

AdventureRun : Cowhouse Trail

AdventureTails CowWalk & Run on 21st September 2019



21km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2694	Chris	Easthorpe	21km Run/Walk	Male	38	Sub-Veteran (30-39)	01:49:55
2	2	2	TA2673	Kruger	Van Wyk	21km Run/Walk	Male	39	Sub-Veteran (30-39)	01:53:42
3	3	1	TA2652	Wilhelm	Van Zyl	21km Run/Walk	Male	29	Senior (19-29)	01:57:40
4	4	3	TA3465	Barry	Van Zyl	21km Run/Walk	Male	36	Sub-Veteran (30-39)	01:58:30
5	5	1	TA2438	Johan	Nel	21km Run/Walk	Male	65	Grand-Master (60+)	02:01:37
6	6	1	TA2584	Walter	Strydom	21km Run/Walk	Male	43	Veteran (40-49)	02:02:33
7	7	2	TA3035	Stanley	Du Toit	21km Run/Walk	Male	48	Veteran (40-49)	02:03:38
8	8	3	TA2971	Guy	Pratsch	21km Run/Walk	Male	43	Veteran (40-49)	02:04:22
9	9	2	TA2632	Johann	Fourie	21km Run/Walk	Male	60	Grand-Master (60+)	02:05:43
10	10	4	TA3022	Kenneth	Joubert	21km Run/Walk	Male	47	Veteran (40-49)	02:09:22
11	13	4	TA2598	Justin	Milo	21km Run/Walk	Male	33	Sub-Veteran (30-39)	02:10:23
12	16	2	TA2647	Gerhard Jason	Odendaal	21km Run/Walk	Male	25	Senior (19-29)	02:17:13
13	17	3	TA2605	Henk	Basson	21km Run/Walk	Male	63	Grand-Master (60+)	02:17:20
14	18	5	TA2904	Juan Pablo	Erasmo	21km Run/Walk	Male	44	Veteran (40-49)	02:19:30
15	20	1	TA3017	Robert	Hill	21km Run/Walk	Male	53	Master (50-59)	02:21:44
16	21	6	TA3056	Paul	Nel	21km Run/Walk	Male	44	Veteran (40-49)	02:21:46
17	25	5	TA2553	Siyabulela	Kontyo	21km Run/Walk	Male	37	Sub-Veteran (30-39)	02:25:12
18	26	7	TA2624	Roux	Janse Van Rensburg	21km Run/Walk	Male	49	Veteran (40-49)	02:28:16
19	30	8	TA2687	Leafy	Kubyana	21km Run/Walk	Male	47	Veteran (40-49)	02:34:22
20	31	2	TA2506	Stuart	Dickson	21km Run/Walk	Male	58	Master (50-59)	02:36:01
21	32	4	TA2675	Tony	Anagnostu	21km Run/Walk	Male	60	Grand-Master (60+)	02:39:12
22	35	9	TA2992	John	Hlahane	21km Run/Walk	Male	40	Veteran (40-49)	03:13:15

21km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	11	1	TA3065	Heidi	Joubert	21km Run/Walk	Female	36	Sub-Veteran (30-39)	02:09:27
2	12	2	TA2924	Anelle	Le Roux	21km Run/Walk	Female	33	Sub-Veteran (30-39)	02:10:19
3	14	3	TA3500	Jean	Penhaligon	21km Run/Walk	Female	34	Sub-Veteran (30-39)	02:10:55
4	15	1	TA2522	Michaela	Beneke	21km Run/Walk	Female	28	Senior (19-29)	02:16:09
5	19	1	TA3036	Bernita	Bornmann	21km Run/Walk	Female	43	Veteran (40-49)	02:20:01
6	22	4	TA3003	Nicki	Cole	21km Run/Walk	Female	38	Sub-Veteran (30-39)	02:21:54
7	23	2	TA2688	Sharon	Barnard	21km Run/Walk	Female	42	Veteran (40-49)	02:21:58
8	24	3	TA2906	Lynnanne	Gordhan	21km Run/Walk	Female	40	Veteran (40-49)	02:24:33
9	27	4	TA3412	Nozuko	Mfenyana	21km Run/Walk	Female	47	Veteran (40-49)	02:28:45
10	28	5	TA3067	Ilze	Stoltz	21km Run/Walk	Female	32	Sub-Veteran (30-39)	02:28:48
11	29	5	TA3480	Margare	Du Toit	21km Run/Walk	Female	45	Veteran (40-49)	02:30:22
12	33	6	TA2662	Misiwe	Xolo	21km Run/Walk	Female	33	Sub-Veteran (30-39)	03:02:07
13	34	6	TA2989	Ziki	Searle	21km Run/Walk	Female	43	Veteran (40-49)	03:13:13

