



## Winter Series - Cascades Trail Run - 18km



14 May 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
945	1:19:28	NOMORE MANDIVENGEREI	Veteran M	1	1	1
728	1:19:35	PHUMLANI XOLO	Veteran M	2	2	2
870	1:22:52	SIMPHIWE SITHOLE	Open M	3	3	1
990	1:25:26	MZAMO ZONDI	Open M	4	4	2
786	1:32:35	IAN DICKINSON	Open M	5	5	3
852	1:33:40	ROSS PALFRAMAN	U18 M	6	6	1
727	1:33:55	CARLA VAN HUYSTEEN	Open F	7	1	1
884	1:34:52	KYLE LEIGHTON	Open M	8	7	4
777	1:45:40	NHOMO JENA	Master M	9	8	1
947	1:48:58	WYNAND HATTINGH	Veteran M	10	9	3
726	1:49:37	RACHEL VAN DEVENTER	U18 F	11	2	1
994	1:57:15	SYDNEY MUKUDU	Open M	12	10	5
866	2:00:49	TLHOLOHELO MAKAMOLE	Open M	13	11	6
880	2:01:44	STEPHAN VON MOLLENDOFF	Veteran M	14	12	4
962	2:07:15	NEV MUTEYIWA	Open M	15	13	7
600	2:07:26	LANGELIHLE MHLONGO	Open M	16	14	8
946	2:10:06	BYRON UGLJANIN	Master M	17	15	2
781	2:12:35	LEROY NEL	Veteran M	18	16	5
865	2:13:25	SHARON DELL	Master F	19	3	1
869	2:14:25	MARC ALLEN	Veteran M	20	17	6
669	2:14:56	MICHELLE LE ROUX	Veteran F	21	4	1
977	2:24:27	ESTELLE VAN DEN BERG	Open F	22	5	2
976	2:27:39	SBONELO ZONDI	Veteran M	23	18	7
944	2:27:45	THENJIWE DLAMINI	Veteran F	24	6	2
910	2:29:04	ELTON MUKUPU	Open M	25	19	9
867	2:31:07	JAMES TAYLOR	Open M	26	20	10
901	2:31:46	SIPHAKAHLE SIBISI	Veteran M	27	21	8
783	2:33:00	KELLY NEL	Open F	28	7	3
995	2:34:30	NONJABULO	Open F	29	8	4
839	2:35:52	HELEN ANDERSON	Veteran F	30	9	3
787	2:46:37	THEO LOUW	Veteran M	31	22	9
841	2:54:15	GREGORY PETTIFER	Open M	32	23	11
846	3:38:23	RICHARD BECKETT	Grand Master M	33	24	1
965	3:38:30	JANE BENTLEY	Grand Master F	34	10	1