



Winter Series - Cascades Trail Run - 10km



14 May 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
39	0:44:42	MHOLI SIBIYA	Open M	1	1	1
505	0:53:19	THOMAS PRENTICE	U16 M	2	2	1
537	0:53:28	RHAIN HOSKINS	Open M	3	3	2
660	0:55:18	KADE POLLARD	U16 M	4	4	2
608	0:55:31	MICHAEL SMITH	Master M	5	5	1
510	0:56:30	GREG PALFRAMAN	U16 M	6	6	3
539	0:57:29	NICHOLAS MUNROE	Veteran M	7	7	1
659	0:59:57	CARLI MARAIS	Open F	8	1	1
312	1:02:25	MALWANDE MAJOLA	U18 M	9	8	1
618	1:02:43	RILEY WALLER	Open M	10	9	3
564	1:02:56	STACEY GIBHARD	Open F	11	2	2
496	1:02:59	DOUGLAS COUPERTHWAITE	Grand Master M	12	10	1
597	1:03:06	TIMOTHY KOVACS	Open M	13	11	4
534	1:04:22	JOHN GRIFFIN	Open M	14	12	5
652	1:04:52	ALLY DE VILLIERS	Open F	15	3	3
557	1:05:29	DAWN COETZEE	Open F	16	4	4
655	1:05:51	ONEILL MARAIS	Open M	17	13	6
553	1:06:12	ANJE VAN DER MERWE	Open F	18	5	5
625	1:07:20	MICHAEL FROST	Veteran M	19	14	2
645	1:07:59	MARETA ODWYER	Veteran F	20	6	1
629	1:08:35	LEANNE COX	Veteran F	21	7	2
635	1:08:44	JANE DICKINSON	Grand Master F	22	8	1
611	1:09:03	MBUSO KUNENE	Veteran M	23	15	3
613	1:11:01	HAROON MIA	Veteran M	24	16	4
636	1:12:34	JULZ NORTON	Open F	25	9	6
509	1:12:39	MXOLISI MABASO	Open M	26	17	7
527	1:14:37	PETER DEVINE	Grand Master M	27	18	2
646	1:14:47	MONIQUE VAN DEVENTER	Veteran F	28	10	3
497	1:15:46	RACHEL JARVIE	Open F	29	11	7
641	1:15:47	PENNY JARVIE	Master F	30	12	1
486	1:15:49	ANTONY JARVIE	Grand Master M	31	19	3
593	1:16:05	LEAH VAN ROOYEN	U16 F	32	13	1
650	1:16:06	COBUS VAN ROOYEN	Veteran M	33	20	5
540	1:16:19	SAMUEL EDGCUMBE	Open M	34	21	8
614	1:18:12	NICOLE DEETLEFS	Open F	35	14	8
628	1:18:13	KATIE EDMONDS	Open F	36	15	9
530	1:20:30	SARAH PITOUT	Master F	37	16	2
566	1:20:31	KATHY ACUTT	Master F	38	17	3
651	1:20:36	VEESHAL ANNATOOAH	Veteran M	39	22	6
560	1:22:30	KERRY WENDOVER	Open F	40	18	10
604	1:22:36	INGRID LARKIN	Master F	41	19	4
503	1:23:08	SHARLENE MCGILVRAY	Grand Master F	42	20	2



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634	1:24:57	SHELLDINE FERGUSON	Master F	43	21	5
624	1:25:29	JACQUELINE MAC GREGOR	Veteran F	44	22	4
605	1:25:39	RICHARD BAEHR	Veteran M	45	23	7
551	1:28:34	MARTI SIMPSON	Open F	46	23	11
612	1:28:59	CANDICE DILLON	Veteran F	47	24	5
541	1:29:03	NICOLE DAVIES	Open F	48	25	12
529	1:29:24	ZEE SANDERS	Grand Master F	49	26	3
491	1:30:01	SHARON VAN ROOYEN	Veteran F	50	27	6
601	1:30:20	HANNAH EDGCUMBE	Open F	51	28	13
477	1:30:52	ZUBAIR ALLI	Open M	52	24	9
658	1:33:22	MANDY HODDINOTT	Master F	53	29	6
504	1:36:23	SHELAGH LADBROOKE	Grand Master F	54	30	4
501	1:45:04	KELLY-ROSE HOROWITZ	Veteran F	55	31	7
568	1:45:34	SIKOLETHU MSIMANG	Veteran F	56	32	8
550	1:47:44	PHUMELELE SIBISI	Open F	57	33	14
630	1:48:11	GUMEDE SINDISWA	Open F	58	34	15
595	1:48:12	BONISIWE ZONDI	Open F	59	35	16
552	1:48:13	BONGEKA MJANDANA	Open M	60	25	10
519	1:48:26	KHUMBU KUNENE	Open F	61	36	17
644	1:49:51	DALENE BENNETT	Veteran F	62	37	9
533	1:59:27	ALISON REYNOLDS	Open F	63	38	18
535	2:00:16	LIBBY BHIKA	Grand Master F	64	39	5
562	2:00:17	SYLVIA FOURIE	Grand Master F	65	40	6
657	2:02:38	LEONIE HAINES	Master F	66	41	7
485	2:02:41	RUTH CANHAM	Open F	67	42	19
649	2:11:08	GLENDA MFEKA	Veteran F	68	43	10
621	2:13:02	FATIMA KHAN	U18 F	69	44	1
520	2:17:06	SAMUKELISIWE MATHE	Open F	70	45	20
521	2:17:24	NONTOBEKO HLONGWANE	Veteran F	71	46	11
639	2:17:57	HASEENA KHAN	Veteran F	72	47	12
532	2:23:01	TANIA KUHL	Open F	73	48	21
488	2:47:12	JAMIEL KHAN	Veteran M	74	26	8
640	2:47:13	ZAMIR DADA	Veteran M	75	27	9
615	3:09:30	CHRISTTINA ECKSTEIN	Grand Master F	76	49	7