



AdventureRun : AdventureTails RockWalk & Run

AdventureTails RockWalk & Run on 13th July 2019



21km Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2985	Russel	Mkhabela	21km Run/Walk	Male	21	Senior (19-29)	01:31:39
2	2	1	TA2664	Weiyang	Zhu	21km Run/Walk	Male	38	Sub-Veteran (30-39)	01:52:08
3	3	2	TA2585	Philippus	Le Roux	21km Run/Walk	Male	29	Senior (19-29)	01:52:15
4	4	1	TA2912	Sibusiso	Sabela	21km Run/Walk	Male	44	Veteran (40-49)	01:54:19
5	5	2	TA2928	Henri	Laas	21km Run/Walk	Male	34	Sub-Veteran (30-39)	02:05:05
6	6	3	TA2626	Xianwang	Wu	21km Run/Walk	Male	39	Sub-Veteran (30-39)	02:12:53
7	7	1	TA3536	Vincent	Monyamane	21km Run/Walk	Male	52	Master (50-59)	02:13:19
8	8	4	TA2686	Ben	Yang	21km Run/Walk	Male	35	Sub-Veteran (30-39)	02:16:28
9	10	5	TA3063	Bongani	Gwamanda	21km Run/Walk	Male	36	Sub-Veteran (30-39)	02:27:47
10	11	2	TA0600	Joao	Da Costa	21km Run/Walk	Male	48	Veteran (40-49)	02:33:58
11	12	3	TA3539	Andrew	Mabena	21km Run/Walk	Male	44	Veteran (40-49)	02:53:42

21km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	9	1	TA2613	Lisa	Teepe	21km Run/Walk	Female	42	Veteran (40-49)	02:16:47
2	13	1	TA0002	Langutelani	Mashele	21km Run/Walk	Female	32	Sub-Veteran (30-39)	03:20:51

15km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2553	Bernd	Theisinger	15km Run/Walk	Male	32	Sub-Veteran (30-39)	01:42:10
2	3	1	TA2554	Jeanre	Bosch	15km Run/Walk	Male	29	Senior (19-29)	01:48:54
3	4	1	TRAIL12499	Sello	Matjila	15km Run/Walk	Male	43	Veteran (40-49)	01:49:52
4	6	1	TA3068	Ben	Khonyane	15km Run/Walk	Male	56	Master (50-59)	01:55:43

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3436	Adele	Beytell	15km Run/Walk	Female	39	Sub-Veteran (30-39)	01:37:18
2	5	2	TA2432	Bongiwe	Ngcobo	15km Run/Walk	Female	37	Sub-Veteran (30-39)	01:50:02
3	7	3	TA2619	Diana	Ferreira Le Grand	15km Run/Walk	Female	39	Sub-Veteran (30-39)	01:58:30

