



AdventureRun : Cowhouse Trail

AdventureTails CowWalk & Run on 11th January 2020



21km Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2786	Nicolaas	Van Der Walt	21km Run/Walk	Male	36	Sub-Veteran (30-39)	01:40:48
2	2	2	TA3108	Adriaan	Van Brakel	21km Run/Walk	Male	39	Sub-Veteran (30-39)	01:50:30
3	3	3	TA2832	Ruan	Smit	21km Run/Walk	Male	33	Sub-Veteran (30-39)	01:54:54
4	4	4	TA3110	Corne	Mynhardt	21km Run/Walk	Male	38	Sub-Veteran (30-39)	02:07:02
5	5	5	TA2456	Karl	Barnard	21km Run/Walk	Male	38	Sub-Veteran (30-39)	02:07:16
6	6	1	TA2761	Dion	Van Zyl	21km Run/Walk	Male	46	Veteran (40-49)	02:09:43
7	7	2	TA2765	Regan	Cherry	21km Run/Walk	Male	40	Veteran (40-49)	02:11:16
8	8	6	TA2488	Phumlani	Zimane	21km Run/Walk	Male	37	Sub-Veteran (30-39)	02:16:18
9	9	3	TA3122	Hencharl	Strauss	21km Run/Walk	Male	41	Veteran (40-49)	02:35:47
10	10	1	TA3104	Robert	Hill	21km Run/Walk	Male	53	Master (50-59)	02:41:04
11	12	1	TRAIL20303	Wihan	Vermeulen	21km Run/Walk	Male	26	Senior (19-29)	03:01:09

21km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	11	1	TA2770	Lelani	Du Preez	21km Run/Walk	Female	47	Veteran (40-49)	02:42:53

15km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2733	Matsontso	Mathebula	15km Run/Walk	Male	59	Master (50-59)	01:26:53
2	3	1	TA3137	Henco	Cronje	15km Run/Walk	Male	45	Veteran (40-49)	01:30:40
3	4	2	TRAIL11023	Grant	Hall	15km Run/Walk	Male	49	Veteran (40-49)	01:32:30
4	6	1	TA2894	Peet	De Bruyn	15km Run/Walk	Male	31	Sub-Veteran (30-39)	01:32:56
5	7	2	TA2772	Luan	Steenkamp	15km Run/Walk	Male	30	Sub-Veteran (30-39)	01:33:27
6	10	2	TA2846	Leon	Mulder	15km Run/Walk	Male	55	Master (50-59)	01:45:15
7	11	3	TA2829	Cornelius	De Villiers	15km Run/Walk	Male	38	Sub-Veteran (30-39)	02:00:09

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2731	Marche	Cronje	15km Run/Walk	Female	45	Veteran (40-49)	01:30:38
2	5	1	TA3073	Samantha	Middlemost	15km Run/Walk	Female	27	Senior (19-29)	01:32:34
3	8	2	TA3136	Jenni	De Bruin	15km Run/Walk	Female	27	Senior (19-29)	01:34:36
4	9	3	TA2834	Angelique	Mulder	15km Run/Walk	Female	22	Senior (19-29)	01:45:11
5	12	1	TA2751	Goitsewang	Mathebula	15km Run/Walk	Female	51	Master (50-59)	02:05:54
6	13	1	TA2719	Lerato	Ramodike	15km Run/Walk	Female	38	Sub-Veteran (30-39)	02:17:07
7	14	2	TA3096	Kgabo	Tjatji	15km Run/Walk	Female	38	Sub-Veteran (30-39)	02:24:28

