



# SHORT COURSE

PRELIMINARY RESULTS





# 1000 Hills Challenge - 5km



17 July 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
117	0:28:17	NTANDO NGOBASE	U12 M	1	1	1
330	0:32:07	SIMPHIWE KHWELO	U16 M	2	2	1
164	0:32:53	AYABONGA CEBEHKULU	U16 M	3	3	2
71	0:33:21	THABISO NDUBU	U12 M	4	4	2
75	0:33:24	SALEM ZULU	U12 M	5	5	3
304	0:33:40	BLAYNE PIPER	Junior M	6	6	1
176	0:34:07	APHIWE KHANYILE	Junior M	7	7	2
210	0:35:56	SPHELELE ZULU	Junior M	8	8	3
118	0:36:17	TAYLOR BANKS	U18 F	9	1	1
294	0:38:58	NOSIPHO MTHEMBU	Open F	10	2	1
181	0:39:05	ANELE KHWELA	Junior M	11	9	4
81	0:39:07	ABONGA NGOBEE	Junior M	12	10	5
69	0:39:14	GARY BUTLER	Grand Master M	13	11	1
103	0:42:13	RAYNER SINGH	Open M	14	12	1
89	0:42:28	TARRYN SAWYER	Veteran F	15	3	1
212	0:42:56	HAMZA GOOLAM-MAHOMED	Open M	16	13	2
76	0:42:58	FERAARZ OSMAN	Open M	17	14	3
90	0:44:04	ROAN NEL	Open M	18	15	4
216	0:48:11	AMY NEVELING	U12 F	19	4	1
149	0:48:27	THANDO ZULU	U12 F	20	5	2
203	0:48:52	JACQUES VRIES	Master M	21	16	1
187	0:49:07	TYANE MOMBERG	Open F	22	6	2
332	0:50:35	CONRAAD PURCHASE	Grand Master M	23	17	2
99	0:50:38	TAYLOR READ	U16 F	24	7	1
154	0:51:02	ADELE CONIBEAR	Open F	25	8	3
213	0:51:28	CONNIE CONSTANT	Master F	26	9	1
70	0:54:15	KUNAL VANMALI	Open M	27	18	5
506	0:55:55	CHRISTINE BENCE	Open F	28	10	4
303	0:56:36	MICHELE NEVELING	Open F	29	11	5
323	0:57:05	CAROLINE DICKSON	Open F	30	12	6
45	0:57:45	ROWAN STUART	Open M	31	19	6
21	0:57:46	SARAH STUART	Open F	32	13	7
160	0:58:43	EMILY MEYEROWITZ	Open F	33	14	8
238	0:59:16	ALAN WASSERMAN	Grand Master M	34	20	3
241	1:00:58	DHESHAN NAIDOO	Open M	35	21	7
30	1:02:12	NAOMI LEWIS	Open F	36	15	9
235	1:02:19	SHAY WEIDERMAN	Veteran F	37	16	2
120	1:03:46	MICHAEL WOOD	U16 M	38	22	3
155	1:06:02	LARA WOOD	Veteran F	39	17	3
127	1:08:09	IZABEL SOLOMON	Junior F	40	18	1
320	1:08:13	JOELENE SOLOMON	Open F	41	19	10
67	1:08:15	JEROMY SOLOMON	Veteran M	42	23	1



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215	1:08:20	ROHAN BRIDGEMOHAN	U16 M	43	24	4
243	1:11:01	MICHELLE WELMANS	Master F	44	20	2
325	1:11:12	WILKUS COETZEE	Master M	45	25	2
175	1:12:35	RICHARD MILLER	Grand Master M	46	26	4
29	1:15:37	ROZANA BRIDGEMOHAN	Master F	47	21	3
189	1:16:10	JUAN MATZDORF	Open M	48	27	8
182	1:17:34	MARIAM AHMED	Veteran F	49	22	4
236	1:17:40	MAHOMED ZAHEER BADAT	Veteran M	50	28	2
93	1:18:09	AISHA BADAT	Junior F	51	23	2
100	1:18:29	SAM VAN ROOYEN	Master F	52	24	4
51	1:18:31	CHANTELE SCHNITZLER	Veteran F	53	25	5
180	1:19:35	KIARA RUGBAR	Open F	54	26	11
37	1:19:36	REZA KHAN	Open M	55	29	9
150	1:28:58	KRISTEN DE LA RUE	Open F	56	27	12
116	1:29:03	DARREN DE LA RUE	Master M	57	30	3
125	1:32:13	FATHIMA SAFLA	Open F	58	28	13
312	1:32:21	SALEHAH SAFLA	Open F	59	29	14
242	1:37:32	PHYLLIS LICHKUS	Grand Master F	60	30	1
219	1:37:42	SONYA ROUGIER LAGANE	Grand Master F	61	31	2
52	1:37:46	PAUL LICHKUS	Grand Master M	62	31	5
314	1:42:49	DWAYNE ROMER	Open M	63	32	10
190	1:42:50	NICKY ROMER	Master F	64	32	5
179	1:52:49	TARRYN GOBLE	Veteran F	65	33	6