



# MEDIUM COURSE

PRELIMINARY RESULTS





# 1000 Hills Challenge - 10km



17 July 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
590	0:54:03	LINDOKUHLE MAPHUMALO	Open M	1	1	1
664	0:54:21	JASON LAMMERS	Veteran M	2	2	1
581	0:56:21	MENZI MTHEMBU	Open M	3	3	2
295	0:56:24	NKANYISOMTHEMBA	U18 M	4	4	1
95	0:56:29	SBULELO NGOBESE	U16 M	5	5	1
297	1:02:31	ASANDA NDLOVU	U18 M	6	6	2
602	1:04:53	AMANDA NKOMO	Open F	7	1	1
647	1:06:41	MATT LAMMERS	Open M	8	7	3
528	1:07:41	SIMON PENNEFATHER	Open M	9	8	4
503	1:10:13	HEIN DE KOD	Veteran M	10	9	2
472	1:12:03	CRAIG HARTLEY	Veteran M	11	10	3
439	1:12:29	TIMOTHY HODGKINSON	Open M	12	11	5
296	1:14:04	THABISO CELE	U16 M	13	12	2
534	1:15:44	KIM ANDERSON	Open F	14	2	2
573	1:17:38	ANDRE WOLMARANS	Veteran M	15	13	4
429	1:17:40	BRUCE KHOMO	Veteran M	16	14	5
340	1:18:27	ALISON WASSERFALL	Open F	17	3	3
508	1:18:38	JAMES READ	U18 M	18	15	3
465	1:20:09	MICHAEL JONES	Open M	19	16	6
610	1:21:19	JORDAN HOLLINS	U16 M	20	17	3
422	1:21:27	JONATHAN VAN EYSSSEN	Open M	21	18	7
582	1:21:52	CANDICE SERFONTEIN	Veteran F	22	4	1
489	1:24:44	RICHARD BENCE	Open M	23	19	8
623	1:24:47	AYABONGA NGAMACU	U16 M	24	20	4
445	1:24:50	DAVID MITCHELL	Master M	25	21	1
395	1:25:21	KEVIN SMITH	Veteran M	26	22	6
464	1:26:01	FAARADH SYED RUSSOUL	Open M	27	23	9
536	1:27:28	JAMES BROOKS	Open M	28	24	10
570	1:28:40	DAVID YOUNG	Master M	29	25	2
655	1:28:47	NICK BELL	Veteran M	30	26	7
630	1:28:51	BRUCE WILLIAMS	Veteran M	31	27	8
360	1:29:28	JENNA VON MOLLENDORFF	Open F	32	5	4
544	1:29:31	LEANNE COX	Veteran F	33	6	2
504	1:30:18	EMMA WHALLEY-HANDS	Open F	34	7	5
447	1:30:20	DEBBIE LEWIS	Master F	35	8	1
510	1:30:29	KATE HANDS	Veteran F	36	9	3
552	1:30:33	VELA VILAKAZI	Veteran M	37	28	9
466	1:30:59	AYLA HARVEY	Open F	38	10	6
566	1:32:36	DAWN MACKAY	Master F	39	11	2
601	1:32:42	DIANE WEARNE	Grand Master F	40	12	1
646	1:32:46	JAMIE VAN ROOYEN	Open F	41	13	7
502	1:32:52	JULIA BUTLER	Open F	42	14	8



