



KENNETH STAINBANK TRAIL RUN

MEDIUM COURSE

PRELIMINARY RESULTS



Kenneth Stainbank Trail Run - 10km



25 June 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
515	0:42:58	IGNATIUS GOREJENA	Veteran M	1	1	1
534	0:43:43	IAN DICKINSON	Open M	2	2	1
608	0:43:47	RORY TRELEAVEN	U16 M	3	3	1
627	0:44:56	TRAVIS BRIGG	U16 M	4	4	2
424	0:45:55	SIHLE SHOZI	Open M	5	5	2
643	0:47:46	CALVIN BRIGG	U18 M	6	6	1
503	0:48:19	MICHEAL AUSTIN	Veteran M	7	7	2
652	0:50:33	TYRONE HOLDER	Veteran M	8	8	3
584	0:51:17	KEENAN CLOTHIER	Open M	9	9	3
457	0:52:03	RHAIN HOSKINS	Open M	10	10	4
574	0:53:05	RYAN HAMILTON	Veteran M	11	11	4
523	0:53:23	ROSS TRELEAVEN	Veteran M	12	12	5
432	0:53:39	XOLISILE SITHOLE	Open F	13	1	1
423	0:54:01	MBONGENI NKABANE	Open M	14	13	5
533	0:54:22	TLHOLOHELO MAKAMOLE	Open M	15	14	6
489	0:54:39	ANDRE WOLMARANS	Veteran M	16	15	6
485	0:55:41	MAREK JANSEN	Veteran M	17	16	7
470	0:56:52	CASSIE CARSTENS	Veteran M	18	17	8
500	0:56:58	BRONWYN MUNN	Veteran F	19	2	1
639	0:59:32	HAYLEY WASSERMAN	Master F	20	3	1
452	0:59:36	ROB MURRAY	Master M	21	18	1
464	0:59:40	TERENCE J DRUMMOND	Master M	22	19	2
583	1:02:51	COURTNEY VAN WYNGAARD	U16 F	23	4	1
590	1:02:54	KYLE WARBERG	Open M	24	20	7
659	1:03:00	LINDSAY BOSCH	Veteran F	25	5	2
628	1:03:13	PAUL SCRUBY	Master M	26	21	3
632	1:03:25	LUCAS HERBST	Master M	27	22	4
582	1:04:12	ROBERTO SIRILLI	Veteran M	28	23	9
648	1:05:41	PHILLIP	Open M	29	24	8
551	1:06:20	DENHAM FERGUSAN	Veteran M	30	25	10
597	1:06:30	WILLEM VAN HEERDEN	U16 M	31	26	3
414	1:06:41	MICHAEL BULLCOCK	Open M	32	27	9
434	1:06:51	HANNAH MORROW	U12 F	33	6	1
620	1:07:28	GINA TRELEAVEN	Veteran F	34	7	3
651	1:07:33	MARK PATTLE	Master M	35	28	5
443	1:08:01	FAARADH SYED RUSSOUL	Open M	36	29	10
567	1:08:47	JANE DICKINSON	Grand Master F	37	8	1
531	1:10:35	MATTHEW MAJOR	Master M	38	30	6
576	1:10:38	JONATHAN MAJOR	Open M	39	31	11
649	1:11:34	DEBBIE LEWIS	Master F	40	9	2
646	1:12:00	MATTHEW STRICKER	Open M	41	32	12
519	1:12:05	LAUREN GREEN	Open F	42	10	2



