



TABLE MOUNTAIN TRAIL RUN

LONG COURSE

PRELIMINARY RESULTS



Table Mountain Trail Run - 19km



16 April 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
925	1:33:41	AYANDA NGCOBO	Open M	1	1	1
732	1:33:45	BONGANI HLONGWANA	Open M	2	2	2
964	1:41:10	DONSUMHLASA XULU	Open M	3	3	3
711	1:42:06	IAN DICKINSON	Open M	4	4	4
918	1:46:35	DAVID LAMONT	Master M	5	5	1
902	1:47:29	SIPHO MAJOLA	Veteran M	6	6	1
706	1:50:32	MAXWELL GOMEN	Grand Master M	7	7	1
909	1:51:48	EWALD TH&OUMLE	Open M	8	8	5
854	1:57:58	CORNE REYNEKE	Veteran M	9	9	2
819	2:01:36	ANDREW SANDERS	Veteran M	10	10	3
963	2:04:09	ROBYN MCQUEEN	Open F	11	1	1
778	2:05:19	GREG MCQUEEN	Open M	12	11	6
953	2:06:23	DANIEL JONCK	U16 M	13	12	1
954	2:10:22	RACHEL VAN DEVENTER	U18 F	14	2	1
784	2:15:46	JAYCE LANE	Veteran M	15	13	4
767	2:15:50	KEENAN CLOTHIER	Open M	16	14	7
785	2:16:27	RICHARD WHITTON	Grand Master M	17	15	2
787	2:18:42	CHLOE VENESS	Open F	18	3	2
966	2:19:43	GUGULETHU MASAMGE	Veteran M	19	16	5
947	2:20:38	LUKE PLOTTS	Open M	20	17	8
841	2:20:42	ROXANNE BARKER	Open F	21	4	3
754	2:20:49	TERRY DRUMMOND	Master M	22	18	2
973	2:20:52	SEAN WESSELS	Open M	23	19	9
801	2:21:57	RYAN BEGG	Open M	24	20	10
919	2:21:59	STUART BEACH	Open M	25	21	11
965	2:22:02	CHRIS CAREY	Open M	26	22	12
935	2:22:07	ANDREW ALEXANDER	Veteran M	27	23	6
884	2:25:54	NADIA EDWARDS	Open F	28	5	4
594	2:27:29	ALISON HOWE	Open F	29	6	5
852	2:30:17	IAKOVOS DIMITRIADES	Open M	30	24	13
948	2:33:38	MATOME MANOKO	Veteran M	31	25	7
733	2:33:43	RUDI VAN DER MERWE	Veteran M	32	26	8
669	2:34:19	COLE BARNARD	Open M	33	27	14
939	2:35:23	DUANE BLACKMAN	Veteran M	34	28	9
726	2:35:58	MHLONGO ZONYDIKZE	Open M	35	29	15
882	2:43:41	DENISE JOUBERT	Veteran F	36	7	1
978	2:44:23	NEIL STRYDOM	Veteran M	37	30	10
839	2:44:27	SEAN SOUTHGATE	Veteran M	38	31	11
690	2:48:42	NICK BELL	Veteran M	39	32	12
786	2:51:53	BRENDON BOSCH	Open M	40	33	16
995	2:52:09	THENDIWE DLAMINI	Veteran F	41	8	2



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759	2:52:48	ERICA WALKER	Master F	42	9	1
993	2:53:53	SIMPHIWE SHOZI	Open M	43	34	17
900	2:55:22	RICHARD GIBSON	Veteran M	44	35	13
998	2:55:23	IAN SAYER	Veteran M	45	36	14
756	3:01:35	DAVID BODDY	Veteran M	46	37	15
992	3:02:29	NICHOLAS GILLARD	Open M	47	38	18
672	3:03:52	JULIA HUDSON	Open F	48	10	6
931	3:21:46	KIRSTEN MACDONALD	Veteran F	49	11	3
835	3:21:52	ISRAEL ZUMA	Veteran M	50	39	16
904	3:21:55	SITHABISO SITHOLE	Veteran M	51	40	17
704	3:22:29	MATTHEW MCKAY	Open M	52	41	19
709	3:22:36	PRU DEENIK	Master F	53	12	2
836	3:31:02	PETER DEVINE	Grand Master M	54	42	3
961	3:31:05	MICHAEL BULLARD	Open M	55	43	20
929	3:31:08	BONNIE ROBERTON	Open F	56	13	7
816	3:31:16	SIPHO SITHOLE	Veteran M	57	44	18
818	3:48:45	NATE SYER	Veteran M	58	45	19
817	3:49:09	DEBBIE COLLYER	Veteran F	59	14	4
534	3:51:28	MELISSA GERMIQUET	U18 F	60	15	2
593	3:51:28	GRANT MASON	Open M	60	46	21
952	3:52:37	KATIE BARRY	Open F	62	16	8
997	3:52:37	NICOLA TORLAGE	Open F	62	16	8
678	4:06:12	BARBARA NEAL	Veteran F	64	18	5
915	4:06:14	CATHERINE DIXON	Open F	65	19	10
937	4:21:09	TOBIAS DEENIK	Master M	66	47	3