

## AdventureRun: Virtual Run

August Virtual AdventureRun/Ride #5 on 30th August 2020



	90km Multi-Day Ride:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration	
1	2	1	TRAIL20999	Shane	Gouldie	90km Multi-Day Ride	Male	60	Grand-Master (60+)	05:20:16	

				90km	ı Multi-Day Ri	de:Female				
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL10062	Nicky	Booyens	90km Multi-Day Ride	Female	41	Veteran (40-49)	02:45:05

	42km Multi-Day Run / Walks:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration	
1	1	1	TA0011	Manoko Patrick	Mashala	42km Multi-Day Run / Walks	Male	40	Veteran (40-49)	04:12:44	

	42km Multi-Day Run / Walks:Female												
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration			
1	2	1	TRAIL10053	Adele	Sutherland	42km Multi-Day Run / Walks	Female	42	Veteran (40-49)	07:06:19			
2	3	2	TA0080	Lile	Khuluse	42km Multi-Day Run / Walks	Female	41	Veteran (40-49)	08:45:08			

				21km	Single Day R	un / Walk:Female				
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0013	Iona	Redelinghuys	21km Single Day Run / Walk	Female	54	Master (50-59)	03:17:50

	20km Multi-Day Run / Walks:Female											
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration		
1	1	1	TA0010	Ronel	Van Staden	20km Multi-Day Run / Walks	Female	40	Veteran (40-49)	03:25:00		
2	2	1	TA008	Jani	Van Staden	20km Multi-Day Run / Walks	Female	12	12 to 15	03:25:00		
3	3	1	TA009	Nina	Van Staden	20km Multi-Day Run / Walks	Female	8	Under 11	03:25:00		
4	4	1	TA004	Thea	Corbett	20km Multi-Day Run / Walks	Female	62	Grand-Master (60+)	03:59:19		

				15km	Single Day l	Run / Walk:Male				
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA00001	Leon	Limper	15km Single Day Run / Walk	Male	54	Master (50-59)	01:53:04

				15km	Single Day R	lun / Walk:Female				
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA007	Juanita	Barron	15km Single Day Run / Walk	Female	40	Veteran (40-49)	02:29:18

	10km Single Day Run / Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration	
1	1	1	TA003	Sydwell	Nkosi	10km Single Day Run / Walk	Male	30	Sub-Veteran (30-39)	00:59:52	

	10km Single Day Run / Walk:Female												
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration			
1	2	1	TA00031	Salome	Rheeder	10km Single Day Run / Walk	Female	35	Sub-Veteran (30-39)	01:00:00			
2	3	2	TA001	Chantell	Potgieter	10km Single Day Run / Walk	Female	39	Sub-Veteran (30-39)	01:09:09			

	5km Single Day Run / Walk:Male											
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration		
1	3	1	TA002	Michael	Tuck	5km Single Day Run / Walk	Male	42	Veteran (40-49)	00:52:49		

	5km Single Day Run / Walk:Female												
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration			
1	1	1	TA005	Megan	Marais	5km Single Day Run / Walk	Female	41	Veteran (40-49)	00:42:38			
2	2	1	TA0015	Silvana	Carraggi	5km Single Day Run / Walk	Female	50	Master (50-59)	00:44:08			
3	4	1	TA006	Gillian	Fowler	5km Single Day Run / Walk	Female	74	Grand-Master (60+)	01:02:45			
4	5	2	TA00002	Amanda	Geldenhuys	5km Single Day Run / Walk	Female	51	Master (50-59)	01:05:00			
5	6	1	TA0014	Lynette	Van Jaarsveldt	5km Single Day Run / Walk	Female	37	Sub-Veteran (30-39)	01:23:58			