



AdventureRun : The Big Red Barn

Empowervate Summer run at the Barn on 5th November 2023



21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20139	Sebastian	Jakoby	21km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	03:12:24
2	2	1	TRAIL20274	Werner	Jakoby	21km Trail Run/Walk	Male	68	Grand-Master (60+)	03:12:34

21km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TRAIL20153	Manuela	Jakoby	21km Trail Run/Walk	Female	57	Master (50-59)	03:13:29

15km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20725	Gerald	Steyn	15km Trail Run/Walk	Male	72	Grand-Master (60+)	01:45:49
2	2	2	TRAIL20548	Seboloka	Tsotetsi	15km Trail Run/Walk	Male	64	Grand-Master (60+)	02:17:11

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20884	Rinel	Mclaren	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:00:20
2	2	1	TRAIL20451	Nicky	Booyens	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:00:24
3	3	1	TA2885	Eunice	Swanepoel	10km Trail Run/Walk	Female	51	Master (50-59)	01:30:08

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA3058	Khaya	Mthethwa	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:58:54
2	6	2	TA2445	Justin	Brass	5km Trail Run/Walk	Male	44	Veteran (40-49)	01:03:35
3	8	1	TA2519	Con	Blignaut	5km Trail Run/Walk	Male	56	Master (50-59)	01:12:18
4	10	1	TA2988	Marcel	Blignaut	5km Trail Run/Walk	Male	22	Senior (19-29)	01:12:32

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2947	Adele	De La Rey	5km Trail Run/Walk	Female	50	Master (50-59)	00:43:52
2	2	1	TA1526	Christine	Heydenrych	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:51:33
3	3	1	TA2810	Heidi	Barnard	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:57:41
4	5	1	TA2608	Hlelo	Mthethwa	5km Trail Run/Walk	Female	10	Under 11	00:58:59
5	7	1	TA2456	Alice	Brown	5km Trail Run/Walk	Female	67	Grand-Master (60+)	01:03:39
6	9	2	TA2918	Amanda	Blankfield	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:12:22
7	11	2	TA2512	Liezel	Blignaut	5km Trail Run/Walk	Female	55	Master (50-59)	01:14:13
8	12	3	TA2479	Pumza	Mthethwa	5km Trail Run/Walk	Female	44	Veteran (40-49)	01:14:20