



# AdventureRun : Virtual Run

## Simparica Tshwane SPCA Charity Virtual AdventureRun on 20th June 2020



### 40km Cycle:Male

| Gender | Overall | Category | Race Number | Name   | Surname | Activity   | Gender | Age | Category        | Duration |
|--------|---------|----------|-------------|--------|---------|------------|--------|-----|-----------------|----------|
| 1      | 1       | 1        | TA0005      | Werner | Mack    | 40km Cycle | Male   | 48  | Veteran (40-49) | 01:41:03 |

| 21km Run/Walk:Male |         |          |             |         |         |               |        |     |                     |          |
|--------------------|---------|----------|-------------|---------|---------|---------------|--------|-----|---------------------|----------|
| Gender             | Overall | Category | Race Number | Name    | Surname | Activity      | Gender | Age | Category            | Duration |
| 1                  | 1       | 1        | TA0014      | Quintus | Nel     | 21km Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 02:13:14 |

| 15km Run/Walk:Female |         |          |             |          |                    |               |        |     |                     |          |
|----------------------|---------|----------|-------------|----------|--------------------|---------------|--------|-----|---------------------|----------|
| Gender               | Overall | Category | Race Number | Name     | Surname            | Activity      | Gender | Age | Category            | Duration |
| 1                    | 1       | 1        | TA0021      | Brittany | Hall               | 15km Run/Walk | Female | 31  | Sub-Veteran (30-39) | 00:00:00 |
| 2                    | 2       | 1        | TA0024      | Mellissa | Janse Van Rensburg | 15km Run/Walk | Female | 22  | Senior (19-29)      | 01:12:58 |
| 3                    | 3       | 1        | TA0003      | Karen    | Schrenk            | 15km Run/Walk | Female | 54  | Master (50-59)      | 01:13:57 |
| 4                    | 4       | 1        | TA0007      | Hermien  | Lamprecht          | 15km Run/Walk | Female | 46  | Veteran (40-49)     | 02:04:30 |
| 5                    | 5       | 2        | TA0006      | Marina   | Pelser             | 15km Run/Walk | Female | 46  | Veteran (40-49)     | 02:04:31 |

| 15km Cycle:Female |         |          |             |       |            |            |        |     |                     |          |
|-------------------|---------|----------|-------------|-------|------------|------------|--------|-----|---------------------|----------|
| Gender            | Overall | Category | Race Number | Name  | Surname    | Activity   | Gender | Age | Category            | Duration |
| 1                 | 1       | 1        | TA0017      | Liesl | Van Rooyen | 15km Cycle | Female | 34  | Sub-Veteran (30-39) | 00:51:04 |

| 10km Run/Walk:Male |         |          |             |        |         |               |        |     |                    |          |
|--------------------|---------|----------|-------------|--------|---------|---------------|--------|-----|--------------------|----------|
| Gender             | Overall | Category | Race Number | Name   | Surname | Activity      | Gender | Age | Category           | Duration |
| 1                  | 3       | 1        | TA0010      | Fred   | Botha   | 10km Run/Walk | Male   | 43  | Veteran (40-49)    | 00:00:00 |
| 2                  | 9       | 1        | TRAIL20725  | Gerald | Steyn   | 10km Run/Walk | Male   | 68  | Grand-Master (60+) | 01:00:57 |

