



SLANGHOEK

TRIATHLON ○○○

Road Triathlon

22-Oct-17

Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
OVERALL Men Long	1	1	1263	SVL	Matt	Trautman	00.19.21	00.58.42	00.39.53	01.57.56	3	
	2	1	1225	SML	Philipp	Sassie	00.23.03	01.01.53	00.41.25	02.06.21	3	
	3	2	1168	SML	Leonhard	Lukoschek	00.21.31	01.06.29	00.40.31	02.08.31	3	
	4	2	1313	SVL	Dean	Hopf	00.21.50	01.03.38	00.43.45	02.09.13	3	
	5	3	1260	SML	Nicholas	Tinkler	00.19.39	01.06.02	00.44.41	02.10.22	3	
	6	4	1206	SML	Dylan	Pivo	00.19.32	01.08.35	00.44.25	02.12.32	3	
	7	5	1232	SML	Riaan	Shaw	00.19.27	01.09.14	00.45.55	02.14.36	3	
	8	6	1285	SML	Dylan	Van Zyl	00.21.38	01.08.14	00.48.52	02.18.44	3	
	9	3	1252	SVL	Niel	Thiart	00.26.42	01.06.28	00.47.41	02.20.51	3	
	10	7	1143	SML	Alexander	Krebs	00.23.13	01.07.28	00.50.58	02.21.39	3	
	11	4	1007	SVL	Steve	Attwell	00.25.31	01.07.32	00.48.37	02.21.40	3	
	12	1	1303	VML	Manfred	Wiehahn	00.28.49	01.04.56	00.48.04	02.21.49	3	
	13	5	1196	SVL	Rudi	Oosthuizen	00.24.38	01.11.49	00.45.33	02.22.00	3	
	14	6	1305	SVL	Travys	Wilkins	00.25.49	01.06.55	00.49.25	02.22.09	3	
	15	8	1320	SML	Andre	Van Wyk	00.25.40	01.08.54	00.47.53	02.22.27	3	
	16	7	1237	SVL	Kyle	Sole	00.24.58	01.09.18	00.49.02	02.23.18	3	
	17	9	1262	SML	Tim	Toovey	00.24.05	01.05.29	00.54.04	02.23.38	3	
	18	8	1118	SVL	Ryan	Heydenrych	00.22.54	01.12.01	00.49.11	02.24.06	3	
	19	9	1014	SVL	Crispin	Barrett	00.25.16	01.09.03	00.50.36	02.24.55	3	
	20	2	1034	VML	Riaan	Boshoff	00.23.18	01.07.54	00.56.40	02.27.52	3	
	21	3	1182	VML	Kobus	Meyer	00.26.08	01.13.01	00.48.54	02.28.03	3	
	22	10	1036	SVL	Andre	Brand	00.23.10	01.14.54	00.49.59	02.28.03	3	
	23	10	1139	SML	Bruere	Kloppers	00.27.30	01.12.03	00.50.00	02.29.33	3	
	24	11	1240	SVL	Troy	Squires	00.26.08	01.08.13	00.55.54	02.30.15	3	
	25	4	1083	VML	Cobus	Fourie	00.26.24	01.14.24	00.49.39	02.30.27	3	
	26	11	1210	SML	Edwin	Punt	00.29.06	01.13.38	00.47.44	02.30.28	3	
	27	12	1147	SVL	Myles	Kritzinger	00.26.14	01.12.39	00.51.46	02.30.39	3	
	28	13	1076	SVL	Luke	Farrenkothen	00.26.17	01.10.37	00.53.53	02.30.47	3	
	29	5	1061	VML	Marco	De Vincenzo	00.27.04	01.13.41	00.52.09	02.32.54	3	
	30	1	1128	MML	Evan	Jones	00.25.08	01.13.05	00.55.00	02.33.13	3	
	31	6	1050	VML	Deon	Coetzee	00.22.41	01.20.10	00.51.36	02.34.27	3	
OVERALL Men Long	32	14	1049	SVL	Philip	Cloete	00.35.27	01.08.02	00.51.41	02.35.10	3	
	33	7	1171	VML	Adnaan	Manuel	00.30.40	01.12.56	00.51.59	02.35.35	3	
	34	15	1026	SVL	Andrew	Bird	00.30.24	01.15.10	00.51.10	02.36.44	3	
	35	8	1025	VML	Alan	Berning	00.29.02	01.16.50	00.52.10	02.38.02	3	
	36	2	1158	MML	Ludwig	Lillie	00.31.28	01.18.08	00.48.35	02.38.11	3	
	37	12	1150	SML	Hugo	Lambrechts	00.29.18	01.16.08	00.53.01	02.38.27	3	
	38	16	1205	SVL	Vlasta	Pitro	00.30.44	01.13.32	00.54.42	02.38.58	3	
	39	17	1308	SVL	Shaun	Wuth	00.32.03	01.14.25	00.52.57	02.39.25	3	
	40	13	1292	SML	Rolf	Von Der Meden	00.22.57	01.19.59	00.57.16	02.40.12	3	
	41	18	1274	SVL	Charl	Van Heerden	00.32.10	01.11.32	00.56.56	02.40.38	3	
	42	14	1108	SML	Paul	Harker	00.32.16	01.18.29	00.50.01	02.40.46	3	
	43	19	1161	SVL	Kyle	Lotz	00.24.56	01.20.32	00.56.13	02.41.41	3	
	44	20	1059	SVL	Deon	De Jager	00.30.47	01.12.14	01.00.07	02.43.08	3	
	45	3	1211	MML	Mark	Quinlan	00.27.50	01.15.12	01.00.07	02.43.09	3	
	46	15	1271	SML	Johan	Van Der Walt	00.32.08	01.16.38	00.54.34	02.43.20	3	
	47	9	1159	VML	Anthony	Lopez	00.29.55	01.17.48	00.55.43	02.43.26	3	
	48	10	1094	VML	John	Gilchrist	00.28.01	01.18.06	00.57.32	02.43.39	3	
	49	16	1226	SML	Keaton	Saunders	00.32.29	01.19.09	00.52.02	02.43.40	3	
	50	11	1052	VML	Roy	Coombe-Davis	00.30.35	01.18.53	00.57.37	02.47.05	3	
	51	17	1070	SML	Chad	Dunnett	00.24.02	01.20.55	01.02.19	02.47.16	3	
	52	4	1283	MML	Etienne	Van Wyk	00.33.38	01.19.35	00.54.08	02.47.21	3	
	53	21	1045	SVL	Gavin	Cilliers	00.32.19	01.20.30	00.54.50	02.47.39	3	
	54	22	1267	SVL	Brand	Van Den Heever	00.32.50	01.19.40	00.55.45	02.48.15	3	
	55	23	1115	SVL	Michael	Hayes	00.33.03	01.15.40	00.59.52	02.48.35	3	



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OVERALL Men Long	56	24	1273	SVL	Marc	Van Galen	00.25.43	01.23.17	00.59.37	02.48.37	3		
	57	5	1281	MML	Peter	Van Wyk	00.32.30	01.15.10	01.01.23	02.49.03	3		
	58	12	1009	VML	Jason	Bailey	00.31.20	01.18.21	00.59.38	02.49.19	3		
	59	13	1112	VML	Greg	Harrowsmith	00.29.59	01.12.28	01.07.25	02.49.52	3		
	60	14	1300	VML	Roger	Watts	00.30.18	01.18.32	01.01.12	02.50.02	3		
	61	18	1167	SML	Ettienne	Ludick	00.32.47	01.14.25	01.02.53	02.50.05	3		
	62	6	1001	MML	Jack	Akers	00.33.07	01.16.45	01.00.59	02.50.51	3		
	63	7	1013	MML	Etienne	Barnard	00.32.27	01.21.48	00.56.40	02.50.55	3		
	64	15	1157	VML	Hugo	Leuenberger	00.32.33	01.17.34	01.01.26	02.51.33	3		
	65	16	1155	VML	Jacobus	Leibbrandt	00.31.13	01.19.20	01.01.07	02.51.40	3		
	66	8	1276	MML	John	Van Onselen	00.29.34	01.16.23	01.05.54	02.51.51	3		
	67	25	1119	SVL	Bennie	Hickman	00.34.12	01.16.24	01.01.16	02.51.52	3		
	68	19	1185	SML	Calvin	Mole	00.32.25	01.22.04	00.57.39	02.52.08	3		
	69	17	1103	VML	Armin	Gretschel	00.27.47	01.15.38	01.08.48	02.52.13	3		
	70	26	1166	SVL	Andy	Lucas	00.33.56	01.19.30	00.59.05	02.52.31	3		
	71	18	1181	VML	Kevin	Mckinney	00.24.43	01.20.26	01.07.25	02.52.34	3		
	72	9	1113	MML	Peter	Hartmann	00.29.27	01.21.01	01.02.32	02.53.00	3		
	73	20	1002	SML	Emile	Alberts	00.35.30	01.17.34	01.00.15	02.53.19	3		
	74	27	1063	SVL	Roelof	Diederichs	00.27.56	01.23.49	01.01.39	02.53.24	3		
	75	21	1190	SML	Martin	Nortier	00.30.31	01.24.46	00.58.56	02.54.13	3		
	76	10	1247	MML	Hans	Sukel	00.30.23	01.19.33	01.04.37	02.54.33	3		
	77	19	1022	VML	Gavin	Bell	00.31.44	01.18.21	01.04.52	02.54.57	3		
	78	28	1233	SVL	Jaco	Smit	00.31.54	01.22.20	01.01.08	02.55.22	3		
	79	22	1297	SML	Nicholas	Walker	00.23.43	01.20.16	01.12.01	02.56.00	3		
	80	23	1102	SML	Grant	Greeff	00.31.42	01.21.36	01.02.42	02.56.00	3		
	81	24	1151	SML	Sean	Langton	00.29.54	01.24.50	01.02.27	02.57.11	3		
	82	20	1043	VML	Dave	Chapman	00.26.00	01.18.24	01.12.59	02.57.23	3		
	83	29	1068	SVL	Danie	Du Toit	00.30.47	01.19.02	01.07.58	02.57.47	3		
	84	11	1023	MML	Zach	Benade	00.34.11	01.23.14	01.01.17	02.58.42	3		
	85	21	1264	VML	Christo	Truter	00.35.10	01.17.16	01.06.45	02.59.11	3		
	86	30	1272	SVL	Quintin	Van Dyk	00.32.59	01.26.25	01.00.10	02.59.34	3		
	87	22	1000	VML	Wasfie	Adams	00.37.02	01.25.41	00.57.14	02.59.57	3		
	88	12	1311	MML	David	Hepburn-Brown	00.35.25	01.25.47	00.58.57	03.00.09	3		
	89	23	1046	VML	Johan	Cilliers	00.35.19	01.24.27	01.00.38	03.00.24	3		
	90	24	1136	VML	Patrick	Kilkenny	00.34.31	01.27.34	00.58.36	03.00.41	3		
	91	31	1162	SVL	Tienie	Lourens	00.33.29	01.25.22	01.04.09	03.03.00	3		
	92	13	1259	MML	Brendon	Thorpe	00.36.58	01.18.57	01.08.07	03.04.02	3		
	93	32	1239	SVL	Jaryd	Sparg	00.32.13	01.28.30	01.03.28	03.04.11	3		
	OVERALL Men Long	94	25	1098	VML	Allen	Goosen	00.35.15	01.21.21	01.09.00	03.05.36	3	
		95	33	1091	SVL	Ebrahim	Gasnola	00.35.42	01.27.58	01.02.37	03.06.17	3	
		96	26	1145	VML	Johan	Krige	00.31.07	01.26.45	01.08.28	03.06.20	3	
		97	34	1066	SVL	Jaco	Dreyer	00.33.23	01.21.50	01.11.39	03.06.52	3	
		98	35	1065	SVL	Roger	Downes	00.38.38	01.29.27	00.59.46	03.07.51	3	
		99	27	1060	VML	Jeremy	De Tolly	00.34.54	01.25.16	01.07.44	03.07.54	3	
		100	25	1087	SML	Auren	Freitas Dos Santos	00.31.38	01.27.11	01.09.11	03.08.00	3	
		101	28	1085	VML	Nizaam	Fredericks	00.29.36	01.21.11	01.17.22	03.08.09	3	
		102	14	1268	MML	Simon	Van Der Linden	00.34.15	01.22.14	01.11.59	03.08.28	3	
		103	29	1126	VML	Deon	Janse Van Noordwyk	00.34.56	01.28.31	01.05.10	03.08.37	3	
104		36	1257	SVL	Jack	Thonissen	00.34.24	01.26.29	01.08.37	03.09.30	3		
105		37	1037	SVL	Pieter	Brits	00.36.05	01.28.05	01.05.21	03.09.31	3		
106		30	1152	VML	Garth	Lary	00.41.29	01.24.25	01.04.27	03.10.21	3		
107		31	1101	VML	Alvin	Gouws	00.33.30	01.30.31	01.06.27	03.10.28	3		
108		32	1131	VML	Dirk	Kaiser	00.36.24	01.27.56	01.06.10	03.10.30	3		
109		38	1174	SVL	Dan	Marcus	00.32.55	01.20.53	01.17.44	03.11.32	3		
110		39	1173	SVL	Paul	Marais	00.35.55	01.23.42	01.12.15	03.11.52	3		



