



AdventureRun : AdventureTails RockWalk & Run

AdventureTails RockWalk & Run on 18th May 2019



21km Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TRAIL13039	Shaun	Vermaak	21km Run/Walk	Male	37	Sub-Veteran (30-39)	02:25:33

21km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1828	Sandra	Mansvelder	21km Run/Walk	Female	23	Senior (19-29)	01:42:33
2	2	2	TA2137	Michelle	Le Grange	21km Run/Walk	Female	29	Senior (19-29)	02:01:40

15km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA1822	Bongani	Mbokazi	15km Run/Walk	Male	50	Master (50-59)	01:44:30
2	6	1	TA2204	Sol	Jacobs	15km Run/Walk	Male	74	Grand-Master (60+)	02:18:11
3	8	2	TA3534	Francois	Coetzee	15km Run/Walk	Male	54	Master (50-59)	02:57:01

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1882	Alicha	Van Heerder	15km Run/Walk	Female	22	Senior (19-29)	01:41:12
2	3	1	TA2174	Urshula	Horn	15km Run/Walk	Female	43	Veteran (40-49)	01:49:20
3	4	1	TA2343	Bongiwe	Ngcobo	15km Run/Walk	Female	37	Sub-Veteran (30-39)	01:50:09
4	5	1	TRAIL10789	Lizeth	Van Wyk	15km Run/Walk	Female	18	16 to 18	02:00:34
5	7	1	TA2290	Estelle	Coetzee	15km Run/Walk	Female	53	Master (50-59)	02:56:51

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2949	Sean	Thomas	10km Run/Walk	Male	31	Sub-Veteran (30-39)	00:59:30
2	3	1	TA3419	Morne	Eloff	10km Run/Walk	Male	45	Veteran (40-49)	01:02:20
3	5	1	TA3022	Jaco	Linde	10km Run/Walk	Male	23	Senior (19-29)	01:03:44
4	7	2	TA2926	Louis	Aucamp	10km Run/Walk	Male	26	Senior (19-29)	01:10:30
5	12	3	TA3483	Leon	De Wet	10km Run/Walk	Male	25	Senior (19-29)	01:21:51
6	13	4	TA2987	Kobus	De Wet	10km Run/Walk	Male	25	Senior (19-29)	01:21:55
7	24	1	TA2431	Hendrik Arnoldus	Matthyser	10km Run/Walk	Male	54	Master (50-59)	01:53:40
8	31	1	TA2444	Corne	Aldum	10km Run/Walk	Male	70	Grand-Master (60+)	02:15:36

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2650	Stellah	Kwasi	10km Run/Walk	Female	31	Sub-Veteran (30-39)	00:59:38
2	4	2	TA3541	Monique	Eloff	10km Run/Walk	Female	33	Sub-Veteran (30-39)	01:03:40
3	6	1	TA2537	Louisa	Heneghen	10km Run/Walk	Female	29	Senior (19-29)	01:08:39
4	8	2	TA3029	Elizabeth	Linde	10km Run/Walk	Female	27	Senior (19-29)	01:10:54
5	9	3	TA3465	Alida	Kotze	10km Run/Walk	Female	38	Sub-Veteran (30-39)	01:11:50
6	10	3	TRAIL20120	Vuyolwethu	Matiwane	10km Run/Walk	Female	29	Senior (19-29)	01:16:52
7	11	1	TA2928	Lily	Welborn	10km Run/Walk	Female	66	Grand-Master (60+)	01:19:00
8	14	1	TRAIL20797	Wilma	Du Plooy	10km Run/Walk	Female	52	Master (50-59)	01:26:32
9	15	1	TRAIL20144	Shauna	Costley	10km Run/Walk	Female	46	Veteran (40-49)	01:27:11
10	16	2	TA2989	Jenny	Tomlinson	10km Run/Walk	Female	55	Master (50-59)	01:27:37
11	17	3	TRAIL11315	Angela	Conway	10km Run/Walk	Female	55	Master (50-59)	01:35:40
12	18	4	TA2938	Morongwa	Mashao	10km Run/Walk	Female	26	Senior (19-29)	01:35:56
13	19	2	TRAIL20118	Nicola	Van Der Westhuizen	10km Run/Walk	Female	46	Veteran (40-49)	01:48:26
14	20	3	TRAIL20222	Patricia	Zvarayi	10km Run/Walk	Female	40	Veteran (40-49)	01:49:55
15	21	5	TRAIL20117	Sarah	Mathega	10km Run/Walk	Female	29	Senior (19-29)	01:51:23
16	22	4	TA3492	Ntombikayise	Mncwabe	10km Run/Walk	Female	39	Sub-Veteran (30-39)	01:51:29
17	23	4	TA2662	Anette	Erasmus	10km Run/Walk	Female	52	Master (50-59)	01:53:38
18	25	2	TRAIL20732	Gerna	Horak	10km Run/Walk	Female	60	Grand-Master (60+)	01:53:48
19	26	3	TA2533	Isabel	Pieterse	10km Run/Walk	Female	62	Grand-Master (60+)	01:55:08
20	27	4	TA2968	Marie	Williams	10km Run/Walk	Female	66	Grand-Master (60+)	01:55:12
21	28	5	TA2611	Adri	Prinsloo	10km Run/Walk	Female	53	Master (50-59)	01:55:20
22	29	4	TA2309	Thandi	Mbokazi	10km Run/Walk	Female	46	Veteran (40-49)	02:02:40
23	30	5	TA3016	Makhosi	Dlalisa	10km Run/Walk	Female	43	Veteran (40-49)	02:02:53
24	32	5	TA2518	Marietjie	Aldum	10km Run/Walk	Female	70	Grand-Master (60+)	02:15:54
25	33	6	TRAIL20113	Frankie	Alessio	10km Run/Walk	Female	61	Grand-Master (60+)	02:17:37