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0988	Pieter	Du Plessis	10km Run/Walk	Male	53	Master (50-59)	00:54:13
2	2	1	TA1034	Nick	Latta	10km Run/Walk	Male	48	Veteran (40-49)	00:54:27
3	3	2	TRAIL12428	Geldenhuis	Combrinck	10km Run/Walk	Male	46	Veteran (40-49)	00:55:19
4	4	3	TA0648	Etienne	Stroebel	10km Run/Walk	Male	46	Veteran (40-49)	00:56:46
5	5	2	TA0684	Andre	Cronje	10km Run/Walk	Male	51	Master (50-59)	00:58:46
6	7	3	TA1103	Francois	Lotter	10km Run/Walk	Male	54	Master (50-59)	01:01:57
7	8	4	TA1160	Conrad	Marshall	10km Run/Walk	Male	49	Veteran (40-49)	01:02:00
8	9	1	TA1119	Charl	Du Toit	10km Run/Walk	Male	27	Senior (19-29)	01:02:27
9	12	1	TA0699	Helder	Morais	10km Run/Walk	Male	38	Sub-Veteran (30-39)	01:03:32
10	13	1	TRAIL20628	Geoff	Lupton-smith	10km Run/Walk	Male	62	Grand-Master (60+)	01:03:38
11	14	5	TA0845	Philip	Fourie	10km Run/Walk	Male	43	Veteran (40-49)	01:04:46
12	15	6	TA0720	Deon	Koegelenberg	10km Run/Walk	Male	43	Veteran (40-49)	01:04:52
13	16	2	TA1020	Jacobus	Pieterse	10km Run/Walk	Male	33	Sub-Veteran (30-39)	01:04:55
14	18	2	TRAIL20725	Gerald	Steyn	10km Run/Walk	Male	68	Grand-Master (60+)	01:06:10
15	19	4	TA0690	Clint	Holing	10km Run/Walk	Male	55	Master (50-59)	01:08:06
16	21	2	TA0824	Ryan	Dyer	10km Run/Walk	Male	26	Senior (19-29)	01:11:41
17	25	3	TA0946	Naran	Nemusibi	10km Run/Walk	Male	38	Sub-Veteran (30-39)	01:18:08
18	27	7	TA0637	Daniel	Du Toit	10km Run/Walk	Male	47	Veteran (40-49)	01:18:14
19	28	4	TA1014	Eckard	Conradie	10km Run/Walk	Male	35	Sub-Veteran (30-39)	01:18:19
20	30	5	TA0893	Stephan	Gauche	10km Run/Walk	Male	35	Sub-Veteran (30-39)	01:19:50
21	32	8	TA1159	Boetie	Mathe	10km Run/Walk	Male	44	Veteran (40-49)	01:29:29
22	35	3	TA0757	Blackie	Swart	10km Run/Walk	Male	60	Grand-Master (60+)	01:37:14
23	40	6	TA0739	Albert	Van Der Merwe	10km Run/Walk	Male	39	Sub-Veteran (30-39)	01:44:36
24	41	7	TA0930	Brenton	Conway	10km Run/Walk	Male	34	Sub-Veteran (30-39)	01:50:00

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA0939	Yolan	Friedmann	10km Run/Walk	Female	47	Veteran (40-49)	01:00:03
2	10	1	TA0864	Michelle	Du Toit	10km Run/Walk	Female	31	Sub-Veteran (30-39)	01:02:31
3	11	2	TA1091	Lardi	Meyer	10km Run/Walk	Female	30	Sub-Veteran (30-39)	01:02:36
4	17	3	TA0662	Anika	Meyer	10km Run/Walk	Female	32	Sub-Veteran (30-39)	01:05:09
5	20	2	TA1143	Heidi	Botha	10km Run/Walk	Female	41	Veteran (40-49)	01:09:18
6	22	1	TA0615	Chantelle	Gouws	10km Run/Walk	Female	24	Senior (19-29)	01:11:43
7	23	4	TA1164	Katlego	Nemusibi	10km Run/Walk	Female	33	Sub-Veteran (30-39)	01:13:21
8	24	3	TA0866	Amelia	Swanepoel	10km Run/Walk	Female	45	Veteran (40-49)	01:13:44
9	26	4	TA0651	Getrude	Du Toit	10km Run/Walk	Female	46	Veteran (40-49)	01:18:13
10	29	2	TA0847	Stashia	Smit	10km Run/Walk	Female	28	Senior (19-29)	01:18:22
11	31	5	TA1061	Aretha	Strydom	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:26:05
12	33	5	TRAIL20144	Shauna	Costley	10km Run/Walk	Female	47	Veteran (40-49)	01:30:42
13	34	6	TA1058	Kenanao	Ratau	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:36:14
14	36	1	TA0900	Joey	Swart	10km Run/Walk	Female	56	Master (50-59)	01:37:17
15	37	3	TA0947	Anien	Conradie	10km Run/Walk	Female	28	Senior (19-29)	01:38:22
16	38	7	TA0904	Boitumelo	Leteane	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:40:51
17	39	8	TA1122	Anthea	Corbett	10km Run/Walk	Female	37	Sub-Veteran (30-39)	01:44:33
18	42	9	TA1018	Lize-marie	Smit	10km Run/Walk	Female	33	Sub-Veteran (30-39)	01:50:02
19	43	6	TA1065	Ciska	Jooste	10km Run/Walk	Female	43	Veteran (40-49)	01:56:19
20	44	2	TA1154	Marie	Cloete	10km Run/Walk	Female	56	Master (50-59)	01:56:23
21	45	3	TRAIL20101	Liesel	Neubrech	10km Run/Walk	Female	50	Master (50-59)	01:57:55

