



BALGOWAN TRAIL RUN

12 MAY 2024



MEDIUM COURSE



Balgowan Trail Run - 10km



12 May 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
634	0:53:43	TAYLOR MCNAMARA	Open F	1	1	1
639	0:54:53	SHAUN GROENINK	Open M	2	1	1
534	0:55:01	COURTNEY VAN WYNGAARD	U16 F	3	2	1
446	0:55:05	ROBERTO SIRILLI	Veteran M	4	2	1
590	0:56:28	ALISON DE VILLIERS	Open F	5	3	2
406	0:56:37	ZOE PAPADAKIS	Open F	6	4	3
569	0:57:00	CARL REINHARSH	Veteran M	7	3	2
520	0:58:11	LIBBY RALFE	U16 F	8	5	2
620	0:59:10	TREVOR DOWNING	Grand Master M	9	4	1
577	0:59:51	TRACY IBBETSON	Veteran F	10	6	1
624	1:01:00	ROB MACLEAN	Veteran M	11	5	3
589	1:01:09	ANGUS FERGUSON	Veteran M	12	6	4
504	1:02:00	STEVE FLY	Veteran M	13	7	5
593	1:03:17	CHELSEA STIEBEL	Open F	14	7	4
343	1:03:46	DOUGLAS COUPERTHWAITE	Grand Master M	15	8	2
564	1:04:12	DAVID MITCHELL	Master M	16	9	1
348	1:04:20	BRENT NELSON	Veteran M	17	10	6
377	1:05:44	IAN HARDS	Open M	18	11	2
528	1:06:03	PETER MEYER	Veteran M	19	12	7
467	1:06:16	LOSHENTHREN REDDY	Veteran M	20	13	8
588	1:07:09	RUSTY TEDDER	Master M	21	14	2
445	1:07:30	JO FLY	Veteran F	22	8	2
422	1:07:41	CINDY MARQUISS	Master F	23	9	1
405	1:07:51	BRIDGET TEDDER	Master F	24	10	2
561	1:10:43	GUGU MDLADLA	Open F	25	11	5
493	1:10:46	KYLE BAKER	Open M	26	15	3
543	1:11:14	LES BURNARD	Grand Master M	27	16	3
643	1:12:19	MIA VRIESE	U16 F	28	12	3
374	1:12:24	DANIELLE LANDMAN	Open F	29	13	6
522	1:12:27	ADRIENNE VRIESE	Master F	30	14	3
1003	1:12:31	JANE DICKINSON	Grand Master F	31	15	1
464	1:13:05	PRUDENCE ROGERS	Veteran F	32	16	3
557	1:13:39	MEGAN HARRIS	Open F	33	17	7
463	1:13:46	JUSTINE WINTJES	Veteran F	34	18	4
539	1:14:07	SHERI EBSWORTH	Veteran F	35	19	5
548	1:14:14	CATHERINE MUIRHEAD	Open F	36	20	8
559	1:14:52	RICHARD EMSLIE	Grand Master M	37	17	4
356	1:14:58	MEGAN GREENE	Open F	38	21	9
654	1:15:43	HARRIET ENGLISH	Open F	39	22	10
360	1:15:49	JULIA REES	Veteran F	40	23	6
657	1:16:21	MICHAEL HARRISON	Master M	41	18	3



