



AdventureRun : Cowhouse Trail

AdventureTails CowWalk & Run on 16th February 2019



15km Walk/Run:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2632	Frans	Hagg	15km Walk/Run	Male	38	Sub-Veteran (30-39)	00:48:48

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2552	Matthew	Aiken	10km Run/Walk	Male	32	Sub-Veteran (30-39)	00:43:51
2	2	1	TA2528	Ulrich	Ohlhoff	10km Run/Walk	Male	28	Senior (19-29)	00:49:50
3	3	1	TA2544	Rudi	Nell	10km Run/Walk	Male	47	Veteran (40-49)	00:56:40
4	4	2	TA2999	Deon	Taljaard	10km Run/Walk	Male	27	Senior (19-29)	00:56:48
5	5	2	TA2957	Shaun	Bennie	10km Run/Walk	Male	33	Sub-Veteran (30-39)	00:57:30
6	6	3	TA2993	Tim	Price	10km Run/Walk	Male	33	Sub-Veteran (30-39)	00:57:35
7	8	2	TA2526	Derek	Esterhuysen	10km Run/Walk	Male	44	Veteran (40-49)	00:57:51
8	9	4	TA3403	Karl	Barnard	10km Run/Walk	Male	38	Sub-Veteran (30-39)	00:58:19
9	10	3	TA3499	Johan	Wessels	10km Run/Walk	Male	48	Veteran (40-49)	00:58:29
10	12	5	TA2474	Stephan	Gildenhuys	10km Run/Walk	Male	32	Sub-Veteran (30-39)	01:01:13
11	14	1	TA2497	Henk	Taljaard	10km Run/Walk	Male	53	Master (50-59)	01:01:42
12	15	3	TA2522	Dewald	De Jager	10km Run/Walk	Male	23	Senior (19-29)	01:03:13
13	16	1	TA2516	Andre	Swart	10km Run/Walk	Male	60	Grand-Master (60+)	01:04:11
14	19	6	TA2974	Ian	Corbett	10km Run/Walk	Male	34	Sub-Veteran (30-39)	01:18:36
15	24	7	TA3477	Hannes	Vosloo	10km Run/Walk	Male	31	Sub-Veteran (30-39)	01:20:24
16	25	4	TA3469	Lovemore	Seveni	10km Run/Walk	Male	40	Veteran (40-49)	01:26:41
17	28	5	TA3503	Rajen	Naidoo	10km Run/Walk	Male	43	Veteran (40-49)	01:27:04
18	30	4	TA2645	Hannes	Janse Van Vuuren	10km Run/Walk	Male	27	Senior (19-29)	01:27:31
19	38	5	TA2631	Jw	Gey Van Pittius	10km Run/Walk	Male	29	Senior (19-29)	01:44:16
20	42	2	TA2943	Hendrik Arnoldus	Matthyser	10km Run/Walk	Male	54	Master (50-59)	01:55:37
21	44	6	TA2938	Dan Charl	Kleynhans	10km Run/Walk	Male	48	Veteran (40-49)	01:57:39
22	46	2	TA2687	Henning	Herbst	10km Run/Walk	Male	62	Grand-Master (60+)	02:07:49

