

TROUTBECK OPEN WATER SWIM 2022

750M		
Course Times: Ladies 11:00 Kerryn Grenfell 2012 / Men 10:23 Dylan Steyl 2015		
<u>Female 12-13 years</u>	<u>Time</u>	
Olivia Beamish	16.19.29	G
<u>Male 12-13 years</u>		
Ian Gomera	21.06.29	G
<u>Female 14-15 years</u>		
Stephanie Rundle	12.52.44	G
Ivanka Gomera	15.50.44	S
Savanna Beamish	16.08.52	B
<u>Male 14-15 years</u>		
Enoch Gore	15.32.73	G
<u>Female 35 and over</u>		
Yvonne Franceys	16.30.05	G
Paula Sparrow	17.18.06	S
<u>Male 35 and over</u>		
Ian Franceys	15.38.43	G

1500M		
Course Times: Ladies 20:36 Shanae Williams 2018 / Men 20:35 Venter Roussouw 2018		
<u>Female 12-13 years</u>		
Tatenda Muhomba	24.23.01	G
Tariro Muhomba	24.32.49	S
Shumirai Zvenyika	26.46.06	B
<u>Female 14-15 years</u>		
Nozintaba Masiye-Moyo	24.17.33	G
Taya Smyth	25.23.15	S
Pamela Ncube	26.36.77	B
<u>Male 14-15 years</u>		
Connor Paulser	26.49.06	G
<u>Female 19-34 years</u>		
Isabella Savo	23.56.51	G
<u>Female 35 and over</u>		
Laura O'Donogue	26.59.06	G
<u>Male 35 and over</u>		
Allen Lang	27.12.09	G

3000M		
Course Times: Ladies 44:47 Ella Allardice 2020 / Men 47:00:96 Andile Mhlope 2021		
Male 14-15 years	Time	
Gregory Zevgolis	47.13.82	G
Duncan Kille	47.30.51	S
Female 16-18 years		
Jade Chicksen	46.37.75	G
Danielle Kahuni	47.37.51	S
Female 19-34 years		
Lorna Doorman	50.45.78	G
Female 35 and over		
Margit Landman	57.30.11	G
Male 35 and over		
Gary Ferguson	58.29.39	G
Richard Maasdorp	1hr 14.55.92	S

5000M		
Course Time: Ladies 1:19.11.87 Danielle Kahuni 2021 / Men 1:12.27.27 Onesimus Ngwenya 2021		
Female 19-34 years	Time	
Tyla Crabb	1 hr 23.21.56	G
Male 35 and over		
Mike Garden	1 hr 34.45.54	G
Paul Howard	1 hr 38.55.43	S
Steve Crabb	1 hr 45.29.29	B

4 X 500M RELAY		
Name	Time	
Tariro Muhomba		G
Tatenda Muhomba		
Gregory Zevgolis		
Duncan Kille		
Jade Chicksen		S
Nozintaba Masiye-Moyo		
Pamela Ncube		
Shumirai Zvenyika		
Isabella Bird		B
Taya Smyth		
Jessie Sparrow		
Sophie Sparrow		