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496	1:34:32	TOM GELDART	Master M	43	29	3
520	1:35:14	KAYLA EGGAR	Open F	44	15	9
426	1:35:18	JACQUELINE KOEN	Open F	45	16	10
531	1:35:38	TANEILLE SMITH	Veteran F	46	17	4
352	1:35:44	JANINE NORTJE	Veteran F	47	18	5
353	1:35:50	DIJON NORTJE	Veteran M	48	30	10
658	1:35:56	MICHAEL BULLARD	Open M	49	31	11
611	1:36:04	ANDREW CRUICKSHANK	Master M	50	32	4
500	1:36:07	KIM CRUICKSHANK	Veteran F	51	19	6
589	1:36:35	SANTOSH BRIDGEMOHAN	Master M	52	33	5
469	1:36:39	HAMZAH KHAN	Open M	53	34	12
620	1:36:44	ANGELA MARX	Veteran F	54	20	7
659	1:36:46	JAY WEGERLE	Veteran M	55	35	11
517	1:36:57	DAVID CHATTERTON	Master M	56	36	6
434	1:38:08	BYRON HOLLINS	Master M	57	37	7
551	1:39:33	MICHELLE OLIVIER	Veteran F	58	21	8
441	1:40:37	LEANNE BANKS	Veteran F	59	22	9
636	1:40:47	BRENDA MOON	Master F	60	23	3
545	1:42:04	VEESHAL ANNATOOAH	Veteran M	61	38	12
596	1:43:09	COBUS VAN ROOYEN	Veteran M	62	39	13
533	1:43:11	LEAH VAN ROOYEN	U16 F	63	24	1
631	1:43:14	BONNIE ROBERTSON	Open F	64	25	11
494	1:44:31	CANDICE HERRIDGE	Open F	65	26	12
372	1:44:33	JONATHAN VAN DEN BERGH	Open M	66	40	13
591	1:45:40	ALEXANDRIA MCDERMOTT	U16 F	67	27	2
571	1:45:48	ZANE MCDERMOTT	Veteran M	68	41	14
524	1:46:45	SARENA MAISTRY	Master F	69	28	4
458	1:47:24	WILLIAM SANDERS	U12 M	70	42	1
473	1:47:26	L SANDERS	Veteran F	71	29	10
428	1:47:33	DONNA EDMONDS	Veteran F	72	30	11
432	1:47:47	THEO LOUW	Veteran M	73	43	15
550	1:48:12	BIANCA MILLER	Open F	74	31	13
343	1:48:18	CINDY LEIGH ARMSTRONG	Open F	75	32	14
344	1:48:26	MAGDALENA ANNA TOMKINS	Veteran F	76	33	12
515	1:49:05	SALLY SHAW	Grand Master F	77	34	2
462	1:49:09	HAYLEY WASSERMAN	Master F	78	35	5
666	1:49:12	RIANKA VAN ANTWERPEN	Open F	79	36	15
446	1:49:31	DEBBIE ANN GILLETT	Veteran F	80	37	13
518	1:49:38	ROGER MANTEL	Grand Master M	81	44	1
652	1:49:44	PETRUS PRETORIUS	Master M	82	45	8
662	1:51:10	SUE LIEBENBERG	Veteran F	83	38	14
613	1:51:13	JANE STOTT	Veteran F	84	39	15



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463	1:51:17	JO CRIMES	Open F	85	40	16
467	1:51:23	LIONEL HOWARD	Grand Master M	86	46	2
345	1:51:27	ANGELIQUE DELIGNY	Master F	87	41	6
475	1:51:43	MELISSA AITKEN	Open F	88	42	17
423	1:52:23	CRAIG SMYTHE	Master M	89	47	9
653	1:53:10	ROY BROWN	Veteran M	90	48	16
558	1:53:17	STEPHEN RUBIDGE	Master M	91	49	10
476	1:53:29	GILLIAN COLEMAN	Grand Master F	92	43	3
461	1:53:38	GREGORY LEVIN	Master M	93	50	11
342	1:53:47	ESTELLE MALAN	Master F	94	44	7
425	1:54:00	ROBYN GELDART	Master F	95	45	8
585	1:54:08	WAYNE MOON	Master M	96	51	12
650	1:54:24	O SANDERS	Junior M	97	52	1
459	1:55:54	T SANDERS	U12 M	98	53	2
519	1:56:04	J SANDERS	Master M	99	54	13
486	1:56:28	MICHELLE SUMNER	Veteran F	100	46	16
460	1:56:32	JO WILD	Veteran F	101	47	17
569	1:56:38	JOLENE SMYTHE	Veteran F	102	48	18
477	1:58:22	JAMES BURNE	Open M	103	55	14
417	1:58:29	ROBYN BURNE	Open F	104	49	18
649	1:59:19	CHERYL BELL	Open F	105	50	19
537	1:59:33	SONIA WILLIAMS	Veteran F	106	51	19
595	2:01:38	CATHERINE TOWNSEND DE LA RUE	Open F	107	52	20
607	2:02:20	JANICE ATKINSON	Open F	108	53	21
606	2:02:33	KAVIT NARAN	Open M	109	56	15
564	2:03:25	ESTELLE LABUSCHAGNE	Veteran F	110	54	20
485	2:03:26	PAT READ	Master F	111	55	9
511	2:04:59	CASEY DE LANGE	Open F	112	56	22
361	2:05:01	GRAEME NORVAL	Veteran M	113	57	17
444	2:05:08	NICOLA MULLINEUX	Open F	114	57	23
547	2:05:12	GEERTJE WADSWORTH	Master F	115	58	10
626	2:05:18	VANESSA ATKINS	Open F	116	59	24
665	2:07:09	HAZEL ANGUS	Master F	117	60	11
424	2:07:42	REBECCA JAMES	Open F	118	61	25
639	2:07:46	CLAIRE STURGEON	Open F	119	62	26
427	2:08:04	WARREN LUCAS	Veteran M	120	58	18
349	2:11:00	RAVI PILLAY	Grand Master M	121	59	3
493	2:11:18	MATTHEW WOOD	U12 M	122	60	3
565	2:11:25	ASHLEY WOOD	Veteran M	123	61	19
348	2:11:27	SONJA COAD	Master F	124	63	12
350	2:14:31	MELISSA VAN HEERDEN	Open F	125	64	27
640	2:15:00	WENDY CHATTERTON	Master F	126	65	13



