



TABLE MOUNTAIN TRAIL RUN

MEDIUM COURSE

PRELIMINARY RESULTS



Table Mountain Trail Run - 12km



16 April 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
568	0:52:50	THULANI SKHAKHANE	Open M	1	1	1
479	0:55:02	BUSANI NGOBO	Open M	2	2	2
550	0:55:23	PHAKAMANI ZONDI	Open M	3	3	3
495	0:55:39	PAULOS PHUNGULA	Veteran M	4	4	1
505	1:06:08	THABANI NGIDI	Open M	5	5	4
510	1:07:28	KHANYELIHLE NGCOBO	Open M	6	6	5
477	1:07:41	MABO MTOLO	Veteran M	7	7	2
531	1:08:27	JOAQUIM ABREU	U16 M	8	8	1
650	1:08:34	RICHARD THOMPSON	Master M	9	9	1
504	1:11:31	WISEMAN MAJOLA	Master M	10	10	2
611	1:12:14	RHAIN HOSKINS	Open M	11	11	6
599	1:12:25	WYNAND HATTINGH	Veteran M	12	12	3
530	1:14:27	JACQUES DE VILLIERS FOURIE	Veteran M	13	13	4
540	1:14:53	JOHN THOLE	Open M	14	14	7
557	1:15:43	THABO DLADLA	U16 M	15	15	2
549	1:17:07	THOMAS PRENTICE	U16 M	16	16	3
543	1:17:30	EMMA DICK	Open F	17	1	1
471	1:20:14	MARCO WASSERMAN	Open M	18	17	8
648	1:20:45	COURTNEY VAN WYNGAARD	U16 F	19	2	1
626	1:21:00	ANGUS DICK	Open M	20	18	9
509	1:21:05	MATTHEW HALFORD	Open M	21	19	10
527	1:21:49	DYLAN JACKLIN	Open M	22	20	11
502	1:22:03	KADE POLLARD	U16 M	23	21	4
600	1:25:25	MARTIN ERASMUS	Master M	24	22	3
497	1:25:35	BRYN POLLARD	Master M	25	23	4
652	1:28:52	JONATHAN FOGARTY	Open M	26	24	12
551	1:30:13	ELOISE MORGAN	Open F	27	3	2
537	1:30:15	MARTIN BIRTWISTLE	Grand Master M	28	25	1
651	1:31:07	KATE BRADING	Veteran F	29	4	1
553	1:31:09	DAVID SANSBURY	Grand Master M	30	26	2
649	1:31:13	ROBERTO SIRILLI	Veteran M	31	27	5
615	1:32:16	CAMERON TURNER	Open M	32	28	13
596	1:33:29	THOMAS HOROWITZ	Veteran M	33	29	6
603	1:36:20	DOUGLAS COUPERTHWAITE	Grand Master M	34	30	3
660	1:36:34	DEBBIE LEWIS	Master F	35	5	1
566	1:38:33	MONIQUE VAN DEVENTER	Veteran F	36	6	2
501	1:40:51	ROXANNE DE KOCK	U16 F	37	7	2
498	1:40:52	HEIN DE KOCK	Veteran M	38	31	7
654	1:41:06	JULZ NORTON	Open F	39	8	3
653	1:41:07	MIKE NORTON	Open M	40	32	14
657	1:41:14	BRADLEY POPE-ELLIS	Open M	41	33	15



