



AdventureRun : The Big Red Barn

Empowervate Summer run at the Barn on 17th March 2024



21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2429	Jaco	Botes	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	02:35:21

15km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA3029	Sean	Longhurst	15km Trail Run/Walk	Male	47	Veteran (40-49)	01:06:09

15km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1446	Beverly	Longhurst	15km Trail Run/Walk	Female	41	Veteran (40-49)	01:05:37
2	3	1	TA3560	Marliesa	Dougans	15km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:28:31
3	4	2	TA3477	Vaenessa	De Wet	15km Trail Run/Walk	Female	48	Veteran (40-49)	01:56:38

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2397	Guillaume	Venter	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:09:46
2	2	1	TA2676	Gert	Steyn	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:16:28
3	4	1	TA2489	Ronan	Van Dyk	10km Trail Run/Walk	Male	16	16 to 18	01:28:33
4	5	1	TA2624	Willie	Duvenage	10km Trail Run/Walk	Male	66	Grand-Master (60+)	02:01:12

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA3067	Carla	Fourie	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:25:27
2	6	1	TA3445	Claire	Van Der Merwe	10km Trail Run/Walk	Female	49	Veteran (40-49)	02:01:15

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2714	Tyron	Dougans	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:58:07

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20599	Amanda	Blankfield	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:42:15
2	3	1	TA3438	Rochelle	Gouws	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:09:54
3	4	2	TA1124	Angel	Bulunga	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	02:14:23

2.5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0386	Selwyn	Van Rooyen	2.5km Trail Run/Walk	Male	49	Veteran (40-49)	00:25:50
2	2	1	TA1573	Joshua	Van Rooyen	2.5km Trail Run/Walk	Male	14	12 to 15	00:25:53
3	4	1	TA1278	Rhynard	Potgieter	2.5km Trail Run/Walk	Male	6	Under 11	00:32:53
4	6	1	TA2559	Oliver	Josie	2.5km Trail Run/Walk	Male	59	Master (50-59)	00:36:59
5	7	2	TA3180	Rheenen	Potgieter	2.5km Trail Run/Walk	Male	3	Under 11	00:52:25
6	8	1	TA2030	Sp	Potgieter	2.5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:52:26
7	9	2	TA3406	Rhynard	Potgieter	2.5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:14:12

2.5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA2973	Marlien	Potgieter	2.5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:32:41
2	5	1	TA2732	Janey	Josie	2.5km Trail Run/Walk	Female	55	Master (50-59)	00:35:00