



**WINTER SERIES**  
**LIONS RIVER TRAIL RUN**  

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**SHORT COURSE**  

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**PRELIMINARY RESULTS**



## Winter Series - Lions River Trail - 6km



18 June 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
117	0:33:49	LUKE TRELEAVEN	U16 M	1	1	1
243	0:34:59	ROY TRELEAVEN	U16 M	2	2	2
149	0:43:28	MADISON HEAD	U12 F	3	1	1
330	0:46:25	MILA TERBLANCHE	U12 F	4	2	2
176	0:50:53	HAMZA GOOLAM-MAHOMED	Open M	5	3	1
181	0:53:22	ROB AINSLIE	Grand Master M	6	4	1
99	0:55:08	SAVANNAH LOTZE	Open F	7	3	1
95	0:55:46	ERIN MORNET	Open F	8	4	2
150	0:57:56	CHRIS GOUWS	Master M	9	5	1
210	0:57:58	LINDY HEAD	Veteran F	10	5	1
235	0:58:43	JASON TERBLANCHE	Veteran M	11	6	1
67	1:00:08	GILLIAN LOTZE	Master F	12	6	1
127	1:05:31	EDWIN KASSIER	Open M	13	7	2
236	1:07:31	KATHRYN PREBINS	U12 F	14	7	3
179	1:07:34	BRENDA PRETORIUS	Veteran F	15	8	2
238	1:11:17	BEA VAN ROOYEN	Open F	16	9	3
320	1:11:19	KAYLIN DU TOIT	Open F	17	10	4
75	1:11:58	SENZELWE MZILA	Open M	18	8	3
313	1:12:11	ANDILE MZILA	Open F	19	11	5
89	1:14:37	ISABELLA BECKER	Master F	20	12	2
314	1:14:49	INGE KRAUSE	Veteran F	21	13	3
93	1:19:39	LEON VAN ZYL	Veteran M	22	9	2
180	1:19:42	CHANTAL VAN ZYL	Open F	23	14	6
21	1:20:53	MICHELLE BECKER	U18 F	24	15	1
100	1:20:54	PIETER BECKER	Master M	25	10	2
81	1:22:05	JOYCE BENADE	Master F	26	16	3
156	1:22:07	DEB UZZELL	Grand Master F	27	17	1
154	1:22:29	ANISHKA RAMADHAR	Open F	28	18	7
182	1:22:35	SAJID AMAJEE	Open M	29	11	4
234	1:27:05	MARIAM AHMED	Veteran F	30	19	4
45	1:27:09	MAHOMED ZAHEER BADAT	Veteran M	31	12	3
30	1:30:25	ASHLEIGH MITCHELL	Master F	32	20	4
51	1:32:29	JEROMY SOLOMON	Veteran M	33	13	4
328	1:32:31	IZABEL SOLOMON	Junior F	34	21	1
173	1:32:33	JOELENE SOLOMON	Open F	35	22	8
326	1:45:15	ROBYN REED	Grand Master F	36	23	2
147	1:45:20	RACHEL FRAUENSTEIN	Open F	37	24	9
140	1:45:27	ROB FRAVENSTEN	Grand Master M	38	14	2
191	1:47:31	SIBUSISO DLAMINI	Open M	39	15	5
39	1:47:39	NTHABISENG HLONGWA	Open F	40	25	10
118	2:07:32	MICHELLE PENSO	Open F	41	26	11
212	2:07:41	ROGER FLOWERS	Grand Master M	42	16	3