



# BALGOWAN TRAIL RUN

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05 NOVEMBER 2023

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## MEDIUM COURSE



## Balgowan Trail Run - 10km

05 November 2023



Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
502	0:55:44	GERRY NOEL	Open M	1	1	1
628	0:56:04	SAREL SCHAANICK	Veteran M	2	2	1
543	0:57:40	JAMES ROBEY	Open M	3	3	2
374	0:59:09	DOUG BOLTON	Master M	4	4	1
508	0:59:35	COURTNEY VAN WYNGAARD	U16 F	5	1	1
484	0:59:48	JENN PHILLIPS-PAGE	Open F	6	2	1
443	1:01:25	SHEA DUNCAN	Open F	7	3	2
610	1:01:30	HEIN DE KOCK	Veteran M	8	5	2
540	1:01:40	ROBERTO SIRILLI	Veteran M	9	6	3
421	1:01:45	STEFAN SCHAANICK	U16 M	10	7	1
620	1:04:09	MICHELLE STEENEKAMP	Open F	11	4	3
461	1:04:14	CRAIG REES	Veteran M	12	8	4
418	1:04:21	JACO STEENEKAMP	Veteran M	13	9	5
657	1:04:28	CRAIG CRIBHINS	U16 M	14	10	2
393	1:04:32	LWANDO SANDERS	Open M	15	11	3
395	1:04:37	TRACY JOUBERT	Veteran F	16	5	1
445	1:04:47	BRANDON ROCHAT	Master M	17	12	2
379	1:05:45	KERRY EMMOTT	U16 F	18	6	2
397	1:06:44	NICKY TAYLOR	Veteran F	19	7	2
450	1:07:35	EMMA DICK	Open F	20	8	4
465	1:07:42	BRUERE VENTER	Open M	21	13	4
444	1:08:06	JESS BEHN	U18 F	22	9	1
348	1:08:09	JAMES GOTTE	U16 M	23	14	3
447	1:08:24	TORI LITTLE	U16 F	24	10	3
593	1:09:03	STEFAN VAN VEENENDAAL	Open M	25	15	5
652	1:09:09	CAITLYN ODELL	U18 F	26	11	2
651	1:09:31	GLEN DU PREEZ	Open F	27	12	5
586	1:09:56	AMANDA EMMOTT	Master F	28	13	1
352	1:10:38	JUSTIN HOUSTON	Open M	29	16	6
647	1:11:20	MICHEAL GOWAR	Master M	30	17	3
584	1:11:44	CLAIRE BEHN	Veteran F	31	14	3
457	1:11:53	GARY BEHN	Veteran M	32	18	6
389	1:12:51	JANE DICKINSON	Grand Master F	33	15	1
449	1:13:01	DAVID MITCHELL	Master M	34	19	4
430	1:15:23	CHRIS LEE	Grand Master M	35	20	1
530	1:16:08	JACQUES EHLERS	Open M	36	21	7
340	1:16:32	JONETTE LEE	Grand Master F	37	16	2
555	1:16:35	ARTHUR LELLO	Master M	38	22	5
480	1:16:38	DAVID WINGFIELD	Master M	39	23	6
490	1:17:11	MATTHEW GIBBON	Veteran M	40	24	7
370	1:17:17	CARIN BUTCHER	Open F	41	17	6
507	1:17:58	MEGAN DIMITRIADES	Open F	42	18	7



