

Sunshine Coast Trail Run 2019 - 7km - Ladies

Pos	Name	Time	Bib No	Distance	Gender
1	Theresa Buchner	00:44:50	43	7km	Female
2	Jessica Muirhead	00:45:38	125	7km	Female
3	Kellie Harris	00:45:40	80	7km	Female
4	Stella Gillson	00:47:48	63	7km	Female
5	Sonia Dupper	00:51:54	1006	7km	Female
6	Catherine Gillson	00:52:08	64	7km	Female
7	Mare-Lize Els	00:52:26	65	7km	Female
8	Heather Arnold	00:53:01	90	7km	Female
9	Carmia Smuts	00:53:24	1914	7km	Female
10	Yamini k	00:53:52	104	7km	Female
11	Marilize Bakkes	00:54:12	67	7km	Female
12	Suzette Ungerer	00:54:50	111	7km	Female
13	Marushka Driscoll	00:55:59	1927	7km	Female
14	Monique Wessels	00:56:47	86	7km	Female
15	Sandy Rubin	00:56:50	85	7km	Female
16	Natalie Hagedorn-Hansen	00:57:29	53	7km	Female
17	Nikki Gerrard	00:57:31	54	7km	Female
18	Tayla Victor	00:57:44	31	7km	Female
19	Richelle Meistre	00:58:25	122	7km	Female
20	Lynette Smuts	00:58:57	1583	7km	Female
21	Yolande Higgs	00:59:35	8	7km	Female
22	Judy Venter	01:01:14	127	7km	Female
23	Ansie Benade	01:02:11	1009	7km	Female
24	Kailey Steyn	01:02:50	130	7km	Female
25	Kelli Blignaut	01:03:31	98	7km	Female
26	Christine Gerber	01:04:40	114	7km	Female
27	Serena Newcombe	01:04:42	101	7km	Female
28	Cherysse Victor	01:04:45	30	7km	Female
29	Tarryn Lovemore	01:04:50	107	7km	Female
30	Leah Strauss	01:05:32	74	7km	Female
31	Julia MacKenzie	01:05:34	73	7km	Female
32	Cheryl Witte	01:05:41	124	7km	Female
33	Rose Rawstron	01:06:33	108	7km	Female
34	Margo De Kooker	01:06:54	45	7km	Female
35	Aimee Newcombe	01:07:38	100	7km	Female
36	Frances Buchner	01:07:42	106	7km	Female
37	Mahalia Martin	01:07:48	103	7km	Female
38	Tracy Harris	01:08:23	81	7km	Female
39	Hannah Elfick	01:13:59	92	7km	Female
40	Morgan Matthews	01:14:03	29	7km	Female
41	Sharon Daniels	01:14:38	1920	7km	Female
42	Debbie Arnold	01:14:54	105	7km	Female
43	Terry-Ann Dowling	01:15:06	116	7km	Female
44	Jenne Morgton	01:17:39	115	7km	Female
45	Rosalind Bronkhorst	01:19:05	51	7km	Female
46	Ansja Mckenzie	01:23:51	1008	7km	Female
47	Gretha Parkins	01:23:55	136	7km	Female
48	Cindi Bester	01:23:57	1913	7km	Female
49	Sally Moolman	01:24:49	129	7km	Female
50	Candice Van Rooyen	01:28:20	95	7km	Female
51	Chloe Cherry	01:36:29	1559	7km	Female
52	Leola Cherry	01:36:30	1582	7km	Female

