



TABLE MOUNTAIN TRAIL RUN

14 APRIL 2024

SHORT COURSE



Table Mountain Trail Run - 7km



14 April 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
249	0:38:04	SPHESIHLE MBHENSE	U16 M	1	1	1
168	0:38:06	SBONGALZONKE ZUMA	U16 M	2	2	2
75	0:38:08	KHETHOKWATHE MHLONGO	U16 M	3	3	3
305	0:42:18	AYABONG NGUBANE	U16 M	4	4	4
254	0:46:43	MLAMULI DLAMINI	Open M	5	5	1
103	0:50:47	KHUMBULANI MKHIZE	Open M	6	6	2
121	0:54:33	JAMASANDE	U16 M	7	7	5
45	1:00:59	JACK ODELL	U18 M	8	8	1
206	1:01:04	TIAN HEYNS	Open M	9	9	3
26	1:01:08	LOSHENTHREN	Open M	10	10	4
193	1:01:24	JESS BEHN	U18 F	11	1	1
96	1:05:13	NOMASONTO MAJOLA	Open F	12	2	1
259	1:10:26	JOLENE EIS	Veteran F	13	3	1
98	1:13:45	PETER ODELL	Master M	14	11	1
169	1:13:47	SAVANNAH BOSHOFF	Open F	15	4	2
210	1:21:30	LONDIWE NGIDI	Master F	16	5	1
297	1:22:15	PENNY NEL	Open F	17	6	3
265	1:22:19	SAM POTGIETER	Open F	18	7	4
19	1:22:40	SHANNA CANNON	Open F	19	8	5
203	1:23:14	NATASHA BAKER	Open F	20	9	6
236	1:23:16	RALPH DRABBLE	Open M	21	12	5
180	1:28:20	ZANDILE MPANZA	Open F	22	10	7
219	1:32:51	NANCY MAJOLA	Open F	23	11	8
165	1:40:27	LINDO	Open M	24	13	6
160	1:45:24	FARAAZ BHAMJEE	Veteran M	25	14	1
61	1:45:27	SHAISTA CASSIMJEE	Open F	26	12	9
256	1:51:16	VERNAL	Master F	27	13	2
207	1:53:57	ANDREA GOBLE	Open F	28	14	10
152	1:53:59	MEGAN GRAAF	Open F	29	15	11
4	2:01:39	MEERA HARIPERSHAD	Master F	30	16	3
25	2:01:41	KAILASH NAGASAR	Open M	31	15	7
208	2:58:46	ITUMELENG MOLOI	Open F	32	17	12
101	2:59:00	THOKOZANI ZULU	Veteran F	33	18	2