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2331	Xolani	Kubheka	10km Run/Walk	Male	33	Sub-Veteran (30-39)	00:53:17
2	2	1	TA2230	Christo	Gouws	10km Run/Walk	Male	26	Senior (19-29)	00:55:11
3	3	2	TA1808	Byron	Holland	10km Run/Walk	Male	32	Sub-Veteran (30-39)	00:55:53
4	4	1	TA2312	Trevor	Charters	10km Run/Walk	Male	48	Veteran (40-49)	00:56:54
5	6	3	TRAIL20192	Brian	Harris	10km Run/Walk	Male	34	Sub-Veteran (30-39)	01:05:44
6	8	4	TA1876	Deon	Coetzee	10km Run/Walk	Male	31	Sub-Veteran (30-39)	01:06:54
7	9	5	TA2246	Keith	Moodley	10km Run/Walk	Male	32	Sub-Veteran (30-39)	01:13:32
8	13	2	TA1829	Patrick	Nesengani	10km Run/Walk	Male	42	Veteran (40-49)	01:17:54
9	15	6	TA1879	Mlungisi	Bana	10km Run/Walk	Male	34	Sub-Veteran (30-39)	01:18:01
10	16	2	TA2420	Sejin	Kim	10km Run/Walk	Male	29	Senior (19-29)	01:18:17
11	18	7	TA2119	Mohamed Essa	Suliman	10km Run/Walk	Male	39	Sub-Veteran (30-39)	01:25:44
12	19	3	TA2290	Kagiso	Mosenki	10km Run/Walk	Male	25	Senior (19-29)	01:25:53
13	20	8	TA2128	Patrick	Madiba	10km Run/Walk	Male	33	Sub-Veteran (30-39)	01:25:57
14	22	1	TA1880	Albert	Pretorius	10km Run/Walk	Male	57	Master (50-59)	01:26:35
15	24	2	TA1832	Jeanne	Louw	10km Run/Walk	Male	58	Master (50-59)	01:28:43
16	26	1	TA1852	Janlu	Louw	10km Run/Walk	Male	14	12 to 15	01:29:05
17	27	4	TA2299	Petrus	Meyer	10km Run/Walk	Male	28	Senior (19-29)	01:29:54
18	28	9	TA2141	Luke	Isaac	10km Run/Walk	Male	35	Sub-Veteran (30-39)	01:29:55
19	36	3	TA2182	Paul	Chinchen	10km Run/Walk	Male	53	Master (50-59)	01:41:24
20	42	10	TA1830	Sizwe	Dlamini	10km Run/Walk	Male	35	Sub-Veteran (30-39)	01:54:54
21	51	5	TA1899	Jonathan	Ainscough	10km Run/Walk	Male	28	Senior (19-29)	02:10:49
22	54	1	TRAIL20585	Dean	Mccleland	10km Run/Walk	Male	66	Grand-Master (60+)	02:49:36
23	55	6	TA2157	Ebruhim	Ahmed	10km Run/Walk	Male	21	Senior (19-29)	02:51:47

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA2242	Lee-ann	Charters	10km Run/Walk	Female	48	Veteran (40-49)	00:56:59
2	7	1	TA2221	Chantelle	Gouws	10km Run/Walk	Female	24	Senior (19-29)	01:06:51
3	10	2	TA2164	Ming-yu	Hu	10km Run/Walk	Female	48	Veteran (40-49)	01:16:56
4	11	2	TA1015	Zandri	Le Roux	10km Run/Walk	Female	28	Senior (19-29)	01:17:05
5	12	1	TA1860	Begonia	Ntuli	10km Run/Walk	Female	32	Sub-Veteran (30-39)	01:17:50
6	14	3	TA2222	Zureida	Ebrahim	10km Run/Walk	Female	42	Veteran (40-49)	01:17:58
7	17	2	TA1801	Yongqing	Liu	10km Run/Walk	Female	36	Sub-Veteran (30-39)	01:23:25
8	21	4	TA2203	Khatoenbi	Rahaman	10km Run/Walk	Female	44	Veteran (40-49)	01:26:01
9	23	5	TRAIL20144	Shauna	Costley	10km Run/Walk	Female	47	Veteran (40-49)	01:28:27
10	25	3	TA2252	Mokha	Thwane	10km Run/Walk	Female	36	Sub-Veteran (30-39)	01:28:57
11	29	3	TA2247	Kadine	Pretorius	10km Run/Walk	Female	25	Senior (19-29)	01:30:01
12	30	4	TA2180	Louisa	Heneghen	10km Run/Walk	Female	29	Senior (19-29)	01:30:03
13	31	5	TA2285	Jennifer	Mceneaney	10km Run/Walk	Female	25	Senior (19-29)	01:30:46
14	32	4	TA1836	Francisca	Rossouw	10km Run/Walk	Female	34	Sub-Veteran (30-39)	01:31:10
15	33	6	TA0000	Pheladi	Makena	10km Run/Walk	Female	45	Veteran (40-49)	01:37:54
16	34	7	TRAIL20118	Nicola	Van Der Westhuizen	10km Run/Walk	Female	46	Veteran (40-49)	01:38:50
17	35	6	TA2243	Linda	Pretorius	10km Run/Walk	Female	28	Senior (19-29)	01:41:20
18	37	8	TA2108	Helene	Page-shipp	10km Run/Walk	Female	48	Veteran (40-49)	01:42:29
19	38	7	TA2126	Jessica	Vosloo	10km Run/Walk	Female	23	Senior (19-29)	01:42:32
20	39	5	TA0751	Anel	Steyn	10km Run/Walk	Female	37	Sub-Veteran (30-39)	01:49:21
21	40	8	TA2311	Elouise	Naude	10km Run/Walk	Female	27	Senior (19-29)	01:49:27
22	41	1	TRAIL20732	Gerna	Horak	10km Run/Walk	Female	60	Grand-Master (60+)	01:50:06
23	43	9	TA2166	Nyari	Fumhe	10km Run/Walk	Female	25	Senior (19-29)	01:54:57
24	44	1	TA1810	Lucille	Pretorius	10km Run/Walk	Female	50	Master (50-59)	01:57:12
25	45	2	TA2109	Annemarie	Chinchen	10km Run/Walk	Female	53	Master (50-59)	01:57:17
26	46	9	TA1811	Lisa Sindy	Mabena	10km Run/Walk	Female	43	Veteran (40-49)	02:03:34
27	47	3	TA2286	Alisia	Swart	10km Run/Walk	Female	50	Master (50-59)	02:10:03
28	48	6	TRAIL20195	Renee	Prinsloo	10km Run/Walk	Female	36	Sub-Veteran (30-39)	02:10:19
29	49	7	TRAIL20147	Helia	Vorster	10km Run/Walk	Female	32	Sub-Veteran (30-39)	02:10:21
30	50	8	TA2219	Lee-anne	Olfsen	10km Run/Walk	Female	32	Sub-Veteran (30-39)	02:10:46
31	52	9	TRAIL20143	Nonhlanhla	Gwamanda	10km Run/Walk	Female	36	Sub-Veteran (30-39)	02:38:36
32	53	10	TA1816	Xolisa	Magawana	10km Run/Walk	Female	28	Senior (19-29)	02:38:38