Sunshine Coast Trail Run 2019 - 7km - Ladies

53 Erika Barnard

01:37:44 17 7km Female

Sunshine Coast Trail Run 2019 - 7km - Men

Pos	Name	Time	Bib No	Distance	Gender
1	Fraser Withers	00:42:04	1891	7km	Male
2	Gordon Van der Vlies	00:42:05	110	7km	Male
3	Herman Matthews	00:46:07	28	7km	Male
4	Patrick Sharp	00:46:24	123	7km	Male
5	Louis Dupper	00:51:57	1007	7km	Male
6	Kobus Kotze	00:53:30	84	7km	Male
7	Sipho Madyo	00:54:04	14	7km	Male
8	Phil Rawstron	00:55:56	109	7km	Male
9	Richard Higgs	00:59:37	9	7km	Male
10	Gunther Jun Strauss	01:00:45	71	7km	Male
11	Craig Venter	01:01:17	128	7km	Male
12	Jaco Steyn	01:02:47	131	7km	Male
13	Logan Blignaut	01:03:05	97	7km	Male
14	Gunther Sen Strauss	01:05:37	72	7km	Male
15	Ayabulel Dyosolo	01:06:59	3	7km	Male
16	Oliver Booth	01:07:43	133	7km	Male
17	Carl Trahms	01:08:26	7	7km	Male
18	Christopher Arnold	01:15:02	132	7km	Male
19	Jordaan Newcombe	01:16:38	102	7km	Male
20	Colin Parkins	01:17:42	135	7km	Male
21	Alan Robb	01:17:43	117	7km	Male
22	Matthew Irving	01:28:19	94	7km	Male
23	Jason Slizink	01:28:22	96	7km	Male

Sunshine Coast Trail Run 2019 - 14km - Ladies

Pos	Name	Time	Bib No	Distance	Gender
1	Rebecca Jordaan	01:25:46	76	14km	Female
2	Riana Louw	01:28:00	121	14km	Female
3	Christa Griesel	01:34:02	1934	14km	Female
4	Belinda Louw	01:35:39	26	14km	Female
5	Marie Petrelis	01:36:39	13	14km	Female
6	Geraldine Du Randt	01:43:45	62	14km	Female
7	Marette Dreyer	01:43:47	68	14km	Female
8	Michelle Elfick	01:48:56	91	14km	Female
9	Etreshia Coetzee	01:48:59	87	14km	Female
10	Carol Booysen	01:59:15	1936	14km	Female
11	Elrika Pieterse	01:59:51	1004	14km	Female
12	Mary Van Eck	02:01:52	1930	14km	Female
13	Thobeka Mabusela	02:02:02	1928	14km	Female
14	Tenielle De Andrade	02:02:36	1918	14km	Female
15	Louise Fletcher	02:03:04	1584	14km	Female
16	Nina Bodisch	02:03:50	89	14km	Female
17	Tracy Mcintyre	02:04:31	44	14km	Female
18	Joanna Upton	02:06:15	39	14km	Female
19	Rochelle De Klerk	02:06:18	60	14km	Female
20	Mildred Janse Van Rensburg	02:06:29	1935	14km	Female
21	Elaine Smith	02:07:58	59	14km	Female
22	Lauren Nagel	02:08:32	46	14km	Female
23	Marie Best	02:12:03	20	14km	Female
24	Karen Hume	02:12:05	24	14km	Female
25	Marietjie Robb	02:12:27	118	14km	Female
26	Veronica Boshoff	02:14:01	16	14km	Female
27	Michelle Lawson	02:17:14	1940	14km	Female
28	Maryke Schoonbee	02:18:23	50	14km	Female
29	Mariska Du Toit	02:18:25	49	14km	Female
30	Ezna Kennedy	02:18:27	69	14km	Female
31	Vuyokazi November	02:20:09	34	14km	Female
32	Thozama Mantlaka	02:20:12	1010	14km	Female
33	Bronwynn Anne Van Eck	02:21:46	41	14km	Female
34	Desire Holmes	02:21:57	55	14km	Female
35	Taryn Wilson	02:22:01	56	14km	Female
36	Katherine Liebenberg	02:25:10	1916	14km	Female
37	Katie Jamneck	02:25:12	1919	14km	Female
38	Carol-Ann Cash	02:25:20	1917	14km	Female
39	Amanda Kearney	02:29:03	82	14km	Female
40	Carol Strauss	02:29:04	75	14km	Female
41	Jenne Williams	02:40:07	15	14km	Female
42	Leesle Wynford	02:41:16	2	14km	Female
43	Mile Vermaak	02:45:15	1005	14km	Female