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OVERALL Men Long	111	33	1251	VML	Andro	Theart	00.36.11	01.26.03	01.10.01	03.12.15	3		
	112	26	1201	SML	Mario	Penso	00.34.57	01.29.18	01.08.47	03.13.02	3		
	113	40	1012	SVL	Marco	Barbieri	00.31.48	01.44.10	00.57.33	03.13.31	3		
	114	34	1287	VML	Stompie	Venter	00.38.16	01.23.39	01.11.36	03.13.31	3		
	115	35	1154	VML	Chris	Le Grange	00.34.23	01.26.54	01.13.31	03.14.48	3		
	116	41	1256	SVL	Craig	Thomson	00.30.20	01.29.30	01.15.19	03.15.09	3		
	117	15	1193	MML	George	October	00.42.09	01.33.15	01.00.29	03.15.53	3		
	118	16	1275	MML	Gerhardt	Van Niekerk	00.34.51	01.23.11	01.18.18	03.16.20	3		
	119	42	1317	SVL	Richard	Downing	00.36.42	01.31.25	01.08.38	03.16.45	3		
	120	36	1019	VML	Thobaan	Bedford	00.31.54	01.26.17	01.19.00	03.17.11	3		
	121	27	1124	SML	Simon	Huxter	00.31.57	01.35.08	01.10.51	03.17.56	3		
	122	37	1316	VML	Dewald	Coolen	00.42.35	01.27.34	01.08.47	03.18.56	3		
	123	38	1105	VML	Jody	Hahn	00.45.13	01.22.43	01.11.23	03.19.19	3		
	124	43	1188	SVL	Christoff	Nieman	00.36.56	01.32.16	01.10.18	03.19.30	3		
	OVERALL Men Long	125	17	1304	MML	Gert	Wilkins	00.39.30	01.24.38	01.16.08	03.20.16	3	
		126	44	1057	SVL	Paulo	De Barros	00.39.45	01.37.35	01.03.32	03.20.52	3	
		127	28	1024	SML	Darren	Berlein	00.46.54	01.25.48	01.11.23	03.24.05	3	
		128	45	1096	SVL	Kyle	Goetsch	00.35.32	01.32.50	01.16.02	03.24.24	3	
		129	18	1040	MML	Cameron	Burt	00.32.11	01.42.04	01.10.42	03.24.57	3	
		130	29	1073	SML	Pieter	Earle	00.36.51	01.39.21	01.08.59	03.25.11	3	
131		46	1072	SVL	Michael	Eadie	00.34.21	01.58.49	00.52.53	03.26.03	3		
132		39	1056	VML	Rob	Damerell	00.39.36	01.32.20	01.15.26	03.27.22	3		
133		1	1071	GML	Ian	Eadie	00.34.34	01.30.48	01.22.26	03.27.48	3		
134		47	1028	SVL	Darren	Bissell	00.34.32	01.26.02	01.27.34	03.28.08	3		
135		19	1169	MML	Gavin	Magrath	00.34.48	01.27.04	01.26.18	03.28.10	3		
136		20	1003	MML	Mark	Anderson	00.30.03	01.29.32	01.28.42	03.28.17	3		
137		48	1282	SVL	Dewald	Van Wyk	00.33.50	01.24.11	01.32.31	03.30.32	3		
138		40	1135	VML	Fanus	Keyter	00.39.54	01.24.22	01.26.29	03.30.45	3		
139		49	1140	SVL	Nicolaas	Kock	00.38.10	01.37.28	01.15.57	03.31.35	3		
140		50	1250	SVL	Donovan	Thatcher	00.35.25	01.34.42	01.26.37	03.36.44	3		
141		21	1322	MML	Gordon	Walker	00.40.10	01.24.50	01.33.39	03.38.39	3		
142		41	1321	VML	Robet	O'Brien	00.43.06	01.26.59	01.29.31	03.39.36	3		
143		51	1067	SVL	Melville	Du Plessis	00.35.40	01.30.32	01.34.48	03.41.00	3		
144		42	1255	VML	Gareth	Thomas	00.36.40	01.33.38	01.31.42	03.42.00	3		
145	52	1319	SVL	Rodger	Carter	00.39.38	01.32.40	01.31.26	03.43.44	3			
146	2	1269	GML	Wessel	Van Der Merwe	00.44.39	01.35.16	01.25.08	03.45.03	3			
147	53	1230	SVL	Sean	Scott	00.43.52	01.45.11	01.16.35	03.45.38	3			
148	43	1235	VML	John	Smith	00.39.50	01.46.21	01.20.20	03.46.31	3			
149	3	1223	GML	Beau	Rynhoud	00.37.21	01.45.33	01.26.36	03.49.30	3			
150	30	1258	SML	Richard	Thorpe	00.35.09	01.48.24	01.26.45	03.50.18	3			
151	44	1218	VML	Jamie	Rixton	00.50.12	01.38.06	01.22.35	03.50.53	3			
152	22	1080	MML	Lindsay	Fortune	00.39.05	01.33.03	01.40.42	03.52.50	3			
153	54	1137	SVL	Grant	King	00.34.09	01.34.28	01.44.24	03.53.01	3			
154	55	1149	SVL	Coenie	Labuschagne	00.34.27	01.34.04	01.47.02	03.55.33	3			
155	45	1306	VML	Wayne	Wolmarans	00.56.37	01.31.28	01.27.42	03.55.47	3			
OVERALL Men Long	156	56	1164	SVL	Jonty	Low	03.16.56			03.16.56	1		
	--	--	1042	SVL	Nicol	Carstens	00.29.50	01.23.41	01.15.23	03.08.54	3	DNF	
	--	--	1286	MML	Vasili	Vass	00.34.28	01.24.47	01.13.33	03.12.48	3	DNF	
	--	--	1160	VML	Jacques	Lotriet	00.36.01	01.17.20		01.53.21	2	DNF	
--	--	1086	SVL	Marwaan	Fredericks	00.30.50	02.21.04		02.51.54	2	DNF		
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
OVERALL Wom Long	1	1	1270	VVL	Kelly	Van Der Toorn	00.23.27	01.12.48	00.50.37	02.26.52	3		
	2	1	1064	SWL	Mariella	Dierks	00.27.01	01.14.24	00.49.29	02.30.54	3		
	3	2	1144	SWL	Michelle	Krebs	00.24.42	01.15.14	00.51.42	02.31.38	3		
	4	1	1114	SXL	Christelle	Hattingh	00.27.50	01.15.38	00.49.37	02.33.05	3		