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA1715	Menno	Fokkens	5km Run/Walk	Male	11	Under 11	00:26:44
2	3	1	TA0407	Jan	Fokkens	5km Run/Walk	Male	51	Master (50-59)	00:29:18
3	4	1	TA1655	Lorenzo	Sanchez-garcia	5km Run/Walk	Male	36	Sub-Veteran (30-39)	00:32:37
4	5	1	TA1759	Cobus	Van Niekerk	5km Run/Walk	Male	44	Veteran (40-49)	00:33:27
5	6	2	TA0488	Arno	Kritzinger	5km Run/Walk	Male	44	Veteran (40-49)	00:33:31
6	7	2	TA0495	Ruan	Strydom	5km Run/Walk	Male	30	Sub-Veteran (30-39)	00:37:09
7	12	3	TA0210	Martin	Van Zyl	5km Run/Walk	Male	45	Veteran (40-49)	00:41:09
8	18	1	TA0001	Ben	Pieterse	5km Run/Walk	Male	62	Grand-Master (60+)	00:44:38
9	19	3	TRAIL20486	Bastiaan	Van Der Heever	5km Run/Walk	Male	38	Sub-Veteran (30-39)	00:45:02
10	22	4	TA1785	Henning	Leonard	5km Run/Walk	Male	43	Veteran (40-49)	00:45:13
11	23	4	TA1734	Leon	Theron	5km Run/Walk	Male	31	Sub-Veteran (30-39)	00:49:31
12	25	5	TA0487	Fanie	Venter	5km Run/Walk	Male	44	Veteran (40-49)	00:50:01
13	26	6	TA0183	Takalani	Murudi	5km Run/Walk	Male	42	Veteran (40-49)	00:50:06
14	29	1	TA1691	Lionel	Van Dyk	5km Run/Walk	Male	26	Senior (19-29)	00:50:35
15	30	5	TA1595	Marcel	Van Ryneveld	5km Run/Walk	Male	39	Sub-Veteran (30-39)	00:52:12
16	31	6	TA0223	Tylon	Van Veenhuyzen	5km Run/Walk	Male	33	Sub-Veteran (30-39)	00:52:47
17	33	2	TA0125	Dirk	Van Papendorp	5km Run/Walk	Male	69	Grand-Master (60+)	00:55:27
18	37	2	TA0250	Kaiden	Van Ryneveld	5km Run/Walk	Male	4	Under 11	00:55:42
19	39	7	TA0232	Md Sarwar E	Alam	5km Run/Walk	Male	38	Sub-Veteran (30-39)	00:56:17
20	40	2	TA0047	Dayne	Oberholzer	5km Run/Walk	Male	28	Senior (19-29)	00:59:04
21	43	3	TA1754	Christopher	Minnaar	5km Run/Walk	Male	29	Senior (19-29)	01:02:27