Sunshine Coast Trail Run 2019 - 14km - Men

Pos	Name	Time	Bib No	Distance	Gender
1	Paul Bennett	01:20:09	47	14km	Male
2	Glenn Hendricks	01:24:04	120	14km	Male
3	Kenneth Garrod	01:29:48	1937	14km	Male
4	Johan Redelinghuys	01:30:00	1011	14km	Male
5	Vusumzi Jakuja	01:31:24	1	14km	Male
6	Dominuc Bailey	01:31:49	48	14km	Male
7	Ethan Withers	01:35:25	1892	14km	Male
8	Robin Lake	01:37:10	113	14km	Male
9	Roger Redcliffe	01:37:58	99	14km	Male
10	Siseko Mayiye	01:38:07	1893	14km	Male
11	Alain Blatti	01:39:50	1923	14km	Male
12	Grant Hoyle	01:41:04	1910	14km	Male
13	Kenneth Brown	01:42:19	23	14km	Male
14	Kevin Storm	01:44:17	21	14km	Male
15	Shaun Bovey	01:44:18	77	14km	Male
16	Johann Staats	01:44:50	37	14km	Male
17	Andrew Kearney	01:47:30	83	14km	Male
18	Ian Van Der Walt	01:57:23	33	14km	Male
19	Mof Botha	02:07:16	5	14km	Male
20	Gary Kelleher	02:17:21	1926	14km	Male
21	Willi Lawson	02:17:24	1888	14km	Male
22	Brad Wanvig	02:20:54	42	14km	Male
23	Charl Gouws	02:25:04	52	14km	Male
24	Michael Flynn	02:40:17	1939	14km	Male

Sunshine Coast Trail Run 2019 - 21km - Ladies

Pos	Name	Time	Bib No	Distance	Gender
1	Mart-Merie Reyneke	02:00:10	79	21km	Female
2	Lisle Matthews	02:05:06	40	21km	Female
3	Bianca Vermaak	02:08:32	1897	21km	Female
4	Nelia Jacobs	02:16:02	1896	21km	Female
5	Carla Muller	02:25:45	1895	21km	Female
6	Janine Barnard	02:30:31	18	21km	Female
7	Nomathemba Gum	02:34:38	119	21km	Female
8	Pamela Paton	02:39:58	32	21km	Female
9	Debbie Du Plessis	02:45:59	10	21km	Female
10	Celida Trahms	02:46:03	6	21km	Female
11	Carol Muirhead	02:47:09	126	21km	Female
12	Bridget Van Den Heever	02:48:12	1002	21km	Female
13	Star Douglas	03:00:47	35	21km	Female
14	Anesca Zehmke	03:00:49	36	21km	Female
15	Kayla Struwig	03:10:49	22	21km	Female
16	Michelle Mortimer	03:12:15	1929	21km	Female

Sunshine Coast Trail Run 2019 - 21km - Men

Pos	Name	Time	Bib No	Distance	Gender
1	Obey Mtetwa	01:33:21	12	21km	Male
2	Mark Crandon	01:42:22	70	21km	Male
3	Bradley MacKenzie	01:42:48	1932	21km	Male
4	Marius Hitge	01:49:30	1915	21km	Male
5	Bruno Schafer	01:55:09	61	21km	Male
6	Erik Kemp	01:56:48	66	21km	Male
7	Andre Loots	01:59:24	38	21km	Male
8	Brenton Noakes	01:59:26	57	21km	Male
9	Billy Jackson	02:02:01	1890	21km	Male
10	Brian Cordner	02:07:18	1889	21km	Male
11	Chris Meistre	02:08:19	1898	21km	Male
12	Kaya Mfona	02:12:31	1938	21km	Male
13	Gavin Allen	02:12:59	1921	21km	Male
14	Charles Bataille	02:13:20	78	21km	Male
15	Scott Harvey	02:14:02	25	21km	Male
16	Michael Du plessis	02:15:16	1894	21km	Male
17	Stephen Els	02:17:45	1912	21km	Male
18	Colin Robertson	02:20:13	58	21km	Male
19	Hennie Van Eck	02:21:26	1931	21km	Male
20	Philip Pieterse	02:22:23	1003	21km	Male
21	Jan Du Plessis	02:25:43	11	21km	Male
22	Ross Engler	02:29:18	1924	21km	Male
23	Ryan Tudhope	02:35:46	19	21km	Male
24	Rod Butters	02:40:21	93	21km	Male
25	Dave Farren	02:48:15	1001	21km	Male
26	Craig Bester	02:49:49	1911	21km	Male
27	Pete Du Toit	02:58:10	88	21km	Male
28	Wayne Cherry	03:12:29	1558	21km	Male