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OVERALL Wom Long	5	3	1261	SWL	Mellusca	Toovey	00.24.57	01.18.28	00.50.22	02.33.47	3		
	6	2	1241	SXL	Tarryn	Stanford	00.21.49	01.17.26	00.56.07	02.35.22	3		
	7	4	1062	SWL	Linda	Detering	00.25.12	01.19.04	00.51.40	02.35.56	3		
	8	3	1197	SXL	Alice	Oosthuizen	00.30.20	01.19.41	00.53.59	02.44.00	3		
	9	5	1054	SWL	Brenna	Coupland	00.31.56	01.19.43	00.52.33	02.44.12	3		
	10	6	1125	SWL	Lize-Mari	Jacobs	00.27.30	01.22.38	00.55.25	02.45.33	3		
	11	4	1106	SXL	Janneke	Hampsink	00.32.50	01.16.37	00.58.18	02.47.45	3		
	12	7	1107	SWL	Chanel	Hannah	00.28.31	01.18.44	01.02.25	02.49.40	3		
	13	5	1048	SXL	Estie	Cloete	00.34.02	01.18.19	00.57.58	02.50.19	3		
	14	6	1074	SXL	Angelique	Edwards	00.30.31	01.21.24	00.58.29	02.50.24	3		
	15	7	1109	SXL	Anneri	Harmse	00.28.20	01.21.22	01.01.07	02.50.49	3		
	16	2	1082	VWL	Tania	Fourie	00.37.53	01.21.23	00.52.00	02.51.16	3		
	17	3	1236	VWL	Hannelle	Smith	00.33.58	01.17.59	00.59.54	02.51.51	3		
	18	8	1301	SWL	Amy	Wessels	00.28.00	01.18.31	01.08.19	02.54.50	3		
	19	9	1180	SWL	Megan	Mccarley	00.27.13	01.29.11	00.58.54	02.55.18	3		
	20	8	1265	SXL	Gerrida	Uys	00.33.47	01.18.39	01.03.17	02.55.43	3		
	21	9	1310	SXL	Christine	Zwiegers	00.24.40	01.29.17	01.01.50	02.55.47	3		
	22	4	1029	VWL	Kirsty	Blackford		01.54.18	01.01.45	02.56.03	3		
	23	5	1187	VWL	Nadine	Mostert	00.32.02	01.20.40	01.03.40	02.56.22	3		
	24	10	1183	SXL	Sally	Misplon	00.29.07	01.24.54	01.02.46	02.56.47	3		
	25	6	1253	VWL	Liesl	Thomas	00.32.08	01.27.15	00.59.01	02.58.24	3		
	OVERALL Wom Long	26	11	1309	SXL	Mary	Wuth	00.29.45	01.24.26	01.05.32	02.59.43	3	
		27	12	1044	SXL	Leigh	Charlton	00.28.39	01.25.41	01.05.47	03.00.07	3	
		28	7	1123	VWL	Jennifer	Houston	00.35.01	01.20.55	01.04.13	03.00.09	3	
		29	10	1284	SWL	Monique	Van Wyk	00.27.20	01.34.27	00.59.15	03.01.02	3	
30		13	1165	SXL	Mandy	Lowings	00.35.03	01.21.05	01.05.23	03.01.31	3		
31		14	1092	SXL	Carmen	Gers	00.32.53	01.25.54	01.03.38	03.02.25	3		
32		8	1207	VWL	Lesyl	Potgieter	00.36.38	01.24.56	01.01.21	03.02.55	3		
33		11	1288	SWL	Anika	Viljoen	00.28.33	01.26.23	01.08.15	03.03.11	3		
34		12	1315	SWL	Sasha	Andrews	00.29.03	01.28.51	01.05.56	03.03.50	3		
35		13	1242	SWL	Kim	Stephenson	00.26.08	01.30.30	01.07.37	03.04.15	3		
36		14	1078	SWL	Ané	Ferreira	00.30.57	01.26.47	01.07.01	03.04.45	3		
37		15	1032	SWL	Robin	Bolten	00.29.10	01.26.07	01.10.09	03.05.26	3		
38		16	1266	SWL	Kate	Van Den Aardweg	00.32.21	01.29.42	01.03.50	03.05.53	3		
39		15	1100	SXL	Adele	Gouws	00.35.08	01.30.50	01.01.34	03.07.32	3		
40		9	1058	VWL	Kim	De Bruin	00.27.47	01.26.49	01.14.44	03.09.20	3		
41		1	1222	MWL	Jeannine	Ruffels	00.36.50	01.29.27	01.03.50	03.10.07	3		
42		17	1153	SWL	Jessica	Laubscher	00.33.39	01.25.03	01.12.07	03.10.49	3		
43		2	1204	MWL	Celia	Pienaar	00.32.41	01.26.50	01.11.53	03.11.24	3		
44		10	1089	VWL	Emily	Furlong	00.33.20	01.29.02	01.10.17	03.12.39	3		
45		16	1132	SXL	Janine	Kallis	00.35.05	01.24.01	01.14.27	03.13.33	3		
46		11	1244	VWL	Kara	Steward	00.33.52	01.28.55	01.11.31	03.14.18	3		
47		1	1184	GWL	Cathy	Mitchell	00.37.57	01.32.45	01.03.43	03.14.25	2		
48		17	1318	SXL	Lynnae	Endersby	00.41.06	01.32.23	01.02.04	03.15.33	3		
49		3	1017	MWL	Elizabeth	Bax	00.36.07	01.34.33	01.05.07	03.15.47	3		
50		12	1039	VWL	Karen	Buckle	00.32.00	01.32.38	01.12.01	03.16.39	3		
51		4	1186	MWL	Gail	Moriarty	00.35.10	01.27.23	01.14.06	03.16.39	3		
52		18	1213	SXL	Clare	Rainey	00.28.06	01.29.46	01.19.18	03.17.10	3		
53		19	1038	SXL	Jayne	Broderick	00.28.28	01.36.42	01.13.04	03.18.14	3		
54		13	1195	VWL	Lisa	O'Mahony	00.33.17	01.36.46	01.08.27	03.18.30	3		
55		14	1323	VWL	Hannelle	Smith	00.33.50	01.33.43	01.10.59	03.18.32	3		
56		20	1224	SXL	Derine	Sandenbergh	00.41.57	01.27.59	01.09.12	03.19.08	3		
57		15	1142	VWL	Larissa	Krajasich	00.33.26	01.32.07	01.14.08	03.19.41	3		
58		21	1141	SXL	Helen	Kock	00.32.11	01.35.27	01.12.03	03.19.41	3		
59		16	1041	VWL	Marisa	Carstens	00.36.18	01.42.55	01.02.30	03.21.43	3		



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Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
OVERALL Wom Long	60	22	1227	SXL	Clare	Schenk	00.37.48	01.27.48	01.17.05	03.22.41	3	
	61	23	1016	SXL	Yolande	Barton	00.34.46	01.28.59	01.20.12	03.23.57	3	
	62	5	1209	MWL	Renée	Prins	00.36.34	01.32.22	01.15.06	03.24.02	3	
	63	6	1095	MWL	Erica	Goedhals	00.32.26	01.39.10	01.12.55	03.24.31	3	
	64	17	1191	VWL	Melanie	Novitzkas	00.38.10	01.40.36	01.06.39	03.25.25	3	
	65	24	1175	SXL	Jennifer	Marcus	00.31.39	01.35.05	01.19.00	03.25.44	3	
	66	18	1088	SWL	Marlie	Freitas Dos Santos	00.37.37	01.38.21	01.10.19	03.26.17	3	
	67	25	1324	SXL	Alriza	Reid	00.47.53	01.29.12	01.10.41	03.27.46	3	
	68	26	1122	SXL	Marine	Hoffmann	00.31.44	01.31.52	01.24.12	03.27.48	3	
	69	27	1146	SXL	Debra	Kritzinger	00.37.00	01.27.04	01.23.44	03.27.48	3	
OVERALL Wom Long	70	19	1293	SWL	Jessica	Von Der Meden	00.38.39	01.37.40	01.11.34	03.27.53	3	
	71	20	1084	SWL	Nikita	Fourie	00.34.35	01.34.07	01.20.04	03.28.46	3	
	72	28	1176	SXL	Danielle	Mascher	00.42.55	01.26.58	01.18.57	03.28.50	3	
	73	29	1243	SXL	Angela	Stevens	00.30.50	01.36.10	01.26.30	03.33.30	3	
	74	18	1220	VWL	Beyra	Rossouw	00.31.27	01.40.05	01.22.01	03.33.33	3	
	75	7	1018	MWL	Jana	Beckett	00.38.54	01.32.06	01.26.11	03.37.11	3	
	76	19	1296	VWL	Karen	Walker	00.43.13	01.28.00	01.26.01	03.37.14	3	
	77	30	1110	SXL	Samantha-Leig	Harper	00.37.07	01.29.03	01.31.12	03.37.22	3	
	78	20	1093	VWL	Dianne	Gilchrist	00.38.18	01.33.01	01.26.34	03.37.53	3	
	79	31	1279	SXL	Thera	Van T'Hof	00.32.48	01.49.07	01.16.34	03.38.29	3	
OVERALL Wom Long	80	32	1249	SXL	Siobhan	Thatcher	00.36.58	01.33.28	01.30.41	03.41.07	3	
	81	21	1295	SWL	Keely-Dara	Wagner	00.34.40	01.36.48	01.30.49	03.42.17	3	
	82	21	1053	VWL	Karla	Coombe-Davis	00.34.19	01.39.10	01.29.06	03.42.35	3	
	83	33	1212	SXL	Suskia	Radermacher-Harris	00.36.09	01.35.12	01.33.38	03.44.59	3	
	84	34	1133	SXL	Rogeema	Kenny	00.44.33	01.39.24	01.22.23	03.46.20	3	
	85	35	1231	SXL	Roxan	Shapurjee	00.43.39	01.44.36	01.19.34	03.47.49	3	
	86	22	1172	SWL	Elsha	Marais	00.30.54	01.50.58	01.28.22	03.50.14	3	
	87	36	1307	SXL	Mama	Wright	00.47.33	01.41.42	01.26.14	03.55.29	3	
	88	37	1314	SXL	Leandri	Vermeulen	00.47.30	01.40.50	01.27.09	03.55.29	3	
	89	23	1035	SWL	Gill	Bowen	00.43.00	02.00.57	01.11.46	03.55.43	3	
OVERALL Wom Long	90	38	1217	SXL	Benita	Rixton	00.42.03	01.39.38	01.36.06	03.57.47	3	
	91	22	1302	VWL	Dorothy	Wessels	00.42.00	01.48.04	01.30.28	04.00.32	3	
	92	39	1116	SXL	Monique	Hearn	00.42.34	01.57.33	01.20.44	04.00.51	3	
	93	40	1075	SXL	Adele	Erasmus	00.48.17	01.41.43	01.32.14	04.02.14	3	
	94	41	1117	SXL	Lindsay	Hendricks	00.42.27	01.45.45	01.38.11	04.06.23	3	
	95	8	1127	MWL	Barbara	Johnston-Read	00.37.25	01.44.12	01.47.54	04.09.31	3	
	96	42	1031	SXL	Sheena	Bloem	00.49.31	01.42.13	01.49.00	04.20.44	3	
	97	2	1202	GWL	Cheryl	Petersen	00.48.46	01.49.38	01.44.27	04.22.51	3	
	98	23	1148	VWL	Charmiane	Kruger	00.56.48	01.54.44	01.52.02	04.43.34	3	
	--	--	1047	VWL	Annchen	Clarke	01.27.40			01.27.40	1	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Long	1	1	1263	SVL	Matt	Trautman	00.19.21	00.58.42	00.39.53	01.57.56	3	
	2	1	1225	SML	Philipp	Sassie	00.23.03	01.01.53	00.41.25	02.06.21	3	
	3	2	1168	SML	Leonhard	Lukoschek	00.21.31	01.06.29	00.40.31	02.08.31	3	
	4	2	1313	SVL	Dean	Hopf	00.21.50	01.03.38	00.43.45	02.09.13	3	
	5	3	1260	SML	Nicholas	Tinkler	00.19.39	01.06.02	00.44.41	02.10.22	3	
	6	4	1206	SML	Dylan	Pivo	00.19.32	01.08.35	00.44.25	02.12.32	3	
	7	5	1232	SML	Riaan	Shaw	00.19.27	01.09.14	00.45.55	02.14.36	3	
	8	6	1285	SML	Dylan	Van Zyl	00.21.38	01.08.14	00.48.52	02.18.44	3	
	9	3	1252	SVL	Niel	Thiart	00.26.42	01.06.28	00.47.41	02.20.51	3	
	10	7	1143	SML	Alexander	Krebs	00.23.13	01.07.28	00.50.58	02.21.39	3	
	11	4	1007	SVL	Steve	Attwell	00.25.31	01.07.32	00.48.37	02.21.40	3	
	12	5	1196	SVL	Rudi	Oosthuizen	00.24.38	01.11.49	00.45.33	02.22.00	3	
	13	6	1305	SVL	Travys	Wilkins	00.25.49	01.06.55	00.49.25	02.22.09	3	
	14	8	1320	SML	Andre	Van Wyk	00.25.40	01.08.54	00.47.53	02.22.27	3	

