

7 Dwarfs Trail Run 2023

26/06/2023



5km Female - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
446	Thomas, Grace	Female	A	0:20:19	1	1	4
463	Dorfling, Kylie	Female	A	0:22:16	2	2	10
455	Ricci, Megan	Female	B	0:22:33	1	3	11
430	Lippstreu, Cardel	Female	B	0:22:37	2	4	13
458	Raaff, Mayson-Sarah	Female	A	0:28:48	3	5	19
437	Newton, Gillian	Female	C	0:29:47	1	6	22
465	Gum, Nomathemba	Female	B	0:30:15	3	7	23
427	Kotze, Elmien	Female	B	0:32:06	4	8	26
445	Swanepoel, Melissa	Female	B	0:32:33	5	9	27
415	Deyzel, Ariella	Female	A	0:32:48	4	10	28
416	Deyzel, Jenilyn	Female	B	0:32:50	6	11	29
428	Kotze, Danielle	Female	B	0:32:56	7	12	30
456	Nooner, Barmice	Female	B	0:33:10	8	13	32
400	Anderssen, Jennifer	Female	B	0:33:32	9	14	33
413	Brown, Avoney	Female	B	0:33:53	10	15	35
429	Landman, Sandra	Female	B	0:35:00	11	16	36
421	Ferreira, Taryn	Female	B	0:36:06	12	17	38
438	Reveley, Eloise	Female	B	0:39:43	13	18	41
432	Mackinnon, Ashley	Female	B	0:40:23	14	19	44
411	Bosch, Estine	Female	B	0:45:28	15	20	46
426	Kiernan, Crezanne	Female	B	0:46:23	16	21	47
410	Blom, Lizl	Female	B	0:48:58	17	22	48
460	Minnie, Stephanie	Female	B	0:49:11	18	23	49
461	Swart, Lizette	Female	B	0:49:13	19	24	50

5km Male - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
440	Ricci, Levi	Male	A	0:19:35	1	1	1
452	Williams, Retief	Male	B	0:19:40	1	2	2
424	Jonker, Lincoln	Male	A	0:19:42	2	3	3
447	Thomas, Adam	Male	A	0:20:22	3	4	5
466	Lippstreu, Caleb	Male	B	0:20:30	2	5	6
419	Endinako, Jack	Male	A	0:21:02	4	6	7
434	Maloberti, Luca	Male	B	0:21:05	3	7	8
453	Woods, Leighton	Male	A	0:21:55	5	8	9
450	Van Jaarsveldt, Jonathan	Male	B	0:22:36	4	9	12
431	Lippstreu, Aidon R.	Male	B	0:23:39	5	10	14
464	Padayame, Magamat	Male	B	0:24:30	6	11	15
408	Bindeman, Willem	Male	B	0:25:07	7	12	16
406	Bindeman, Naude	Male	A	0:25:09	6	13	17
448	Thomas, Brynn	Male	C	0:27:38	1	14	18
457	Raaff, Andrew	Male	C	0:28:55	2	15	20
462	Ludick, Merwyn	Male	B	0:28:59	8	16	21
418	Donoghue, Brendon	Male	B	0:30:22	9	17	24

441	Robinson, John	Male	B	0:31:08	10	18	25
444	Smith, Ryan	Male	B	0:32:57	11	19	31
459	Barker, Lee	Male	B	0:33:47	12	20	34
442	Slabbert , Ashton	Male	A	0:35:17	7	21	37
409	Blom, Tian	Male	A	0:39:20	8	22	39
433	Maggott, Rodney	Male	C	0:39:34	3	23	40
439	Reveley, Ryan	Male	B	0:39:46	13	24	42
443	Smith, Michael	Male	B	0:40:20	14	25	43
425	Keirsgieter, Jacques	Male	B	0:45:25	15	26	45