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2084	Jayden	Niemann	5km Run/Walk	Male	14	12 to 15	00:23:27
2	5	1	TA1917	Hannes	Vosloo	5km Run/Walk	Male	31	Sub-Veteran (30-39)	00:30:20
3	6	2	TA2025	Creston	Greenberg	5km Run/Walk	Male	34	Sub-Veteran (30-39)	00:33:23
4	11	1	TA2281	Hugh Francis	Grantham	5km Run/Walk	Male	62	Grand-Master (60+)	00:35:02
5	14	1	TA1971	Wessel	Vermeulen	5km Run/Walk	Male	42	Veteran (40-49)	00:35:35
6	15	1	TA2148	Wessel	Vermeulen	5km Run/Walk	Male	10	Under 11	00:35:42
7	16	1	TA2207	Jan	Fokkens	5km Run/Walk	Male	52	Master (50-59)	00:36:02
8	17	1	TA2066	Jp	Joubert	5km Run/Walk	Male	29	Senior (19-29)	00:39:34
9	19	2	TRAIL20354	Gerhard	Van Huyssteen	5km Run/Walk	Male	49	Veteran (40-49)	00:44:22
10	23	2	TA2049	Jaco	Du Preez	5km Run/Walk	Male	29	Senior (19-29)	00:48:32
11	26	2	TA2399	Michael	Bester	5km Run/Walk	Male	10	Under 11	00:49:11
12	27	3	TA1922	Vumani	Sibiya	5km Run/Walk	Male	33	Sub-Veteran (30-39)	00:49:27
13	29	2	TA2045	Adam	Du Toit	5km Run/Walk	Male	12	12 to 15	00:51:10
14	30	2	TRAIL20083	Ben	Pieterse	5km Run/Walk	Male	63	Grand-Master (60+)	00:51:17
15	34	4	TA1963	Christopher	Minnaar	5km Run/Walk	Male	30	Sub-Veteran (30-39)	00:56:09
16	45	3	TA2386	Aidan	Spies	5km Run/Walk	Male	13	12 to 15	00:58:10
17	46	1	TA2042	Ulricht	Spies	5km Run/Walk	Male	18	16 to 18	00:58:14
18	47	3	TA1936	Stephan	Spies	5km Run/Walk	Male	40	Veteran (40-49)	00:58:52
19	50	5	TA2020	Jacques	Du Preez	5km Run/Walk	Male	32	Sub-Veteran (30-39)	01:00:18
20	51	3	TA1976	Wynand	Nieuwenhuizen	5km Run/Walk	Male	24	Senior (19-29)	01:00:33
21	54	6	TA2394	Barend	Snyman	5km Run/Walk	Male	36	Sub-Veteran (30-39)	01:03:07
22	55	4	TA2262	Jeandre	Jones	5km Run/Walk	Male	22	Senior (19-29)	01:03:45
23	58	7	TA1990	Tylon	Van Veenhuyzen	5km Run/Walk	Male	33	Sub-Veteran (30-39)	01:04:20
24	59	4	TA2096	Theuns	Naurattel	5km Run/Walk	Male	45	Veteran (40-49)	01:06:31
25	64	5	TA1931	Herman	Du Preez	5km Run/Walk	Male	44	Veteran (40-49)	01:08:00
26	65	6	TA2004	Marius	Viljoen	5km Run/Walk	Male	48	Veteran (40-49)	01:08:15
27	70	3	TA1973	Desmond	Naude	5km Run/Walk	Male	63	Grand-Master (60+)	01:11:23
28	72	5	TA1920	Tiaan	Delpport	5km Run/Walk	Male	20	Senior (19-29)	01:13:01
29	74	3	TA1956	Dian	Swanepoel	5km Run/Walk	Male	8	Under 11	01:14:26
30	75	8	TA2014	Ian	Swanepoel	5km Run/Walk	Male	36	Sub-Veteran (30-39)	01:14:29
31	79	4	TA2052	Cornel	Aldum	5km Run/Walk	Male	71	Grand-Master (60+)	01:19:26
32	80	9	TA2390	Johan	Van Zyl	5km Run/Walk	Male	32	Sub-Veteran (30-39)	01:20:51
33	83	7	TRAIL20168	Melt	Morrison	5km Run/Walk	Male	41	Veteran (40-49)	01:24:51
34	85	8	TA2375	Danie	Delpport	5km Run/Walk	Male	48	Veteran (40-49)	02:12:35