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Group or Category	Pos in		Athlete Details				Split Times			Final Results			
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
Open Men Long	15	7	1237	SVL	Kyle	Sole	00.24.58	01.09.18	00.49.02	02.23.18	3		
	16	9	1262	SML	Tim	Toovey	00.24.05	01.05.29	00.54.04	02.23.38	3		
	17	8	1118	SVL	Ryan	Heydenrych	00.22.54	01.12.01	00.49.11	02.24.06	3		
	18	9	1014	SVL	Crispin	Barrett	00.25.16	01.09.03	00.50.36	02.24.55	3		
	19	10	1036	SVL	Andre	Brand	00.23.10	01.14.54	00.49.59	02.28.03	3		
	20	10	1139	SML	Bruere	Kloppers	00.27.30	01.12.03	00.50.00	02.29.33	3		
	21	11	1240	SVL	Troy	Squires	00.26.08	01.08.13	00.55.54	02.30.15	3		
	22	11	1210	SML	Edwin	Punt	00.29.06	01.13.38	00.47.44	02.30.28	3		
	23	12	1147	SVL	Myles	Kritzinger	00.26.14	01.12.39	00.51.46	02.30.39	3		
	24	13	1076	SVL	Luke	Farrenkothen	00.26.17	01.10.37	00.53.53	02.30.47	3		
	25	14	1049	SVL	Philip	Cloete	00.35.27	01.08.02	00.51.41	02.35.10	3		
	26	15	1026	SVL	Andrew	Bird	00.30.24	01.15.10	00.51.10	02.36.44	3		
	27	12	1150	SML	Hugo	Lambrechts	00.29.18	01.16.08	00.53.01	02.38.27	3		
	28	16	1205	SVL	Vlasta	Pitro	00.30.44	01.13.32	00.54.42	02.38.58	3		
	29	17	1308	SVL	Shaun	Wuth	00.32.03	01.14.25	00.52.57	02.39.25	3		
	30	13	1292	SML	Rolf	Von Der Meden	00.22.57	01.19.59	00.57.16	02.40.12	3		
	31	18	1274	SVL	Charl	Van Heerden	00.32.10	01.11.32	00.56.56	02.40.38	3		
	32	14	1108	SML	Paul	Harker	00.32.16	01.18.29	00.50.01	02.40.46	3		
	33	19	1161	SVL	Kyle	Lotz	00.24.56	01.20.32	00.56.13	02.41.41	3		
	34	20	1059	SVL	Deon	De Jager	00.30.47	01.12.14	01.00.07	02.43.08	3		
	35	15	1271	SML	Johan	Van Der Walt	00.32.08	01.16.38	00.54.34	02.43.20	3		
	36	16	1226	SML	Keaton	Saunders	00.32.29	01.19.09	00.52.02	02.43.40	3		
	37	17	1070	SML	Chad	Dunnett	00.24.02	01.20.55	01.02.19	02.47.16	3		
	38	21	1045	SVL	Gavin	Cilliers	00.32.19	01.20.30	00.54.50	02.47.39	3		
	39	22	1267	SVL	Brand	Van Den Heever	00.32.50	01.19.40	00.55.45	02.48.15	3		
	40	23	1115	SVL	Michael	Hayes	00.33.03	01.15.40	00.59.52	02.48.35	3		
	41	24	1273	SVL	Marc	Van Galen	00.25.43	01.23.17	00.59.37	02.48.37	3		
	42	18	1167	SML	Ettienne	Ludick	00.32.47	01.14.25	01.02.53	02.50.05	3		
	43	25	1119	SVL	Bennie	Hickman	00.34.12	01.16.24	01.01.16	02.51.52	3		
	44	19	1185	SML	Calvin	Mole	00.32.25	01.22.04	00.57.39	02.52.08	3		
	45	26	1166	SVL	Andy	Lucas	00.33.56	01.19.30	00.59.05	02.52.31	3		
	46	20	1002	SML	Emile	Alberts	00.35.30	01.17.34	01.00.15	02.53.19	3		
	47	27	1063	SVL	Roelof	Diederichs	00.27.56	01.23.49	01.01.39	02.53.24	3		
	48	21	1190	SML	Martin	Nortier	00.30.31	01.24.46	00.58.56	02.54.13	3		
	49	28	1233	SVL	Jaco	Smit	00.31.54	01.22.20	01.01.08	02.55.22	3		
	Open Men Long	50	22	1297	SML	Nicholas	Walker	00.23.43	01.20.16	01.12.01	02.56.00	3	
		51	23	1102	SML	Grant	Greeff	00.31.42	01.21.36	01.02.42	02.56.00	3	
		52	24	1151	SML	Sean	Langton	00.29.54	01.24.50	01.02.27	02.57.11	3	
		53	29	1068	SVL	Danie	Du Toit	00.30.47	01.19.02	01.07.58	02.57.47	3	
		54	30	1272	SVL	Quintin	Van Dyk	00.32.59	01.26.25	01.00.10	02.59.34	3	
		55	31	1162	SVL	Tienie	Lourens	00.33.29	01.25.22	01.04.09	03.03.00	3	
		56	32	1239	SVL	Jaryd	Sparg	00.32.13	01.28.30	01.03.28	03.04.11	3	
		57	33	1091	SVL	Ebrahim	Gasnola	00.35.42	01.27.58	01.02.37	03.06.17	3	
		58	34	1066	SVL	Jaco	Dreyer	00.33.23	01.21.50	01.11.39	03.06.52	3	
		59	35	1065	SVL	Roger	Downes	00.38.38	01.29.27	00.59.46	03.07.51	3	
		60	25	1087	SML	Auren	Freitas Dos Santos	00.31.38	01.27.11	01.09.11	03.08.00	3	
		61	36	1257	SVL	Jack	Thonissen	00.34.24	01.26.29	01.08.37	03.09.30	3	
		62	37	1037	SVL	Pieter	Brits	00.36.05	01.28.05	01.05.21	03.09.31	3	
		63	38	1174	SVL	Dan	Marcus	00.32.55	01.20.53	01.17.44	03.11.32	3	
64		39	1173	SVL	Paul	Marais	00.35.55	01.23.42	01.12.15	03.11.52	3		
65		26	1201	SML	Mario	Penso	00.34.57	01.29.18	01.08.47	03.13.02	3		
66		40	1012	SVL	Marco	Barbieri	00.31.48	01.44.10	00.57.33	03.13.31	3		
67		41	1256	SVL	Craig	Thomson	00.30.20	01.29.30	01.15.19	03.15.09	3		
68		42	1317	SVL	Richard	Downing	00.36.42	01.31.25	01.08.38	03.16.45	3		
69		27	1124	SML	Simon	Huxter	00.31.57	01.35.08	01.10.51	03.17.56	3		