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA2680	Yvette	Rademan	10km Run/Walk	Female	44	Veteran (40-49)	00:57:48
2	11	1	TA3476	Louise	Van Vuuren	10km Run/Walk	Female	31	Sub-Veteran (30-39)	01:00:05
3	13	1	TA2617	Maryke	Gildenhuys	10km Run/Walk	Female	27	Senior (19-29)	01:01:37
4	17	2	TA2903	Jane	Kabinga	10km Run/Walk	Female	38	Sub-Veteran (30-39)	01:09:15
5	18	3	TA2972	Bongiwe	Ngcobo	10km Run/Walk	Female	37	Sub-Veteran (30-39)	01:16:39
6	20	4	TA2991	Wendy	Corbett	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:18:36
7	21	5	TA2434	Aletia	Meyer	10km Run/Walk	Female	31	Sub-Veteran (30-39)	01:19:35
8	22	2	TA3484	Erin	Jones	10km Run/Walk	Female	29	Senior (19-29)	01:19:38
9	23	6	TA2929	Carina	Swart	10km Run/Walk	Female	31	Sub-Veteran (30-39)	01:20:21
10	26	1	TA3070	Thea	Corbett	10km Run/Walk	Female	61	Grand-Master (60+)	01:26:54
11	27	7	TA2599	Akashnie	Naidoo	10km Run/Walk	Female	37	Sub-Veteran (30-39)	01:27:03
12	29	1	TA2947	Marelize	Nolan	10km Run/Walk	Female	55	Master (50-59)	01:27:21
13	31	2	TA3505	Susan	De Bruin	10km Run/Walk	Female	46	Veteran (40-49)	01:38:03
14	32	3	TA2924	Nyathikazi	Nonhlanha	10km Run/Walk	Female	41	Veteran (40-49)	01:38:30
15	33	8	TA3015	Yolanda	Van Zyl	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:42:32
16	34	9	TA2923	Alicia	Stannard	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:42:34
17	35	4	TA3014	Rina	Ludik	10km Run/Walk	Female	49	Veteran (40-49)	01:44:04
18	36	5	TA2933	Nicky	Wessels	10km Run/Walk	Female	47	Veteran (40-49)	01:44:06
19	37	3	TA2658	Felicia	Wessels	10km Run/Walk	Female	25	Senior (19-29)	01:44:14
20	39	4	TA2565	Merciale	Swannepoel	10km Run/Walk	Female	28	Senior (19-29)	01:45:26
21	40	5	TA3067	Su-mari	Jansen Van Vuuren	10km Run/Walk	Female	25	Senior (19-29)	01:45:31
22	41	2	TA3029	Anette	Erasmus	10km Run/Walk	Female	52	Master (50-59)	01:55:34
23	43	3	TA3049	Naomi	Kleynhans	10km Run/Walk	Female	50	Master (50-59)	01:57:35
24	45	2	TA2592	Alida	Herbst	10km Run/Walk	Female	60	Grand-Master (60+)	02:05:45
25	47	4	TA3004	Letitia	Van Der Westhuizen	10km Run/Walk	Female	52	Master (50-59)	02:08:22
26	48	5	TA2540	Linda	Da Costa	10km Run/Walk	Female	54	Master (50-59)	02:08:27

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0709	Roan	Van Rooyen	5km Run/Walk	Male	25	Senior (19-29)	00:28:22
2	2	1	TA1125	Menno	Fokkens	5km Run/Walk	Male	10	Under 11	00:30:48
3	8	3	TA2286	Duart	Breedt	5km Run/Walk	Male	23	Senior (19-29)	00:36:11
4	9	2	TA1185	Eduan	Breedt	5km Run/Walk	Male	23	Senior (19-29)	00:36:11
5	10	1	TA1068	Jan	Fokkens	5km Run/Walk	Male	51	Master (50-59)	00:36:52
6	17	4	TA0826	Kyle	Headland	5km Run/Walk	Male	25	Senior (19-29)	00:45:05
7	21	2	TRAIL11168	Glyn	Boddy	5km Run/Walk	Male	54	Master (50-59)	00:47:18
8	27	1	TA1801	Patryk	Michalowski	5km Run/Walk	Male	31	Sub-Veteran (30-39)	00:50:15
9	29	1	TA2654	Menzi	Kunene	5km Run/Walk	Male	63	Grand-Master (60+)	00:53:32
10	30	1	TA2285	Max	Vreugde	5km Run/Walk	Male	49	Veteran (40-49)	00:53:42
11	31	3	TRAIL10048	Willie Adriaan	Engelbreg	5km Run/Walk	Male	51	Master (50-59)	01:00:47
12	33	4	TA1048	Jurg	Wessels	5km Run/Walk	Male	50	Master (50-59)	01:03:42
13	36	2	TA0995	Marko	Blom	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:05:46
14	37	2	TA0992	Victor	Tosen	5km Run/Walk	Male	40	Veteran (40-49)	01:05:55
15	38	3	TA2204	Frank	Boshoff	5km Run/Walk	Male	40	Veteran (40-49)	01:05:58
16	40	3	TA3032	Albert	Van Der Merwe	5km Run/Walk	Male	38	Sub-Veteran (30-39)	01:09:31
17	41	4	TA0651	Regardt	Swannepoel	5km Run/Walk	Male	33	Sub-Veteran (30-39)	01:10:09

