



Lesotho Ultra 2023



21km Results

Race #	Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
143	3:47:59	GREGG CHEETHAM	Veteran M	1	1	1
115	3:48:03	KIM STRATFORD	Open F	2	1	1
488	4:16:32	Nina Gough	Master F	3	2	1
145	4:19:13	SIMPHIWE MHLONGO	Veteran M	4	2	2
305	4:50:27	LOUISA ATTWELL	Veteran F	5	3	1
308	4:50:30	LESLIE ATTWELL	Veteran M	6	3	3
70	5:01:26	ALMARIE BOTHA	Open F	7	4	2
242	5:03:49	RONELLE SINGH	Veteran F	8	5	2
170	5:12:18	JANEY FRANK	Veteran F	9	6	3
315	5:12:34	NICK WATSON	Open M	10	4	1
284	5:24:40	CLARE MOUTON	Open F	11	7	3
241	5:30:52	SANDRA RAINER	Open F	12	8	4
261	5:30:54	TICHAFARA SIMANGO	Veteran M	13	5	4
309	5:34:36	STANFORD ZUZEYO	Veteran M	14	6	5
203	5:40:47	WERNER CLAASE	Veteran M	15	7	6
260	6:01:41	BONISIWE ZONDI	Open F	16	9	5
23	6:04:14	BERTUS FOURIE	Veteran M	17	8	7
5	6:06:46	SUSAN NEWELL	Veteran F	18	10	4
102	6:53:52	SURET GREYLING	Veteran F	19	11	5
51	6:53:57	WERNER GREYVENSTEYN	Veteran M	20	9	8
161	7:11:26	GERHARDUS VAN TONDER	Open M	21	10	2
35	12:55:19	MATHILDA WILLIAMS	Veteran F	22	12	6
272	12:55:21	GRANT WILLIAMS	Veteran M	23	11	9