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Open Men Long	70	43	1188	SVL	Christoff	Nieman	00.36.56	01.32.16	01.10.18	03.19.30	3	
	71	44	1057	SVL	Paulo	De Barros	00.39.45	01.37.35	01.03.32	03.20.52	3	
	72	28	1024	SML	Darren	Berlein	00.46.54	01.25.48	01.11.23	03.24.05	3	
	73	45	1096	SVL	Kyle	Goetsch	00.35.32	01.32.50	01.16.02	03.24.24	3	
	74	29	1073	SML	Pieter	Earle	00.36.51	01.39.21	01.08.59	03.25.11	3	
	75	46	1072	SVL	Michael	Eadie	00.34.21	01.58.49	00.52.53	03.26.03	3	
	76	47	1028	SVL	Darren	Bissell	00.34.32	01.26.02	01.27.34	03.28.08	3	
	77	48	1282	SVL	Dewald	Van Wyk	00.33.50	01.24.11	01.32.31	03.30.32	3	
	78	49	1140	SVL	Nicolaas	Kock	00.38.10	01.37.28	01.15.57	03.31.35	3	
	79	50	1250	SVL	Donovan	Thatcher	00.35.25	01.34.42	01.26.37	03.36.44	3	
Open Men Long	80	51	1067	SVL	Melville	Du Plessis	00.35.40	01.30.32	01.34.48	03.41.00	3	
	81	52	1319	SVL	Rodger	Carter	00.39.38	01.32.40	01.31.26	03.43.44	3	
	82	53	1230	SVL	Sean	Scott	00.43.52	01.45.11	01.16.35	03.45.38	3	
	83	30	1258	SML	Richard	Thorpe	00.35.09	01.48.24	01.26.45	03.50.18	3	
	84	54	1137	SVL	Grant	King	00.34.09	01.34.28	01.44.24	03.53.01	3	
	85	55	1149	SVL	Coenie	Labuschagne	00.34.27	01.34.04	01.47.02	03.55.33	3	
	86	56	1164	SVL	Jonty	Low	03.16.56			03.16.56	1	
	--	--	1042	SVL	Nicol	Carstens	00.29.50	01.23.41	01.15.23	03.08.54	3	DNF
	--	--	1086	SVL	Marwaan	Fredericks	00.30.50	02.21.04		02.51.54	2	DNF
	Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs
Open Women Long	1	1	1064	SWL	Mariella	Dierks	00.27.01	01.14.24	00.49.29	02.30.54	3	
	2	2	1144	SWL	Michelle	Krebs	00.24.42	01.15.14	00.51.42	02.31.38	3	
	3	1	1114	SXL	Christelle	Hattingh	00.27.50	01.15.38	00.49.37	02.33.05	3	
	4	3	1261	SWL	Mellusca	Toovey	00.24.57	01.18.28	00.50.22	02.33.47	3	
	5	2	1241	SXL	Tarryn	Stanford	00.21.49	01.17.26	00.56.07	02.35.22	3	
	6	4	1062	SWL	Linda	Detering	00.25.12	01.19.04	00.51.40	02.35.56	3	
	7	3	1197	SXL	Alice	Oosthuizen	00.30.20	01.19.41	00.53.59	02.44.00	3	
	8	5	1054	SWL	Brenna	Coupland	00.31.56	01.19.43	00.52.33	02.44.12	3	
	9	6	1125	SWL	Lize-Mari	Jacobs	00.27.30	01.22.38	00.55.25	02.45.33	3	
	10	4	1106	SXL	Janneke	Hampsink	00.32.50	01.16.37	00.58.18	02.47.45	3	
	11	7	1107	SWL	Chanel	Hannah	00.28.31	01.18.44	01.02.25	02.49.40	3	
	12	5	1048	SXL	Estie	Cloete	00.34.02	01.18.19	00.57.58	02.50.19	3	
	13	6	1074	SXL	Angelique	Edwards	00.30.31	01.21.24	00.58.29	02.50.24	3	
	14	7	1109	SXL	Anneri	Harmse	00.28.20	01.21.22	01.01.07	02.50.49	3	
	15	8	1301	SWL	Amy	Wessels	00.28.00	01.18.31	01.08.19	02.54.50	3	
	16	9	1180	SWL	Megan	Mccarley	00.27.13	01.29.11	00.58.54	02.55.18	3	
	17	8	1265	SXL	Gerrida	Uys	00.33.47	01.18.39	01.03.17	02.55.43	3	
	18	9	1310	SXL	Christine	Zwieggers	00.24.40	01.29.17	01.01.50	02.55.47	3	
	19	10	1183	SXL	Sally	Misplon	00.29.07	01.24.54	01.02.46	02.56.47	3	
	20	11	1309	SXL	Mary	Wuth	00.29.45	01.24.26	01.05.32	02.59.43	3	
	21	12	1044	SXL	Leigh	Charlton	00.28.39	01.25.41	01.05.47	03.00.07	3	
	22	10	1284	SWL	Monique	Van Wyk	00.27.20	01.34.27	00.59.15	03.01.02	3	
	23	13	1165	SXL	Mandy	Lowings	00.35.03	01.21.05	01.05.23	03.01.31	3	
	24	14	1092	SXL	Carmen	Gers	00.32.53	01.25.54	01.03.38	03.02.25	3	
	25	11	1288	SWL	Anika	Viljoen	00.28.33	01.26.23	01.08.15	03.03.11	3	
	26	12	1315	SWL	Sasha	Andrews	00.29.03	01.28.51	01.05.56	03.03.50	3	
	27	13	1242	SWL	Kim	Stephenson	00.26.08	01.30.30	01.07.37	03.04.15	3	
	28	14	1078	SWL	Ané	Ferreira	00.30.57	01.26.47	01.07.01	03.04.45	3	
	29	15	1032	SWL	Robin	Bolten	00.29.10	01.26.07	01.10.09	03.05.26	3	
	30	16	1266	SWL	Kate	Van Den Aardweg	00.32.21	01.29.42	01.03.50	03.05.53	3	
	31	15	1100	SXL	Adele	Gouws	00.35.08	01.30.50	01.01.34	03.07.32	3	
	32	17	1153	SWL	Jessica	Laubscher	00.33.39	01.25.03	01.12.07	03.10.49	3	
	33	16	1132	SXL	Janine	Kallis	00.35.05	01.24.01	01.14.27	03.13.33	3	
	34	17	1318	SXL	Lynnae	Endersby	00.41.06	01.32.23	01.02.04	03.15.33	3	
	35	18	1213	SXL	Clare	Rainey	00.28.06	01.29.46	01.19.18	03.17.10	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Women Long	36	19	1038	SXL	Jayne	Broderick	00:28.28	01:36.42	01:13.04	03:18.14	3	
	37	20	1224	SXL	Derine	Sandenbergh	00:41.57	01:27.59	01:09.12	03:19.08	3	
	38	21	1141	SXL	Helen	Kock	00:32.11	01:35.27	01:12.03	03:19.41	3	
	39	22	1227	SXL	Clare	Schenk	00:37.48	01:27.48	01:17.05	03:22.41	3	
	40	23	1016	SXL	Yolande	Barton	00:34.46	01:28.59	01:20.12	03:23.57	3	
	41	24	1175	SXL	Jennifer	Marcus	00:31.39	01:35.05	01:19.00	03:25.44	3	
	42	18	1088	SWL	Marlie	Freitas Dos Santos	00:37.37	01:38.21	01:10.19	03:26.17	3	
	43	25	1324	SXL	Alriza	Reid	00:47.53	01:29.12	01:10.41	03:27.46	3	
	44	26	1146	SXL	Debra	Kritzinger	00:37.00	01:27.04	01:23.44	03:27.48	3	
	45	27	1122	SXL	Marine	Hoffmann	00:31.44	01:31.52	01:24.12	03:27.48	3	
	46	19	1293	SWL	Jessica	Von Der Meden	00:38.39	01:37.40	01:11.34	03:27.53	3	
	47	20	1084	SWL	Nikita	Fourie	00:34.35	01:34.07	01:20.04	03:28.46	3	
	48	28	1176	SXL	Danielle	Mascher	00:42.55	01:26.58	01:18.57	03:28.50	3	
	49	29	1243	SXL	Angela	Stevens	00:30.50	01:36.10	01:26.30	03:33.30	3	
	50	30	1110	SXL	Samantha-Leig	Harper	00:37.07	01:29.03	01:31.12	03:37.22	3	
Open Women Long	51	31	1279	SXL	Thera	Van T'Hof	00:32.48	01:49.07	01:16.34	03:38.29	3	
	52	32	1249	SXL	Siobhan	Thatcher	00:36.58	01:33.28	01:30.41	03:41.07	3	
	53	21	1295	SWL	Keely-Dara	Wagner	00:34.40	01:36.48	01:30.49	03:42.17	3	
	54	33	1212	SXL	Suskia	Radermacher-Harris	00:36.09	01:35.12	01:33.38	03:44.59	3	
	55	34	1133	SXL	Rogeema	Kenny	00:44.33	01:39.24	01:22.23	03:46.20	3	
	56	35	1231	SXL	Roxan	Shapurjee	00:43.39	01:44.36	01:19.34	03:47.49	3	
	57	22	1172	SWL	Elsha	Marais	00:30.54	01:50.58	01:28.22	03:50.14	3	
	58	36	1314	SXL	Leandri	Vermeulen	00:47.30	01:40.50	01:27.09	03:55.29	3	
	59	37	1307	SXL	Mama	Wright	00:47.33	01:41.42	01:26.14	03:55.29	3	
	60	23	1035	SWL	Gill	Bowen	00:43.00	02:00.57	01:11.46	03:55.43	3	
	61	38	1217	SXL	Benita	Rixton	00:42.03	01:39.38	01:36.06	03:57.47	3	
	62	39	1116	SXL	Monique	Hearn	00:42.34	01:57.33	01:20.44	04:00.51	3	
	63	40	1075	SXL	Adele	Erasmus	00:48.17	01:41.43	01:32.14	04:02.14	3	
	64	41	1117	SXL	Lindsay	Hendricks	00:42.27	01:45.45	01:38.11	04:06.23	3	
	65	42	1031	SXL	Sheena	Bloem	00:49.31	01:42.13	01:49.00	04:20.44	3	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Veteran Men Long	1	1	1303	VML	Manfred	Wiehahn	00:28.49	01:04.56	00:48.04	02:21.49	3	
	2	2	1034	VML	Riaan	Boshoff	00:23.18	01:07.54	00:56.40	02:27.52	3	
	3	3	1182	VML	Kobus	Meyer	00:26.08	01:13.01	00:48.54	02:28.03	3	
	4	4	1083	VML	Cobus	Fourie	00:26.24	01:14.24	00:49.39	02:30.27	3	
	5	5	1061	VML	Marco	De Vincenzo	00:27.04	01:13.41	00:52.09	02:32.54	3	
	6	6	1050	VML	Deon	Coetzee	00:22.41	01:20.10	00:51.36	02:34.27	3	
	7	7	1171	VML	Adnaan	Manuel	00:30.40	01:12.56	00:51.59	02:35.35	3	
	8	8	1025	VML	Alan	Berning	00:29.02	01:16.50	00:52.10	02:38.02	3	
	9	9	1159	VML	Anthony	Lopez	00:29.55	01:17.48	00:55.43	02:43.26	3	
	10	10	1094	VML	John	Gilchrist	00:28.01	01:18.06	00:57.32	02:43.39	3	
	11	11	1052	VML	Roy	Coombe-Davis	00:30.35	01:18.53	00:57.37	02:47.05	3	
	12	12	1009	VML	Jason	Bailey	00:31.20	01:18.21	00:59.38	02:49.19	3	
	13	13	1112	VML	Greg	Harrowsmith	00:29.59	01:12.28	01:07.25	02:49.52	3	
	14	14	1300	VML	Roger	Watts	00:30.18	01:18.32	01:01.12	02:50.02	3	
	15	15	1157	VML	Hugo	Leuenberger	00:32.33	01:17.34	01:01.26	02:51.33	3	
	16	16	1155	VML	Jacobus	Leibbrandt	00:31.13	01:19.20	01:01.07	02:51.40	3	
	17	17	1103	VML	Armin	Gretschel	00:27.47	01:15.38	01:08.48	02:52.13	3	
18	18	1181	VML	Kevin	Mckinney	00:24.43	01:20.26	01:07.25	02:52.34	3		
Veteran Men Long	19	19	1022	VML	Gavin	Bell	00:31.44	01:18.21	01:04.52	02:54.57	3	
	20	20	1043	VML	Dave	Chapman	00:26.00	01:18.24	01:12.59	02:57.23	3	
	21	21	1264	VML	Christo	Truter	00:35.10	01:17.16	01:06.45	02:59.11	3	
	22	22	1000	VML	Wasfie	Adams	00:37.02	01:25.41	00:57.14	02:59.57	3	
	23	23	1046	VML	Johan	Cilliers	00:35.19	01:24.27	01:00.38	03:00.24	3	