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1974	Kaylen	Niemann	5km Run/Walk	Female	11	Under 11	00:22:04
2	3	2	TA1961	Lene	Maartens	5km Run/Walk	Female	11	Under 11	00:27:04
3	4	1	TA2237	Carina	Swart	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:30:15
4	7	1	TA2091	Annali	Van Der Walt	5km Run/Walk	Female	47	Veteran (40-49)	00:33:42
5	8	2	TA1933	Alicia	Crerar	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:34:46
6	9	3	TA1993	Helosie	Pieterse	5km Run/Walk	Female	30	Sub-Veteran (30-39)	00:34:52
7	10	1	TA1978	Tanya	Grantham	5km Run/Walk	Female	52	Master (50-59)	00:34:59
8	12	1	TA2003	Niemke	Chalmers	5km Run/Walk	Female	29	Senior (19-29)	00:35:10
9	13	4	TA2018	Ruby	Bothma	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:35:23
10	18	2	TA1937	Nicolette	Joubert	5km Run/Walk	Female	25	Senior (19-29)	00:39:37
11	20	2	TA1907	Susie	Latta	5km Run/Walk	Female	48	Veteran (40-49)	00:44:29
12	21	3	TA1999	Holly	Latta	5km Run/Walk	Female	19	Senior (19-29)	00:45:48
13	22	4	TA2056	Carike	De Jager	5km Run/Walk	Female	22	Senior (19-29)	00:47:50
14	24	5	TA1942	Simone	Du Preez	5km Run/Walk	Female	27	Senior (19-29)	00:48:37
15	25	6	TA2035	Michelle	Van Der Schyff	5km Run/Walk	Female	27	Senior (19-29)	00:48:47
16	28	1	TA1910	Jane	Steyn	5km Run/Walk	Female	66	Grand-Master (60+)	00:51:07
17	31	5	TA2085	Lungile	Hlophe	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:52:35
18	32	6	TA1987	Anelda	Coetzee	5km Run/Walk	Female	33	Sub-Veteran (30-39)	00:53:51
19	33	7	TA2376	Juanmari	Coetzee	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:55:13
20	35	7	TA2202	Nicola	Oldfield	5km Run/Walk	Female	28	Senior (19-29)	00:56:11
21	36	3	TA2044	Uschi	Briel	5km Run/Walk	Female	47	Veteran (40-49)	00:56:17
22	37	2	TA2199	Magdeleen	Oosthuizen	5km Run/Walk	Female	54	Master (50-59)	00:56:19
23	38	2	TA2355	Anna	Hewkins	5km Run/Walk	Female	64	Grand-Master (60+)	00:56:32
24	39	4	TA2038	Lorinda-ann	Povey	5km Run/Walk	Female	45	Veteran (40-49)	00:56:37
25	40	1	TA2097	Bronwyn	Lombard	5km Run/Walk	Female	15	12 to 15	00:56:40
26	41	8	TA2088	Mareike	Bester	5km Run/Walk	Female	39	Sub-Veteran (30-39)	00:57:13
27	42	2	TA2349	Mia	Bester	5km Run/Walk	Female	12	12 to 15	00:57:16
28	43	3	TA2280	Annemarie	Nieuwenhuizen	5km Run/Walk	Female	58	Master (50-59)	00:57:25
29	44	5	TA1921	Lana	Spies	5km Run/Walk	Female	40	Veteran (40-49)	00:58:06
30	48	9	TA2326	Maryke	Scheun	5km Run/Walk	Female	31	Sub-Veteran (30-39)	01:00:07
31	49	10	TA1924	Michelle	Du Preez	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:16
32	52	8	TA2069	Khanya	Masondo	5km Run/Walk	Female	28	Senior (19-29)	01:02:58
33	53	11	TA2072	Lize	Van Der Merwe	5km Run/Walk	Female	39	Sub-Veteran (30-39)	01:03:05
34	56	6	TA2095	Ilze	Jones	5km Run/Walk	Female	48	Veteran (40-49)	01:03:47
35	57	12	TA1969	Sephra	Duncan	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:04:18
36	60	3	TA2348	Maelle	Kitching	5km Run/Walk	Female	4	Under 11	01:06:37
37	61	7	TA1953	Yolanda	Diedericks	5km Run/Walk	Female	46	Veteran (40-49)	01:06:39
38	62	4	TA2183	Estelle	Naude	5km Run/Walk	Female	51	Master (50-59)	01:07:35
39	63	9	TA2077	Chantelle	Kumm	5km Run/Walk	Female	24	Senior (19-29)	01:07:37
40	66	13	TA2369	Ingrid	Du Preez	5km Run/Walk	Female	38	Sub-Veteran (30-39)	01:08:17