15km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3002	Bruce	Turvey	15km Run/Walk	Male	44	Veteran (40-49)	01:08:31
2	2	1	TA3470	Mathew	De La Rey	15km Run/Walk	Male	26	Senior (19-29)	01:21:02
3	4	1	TA2695	Philip	De Wet	15km Run/Walk	Male	30	Sub-Veteran (30-39)	01:23:53
4	5	1	TA3010	Gideon	Langeveld	15km Run/Walk	Male	56	Master (50-59)	01:24:05
5	6	2	TA2491	Ren	Kamioka	15km Run/Walk	Male	38	Sub-Veteran (30-39)	01:24:57
6	7	3	TA2972	Werner	Lewies	15km Run/Walk	Male	36	Sub-Veteran (30-39)	01:25:52
7	8	4	TA2407	Rudolf	Liebenberg	15km Run/Walk	Male	34	Sub-Veteran (30-39)	01:25:54
8	10	2	TA2956	Peet	Lategan	15km Run/Walk	Male	49	Veteran (40-49)	01:28:21
9	11	5	TA2665	Takuya	Oiwa	15km Run/Walk	Male	38	Sub-Veteran (30-39)	01:31:29
10	12	1	TA2566	Edmund	Ferreira	15km Run/Walk	Male	60	Grand-Master (60+)	01:32:36
11	13	3	TA2988	Lufumo	Lifitiga	15km Run/Walk	Male	40	Veteran (40-49)	01:38:57
12	16	2	TRAIL20628	Geoff	Lupton-smith	15km Run/Walk	Male	61	Grand-Master (60+)	01:43:15
13	18	3	TRAIL10752	Jacques	Vlaming	15km Run/Walk	Male	69	Grand-Master (60+)	01:53:29
14	22	4	TA2676	Sol	Jacobs	15km Run/Walk	Male	75	Grand-Master (60+)	02:08:11

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA3041	Sonja	Bierman	15km Run/Walk	Female	36	Sub-Veteran (30-39)	01:23:30
2	9	1	TA3466	Rentia	Lewies	15km Run/Walk	Female	27	Senior (19-29)	01:27:21
3	14	1	TA3541	Sanet	Briel	15km Run/Walk	Female	56	Master (50-59)	01:41:16
4	15	2	TA3030	Analja	Van Zyl	15km Run/Walk	Female	27	Senior (19-29)	01:41:18
5	17	1	TA2927	Germari	Pieterse	15km Run/Walk	Female	41	Veteran (40-49)	01:44:00
6	19	3	TA2951	Celia	Pretorius	15km Run/Walk	Female	24	Senior (19-29)	01:54:50
7	20	2	TA3008	Cilla	Boucher	15km Run/Walk	Female	51	Master (50-59)	01:54:54
8	21	2	TA2987	Roelandi	Landsberg	15km Run/Walk	Female	30	Sub-Veteran (30-39)	01:58:45
9	23	3	TA2477	Francisca	Rossouw	15km Run/Walk	Female	35	Sub-Veteran (30-39)	02:08:37
10	24	1	TA3031	Christa	Mouton	15km Run/Walk	Female	62	Grand-Master (60+)	02:20:24
11	25	4	TA2902	May	Chan	15km Run/Walk	Female	37	Sub-Veteran (30-39)	02:28:28
12	26	2	TA2996	Sithembile	Songo	15km Run/Walk	Female	41	Veteran (40-49)	03:07:53

