



AdventureRun : Rock Falls Ranch

Trail Run/Walk on 14th September 2019



21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2477	John	Le Roux	21km Trail Run/Walk	Male	42	Veteran (40-49)	02:00:27

21km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA2984	Michelle	White	21km Trail Run/Walk	Female	28	Senior (19-29)	02:41:20

15km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA3480	Johannes	Vermooten	15km Trail Run/Walk	Male	29	Senior (19-29)	01:39:40
2	4	1	TA2546	Louis Augustus	Gamito	15km Trail Run/Walk	Male	42	Veteran (40-49)	01:51:42
3	5	1	TA2407	Anton	Otto	15km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:51:46
4	6	2	TA3036	Aldyn Alec	Debbo	15km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:57:54

15km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3058	Debra	Slabber	15km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:30:19
2	3	2	TA2541	Bongiwe	Ngcobo	15km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:42:50
3	7	3	TA2995	Jani	Van Rooyen	15km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:19:11
4	8	4	TA2917	Mandy	Verwey	15km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	02:19:15
5	9	5	TA2489	Robyn	Donald	15km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	02:19:19
6	10	6	TA2688	Sedzani	Masindi	15km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:26:41

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0851	Tjaart	Kilian	10km Trail Run/Walk	Male	23	Senior (19-29)	00:53:54
2	2	1	TRAIL20637	Jabez	Steenkamp	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:59:52
3	3	2	TA0238	John	Hlahane	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:01:47
4	4	1	TA0981	Gilchrist	Mushwana	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:01:51
5	5	2	TA1029	Mmekutmfon	Essien	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:05:28
6	6	1	TA0828	Stephen	Phillips	10km Trail Run/Walk	Male	58	Master (50-59)	01:11:36
7	12	2	TA1162	Sphamandla	Mtshali	10km Trail Run/Walk	Male	21	Senior (19-29)	01:22:52
8	13	3	TA0840	Bongani	Gwamanda	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:26:57
9	15	3	TA1104	Willem	Lambrechts	10km Trail Run/Walk	Male	19	Senior (19-29)	01:30:31
10	18	4	TA0786	Sizwe	Dlamini	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:48:06
11	19	5	TA0820	Ndumiso	Mazibuko	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:49:29
12	21	2	TA0888	Mike	Brinkcate	10km Trail Run/Walk	Male	50	Master (50-59)	01:53:03

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA0761	Natasha	Obermeyer	10km Trail Run/Walk	Female	22	Senior (19-29)	01:11:40
2	8	2	TA0715	Dimitra	Evangelidis	10km Trail Run/Walk	Female	23	Senior (19-29)	01:12:53
3	9	3	TA1033	Zananhlenga	Essien	10km Trail Run/Walk	Female	26	Senior (19-29)	01:14:33
4	10	1	TA0838	Ela	De Freitas	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:17:42
5	11	4	TA1090	Jemma	Rogers	10km Trail Run/Walk	Female	28	Senior (19-29)	01:18:19
6	14	2	TRAIL20118	Nicola	Van Der Westhuizen	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:30:27
7	16	1	TA0825	Liesel	Neubrech	10km Trail Run/Walk	Female	50	Master (50-59)	01:30:37
8	17	5	TA0639	Nyari	Fumhe	10km Trail Run/Walk	Female	26	Senior (19-29)	01:48:03
9	20	1	TA0837	Kayla	Brinkcate	10km Trail Run/Walk	Female	13	12 to 15	01:52:49
10	22	2	TA0919	Sue	Usher	10km Trail Run/Walk	Female	57	Master (50-59)	01:53:12
11	23	3	TA0607	Melanie	Bothma	10km Trail Run/Walk	Female	47	Veteran (40-49)	02:16:48
12	24	3	TA1110	Debbie	Taylor	10km Trail Run/Walk	Female	51	Master (50-59)	02:16:50
13	25	6	TA0947	Xolisa	Magawana	10km Trail Run/Walk	Female	29	Senior (19-29)	02:40:28
14	26	1	TRAIL20143	Nonhlanhla	Gwamanda	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	02:40:36

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0517	John-hunter	Le Roux	5km Trail Run/Walk	Male	12	12 to 15	00:24:19
2	3	1	TA0291	Rhyno	Adendorf	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:31:07
3	8	1	TA0005	Jan	Coetzee	5km Trail Run/Walk	Male	68	Grand-Master (60+)	00:38:55
4	11	2	TRAIL20083	Ben	Pieterse	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:43:45
5	14	2	TA1582	Leon	Theron	5km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:52:01

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA1741	Jo-ann	David	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:24:41
2	4	1	TA0381	Carmen	Kilian	5km Trail Run/Walk	Female	24	Senior (19-29)	00:34:23
3	5	1	TRAIL20487	Charline	Jay	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:37:05
4	6	2	TA0302	Nicola	Vermooten	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:38:06
5	7	1	TA0332	Heidi	Coetzee	5km Trail Run/Walk	Female	60	Grand-Master (60+)	00:38:48
6	9	2	TA0282	Janette	Cavannagh	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:43:03
7	10	2	TA0559	Linda	Duvenage	5km Trail Run/Walk	Female	64	Grand-Master (60+)	00:43:06
8	12	3	TA2595	Karien	Van Deventer	5km Trail Run/Walk	Female	60	Grand-Master (60+)	00:53:39
9	13	3	TA0288	Rona	Verster	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:51:29