



INSINGIZI
TRAIL RUN

MEDIUM COURSE

PRELIMINARY RESULTS



iNsingizi Trail Run - 10km



09 July 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
563	0:56:25	RHAIN HOSKINS	Open M	1	1	1
621	0:56:58	MARIUS LOURENS	Master M	2	2	1
518	0:59:11	DENISE JOUBERT	Veteran F	3	1	1
566	1:01:01	BRETT MCNALLY	Veteran M	4	3	1
494	1:01:59	NATACHA SMITH	Veteran F	5	2	2
565	1:04:45	MANDY MALLEN	Open F	6	3	1
492	1:05:45	LEON SMITH	Master M	7	4	2
641	1:06:04	LUCY USHER	Master F	8	4	1
572	1:07:21	CHANEL LOURENS	Veteran F	9	5	3
507	1:07:26	TARRYN SAWYER	Veteran F	10	6	4
360	1:09:23	MJ HILLHOUSE	Open M	11	5	2
616	1:10:28	JANE DICKINSON	Grand Master F	12	7	1
475	1:11:57	PAULA VISSER	Master F	13	8	2
547	1:12:00	LEE-ANN KOEKEMOER	Veteran F	14	9	5
517	1:12:05	RYAN DOHNE	Open M	15	6	3
613	1:13:20	LARA MORROW	Veteran F	16	10	6
601	1:13:24	VEESHAL ANNATOOAH	Veteran M	17	7	2
602	1:15:41	DAVID CHATTERTON	Master M	18	8	3
219	1:16:00	HEIDI MITCHELL	Master F	19	11	3
477	1:16:14	TRACEY ROBERTS	Master F	20	12	4
493	1:16:28	LEE-ANN MCEWEN	Master F	21	13	5
570	1:16:57	INGRID DUMINIET	Master F	22	14	6
580	1:19:06	CHARMAINE CHELIN	Master F	23	15	7
573	1:19:14	GREG BOYCE	Master M	24	9	4
372	1:19:39	KIRSTEN MCDONALD	Veteran F	25	16	7
561	1:20:14	JACQUES MCLADON	Master F	26	17	8
357	1:20:21	BARBARA DE KOCK	Veteran F	27	18	8
544	1:20:25	FERN CHUBB	Open F	28	19	2
501	1:21:20	BRENDA MOON	Master F	29	20	9
607	1:21:25	GEORGINA WILSON	Open F	30	21	3
502	1:21:48	MEGAN TARPEY	Master F	31	22	10
545	1:22:43	ESTELLE MALAN	Master F	32	23	11
536	1:22:49	NATASHA VAN STADEN	Veteran F	33	24	9
469	1:24:13	GLENN AMBROSE	Veteran M	34	10	3
516	1:24:16	JODI AMBROSE	Open F	35	25	4
564	1:24:28	WAYNE MOON	Master M	36	11	5
532	1:27:15	LIONEL HOWARD	Grand Master M	37	12	1
495	1:32:42	WENDY CHATTERTON	Master F	38	26	12
640	1:35:05	HANNAH MORROW	U12 F	39	27	1
529	2:00:06	TANIA KUHL	Open F	40	28	5
587	2:00:10	IAN DICKINSON	Open M	41	13	4



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618	2:34:35	LEONIE HAINES	Master F	42	29	13
644	2:34:45	RUTH CANHAM	Open F	43	30	6
526	2:44:19	FAATIMAH KHAN	U18 F	44	31	1
558	2:45:44	JAMIEL KHAN	Veteran M	45	14	4
575	2:45:45	ASIYA KAJEE	Master F	46	32	14