



Winter Series - Cascades SLF Trail - 10km



28 May 2022

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
341	0:49:57	GARY HILL	Open M	1	1	1
552	0:50:23	SOUL RUWIZHI	Open M	2	2	2
336	0:50:28	GREGORY HODGKISON	Open M	3	3	3
590	0:55:38	HUGO LE ROUX	Open M	4	4	4
647	0:57:10	DAVE ALEXANDER	Master M	5	5	1
362	0:57:31	THOMAS PRENTICE	U16 M	6	6	1
630	0:59:06	KADE POLLARD	U16 M	7	7	2
579	0:59:23	BRAD SEVEN	Open M	8	8	5
551	1:00:11	ONEILL MARAIS	Open M	9	9	6
629	1:00:15	LAURI ADAMS	Open F	10	1	1
613	1:00:45	BRYN POLLARD	Master M	11	10	2
564	1:02:38	RHYAN RUDMAN	Master M	12	11	3
641	1:02:49	NICHOLAS MUNRO	Veteran M	13	12	1
370	1:03:00	MATTHEW ZOGHBY	Open M	14	13	7
394	1:03:41	MEGHAN KING	Open F	15	2	2
425	1:03:42	SHAUN KING	Open M	16	14	8
582	1:03:57	CLAIRE BEHN	Veteran F	17	3	1
532	1:05:26	WILLIAM LAMBERT	Grand Master M	18	15	1
529	1:05:49	IVAN CLOWES	Open M	19	16	9
562	1:06:29	BRAD RUDMAN	Open M	20	17	10
556	1:06:32	MICHAEL FROST	Veteran M	21	18	2
652	1:06:58	CATHERINE DE VILLIERS	Open F	22	4	3
526	1:07:06	SHOLTO MOODLEY	Open M	23	19	11
448	1:07:15	SHAUN GOODE	Veteran M	24	20	3
646	1:07:16	ASHWIN MAHARAJ	Master M	25	21	4
565	1:07:38	TASH RUDMAN	Open F	26	5	4
388	1:07:51	BRENT NELSON	Veteran M	27	22	4
499	1:08:31	JO CHARLES	Veteran F	28	6	2
561	1:08:33	NORMAN DORKIN	Master M	29	23	5
621	1:08:36	MTHOKOZISI GWALA	Open M	30	24	12
509	1:08:42	ROBERT HOCKLY	Open M	31	25	13
589	1:08:49	MICHELLE LE ROUX	Veteran F	32	7	3
536	1:09:01	IRIS DE VILERS	Open F	33	8	5
626	1:09:05	ANNA HOBDEN	U16 F	34	9	1
609	1:09:58	SAMKELO NDLOVU	Open M	35	26	14
638	1:10:47	JOSHUA DE VILLIERS	U18 M	36	27	1
420	1:10:51	JASON FAIR	Open M	37	28	15
658	1:10:54	JACO STEYN	Open M	38	29	16
585	1:11:58	MICHAEL PATRICK	Open M	39	30	17
596	1:12:01	DAWN COETZEE	Open F	40	10	6
597	1:12:38	LUAN FOURIE	Open M	41	31	18
649	1:15:42	BRENDA MOON	Master F	42	11	1



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491	1:15:58	BENJI DE VILLIERS	Open M	43	32	19
521	1:16:28	MIRANDA MOKOENA	Veteran F	44	12	4
573	1:16:52	DAVID WINGFIELD	Master M	45	33	6
537	1:17:00	RYAN BRUDVIG	Veteran M	46	34	5
636	1:18:20	CLAIRE DE SYLVA	Open F	47	13	7
558	1:18:38	THOMAS HOROWITZ	Veteran M	48	35	6
539	1:18:44	JANE DICKINSON	Grand Master F	49	14	1
550	1:19:18	SHAWN BONTHUYS	Veteran M	50	36	7
598	1:20:47	GAILS IRONS	Master F	51	15	2
618	1:21:04	ESTELLE MALAN	Master F	52	16	3
542	1:21:43	NASTASHA THOMSON	Open F	53	17	8
601	1:21:45	DUDLEY THOMSON	Open M	54	37	20
538	1:24:07	JOHN MICHAUX	Grand Master M	55	38	2
540	1:24:20	BRIDGITTE JACOBS	Master F	56	18	4
524	1:24:23	JACQUELINE MAC GREGOR	Veteran F	57	19	5
544	1:24:28	LYNNE HARRISON	Veteran F	58	20	6
547	1:24:33	ALECIA FERGUSON-ROBERTS	Veteran F	59	21	7
611	1:25:04	DEBBIE SOROUR	Master F	60	22	5
494	1:25:25	LESLEY DRALLE	Open F	61	23	9
459	1:25:55	ANELE MKHIZE	Open F	62	24	10
554	1:26:34	DEMI HUMPHRIES	Open F	63	25	11
563	1:26:36	NICOLE KELBE	Open F	64	26	12
528	1:26:45	DONNA ARMSTRONG	Open F	65	27	13
462	1:29:11	GUGU NKOMO	Veteran F	66	28	8
642	1:29:38	TAZLO MOODLEY	Open M	67	39	21
650	1:29:49	LEZÉ COETZEE	Open F	68	29	14
628	1:30:00	TANIA KUHL	Open F	69	30	15
654	1:30:28	ROD DE VILLIERS	Grand Master M	70	40	3
530	1:34:49	BONISIWE ZONDI	Open F	71	31	16
605	1:35:28	ZEFA MKWANAZI	Veteran F	72	32	9
666	1:36:50	SHELAGH LADBROOKE	Grand Master F	73	33	2
610	1:36:58	PHINDILE LIBANYE	Open F	74	34	17
612	1:38:22	TASH BRADFORD	Open F	75	35	18
616	1:38:55	NIKI RYLEY	Veteran F	76	36	10
625	1:42:16	AMBER PATTON	Veteran F	77	37	11
604	1:42:20	VARSHA RAMLAKAN	Open F	78	38	19
408	1:42:28	SUVEER RAMBALI	Open M	79	41	22
523	1:49:12	SOLLY PECKETT	Grand Master F	80	39	3
340	1:49:15	JEANETTE EGLINGTON	Grand Master F	81	40	4
395	1:49:21	THEMBEKILE SITHOLE	Veteran F	82	41	12
606	1:49:26	THEMBEKA MLAMBO	Veteran F	83	42	13
405	1:49:30	DALENE BENNETT	Veteran F	84	43	14



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656	1:50:04	BUHLE THABETHE	Open F	85	44	20
553	1:56:29	DION RAJKUMAN	Open M	86	42	23
520	1:56:39	SAMEER MAHARAJ	Open M	87	43	24
490	1:57:04	ZAMIR DADA	Open M	88	44	25