



## Winter Series - Cascades Trail Run - 5km



14 May 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
83	0:40:22	JACO STEYN	Veteran M	1	1	1
324	0:42:20	TAMIA MAJOLA	U16 F	2	1	1
98	0:43:39	MMELI NDIMANDE	Open M	3	2	1
314	0:43:40	PHILILE KHULUSE	U12 F	4	2	1
173	0:43:41	SARAH-JANE ARNOLD	Open F	5	3	1
319	0:49:43	LEZE COETZEE	Open F	6	4	2
51	0:49:44	CHRIS GOUWS	Master M	7	3	1
325	0:50:31	HASAN KHAN	U18 M	8	4	1
333	0:50:33	YUSUF KHAN	U12 M	9	5	1
180	0:50:35	SIYAMTHANDA KHUMALO	Junior M	10	6	1
234	0:57:06	JOHN TROISI	Veteran M	11	7	2
235	0:58:56	REECE JANSE VAN RENSBURG	Junior M	12	8	2
140	0:58:56	JUSTIN JANSE VAN RENSBURG	Veteran M	13	9	3
179	0:59:10	DAVID LANGSTONE	Grand Master M	14	10	1
117	1:11:49	QUINN COX	Junior F	15	5	1
127	1:11:50	MITCH COX	Master M	16	11	2
210	1:12:10	EVIE COX	U12 F	17	6	2
125	1:12:12	AMY VENTON	U12 F	18	7	3
178	1:12:23	BRITNEY SMITH	Open F	19	8	3
174	1:12:46	WENDY SMITH	Master F	20	9	1
182	1:19:00	ZANDI SHOZI	Open F	21	10	4
100	1:24:17	CHELSEA JANSE VAN RENSBURG	Junior F	22	11	2
191	1:24:19	BRENNA JANSE VAN RENSBURG	Open F	23	12	5
48	1:24:43	STHOMBE GUMEDE	Open F	24	13	6
30	1:25:13	AYANDA KHANYILE	Open F	25	14	7
245	1:25:14	ZANELE KHUMALO	Open F	26	15	8
243	1:25:36	YU YIN HSU	Veteran F	27	16	1
216	1:26:14	O JOHN HUNDG	Master M	28	12	3