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437	2:15:46	KELLAN STEENKAMP	U12 M	127	62	4
663	2:16:33	GRANT HOLNESS	Veteran M	128	63	20
436	2:16:42	JACK STEENKAMP	U12 M	129	64	5
435	2:16:45	LUCY STEENKAMP	Veteran F	130	66	21
438	2:16:49	MIKE STEENKAMP	Veteran M	131	65	21
542	2:16:58	GEORGINA WILSON	Open F	132	67	28
431	2:17:01	DIANE VAN ASWEGEN	Open F	133	68	29
440	2:17:04	TESS NORVAL	Open F	134	69	30
341	2:20:47	CHRISTIN HUNTER	Open F	135	70	31
480	2:20:49	ERROL DOUWES	Master M	136	66	14
443	2:20:51	JO DOUWES	Veteran F	137	71	22
632	2:21:04	ZUBAIR ALLI	Open M	138	67	16
365	2:23:27	WARREN CHISLETT	Master M	139	68	15
628	2:24:04	NEVILLE SCHROTER	Veteran M	140	69	22
605	2:24:07	KARIN SCHROTER	Veteran F	141	72	23
339	2:24:35	MNGOMEZULU MPHATHI	Open M	142	70	17
346	2:26:11	JENNIFER COOPER	Master F	143	73	14
442	2:26:13	KARL MARSDEN	Master M	144	71	16
617	2:31:53	LLOYD HOLLINS	Grand Master M	145	72	4
567	2:31:56	LEE FOULIS	Grand Master F	146	74	4
378	2:32:13	BRONWEN BOWLEY	Veteran F	147	75	24
492	2:32:17	PATRICK DALAIS	Grand Master M	148	73	5
801	2:34:44	JACQUES DE VILLIERS FOURIE	Veteran M	149	74	23
608	2:37:34	THOBILE MUTWA	Master F	150	76	15
572	2:37:39	NEELESH DHEEPNARAIN	Open M	151	75	18
337	2:38:31	MAXINE HUNN	Grand Master F	152	77	5
336	2:38:35	HANNA DZWIG	Grand Master F	153	78	6
430	2:40:54	ANDRE PENTZ	Grand Master M	154	76	6
507	2:40:58	KIM SELWOOD	Grand Master M	155	77	7
622	2:41:35	ANDRE WARDEN	Veteran M	156	78	24
645	2:41:37	TYRONE FINCH	Open M	157	79	19
541	2:48:27	ZANELE ABIGAIL NGCONGO	Open F	158	79	32
604	2:49:00	LYN REYNOLDS	Master F	159	80	16
648	2:50:52	SUVEER RAMBALI	Veteran M	160	80	25
421	2:50:57	ZINHLE BOVUNGANA	Open F	161	81	33
468	2:51:51	JACKIE GOODWILL	Grand Master F	162	82	7
593	2:51:52	LIZ ENGLEFIELD	Grand Master F	163	83	8
584	2:52:05	NICOLASA MCCABE	Grand Master F	164	84	9
509	2:53:22	VARSHA RAMLAKAN	Open F	165	85	34
495	2:53:40	DEBBIE OCONNOR	Master F	166	86	17
577	2:53:54	MANDY MEYER	Master F	167	87	18
661	2:54:02	BLYTHE HOBBAH-WATSON	Master F	168	88	19



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516	2:54:04	TYLAH HOBBAH-WATSON	Open F	169	89	35
457	2:54:16	EUGENE MOODLEY	Open M	170	81	20
334	2:56:21	MAMTA MBHANA	Open F	171	90	36
578	2:57:04	ZIMASA RATSHIKHOPHA	Veteran F	172	91	25
481	2:58:57	BAMBISANANI KHUMALO	Open F	173	92	37
615	2:59:14	SIMAMUKELE HLENGWA	Open F	174	93	38
338	3:01:56	NONHLA MCHUNU	Open F	175	94	39
618	3:04:02	STHOMBE GUMUDE	Open F	176	95	40
580	3:04:14	NONTOBEKO HLONGWANE	Veteran F	177	96	26
335	3:08:02	PRISHALAN PILLAY	Open M	178	82	21
501	3:44:09	SAMUKELISIWE MATHE	Open F	179	97	41