



# AdventureRun : Rock Falls Ranch

## Rock Falls Virtual AdventureRun on 22nd March 2020



### 21km Trail Run/Walk:Male

| Gender | Overall | Category | Race Number | Name   | Surname  | Activity            | Gender | Age | Category       | Duration |
|--------|---------|----------|-------------|--------|----------|---------------------|--------|-----|----------------|----------|
| 1      | 1       | 1        | TA2304      | Wesley | Price    | 21km Trail Run/Walk | Male   | 20  | Senior (19-29) | 01:14:03 |
| 2      | 2       | 1        | TRAIL10011  | Graham | Hutchins | 21km Trail Run/Walk | Male   | 56  | Master (50-59) | 02:42:48 |

| 15km Trail Run/Walk:Male |         |          |             |         |            |                     |        |     |                    |          |
|--------------------------|---------|----------|-------------|---------|------------|---------------------|--------|-----|--------------------|----------|
| Gender                   | Overall | Category | Race Number | Name    | Surname    | Activity            | Gender | Age | Category           | Duration |
| 1                        | 1       | 1        | TRAIL2090   | Tshepho | Nchabeleng | 15km Trail Run/Walk | Male   | 21  | Senior (19-29)     | 00:57:57 |
| 2                        | 2       | 1        | TA0692      | Jean    | Nepgen     | 15km Trail Run/Walk | Male   | 75  | Grand-Master (60+) | 02:15:00 |

| 15km Trail Run/Walk:Female |         |          |             |       |            |                     |        |     |                 |          |
|----------------------------|---------|----------|-------------|-------|------------|---------------------|--------|-----|-----------------|----------|
| Gender                     | Overall | Category | Race Number | Name  | Surname    | Activity            | Gender | Age | Category        | Duration |
| 1                          | 3       | 1        | TRAIL10053  | Adele | Sutherland | 15km Trail Run/Walk | Female | 42  | Veteran (40-49) | 02:28:05 |

| 10km Trail Run/Walk:Male |         |          |             |            |          |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|------------|----------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name       | Surname  | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TA1163      | Greg       | Keynel   | 10km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:50:11 |
| 2                        | 2       | 1        | TA0680      | Hennie     | Prinsloo | 10km Trail Run/Walk | Male   | 65  | Grand-Master (60+)  | 00:56:51 |
| 3                        | 3       | 2        | TA0633      | Karl-heinz | Michel   | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:00:06 |
| 4                        | 5       | 1        | TA2163      | Rohan      | Deamer   | 10km Trail Run/Walk | Male   | 49  | Veteran (40-49)     | 01:09:32 |
| 5                        | 9       | 2        | TA0376      | Hennie     | Coetzer  | 10km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 01:58:27 |

| 10km Trail Run/Walk:Female |         |          |             |           |          |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|-----------|----------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name      | Surname  | Activity            | Gender | Age | Category            | Duration |
| 1                          | 4       | 1        | TRAIL12749  | Charmaine | Warriker | 10km Trail Run/Walk | Female | 50  | Master (50-59)      | 01:07:00 |
| 2                          | 6       | 1        | TA0675      | Gadifele  | Mekgwe   | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:15:00 |
| 3                          | 7       | 1        | TA1827      | Celia     | Human    | 10km Trail Run/Walk | Female | 61  | Grand-Master (60+)  | 01:27:00 |
| 4                          | 8       | 2        | TRAIL10052  | Lesley    | Hutchins | 10km Trail Run/Walk | Female | 57  | Master (50-59)      | 01:40:21 |

| 5km Trail Run/Walk:Male |         |          |             |         |           |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|---------|-----------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name    | Surname   | Activity           | Gender | Age | Category            | Duration |
| 1                       | 4       | 1        | TA1663      | Wouter  | Mathlener | 5km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:38:09 |
| 2                       | 5       | 1        | TA0325      | Derrick | Kayser    | 5km Trail Run/Walk | Male   | 52  | Master (50-59)      | 00:40:13 |
| 3                       | 8       | 2        | TA0444      | Shaun   | Swanepoel | 5km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 00:50:43 |
| 4                       | 11      | 1        | TRAIL12779  | Keith   | Lambert   | 5km Trail Run/Walk | Male   | 49  | Veteran (40-49)     | 00:59:00 |
| 5                       | 13      | 1        | TRAIL20083  | Ben     | Pieterse  | 5km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 01:00:00 |

| 5km Trail Run/Walk:Female |         |          |             |          |                          |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|----------|--------------------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name     | Surname                  | Activity           | Gender | Age | Category            | Duration |
| 1                         | 1       | 1        | TA0211      | Cornea   | Esterhuizen              | 5km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 00:28:19 |
| 2                         | 2       | 1        | TA1546      | Raquel   | Mendes                   | 5km Trail Run/Walk | Female | 28  | Senior (19-29)      | 00:32:00 |
| 3                         | 3       | 2        | TRAIL20000  | Glizelle | Langerman                | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:35:23 |
| 4                         | 6       | 1        | TRAIL12662  | Rozell   | Van Breda                | 5km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 00:42:42 |
| 5                         | 7       | 1        | TA1550      | Helen    | Horne                    | 5km Trail Run/Walk | Female | 53  | Master (50-59)      | 00:44:00 |
| 6                         | 9       | 3        | TA0796      | Megan    | Marais                   | 5km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 00:54:14 |
| 7                         | 10      | 4        | TRAIL12786  | Natasja  | Holtzhausen              | 5km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 00:58:00 |
| 8                         | 12      | 2        | TA0147      | Rozahn   | Swanepoel                | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:59:41 |
| 9                         | 14      | 3        | TRAIL20016  | Leoni    | Mc Donald                | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:01:00 |
| 10                        | 15      | 4        | TRAIL20244  | Liesel   | Jansen Van Nieuwenhuizen | 5km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:05:38 |
| 11                        | 16      | 1        | TA0177      | Gillian  | Fowler                   | 5km Trail Run/Walk | Female | 74  | Grand-Master (60+)  | 01:29:16 |