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
2	3	1	TA2666	Aneen	Brits	5km Run/Walk	Female	36	Sub-Veteran (30-39)	00:33:03
3	4	1	TA2115	Jo-ann	David	5km Run/Walk	Female	44	Veteran (40-49)	00:34:14
4	5	1	TA2222	Yolandi	Jansen Van Vuuren	5km Run/Walk	Female	22	Senior (19-29)	00:34:26
5	6	2	TA3493	Diana	Ferreira Le Grand	5km Run/Walk	Female	38	Sub-Veteran (30-39)	00:35:45
6	7	3	TA2901	Chantelle	Roddan	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:35:49
7	11	4	TRAIL12170	Cornelia	Hutchinson	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:40:07
8	12	2	TRAIL20000	Glizelle	Langerman	5km Run/Walk	Female	42	Veteran (40-49)	00:40:18
9	13	3	TA1900	Elmarie	Meyer	5km Run/Walk	Female	41	Veteran (40-49)	00:41:40
10	14	4	TA2689	Cindy	Nell	5km Run/Walk	Female	44	Veteran (40-49)	00:42:23
11	15	2	TA2342	Nadine	Havenga	5km Run/Walk	Female	26	Senior (19-29)	00:44:08
12	16	3	TA1886	Jessica	Saaiman	5km Run/Walk	Female	27	Senior (19-29)	00:44:16
13	18	1	TA1175	Gabriella	Nell	5km Run/Walk	Female	12	12 to 15	00:45:53
14	19	2	TA0795	Michaela	Nell	5km Run/Walk	Female	10	Under 11	00:46:16
15	20	4	TA0254	Desree	Bennie	5km Run/Walk	Female	29	Senior (19-29)	00:47:16
16	22	5	TA1177	Charline	Jay	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:47:56
17	23	5	TA0789	Janette	Cavannagh	5km Run/Walk	Female	41	Veteran (40-49)	00:47:58
18	24	6	TA1169	Lientjie	Bentz	5km Run/Walk	Female	43	Veteran (40-49)	00:49:11
19	25	5	TA2170	Clarice	Odendaal	5km Run/Walk	Female	20	Senior (19-29)	00:49:23
20	26	6	TA2119	Gillian	Michalowski	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:50:10
21	28	7	TA2141	Zandile	Mabaso	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:52:09
22	32	1	TRAIL10132	Erin	Engelbreg	5km Run/Walk	Female	52	Master (50-59)	01:00:57
23	34	7	TA2130	Michelle	Winterbottom	5km Run/Walk	Female	47	Veteran (40-49)	01:04:29
24	35	6	TA2219	Danielle	Winterbottom	5km Run/Walk	Female	24	Senior (19-29)	01:04:34
25	39	8	TA2630	Anthea	Corbett	5km Run/Walk	Female	36	Sub-Veteran (30-39)	01:09:31
26	42	8	TA1838	Venita	Lottering	5km Run/Walk	Female	44	Veteran (40-49)	01:10:11
27	43	1	TA3492	Frankie	Alessio	5km Run/Walk	Female	61	Grand-Master (60+)	01:17:00
28	44	2	TA3460	Lasley	Billingtoa	5km Run/Walk	Female	60	Grand-Master (60+)	01:17:25
29	45	7	TA2293	Alicia	Jacobs	5km Run/Walk	Female	29	Senior (19-29)	01:23:29
30	46	9	TA1829	Daniel	Swanepoel	5km Run/Walk	Female	36	Sub-Veteran (30-39)	01:23:35
31	47	10	TA2111	Gertina	Tosen	5km Run/Walk	Female	38	Sub-Veteran (30-39)	01:25:50
32	48	9	TA0849	Adele	Muller	5km Run/Walk	Female	43	Veteran (40-49)	01:25:53

2km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA1785	Pierre	Goosen	2km Run/Walk	Male	36	Sub-Veteran (30-39)	01:07:50

2km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0126	Catrien	Stander	2km Run/Walk	Female	37	Sub-Veteran (30-39)	00:49:35
2	2	2	TA0570	Nelma	Beck	2km Run/Walk	Female	31	Sub-Veteran (30-39)	00:49:38
3	3	3	TA1583	Amy Kim	Walker	2km Run/Walk	Female	36	Sub-Veteran (30-39)	01:07:48