



# Howick Trail Run

06 October 2024



## LONG COURSE

*La Petite France*



# Howick Trail Run - 19km



06 October 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
867	1:24:23	GRAHAM DU BOURG	Veteran M	1	1	1
986	1:32:40	DAVID WILSON	Veteran M	2	2	2
978	1:39:41	BRIAN NDABA	Veteran M	3	3	3
687	1:43:25	RUAN PRETORIUS	Open M	4	4	1
900	1:45:08	STEVE BOTHA	Master M	5	5	1
913	1:46:40	MARITZA ERASMUS	Open F	6	1	1
969	1:53:03	LWANDO SAUNDERS	Open M	7	6	2
979	1:53:29	LUNGISANI NDEBELE	Open M	8	7	3
916	1:54:33	CHRIS MCCATHIE	Open M	9	8	4
968	1:55:22	THANDEKA NGETU	Master F	10	2	1
996	1:55:22	CRAIG BRISCOE	Veteran M	11	9	4
976	2:02:19	PAULINE RAINBIRD	Veteran F	12	3	1
670	2:06:04	YELENA REYNOLDS	Open F	13	4	2
973	2:06:24	SIMONE TAYLOR	Open F	14	5	3
974	2:08:36	CARYL KNOX	Veteran F	15	6	2
836	2:11:07	KERRY-JANE COLEMAN	Veteran F	16	7	3
977	2:13:42	JASMINE COULON	Open F	17	8	4
932	2:13:43	JARED CHRISTIE	Open M	18	10	5
935	2:18:33	MARK HIEP	Master M	19	11	2
970	2:26:12	SANELE MTHEMBU	Open M	20	12	6
972	2:27:02	ASHLEIGH REID	Open F	21	9	5
971	2:27:05	DUNCAN BECKERLING	Open M	22	13	7
942	2:33:46	SHAUN MULLER	Master M	23	14	3
930	2:34:32	MANDLA MKHIZE	Open M	24	15	8
975	3:05:04	LIONEL HOWARD	Grand Master M	25	16	1
994	3:05:05	MANDY BROUGHTON	Master F	26	10	2
992	3:10:03	SANDER ISABELLE	Master F	27	11	3
980	3:13:02	SITHOMBE NDEBELE	Open F	28	12	6
938	4:02:17	VANESSA TALBOT	Veteran F	29	13	4
983	4:02:48	TESS LICHKUS	Veteran F	30	14	5
841	4:02:52	SAMANTHA TALBOT	Open F	31	15	7