



iNsingizi Trail Run - 5km

05 July 2026



Race #	Race Time	Name	Category	Overall Position	Gender Position	Category Position
70	0:20:14	JOSH WIBORG	20-29 M	1	1	1
177	0:26:13	RICHARD KUNZ	50-59 M	2	2	1
303	0:30:12	MANDY MALLEN	30-39 F	3	1	1
278	0:31:16	SAMANTHA KEGEL	40-49 F	4	2	1
315	0:31:29	ALEXANDRA WILLIAMS	20-29 F	5	3	1
103	0:32:07	LEAH JOOSTE	U20 F	6	4	1
188	0:32:57	JIM FROST	50-59 M	7	3	2
145	0:35:55	NICOLE JOHNSTON	20-29 F	8	5	2
305	0:37:12	VINCENT JOOSTE	40-49 M	9	4	1
41	0:37:43	BEN MCNALLY	U20 M	10	5	1
15	0:37:44	DEBORA DALM	40-49 F	11	6	2
207	0:39:57	BEN MCNALLY	U20 M	12	6	2
61	0:40:03	DESMOND O'BRIEN	30-39 M	13	7	1
304	0:40:07	BRETT MCNALLY	40-49 M	14	8	2
146	0:42:06	JOSH O' CONNOR	20-29 M	15	9	2
231	0:42:16	SIMON DOHME	U20 M	16	10	3
249	0:42:20	JOSEPHINE DOHNE	U20 F	17	7	2
202	0:42:28	THULISILE HADEBE	30-39 F	18	8	2
257	0:45:07	ADELE JOOSTE	40-49 F	19	9	3
86	0:45:43	GAY TILBURY	60-69 F	20	10	1
68	0:46:39	SAM REIS	20-29 F	21	11	3
191	0:47:20	JENNA KUNZ	20-29 F	22	12	4
130	0:58:31	JOSH O' CONNOR	20-29 M	23	11	3
198	1:14:21	SONYA ROUGIER LAGANE	60-69 F	24	13	2
139	1:58:34	JOSH O' CONNOR	20-29 M	25	12	4