	24	24	1136	VML	Patrick	Kilkenny	00:34.31	01:27.34	00:58.36	03:00.41	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Veteran Men Long	25	25	1098	VML	Allen	Goosen	00.35.15	01.21.21	01.09.00	03.05.36	3	
	26	26	1145	VML	Johan	Krige	00.31.07	01.26.45	01.08.28	03.06.20	3	
	27	27	1060	VML	Jeremy	De Tolly	00.34.54	01.25.16	01.07.44	03.07.54	3	
	28	28	1085	VML	Nizaam	Fredericks	00.29.36	01.21.11	01.17.22	03.08.09	3	
	29	29	1126	VML	Deon	Janse Van Noordwyk	00.34.56	01.28.31	01.05.10	03.08.37	3	
	30	30	1152	VML	Garth	Lary	00.41.29	01.24.25	01.04.27	03.10.21	3	
	31	31	1101	VML	Alvin	Gouws	00.33.30	01.30.31	01.06.27	03.10.28	3	
	32	32	1131	VML	Dirk	Kaiser	00.36.24	01.27.56	01.06.10	03.10.30	3	
	33	33	1251	VML	Andro	Theart	00.36.11	01.26.03	01.10.01	03.12.15	3	
	34	34	1287	VML	Stompie	Venter	00.38.16	01.23.39	01.11.36	03.13.31	3	
	35	35	1154	VML	Chris	Le Grange	00.34.23	01.26.54	01.13.31	03.14.48	3	
	36	36	1019	VML	Thobaan	Bedford	00.31.54	01.26.17	01.19.00	03.17.11	3	
	37	37	1316	VML	Dewald	Coolen	00.42.35	01.27.34	01.08.47	03.18.56	3	
	38	38	1105	VML	Jody	Hahn	00.45.13	01.22.43	01.11.23	03.19.19	3	
	39	39	1056	VML	Rob	Damerell	00.39.36	01.32.20	01.15.26	03.27.22	3	
	40	40	1135	VML	Fanus	Keyter	00.39.54	01.24.22	01.26.29	03.30.45	3	
41	41	1321	VML	Robet	O'Brien	00.43.06	01.26.59	01.29.31	03.39.36	3		
42	42	1255	VML	Gareth	Thomas	00.36.40	01.33.38	01.31.42	03.42.00	3		
43	43	1235	VML	John	Smith	00.39.50	01.46.21	01.20.20	03.46.31	3		
44	44	1218	VML	Jamie	Rixton	00.50.12	01.38.06	01.22.35	03.50.53	3		
45	45	1306	VML	Wayne	Wolmarans	00.56.37	01.31.28	01.27.42	03.55.47	3		
--	--	1160	VML	Jacques	Lotriet	00.36.01	01.17.20		01.53.21	2	DNF	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Veteran Women Long	1	1	1270	VWL	Kelly	Van Der Toorn	00.23.27	01.12.48	00.50.37	02.26.52	3	
	2	2	1082	VWL	Tania	Fourie	00.37.53	01.21.23	00.52.00	02.51.16	3	
	3	3	1236	VWL	Hannelle	Smith	00.33.58	01.17.59	00.59.54	02.51.51	3	
	4	4	1029	VWL	Kirsty	Blackford	01.54.18		01.01.45	02.56.03	3	
	5	5	1187	VWL	Nadine	Mostert	00.32.02	01.20.40	01.03.40	02.56.22	3	
	6	6	1253	VWL	Liesl	Thomas	00.32.08	01.27.15	00.59.01	02.58.24	3	
	7	7	1123	VWL	Jennifer	Houston	00.35.01	01.20.55	01.04.13	03.00.09	3	
	8	8	1207	VWL	Lesyl	Potgieter	00.36.38	01.24.56	01.01.21	03.02.55	3	
	9	9	1058	VWL	Kim	De Bruin	00.27.47	01.26.49	01.14.44	03.09.20	3	
	10	10	1089	VWL	Emily	Furlong	00.33.20	01.29.02	01.10.17	03.12.39	3	
	11	11	1244	VWL	Kara	Steward	00.33.52	01.28.55	01.11.31	03.14.18	3	
	12	12	1039	VWL	Karen	Buckle	00.32.00	01.32.38	01.12.01	03.16.39	3	
	13	13	1195	VWL	Lisa	O'Mahony	00.33.17	01.36.46	01.08.27	03.18.30	3	
	14	14	1323	VWL	Hannelle	Smith	00.33.50	01.33.43	01.10.59	03.18.32	3	
	15	15	1142	VWL	Larissa	Krajasich	00.33.26	01.32.07	01.14.08	03.19.41	3	
	16	16	1041	VWL	Marisa	Carstens	00.36.18	01.42.55	01.02.30	03.21.43	3	
	17	17	1191	VWL	Melanie	Novitzkas	00.38.10	01.40.36	01.06.39	03.25.25	3	
	18	18	1220	VWL	Beyra	Rossouw	00.31.27	01.40.05	01.22.01	03.33.33	3	
	19	19	1296	VWL	Karen	Walker	00.43.13	01.28.00	01.26.01	03.37.14	3	
	20	20	1093	VWL	Dianne	Gilchrist	00.38.18	01.33.01	01.26.34	03.37.53	3	
	21	21	1053	VWL	Karla	Coombe-Davis	00.34.19	01.39.10	01.29.06	03.42.35	3	
	22	22	1302	VWL	Dorothy	Wessels	00.42.00	01.48.04	01.30.28	04.00.32	3	
	23	23	1148	VWL	Charmiane	Kruger	00.56.48	01.54.44	01.52.02	04.43.34	3	
--	--	1047	VWL	Annchen	Clarke	01.27.40			01.27.40	1	DNF	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Master Men Long	1	1	1128	MML	Evan	Jones	00.25.08	01.13.05	00.55.00	02.33.13	3	
	2	2	1158	MML	Ludwig	Lillie	00.31.28	01.18.08	00.48.35	02.38.11	3	
	3	3	1211	MML	Mark	Quinlan	00.27.50	01.15.12	01.00.07	02.43.09	3	
	4	4	1283	MML	Etienne	Van Wyk	00.33.38	01.19.35	00.54.08	02.47.21	3	
	5	5	1281	MML	Peter	Van Wyk	00.32.30	01.15.10	01.01.23	02.49.03	3	
	6	6	1001	MML	Jack	Akers	00.33.07	01.16.45	01.00.59	02.50.51	3	
	7	7	1013	MML	Etienne	Barnard	00.32.27	01.21.48	00.56.40	02.50.55	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
Master Men Long	8	8	1276	MML	John	Van Onselen	00.29.34	01.16.23	01.05.54	02.51.51	3		
	9	9	1113	MML	Peter	Hartmann	00.29.27	01.21.01	01.02.32	02.53.00	3		
	10	10	1247	MML	Hans	Sukel	00.30.23	01.19.33	01.04.37	02.54.33	3		
	11	11	1023	MML	Zach	Benade	00.34.11	01.23.14	01.01.17	02.58.42	3		
	12	12	1311	MML	David	Hepburn-Brown	00.35.25	01.25.47	00.58.57	03.00.09	3		
	13	13	1259	MML	Brendon	Thorpe	00.36.58	01.18.57	01.08.07	03.04.02	3		
	14	14	1268	MML	Simon	Van Der Linden	00.34.15	01.22.14	01.11.59	03.08.28	3		
	15	15	1193	MML	George	October	00.42.09	01.33.15	01.00.29	03.15.53	3		
	16	16	1275	MML	Gerhardt	Van Niekerk	00.34.51	01.23.11	01.18.18	03.16.20	3		
	17	17	1304	MML	Gert	Wilkins	00.39.30	01.24.38	01.16.08	03.20.16	3		
	18	18	1040	MML	Cameron	Burt	00.32.11	01.42.04	01.10.42	03.24.57	3		
	19	1	1071	GML	Ian	Eadie	00.34.34	01.30.48	01.22.26	03.27.48	3		
	20	19	1169	MML	Gavin	Magrath	00.34.48	01.27.04	01.26.18	03.28.10	3		
	21	20	1003	MML	Mark	Anderson	00.30.03	01.29.32	01.28.42	03.28.17	3		
	22	21	1322	MML	Gordon	Walker	00.40.10	01.24.50	01.33.39	03.38.39	3		
	23	2	1269	GML	Wessel	Van Der Merwe	00.44.39	01.35.16	01.25.08	03.45.03	3		
	24	3	1223	GML	Beau	Rynhoud	00.37.21	01.45.33	01.26.36	03.49.30	3		
	25	22	1080	MML	Lindsay	Fortune	00.39.05	01.33.03	01.40.42	03.52.50	3		
	--	--	1286	MML	Vasili	Vass	00.34.28	01.24.47	01.13.33	03.12.48	3	DNF	
	Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
	Master Women Long	1	1	1222	MWL	Jeannine	Ruffels	00.36.50	01.29.27	01.03.50	03.10.07	3	
		2	2	1204	MWL	Celia	Pienaar	00.32.41	01.26.50	01.11.53	03.11.24	3	
		3	3	1017	MWL	Elizabeth	Bax	00.36.07	01.34.33	01.05.07	03.15.47	3	
		4	4	1186	MWL	Gail	Moriarty	00.35.10	01.27.23	01.14.06	03.16.39	3	
		5	5	1209	MWL	Renée	Prins	00.36.34	01.32.22	01.15.06	03.24.02	3	
6		6	1095	MWL	Erica	Goedhals	00.32.26	01.39.10	01.12.55	03.24.31	3		
7		7	1018	MWL	Jana	Beckett	00.38.54	01.32.06	01.26.11	03.37.11	3		
8		8	1127	MWL	Barbara	Johnston-Read	00.37.25	01.44.12	01.47.54	04.09.31	3		
9		1	1202	GWL	Cheryl	Petersen	00.48.46	01.49.38	01.44.27	04.22.51	3		
10		2	1184	GWL	Cathy	Mitchell	00.37.57	02.36.28		03.14.25	2	-1 Lap	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
Open Teams L	1	1	1397	OTL	The Has-Beens	--	00.24.50	01.18.19	00.49.52	02.33.01	3		
	2	2	1395	OTL	Oxygen Advant	--	00.29.09	01.17.14	00.51.54	02.38.17	3		
	3	3	1400	OTL	T L C	--	00.25.40	01.15.20	01.04.12	02.45.12	3		
	4	4	1312	OTL	Brooks Running	--	00.27.06	01.24.11	00.58.19	02.49.36	3		
	5	5	1399	OTL	Elmaree	--	00.29.40	01.23.59	01.04.12	02.57.51	3		
	6	6	1398	OTL	Lm ²	--	00.29.30	01.26.49	01.03.09	02.59.28	3		
	7	7	1396	OTL	It'S Two Thirds	--	00.35.13	01.40.54	01.00.05	03.16.12	3		
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
Open Men Sprint	1	1	1879	SMS	Nick	Quenet	00.09.16	00.30.53	00.18.37	00.58.46	3		
	2	2	1908	SMS	Matthew	Leppan	00.13.05	00.37.40	00.20.36	01.11.21	3		
	3	3	1906	SMS	Mark	Raa	00.14.28	00.35.01	00.23.46	01.13.15	3		
	4	1	1950	MMS	Henry	Wolstenholme	00.16.58	00.35.36	00.20.56	01.13.30	3		
	5	1	1930	SVS	Christoff	Van Heerden	00.14.23	00.33.35	00.25.41	01.13.39	3		
	6	1	1966	VMS	Colin	Van Zyl	00.15.17	00.33.33	00.25.13	01.14.03	3		
	7	4	1833	SMS	Marthinus	Kemp	00.13.28	00.36.40	00.24.42	01.14.50	3		
	8	5	1754	SMS	Richard	Armstrong	00.14.17	00.37.29	00.23.19	01.15.05	3		
	9	6	1775	SMS	Richard	Corder	00.14.08	00.38.32	00.23.21	01.16.01	3		
	10	7	1919	SMS	Matthew	Troost	00.12.09	00.38.51	00.27.19	01.18.19	3		
	11	2	1829	SVS	James	Kaiser	00.17.27	00.36.33	00.24.38	01.18.38	3		
	12	8	1784	SMS	Justin	De Nysschen	00.15.05	00.39.19	00.24.53	01.19.17	3		
	13	2	1824	MMS	Craig	Jagga	00.17.35	00.36.31	00.26.54	01.21.00	3		
	14	3	1796	MMS	Schalk	Engelbrecht	00.16.43	00.39.21	00.28.12	01.24.16	3		
	15	3	1865	SVS	Xander	Moore	00.18.16	00.36.12	00.29.53	01.24.21	3		
	16	4	1800	SVS	Shaun	Ferreira	00.23.20	00.33.35	00.28.01	01.24.56	3		