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL11537	Joey	Cloete	5km Run/Walk	Female	62	Grand-Master (60+)	00:26:39
2	8	1	TA0388	Ilze-marie	Le Roux	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:37:25
3	9	2	TA0312	Gerda	Mynhardt	5km Run/Walk	Female	61	Grand-Master (60+)	00:40:00
4	10	2	TA0458	Nomcebo	Mbokazi	5km Run/Walk	Female	32	Sub-Veteran (30-39)	00:40:18
5	11	1	TA0251	Nqobile	Msubo	5km Run/Walk	Female	28	Senior (19-29)	00:40:23
6	13	2	TA0369	Kate	Schmid	5km Run/Walk	Female	27	Senior (19-29)	00:41:16
7	14	3	TRAIL20487	Charline	Jay	5km Run/Walk	Female	35	Sub-Veteran (30-39)	00:42:24
8	15	4	TA0167	Sanette	Leonard	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:42:28
9	16	1	TA0096	Christa	Van Deventer	5km Run/Walk	Female	41	Veteran (40-49)	00:42:34
10	17	2	TA0187	Elmarie	Meyer	5km Run/Walk	Female	42	Veteran (40-49)	00:42:52
11	20	1	TA0537	Janette	Leonard	5km Run/Walk	Female	10	Under 11	00:45:04
12	21	2	TA0391	Eln🏊	Leonard	5km Run/Walk	Female	6	Under 11	00:45:08
13	24	5	TA0402	Rona	Verster	5km Run/Walk	Female	36	Sub-Veteran (30-39)	00:49:57
14	27	6	TA0084	Maryke	Scheun	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:50:29
15	28	3	TA0455	Carine	Van Dyk	5km Run/Walk	Female	25	Senior (19-29)	00:50:32
16	32	7	TA1674	Jiao	Tang	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:54:56
17	34	3	TA1548	Selome	Van Papendorp	5km Run/Walk	Female	64	Grand-Master (60+)	00:55:29
18	35	8	TA0311	Gillian	Van Ryneveld	5km Run/Walk	Female	39	Sub-Veteran (30-39)	00:55:34
19	36	3	TA0517	Gizelle	Van Ryneveld	5km Run/Walk	Female	7	Under 11	00:55:38
20	38	9	TA1620	Elana	Weitz	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:55:46
21	41	3	TA0145	Belinde	Moniez	5km Run/Walk	Female	44	Veteran (40-49)	00:59:08
22	42	4	TA1768	Nicola	Oldfield	5km Run/Walk	Female	28	Senior (19-29)	01:02:19
23	44	4	TRAIL20000	Glizelle	Langerman	5km Run/Walk	Female	42	Veteran (40-49)	01:51:15
24	45	1	TA0559	Liesel	Neubrech	5km Run/Walk	Female	50	Master (50-59)	02:58:19

2km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0773	Casper	Yssel	2km Run/Walk	Male	32	Sub-Veteran (30-39)	00:21:46
2	6	1	TA0826	Nduduzo	Mbokazi	2km Run/Walk	Male	29	Senior (19-29)	00:40:29

2km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0850	Cecile	Swart	2km Run/Walk	Female	34	Sub-Veteran (30-39)	00:21:38
2	3	1	TA1016	Shannie	Hu	2km Run/Walk	Female	12	12 to 15	00:25:08
3	4	1	TA0863	Audrey	Hu	2km Run/Walk	Female	17	16 to 18	00:25:13
4	5	1	TA0977	Sandra	Hu	2km Run/Walk	Female	19	Senior (19-29)	00:25:21