



## Cascades SLF Trail - 5km



02 October 2021

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
157	0:26:28	PHAKAMANI MADLALA	Open M	1	1	1
256	0:29:23	RORY TRELEAVEN	U16 M	2	2	1
218	0:29:53	KATLEGO MORAKE	U16 M	3	3	2
264	0:31:47	JACQUES PRETORIUS	Veteran M	4	4	1
204	0:32:17	SAUL RUWIZHI	Open M	5	5	2
347	0:32:45	MICHELE PAUSELLI	U16 M	6	6	3
251	0:33:42	KAYLEIGH LINDEQUE	U16 F	7	1	1
306	0:33:53	MADDISON POTTER	U16 F	8	2	2
254	0:34:12	AYANDA ZUMA	U12 M	9	7	1
142	0:34:14	NCEBO MOLEFE	U16 M	10	8	4
67	0:34:15	MALIBONGWE MDUNGE	U16 M	11	9	5
334	0:34:19	KATHERINE TROISI	Open F	12	3	1
103	0:34:28	SANELE SIKHAKHANE	U12 M	13	10	2
271	0:35:00	CEBO NYABA	U18 M	14	11	1
13	0:35:34	SAMKELO DUBE	U16 M	15	12	6
34	0:35:53	MATTEO PAUSELLI	U16 M	16	13	7
80	0:36:15	THANDEKA MTHEMBU	U12 M	17	14	3
301	0:36:22	LINDI MEYER	Veteran M	18	15	2
328	0:38:28	DAMIAN PRETORIUS	Junior M	19	16	1
245	0:38:31	CALAN PRETORIUS	U12 M	20	17	4
318	0:41:03	DAVID THOMPSON	Junior M	21	18	2
176	0:41:08	MEGAN MACKENZIE	U18 F	22	4	1
249	0:42:00	J OBERHOLZER	Master M	23	19	1
250	0:42:30	JOLENE MAARTENS	Veteran F	24	5	1
37	0:43:52	ASHWIN MAHARAJ	Master M	25	20	2
93	0:44:54	RYAN TAYLOR	U16 M	26	21	8
333	0:46:45	RUBEN FRYER	Junior M	27	22	3
38	0:46:47	PAUL FRYER	Veteran M	28	23	3
217	0:47:24	DANIEL THOMPSON	U12 M	29	24	5
21	0:48:07	OLIVIA POTTER	U16 F	30	6	3
219	0:49:05	ELODIE HEYNS-VEALE	Veteran F	31	7	2
275	0:49:11	MARIANNE POTTER	Master F	32	8	1
315	0:49:42	NAVAL BEEKARUN	U18 M	33	25	2
9	0:51:10	JOHAN KASSELMAN	Master M	34	26	3
280	0:51:52	JEANETTE EGLINGTON	Grand Master F	35	9	1
72	0:53:47	CHARMAINE NAIDOO	Master F	36	10	2
172	0:55:18	VIASHEN BEEKARUN	Open M	37	27	3
139	0:55:40	KAYLEE LEIGHTON	U16 F	38	11	4
189	0:57:15	CHRISTINA ECKSTEIN	Grand Master F	39	12	2
163	0:57:55	SENZO SIKHAKHANE	U12 M	40	28	6
297	0:58:03	GUGU MKHWANAZI	U16 M	41	29	9



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262	0:58:04	DYLAN HORN	Veteran M	42	30	4
277	0:58:05	JORJA HORN	U12 F	43	13	1
276	0:59:55	SLINDILE RADEBE	Open F	44	14	2
123	1:00:10	NOKUVELA ZULU	Open F	45	15	3
287	1:01:08	DALENE BENNETT	Veteran F	46	16	3
288	1:03:40	KENSEY HORN	Junior F	47	17	1
279	1:03:42	SHERYN HORN	Veteran F	48	18	4
73	1:07:00	RACHEL DEPPE	U16 F	49	19	5
22	1:07:08	KEIRA THOMPSON	U16 F	50	20	6
329	1:08:59	MEGAN BYTH	Veteran F	51	21	5
111	1:09:00	LAURA SMIT	Veteran F	52	22	6
137	1:09:03	ROBYN POPE-ELLIS	Open F	53	23	4
255	1:09:58	ALWANDE BANGO	U16 M	54	31	10
239	1:14:05	SANDEEP GOBIND	Open M	55	32	4
272	1:15:54	PATRICK KOLISILE ZUMA	Open M	56	33	5
206	1:15:54	JABULISILE NGUBO	Open F	57	24	5
136	1:16:15	SAMUEL BRADING	Open M	58	34	6
6	1:16:25	ROSE DEPPE	Master F	59	25	3