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1548	Clint	Holing	5km Run/Walk	Male	54	Master (50-59)	00:26:56
2	2	1	TA1741	Pierre	Steyn	5km Run/Walk	Male	25	Senior (19-29)	00:27:24
3	4	1	TA0588	Marinus	Snyman	5km Run/Walk	Male	37	Sub-Veteran (30-39)	00:30:02
4	6	1	TA1655	Lance	Van Der Merwe	5km Run/Walk	Male	47	Veteran (40-49)	00:30:56
5	8	2	TA0312	Colin	Williams	5km Run/Walk	Male	59	Master (50-59)	00:33:11
6	15	2	TA0565	Jacques	Bence	5km Run/Walk	Male	31	Sub-Veteran (30-39)	00:38:52
7	18	2	TA0576	Riaan	Swart	5km Run/Walk	Male	42	Veteran (40-49)	00:39:24
8	19	3	TRAIL11168	Glyn	Boddy	5km Run/Walk	Male	54	Master (50-59)	00:39:44
9	22	2	TA1693	Dakalo	Tshidino	5km Run/Walk	Male	29	Senior (19-29)	00:41:10
10	33	1	TA0280	Byron	Ellis	5km Run/Walk	Male	16	16 to 18	00:46:50
11	37	3	TA0436	Xander	Kritzinger	5km Run/Walk	Male	27	Senior (19-29)	00:48:22
12	39	1	TA0231	Hein	Lange	5km Run/Walk	Male	61	Grand-Master (60+)	00:49:33
13	41	3	TA1674	Hans	Van Zyl	5km Run/Walk	Male	32	Sub-Veteran (30-39)	00:53:26
14	46	3	TA0203	Elardus	Viljoen	5km Run/Walk	Male	41	Veteran (40-49)	00:54:19
15	47	4	TA0234	Sean	Frawley	5km Run/Walk	Male	37	Sub-Veteran (30-39)	00:54:30
16	48	2	TA0009	Dirk	Van Papendorp	5km Run/Walk	Male	69	Grand-Master (60+)	00:54:35
17	52	4	TA0317	Christopher	Minnaar	5km Run/Walk	Male	29	Senior (19-29)	00:55:10
18	53	5	TA1754	Pierrie	Bezuidenhout	5km Run/Walk	Male	23	Senior (19-29)	00:55:46
19	55	4	TA0251	Pieter	Pieter Du Plessis	5km Run/Walk	Male	58	Master (50-59)	00:56:14

