



Lion's River Trail - 10km



28 November 2021

| Race # | Race Time | Name | Category | Overall Position | Gender Position | Cat. Position |
|--------|-----------|----------------------|----------------|------------------|-----------------|---------------|
| 481 | 0:49:22 | ROSS PALFRAMAN | U18 M | 1 | 1 | 1 |
| 445 | 0:51:21 | HENKIE GROENEWALD | Open M | 2 | 2 | 1 |
| 699 | 0:52:37 | BRADLEY MCNEIL | Veteran M | 3 | 3 | 1 |
| 487 | 0:52:40 | RACHEL VAN DEVENTER | U16 F | 4 | 1 | 1 |
| 383 | 0:53:30 | GOWER SHAW | U18 M | 5 | 4 | 2 |
| 575 | 1:00:38 | ANDREW BARNES | Veteran M | 6 | 5 | 2 |
| 478 | 1:00:41 | PAULA LOUW | Open F | 7 | 2 | 1 |
| 709 | 1:00:53 | MATT EDWARDS | Open M | 8 | 6 | 2 |
| 743 | 1:03:02 | GARETH MELLE | Open M | 9 | 7 | 3 |
| 407 | 1:03:03 | MIKE REYNOLDS | Open M | 10 | 8 | 4 |
| 698 | 1:03:29 | CHARNE WOODRUP | Open F | 11 | 3 | 2 |
| 466 | 1:07:33 | MAYBERRY HUMNOLDT | Open M | 12 | 9 | 5 |
| 683 | 1:07:34 | DUSTIN GRAHAM | Open M | 13 | 10 | 6 |
| 542 | 1:07:35 | CHRISTENE JOUBERT | Open F | 14 | 4 | 3 |
| 525 | 1:09:45 | DOUGLAS COUPERTHWAIT | Grand Master M | 15 | 11 | 1 |
| 617 | 1:10:40 | SYABONGA GWAMANDA | Open M | 16 | 12 | 7 |
| 385 | 1:11:18 | SHAUN GOODE | Veteran M | 17 | 13 | 3 |
| 591 | 1:11:22 | ANGUS FERGUSON | Veteran M | 18 | 14 | 4 |
| 473 | 1:11:45 | GRAEME THOMSON | Open M | 19 | 15 | 8 |
| 630 | 1:11:59 | MICHAEL FROST | Veteran M | 20 | 16 | 5 |
| 397 | 1:12:13 | CAROLINE WOERNER | Open F | 21 | 5 | 4 |
| 581 | 1:12:17 | NICHOLAS MUNRO | Veteran M | 22 | 17 | 6 |
| 503 | 1:12:44 | TERENCE LETLEY | Veteran M | 23 | 18 | 7 |
| 684 | 1:13:18 | CRAIG NAUDE | Open M | 24 | 19 | 9 |
| 561 | 1:13:53 | ERROLL DE WET | Master M | 25 | 20 | 1 |
| 447 | 1:14:19 | PHILLIPA LYCETT | Master F | 26 | 6 | 1 |
| 705 | 1:14:20 | JEN PATRICK | Master F | 27 | 7 | 2 |
| 626 | 1:14:23 | IAN HEMINGWAY | U18 M | 28 | 21 | 3 |
| 403 | 1:15:34 | LIZ BOOYSEN | Grand Master F | 29 | 8 | 1 |
| 695 | 1:15:52 | BRIGITTE TULLIS | Master F | 30 | 9 | 3 |
| 712 | 1:16:04 | YUYA GODA | Open M | 31 | 22 | 10 |
| 563 | 1:16:35 | KATHRYN BOLTON | Master F | 32 | 10 | 4 |
| 732 | 1:16:45 | JIM FROST | Master M | 33 | 23 | 2 |
| 418 | 1:17:14 | LISA VAN ZYL | Veteran F | 34 | 11 | 1 |
| 453 | 1:17:38 | MONIQUE VAN DEVENTER | Veteran F | 35 | 12 | 2 |
| 576 | 1:17:44 | BRETT ACUTT | Open M | 36 | 24 | 11 |
| 692 | 1:19:21 | CATHERINE THOMSON | Master F | 37 | 13 | 5 |
| 384 | 1:20:04 | HANNAH MARKHAM | Open F | 38 | 14 | 5 |
| 457 | 1:20:23 | GUY MARKHAM | Open M | 39 | 25 | 12 |
| 511 | 1:21:18 | MELISSA JOHNSON | Open F | 40 | 15 | 6 |
| 565 | 1:22:11 | SAM PROCTOR | Master F | 41 | 16 | 6 |



