
		<b>LYNFORD TRAIL (INDIVIDUAL RACES)</b>					
		<b>07 September 2019</b>					
		<b>30KM INDIVIDUAL</b>					
<b>Race #</b>	<b>Name</b>	<b>Surname</b>	<b>Gender</b>	<b>Time</b>	<b>Overall Pos</b>		
57	Gina	Chiesman	F	04:32:33	1		
59	Johan	Erasmus	M	02:51:31	1		
64	Vincent	Laycock	M	03:15:28	2		
58	Deon	Chiesman	M	03:16:15	3		
65	Phillip	Nqcoobo	M	03:18:52	4		
66	Graham	Fourie	M	03:37:55	5		
61	Lionel	Howard	M	04:45:06	6		

		<b>LYNFORD TRAIL (INDIVIDUAL RACES)</b>					
		<b>07 September 2019</b>					
		<b>15KM INDIVIDUAL</b>					
<b>Race #</b>	<b>Name</b>	<b>Surname</b>	<b>Gender</b>	<b>Time</b>	<b>Overall Pos</b>		
379	Julia	Hackland	F	01:12:50	1		
387	Corinne	Thompson	F	01:20:02	2		
382	Kim	Mcleish	F	01:36:05	3		
380	Courtney	Heathcote	F	01:38:17	4		
173	Jenny	Retief	F	01:42:48	5		
172	Marlene	de Beer	F	01:44:26	6		
375	Dawn	Nunes	F	01:46:24	7		
384	Deanne	Pennels	F	01:47:50	8		
381	Linda	Mckeone	F	01:52:35	9		
347	Tara	Baxter	F	01:53:50	10		
386	Samantha	Potgieter	F	02:02:56	11		
383	Laurie	Miller	F	02:04:28	12		
377	Rufina	de Sousa	F	02:05:12	13		
314	Maureen	van den bergh	F	02:13:38	14		
378	Bianca	French	F	02:14:16	15		
398	Candice	MacNicol	F	02:19:12	16		
174	Kelsey	Dames	F	02:29:39	17		
175	Chedene	Foster	F	02:29:39	18		
176	Jonathan	Stamatis	M	01:11:20	1		
388	Mbuso	TWK	M	01:19:16	2		
385	Andrew	Pennels	M	01:22:19	3		
392	Jack	Mackenzie	M	01:28:26	4		
393	Stuart	Bell	M	01:32:45	5		
390	Craig	Warr	M	01:36:06	6		
171	Jesse	Archibald	M	01:36:54	7		
323	Joshua	Squires	M	01:36:55	8		
389	Brent	Walker	M	01:38:14	9		
373	Chris	Birkett	M	01:38:24	10		
391	Roland	Whitfield	M	01:48:10	11		
376	Stephen	de Sousa	M	02:04:57	12		
374	Tarryn	Daly	M	02:14:15	13		
395	Matthew	Watts	M	02:31:48	14		
396	Graham	Watts	M	03:18:20	15		

**LYNFORD TRAIL (INDIVIDUAL RACES)****08 September 2019****15KM INDIVIDUAL**

Race #	Name	Surname	Gender	Time	Overall Pos
122	Jenet	Mbhele	F	01:07:49	1
100	Donna	Moor	F	01:21:49	2
178	Jodie	Allwood	F	01:39:03	3
120	Pum	Shewan	F	01:39:27	4
102	Tracy	Rawlins	F	01:55:15	5
115	Shan	Thomson	F	02:05:26	6
101	Melanie	Moore	F	02:27:00	7
105	Nadine	Flanagan	F	02:32:04	8
103	Linda	Mckeone	F	02:32:06	9
110	Maureen	van den bergh	F	02:54:35	10
107	Lee Juan	Buckle	F	03:14:16	11
116	Philile	Dladla	F	03:15:15	12
114	Murray	Haw	M	01:29:19	1
109	Stuart	Bell	M	01:33:35	2
119	Pet	Howes	M	01:39:30	3
117	Warren	Phippen	M	02:05:26	4
108	Robin	Cheesman	M	02:40:10	5
113	Alan	Drew	M	02:40:11	6
118	Ivan	Avlward	M	03:14:24	7

**LYNFORD TRAIL (INDIVIDUAL RACES)****08 September 2019****8KM INDIVIDUAL**

Race #	Name	Surname	Gender	Time	Overall Pos
162	Rachel	Woodburn	F	00:33:28	1
169	Erin	Allwood	F	00:37:08	2
195	Lauren	Wetherill	F	00:40:27	3
104	Colette	Biggs	F	01:12:55	4
182	Nicky	Irvine	F	01:13:15	5
163	Rufina	de Sousa	F	01:28:41	6
168	Chloe	Spencer	F	01:31:41	7
185	Jade	Norman	F	01:34:58	8
166	Kelly	Gilson	F	01:52:33	9
188	Tom	Ross	M	00:27:40	1
184	James	Robinson	M	00:33:03	2
189	Lance	Arnold	M	00:33:10	3
183	Eric	Mbele	M	00:34:54	4
194	Buzz	Hauff	M	00:39:13	5
193	Michael	Warmington	M	00:40:30	6
192	Miguel	Cavero	M	00:40:31	7
177	Amahle	Hadebe	M	01:11:02	8
180	Andrew	Allwood	M	01:11:03	9
190	Greg	Will	M	01:15:52	10
191	Alistair	Will	M	01:15:52	11
181	Stanley	Hadebe	M	01:24:22	12
186	Bjorn	Schoeman	M	01:25:51	13
165	Stephen	de Sousa	M	01:28:40	14
167	Warren	Gilson	M	01:52:34	15