

# Green Flag Trail Run powered by MetroWind 2023

22/10/2023



EVENT MANAGEMENT

## 5km Female - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
478	Bromley-Gans, Erin	Female	B	0:50:09	1	1	6
515	Van Zyl, Sumien	Female	B	0:51:27	2	2	7
526	Bindeman, Else	Female	B	1:05:34	3	3	13
495	Mabusela, Thobeka	Female	C	1:05:40	1	4	14
529	Muller, Gabby	Female	A	1:10:12	1	5	15
524	Viviers, Amy-Lee	Female	B	1:10:49	4	6	16
486	Ferreira, Taryn	Female	B	1:14:38	5	7	17
501	Olivier, Bianca	Female	B	1:14:53	6	8	18
514	Van Heerden, Helena	Female	B	1:14:56	7	9	19
475	Benade, Ansie	Female	C	1:15:45	2	10	20
476	Bosch, Estine	Female	B	1:22:23	8	11	23
503	Roberts, Melisa	Female	B	1:27:51	9	12	24
505	Schumann, Strelza	Female	C	1:30:46	3	13	25
493	Lombard, Adri	Female	B	1:43:11	10	14	26
522	Schemel, Zadie	Female	B	1:43:32	11	15	27
523	Viviers, Chieta	Female	B	1:43:36	12	16	28
494	Luckman, Rae	Female	C	1:57:07	4	17	29
516	Vermaak, Mile	Female	C	1:57:16	5	18	30
499	Nefdt, Anke	Female	B	2:19:16	13	19	33
510	Ulrich, Keri	Female	B	2:19:22	14	20	34

## 5km Male - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
528	Du Preez, Wynand	Male	C	0:39:58	1	1	1
490	Jonker, Lincoln	Male	A	0:43:55	1	2	2
525	Koekemoer, Lameg	Male	B	0:43:57	1	3	3
482	Dolley, Ziyaad	Male	C	0:44:51	2	4	4
483	Els, Derek	Male	B	0:48:21	2	5	5
496	Mbangeni, Loyiso	Male	B	0:52:42	3	6	8
479	Burger, Ryno	Male	B	0:52:43	4	7	9
506	Slabbert, Ashton	Male	A	0:56:47	2	8	10
491	Keirsgieter, Jacques	Male	B	0:56:54	5	9	11
507	Steyn, Christo	Male	C	1:00:14	3	10	12
487	Gopalakrishnan, Ajit	Male	B	1:21:01	6	11	21
480	Cassie, Dwight	Male	B	1:21:02	7	12	22
512	Ulrich, Christian	Male	A	2:15:56	3	13	31
511	Ulrich, Alex	Male	A	2:18:59	4	14	32
519	Hoskin, Riley	Male	A	2:23:14	5	15	35
520	Hoskin, Corter	Male	A	2:23:16	6	16	36
521	Hoskin, Keith	Male	B	2:23:18	8	17	37