



MIDLANDS SERIES

GILBOA CHALLENGE

MEDIUM COURSE

PRELIMINARY RESULTS



Midlands Series - Gilboa Challenge - 10km - Preliminary Results



06 February 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
518	0:53:47	TSIELO TSANYANE	Open M	1	1	1
488	0:57:18	MTHOBISI NTANZI	U18 M	2	2	1
424	0:58:39	MHLENGI CHILI	U16 M	3	3	1
634	0:58:43	RUTH COZIEN	Veteran F	4	1	1
621	1:03:23	MZAMO ZONDI	Open M	5	4	2
552	1:06:55	SESPHELELE NTANZI	U16 M	6	5	2
516	1:08:12	NOMORE YAKOBE	Open M	7	6	3
529	1:15:51	KEITH RASMUSEN	Grand Master M	8	7	1
459	1:17:18	BRADLEY RUDMAN	Open M	9	8	4
467	1:19:40	CINDY GLOVER	Veteran F	10	2	2
470	1:22:08	WILLIAM SAMSON	Open M	11	9	5
512	1:23:02	RHYAN RUDMAN	Master M	12	10	1
527	1:23:06	JUSTIN HARDS	Open M	13	11	6
544	1:24:54	RONNIE VERSTER	Master M	14	12	2
633	1:25:57	LAURA COLE	Open F	15	3	1
457	1:26:03	LANGELIHLE MHLONGO	Open M	16	13	7
617	1:27:06	NATASHA POOLTON	Open F	17	4	2
545	1:28:11	KIRSTY WAUGH	Open F	18	5	3
480	1:28:17	MATTHEW HALFORD	Open M	19	14	8
534	1:28:43	BRUCE ARNOTT	Open M	20	15	9
483	1:29:16	JORGEN WIKSTROM	Open M	21	16	10
635	1:30:06	JOHN JAMES MCLAREN	Veteran M	22	17	1
471	1:30:08	GARETH MELLE	Open M	23	18	11
587	1:30:49	DUANE BLACKMAN	Veteran M	24	19	2
468	1:36:47	LAUREN PAXTON	Open F	25	6	4
409	1:36:52	DEWET BOTHA	Open M	26	20	12
515	1:38:11	DANIELA HUGHES	Veteran F	27	7	3
435	1:39:06	RICHARD EMSLIE	Grand Master M	28	21	2
542	1:39:51	GUY MARKHAM	Open M	29	22	13
349	1:41:07	RICHARD BENICE	Open M	30	23	14
451	1:42:34	LIZ BOOYSEN	Grand Master F	31	8	1
523	1:45:42	ARTHUR LELLO	Master M	32	24	3
378	1:50:05	BIANCA MILLER	Open F	33	9	5
650	1:50:09	JACQUES VRIESE	Master M	34	25	4
639	1:51:23	KEGAN CARLISLE	Veteran M	35	26	3
406	1:51:26	CAROLINE CARLISE	Veteran F	36	10	4
364	1:51:49	TRACEY KENYON-SLADE	Grand Master F	37	11	2
385	1:53:31	LARA MORROW	Veteran F	38	12	5
644	1:53:32	IAN MORROW	Veteran M	39	27	4
346	1:54:14	THENJIWE DLAMINI	Open F	40	13	6
611	1:54:48	RACHEL JARVIE	Open F	41	14	7
492	1:56:46	LISA VAN ZYL	Veteran F	42	15	6



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601	1:57:00	MURRAY DALES	Veteran M	43	28	5
528	1:59:35	TRACEY GARDNER	Open F	44	16	8
392	1:59:39	HUGH CLARK	Open M	45	29	15
455	2:00:49	ANTONIETTA ALVES	Veteran F	46	17	7
626	2:03:21	PENNY JARVIE	Master F	47	18	1
562	2:04:19	KAREN WELGEMOED	Veteran F	48	19	8
417	2:04:23	SARAH VAN DYK	Open F	49	20	9
589	2:04:24	AMY JOHNSON	Open F	50	21	10
460	2:07:20	NICCI VAUGHAN	Master F	51	22	2
577	2:10:22	WAYNE MOON	Master M	52	30	5
477	2:10:25	BRENDA MOON	Master F	53	23	3
419	2:10:41	TANIA KUHL	Open F	54	24	11
573	2:11:59	JODI KENDALL	Veteran F	55	25	9
607	2:13:55	PETER CASKIE	Master M	56	31	6
433	2:13:58	CHRISTINE BENCE	Open F	57	26	12
404	2:14:39	GINA CASKIE	Veteran F	58	27	10
361	2:15:30	HANNAH BARBER	Open F	59	28	13
537	2:20:59	HELEN ANDERSON	Veteran F	60	29	11
440	2:21:17	SAMANTHA SPALL	Open F	61	30	14
368	2:25:29	JAYDEN BLACKMAN	U12 M	62	32	1
386	2:25:49	CHAY BLACKMAN	Open F	63	31	15
647	2:25:56	CHANTAL BAEZA	Master F	64	32	4
422	2:28:46	NICOLE DAVIES	Open F	65	33	16
661	2:28:48	KATHERINE TROISI	Open F	66	34	17
604	2:28:50	TENNEIL LEE	Open F	67	35	18
594	2:29:30	SHARON VAN ROOYEN	Veteran F	68	36	12
429	2:37:27	FAATIMAH ZAHRA KHAN	U18 F	69	37	1
485	2:38:12	DAVID STEWART	Grand Master M	70	33	3
431	2:46:56	KAREN KROG	Grand Master F	71	38	3
558	2:47:04	SHARON ROBB	Grand Master F	72	39	4
532	2:49:49	SINDISWA SOSKINESHI	Open F	73	40	19
469	3:20:39	HASEENA KHAN	Veteran F	74	41	13
338	3:22:39	JAMIEL KHAN	Veteran M	75	34	6
508	3:23:20	PHAKAMILE NTSHANGASE	Veteran F	76	42	14
514	3:24:11	THULELANI ZUMA	Veteran F	77	43	15
366	3:24:52	PAIGE WAPLINGTON	Open F	78	44	20
618	3:24:54	MARK MACAULAY	Grand Master M	79	35	4
490	3:34:20	TOM BALMER	U18 F	80	45	2
472	3:34:23	LOUISE BALMER	Master F	81	46	5