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2160	Johan	Joubert	10km Run/Walk	Male	47	Veteran (40-49)	00:46:13
2	2	1	TA2141	James	Greyling	10km Run/Walk	Male	38	Sub-Veteran (30-39)	00:54:39
3	3	1	TA2290	Andre	Jacobs	10km Run/Walk	Male	53	Master (50-59)	00:54:52
4	4	2	TA2205	Alfred William	Bartosch	10km Run/Walk	Male	34	Sub-Veteran (30-39)	00:57:07
5	5	3	TA2221	Johan	Mouton	10km Run/Walk	Male	33	Sub-Veteran (30-39)	00:57:35
6	6	1	TA2111	Ruan	Oosthuizen	10km Run/Walk	Male	26	Senior (19-29)	01:01:09
7	8	2	TA2254	Duncan	James	10km Run/Walk	Male	45	Veteran (40-49)	01:03:50
8	9	4	TA1877	Johan	Jones	10km Run/Walk	Male	39	Sub-Veteran (30-39)	01:04:42
9	12	2	TA2214	Estian	Du Plessis	10km Run/Walk	Male	27	Senior (19-29)	01:12:53
10	14	1	TA2168	Tony	Taljaard	10km Run/Walk	Male	64	Grand-Master (60+)	01:14:34
11	16	2	TRAIL20725	Gerald	Steyn	10km Run/Walk	Male	68	Grand-Master (60+)	01:15:47
12	18	5	TA1843	Gideon	Schwan	10km Run/Walk	Male	34	Sub-Veteran (30-39)	01:16:53
13	27	2	TA2273	Mike	Brinkcate	10km Run/Walk	Male	50	Master (50-59)	01:33:58
14	33	3	TRAIL20585	Dean	Mccleland	10km Run/Walk	Male	66	Grand-Master (60+)	02:04:06
15	34	4	TRAIL20584	Luc	Van Goidsenhoven	10km Run/Walk	Male	63	Grand-Master (60+)	02:04:14
16	37	5	TRAIL20914	Manie	Bosch	10km Run/Walk	Male	64	Grand-Master (60+)	02:20:42

