49	25	11
669	2:16:23	PAYGE HOLTZHUIZEN	U16 F	50	26	1
505	2:21:06	ZINHLE NGUBANE	Veteran F	51	27	6
740	2:21:07	CHANEL MEAGER	Open F	52	28	12
392	2:21:11	MIA HOLTZHUIZEN	U16 F	53	29	2
639	2:21:12	SIAN HOLTZHUIZEN	Open F	54	30	13