



TABLE MOUNTAIN TRAIL RUN

SHORT COURSE

PRELIMINARY RESULTS



Table Mountain Trail Run - 7km



16 April 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
115	0:35:17	KWANDE MKHIZE	Open M	1	1	1
17	0:37:56	EZILE MAJOLA	Open M	2	2	2
316	0:40:45	ANDILE NALA	U18 M	3	3	1
317	0:41:02	AYANDA DLAMINI	U18 M	4	4	2
186	0:44:23	SPHESIHLE SHELEMBE	U12 M	5	5	1
203	0:44:28	SIZWE KHASIBE	Master M	6	6	1
10	0:45:29	TYLOR JAMES PAYN	U16 M	7	7	1
241	0:46:45	AYABONGA NGUBANE	U16 M	8	8	2
13	0:49:07	CAIDEN JETHRO PAYN	U16 M	9	9	3
219	0:50:55	TIMOTHY EDMUND PAYN	U16 M	10	10	4
117	0:51:01	PIET SCHOEMAN	Grand Master M	11	11	1
286	0:52:48	LIAM FIRTH	U16 M	12	12	5
209	0:52:54	THOMAS MASON	U16 M	13	13	6
240	0:52:56	DAVID MASON	Veteran M	14	14	1
205	0:57:27	NHLAKANIPHO GRABASH	Open M	15	15	3
118	1:01:00	MANDY MALLEN	Open F	16	1	1
239	1:02:07	NGIDI	Grand Master M	17	16	2
322	1:02:16	KERRY EMMOTT	U16 F	18	2	1
54	1:04:41	MICHAEL BENADIE	U16 M	19	17	7
328	1:04:45	MEAGAN DEENIK	Open F	20	3	2
201	1:06:56	LEAH V ROOYEN	U16 F	21	4	2
195	1:07:19	CARMEN SOUTHGATE	Veteran F	22	5	1
330	1:13:34	DIETER KOSSMANN	Veteran M	23	18	2
27	1:13:58	MANUELA KOSSMANN	Veteran F	24	6	2
7	1:19:21	NKULULEKO DENGWE	U16 M	25	19	8
58	1:23:26	GREGORY CUMMING	Master M	26	20	2
59	1:23:28	MIKE MAMAROT	Master M	27	21	3
126	1:23:48	SOPHIA SIMEONI	Open F	28	7	3
177	1:24:30	KEEGAN KIDWELL	U12 M	29	22	2
320	1:27:40	KAREN SEBIRE	Master F	30	8	1
321	1:27:42	SONE JOUBERT	Veteran F	31	9	3
221	1:28:09	MERYL ERASMUS	Master F	32	10	2
57	1:28:20	OLIVIA THOMPSON	U16 F	33	11	3
175	1:28:22	ROB THOMPSON	Veteran M	34	23	3
131	1:29:16	CARON MATAI	Grand Master M	35	24	3
176	1:30:49	KERRY KIDWELL	Open F	36	12	4
154	1:31:36	SIMON BESTER	Open M	37	25	4
196	1:35:42	WENDY BOTHMA	Master F	38	13	3
125	1:35:43	HUGH COCKSEGE	Grand Master M	39	26	4
227	1:35:44	ERIC BOTHMA	Master M	40	27	4
238	1:35:45	CHASE EDMONDS	Grand Master M	41	28	5



Table Mountain Trail Run - 7km



16 April 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
225	1:36:00	DAVID LANGSTONE	Grand Master M	42	29	6
95	1:39:05	ANDREA KRIEL	Open F	43	14	5
332	1:47:31	AMBER PATTON	Veteran F	44	15	4
326	1:49:04	VUYO TUSWA	Open M	45	30	5
45	1:50:21	JAIME READ	Junior M	46	31	1
181	1:50:38	RUEVEN PERUMAL	Open M	47	32	6
210	1:51:07	MIKE EGLIN	Master M	48	33	5
314	1:52:55	TEAGAN BOGGETT	Open F	49	16	6
313	1:52:56	GABRIELLA KWANT	Open F	50	17	7
312	1:52:57	MELISSA PURDON	Open F	51	18	8
315	1:52:58	EMMA ALFELD	Open F	52	19	9
31	1:54:54	YUSUF ALIIE	Grand Master M	53	34	7
105	1:54:54	LENORA COVELE	Grand Master F	54	20	1
39	1:55:07	SHELLY KENNY	Open F	55	21	10
127	1:55:14	SALLY GOVENDER	Grand Master F	56	22	2
325	1:55:21	NIKITA NGUMBELA	Open F	57	23	11
153	1:55:31	CLAUDIA DU TOIT	Veteran F	58	24	5
16	1:55:36	LIA DU TOIT	Junior F	59	25	1
236	1:56:42	FELICIA PILLAY	Open F	60	26	12
329	1:56:43	KHANYI GCWABAZA	Open F	61	27	13
204	1:57:31	JACQUELYN BARNARD	Open F	62	28	14
53	1:58:05	TAZMIN READ	Open F	63	29	15
46	1:58:10	AVA READ	Open F	64	30	16
52	1:58:17	DANIEL READ	Open M	65	35	7
202	1:58:28	NICOLASA MCCABE	Grand Master F	66	31	3
98	1:58:30	LIZ ENGLEFIELD	Grand Master F	67	32	4
21	1:58:45	LILLY READ	Open F	68	33	17
4	2:01:29	BRUNO FERREIRA	Open M	69	36	8
194	2:01:34	NATASHA MATAI	Veteran F	70	34	6
220	2:01:36	VISHEN MAHARAJ	Veteran M	71	37	4
128	2:04:54	IZABEL SNOWMAN	Junior F	72	35	2
129	2:05:02	JEREMY SOLOMAN	Veteran M	73	38	5
130	2:05:04	JOELENE PILLAY	Open F	74	36	18
324	2:08:09	SAMUKELISIWE MATHE	Open F	75	37	19
323	2:09:32	NONTOBEKO HLONGWANE	Veteran F	76	38	7
178	2:20:54	VASANTHRA PADAYACHEE	Veteran F	77	39	8
180	2:20:57	KUBENTHEREN PADAYACHEE	Master M	78	39	6
173	2:21:01	KERRY EASSEN	Master F	79	40	4
174	2:21:03	MUHAMMED MOMJEE	Open M	80	40	9
183	2:21:43	LIYANI PERUMAL	U16 F	81	41	4
179	2:21:46	YYONNA- SHELLY PADAYACHEE	Open F	82	42	20



Table Mountain Trail Run - 7km



16 April 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
182	2:21:48	PRAMARSHEN PERUMAL	Veteran M	83	41	6
319	2:22:19	ADRIAN BENNETT	Veteran M	84	42	7
318	2:22:20	NICOLE MILLER	Veteran F	85	43	9
3	2:24:48	ZANELE DLAMINI	Veteran F	86	44	10
51	2:24:50	NTOMBIFIKILE NCUBE	Veteran F	87	45	11
327	2:26:35	STHOMBO GUMEDE	Open F	88	46	21
12	2:27:57	MUTHWA LUNGI	Veteran F	89	47	12
212	2:57:25	PHUMELELE NGIDI	Open F	90	48	22
29	2:57:25	SITHABILE ZONDI	Open F	90	48	22
190	3:04:02	ZAMA NGCOBO	Open F	92	50	24
189	3:04:05	SLINDILE ZUMA	Open F	93	51	25
200	3:08:52	ITUMELENG MOLOI	Open F	94	52	26
215	3:17:20	NONTOBEKO MCOSI	Open F	95	53	27
2	3:17:36	LWANDILE GASHI	Open F	96	54	28