



# WINTER SERIES LIONS RIVER TRAIL RUN

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## MEDIUM COURSE

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PRELIMINARY RESULTS



## Winter Series - Lions River Trail - 10km



18 June 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
588	0:59:30	DARREN MARQUISS	Open M	1	1	1
558	1:02:39	TIHOLOHELO MAKUMOLE	Veteran M	2	2	1
654	1:04:22	ROSS TRELEAVEN	Veteran M	3	3	2
530	1:09:14	TYRONE HOLDER	Veteran M	4	4	3
498	1:11:39	AURELE ODDOS	U16 M	5	5	1
568	1:12:19	COURTNEY VAN WYNGAARD	U16 F	6	1	1
607	1:12:51	JASON APSEY	Master M	7	6	1
616	1:17:10	NICOLAS MITCHELL	Open M	8	7	2
657	1:17:33	HUGO LE ROUX	Veteran M	9	8	4
629	1:17:52	RICHARD BENCE	Open M	10	9	3
614	1:18:56	DOUGLAS COUPERTHWAITE	Grand Master M	11	10	1
526	1:19:08	SHANNON OLIVER	Open F	12	2	1
548	1:21:02	KRAUSE GERHARAL	Veteran M	13	11	5
580	1:21:13	HANNA MARROW	U12 F	14	3	1
496	1:22:26	GILLES ODDOS	Master M	15	12	2
541	1:23:54	CINDY MARQUISS	Master F	16	4	1
602	1:24:02	MICHAEL COUSINS	Veteran M	17	13	6
594	1:24:07	SHANE FARRIMOND	Veteran M	18	14	7
527	1:24:52	ROBERT SIRILLI	Veteran M	19	15	8
540	1:24:56	DAVID MITCHELL	Master M	20	16	3
635	1:25:50	TREY VAN ROOYEN	Veteran M	21	17	9
543	1:26:22	KELLY CLEGG	Open F	22	5	2
604	1:26:27	GINA TRELEAVEN	Veteran F	23	6	1
618	1:26:52	KAYLA EGGAR	Open F	24	7	3
606	1:28:36	ANTHONY KAUFMAN	Open M	25	18	4
595	1:28:38	GIDEON LEWIS	Open M	26	19	5
660	1:29:34	JANE DICKINSON	Grand Master F	27	8	1
577	1:30:01	MARIO PENSO	Open M	28	20	6
578	1:30:06	JUSTINE WINTJES	Veteran F	29	9	2
567	1:30:09	LINDA TURNER	Master F	30	10	2
534	1:30:55	LAUREN GREEN	Open F	31	11	4
522	1:31:15	SARAH-JANE ARNOLD	Open F	32	12	5
497	1:31:33	MARIAN BECKER	Veteran F	33	13	3
495	1:34:21	HEATHER CLEGG	Master F	34	14	3
642	1:34:35	RORY MARQUISS	Master M	35	21	4
626	1:34:53	LARA MORROW	Veteran F	36	15	4
608	1:34:55	CHANTELLE STEENKAMP	Open F	37	16	6
529	1:35:31	LISA VAN ZYL	Veteran F	38	17	5
622	1:36:38	BIANCA MILLER	Open F	39	18	7
502	1:37:25	TAMARIN ENSLIN	Open F	40	19	8
600	1:37:27	CANDICE WINTERBOER	Veteran F	41	20	6
658	1:38:51	LEZE COETZEE	Open F	42	21	9



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536	1:42:17	LEE-ANN MCEWEN	Master F	43	22	4
644	1:42:18	SAM FERNANDEZ	Open F	44	23	10
471	1:44:28	MATT SMITH	Veteran M	45	22	10
573	1:45:06	CHRISTINE BENCE	Open F	46	24	11
572	1:45:45	LYNNE BAXTER	Master F	47	25	5
601	1:45:49	SHANNON CHARLES	Master M	48	23	5
653	1:46:18	DAMIEN RAUTENBACH	Veteran M	49	24	11
472	1:46:20	BYRON FIELD	Veteran M	50	25	12
579	1:47:34	JANE	Grand Master F	51	26	2
539	1:47:42	GAVIN WHITELAW	Grand Master M	52	26	2
637	1:51:26	ESTELLE MALAN	Master F	53	27	6
621	1:51:27	ANGELA MITTERMAYER	Master F	54	28	7
532	1:52:16	PAIGE BOTHA	U16 F	55	29	2
477	1:54:29	SHARON VAN ROOYEN	Veteran F	56	30	7
613	1:58:37	PETER CASKIE	Master M	57	27	6
585	1:58:38	GINA CASKIE	Veteran F	58	31	8
501	1:59:15	SHANNON BOTHA	U16 F	59	32	3
640	2:01:14	MICHELLE ALBERS	Grand Master F	60	33	3
603	2:04:28	MIKKE ALBERS	Grand Master M	61	28	3
641	2:07:16	INGRID HUME	Veteran F	62	34	9
564	2:40:33	BLYTHE HOBBAH-WATSON	Master F	63	35	8
586	2:40:40	MATTHEW KERRY	Open M	64	29	7
587	2:40:47	TIFFANY COGHLAN	Open F	65	36	12