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0189	Ela	De Freitas	5km Run/Walk	Female	46	Veteran (40-49)	00:29:08
2	5	1	TA0169	Liesel	Paul	5km Run/Walk	Female	29	Senior (19-29)	00:30:24
3	7	2	TA0096	Lindy	Fallet	5km Run/Walk	Female	44	Veteran (40-49)	00:32:18
4	9	1	TA1666	Belinda	Strydom	5km Run/Walk	Female	33	Sub-Veteran (30-39)	00:34:35
5	10	2	TA1691	Vertharani	Naicker	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:36:34
6	11	3	TA0408	Letrishia	Naicker	5km Run/Walk	Female	30	Sub-Veteran (30-39)	00:36:49
7	12	4	TA0290	Lizanne	Eva	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:38:32
8	13	2	TA0539	Ruzelle	Du Preez	5km Run/Walk	Female	28	Senior (19-29)	00:38:39
9	14	5	TA0087	Lee	Baragwanath	5km Run/Walk	Female	33	Sub-Veteran (30-39)	00:38:48
10	16	3	TA1661	Ane	Vorster	5km Run/Walk	Female	29	Senior (19-29)	00:39:00
11	17	3	TA0559	Colette	Swart	5km Run/Walk	Female	40	Veteran (40-49)	00:39:21
12	20	6	TA1595	Alet	Uys	5km Run/Walk	Female	30	Sub-Veteran (30-39)	00:39:49
13	21	4	TA0425	Eftascha	Gerber	5km Run/Walk	Female	43	Veteran (40-49)	00:41:03
14	23	4	TA0298	Mutondi	Matidze	5km Run/Walk	Female	25	Senior (19-29)	00:41:17
15	24	7	TA0219	Siwe	Matshisi	5km Run/Walk	Female	30	Sub-Veteran (30-39)	00:43:12
16	25	8	TA0391	Njongenhle	Nyoni	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:43:14
17	26	9	TA1671	Ina	Hugo	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:43:58
18	27	1	TA0042	Ria	Hugo	5km Run/Walk	Female	63	Grand-Master (60+)	00:44:16
19	28	2	TA0424	Linda	Horne	5km Run/Walk	Female	65	Grand-Master (60+)	00:44:33
20	29	3	TA0094	Louise	Williams	5km Run/Walk	Female	65	Grand-Master (60+)	00:44:39
21	30	10	TA1659	Mariet	Lange	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:45:49
22	31	1	TA0167	Tracey	Pieterse	5km Run/Walk	Female	55	Master (50-59)	00:46:21
23	32	5	TA1747	Louise	Du Preez	5km Run/Walk	Female	42	Veteran (40-49)	00:46:47
24	34	5	TA0487	Annerien	Nel	5km Run/Walk	Female	24	Senior (19-29)	00:46:53
25	35	11	TA1735	Kelly	Summerfield	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:47:20
26	36	2	TA0345	Cecilia	Summerfield	5km Run/Walk	Female	55	Master (50-59)	00:47:25
27	38	6	TA1799	Tanya	Kritzinger	5km Run/Walk	Female	28	Senior (19-29)	00:48:25
28	40	12	TA0365	Anna	Ramoabi	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:50:02
29	42	3	TA0494	Fiona	Smith	5km Run/Walk	Female	51	Master (50-59)	00:53:37
30	43	7	TA1572	Ilona	Smith	5km Run/Walk	Female	22	Senior (19-29)	00:53:42
31	44	8	TA0318	Jessica	Vercueil	5km Run/Walk	Female	26	Senior (19-29)	00:53:55
32	45	13	TA0172	Karen	Van Zyl	5km Run/Walk	Female	30	Sub-Veteran (30-39)	00:53:58
33	49	4	TA0567	Selome	Van Papendorp	5km Run/Walk	Female	63	Grand-Master (60+)	00:54:38
34	50	9	TA0417	Nicola	Oldfield	5km Run/Walk	Female	28	Senior (19-29)	00:55:03
35	51	14	TA0260	Jeanne-marie	Minnaar	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:55:08
36	54	10	TA0517	Thalischia	Du Plessis	5km Run/Walk	Female	23	Senior (19-29)	00:55:55
37	56	4	TA0005	Kayleen	Du Plessis	5km Run/Walk	Female	58	Master (50-59)	00:56:31
38	57	1	TA0328	Lubanzi	Matshisi	5km Run/Walk	Female	4	Under 11	00:59:52
39	58	15	TA0464	Hlehli	Zondo	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:04
40	59	16	TA0240	Nonhlanhla	Gwamanda	5km Run/Walk	Female	35	Sub-Veteran (30-39)	01:26:11

2km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA1074	Jaques	Soden	2km Run/Walk	Male	37	Sub-Veteran (30-39)	00:17:39
2	6	1	TA1038	Wilhelm	Schonfeldt	2km Run/Walk	Male	28	Senior (19-29)	00:19:26
3	9	1	TA0623	Chris	Horn	2km Run/Walk	Male	69	Grand-Master (60+)	00:51:47

2km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0757	Jakolien	Strydom	2km Run/Walk	Female	35	Sub-Veteran (30-39)	00:13:32
2	2	2	TA1132	Nicola	Lourens	2km Run/Walk	Female	35	Sub-Veteran (30-39)	00:13:37
3	3	3	TA0977	Yolanda	Soden	2km Run/Walk	Female	35	Sub-Veteran (30-39)	00:17:26
4	4	1	TA0930	Liesel	Neubrech	2km Run/Walk	Female	50	Master (50-59)	00:17:34
5	7	4	TA1094	Cara	Reynolds	2km Run/Walk	Female	32	Sub-Veteran (30-39)	00:25:15
6	8	2	TA0795	Karen	Petersen	2km Run/Walk	Female	57	Master (50-59)	00:25:21