41	67	8	TA2086	Irma	Carshagen	5km Run/Walk	Female	47	Veteran (40-49)	01:08:20
42	68	5	TA2002	Martie	Swart	5km Run/Walk	Female	58	Master (50-59)	01:08:28
43	69	3	TA1934	Vreda	Vosloo	5km Run/Walk	Female	65	Grand-Master (60+)	01:08:30
44	71	9	TA2062	Andrea	Delpport	5km Run/Walk	Female	47	Veteran (40-49)	01:12:58
45	73	14	TA2363	Daniel	Swanepoel	5km Run/Walk	Female	37	Sub-Veteran (30-39)	01:14:21
46	76	10	TA1954	Adele	Muller	5km Run/Walk	Female	44	Veteran (40-49)	01:17:16
47	77	15	TA1926	Gertina	Tosen	5km Run/Walk	Female	39	Sub-Veteran (30-39)	01:17:18
48	78	4	TA2351	Marietjie	Aldum	5km Run/Walk	Female	71	Grand-Master (60+)	01:19:22
49	81	4	TA1915	Christien	Van Zyl	5km Run/Walk	Female	4	Under 11	01:20:58
50	82	10	TA2051	Ingrid	Van Zyl	5km Run/Walk	Female	29	Senior (19-29)	01:21:40
51	84	16	TRAIL20164	Juanita	Pekeur	5km Run/Walk	Female	39	Sub-Veteran (30-39)	01:24:54

2km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0407	Lodewijk	Vermulen	2km Run/Walk	Male	8	Under 11	00:18:23
2	2	2	TA0233	Jean-pierre	Vermeulen	2km Run/Walk	Male	6	Under 11	00:18:27
3	4	1	TA0205	Frank	Boshoff	2km Run/Walk	Male	41	Veteran (40-49)	00:30:44
4	5	2	TA0195	Victor	Tosen	2km Run/Walk	Male	41	Veteran (40-49)	00:30:48
5	6	3	TA1655	Willem	Tosen	2km Run/Walk	Male	5	Under 11	00:30:52
6	8	1	TA0250	Martin	Jacobs	2km Run/Walk	Male	34	Sub-Veteran (30-39)	00:37:24

2km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0310	Chantelle	Vermeulen	2km Run/Walk	Female	42	Veteran (40-49)	00:18:37
2	7	1	TRAIL20208	Tanya	Alberts	2km Run/Walk	Female	34	Sub-Veteran (30-39)	00:35:29