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| 566 | 1:22:13 | CAROLYN ROCHAT | Master F | 42 | 17 | 7 |
| 572 | 1:22:30 | YUTA OKU | Open M | 43 | 26 | 13 |
| 622 | 1:23:21 | JODI KENDALL | Veteran F | 44 | 18 | 3 |
| 569 | 1:24:31 | RUSSELL TREDWAY | Open M | 45 | 27 | 14 |
| 637 | 1:25:19 | CAITLIN BERGH | Open F | 46 | 19 | 7 |
| 371 | 1:25:20 | TRACY STEART | Veteran F | 47 | 20 | 4 |
| 427 | 1:25:23 | PAULINE GROENEWALD | Veteran F | 48 | 21 | 5 |
| 435 | 1:25:24 | MARINDA VAN DER WALT | Veteran F | 49 | 22 | 6 |
| 707 | 1:26:07 | PENNY VAN VREDEN | Veteran F | 50 | 23 | 7 |
| 711 | 1:26:47 | ESTELLE MALAN | Master F | 51 | 24 | 8 |
| 696 | 1:26:49 | NICOLE KLUSENER | Veteran F | 52 | 25 | 8 |
| 571 | 1:29:57 | KAY MEYRICK | Grand Master F | 53 | 26 | 2 |
| 680 | 1:30:26 | RIDWAAN ABOOBAKER | Open M | 54 | 28 | 15 |
| 485 | 1:30:30 | LANA ALLEN | Veteran F | 55 | 27 | 9 |
| 414 | 1:30:55 | PATRICK SISWANA | Open M | 56 | 29 | 16 |
| 430 | 1:30:57 | ANDISA SISWANA | Open F | 57 | 28 | 8 |
| 568 | 1:32:18 | TONY YUNNIE | Grand Master M | 58 | 30 | 2 |
| 461 | 1:32:23 | IOLINE REDFERN | Open M | 59 | 31 | 17 |
| 361 | 1:32:51 | KIRSTEN HUMBOLT | Open F | 60 | 29 | 9 |
| 621 | 1:33:04 | ROBERT HUTTON | Open M | 61 | 32 | 18 |
| 657 | 1:33:05 | VICKY HUTTON | Open F | 62 | 30 | 10 |
| 489 | 1:35:09 | CHRISTINA ECKSTEIN | Grand Master F | 63 | 31 | 3 |
| 602 | 1:36:31 | PIER DUNCAN | Master F | 64 | 32 | 9 |
| 409 | 1:36:33 | DIANE BRITS | Veteran F | 65 | 33 | 10 |
| 560 | 1:36:34 | KIM ROE | Master F | 66 | 34 | 10 |
| 574 | 1:36:36 | ZINHLE NDABA | Open F | 67 | 35 | 11 |
| 450 | 1:37:12 | JANE BENTLEY | Grand Master F | 68 | 36 | 4 |
| 701 | 1:37:49 | TANIA KUHL | Open F | 69 | 37 | 12 |
| 555 | 1:38:09 | LISA DOUGLAS | Veteran F | 70 | 38 | 11 |
| 594 | 1:38:21 | BARBARA-ANNE STIRK | Open F | 71 | 39 | 13 |
| 739 | 1:39:40 | AMBER PATTON | Veteran F | 72 | 40 | 12 |
| 442 | 1:40:00 | REYEM MEYER | Open M | 73 | 33 | 19 |
| 437 | 1:40:31 | NEIL JACKSON | Grand Master M | 74 | 34 | 3 |
| 636 | 1:44:21 | CANDICE LEWIS | Open F | 75 | 41 | 14 |
| 353 | 1:44:23 | SAVANNAH LWEIS | U16 F | 76 | 42 | 2 |
| 706 | 1:45:29 | LONDI SIBISI | Open F | 77 | 43 | 15 |
| 688 | 1:52:19 | ALEXANDRA MARAIS | Open F | 78 | 44 | 16 |
| 691 | 1:52:21 | MATTHEW RIGGIEN | Open M | 79 | 35 | 20 |
| 552 | 1:52:36 | BRENDA DA SILVA | Grand Master F | 80 | 45 | 5 |
| 611 | 1:54:25 | JEANETTE EGLINGTON | Grand Master F | 81 | 46 | 6 |
| 464 | 1:55:28 | DALENE BENNETT | Veteran F | 82 | 47 | 13 |



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| 666 | 2:02:17 | SU ST LEGER | Master F | 83 | 48 | 11 |
| 625 | 2:03:32 | PHELELANI SHEZI | Open M | 84 | 36 | 21 |
| 429 | 2:04:08 | RICHARD DA SILVA | Open M | 85 | 37 | 22 |
| 655 | 2:09:50 | GERTINA BRANDLING | Grand Master F | 86 | 49 | 7 |
| 454 | 2:09:52 | ERIC BRANDLING | Grand Master M | 87 | 38 | 4 |
| 550 | 2:12:34 | CHANTAL STIEGER | Open F | 88 | 50 | 17 |
| 424 | 2:14:35 | RENETTE VAN DER MERWE | Grand Master F | 89 | 51 | 8 |
| 750 | 2:14:45 | JANE BAIN | Grand Master F | 90 | 52 | 9 |
| 727 | 2:14:46 | PAM VAN ROOYEN | Grand Master F | 91 | 53 | 10 |
| 372 | 2:15:19 | MARIA VAN TONDER | Grand Master F | 92 | 54 | 11 |
| 578 | 2:15:22 | MARILYN QUIRKE | Master M | 93 | 39 | 3 |
| 573 | 2:36:51 | SUMIRE YAMAMOTO | Veteran F | 94 | 55 | 14 |
| 570 | 2:36:51 | DESIREE PILLAY | Veteran F | 94 | 55 | 14 |
| 708 | 2:36:51 | LEANNE FRADD | Master F | 94 | 55 | 12 |
| 703 | 2:36:51 | SHELLEY HOWARD | Master F | 94 | 55 | 12 |
| 358 | 2:41:03 | TITCH DA SILVA | Grand Master M | 98 | 40 | 5 |