Balgowan Trail Run - 10km



12 May 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
459	1:16:35	DIANE ATKINSON	Master F	42	24	4
551	1:16:56	MONIQUE VAN DEVENTER	Veteran F	43	25	7
614	1:18:16	ROB AINSLIE	Grand Master M	44	19	5
573	1:18:36	GLENDA WATT	Open F	45	26	11
621	1:18:41	DAVID SOBEY	Open M	46	20	4
449	1:18:57	CATHY THOMSON	Master F	47	27	5
602	1:19:21	KERRY ROBERT	Veteran F	48	28	8
524	1:19:29	DI NICHDSAN	Master F	49	29	6
376	1:19:56	MELANIE PAUL	Veteran F	50	30	9
447	1:20:29	WARREN WEBBER	Veteran M	51	21	9
488	1:20:35	BIANCA PIATER	Open F	52	31	12
368	1:21:00	GISELLE GUY	Open F	53	32	13
582	1:21:32	THABANG MOYEDI	Veteran M	54	22	10
640	1:21:35	JENNA DUNK	U18 F	55	33	1
595	1:21:39	CARA DUNN	Open F	56	34	14
500	1:21:41	ROBERT WOOD	Open M	57	23	5
558	1:23:29	CARLO BIACCO	Veteran M	58	24	11
632	1:23:36	DEBBIE SOROUR	Master F	59	35	7
617	1:23:43	JAN NEL	Open M	60	25	6
579	1:24:14	LOUISE SEVEL-BATES	Master F	61	36	8
358	1:24:34	WARWICK GUY	Open M	62	26	7
335	1:25:02	MICHAEL MANSON	Grand Master M	63	27	6
430	1:25:13	LYNNE HARRISON	Veteran F	64	37	10
695	1:27:06	NONTO MDLADLA	Open F	65	38	15
536	1:28:11	AYRTON LINDSEY	Open M	66	28	8
475	1:29:03	GILLIAN COLEMAN	Grand Master F	67	39	2
511	1:29:18	KRISEN KANDER	Master M	68	29	4
391	1:29:20	GRAEME NORVAL	Veteran M	69	30	12
472	1:29:23	IRENE SERAFINO	Master F	70	40	9
456	1:29:28	GAVIN WHITELAW	Grand Master M	71	31	7
361	1:29:39	JACQUIE DU TOIT	Grand Master F	72	41	3
509	1:29:52	ESTELLE MALAN	Master F	73	42	10
540	1:30:18	RACHEL NELL	Open F	74	43	16
337	1:30:20	BELLA BARNES	U18 F	75	44	2
382	1:30:25	DEBBIE ANN GILLET	Veteran F	76	45	11
618	1:30:28	LEE-ANNE STRYDOM	Veteran F	77	46	12
513	1:30:37	WINNIE ZUMA	Veteran F	78	47	13
626	1:32:16	BRIGITTE JACOBS	Master F	79	48	11
434	1:32:49	CLIVE	Grand Master M	80	32	8
519	1:33:00	NONJABULO NDLOVU	Open F	81	49	17
366	1:35:40	STRUAN MURLES	Grand Master M	82	33	9



Balgowan Trail Run - 10km



12 May 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
523	1:37:23	BRONWEN BOWLEY	Veteran F	83	50	14
649	1:38:19	BHEKITHEMBA NDLOVU	Veteran M	84	34	13
1004	1:40:58	RICHARD BECKETT	Grand Master M	85	35	10
638	1:46:54	RICHARD BATES	Master M	86	36	5
607	1:47:00	RON RUTHLAND	Veteran M	87	37	14
661	1:48:55	TANIA KUHL	Veteran F	88	51	15
572	1:49:03	INTHARAN PATHER	Grand Master M	89	38	11
647	1:50:03	TARAH WITTHUHN	U18 F	90	52	3
655	1:50:10	MICHAELA BENADE	U18 F	91	53	4
510	1:51:53	MANDISA MASANGO	Open F	92	54	18
570	1:51:56	NKAZIMULO NKABINI	Open F	93	55	19
532	1:52:24	MURRAY HIBBS	Open M	94	39	9
568	1:55:29	TARRYN MCKENZIE	Open F	95	56	20
473	1:57:23	LETTIE KROEGER	Grand Master F	96	57	4
644	2:01:49	JAN NEL	Grand Master M	97	40	12
357	2:12:11	SIZILE MZIMELA	Open F	98	58	21
541	2:15:40	DEREK BRITTAIN	Grand Master M	99	41	13
650	2:15:46	CHRISTINE BRITTAIN	Grand Master F	100	59	5
562	2:15:49	BASIL KROEGER	Grand Master M	101	42	14
365	2:19:44	GUISE-BROWN	Grand Master F	102	60	6
553	2:19:47	TRACY MCKENZIE	Grand Master F	103	61	7
610	2:29:53	MALIGA NAIDOO	Grand Master F	104	62	8