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369	1:18:01	AMY BURT	Open F	43	19	8
541	1:19:00	GRANT JACOBS	Master M	44	25	7
343	1:19:03	VASTI THERON	Open F	45	20	9
517	1:19:06	JACO TRUTER	Open M	46	26	8
548	1:19:11	KATHRYN BOLTON	Master F	47	21	2
654	1:22:06	GRANT VON MAYER	Veteran M	48	27	8
471	1:22:08	TANITH VON MAYER	Veteran M	49	28	9
433	1:22:11	CAROLINE CARLISLE	Veteran F	50	22	4
596	1:22:14	KEYAN CARLISLE	Master M	51	29	8
642	1:22:29	KEVIN WINGFIELD	Master M	52	30	9
580	1:24:09	JULIAN SCHLEMMER	Master M	53	31	10
640	1:24:12	JONO HALLINSHEAD	Master M	54	32	11
503	1:26:21	STACY JANE CASWELL	Veteran F	55	23	5
474	1:26:25	GAYLE GOTTE	Veteran F	56	24	6
362	1:26:33	VIRGINIA BURGER	Master M	57	33	12
371	1:27:27	CAROLYN ROCHAT	Master F	58	25	3
577	1:28:03	THOMAS SANDERS	U16 M	59	34	4
498	1:30:35	DIANNE O'CONNOR	Open F	60	26	10
649	1:30:41	GERT WATSON	Veteran M	61	35	10
384	1:30:45	R.G HUMPHREY	Grand Master M	62	36	2
664	1:30:51	KIRSTEN MCDONALD	Veteran F	63	27	7
625	1:31:18	GRAEME NORVAL	Veteran M	64	37	11
439	1:31:56	DEBBIE SOROUR	Master F	65	28	4
559	1:31:59	BRIGITTE JACOBS	Master F	66	29	5
372	1:32:27	STEPHEN BECKERLING	Grand Master M	67	38	3
639	1:32:50	RICHARD BUTCHER	Master M	68	39	13
414	1:34:05	RENEE DRIEMEYER	Master F	69	30	6
416	1:34:38	RAGMAH BOURNE	Master F	70	31	7
646	1:40:00	BRONWYN VICKERY	Veteran F	71	32	8
427	1:41:05	JULIE GREIG	Master F	72	33	8
456	1:41:51	NILKY KIDGELL	Master F	73	34	9
551	1:41:58	BRONWEN BOWLEY	Veteran F	74	35	9
500	1:42:00	MARY MCMICHEAL	Master F	75	36	10
394	1:42:10	PATRICK DALAIS	Grand Master M	76	40	4
424	1:42:46	STRUAN MURLESS	Grand Master M	77	41	5
483	1:43:24	SARAH-LEE CLEMENTS	Open F	78	37	11
365	1:43:27	SVEN TURNER	Master M	79	42	14
344	1:44:22	OLIVER SANDERS	Junior M	80	43	1
588	1:44:25	WILLIAM SANDERS	U12 M	81	44	1
399	1:44:37	LOUISE SANERS	Veteran F	82	38	10
531	1:44:44	JEREMY SANDERS	Master M	83	45	15
609	1:45:11	HAYLEY TWEEDALE	Master F	84	39	11



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476	1:45:14	MARION CROOKES	Master F	85	40	12
572	1:48:25	DAVID LANGSTONE	Grand Master M	86	46	6
359	1:50:04	BRUCE MILLS	Master M	87	47	16
846	1:54:30	RICHARD BECKETT	Grand Master M	88	48	7
602	1:57:03	PHAKAMILE NTSHANGASE	Veteran F	89	41	11
482	1:58:42	COLIN MADELEY	Master M	90	49	17
356	1:59:00	SHAREEZ BAGARIA	Veteran F	91	42	12
377	1:59:08	LEENA PAUL	Veteran F	92	43	13
568	2:00:55	JANE BENTLEY	Grand Master F	93	44	3
634	2:03:30	SUE ST LEGER	Master F	94	45	13
509	2:08:16	JILL CRIBBINS	Master F	95	46	14
468	2:08:18	IAN CRIBBINS	Master M	96	50	18
481	2:26:12	KAREN VERESS	Master F	97	47	15
549	2:43:41	SENZELWE MZILA	Open M	98	51	9
423	2:43:45	ANDILE MZILA	Open F	99	48	12
522	2:43:49	LUNGA MNGUNI	Open F	100	49	13