



MIDLANDS SERIES

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# HOWICK TRAIL RUN

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## MEDIUM COURSE

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## Midlands Series - Howick Trail Run - 10km



13 March 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
364	0:50:57	BONGANI MAKHATHINI	Open M	1	1	1
471	0:51:07	ANDREW ALEXANDER	Veteran M	2	2	1
483	0:52:18	JOHN MACARTAN	Master M	3	3	1
422	0:54:23	DUMSANI HLONGWANE	Master M	4	4	2
545	0:56:29	RACHEL VAN DEVENTER	U18 F	5	1	1
518	0:57:43	MARC NEL	Veteran M	6	5	2
537	0:58:51	THOMAS PRENTICE	U16 M	7	6	1
618	0:59:20	TIM HODGKINSON	Open M	8	7	2
467	1:00:00	RONNIE VERSTER	Master M	9	8	3
349	1:00:19	KELLY MARTIN	Open F	10	2	1
440	1:01:36	GABIRIEL XHABU	Veteran M	11	9	3
814	1:01:48	LAUREN DE FREITAS	Open F	12	3	2
472	1:03:28	MARCO WASSERMAN	Open M	13	10	3
512	1:03:52	NICHOLAS MUNRO	Veteran M	14	11	4
515	1:04:24	MARIOS KYRIAKIDES	Veteran M	15	12	5
937	1:04:27	ROBERT SIRILLI	Veteran M	16	13	6
486	1:04:46	MIRANDA MAZIBUKO	Open F	17	4	3
987	1:05:04	GARETH MELLA	Open M	18	14	4
317	1:05:25	JORGEN WIKSTROM	Open M	19	15	5
792	1:06:53	HYLTON ENGLISH	Veteran M	20	16	7
490	1:07:50	KIRSTEN MINGAY	Open F	21	5	4
433	1:08:25	RICHARD BENICE	Open M	22	17	6
887	1:08:27	BETH BARTHELENNY	Open F	23	6	5
826	1:08:28	EMILY BURNETT	Open F	24	7	6
634	1:09:32	DAVID SANSBURY	Grand Master M	25	18	1
644	1:09:47	MARIA WAREING	Grand Master F	26	8	1
529	1:10:42	DAVID YOUNG	Master M	27	19	4
853	1:10:46	RICHARD EMSLIE	Grand Master M	28	20	2
562	1:10:50	SARAH MINGAY	Open F	29	9	7
406	1:11:59	EMMA BLICK	Open F	30	10	8
392	1:12:41	ROB MURRAY	Master M	31	21	5
523	1:12:44	SHAYLEEN JAMES	Veteran F	32	11	1
468	1:12:58	ZANE MCDERMOTT	Veteran M	33	22	8
346	1:13:08	ALYSHA WOLFAARDT	Open F	34	12	9
635	1:13:39	DANIELLA GELDENHUYS	Veteran F	35	13	2
611	1:13:56	RAYMOND SMALE	Veteran M	36	23	9
368	1:14:33	MONIQUE VAN DEVENTER	Veteran F	37	14	3
647	1:14:39	GUY MARKHAM	Open M	38	24	7
386	1:15:23	DANIEL DUMSTUART	Veteran M	39	25	10
645	1:15:33	KATIE EDMONDS	Open F	40	15	10
934	1:15:43	FAARADH SYED RUSSOUL	Open M	41	26	8
604	1:16:48	KAYLA EGGAR	Open F	42	16	11



