



AdventureRun : Virtual Run

Simparica Tshwane SPCA Charity Virtual AdventureRun on 30th May 2020



90km Cycle:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0032	Henco	Cronje	90km Cycle	Male	45	Veteran (40-49)	02:40:00

21km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0013	Theunis	Schoeman	21km Run/Walk	Male	44	Veteran (40-49)	02:08:41
2	3	1	TA0003	Andre	Jacobs	21km Run/Walk	Male	54	Master (50-59)	02:26:13

21km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0014	Brittany	Hall	21km Run/Walk	Female	31	Sub-Veteran (30-39)	02:16:30

20km Cycle:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0012	Alexandrea	Van Helsdingen	20km Cycle	Female	47	Veteran (40-49)	00:44:46
2	3	1	TA0019	Liesl	Van Rooyen	20km Cycle	Female	34	Sub-Veteran (30-39)	01:00:25
3	4	2	TRAIL10062	Nicky	Booyens	20km Cycle	Female	41	Veteran (40-49)	01:10:57

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0025	Sharon	Steenkamp	15km Run/Walk	Female	46	Veteran (40-49)	02:02:38
2	2	2	TA0028	Yvonne	Perry	15km Run/Walk	Female	45	Veteran (40-49)	02:02:50
3	3	3	TRAIL10053	Adele	Sutherland	15km Run/Walk	Female	42	Veteran (40-49)	02:17:57
4	4	1	TA0008	Biffy	Van Rooyen	15km Run/Walk	Female	65	Grand-Master (60+)	02:18:00
5	5	4	TA0027	Heidi	Barnard	15km Run/Walk	Female	44	Veteran (40-49)	02:24:00

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0004	Richard	Halton	10km Run/Walk	Male	34	Sub-Veteran (30-39)	00:52:08
2	2	1	TRAIL10171	Hennie	Prinsloo	10km Run/Walk	Male	65	Grand-Master (60+)	00:55:16
3	5	1	TA0024	Stefan	Scheepers	10km Run/Walk	Male	26	Senior (19-29)	00:59:11
4	7	2	TRAIL20725	Gerald	Steyn	10km Run/Walk	Male	68	Grand-Master (60+)	01:01:00
5	9	3	TA0026	Geoff	Hugo	10km Run/Walk	Male	65	Grand-Master (60+)	01:15:00

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0020	Shantelle	Du Preez	10km Run/Walk	Female	40	Veteran (40-49)	00:56:41
2	4	1	TA0005	Demi	De Beer	10km Run/Walk	Female	23	Senior (19-29)	00:59:00
3	6	2	TA0016	Marche	Cronje	10km Run/Walk	Female	46	Veteran (40-49)	00:59:16
4	8	1	TA0009	Amanda	Geldenhuys	10km Run/Walk	Female	51	Master (50-59)	01:06:16
5	10	2	TA0017	Carole	Stothard	10km Run/Walk	Female	57	Master (50-59)	01:18:53
6	11	3	TRAIL20144	Shauna	Costley	10km Run/Walk	Female	47	Veteran (40-49)	01:32:14

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0021	Calvin	Dias	5km Run/Walk	Male	13	12 to 15	00:21:56

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0010	Yvette	Ellis	5km Run/Walk	Female	47	Veteran (40-49)	00:41:08
2	3	1	TA0007	Penelope	Ellmore	5km Run/Walk	Female	67	Grand-Master (60+)	00:42:36
3	4	2	TA0011	Silvana	Carraggi	5km Run/Walk	Female	49	Veteran (40-49)	00:45:16
4	5	3	TRAIL20000	Glizelle	Langerman	5km Run/Walk	Female	43	Veteran (40-49)	00:48:28
5	6	4	TA0022	Megan	Marais	5km Run/Walk	Female	41	Veteran (40-49)	00:55:47
6	7	1	TRAIL10308	Megan	Greyvenstein	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:02:02
7	8	2	TA0023	Gillian	Fowler	5km Run/Walk	Female	74	Grand-Master (60+)	01:10:21

3km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0029	Jacqueline	Zager	3km Run/Walk	Female	36	Sub-Veteran (30-39)	00:59:00