

# Sunshine Coast Trail Run 2024

23/03/2024



## 7km Female - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
464	Thomas, Grace	Female	A	0:37:38	1	1	3
478	Zenios, Phillipa	Female	B	0:42:52	1	2	9
485	Mackenzie, Madison	Female	A	0:45:16	2	3	13
450	Ntoni, Bomkazi	Female	B	0:47:20	2	4	18
463	Swalwell, Bianca	Female	B	0:48:16	3	5	24
479	Gleaves, Chelsea	Female	B	0:49:30	4	6	26
453	Painter, Zoe	Female	B	0:51:26	5	7	28
455	Polglase, Lindsey	Female	B	0:51:43	6	8	31
472	Van Zyl, Kristi	Female	B	0:52:00	7	9	33
424	Henderson, Lauren	Female	B	0:52:04	8	10	34
408	Dil, Natalie	Female	C	0:52:24	1	11	35
405	Brown, Shana	Female	B	0:52:27	9	12	36
436	Mackenzie, Nicky	Female	C	0:52:40	2	13	37
407	De Kock, Liezl	Female	B	0:53:14	10	14	38
421	Freitag, Debbie	Female	B	0:53:16	11	15	39
477	Zeelie, Bianca	Female	B	0:54:07	12	16	40
426	Huygen, Chantel	Female	B	0:55:47	13	17	43
467	Thysse, Melanie	Female	B	0:55:52	14	18	44
491	Kilroe, Erin	Female	B	0:56:04	15	19	45
490	Louw, Jenna	Female	B	0:56:05	16	20	46
452	Painter, Nicole	Female	B	0:56:55	17	21	48
475	Welgemoed, Chloe	Female	B	0:57:48	18	22	49
415	Ferreira, Ansabe	Female	B	0:58:33	19	23	51
447	Neveling, Tammy	Female	B	0:59:44	20	24	53
470	Van Der Westhuizen, Zané	Female	B	0:59:44	21	25	54
459	Porter, Samantha	Female	B	0:59:54	22	26	55
441	Meyer, Rozelle	Female	B	1:00:30	23	27	57
460	Potgieter, Karla	Female	B	1:00:31	24	28	58
482	Fourie, Anika	Female	A	1:00:46	3	29	59
440	Marx, Kaylee	Female	B	1:01:15	25	30	61
443	Muller, Joelene	Female	B	1:01:26	26	31	62
438	Makiwane, Zakiya	Female	A	1:03:31	4	32	66
414	Ferreira, Taryn	Female	B	1:04:02	27	33	68
422	Gorman, Melanie	Female	B	1:04:04	28	34	69
469	Van Der Merwe, Lezelle	Female	B	1:04:06	29	35	70
431	Landman, Sandra	Female	B	1:04:06	30	36	71
419	Fourie, Carla	Female	B	1:04:13	31	37	72
418	Fouche, Janel	Female	B	1:09:21	32	38	73
425	Hill, Kobie	Female	C	1:15:26	3	39	74
476	West, Sandra	Female	C	1:15:28	4	40	75
487	Blignaut, Dante	Female	B	1:15:30	33	41	76
433	Louw, Paulien	Female	C	1:18:44	5	42	78
486	Isabella, Mackenzie	Female	A	1:20:03	5	43	79
484	Prinsloo, Ashley	Female	A	1:20:05	6	44	80

473	Venter, Leonie	Female	B	1:21:43	34	45	82
412	Elfick, Hannah	Female	B	1:22:35	35	46	83
401	Berning, Ella	Female	B	1:25:34	36	47	86
400	Berning, Mandy	Female	C	1:28:01	6	48	87
494	Whiteman, Haylee	Female	B	1:28:07	37	49	89
423	Hawkins, Clair	Female	B	1:33:10	38	50	90
432	Long, Tamlyn	Female	B	1:33:11	39	51	91

### 7km Female - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
439	Manene, Lusango	Male	B	0:35:17	1	1	1
466	Thomas, Adam	Male	B	0:35:30	2	2	2
448	Newcombe, Samuel	Male	B	0:39:15	3	3	4
420	Fourie, Carel James	Male	B	0:39:17	4	4	5
461	Schwarz, Aaron	Male	A	0:39:25	1	5	6
483	Darne, Danny	Male	B	0:39:53	5	6	7
429	Jonker, Lincoln	Male	A	0:41:24	2	7	8
454	Painter, Russell	Male	B	0:44:16	6	8	10
493	Driscoll, Samuel	Male	A	0:44:29	3	9	11
481	Bovey, Juanrich	Male	A	0:44:30	4	10	12
488	Belligon, Aldo	Male	B	0:45:19	7	11	14
434	Louw, Erich	Male	B	0:45:22	8	12	15
492	Bilsbury, James	Male	B	0:45:24	9	13	16
468	Tibshraeny, Yandre	Male	B	0:45:58	10	14	17
458	Polglase, Coltyn	Male	A	0:47:25	5	15	19
457	Polglase, Jayden	Male	B	0:47:26	11	16	20
456	Polglase, Tyrell	Male	B	0:47:27	12	17	21
409	Drew, Lindsey	Male	B	0:47:44	13	18	22
451	O'neill, Carina	Male	B	0:48:15	14	19	23
465	Thomas, Brynn	Male	C	0:49:17	1	20	25
442	Msila, Sicelo	Male	C	0:49:46	2	21	27
445	Naidoo, Torez	Male	B	0:51:27	15	22	29
489	Ward, Daniel	Male	B	0:51:30	16	23	30
471	Van Eyk, Tiaan	Male	B	0:51:47	17	24	32
404	Bovey, Shaun	Male	B	0:55:40	18	25	41
427	Huygen, Adriaan	Male	B	0:55:46	19	26	42
410	Du Randt, Tristen	Male	B	0:56:06	20	27	47
435	Ludick, Mervyn	Male	B	0:57:50	21	28	50
417	Ferreira, Igie	Male	C	0:58:33	3	29	52
403	Booyesen, Cor	Male	C	1:00:08	4	30	56
430	Jonker, Ruan	Male	B	1:01:15	22	31	60
428	Janse Van Rensburg, Gerhardus Jakobus	Male	C	1:01:39	5	32	63
462	Slabbert, Ashton	Male	A	1:03:17	6	33	64
416	Ferreira, Barry Slabbert	Male	A	1:03:25	7	34	65
480	Burley, Adam	Male	A	1:03:33	8	35	67
411	Durandt, Jaco	Male	B	1:18:06	23	36	77
474	Venter, Wimpie	Male	B	1:21:39	24	37	81
413	Elfick, Daniel	Male	B	1:22:36	25	38	84
406	Bushby, Logan	Male	A	1:23:22	9	39	85
402	Berning, Deon	Male	C	1:28:04	6	40	88

449	Newcombe, Daniel	Male	A	1:47:38	10	41	92
-----	------------------	------	---	---------	----	----	----