



Cascades SLF Trail - 18km



02 October 2021

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
830	1:19:10	BONGMUSE MTEMBU	Open M	1	1	1
953	1:24:08	SANELE MALUNGA	Open M	2	2	2
852	1:31:08	WATSON ZITHA	Veteran M	3	3	1
800	1:34:45	KYLE LEIGHTON	Open M	4	4	3
756	1:38:58	RICHARD THOMPSON	Master M	5	5	1
983	1:40:16	CHANTEL PENNICOTT	Open F	6	1	1
755	1:44:19	DARIO SCUSSEL	Veteran M	7	6	2
898	1:46:41	BRETT ARENDSE	Open M	8	7	4
859	1:47:09	KELVIN BORLAND	Master M	9	8	2
972	1:47:34	DUNCAN HARENGA	Open M	10	9	5
947	1:47:37	LAUREN KEENAN	Open F	11	2	2
767	1:51:38	RUPERT SEBIRE	Master M	12	10	3
781	1:52:47	GREG TARRANT	Veteran M	13	11	3
894	1:53:58	EMMA DICK	Open F	14	3	3
802	1:54:24	KATE BRADING	Veteran F	15	4	1
787	1:55:29	HAYLEY MACKINNON	Veteran F	16	5	2
904	1:57:51	JOHNATHAN PILLAY	Grand Master M	17	12	1
924	1:59:27	DAVID JOHN	Open M	18	13	6
963	1:59:30	RILEY MCCABE	Open M	19	14	7
882	2:00:10	KATE AKERMAN	Open F	20	6	4
844	2:10:02	CANDICE BIGGS	Open F	21	7	5
762	2:10:03	IAN GRIFFITHS	Open M	22	15	8
826	2:10:42	ANTHONY METCALF	Master M	23	16	4
900	2:12:34	NISA MOOSA	Master F	24	8	1
886	2:14:22	SIMPHIWE MLOTSHWA	Veteran M	25	17	4
966	2:14:26	SIBUSISO HLATSHWAYO	Veteran M	26	18	5
905	2:16:18	GILLIAN TREGOLD	Veteran F	27	9	3
1000	2:21:41	ROBERT HOCKLY	Open M	28	19	9
989	2:23:52	CHANTALL VAN DER MERWE	Veteran F	29	10	4
999	2:23:57	GINETTE POTGIETER	Open F	30	11	6
928	2:23:59	DAMIAN WALDEN	Open M	31	20	10
835	2:26:02	GILLIAN ILIJEVSKI	Open F	32	12	7
988	2:27:21	KAY TWIDDY	Open F	33	13	8
967	2:27:23	MATTHEW WILLS	Open M	34	21	11
984	2:28:01	CHANTAL NAUDE	Veteran F	35	14	5
804	2:32:04	THABISO MOKONE	Veteran M	36	22	6
959	2:33:18	ANDILE MTHETHWA	Open M	37	23	12
817	2:33:36	SANTOSH BUGWANDIN	Veteran M	38	24	7
853	2:44:29	NOLUTHANDO NOSIPHO MAVUSO	Open F	39	15	9
998	2:44:48	BABALWA SELANTO	Veteran F	40	16	6
991	2:48:11	CAS PRETORIUS	Master M	41	25	5



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862	2:56:17	NTOKOZO MBEJE	Open F	42	17	10
825	2:58:59	ALEXANDRA JOYNER	Grand Master F	43	18	1
865	3:14:30	RICHARD BECKETT	Grand Master M	44	26	2
759	3:22:12	NONHLANHLA GWALA	Open F	45	19	11
883	3:22:13	HLONIPHILE MKHONZA	Open F	46	20	12
761	4:28:53	NOMPUMELELO NENE	Open M	47	27	13