| 10km Run/Walk:Female |         |          |             |          |         |               |        |     |                     |          |
|----------------------|---------|----------|-------------|----------|---------|---------------|--------|-----|---------------------|----------|
| Gender               | Overall | Category | Race Number | Name     | Surname | Activity      | Gender | Age | Category            | Duration |
| 1                    | 1       | 1        | TRAIL11155  | Johandi  | Mentz   | 10km Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:00:00 |
| 2                    | 2       | 1        | TA0012      | Amanda   | Botha   | 10km Run/Walk | Female | 42  | Veteran (40-49)     | 00:00:00 |
| 3                    | 4       | 1        | TA0023      | Samantha | Visagie | 10km Run/Walk | Female | 23  | Senior (19-29)      | 00:00:00 |
| 4                    | 5       | 2        | TA0016      | Ntando   | Dlamini | 10km Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:00:00 |
| 5                    | 6       | 2        | TA0009      | Erika    | Erwee   | 10km Run/Walk | Female | 43  | Veteran (40-49)     | 00:00:00 |
| 6                    | 7       | 3        | TA0011      | Yulandi  | Van Dyk | 10km Run/Walk | Female | 43  | Veteran (40-49)     | 00:52:14 |
| 7                    | 8       | 2        | TA0022      | Gusti    | Schuite | 10km Run/Walk | Female | 28  | Senior (19-29)      | 00:58:54 |
| 8                    | 10      | 4        | TRAIL20144  | Shauna   | Costley | 10km Run/Walk | Female | 48  | Veteran (40-49)     | 01:38:42 |
| 9                    | 11      | 5        | TA0008      | Heidi    | Barnard | 10km Run/Walk | Female | 44  | Veteran (40-49)     | 01:41:00 |

| 5km Run/Walk:Male |         |          |             |      |         |              |        |     |                 |          |
|-------------------|---------|----------|-------------|------|---------|--------------|--------|-----|-----------------|----------|
| Gender            | Overall | Category | Race Number | Name | Surname | Activity     | Gender | Age | Category        | Duration |
| 1                 | 3       | 1        | TA0013      | Zaan | Smit    | 5km Run/Walk | Male   | 40  | Veteran (40-49) | 00:22:24 |

| 5km Run/Walk:Female |         |          |             |          |            |              |        |     |                    |          |
|---------------------|---------|----------|-------------|----------|------------|--------------|--------|-----|--------------------|----------|
| Gender              | Overall | Category | Race Number | Name     | Surname    | Activity     | Gender | Age | Category           | Duration |
| 1                   | 1       | 1        | TA0004      | Helena   | Hutton     | 5km Run/Walk | Female | 50  | Master (50-59)     | 00:00:00 |
| 2                   | 2       | 1        | TA0001      | Jemma    | Reinecke   | 5km Run/Walk | Female | 16  | 16 to 18           | 00:00:00 |
| 3                   | 4       | 1        | TRAIL20000  | Glizelle | Langerman  | 5km Run/Walk | Female | 43  | Veteran (40-49)    | 00:38:27 |
| 4                   | 5       | 1        | TA0002      | Penelope | Ellmore    | 5km Run/Walk | Female | 68  | Grand-Master (60+) | 00:40:13 |
| 5                   | 6       | 2        | TRAIL10053  | Adele    | Sutherland | 5km Run/Walk | Female | 42  | Veteran (40-49)    | 01:08:55 |



| 3km Run/Walk:Male |         |          |             |          |          |              |        |     |                     |          |
|-------------------|---------|----------|-------------|----------|----------|--------------|--------|-----|---------------------|----------|
| Gender            | Overall | Category | Race Number | Name     | Surname  | Activity     | Gender | Age | Category            | Duration |
| 1                 | 2       | 1        | TA0019      | Reinardt | Cromhout | 3km Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 00:00:00 |

| 3km Run/Walk:Female |         |          |             |         |          |              |        |     |                     |          |
|---------------------|---------|----------|-------------|---------|----------|--------------|--------|-----|---------------------|----------|
| Gender              | Overall | Category | Race Number | Name    | Surname  | Activity     | Gender | Age | Category            | Duration |
| 1                   | 1       | 1        | TA0018      | Melissa | Cromhout | 3km Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:00:00 |
| 2                   | 3       | 2        | TA0015      | Adri    | Strydom  | 3km Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:40:47 |
| 3                   | 4       | 3        | TA0020      | Cheri   | Horn     | 3km Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:53:21 |