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541	1:41:55	KERRY VAN GREUNEN	Open F	42	9	4
564	1:42:19	LYNNTON KINLOCH	Master M	43	34	5
395	1:42:41	VON&EACUTE; HEYNS	Open F	44	10	5
491	1:43:55	ANDREW HUDSON	Open M	45	35	16
633	1:45:08	SUE RIC-HANSEN	Master F	46	11	2
634	1:45:10	LAWRENCE BLACKBEARD	Grand Master M	47	36	4
641	1:45:22	COBUS VAN ROOYEN	Veteran M	48	37	8
635	1:45:44	STEPHEN RUBIDGE	Master M	49	38	6
612	1:47:59	CRISTY NORTH	Open F	50	12	6
595	1:48:57	CHERYL BELL	Open F	51	13	7
628	1:49:22	CRAIG SMYTHE	Master M	52	39	7
601	1:49:32	KATIE EDMONDS	Open F	53	14	8
642	1:49:39	NICOLE HOPE DEETLEFS	Open F	54	15	9
655	1:49:45	JANE DICKINSON	Grand Master F	55	16	1
558	1:50:36	LISA VAN ZYL	Veteran F	56	17	3
503	1:52:19	LIEGH-ANNE EGLIN	Master F	57	18	3
644	1:53:27	SAMUEL EDGCUMBE	Open M	58	40	17
552	1:53:58	DUNCAN DU TOIT	Junior M	59	41	1
636	1:54:54	JAN DE NEEF	Grand Master M	60	42	5
485	1:54:58	WILLIAM SANDERS	U12 M	61	43	1
659	1:55:01	DEBBIE ANN GILLETT	Veteran F	62	19	4
529	1:55:37	KAREN LANE	Veteran F	63	20	5
567	1:56:01	FRANCOIS DU TOIT	Veteran M	64	44	9
597	1:57:21	LEIGH WESSON	Veteran F	65	21	6
614	1:57:25	KATHY ACUTT	Master F	66	22	4
613	1:57:26	SARAH PITOUT	Open F	67	23	10
488	1:57:57	JOHAN BARNARD	Master M	68	45	8
658	1:58:26	TARRYN LOCKE	Veteran F	69	24	7
535	1:58:42	GILLIAN COLEMAN	Grand Master F	70	25	2
556	1:58:45	THOMAS SANDERS	U12 M	71	46	2
656	1:58:47	DONOVAN HALL	Veteran M	72	47	10
618	2:01:20	CORA-MARI DE VOS	Open F	73	26	11
625	2:01:26	MEGAN DIMITRIADES	Open F	74	27	12
602	2:01:33	ESTELLE MALAN	Master F	75	28	5
538	2:03:05	DALE WESSON	Master F	76	29	6
539	2:03:09	NIGEL HAWLEY	Grand Master M	77	48	6
608	2:03:29	LARA PLOTTS	Master F	78	30	7
637	2:03:43	MEERA HARIPERSHAD	Master F	79	31	8
639	2:04:44	HELEN ANDERSON	Veteran F	80	32	8
640	2:05:58	PREM RAMRAJ	Master M	81	49	9
620	2:08:37	MICHELLE SUMNER	Veteran F	82	33	9



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622	2:08:39	JO WILD	Veteran F	83	34	10
621	2:08:42	JOLENE SMYTHE	Veteran F	84	35	11
606	2:09:38	BRENDA MOON	Master F	85	36	9
607	2:09:41	WAYNE MOON	Master M	86	50	10
507	2:10:51	ALAYNE MASKELL	Veteran F	87	37	12
490	2:10:53	GREG MASKELL	Master M	88	51	11
536	2:12:54	TRACY PAGE	Veteran F	89	38	13
528	2:12:56	JACQUELINE MAC GREGOR	Veteran F	90	39	14
616	2:13:51	TANIA KUHL	Open F	91	40	13
499	2:15:53	ADELE HUDSON	Master F	92	41	10
559	2:16:39	IMEL PRINSLOO	Open F	93	42	14
480	2:16:40	ZANELE ERSLIN	Open F	94	43	15
627	2:18:27	DEBORAH DICK	Master F	95	44	11
643	2:18:51	HANNAH EDGCUMBE	Open F	96	45	16
598	2:21:22	CAROL VAN RENSBURG	Master F	97	46	12
500	2:21:29	SHARON VAN ROOYEN	Veteran F	98	47	15
610	2:23:37	GEORGINA WILSON	Open F	99	48	17
609	2:23:40	DIANE VAN ASWEGEN	Open F	100	49	18
619	2:23:43	ROBYN BURNE	Open F	101	50	19
617	2:23:45	JAMES BURNE	Open M	102	52	18
623	2:24:19	DENISE MULDER	Grand Master F	103	51	3
632	2:28:15	GILL GRAAF	Veteran F	104	52	16
631	2:28:19	JOHN GRAAF	Grand Master M	105	53	7
605	2:28:27	TESS LICHKUS	Open F	106	53	20
846	2:28:29	RICHARD BECKETT	Grand Master M	107	54	8
562	2:32:28	JEREMY SANDERS	Master M	108	55	12
496	2:32:34	LOUISE SANDERS	Veteran F	109	54	17
546	2:32:39	OLIVER SANDERS	Junior M	110	56	2
548	2:33:59	ANDRE DREYER	Grand Master M	111	57	9
624	2:37:11	JACKIE GOODWILL	Grand Master F	112	55	4
533	2:37:12	DOMINIQUE GERMIQUET	Open F	113	56	21
604	2:43:37	JORGE NICOLAU	Open M	114	58	19
646	2:54:07	RUTH CANHAM	Open F	115	57	22
645	2:54:08	LEONIE HAINES	Master F	116	58	13
560	2:56:33	GLENDA MFEKA	Veteran F	117	59	18
532	2:58:29	COLLEEN WHITTON	Grand Master F	118	60	5
476	3:09:11	JAYDEN BLACKMAN	U12 M	119	59	3
489	3:09:13	ADDISON BLACKMAN	Junior F	120	61	1
486	3:10:21	CHAY BLACKMAN	Open F	121	62	23