



# TABLE MOUNTAIN TRAIL RUN

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12 NOVEMBER 2023

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# MEDIUM COURSE



## Table Mountain Trail Run - 12km



12 November 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
433	0:52:14	ZWILE KHUMALO	U18 M	1	1	1
359	0:56:05	DONSUMHLABA XULU	U12 M	2	2	1
439	0:56:11	BUSANI NGCOBO	Open M	3	3	1
502	0:59:41	NKULULEKO MNGADI	Open M	4	4	2
427	0:59:50	KHAYELIHLE NGCOBO	Open M	5	5	3
416	1:01:29	LUKE NEULANDS	U18 M	6	6	2
517	1:07:34	TIMO VAN DER NIET	Veteran M	7	7	1
424	1:17:40	BRENDON LONGHURST	Master M	8	8	1
112	1:18:41	SPHESIHLE SHELEMBE	U12 M	9	9	2
414	1:24:54	DAVID MITCHELL	Master M	10	10	2
344	1:27:58	DENHAM FERGUSON	Veteran M	11	11	2
580	1:29:15	TESSA CULLIS	Veteran F	12	1	1
500	1:29:25	BRETT CULLIS	Veteran M	13	12	3
496	1:35:07	DAVID WINGFIELD	Master M	14	13	3
352	1:44:34	FAARADH SYED RUSSOUL	Open M	15	14	4
646	1:45:55	GILLIAN JEVON	Grand Master F	16	2	1
639	1:49:39	DOUGLAS TROTTER	Master M	17	15	4
568	1:49:44	MONIKA TROTTER	Veteran F	18	3	2
609	1:50:50	KEVIN WINGFIELD	Master M	19	16	5
664	1:50:53	DIANNE O'CONNOR	Open F	20	4	1
371	1:54:57	GRANT JACOBS	Master M	21	17	6
640	1:59:33	STEPHEN BECKERLING	Grand Master M	22	18	1
457	2:02:03	CLIVE WILLOWS	Grand Master M	23	19	2
498	2:02:09	ESTELLE MALAN	Master F	24	5	1
522	2:02:13	JILL WILLOWS	Grand Master F	25	6	2
551	2:08:40	MELANIE NASH	Open F	26	7	2
586	2:18:59	PATRICK DALAIS	Grand Master M	27	20	3
625	2:19:08	BASIL ZOUNIS	Veteran M	28	21	4
372	2:41:50	AMY HIPPOLITE	Open F	29	8	3
394	2:42:03	LETITIA SHAW	Veteran F	30	9	3
370	2:44:06	BONGEKA NYANDANA	Open F	31	10	4
456	2:44:07	LUNGILE NXUMALO	Open F	32	11	5
483	2:44:31	BONISIWE ZONDI	Open F	33	12	6
541	2:49:33	STACY MOUNTJOY	Veteran F	34	13	4
471	2:49:38	JEN DU PREEZ	Veteran F	35	14	5
503	2:49:42	CYNTHIA MORTON	Master F	36	15	2
356	2:49:55	PAM VAN ROOYEN	Grand Master F	37	16	3
531	3:25:37	JANE BAIN	Grand Master F	38	17	4
572	3:25:44	LAURA HERBST	Grand Master F	39	18	5