



LIONS RIVER TRAIL RUN

02 JUNE 2024

MEDIUM COURSE



Lions River Trail Run - 10km



02 June 2024

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
627	1:03:05	GARY BEHN	Veteran M	1	1	1
621	1:05:04	ROBERTO SIRILLI	Veteran M	2	2	2
508	1:06:26	ALTA VAN DER WALT	Veteran F	3	1	1
572	1:08:34	COURTNEY VAN WYNGAARD	U16 F	4	2	1
575	1:08:40	DANIEL FRENCH	U18 M	5	3	1
458	1:09:41	GRAHAM CARLSON	Master M	6	4	1
417	1:11:48	RILEY VAN SCHOOR	U16 M	7	5	1
658	1:11:51	RICHARD BATEMAN	Open M	8	6	1
524	1:13:42	JAMES GOTTE	U16 M	9	7	2
420	1:13:49	JESSICA BEHN	U18 F	10	3	1
489	1:14:07	BRENDON LONGHURST	Master M	11	8	2
503	1:16:50	DAVID MITCHELL	Master M	12	9	3
377	1:20:56	LINDIWE MASUKU	Master F	13	4	1
614	1:21:05	DOUGLAS COUPERTHWAITE	Grand Master M	14	10	1
611	1:21:51	HAYLEY BILLINGHAM	U18 F	15	5	2
610	1:24:25	RICHARD EMSLIE	Grand Master M	16	11	2
647	1:25:05	LOSHENTHREN REDDY	Veteran M	17	12	3
472	1:27:08	NICOLE SCHAFER	Veteran F	18	6	2
606	1:28:03	DAVID WINGFIELD	Master M	19	13	4
382	1:29:59	PRUDENCE ROGERS	Veteran F	20	7	3
366	1:30:46	LAUREL OETTLE	Veteran F	21	8	4
361	1:32:00	KEVIN WINGAARD	Master M	22	14	5
568	1:33:35	BONNIE MCCOMB	Open F	23	9	1
364	1:33:38	LISA HEYNS	Open F	24	10	2
519	1:33:43	BRIDGET GRIFFIN	Open F	25	11	3
374	1:33:52	DYLAN GRAY	Open M	26	15	2
342	1:34:04	DIANE O'CONNOR	Veteran F	27	12	5
1003	1:34:31	JANE DICKINSON	Grand Master F	28	13	1
461	1:34:40	MATTHEW VAN AS	Open M	29	16	3
448	1:34:43	JIVESH SINGH	Open M	30	17	4
467	1:34:47	LISA CAMPBELL	Veteran F	31	14	6
404	1:34:50	LISA VAN ZYL	Veteran F	32	15	7
607	1:35:43	SAMANTHA RAUTENBACH	Open F	33	16	4
446	1:36:08	NICHOLAS FRENCH	Open M	34	18	5
343	1:41:02	GILLIAN COLEMAN	Grand Master F	35	17	2
648	1:41:06	ALYSON SCHEEPERS	Open F	36	18	5
635	1:41:22	CHARMAINE CHELIN	Master F	37	19	2
484	1:41:25	STEPHANIE JOHNSON	Master F	38	20	3
358	1:41:28	GRANT JACOBS	Master M	39	19	6
502	1:41:35	STEVE ELLIOTT	Grand Master M	40	20	3
414	1:42:45	CHRISTINE PICKUP	Grand Master F	41	21	3



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468	1:42:50	JOHN PICKUP	Grand Master M	42	21	4
1005	1:46:47	PATRICK DALAIS	Grand Master M	43	22	5
565	1:50:27	KRISEN KANDER	Master M	44	23	7
564	1:51:55	BRIGITTE JACOBS	Master F	45	22	4
463	1:51:59	DEBBIE SOROUR	Master F	46	23	5
386	1:52:03	TRACEY PHILLIPS	Master F	47	24	6
499	1:52:12	KAREN RUNGE	Veteran F	48	25	8
418	1:56:13	SUVARNA MAHARAJ	Open F	49	26	6
429	1:56:53	VERNAL AUGUSTUS	Master F	50	27	7
412	2:06:16	LUNGILE DLAMINI	Veteran F	51	28	9
651	2:07:42	JULYETTE LEWIS	Grand Master F	52	29	4
501	2:07:44	GRAHAM LEWIS	Grand Master M	53	24	6
645	2:10:54	MICHELLE SCHEEPERS	Grand Master F	54	30	5
626	2:10:59	WILLEM VERBIEST	Grand Master M	55	25	7
419	2:12:06	DAVID LANGSTONE	Grand Master M	56	26	8
620	2:14:41	PHINDI MHLANZI	Open F	57	31	7
642	2:16:51	CAROL EVANS	Master F	58	32	8
494	2:17:12	ROISIN OBRIEN	Veteran F	59	33	10
597	2:17:16	DESPINA WIGHT	Veteran F	60	34	11
466	2:20:08	NOKUTHULA SHONGWE	Junior -	61	1	1
549	2:20:14	ZUILEIKA DE SOUZA	Open F	62	35	8
357	2:24:51	BIYELA ZODWA	Master F	63	36	9
365	2:36:03	NOLIOHWA MABASO	Grand Master F	64	37	6
523	2:36:07	PATRICIA HLOPHE	Master F	65	38	10
644	2:45:34	MALIGA NAIDOO	Grand Master F	66	39	7