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Sprint	17	9	1808	SMS	Sean	Greyvenstein	00.19.02	00.40.11	00.26.14	01.25.27	3	
	18	2	1927	VMS	Jacques	Van Dyk	00.18.03	00.36.56	00.30.56	01.25.55	3	
	19	4	1857	MMS	Holden	Marshall	00.19.04	00.40.36	00.26.21	01.26.01	3	
	20	10	1826	SMS	Joshua	Jansen Van Vuren	00.17.49	00.41.29	00.26.58	01.26.16	3	
	21	5	1970	SVS	Werner	Myburg	00.14.21	00.47.39	00.24.32	01.26.32	3	
	22	3	1959	VMS	Brett	Burgess	00.17.00	00.43.00	00.26.55	01.26.55	3	
	23	6	1812	SVS	Clinton	Hill	00.15.59	00.44.15	00.27.02	01.27.16	3	
	24	4	1938	VMS	Eddie	Venter	00.20.13	00.38.06	00.29.06	01.27.25	3	
	25	5	1817	VMS	Sam	Houlie	00.17.16	00.44.54	00.25.40	01.27.50	3	
	26	7	1921	SVS	Johan	Van Den Berg	00.14.10	00.41.47	00.32.12	01.28.09	3	
	27	8	1951	SVS	Craig	Yeats	00.17.52	00.38.40	00.31.42	01.28.14	3	
	28	6	1761	VMS	Christo	Bisschoff	00.18.00	00.41.53	00.28.53	01.28.46	3	
	29	11	1923	SMS	Marc	Van Der Merwe	00.15.19	00.42.07	00.31.29	01.28.55	3	
	30	7	1890	VMS	Mark	Roberts	00.17.25	00.41.12	00.30.54	01.29.31	3	
	31	8	1828	VMS	Roelof	Joubert	00.16.16	00.40.32	00.33.17	01.30.05	3	
	32	9	1969	SVS	Wayne	Jones	00.17.39	00.44.05	00.29.19	01.31.03	3	
	33	10	1790	SVS	Christof	Du Plessis	00.20.44	00.39.34	00.31.28	01.31.46	3	
	34	11	1859	SVS	Khalid	Martin	00.16.54	00.46.42	00.28.53	01.32.29	3	
	35	5	1948	MMS	Mario	Winkworth	00.22.44	00.42.52	00.27.35	01.33.11	3	
	36	12	1805	SMS	Wes	Green	00.19.24	00.46.14	00.28.28	01.34.06	3	
	37	13	1941	SMS	Shayne	Walker	00.19.16	00.45.06	00.29.53	01.34.15	3	
	38	14	1838	SMS	Reinhard	Kostens	00.19.10	00.46.07	00.29.16	01.34.33	3	
	39	15	1837	SMS	Aidan	Kilian	00.18.33	00.44.58	00.31.28	01.34.59	3	
	40	12	1905	SVS	Serverus	Smith	00.24.14	00.44.33	00.26.14	01.35.01	3	
	41	1	1947	GMS	Sven	Wesemann	00.21.35	00.42.15	00.32.03	01.35.53	3	
	42	9	1933	VMS	Chris	Van Schalkwyk	00.19.54	00.42.23	00.34.19	01.36.36	3	
	43	16	1851	SMS	Jacques	Louw	00.20.11	00.47.57	00.28.55	01.37.03	3	
	44	10	1962	VMS	Elmo	Botha	00.21.39	00.41.00	00.34.50	01.37.29	3	
	45	17	1758	SMS	Joshua	Bean	00.19.27	00.51.03	00.27.31	01.38.01	3	
	46	13	1899	SVS	Tim	Sewell	00.22.49	00.45.24	00.30.44	01.38.57	3	
	47	6	1883	MMS	Kevin	Reid	00.18.36	00.43.45	00.36.40	01.39.01	3	
	48	11	1810	VMS	Justin	Hartley	00.18.24	00.42.13	00.40.03	01.40.40	3	
	49	14	1896	SVS	Kyle	Sanders	00.22.38	00.47.02	00.31.52	01.41.32	3	
	50	7	1791	MMS	Michael	Du Toit	00.21.50	00.42.46	00.36.58	01.41.34	3	
	51	12	1789	VMS	Graham	Dreyden	00.21.52	00.46.12	00.34.03	01.42.07	3	
	52	18	1776	SMS	Keegan	Cranna	00.22.00	00.45.09	00.34.59	01.42.08	3	
	53	15	1942	SVS	Boris	Wanschura	00.22.28	00.49.44	00.30.08	01.42.20	3	
	54	13	1901	VMS	Richard	Shuttleworth	00.19.48	00.48.42	00.33.55	01.42.25	3	
	55	19	1839	SMS	Manfred	Köstens	00.19.13	00.47.49	00.35.29	01.42.31	3	
	56	14	1898	VMS	Marius	Scholtz	00.24.55	00.45.40	00.32.02	01.42.37	3	
	57	15	1763	VMS	Louis	Botha	00.29.11	00.43.53	00.29.54	01.42.58	3	
	58	8	1803	MMS	Martin	Giles	00.20.53	00.50.08	00.32.31	01.43.32	3	
	59	20	1750	SMS	Danilo	Acquisto	00.20.57	00.46.56	00.37.32	01.45.25	3	
	60	16	1957	VMS	Mujahid	Adams	00.21.57	00.46.39	00.37.47	01.46.23	3	
	61	17	1895	VMS	Moegamad	Saban	00.26.15	00.45.15	00.34.54	01.46.24	3	
	62	18	1780	VMS	Arno	Dames	00.24.34	00.45.02	00.37.59	01.47.35	3	
	63	19	1929	VMS	Roelof	Van Heerden	00.21.30	00.44.03	00.42.54	01.48.27	3	
	64	20	1751	VMS	Elton	Alexander	00.32.49	00.41.59	00.34.24	01.49.12	3	
	65	16	1853	SVS	Siraj	Majiet	00.21.23	00.50.44	00.38.09	01.50.16	3	
	66	21	1804	VMS	Dwayne	Gouws	00.19.37	00.47.04	00.49.30	01.56.11	3	
	67	22	1903	VMS	Anton	Sissing	00.29.02	00.52.33	00.34.40	01.56.15	3	
	68	23	1886	VMS	George	Reissenzahn	00.23.42	01.03.45	00.33.50	02.01.17	3	
	69	17	1289	SVS	Riaan	Viljoen	00.38.08	00.49.22	00.36.05	02.03.35	3	
	70	18	1920	SVS	Riaan	Van Brakel	00.30.58	00.54.10	00.38.42	02.03.50	3	
	71	2	1914	GMS	Hasie	Terblanche	00.31.55	00.57.40	00.52.40	02.22.15	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Sprint	--	--	1888	SMS	Ruhan	Rheeder	00.13.48	00.45.13		00.59.01	2	DNF
Open Women Sprint	1	1	1935	SXS	Angela	Van Wyk	00.13.15	00.40.00	00.28.22	01.21.37	3	
	2	1	1858	SWS	Tanya	Marshall	00.13.09	00.43.06	00.25.23	01.21.38	3	
	3	2	1961	SWS	Lucy	Gauntlett	00.14.46	00.40.34	00.28.54	01.24.14	3	
	4	2	1846	SXS	Uta	Lehmann	00.17.46	00.42.55	00.24.18	01.24.59	3	
	5	3	1953	SXS	Nicole	Muller	00.16.29	00.44.08	00.24.24	01.25.01	3	
	6	1	1954	VWS	Candice	Hall	00.19.41	00.44.11	00.23.23	01.27.15	3	
	7	2	1794	VWS	Jane	Fisher	00.17.58	00.42.33	00.29.35	01.30.06	3	
	8	3	1928	VWS	Michelle	Van Dyk	00.20.20	00.40.36	00.29.52	01.30.48	3	
	9	3	1884	SWS	Jessica	Reid	00.14.57	00.46.05	00.30.03	01.31.05	3	
	10	4	1892	SWS	Amy	Robertson	00.18.33	00.43.20	00.29.20	01.31.13	3	
	11	5	1866	SWS	Taryn	Morton	00.15.40	00.43.01	00.32.41	01.31.22	3	
	12	4	1822	VWS	Britt	Hyland	00.14.38	00.42.31	00.34.20	01.31.29	3	
	13	4	1852	SXS	Monique	Low	00.16.58	00.44.13	00.31.12	01.32.23	3	
	14	5	1882	SXS	Micaela	Reeves	00.18.05	00.42.17	00.32.02	01.32.24	3	
	15	6	1779	SXS	Rebecca	Cullis	00.19.50	00.44.07	00.28.40	01.32.37	3	
	16	7	1783	SXS	Janet	De Beer	00.19.25	00.43.08	00.30.42	01.33.15	3	
	17	6	1850	SWS	Karlien	Loubser	00.18.00	00.41.41	00.33.41	01.33.22	3	
	18	5	1937	VWS	Sandy	Venter	00.19.16	00.44.59	00.29.51	01.34.06	3	
	19	6	1847	VWS	Sunet	Liebenberg	00.18.48	00.42.36	00.33.08	01.34.32	3	
	20	8	1772	SXS	Kirsty	Colledge	00.19.02	00.47.27	00.28.19	01.34.48	3	
	21	9	1943	SXS	Aimee	Wanschura	00.20.23	00.42.59	00.33.07	01.36.29	3	
	22	7	1915	VWS	Nicoletta	Teuteberg	00.22.25	00.41.52	00.32.16	01.36.33	3	
	23	8	1819	VWS	Oonagh	Hunter	00.19.28	00.43.44	00.33.36	01.36.48	3	
	24	9	1972	VWS	Kris	Joss	00.19.12	00.44.03	00.34.32	01.37.47	3	
	25	10	1836	SXS	Linda	Keun	00.18.36	00.45.33	00.33.49	01.37.58	3	
Open Women Sprint	26	10	1845	VWS	Corné	Le Grange	00.20.57	00.45.32	00.31.46	01.38.15	3	
	27	11	1868	VWS	Petro	Neethling	00.21.03	00.45.26	00.31.55	01.38.24	3	
	28	11	1869	SXS	Donne	Nel	00.20.46	00.43.55	00.34.14	01.38.55	3	
	29	12	1827	SXS	Melanie	Janson	00.19.21	00.44.41	00.35.06	01.39.08	3	
	30	12	1832	VWS	Julia	Kearns	00.17.22	00.47.07	00.35.01	01.39.30	3	
	31	13	1958	SXS	Amy	Lawrence	00.21.42	00.47.18	00.31.04	01.40.04	3	
	32	14	1924	SXS	Mari	Van Der Merwe	00.15.32	00.47.18	00.37.33	01.40.23	3	
	33	13	1931	VWS	Shelley	Van Leeuwen	00.19.07	00.47.22	00.34.09	01.40.38	3	
	34	15	1795	SXS	Jeanine	Engelbrecht	00.19.47	00.44.08	00.37.03	01.40.58	3	
	35	14	1849	VWS	Dawn	Lottering	00.20.36	00.48.22	00.32.19	01.41.17	3	
	36	15	1798	VWS	Lize	Esterhuizen	00.18.59	00.50.00	00.32.19	01.41.18	3	
	37	16	1830	SXS	Mari	Kamfer	00.17.39	00.51.29	00.32.18	01.41.26	3	
	38	16	1765	VWS	Melanie	Brodie	00.21.23	00.47.36	00.33.05	01.42.04	3	
	39	7	1806	SWS	Rochelle	Green	00.21.36	00.50.45	00.29.58	01.42.19	3	
	40	17	1816	VWS	Meg	Holtzhausen	00.22.05	00.46.58	00.33.53	01.42.56	3	
	41	1	1864	MWS	Jude	Molloy	00.18.28	00.45.57	00.38.44	01.43.09	3	
	42	17	1799	SXS	Sandra	Farrenkothen	00.21.12	00.49.37	00.32.54	01.43.43	3	
	43	8	1960	SWS	Izel	Storm	00.22.43	00.46.17	00.34.44	01.43.44	3	
	44	9	1774	SWS	Lindsay	Cook	00.18.57	00.52.28	00.32.27	01.43.52	3	
	45	18	1825	VWS	Angela	Jamieson	00.22.16	00.46.41	00.35.28	01.44.25	3	
	46	18	1855	SXS	Josi	Marais	00.19.23	00.49.33	00.35.31	01.44.27	3	
	47	19	1925	SXS	Jana	Van Der Merwe	00.28.45	00.46.14	00.29.36	01.44.35	3	
	48	20	1936	SXS	Madelein	Van Zyl	00.21.54	00.47.15	00.36.28	01.45.37	3	
	49	10	1874	SWS	Karien	Pauw	00.17.34	00.48.55	00.39.09	01.45.38	3	
	50	11	1860	SWS	Julia	Miller	00.21.34	00.54.32	00.29.57	01.46.03	3	
	51	12	1834	SWS	Anika	Kenny	00.25.48	00.46.56	00.33.38	01.46.22	3	
	52	19	1904	VWS	Megan	Smit	00.19.54	00.49.05	00.37.30	01.46.29	3	
	53	20	1949	VWS	Tania	Wolfson	00.17.54	00.51.06	00.37.57	01.46.57	3	