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435	1:17:44	BIANCA MILLER	Open F	43	17	12
532	1:17:49	JACQUES VRIESE	Master M	44	27	6
488	1:18:19	PHUMELELE MKHIZE	Open F	45	18	13
897	1:18:27	JULZ NORTON	Open F	46	19	14
935	1:19:45	NKOSIYABO SIBANDA	Open M	47	28	9
431	1:20:08	MICHAEL BULLARD	Open M	48	29	10
480	1:21:10	THENJIWE DLAMINI	Veteran F	49	20	4
650	1:21:12	CAMERON EDWARDS	Veteran F	50	21	5
544	1:21:13	LISA PRETORIUS	Veteran F	51	22	6
854	1:21:52	WENDY GILLIAN	Master F	52	23	1
750	1:22:02	NATHAN WESTERDALE	U16 M	53	30	2
996	1:22:33	PHILLIP ODENDAAL	Open M	54	31	11
877	1:23:15	KELEIGH WICKS	Open F	55	24	15
573	1:23:17	CHRISTINE BENCE	Open F	56	25	16
756	1:23:29	COURTNEY VAN WYNGAARD	U16 F	57	26	1
470	1:24:10	STEVE ELLIOTT	Grand Master M	58	32	3
719	1:25:21	MELANIE PAUL	Veteran F	59	27	7
542	1:25:25	RIANKA VAN ANTWERPEN	Open F	60	28	17
589	1:25:26	MARK HOHLS	Master M	61	33	7
539	1:25:29	ALEXANDRIA MCDERMOTT	U12 F	62	29	1
492	1:25:30	LISA VAN ZYL	Veteran F	63	30	8
661	1:25:37	TANEILLE SMITH	Veteran F	64	31	9
587	1:25:38	KEVIN SMITH	Veteran M	65	34	11
577	1:27:15	BONNIE ROBERTSON	Open F	66	32	18
417	1:27:42	SANDY OLIVIER	Grand Master F	67	33	2
477	1:27:43	MORGAN MORRISON	Grand Master F	68	34	3
552	1:28:24	STEPHANIE MILLAR	Open F	69	35	19
989	1:29:10	HELEN ANDERSON	Veteran F	70	36	10
633	1:29:49	TERRENCE MAZIBUKO	Open M	71	35	12
677	1:31:33	MELISSA THOMPSON	Open F	72	37	20
986	1:31:34	KYLE THOMPSON	Open M	73	36	13
485	1:31:48	TENNEIL LEE	Open F	74	38	21
378	1:32:16	GAIL DUTOIT	Master F	75	39	2
459	1:32:23	DEBBIE SOROUR	Master F	76	40	3
747	1:34:54	GRAEME NORVAL	Veteran M	77	37	12
385	1:34:57	RAVI PILLAY	Grand Master M	78	38	4
784	1:36:24	BRONWEN BOWLEY	Veteran F	79	41	11
601	1:36:36	JENNIFER HARLEY	Veteran F	80	42	12
594	1:36:52	CRYSTAL ENGELBRECHT	Open F	81	43	22
703	1:38:08	CHRISTINA ECKSTEIN	Grand Master F	82	44	4
721	1:38:21	DANIEL WICKS	Open M	83	39	14
988	1:38:27	NICOLE DAVIES	Open F	84	45	23



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941	1:38:28	KATHERINE TROISI	Open F	85	46	24
913	1:38:39	GLYNIS WESTERDALE	Veteran F	86	47	13
884	1:38:40	HEATHER WICKS	Master F	87	48	4
404	1:39:13	TAMLYNN DAVIES	Veteran F	88	49	14
469	1:39:15	ARTHUR LELLO	Master M	89	40	8
338	1:39:32	NICOLA FUHNER	Master F	90	50	5
607	1:39:33	RORY MORRISON	Grand Master M	91	41	5
839	1:39:53	SHARON VAN ROOYEN	Veteran F	92	51	15
966	1:40:15	LEE-ANN DORNEY	Grand Master F	93	52	5
636	1:40:47	JENNA HARDMAN	Veteran F	94	53	16
725	1:40:49	SARAH HEMINGWAY	Open F	95	54	25
457	1:47:20	GEORGINA WILSON	Open F	96	55	26
528	1:47:22	DIANE VANASWEGN	Open F	97	56	27
409	1:49:02	SDUDUZA GUMEDE	Open F	98	57	28
802	1:50:22	DALENE BENNETT	Veteran F	99	58	17
508	1:52:06	ANDRE FUHNER	Grand Master M	100	42	6
516	1:52:08	NICOLETTE HOHLS	Master F	101	59	6
366	1:55:29	SONJA GROBLER	Veteran F	102	60	18
857	1:55:50	ZUBAIR ALLI	Open M	103	43	15
626	2:00:41	PAIGE WAPLINGTON	Open F	104	61	29
361	2:00:45	CAROLE ADAM	Veteran F	105	62	19
685	3:16:30	PAIGE RUTHERFOD	Open F	108	64	31
809	2:51:58	MZILA SENDELHO	Open M	106	44	16
873	2:52:20	ANDILE MZILA	Open F	107	63	30
852	3:34:44	ZAMIR DADA	Open M	109	45	17
963	3:34:47	DINO ADRUS	Open M	110	46	18
806	3:34:52	SAMEER MAHARAJ	Open M	111	47	19
850	3:37:24	HB HOOSEN	Veteran F	112	65	20
886	3:37:26	JAY JYOTHIKA	Open F	113	66	32