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645	1:12:36	PRU DEENIK	Master F	43	11	3
591	1:12:39	MATTHEW MCKAY	Open M	44	33	13
552	1:12:58	JANINE BISSETT	Master F	45	12	4
637	1:15:13	LINDA TURNER	Master F	46	13	5
559	1:15:31	MARK SMITH	Veteran M	47	34	11
509	1:15:35	LOU SCHOEMAN	Veteran F	48	14	4
623	1:15:38	TARRYN LOCKE	Veteran F	49	15	5
422	1:16:10	BONNIE ROBERTSON	Open F	50	16	3
655	1:16:17	KARLA VOGEL	Open F	51	17	4
508	1:16:24	BIANCA MILLER	Open F	52	18	5
589	1:17:22	VEESHAL ANATOOAH	Veteran M	53	35	12
605	1:17:52	DUDLEY R THOMSON	Open M	54	36	14
486	1:17:57	ROBERT BOTHA	Open M	55	37	15
617	1:18:01	DEBBIE ANN GILLETT	Veteran F	56	19	6
476	1:18:53	CRAIG INGGS	Master M	57	38	7
581	1:18:57	NOEL NADASEN	Veteran M	58	39	13
520	1:20:12	BRIAN MCHENZA	Open M	59	40	16
553	1:20:20	CARRI SIMMONS	Veteran F	60	20	7
615	1:20:57	DONNA EDMONDS	Veteran F	61	21	8
596	1:21:03	ASHLEY SCOTT	Veteran F	62	22	9
510	1:21:50	WAYNE PARKER	Master M	63	41	8
624	1:22:22	DONAVAN HALL	Veteran M	64	42	14
557	1:22:51	FYNN SIMMONS	U16 M	65	43	4
610	1:23:31	BRENDA PRETORIUS	Veteran F	66	23	10
472	1:24:10	DONNA HENDERSON	Veteran F	67	24	11
473	1:24:15	GARY SMITH	Master M	68	44	9
593	1:25:45	HEIDI STEENKAMP	Veteran F	69	25	12
569	1:25:56	LEANNE FENWICK	Veteran F	70	26	13
480	1:26:02	JOHN HEWITT	Grand Master M	71	45	1
506	1:26:38	GRAEME NORVAL	Veteran M	72	46	15
442	1:27:30	ESTELLE MALAN	Master F	73	27	6
611	1:28:06	WILMA DEYZEL	Master F	74	28	7
504	1:28:22	GARRY SALKOW	Grand Master M	75	47	2
631	1:31:21	ANGELIQUE DELIGNY	Master F	76	29	8
490	1:31:22	JO CRIMES	Open F	77	30	6
444	1:32:21	ZUBAIR ALLI	Open M	78	48	17
638	1:32:51	BRONWEN BOWLEY	Veteran F	79	31	14
578	1:33:03	TANIA KUHL	Open F	80	32	7
528	1:33:38	BIANCA HAMILTON	Veteran F	81	33	15
453	1:34:23	PHUME MAKOBA	Master F	82	34	9
454	1:34:28	DUDU DITLHALE	Veteran F	83	35	16
525	1:34:32	FIKILE MFEKA	Master F	84	36	10



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650	1:44:13	MONICA KRUGER	Veteran F	85	37	17
488	1:44:16	JULIE KRUGER	Master F	86	38	11
481	1:45:01	AMBER PATTON	Veteran F	87	39	18
634	1:46:02	JULYETTE LEWIS	Grand Master F	88	40	2
491	1:46:05	GRAHAM LEWIS	Grand Master M	89	49	3
585	1:49:30	NQOBILE MNGADI	Veteran F	90	41	19
499	1:49:31	MBALI ZUMA	Open F	91	42	8
365	1:52:55	SUVEER RAMBALI	Open M	92	50	18
595	1:53:03	VARSHA RAMLAKAN	Open F	93	43	9
524	1:53:52	TOBY DEENIK	Master M	94	51	10
550	1:59:31	SHELLEY LAW	Open F	95	44	10
549	1:59:36	JEN MARTIN	Master F	96	45	12
571	1:59:44	CHERYL LAW	Master F	97	46	13
462	2:02:15	FAATIMAH KHAN	U18 F	98	47	1
463	2:02:19	JAMIEL KHAN	Veteran M	99	52	16
630	2:02:31	MARIA VAN TONDER	Grand Master F	100	48	3
395	2:02:35	MARILYN QUIRKE	Master F	101	49	14
619	2:02:40	JESS MARTIN	Open F	102	50	11
537	2:02:45	GILLIAN SCOTT	Grand Master F	103	51	4
636	2:02:55	XOLILE MKHIZE	Veteran F	104	52	20