



WINTER SERIES
BISHOPSTOWE HALL
TRAIL RUN

MEDIUM COURSE



Winter Series - Bishopstowe Hall Trail Run - 10km



21 May 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
489	1:15:32	DYLAN JACKLIN	Open M	1	1	1
606	1:16:12	ANDREW BARNES	Veteran M	2	2	1
570	1:17:07	LAUREN CALENBORNE	Master F	3	1	1
551	1:17:57	JOLENE ELS	Veteran F	4	2	1
507	1:19:06	DOUGLAS COUPERHWAITE	Grand Master M	5	3	1
622	1:21:37	JEAN HACKLAND	Veteran F	6	3	2
621	1:21:54	MICHAEL FROST	Veteran M	7	4	2
524	1:24:43	BRYN POLLARD	Master M	8	5	1
600	1:24:49	COURTNEY VAN WYNGAARD	U16 F	9	4	1
571	1:24:50	DAWN COETZEE	Open F	10	5	1
509	1:24:51	MICHAEL PATRICK	Open M	11	6	2
531	1:27:54	LEANNE COX	Veteran F	12	6	3
573	1:33:50	JANE DICKINSON	Grand Master F	13	7	1
652	1:34:32	LIZEL STEENELEY	Master F	14	8	2
538	1:36:15	COBUS VAN ROOYEN	Veteran M	15	7	3
592	1:37:15	DAVID MITCHELL	Master M	16	8	2
559	1:41:23	BIANCA MILLER	Open F	17	9	2
522	1:44:30	SARAH PITOUT	Master F	18	10	3
523	1:44:31	KATHY ACUTT	Master F	19	11	4
619	1:44:42	LEZE COETZEE	Open F	20	12	3
569	1:45:22	VEESHAL ANNATOOAH	Veteran M	21	9	4
525	1:46:02	WENDY BOTHMA	Master F	22	13	5
526	1:46:04	ERIC BOTHMA	Master M	23	10	3
534	1:51:40	GILLIAN COLEMAN	Grand Master F	24	14	2
576	1:54:22	MANDY COMPTON-JAMES	Veteran F	25	15	4
575	1:54:25	LIONEL HOWARD	Grand Master M	26	11	2
499	1:56:18	KARL MARSDEN	Master M	27	12	4
574	2:00:08	ZUBAIR ALLI	Open M	28	13	3
609	2:00:29	BRENDA MOON	Master F	29	16	6
552	2:00:30	MEGAN TARPEY	Master F	30	17	7
536	2:00:31	LARA PLOTTS	Master F	31	18	8
471	2:00:33	WAYNE MOON	Master M	32	14	5
637	2:00:40	DIANE VAN ASWEGEN	Open F	33	19	4
620	2:04:57	KAY MEYRICK	Grand Master F	34	20	3
616	2:05:13	NICOLE DAVIES	Open F	35	21	5
528	2:05:15	SHARON VAN ROOYEN	Veteran F	36	22	5
480	2:07:24	JENNIFER COOPER	Master F	37	23	9
555	2:10:56	TAMLYNN DAVIES	Open F	38	24	6
554	2:10:57	ARTHUR LELLO	Master M	39	15	6
595	2:11:31	DAVID LANGSTONE	Grand Master M	40	16	3
607	2:13:31	JOHN TROISI	Veteran M	41	17	5
476	2:13:35	HUGH COCKSEGE	Grand Master M	42	18	4



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572	2:15:03	BONISIWE ZONDI	Open F	43	25	7
649	2:15:15	BRONWYN LOTTER	Veteran F	44	26	6
597	2:15:16	ZARA VALENTINE	Veteran F	45	27	7
625	2:21:11	PHUMELELE SIBISI	Open F	46	28	8
578	2:40:13	SUVEER RAMBALI	Veteran F	47	29	8
577	2:40:16	VARSHA RAMLAKAN	Open F	48	30	9
519	2:44:25	ZAHEER BADDIT	Veteran M	49	19	6
540	2:44:27	MARIAM AHMED	Veteran F	50	31	9