SLANGHOEK

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Open Women Sprint	54	21	1911	SXS	Humaira	Surve	00.24.35	00.49.02	00.34.08	01.47.45	3		
	55	13	1922	SWS	Leanne	Van Den Berg	00.17.49	00.55.36	00.34.29	01.47.54	3		
	56	22	1840	SXS	Lianda	Kramer	00.22.19	00.46.49	00.38.48	01.47.56	3		
	57	1	1946	GWS	Elizabeth	Wesemann	00.25.31	00.46.34	00.36.13	01.48.18	3		
	58	2	1856	MWS	Elmarie	Marais	00.19.31	00.55.18	00.33.52	01.48.41	3		
	59	21	1902	VWS	Sally	Shuttleworth	00.23.00	00.47.36	00.38.55	01.49.31	3		
	60	23	1889	SXS	Kathryn	Richards	00.22.08	00.49.48	00.37.44	01.49.40	3		
	61	22	1759	VWS	Caroline	Benson	00.23.04	00.46.04	00.40.52	01.50.00	3		
	62	24	1756	SXS	Karen	Battiston	00.20.32	00.48.25	00.41.20	01.50.17	3		
	63	25	1764	SXS	Carin	Bothma	00.26.42	00.44.53	00.39.10	01.50.45	3		
	64	14	1910	SWS	Shannon	Stubbs	00.21.26	00.54.31	00.34.54	01.50.51	3		
	65	26	1762	SXS	Anel	Botha	00.25.36	00.51.35	00.34.13	01.51.24	3		
	66	27	1918	SXS	Christine	Thoresson	00.19.33	00.54.54	00.37.49	01.52.16	3		
	67	3	1820	MWS	Janet	Hunter	00.21.39	00.52.05	00.38.34	01.52.18	3		
	68	23	1777	VWS	Anneke	Cronje	00.20.14	00.50.02	00.42.25	01.52.41	3		
	69	4	1818	MWS	Rinda	Hunt-Davis	00.24.00	00.47.19	00.41.29	01.52.48	3		
	70	15	1907	SWS	Sabrina	Stammers	00.22.32	00.51.32	00.39.25	01.53.29	3		
	71	24	1885	VWS	Inge	Reissenzahn	00.23.17	00.58.32	00.32.03	01.53.52	3		
	72	28	1787	SXS	Janine	Downes	01.21.31		00.32.52	01.54.23	3		
	Open Women Sprint	73	25	1767	VWS	Tracey	Brown	00.25.54	00.50.50	00.38.10	01.54.54	3	
		74	29	1785	SXS	Anneke	De Vries	00.27.32	00.53.46	00.33.45	01.55.03	3	
75		5	1900	MWS	Tish	Sheard	00.20.48	00.56.05	00.38.56	01.55.49	3		
76		16	1952	SWS	Linda	Zietsman	00.32.35	00.46.21	00.37.45	01.56.41	3		
77		30	1770	SXS	Lindsay	Cilliers	00.21.56	00.50.21	00.44.56	01.57.13	3		
78		31	1854	SXS	Linda	Mannion	00.27.57	00.49.58	00.40.20	01.58.15	3		
79		26	1917	VWS	Karen	Thomas	00.21.43	00.53.03	00.43.33	01.58.19	3		
80		17	1815	SWS	Jenna	Holmwood	00.23.14	00.55.48	00.39.29	01.58.31	3		
81		18	1809	SWS	Helize-Estee	Grobler	00.23.23	00.55.54	00.40.02	01.59.19	3		
82		32	1945	SXS	Elmarie	Werth	00.25.03	00.53.39	00.43.50	02.02.32	3		
83		6	1752	MWS	Rinalda	Arendse	00.23.32	00.58.47	00.41.17	02.03.36	3		
84		33	1797	SXS	Christine	Essmann	00.24.38	00.56.46	00.42.45	02.04.09	3		
85		7	1843	MWS	Joan	Laing	00.24.33	00.58.46	00.42.33	02.05.52	3		
86		27	1842	VWS	Catharina	Krynauw	00.27.15	00.53.23	00.48.41	02.09.19	3		
87		28	1968	VWS	Christina	Thomas	00.31.05	00.51.52	00.46.26	02.09.23	3		
88		34	1848	SXS	Franziska	Limberger	00.30.51	00.57.06	00.41.26	02.09.23	3		
89		35	1967	SXS	Stephanie	Schwatlo	00.30.42	00.52.10	00.46.32	02.09.24	3		
90		19	1823	SWS	Kirsty	Jackson	00.26.03	01.03.34	00.39.55	02.09.32	3		
91		20	1867	SWS	Lara	Movsovich	00.24.41	00.58.31	00.48.30	02.11.42	3		
92		36	1940	SXS	Samantha	Von Brandis	00.27.25	01.00.50	00.43.27	02.11.42	3		
93		37	1821	SXS	Taschyana	Hurter	00.26.47	00.54.49	00.53.30	02.15.06	3		
94		38	1909	SXS	Telani	Stiglingh	00.27.01	00.55.08	00.52.59	02.15.08	3		
95		39	1802	SXS	Yumna	Frizlar	00.35.47	00.52.24	00.50.53	02.19.04	3		
96		21	1963	SWS	Carine	Gerzen	00.35.01	00.53.50	00.50.29	02.19.20	3		
97		29	1971	VWS	Danitia	Bosman	00.30.19	01.07.07	00.42.18	02.19.44	3		
98		40	1887	SXS	Maryna	Rensburg	00.27.28	01.08.16	00.45.12	02.20.56	3		
99		41	1755	SXS	Tamsin	Barrett	00.27.23	00.56.58	00.59.09	02.23.30	3		
100		42	1870	SXS	Jade	Obrien	00.32.31	01.09.05	00.46.01	02.27.37	3		
101		30	1939	VWS	Elke	Visagie	00.34.22	01.03.00	00.50.49	02.28.11	3		
102		31	1894	VWS	Samantha	Rule	00.29.28	00.59.19	01.01.52	02.30.39	3		
103		43	1944	SXS	Natalie	Weingartz	00.26.37	01.02.47	01.09.46	02.39.10	3		
--	--	1793	SXS	Michelle	Eadie	00.20.52	00.53.07		01.13.59	2	DNF		
--	--	1872	MWS	Belinda	Parker	00.44.48	01.13.46		01.58.34	2	DNF		



SLANGHOEK

TRIATHLON ○○○

Road Triathlon

22-Oct-17

Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Junior Men Sprint	1	1	1861	JMS	Samuel	Milner	00.14.19	00.47.33	00.23.22	01.25.14	3	
	2	2	1875	JMS	Leon	Pienaar	00.13.51	00.42.17	00.29.17	01.25.25	3	
	3	3	1932	JMS	Wikus	Van Niekerk	00.16.56	00.39.16	00.34.36	01.30.48	3	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Junior Women Sprint	1	1	1766	JWS	Caylan	Bromley	00.11.56	00.42.08	00.29.32	01.23.36	3	
	--	--	1863	JWS	Angelique	Moller						NYF
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Teams S	1	1	2044	OTS	Fin Gro	--	00.15.14	00.41.28	00.34.25	01.31.07	3	
	2	2	2047	OTS	Slowboats	--	01.03.18		00.28.47	01.32.05	3	
	3	3	2042	OTS	The Vans	--	00.24.50	00.44.24	00.27.21	01.36.35	3	
	4	4	2043	OTS	Happily Marriec	--	00.20.07	00.45.34	00.34.02	01.39.43	3	
	5	5	2045	OTS	Laing Konstruk	--	00.19.36	00.53.17	00.29.48	01.42.41	3	
	6	6	2048	OTS	Epic	--	00.19.38	00.55.45	00.27.42	01.43.05	3	
	7	7	2050	OTS	Tri Tafel	--	00.16.39	00.43.39	00.44.42	01.45.00	3	
	8	8	2046	OTS	Swift Chics	--	00.17.25	00.54.44	00.41.01	01.53.10	3	