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA1873	Sandra	Blom	10km Run/Walk	Female	39	Sub-Veteran (30-39)	01:01:46
2	10	2	TA1837	Anjanette	Jones	10km Run/Walk	Female	38	Sub-Veteran (30-39)	01:09:39
3	11	3	TA2218	Yvette	Wessels	10km Run/Walk	Female	35	Sub-Veteran (30-39)	01:12:06
4	13	1	TA2108	Katherine	Wolk	10km Run/Walk	Female	27	Senior (19-29)	01:13:05
5	15	1	TA1176	Saretha	Ferreira	10km Run/Walk	Female	54	Master (50-59)	01:14:51
6	17	2	TA2128	Marinda	Reynecke	10km Run/Walk	Female	50	Master (50-59)	01:16:03
7	19	4	TA2252	Takalani Ntsieni	Khoza	10km Run/Walk	Female	33	Sub-Veteran (30-39)	01:18:22
8	20	5	TA1852	Martilie	Bakker	10km Run/Walk	Female	38	Sub-Veteran (30-39)	01:23:52
9	21	1	TA1876	Izel	Rost	10km Run/Walk	Female	41	Veteran (40-49)	01:24:04
10	22	2	TA2240	Tebogo	Langa	10km Run/Walk	Female	40	Veteran (40-49)	01:24:48
11	23	6	TA2166	Kathryn	Van Der Mescht	10km Run/Walk	Female	37	Sub-Veteran (30-39)	01:26:19
12	24	3	TRAIL20144	Shauna	Costley	10km Run/Walk	Female	47	Veteran (40-49)	01:29:55
13	25	4	TA3460	Emda	Fourie	10km Run/Walk	Female	47	Veteran (40-49)	01:30:48
14	26	3	TA2161	Sue	Usher	10km Run/Walk	Female	57	Master (50-59)	01:33:56
15	28	7	TA2157	Fikile	Nkosi	10km Run/Walk	Female	38	Sub-Veteran (30-39)	01:36:00
16	29	4	TA1832	Nosisi	Dlambewu	10km Run/Walk	Female	55	Master (50-59)	01:39:02
17	30	8	TA2343	Zakhona	Mvelase	10km Run/Walk	Female	33	Sub-Veteran (30-39)	01:43:29
18	31	2	TA2242	Nyari	Fumhe	10km Run/Walk	Female	26	Senior (19-29)	01:44:38
19	32	5	TA2315	Mildred	Chiloane	10km Run/Walk	Female	40	Veteran (40-49)	02:02:15
20	35	5	TRAIL20583	May	Van Der Walt	10km Run/Walk	Female	57	Master (50-59)	02:04:18
21	36	1	TRAIL20915	Dot	Johnson	10km Run/Walk	Female	71	Grand-Master (60+)	02:20:38
22	38	2	TRAIL20913	Lana	Bosch	10km Run/Walk	Female	61	Grand-Master (60+)	02:20:55
23	39	6	TRAIL20101	Liesel	Neubrech	10km Run/Walk	Female	50	Master (50-59)	02:37:35
24	40	3	TA2169	Muravha	Npmakhauhani	10km Run/Walk	Female	24	Senior (19-29)	03:15:10

5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	8	1	TA0537	Elvis	Moriri	5km Run/Walk	Male	49	Veteran (40-49)	00:36:39
2	15	1	TA0331	Nicholas	Lategan	5km Run/Walk	Male	14	12 to 15	00:46:03
3	16	1	TA0080	Katlego	Mndawu	5km Run/Walk	Male	31	Sub-Veteran (30-39)	00:46:35
4	20	1	TRAIL20193	Hein	Lange	5km Run/Walk	Male	62	Grand-Master (60+)	00:47:49
5	24	2	TA0031	Leon	Stander	5km Run/Walk	Male	66	Grand-Master (60+)	00:56:33
6	30	2	TA0188	Francis	Aldrich	5km Run/Walk	Male	40	Veteran (40-49)	01:04:24
7	31	1	TA0096	Christiaan	Debeer	5km Run/Walk	Male	5	Under 11	01:06:01
8	32	2	TA1681	Chris	Debeer	5km Run/Walk	Male	37	Sub-Veteran (30-39)	01:07:06
9	35	3	TA1725	Christo	Oberholzer	5km Run/Walk	Male	38	Sub-Veteran (30-39)	01:08:35
10	40	1	TA0231	Jan Frederick	Nel	5km Run/Walk	Male	24	Senior (19-29)	01:11:23

