



AdventureRun : The Big Red Barn

Saturday Run/Walk/Cycle/Duathlon @ the Barn on 18th March 2023



Run/Walk:Female

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20135	Itumeleng	Ndala	Run/Walk	Female	55	Master (50-59)	01:33:39

20km ride:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1289	Puseletso	Raphiri	20km ride	Male	35	Sub-Veteran (30-39)	01:14:41

15km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3274	Abram	Phahlamohlaka	15km	Male	48	Veteran (40-49)	01:36:43
2	6	1	TRAIL20034	Elbert	Loubser	15km	Male	66	Grand-Master (60+)	02:53:04

15km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TRAIL20117	Sarah	Mathega	15km	Female	33	Sub-Veteran (30-39)	02:20:13
2	3	1	TA3192	Thuli	Mthiyane	15km	Female	65	Grand-Master (60+)	02:28:53
3	4	1	TA2953	Daniella	De Freitas	15km	Female	26	Senior (19-29)	02:39:56
4	5	2	TA1358	Craig	De Freitas	15km	Female	37	Sub-Veteran (30-39)	02:40:07

10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2679	Johan	Hough	10km	Male	31	Sub-Veteran (30-39)	00:59:26
2	3	1	TRAIL20014	Dean	Nurden	10km	Male	55	Master (50-59)	01:04:10
3	4	1	TRAIL20226	Willie	Theron	10km	Male	44	Veteran (40-49)	01:06:47
4	5	2	TA2937	Mulalo	Mukwena	10km	Male	35	Sub-Veteran (30-39)	01:11:03
5	7	2	TRAIL20073	Jasper	Theron	10km	Male	58	Master (50-59)	01:39:18

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0775	Hanlie	Labagnie	10km	Female	55	Master (50-59)	00:43:48
2	6	2	TA0759	Charmain	Van Der Merwe	10km	Female	54	Master (50-59)	01:39:06
3	8	1	TA3372	Malinda	Pienaar	10km	Female	45	Veteran (40-49)	01:47:16
4	9	1	TA2995	Clarna	Adnbe	10km	Female	33	Sub-Veteran (30-39)	02:02:09

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA3204	Dalumzi	Mabho	5km	Male	30	Sub-Veteran (30-39)	00:38:40

5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2602	Anita	Strauss	5km	Female	38	Sub-Veteran (30-39)	00:30:37
2	2	1	TRAIL20203	Chinelle	Theron	5km	Female	14	12 to 15	00:31:48
3	3	2	TRAIL20227	Anieke	Theron	5km	Female	14	12 to 15	00:31:51
4	5	1	TRAIL20225	Jacqueline	Theron	5km	Female	41	Veteran (40-49)	00:42:51
5	6	2	TRAIL20103	Bridget	Wiid	5km	Female	48	Veteran (40-49)	00:45:19
6	7	2	TA3005	Noluthando	Raphiri	5km	Female	33	Sub-Veteran (30-39)	01:24:03