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0600	Ezthea	Verwey	5km Run/Walk	Female	22	Senior (19-29)	00:27:46
2	2	1	TA1749	Donne	Wolk	5km Run/Walk	Female	34	Sub-Veteran (30-39)	00:31:18
3	3	2	TA0276	Nikki	Coetzee	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:31:19
4	4	2	TA0394	Cecile	Niebuhr	5km Run/Walk	Female	26	Senior (19-29)	00:32:51
5	5	3	TA0293	Mia	Niebuhr	5km Run/Walk	Female	24	Senior (19-29)	00:32:55
6	6	3	TA0176	Janin	Alant	5km Run/Walk	Female	35	Sub-Veteran (30-39)	00:34:16
7	7	4	TA0349	Jolinda	Steyn	5km Run/Walk	Female	25	Senior (19-29)	00:36:16
8	9	4	TA0547	Nomthandaza	Magagula	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:38:17
9	10	1	TRAIL20151	Mariza	Vorster	5km Run/Walk	Female	42	Veteran (40-49)	00:42:56
10	11	1	TA0153	Danielle	Brinkcate	5km Run/Walk	Female	16	16 to 18	00:43:18
11	12	5	TRAIL20487	Charline	Jay	5km Run/Walk	Female	35	Sub-Veteran (30-39)	00:45:08
12	13	5	TA0388	Nicole	Patterson	5km Run/Walk	Female	22	Senior (19-29)	00:45:40
13	14	1	TA0312	Kayla	Brinkcate	5km Run/Walk	Female	13	12 to 15	00:45:42
14	17	2	TA0427	Ayanda	Magagula	5km Run/Walk	Female	12	12 to 15	00:46:43
15	18	6	TRAIL20131	Mariet	Lange	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:46:52
16	19	2	TRAIL20667	Megan	Marais	5km Run/Walk	Female	40	Veteran (40-49)	00:47:25
17	21	2	TA1718	Litha	Dlambewu	5km Run/Walk	Female	16	16 to 18	00:48:39
18	22	3	TA0042	Faith	Moriri	5km Run/Walk	Female	41	Veteran (40-49)	00:53:52
19	23	1	TA1111	Tilanie	Verster	5km Run/Walk	Female	54	Master (50-59)	00:55:53
20	25	1	TA0578	Lorainne	Stander	5km Run/Walk	Female	63	Grand-Master (60+)	00:56:36
21	26	2	TA0416	Trudie	Buys-du Plessis	5km Run/Walk	Female	52	Master (50-59)	00:56:46
22	27	4	TA0238	Linka	Van Wyk	5km Run/Walk	Female	44	Veteran (40-49)	00:56:47
23	28	5	TA1785	Kim	Kasselmann	5km Run/Walk	Female	43	Veteran (40-49)	00:56:49
24	29	6	TA2222	Illeze	Coetzee	5km Run/Walk	Female	29	Senior (19-29)	00:56:56
25	33	3	TA0488	Antoinette	Mostert	5km Run/Walk	Female	53	Master (50-59)	01:07:12
26	34	6	TA0282	Erika	Kock	5km Run/Walk	Female	42	Veteran (40-49)	01:08:28
27	36	1	TA0030	Janeke	Debeer	5km Run/Walk	Female	2	Under 11	01:09:59
28	37	7	TA0515	Geertjie	Debeer	5km Run/Walk	Female	37	Sub-Veteran (30-39)	01:10:00
29	38	4	TA1665	Thia	Pretorius	5km Run/Walk	Female	52	Master (50-59)	01:11:11
30	39	7	TA0126	Melanie	Pretorius	5km Run/Walk	Female	24	Senior (19-29)	01:11:17
31	41	8	TA1655	Basani	Shimati	5km Run/Walk	Female	35	Sub-Veteran (30-39)	01:32:26
32	42	9	TA1575	Mercy	Gondwe	5km Run/Walk	Female	36	Sub-Veteran (30-39)	01:32:32
33	43	8	TA0374	Lara	Kingwill	5km Run/Walk	Female	26	Senior (19-29)	01:46:01
34	44	2	TRAIL20113	Frankie	Alessio	5km Run/Walk	Female	61	Grand-Master (60+)	02:25:42

2km Run/Walk:Male										
Gender	**Overall**	**Category**	**Race Number**	**Name**	**Surname**	**Activity**	**Gender**	**Age**	**Category**	**Duration**
1	1	1	TA1041	Benjamin	Lategan	2km Run/Walk	Male	11	Under 11	00:21:04
2	4	1	TA1125	Marco	Taljaard	2km Run/Walk	Male	23	Senior (19-29)	00:23:06

2km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA1064	Jenna	J V Vuuren	2km Run/Walk	Female	19	Senior (19-29)	00:22:04
2	3	1	TA0821	Marthinette	Taljaard	2km Run/Walk	Female	49	Veteran (40-49)	00:22:45